

Lama Adventures Pvt. Ltd.

Gokyo Chola-Pass Trek

Difficulty	Duration	Region	Max. Altitude	Type	Group Size	Accommodation
Moderate	19 Days	Everest	5550m	Trekking	2 - 20 PAX	Lodges, Hotels and Camp

Overview

Gokyo Valley has always been a top pick for all trekkers because of the turquoise lakes and Gokyo Ri peak which are the height of magnificence in Everest region. Respecting your choice, Gokyo Valley Trekking package is here to offer you the astounding beauty of Gokyo Lakes that resides as a series of nature exploration, one after another with total of six azure lakes. The embellishing charm of these lakes is simply spectacular to observe.

Adding flavor to our journey comes Gokyo Ri, the dazzling mountain presenting you with impeccable views of mountains like Lhotse, Nuptse, Cho-Oyu, Gyachung Kang, Everest and Makalu.

Start your voyage in the company of wonderful Trans-Himalayan flight and get chance to experience the nature as well as the culture of the people living in Himalayan region. Let this Gokyo Valley Trek take you to the valleys beautifully placed within the lap of giant Mountains and put you in an exploration of the hidden treasures in the Khumbu Region.

Itinerary

Days 1: Arrival in Kathmandu

On your arrival in Kathmandu, Tribhuvan International Airport, our representative will welcome you & drive you to the hotel. It's a free day/evening. You can walk around Thamel for shopping.

Days 2: Sightseeing around Kathmandu

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the

most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

Day 03: Fly to Lukla and trek to Phakding

Our trip begins early morning with a picturesque flight to Lukla. The trekking guide will see you at the hotel and you drive to the airport and take a 30 min flight to Lukla, which flies over endless rolling hills covered with green terraces. Once we reach Lukla, we will have a short break to organise porters and gear before starting our day's trek. We will trek for about 5 hrs to Phakding.

Day 04: Trek to Namche (3440m)

From Phakding, we cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve the fragile mountain environment. We then take a steep hike to Namche. If the weather is clear, we get the first glimpse of Mt Everest. Namche is the main trading village in the Khumbu and has a busy Saturday market - a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La.

Day 05: Rest & Acclimatization

We will spend an extra day in Namche before trekking higher to allow our bodies to adjust to the lower levels of oxygen in the air. In the morning, we will walk up to the Everest View Hotel to enjoy a panoramic view of Everest, Ama Dablam, Thamserku and many other majestic mountain peaks.

Day 06: Trek to Dhole

Leaving Namche, you follow the trails of Dudh Koshi River upstream and ascend on a trail filled with Mani walls and prayer flags. The peaks of Everest (8848m), Ama Dablam (6856m), Lhotse (8414m), Taboche (6367m), and so on can be seen glimmering on the skyline. You reach Dhole after passing through several Sherpa villages and small monasteries. Overnight in Dhole.

Day 07: Trek to Machhermo

The trail from Dhole to Machhermo features a continuous view of the snowy peaks like Taboche (6367m), Cholatse (6335m), Cho Oyu (8188m), Everest (8848m), and so on. You make gradual ascend alongside Dudh Koshi River and pass the settlements of Kele and Luza before arriving in Machhermo. Overnight in Machhermo.

Day 08: Trek to Gokyo

Today is the day you reach your ultimate destination, Gokyo Valley. As you ascend on the banks of Dudh Koshi River with the views of the Khumbu Himalayas, you pass a few monasteries and chortens before arriving at the first Gokyo Lake. Then, walking on the moraines of Ngozumpa Glacier, you arrive at the second lake, and finally at the third lake, behind which the ancient Sherpa village of Gokyo resides. Overnight in Gokyo.

Day 09: Explore Gokyo-ri and Trek to Thangnak

You will spend the whole day exploring the Gokyo vicinity. You can either just stroll around the village or hike up to Gokyo Ri (5357m) for a mind-blowing vista of Cho Oyu (8188m), Everest (8848m), and the Mahalangur Himalayan Range. You will also be able to see the whole Gokyo Valley and the Gokyo lakes along with Ngozumpa Glacier from the top of Gokyo Ri (5360m). Walk along the Ngozumpa glacier

Day 10: Trek over Chola Pass

This day is probably the day you all will be waiting for. Today we will be crossing the Chola Pass (5,335m). We will begin our trek early in the morning to take advantage of a stable morning because in day time it is extremely windy in the pass and hence you might find it difficult to cross the pass. After we trek up to Cho La Pass we will then walk downhill into the valley called Dzongla. The feelings of crossing the mighty Cho La Pass cannot be described in words and the views are just stunning.

Day 11: Trek to to Lobuche

The early morning sun brings amazing panoramic views of the Himalayas after a wintry night. We then walk in the direction to meet the busy trail to Everest Base Camp. We will be trekking high in the flanks of Awi Peak, above the village of Chola and head towards Cholatse Lake from where you will see the Chola glacier flowing from the saddle between the cliffs of Cholatse and Tawache peaks with the uneven display of natural beauty. We continue walking on the barren landscape above the tree line from where we will observe different peaks such as Cholatse, Lobuche and Pumari . Many Rock cairns can be seen at the Dugla Ridge dedicated the mountaineers who departed while attempting for higher peaks. From Dugla we walk up to the marine of Khumbu Glacier which is the longest glacier of Nepal and trek to Lobuche for overnight stay. The temperature in Lobuche falls as we will be close to the glacier marine.

Day 12: Trek to Gorakshep and Explore EBC

Gorakshep is the last settlement before reaching Everest base camp. From Lobuche, it's a short walk. We will walk further along the rocky terrain alongside the Khumbu glacier to reach Everest base camp. We trek back to Gorakshep.

Day 13: Early morning Kalapatthar; Trek to Pheriche

A very early start is required to reach Kalapatthar at 5,545m. The way to Kalapatthar is steep trail so we will take a comfortable pace to reach on the top. The view from the top of Kalapatthar is one of the finest views of mighty Everest. You can also see Lingtren, Khumbutse and Changtse mountains. We will spend some time on the summit and stroll back to our camp at Gorak Shep. We will have lunch and descend down to Pheriche.

Day 14: Trek to Pangboche

This morning's hike will be a chance to take it easy, as you will descend into drastically lower altitudes along much of the same route as your previous ascent. From Pheriche, descend into the valley of the Imja Khola past Orsho and into Pangboche along a moderate trail. Quickly check out the gompa at Pangboche. Overnight in Pangboche.

Day 15: Trek to Namche

Today's trek takes you on familiar paths to Namche Bazaar, the main Sherpa town of the Khumbu region. You begin by traversing the wild gorge of the Imja Khola, followed by a short ascent through dense woodlands to the Tengboche monastery (3860 m). Today, you have a lot more time for the visit to the monastery than you did on your way to the Everest Base Camp. After Tengboche, you navigate a steep descent to the prayer mills of Phungi Thanga (3250 m), where you traverse a long suspension bridge, before embarking on the last major ascent of this trekking journey. This last, 500-metre elevation gain won't pose too much of a challenge, and very soon, you find yourself on the precipice of a basin-shaped terrain, looking down onto the splendid

buildings of the vibrant trekking hub of Namche Bazaar (3440 m).

Day 16: Trek to Lukla

From Lukla, we continue to follow the river and, after crossing it, climb back up through birch and rhododendron forest. From there we descend to Monjo. After Monjo, we will climb up a small hill to reach Lukla. You will probably reach Lukla soon so explore and look around the place and the famous airport in Lukla.

Day 17 : Back to Kathmandu

We pack up early and head for the airstrip to hop a flight back to Kathmandu. On touchdown, the rest of your day is free to do your own things. You could do some last-minute shopping and packing, or send a few postcards home or even go down for a stroll to Thamel, an internationally known hub for tourists in Asia.

Day 18: Free Day

Just relax at your hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur. You have the day to your own, so enjoy your last day in Nepal.

Day 19: Final Departure

It's time to leave Nepal, of course with smiles and many memories to cherish. Depending on your flight time we will drop you at Tribhuvan International airport for your final departure to your destination.

Inclusion / Exclusion

Cost Includes

Arrival in International Airport and Departure.
Hotel in Kathmandu with Bed & Breakfast.
Sightseeing in Kathmandu Valley with Guide.
Entrance fees.
Conservation Fee.
Peak Permit and Climbing Guide.
Round Domestic Flight Ticket.
Local Transfer.
Domestic airport departure taxes.
Tea House Accomodation, brekfast and dinner.
All camping Equipment, two men tents, Dining tent,
Kitchen Tent, Toilet Tent, Table & chairs.
Breakfast, lunch, dinner in trekking and climbing period.
Guide, Cook, sherpa, Kitchen staffs and porters.
Insurance for trekking staff and Equipments.

Cost Excludes

Personal equipment for
Trekking & Peak climbing.
Personal travel Insurance.
Lunch & dinner in Kathmandu.
Emergency Rescue evacuation.
Personal expenses/Bar bills.
Tipping for trekking staff.