Everest Base Camp Trek, Gokyo Lake Via Cho La Pass

DURATION: 16 DAYS

Trip Facts

Group Size 1 - 10 Persons

Trip Grade Basic

Accommodation Hotel, Guest House, Tea House

Max Height 5545 Metres

Start From Kathmandu

End At Kathmandu

Transportation Plane, Car, Jeep

Duration 16 Days

Meals included Breakfast, Lunch & Dinner Days

Best season:
March - May, September - November

Trip Overview

Everest Base Camp Trek via Gokyo Lakes and Cho La Pass is an exciting trek that begins with a flight from Kathmandu to Lukla. It is recommended for trekkers who are in good physical condition and well-prepared. The trek can be tailored to different fitness levels and takes around 14– and 16 days. It can also be extended to 18–22 days. This trek provides an opportunity to explore the stunning Everest region, including Mt. Makalu, Mt. Lhotse, Mt. Cho-Oyu, and Mt. Everest. Experienced and licensed trek leaders, as well as knowledgeable crew members who speak English and local languages, accompany the trek. They provide guidance and support and ensure the safety of trekkers throughout the journey. The trek passes through picturesque Sherpa villages, ancient monasteries, and breathtaking landscapes. Trekkers will also have the chance to acclimatize and enjoy the serene beauty of Gokyo Lakes before crossing the challenging Cho La Pass. The trek culminates at Everest Base Camp, where trekkers can marvel at the awe-inspiring views of the world's highest peak. Overall, the Everest Base Camp Trek via Gokyo Lakes and Cho La Pass offers a truly unforgettable adventure for those seeking an immersive experience in the Himalayas.

Everest Base Camp Trek, Gokyo Lake Via Cho La, is an exciting adventure through the stunning Everest region, passing by Mt. Makalu, Mt. Lhotse, Mt. Cho-Oyu, and Mt. Everest. The trek includes visits to picturesque Sherpa villages, ancient monasteries, Gokyo Lakes, and Cho La Pass, and culminates at Everest Base Camp. This journey involves high altitudes, changing weather conditions, and physical endurance. The Sherpa villages and monasteries hold significant cultural importance, while the natural beauty of Gokyo Lakes and its surrounding landscapes is truly breathtaking. **The history of Everest Base Camp** and notable climbers is also discussed. This trek challenges trekkers not only physically but also spiritually and emotionally, inspiring them to push their boundaries and seek new adventures.

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Trip Itinerary

Day 1 Arrival in Kathmandu (1,400m)

Hotel 1400 m

Upon our arrival at the Tribhuwan International Airport (TIA) in Kathmandu, we will be greeted by a representative from Mount Adventure Holidays who will take us to our hotel. After checking in.Overnight in Kathmandu.

Day 2 Fly to Lukla, trek to Phakding (2,651m/8,700ft): 3 - 4 hours trek

3.30 Hrs Breakfast, Lunch & Dinner Guest House Plane, Walking 2651 m

During the 40-minute flight from Kathmandu to Lukla (9,186ft), we enjoy one of the most beautiful air routes in the world culminating on a hillside surrounded by high mountainous peaks.At Lukla, a gateway destination from where our trek begins, we meet our other crew members and begin packing and arranging with them. From Lukla, we start trekking. At one hour's gradual descent, we will be at a Cheplung village from where we have a glimpse of Mt. Khumbila (18900 ft), a sacred mountain which has never been climbed. From Cheplung, we then gradually descend until we reach Phakding and spend the night.

Day 3 Phakding to Namche Bazaar (3,438m/11,280 ft): 5 - 6 hours

5 - 6 Hrs Breakfast, Lunch & Dinner Guest House Walking 3438 m

Walking through a beautiful pine forest, we follow the trail north up the valley of Benkar. We then cross Dudh Koshi River and go on passing Chumoa to Monjo, the entrance to Everest National Park.Then after crossing a suspension bridge, we pass Jorsale village and walk alongside of the Dudh Koshi and Bhote Koshi rivers. A steep ascent brings us to the prime heartland of Sherpa village – Namche Bazaar. At one hour's distance to reaching Namche Bazaar, if the weather permits, we can view the sights of Mt. Everest and Mt. Lhotse. Overnight in Namche Bazaar.

Day 4 Namche Bazaar to Phortse Thanga /Dole (3,680m/12,073ft): 5-6 hours

5 - 6 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 3680 m

We climb the Khumjung hill and descend to the east of the village down the broad valley leading to the Dudh Koshi from where the route turns north. There are two trails and our guide will choose the best option for us to follow. There is a chorten on the ridge top at 3973 m which descends from Mt. Khumbila (5761 m).We visit Mohang, the birthplace of the re-incarnated Lama of Rongbuk Monastery of Tibet who is believed to have introduced Buddhism in the Khumbu region of Nepal.The trail descends in a series of steep switchbacks down a sandy slope to the Dush Koshi. We stay overnight in Phortse Tanga, near the river.

Day 5 Phortse Thanga to Machhermo (4,470m/ 14,663ft): 4-5 hours

4 - 5 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 4470 m

From Phortse Thanga it is an uphill climb to Machhermo. We walk on a trail alongside a rhododendron forest and pass through a waterfall before reaching Tongba Village. We continue our uphill trek and pass through Dhole, Labarma and Luza villages before reaching Machhermo. There is a Chhorten right before the Luza village. Throughout today's journey we will be walking alongside the Dudh Koshi River. Overnight in Machhermo.

Day 6 Machhermo to Gokyo (4,800 m/15,744 ft): 4 - 5 hours

4 - 5 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 4800 m

From Machhermo, we follow the trail to Gokyo.

Day 7 Gokyo Valley: Acclimatization Day - Optional Hike to Gokyo Ri (5357 m/17,570 ft): 3 - 4 hours

3 - 4 Hrs | Breakfast, Lunch & Dinner | Walking | 5357 m

We will hike to Gokyo Ri, a small peak above Gokyo village, in the morning and savor the fantastic views of the entire Khumbu region. As we ascend, the views become even more fantastic and we can see four of the seven highest peaks of Nepal, Cho Oyu, Everest, Lhotse and Makalu. Reaching the fourth lake, Thonak Tsho we take pleasure in the lake's serene beauty after which we trek back along the retracing trail to the third lake. We may take an additional hike up to the fifth lake, Ngozumba Tsho if time permits and depending on our physical conditions. From here, the view of Ngozumba glacier, the longest glacier of the Himalayas, is so fascinating. Overnight in Gokyo.

Day 8 Gokyo to Thagnak (4750 m/15,580 ft): 4km, 4 - 5 hours

4 - 5 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 4750 m

If we did not climb the Gokyo Ri the previous day, we can do that today. Climbing to the top of Gokyo Ri is demanding as it is steep and takes about 3 to 4 hours to reach the top. But the scenery of Gokyo village, on the edge of third lake overlooked by Cholatse and the broad Nogzumpa Glacier, is magnificent. We are surrounded by panoramic mountains like Kusum Kanguru, Thamserku, Kangtega, Taboche, Cholatse, Makalu, Lhotse, Nuptse, Everest, Changtse, and Pumori. The sight of sunrays kissing Everest which towers over all the surrounding peaks is astounding. We trek through the Ngazumpa Glacier to the mountain on the other side. Next, traverse along the edge of that mountain and then meander into Thagnak. It will be a short hike today with an afternoon of rest which will prepare us for long hiking days and elevation gain to come.

Day 9 Thagnak to Cho La pass (5,367m/17,604 ft) to Dzongla (15, 939 ft): 7km, 7 - 8 hours

7 - 8 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 5367 m

Today is going to be one of the toughest days of the trip. The Cho La pass is not itself difficult, but it is steep and involves a glacier traverse on the eastern side. We need to be careful as the trail is vertical and the rocks glazed by ice may cause trouble by making the trail slippery. The trail from Phedi climbs through a ravine and a rocky trail. While trekking through the side of a frozen lake, we reach at the top of the pass decorated with prayer flags. The pyramidal Ama Dablam presides over a range of mountains on the south even as Cholatse soars to the west and Lobuche East and Baruntse rises sharply to our right. We need to pass through some crevasses before we reach Dzongla Village. The village provides great views of Cholatse, Ama Dablam, Lobuche mountains along with the Pheriche Village far below.

Day 10 Dzongla to Lobuche (4940 m/16,207 ft): 2 - 3 hours

2 - 3 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 4940 m

This will be a very short trek so we have a lot time to relax and enjoy the beauty that surrounds us. We climb down from Dzongla and walk through a grassy trail while enjoying the view of Lobuche Peak. The trail curves through the wide river bed before reaching Lobuche. We can spend the rest of day taking a rest which will help us prepare for the next day’s long trek. Overnight in Lobuche.

Day 11 Lobuche to Gorak Shep (5,170 m/16,961 ft), visit Everest Base Camp (5,364 m/17,594 ft): 6 - 7 hours

6 - 7 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 5364 m

We take the trail to Everest Base Camp through the once vast Gorak Shep Lake. Continuing straight ahead, we come across the Indian army mountaineers' memorials. The path from here can be misleading; hence, it is important that we follow our lead Sherpa diligently. The walk is strenuous due to thin air in the high altitude. We pass through rocky dunes, moraine and streams before reaching the Everest Base Camp. Upon reaching the Everest Base Camp, we see tents of mountaineers that stand out in bright colors against the monotony of gray surroundings (especially in the spring). Nuptse, Khumbuste and Pumori are the mountains we can view from the base camp. We get back to Gorak However, the sunset view from Kala Patthar is more admirable than the sunrise view, so it is recommended that we visit Kala Patthar today during sunset. As the setting sun's rays strike the snow-capped mountains, the resulting scenery is incredible. Therefore, for those trekkers who wish to continue to Kala Patthar today instead of the next day please inform your guide and he/she will coordinate accordingly.

Day 12 Gorak Shep to Kala Patthar (5,545m/18,192ft) to Pherice (4,288m/14,070ft): 7-8 hours

7 - 8 Hrs | Breakfast, Lunch & Dinner | Guest House | Walking | 5545 m

We prepare for an early morning departure, amid pre-dawn darkness and cold temperatures (-10 to -14 C). Plus, there is always the potential for chilly winds which are quite common. Familiar peaks such as Lingtren, Khumbutse, and Changtse tower to the east even as Everest begins to reveal itself. But, it is upon reaching Kala Patthar that we get to see 360 degree up-close and formidable views of Mt. Everest. We take pictures, enjoy the magnificent mountain panorama, and then return back to Lobuche for a good night's rest. Overnight in Lobuche. Those participants who will visit Everest Base Camp today will have an early breakfast to start early as Everest base camp hike takes longer than the hike at Kala Patthar. After returning to Gorak Shep, both the groups will have lunch together; the afternoon is taken to descend down to Pheriche for a good night's rest.

Day 13 Pheriche to Namche Bazaar: 6 - 7 hours

6 - 7 Hrs Breakfast, Lunch & Dinner Guest House

We trek down through the hillside blanketed by rhododendron and juniper trees. After crossing the prayer-flag festooned bridge over the Dudh Koshi River, our trail follows the Dudh Koshi gorge descending rapidly through pine forests. In the forest, we may come across colorful pheasants and mountain goats. The path eventually reaches Sansa from where we can enjoy views of Ama Dablam, Thamserku and Nuptse mountains. We also pass winding trails then through a forest before reaching Namche Bazaar. Overnight in Namche Bazaar.

Day 14 Namche Bazaar to Lukla (2,860m/9,186ft): 6 - 7 hours

6 - 7 Hrs Breakfast, Lunch & Dinner Guest House Walking 2860 m

The trail descends steeply downward so we need to walk cautiously as our shaky legs continuously battle the rocky terrain. After crossing the suspension bridges over the fast flowing Dudh Koshi and its tributaries, the trail becomes more level and natural. After our arrival in Lukla,we stretch those sore legs and recall the experiences of the last couple of days.Overnight in Lukla.

Day 15 Fly Back Lukla to Kathmandu

35 Min Breakfast Hotel Plane 1400 m

We catch an early morning flight to Kathmandu after our long mountain journey. After reaching Kathmandu, we can take a rest or do some souvenir shopping. If we want to explore any other areas of Kathmandu, we may do that today. Our guides can help you with both souvenir shopping or sightseeing.

Day 16 Final departure

Your adventure in Nepal comes to an end today!There is nothing to do but trade emails with your travel companions and organize your photos. A representative from Mount Adventure HolidaysTrekking will take you to the airport, approximately 3 hours before your scheduled flight.On your way home you'll have plenty of time to plan your next adventure in the wonderful country of Nepal. Meals:Breakfast

Cost Includes

- Airport pick-up and drop-off.
- All ground transport in a private vehicle.
- 2 nights accommodation with breakfast on a twin-sharing basis.
- Breakfast, lunch, and dinner during the trek.
- Guesthouse accommodation during the trek.
- Experienced, helpful, and friendly guide.
- Round trip flight Kathmandu – Lukla, and Lukla – Kathmandu including departure taxes.
- First aid medical kit.
- Sagarmatha National Park Permits fee.
- Sleeping bags and Down jackets for the trek (should be refunded after the trek
- Trekking map and trip achievement certificate.
- Trekkers' information management system (TIMS) fee.
- Government taxes and office service charges.

Cost Excludes

- International airfare to and from Kathmandu.
- Nepal entry visa: you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu.
- Beverage bills, bar bills, telephone bills, and Personal expenses.
- Extra night accommodation and meals in Kathmandu because of late departure or early return from the mountain due to any reason other than the scheduled itinerary.
- Travel and rescue insurance.
- Personal expenses.
- Tips for guides and porters.
- Optional trips and sightseeing if extended
- Excess baggage charges (if you have more than 10 kg of luggage, a cargo charge is around $1.5 per kg)

Trip Map