

# EBC Cho La Pass Trek

[Everest Cho La Pass](#) is an alternative trekking tour to the Everest Base Camp, Gokyo Lake Trek, and even the **Everest High Pass Trek**. As the name suggests, this trek passes through not only the Cho La Pass but also the picturesque valley of Gokyo and the foothill of the tallest mountain of the world, **Everest Base Camp**.

Trekking starts with a scenic flight to the Tenzing and Hilary Airport! Get on track to Phakding and then towards Monjo, the entry point of the **Sagarmatha National Park**. Uphill from there is our first major destination, the Namche Bazaar, with everything you need from internet to cafes to pretty much everything. That's why it's called the trading hub of the Sherpa people! Rest here for a day and see human wonders as our hike sees us at the highest altitude hotel in the world, **Everest View Hotel**. Follow the rugged trails towards the village with the largest and the oldest monastery of the **Khumbu Region**, Tengboche. Explore the lifestyle and tradition of the people living in the Sherpa settlement. If lucky, we might have a peek at the Himalayan Thar, Golden Eagle, Tibetan Snowcock, and even the Tibetan Fox.

March towards the Lobuche village following a hike uphill to the **Everest Base Camp**. While here, experience the rocky peak of Kala Patthar at 5545 meters and then walk back towards Dzongla. The day we've been waiting for has finally arrived! Climb up the **Cho La Pass** which connects the village of Thagnak and Dzongla. Another scenic place to drool upon, **Gokyo Valley** with six turquoise lakes and the Scoundrel's Viewpoint. Let's not forget about the largest glacier of the country, Ngozumpa Glacier. Don't worry, climbing Gokyo RI is also on our list.

Are you ready to experience the strenuously beautiful trip to the **Cho La Pass**?

Duration: 19 days

Price: \$1200

Rating: 5 Star

Grade: Moderate

Destination: Nepal

Activity: Trekking

Region: Everest Region

## Itinerary:

**Day 1:** Arrival in Kathmandu (1440 meters)

Set foot at the Tribhuvan International Airport where our representative will transfer you to your hotel. Settle in and freshen up prior to meeting up with the guide and discussing about the upcoming trek. And, don't forget to try out your first ever typical Nepali cuisine.

**Day 2:** Fly to Lukla (2860 meters) and Trek to Phakding (2610 meters)

30 minutes is far from enough to get to one of the bewitching airports in the world, the Lukla Airport. Though dangerous, Lukla Airstrip AKA Tenzing and Hilary Airport offers the first closest peek of the Mahalangur Mountain Range. Start walking towards the

Cheplung Village as the path descends down to Thado Koshi to finally get past a large suspension bridge to arrive at Ghat. An easy walk downhill from Ghat ensures our arrival at Phakding.

**Day 3: Trek to Namche Bazaar (3440 meters)**

Walk through the Pine forests to reach the Zam Phute village and across a rivulet to arrive at Tok Tok. Follow an uphill trail to Benkar before crossing a bridge to get to Chumao, a TIMS checkpoint. A short walk to the entry point of the Sagarmatha (Everest) National Park, Monjo from where a steep descent will see our arrival at Jorsalle. Across a large suspension bridge over the Bhoté Koshi and Dudh Koshi Rivers to climb up gradually to reach the marketing hub of the Khumbu Region, Namche Bazaar in about 3 hours. Enjoy the views of the Eastern Himalayas!

**Day 4: Acclimatization Day**

Be a lark and enjoy the crack of dawn at Namche. Following breakfast, walk towards the Syanboche Airport, the closest to Mount Everest yet unpaved airstrip of Nepal. Later, hike up to the Everest View Hotel, the highest altitude hotel in the world and also the destination for Everest View Trek, and enjoy a 360 degree view of the Mahalangur Mountain Range, also the Everest. Back to Namche to explore Everest Photo Gallery and Sherpa Culture Museum. Also, enjoy the typical Sherpa culture while at it!

**Day 5: Trek to Tengboche (3860 meters)**

Rest day is up now, it's time for us to walk to Syangboche. Moving towards Thame from here sees the start of the Everest High Pass Trek. Today's trek comprises of the most-well-settled trail in this region. A wide open road from Syangboche makes way for Kyangjuma village and forward through pine forest takes us to Leushyasa and then to Phunki Thanka following a steep downhill. Slow uphill will make way to Tengboche, a Sherpa settlement with the largest monastery of Khumbu region. Enjoy Ama Dablam, Everest, and Rhododendron, Blue Pines along the way.

**Day 6: Trek to Dingboche (4220 meters)**

Pass the suspension bridge over Imja Khola River and get to Pangboche. A rugged trail from here to Orsho and then to Dingboche, Summer Valley of Khumbu. Lhotse, Ama Dablam, and Island Peak look wonderful from here!

**Day 7: Acclimatization**

Another day's acclimatization! A strenuous hike uphill get us to the top of the 5100 meters tall hill of Nagarjun. The top offers panoramic views of the Lobuche East, Lobuche West, Taboche, Thamsenku, Kangtega, Makalu, and also the most beautiful mountain of Nepal, Ama Dablam.

**Day 8: Trek to Lobuche (4910 meters)**

Trekking to Lobuche comes easy in the beginning and difficult at the end. Walk towards Thukla and then towards Periche. Drop down following the rocky harsh terrain of Chupki Lhara, cross a suspension bridge and finally, a gentle walk downhill sees our arrival at Lobuche. This small settlement is also the starting point of the Lobuche East Peak Climbing Expedition.

**Day 9: Trek to Gorakshep (5180 meters) to Everest Base Camp (5364 meters)**

The day we've all been waiting for! The day we conquer the Everest Base Camp! A slow easy walk alongside the Khumbu Glacier takes us to Gorakshep and then, a wide trail leads us afoot to the base camp. Conquered at last! Enjoy the views of the Khumbu Icefall and also of the Khumbutse and Lingren peaks. Back to Gorakshep for the night!

**Day 10:** Climb Kalapatthar (5545 meters) to Dzongla (4830 meters)

An early hike uphill on the rocky trails takes us to the top of the 5545 meters tall Kala Patthar. Enjoy the tallest Mountain in the world, Everest that shines in golden hue with the morning sun. Hike back to Gorakshep and then drop back to Lobuche from where the trail takes us to Dzongla for an overnight stay.

**Day 11:** Cross Cho La Pass (5420 meters) and Trek to Thagnak (4695 meters)

One of the most-hard climbs uphill! Trudge high up in a technical climb and slippery trail before reaching the top. Then descend through loose rubbles and rocky boulders to finally set foot at Thagnak.

**Day 12:** Trek to Gokyo (4700 meters)

Parade across the Ngozumpa Glacier towards the Gokyo Valley. Enjoy the three Gokyo Lakes today, starting with the third lake, Dudh Pokhari, which sits along the Gokyo Village. Also, explore Longpongo Tso, the first lake and Taboche Tso, the second lake.

**Day 13:** Climb Gokyo RI (5360 meters) and Explore Gokyo Lakes

An early hike uphill on the steep snowy trail takes us to the 5360 meters tall Gokyo RI in about two hours. Enjoy the views of some of the tallest mountains of the Everest Region, Cho Oyu, Gyachung Kang, Lhotse, Cholatse, Tawache, Makalu, and the Everest. Get back to Gokyo RI and explore the 4<sup>th</sup> lake, Thonak Cho, the deepest lake, and the 5<sup>th</sup> one, Gyazumpa Cho, the second largest lake. Also, make sure to go a bit further towards the Scoundrel's Viewpoint, and take in the views of the four eight-thousanders and also the Ngozumpa Glacier, the largest glacier in Nepal.

**Day 14:** Trek to Dole (4200 meters)

Drop back down to a riverbank and then climb up to Pangka. Trekkers hike to Dzongla from here to get to the Everest Base Camp. Hike downhill along the ridge to arrive at Machhermo. Yet another descend takes us to Dole.

**Day 15:** Trek to Khumjung (3790 meters)

An easy trek day that begins from Dole and ends at Khumjung. Khumjung is the home to a school built by Sir Edmund Hilary's Himalayan Trust and a 380 years old monastery. Quick fact: the old monastery holds a Yeti Scalp. But, is it really a Yeti Scalp, you be the judge!

**Day 16:** Trek to Phakding (2610 meters)

Descend to Namche Bazaar and then to the Sagarmatha National Park checkpoint at Monjo. Hike past magnolia, fir, and rhododendron forest to Chumoa prior to walking across the Dudh Koshi River to arrive at Phakding.

**Day 17:** Trek to Lukla (2860 meters)

Ascend towards Ghat and walk across a large suspension bridge to Thado Koshi. An uphill climb afterwards will see us at Cheplung. The path towards Lukla from here is as easy as a pie. Take a hot shower and enjoy the rest of the day!

**Day 18:** Fly to Kathmandu (1440 meters)

**Get the last look at the Mahalangur Mountain Range and bid farewell to them! An early morning flight will see us back at the capital city of Nepal, Kathmandu.**

**Day 19:** Onward Departure

This day marks the official end of your trek! If you have plans to stay and explore Nepal more, we can arrange scenic tailor-made trips for you. However, for those of you having to travel back, we will arrange your travel to the airport and wish you a happy journey ahead.

**Highlights:**

- High Pass – Cho La Pass (5420 meters)
- Gokyo Lakes
- Ngozumpa Glacier
- Khumbu Glacier
- Everest View Hotel, the highest altitude hotel in the world
- Peak Climbing: Kala Patthar (5545 meters) and Gokyo RI (5360 meters)
- Scouderl's Viewpoint
- Everest View Hotel, the highest altitude hotel in the world
- Sagarmatha National Park
- Lukla Airport (Tenzing and Hilary Airport)
- Sherpa Culture, Tradition, and Lifestyle
- Everest, Nuptse, Lhotse, Cho Oyu, Makalu, Ama Dablam, and Other Mahalangur Mountains

**Cost Include:**

- All Ground Transportations
- Three Daily Meals During the Trek
- Twin Sharing Lodge for Accommodation during the Trek
- One guide and a porter (1:2 ratio) and their food, accommodation, equipment
- Round Trip Flight Kathmandu to Lukla and Back
- Trekking Map and Trip Achievement Certificate
- First Aid
- TIMS and Sagarmatha National Park Permit Fee
- Government Taxes and Office Service Charge

**Cost exclude:**

- Water, Soft Drinks, and Other Liquid Beverages
- Meals Besides Meals Inclusion
- Snacks and Other Personal Expenses
- Personal Trekking Equipment
- Hot Showers except
- Tips to Trekking Staff and Others
- Personal Travel Insurance
- International Airfare
- Nepal Entry Visa