

## **Gokyo Chola Pass EBC Trek**

Trekking does not always come with obligation to follow the route, it actually challenges you in many instances. Gokyo - Cho La Pass is one of the most adventurous trekking one could ever encounter. The high Himalayan Pass called Cho-La Pass (5,420 m/ 17,782 ft) gives you the adrenaline rush, a sense of accomplishment and an amazing experience in total.

Mountain Delights Treks and Expedition offers exhilarating trekking experiences with professional management and support in the Himalayas, and Gokyo Cho La pass trek is one highly recommended.

This trek starts from Lukla and reach the destination – Everest Base Camp, via Gokyo and Cho La Pass. During the trek you will accomplish more by climbing peaks including Gokyo Ri (5,357 m/ 17,575 ft) and Kalapthar (5,545 m/ 18,192 ft) to get an amazing view of Mt. Everest and other mountain range. The view includes: Mt. Everest (8,848 m./29,029 ft) – the crown of the world, Mt. Makalu (8,485 m/ 27,838 ft), Cho Oyu (8,201 m/ 26,906 ft), Mt. Lhotse (8,516 m/ 27,940 ft), Mt. Nuptse (7,861 m/ 25,791 ft), Mt. Ama Dablam (6,812 m/ 22,349 ft), Mt. Pumori (7,161 m/23,494 ft), Mt. Thamserku (6,608 m/ 21,680 ft), ), Kantenga(6782m/22250ft), Cho-Latse(6440m/21128ft), Tawache(6495m/21309) and others.

This route is full of escapades. You pass through various Sherpa villages like Namche Bazar – the trading town between Nepal and Tibet, Khumjung, Pangboche etc. Cultural differences and uniqueness within the differences are exceptional things to experience. Upon returning we follow slightly different route which gives you with ample new places to count on. We ensure you, this is one of the bests we have to offer to you.

### Itinerary in Detail:

#### **Day 01: Arrival in Kathmandu (1,300 m/4265ft):**

According to your arrival time, our representative will be there to greet you at the airport. You will then be taken to the respective hotel, where you check-in. After a short rest and time to freshen up, we will then show you Thamel – one of the busiest tourist areas. You can look up for ATMs, money changer, shops, retailers, gears or any other necessities that you require. You will then be taken to our office for tour briefing. Overnight will be spent at the hotel.

Delay on flight will postpone the schedule for next feasible day.

#### **Day 02: Kathmandu Sightseeing - 4 hrs tour.**

You start your day with yummy breakfast and proceed for the tour. We will show your two different religious/cultural sights – Pashupatinath Temple and Boudhanath Stupa.

**Pashupatinath Temple:** Known to be a space devoted to lord Shiva, a Hindu deity, Pashupatinath temple is one of the most famous destinations for Hindu pilgrims. Bagmati river – revered to be a holy river – where Hindu dead body are cremated is another attraction of the tour. It is a UNESCO world cultural heritage site and is famous for the celebration of “Shivaratri”, which falls in between the stretch of February-March.

**Boudhanath stupa:** The stupa is one of the largest monuments of its form in Nepal. It is located in the eastern Kathmandu and stands with four pair of eyes keeping track of four directions of the city. The holy and serene environment will definitely leave you relaxed and calm. It is believed to be inspired by Mahayana philosophy.

The completion of short tour will leave you with plenty time to prepare for your journey towards Everest Base Camp. Night will be spent at hotel.

**Day 03: Kathmandu – Lukla (2,860 m/9383ft) fly 30 mins – Trek to Phakding (2,610 m/8,563 ft) / 3.30 hrs walk:**

We drive you to domestic airport early morning for a flight to Lukla. A flight of 30 mins flying over Nepal's mid-hills and mountains parallel to the Himalayan ranges will be an amazing adventurous experience on its own. Landing on an airstrip of a beautiful town Lukla – gateway to the Everest trek, you will stop for a short while to fix your luggage, meet with crew members, and have a cup of tea/coffee to start the day.

You then walk for three and half hrs approximately on a gently sloped landscape towards Phakding and spend your night at a local lodge in the bank of beautiful Dudh Koshi river.

**Day 04: Phakding to Namche Bazaar (3,440 m/11,286 ft)/ 6 hrs walk .**

The second day of your trek will be an exciting yet challenging walk and informative as well since you enter the Sagarmatha National Park. The first part of the walk is beautiful along the Dudh Koshi river in the pine and deodar cedar forest with couple of small settlements. As you approach just below the ridge of Namche, you cross the highest hanging bridge – hold your breath if you suffer from Acrophobia or Gephyrophobia.

For the last part, you walk steep two to three hours uphill in the pine forest to reach Namche Bazaar. It used to be a trading post for Tibetan and Nepali merchants who cross over the high Himalayan pass called Nang Pa La pass (5,806 m/ 19,050 ft). Early trans-Himalayan trading place, Namche still holds its prominence for local market place.

You spend two nights in this town.

**Day 05: Rest and Acclimatization at Namche Bazaar /1.5 to 5 hrs.**

On this day, you hike around Namche Bazar and get yourselves habituated with the altitude differences you will be facing.

In order to be more than sure about your health we recommend to climb further up to Everest view Hotel – provides a beautiful view of mountain range including Mt. Everest.

On your way up, you pass small airstrip of Syangboche (3,780 m/12,402 ft) – the highest altitude airstrip in Nepal which is not permitted for commercial flights. The hilltop above Syangboche provides first view of magical Himalayan range including Taboche Peak (6,367 m/ 20,889 ft),

Lhotse (8,516 m/ 27,940 ft ), Peak- 38 and Ama Dablam (6,812 m/ 22,349 ft), Thamserku (6,608 m/21,680 ft) and others.

While at Khumjung (3,780 m/12,401 ft), you can visit the Hillary School – high school built by sir Edmund Hillary who reached the summit of Mt. Everest at first in 1953. Lunch in one of the tea houses in Khumjung. You can visit Khunde where Hospital under Hillary trust is serving to local Sherpas.

**Day 06: Trek Namche Bazaar to PhorsteThanga (3,680 m/ 12,073 ft) / 6 hrs walk:**

After breakfast, you walk through the most beautiful gentle stretch for about two hours to reach Kyangjuma from where trail forks and we take the upper one to Gokyo Valley. The lower one leads to the Everest Base Camp directly.

The trail to Mongla is beautiful and gentle uphill . On your way up to Mong La you can witness amazing view of mountains. Enjoy your lunch at one restaurant in Mong La, and then descend down to Phortse Thanga. The trail down to Tenga is beautiful in the Rhododendron forest – that blooms in Spring. You can meet various wild life here including Himalayan Thar, Deer, Himalayan Monal and others. Overnight stay in the lodge in Phortse Tenga.

**Day 07: Trek Phorste Thanga to Machhermo (4,470 m/ 14,665 ft) / 6 hrs walk:**

We begin our day with steady climb to Dole with the panoramic view of Thamserku and Kantanga at the back side. The trail until Dole is in the pine, rhododendron forest whereas from Dole onwards it is barred alpine region without tree. Lunch at Lapharma and pass small pastureland at Luza to reach Machhermo. Being located near the glacial stream, this place is cold but cozy. You can visit a temporary clinic to know about altitude sickness operated by Himalayan Rescue Association. You spend the night at a local lodge.

**Day 08: Trek Machhermo to Gokyo (4,790 m/ 15,715 ft)/ 5 hrs walk:**

As soon as we leave Machhermo and climb short steep stretch to the Chorten located atop, the view of mountains are magnificent. Every second of our hard trek will prove worth it given the scenic pleasure we get to witness. We then make our way to Pangka – a place where rather sad incident of avalanche killed more than 40 people in 1995. After we reach the river bed, we pass Ngozumba glacier on our right then we climb up and reach the first lake of Gokyo. Taking an inspiration and walking further will take us to the mesmerizing third lake of Gokyo passing second lake on our way. We spend the night at valley of Gokyo in a local lodge.

**Day 09: Hike to Gokyo RI (5,357 m/ 17,575 ft) and Trek to Thangnak (4,700 m/ 15,419 ft) / 9 hrs walk:**

We begin our day with challenging climb through rocky trail of Gokyo Ri. From the top we get to experience the most mesmerizing mountains view including three eight thousanders peaks Mt. Everest, Mt. Makalu, Cho Oyu and other surrounding peaks.

After the Gokyo Ri, we then walk cross huge Ngozumba glacier – the longest Himalayan glacier – which takes about two hours to cross.

We spend our night at the local lodge in Thagnak.

**Day 10: Cross Cho La pass (5,420 m/ 17,782 ft), trek to Dzongla (4,830 m/ 15,846 ft ) / 8 hrs walk:**

Your big day starts with pre-dawn/early morning walk. The weather to be considered to start the trek. Hike to the Base Camp of Cho La pass is fairly easy with gradual uphill in the gentle slope. From Base Camp, you need to climb the steepest route on this trekking and complete the Cho La Pass. The trekking is physically demanding as you have to then descend down the rocky trail to Dzongla which is pretty long. Rest for the day at Dzongla in a local lodge.

**Day 11: Trek Dzongla to Lobuche (4,910 m/ 16,108 ft ) / 4 hrs walk:** This day we walk for a short period of time. We walk observing all the sights and mountains and lakes visible and redeem our energy which was lost the day before from tiresome walk. Our walk to the yak pasture of Lobuche is filled with views of panoramas. The views of mountains will never get tiring, once we reach Lobuche we rest for the day and spend our night at the local lodge.

**Day 12: Trek to Everest Base Camp (5,364 m/ 17,598 ft) then back to Gorakshep (5,164 m/ 16,942 ft) / 9 hours walk :**

After breakfast your another big day begins. You set for the Everest Base Camp !

The beginning of the trail is beautiful in gentle slope with view of the mountains at 360<sup>0</sup>. You walk in the moraines parallel to Khumbu Glacier which is visible from near to Gorakshep – small town where you are sleeping for tonight – on the right side.

Once you reach Gorakshep, eat some meal and get ready for the Base Camp. The trail is winding in the glacial moraines and on the rocks. It takes about 3 hrs of hiking to reach the base camp from where you take a closer look of Khumbu glacier and can even walk crossing it. View of Mt. Everest from Base Camp is not much clear though.

This Base Camp located in the southern face is used by the expeditions. If you reach here in March -May, you will see hundreds of colorful tents by climbers.

You will then return back to Gorakshep after spending some time at the Base Camp. Stay at the lodge in Gorakshep for the night.

**Day 13: Hike up to Kalapatthar (5,545 m/ 18,192 ft) - trek down to Pheriche (4,371 m/ 14,340 ft) / walk 8 hours:**

You start the thrilling day at pre-dawn by climbing to Kalapatthar which is about 2.30 to 3 hrs climb. You will catch the sunrise over the Himalayan peaks if your pace and health help you. Kalapatthar offers 360<sup>0</sup> view of the mountains including the tallest Mt. Everest, Lhotse face, Nuptse, Ama Dablam, Taboche, Cholatse, Lobuche East and Pumori.

Enjoy your climb which is worth doing. After this climb down to your lodge.

After breakfast be ready for long walk back to Pheriche.

A bit further to Lobuche, you will take a new route down to Pheriche. In Dhugla top, you can walk around the memorial chortens dedicated to those climbers who lost their lives in the Everest region.

**Day 14: Trek back Pheriche to Phortse (3,800 m/ 12,467 ft) / 3.30 hrs walk:**

This day is comparatively short and rewarding day with flat stretch to walk and beautiful view of the mountains. Phortse is a Sherpa village, off the trail to base camp that remains less explored. Explore the unique cultural identity and spend night in this village at a local lodge.

**Day 15: Trek Phortse to Monjo (2835 m/9301ft) / 6 hrs walk:**

After breakfast, we trek all the way to Namche Bazar for lunch. You come down to Phortse Tenga from Phortse where you had stayed on the way up to Gokyo valley. From here onwards the trail is same which you have walked earlier.

From Namche, trek down the trail reach Monjo. The trekking is steeply down routed. We spend our night at a local lodge in Monjo.

**Day 16: Trek from Monjo – Lukla (2,840 m/ 9,317 ft) / 4 hrs walk:**

From Monjo we trek alongside Dudh Koshi passing the beautiful Phakding again on our way. Upon reaching Lukla, we thank our crew members and celebrate the completion of our trip. We spend our final night in the mountain air staying at a local lodge.

**Day 17: Lukla – Kathmandu (1300 m)/ fly 30 mins:**

We take a thrilling flight to Kathmandu. The flight will bring changes in air and leave mountain fresh air back, but you get to rest your body after a long trek. You will get good food after weeks of limited optioned meal in the Himalayas.

We transfer you to hotel and leave you for the day to explore nearest market and relax. You will spend the night at hotel.

**Day 18: Love Kathmandu Tour (Hidden places in Kathmandu and Durbar square)/4hrs tour:**

Kathmandu city stands with a century long history of markets, trading spots, various arts, buildings with architectural and cultural affluences.

On your last day, you will be exploring the local market of Asan, Indrachowk and Newroad, only to discover the historic and cultural identity of this beautiful city. You will then visit Kathmandu Durbar Square; centre to accumulate Kathmandu's architectural prominence. Here, you will experience an unique culture of "living goddess", visiting her temple could make your trip informative and exhilarating given the cultural differences. After this eventful day, you will spend your night at hotel and prepare for the departure next day.

**Day 19: Departure Day:**

You will be dropped off at the Kathmandu International Airport as per your flight schedule. This marks your last day in Nepal, our representative will bid you final good bye.

**Cost Includes:**

- Airport Pick up and Drop.
- 3 star standard (Nepal's standard) hotels with breakfast in Kathmandu.
- Tea house (Lodge) accommodation
- All meals (Breakfast, Lunch & Dinner) three times a day
- Tea Coffee (3 times a day).
- A professional trekking guide, Porter (Helper) and assistant guide for group size above 5 trekkers
- Air ticket (Kathmandu- Lukla –Kathmandu)
- All food, drinks, Lodge, salary, Insurance, medical equipment, all transport for Trekking Staff
- Kathmandu Cultural and Historical sightseeing with a Tour guide, Private transportation, and entrance fee.
- Trekking Permit (TIMS).
- Sagarmatha National Park Entry Permit.
- Down Jacket, a sleeping bag, Fleece liner and a duffel bag.
- All government taxes

### **Cost Excludes**

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, and any kind of unforeseen expenses.
- Lunch and Dinner in Kathmandu.
- Tips for Guide Porter & Driver (Tips are not compulsory but expected)
- Anything that is not mentioned in Inclusion

### **What to bring**

This list outlines the required things to bring during the trekking tours. There are various selections and brands that you can choose as per your interest. All required trekking equipments can be bought or even hired easily at a reasonable price in Kathmandu.

#### *General*

- 1) Down sleeping bag (you can borrow with us if required).
- 2) Duffel or Rucksack bag (you can borrow with us if required).
- 3) Daypack
- 4) Down Jacket (you can borrow with us if required).
- 5) Fleece liner (you can borrow with us if required).
- 6) Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- 7) Water bottle with purification tablets.
- 8) Hand wash liquids.

- 9) Lip guard.
- 10) Sun-block cream.
- 11) Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

#### *Upper Body - Head / Ears / Eyes*

- 1) Cap and ears covering hat.
- 2) Glacier glasses
- 3) Head torch.
- 4) Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

#### *Hand*

- 1) Hand gloves (One light pair and One warmer pair)

#### *Body*

- 2) T-shirts – few.
- 3) Light and weight thermal tops and warm thermal top.
- 4) Light jacket and vest.
- 5) Wind and rain jacket.
- 6) Shirts and warm shirts.

#### *Lower Body – Legs*

- 1) Long and short hiking pants.
- 2) Lightweight and warm long underwear.
- 3) Rain and windproof trousers and warm trekking trousers.

#### *Feet*

- 1) Thin and thick socks.
- 2) Trekking boots, light shoes, and sandal.
- 3) Trekking Gaiters.

#### *Medicines and First Aid Kits*

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- 1) Headache and fever medicine.
- 2) Ibuprofen for general aches and pains.
- 3) Burnt cream.
- 4) Immodium or Pepto Bismol capsules for upset stomach and diarrhea.
- 5) Diamox (commonly prescribed as Acetazolamide). Please discuss with us before starting to take this medicine.

- 6) Antibiotics.
- 7) Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

*Miscellaneous*

- 1) Passport and extra passport photos (2 copies).
- 2) Durable wallet/pouch for travel documents, money and passport.
- 3) Pocket knife.
- 4) Bandanas.
- 5) Favorite snack foods and energy bars
- 6) Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- 7) Binoculars.
- 8) Camera.

**All garments should be kept dry using waterproof stuff sacks or large puncture resistant plastic bags.**