communitytrek.com/nepal/ebc-and-gokyo-lake-trek-via-chola-pass
+977-9869666346 · WhatsApp: +977-9869666346 · communitytreks@gmail.com



NEPAL · EVEREST, KHUMBU

Everest Base Camp & Gokyo Lakes Trek

Experience the ultimate Himalayan adventure on the Everest Base Camp & Gokyo Lakes Trek via Cho La Pass.

TRIP PRICE
$2,300

COST / PRICE	REGION	DURATION	MAXIMUM ALTITUDE
$2,300	Everest, Khumbu	20 days	5,643 m

BEST SEASON	DIFFICULTY	ACCOMMODATION	TRIP TYPE
Spring & Autumn	Challenging	Teahouse / Lodge	trekking

HIGHLIGHTS

What makes this trip special

01 **Gokyo Lakes & Gokyo Ri: Discover the stunning turquoise Gokyo Lakes and enjoy breathtaking Himalayan panoramas from Gokyo Ri.**

02 **Cho La Pass (5,420 m): Cross one of the Everest region's most spectacular high passes, surrounded by glaciers, snow, and towering peaks.**

03 **Everest Base Camp & Kala Patthar: Stand at legendary Everest Base Camp and enjoy unforgettable views of Everest, Khumbu Glacier, and the surrounding mountains from Kala Patthar.**

04 **Sherpa Culture & Mountain Villages: Experience authentic Sherpa life, ancient monasteries, prayer flags, traditional villages, and warm Himalayan hospitality.**

OVERVIEW

Journey overview

An Epic Adventure: Everest Base Camp and Gokyo Valley Trek via Chola Pass 5,420m
Imagine yourself amidst the breathtaking panoramas of the Himalayas, trekking through Sherpa villages, glacial valleys, and turquoise lakes, all culminating in the awe-inspiring presence of Mount Everest. This is the essence of the Everest Base Camp and Gokyo Valley Trek via Chola Pass 5,420m, a journey reserved for the adventurous and the determined.
A Challenging Yet Rewarding Path:
This trek is not for the faint of heart. It's a strenuous 20-day expedition that combines the classic Everest Base Camp route with the off-the-beaten-path Gokyo Valley, offering unparalleled diversity and challenge. You'll traverse rugged trails, ascending steep inclines, and cross the thrilling Chola Pass, one of the highest trekking passes in the world.

DAY-BY-DAY ROUTE

Itinerary

A clear breakdown of each day of the trip.

DAY 1

Kathmandu, Welcome to the Land of the Himalayas!

Welcome to Kathmandu! After arriving at Tribhuvan International Airport, we'll transfer you to your hotel in Thamel. Enjoy a relaxing dinner and meet the team while learning more about your upcoming trek. You can also explore Thamel and pick up any last-minute trekking gear. Then, get a good night's rest, the Himalayan adventure begins tomorrow!

DAY 2

Travel to Ramechhap

Today, we drive for about five hours from Kathmandu to Ramechhap, enjoying beautiful countryside and mountain views along the way. We spend the night in Ramechhap, ready for tomorrow's short flight to Lukla, the gateway to our Everest Base Camp adventure.

DAY 3

Lukla to Phakding

This morning, enjoy a scenic flight from Ramechhap to Lukla (2,860m), the gateway to the Everest region. From Lukla, begin your trek through beautiful forests, across mountain rivers, and through traditional Sherpa villages. After a few hours of walking, reach Phakding (2,610m), where you'll rest and prepare for the days ahead.

DAY 4

Trek to Namche Bazar 3,440m.

Today, we trek along the beautiful Dudh Kosi River Valley toward Namche Bazaar (3,440m). The trail passes through forests, suspension bridges, and traditional Sherpa villages before reaching this lively mountain town. From Namche, enjoy spectacular views of the surrounding peaks and your first glimpse of Mount Everest in the distance.

DAY 5

Rest, recharge, and discover the heart of the Khumbu!

Today is a rest and acclimatization day in Namche Bazaar (3,440m), giving your body time to adjust to the altitude. Explore the lively streets, enjoy the beautiful mountain views, and visit the Sherpa Museum to learn about the rich culture, history, and traditions of the Everest region.

DAY 6

Trek to Tengboche 3,867m

Today, we continue through the beautiful Khumbu Valley, walking through lush forests, traditional villages, and across suspension bridges with stunning mountain views. Our trail leads us to Tengboche (3,867m), home to the famous Tengboche Monastery, the largest Buddhist monastery in the Khumbu region. Take time to enjoy the peaceful atmosphere, prayer flags, and magnificent views of the surrounding Himalayas.

DAY 7

Trek to Dingbuche (4,410m / 14,500ft).

Today, the landscape changes as we leave the forests behind and trek through the beautiful Khumbu Valley. We cross the Imja River and pass colorful prayer flags and Buddhist mani stones before reaching Dingboche (4,410m). With the magnificent Ama Dablam rising above the valley, the Himalayan scenery becomes even more impressive. As we gain altitude, take it slow, stay hydrated, and follow our guide's advice for a safe and comfortable journey.

DAY 8

Spend the day at Dingboche for acclimatization.

Today is a rest and acclimatization day in Dingboche (4,410m). If you feel comfortable with the altitude, you can hike up Nangkartshang Peak (5,100m) for spectacular views of Ama Dablam, Lhotse, Makalu, Cholatse, and Tawoche. The climb is steep but rewarding, while those who prefer a shorter hike can explore partway up. After returning to Dingboche, enjoy lunch and a relaxing afternoon.

DAY 9

Trek to Labuche (4,930m / 16,175ft).

Today, we leave Dingboche and follow the trail toward Lobuche (4,930m). After a steady climb to Thukla, we cross Thukla Pass, where memorials honor climbers who lost their lives in the Himalayas. From the pass, enjoy spectacular views of the surrounding peaks before continuing through the valley to Lobuche. In the afternoon, you can take a short walk near the Khumbu Glacier and enjoy the beautiful sunset over Nuptse.

DAY 10

Trek to Gorakshep

Today is an exciting and challenging day as we leave Lobuche and trek toward Gorakshep (5,164m), the last settlement before Everest Base Camp. After reaching Gorakshep, we continue toward Kala Patthar, one of the best viewpoints in the Everest region. From the top, enjoy breathtaking views of Mount Everest, Pumori, Nuptse, and the Khumbu Glacier. If conditions are favorable, the golden light over the Himalayan peaks creates an unforgettable mountain moment.

DAY 11

Hike to EBC and back to Labuche

Today is one of the most unforgettable days of our journey—we finally reach Everest Base Camp (5,364m)! From Gorakshep, we follow the rugged trail alongside the Khumbu Glacier, surrounded by towering Himalayan peaks. As the famous Everest Base Camp comes into view, the excitement is unforgettable. Stand beneath the world's highest mountain, take in the prayer flags and glacier landscape, and celebrate this incredible achievement. After soaking in the moment and capturing memories, we retrace our steps to Lobuche (4,930m) for a well-earned rest.

DAY 12

Trek to Dzongla 4,830m.

Today, we leave Lobuche and follow a beautiful trail toward Dzongla (4,830m), a peaceful mountain village surrounded by spectacular Himalayan peaks and the impressive Taboche Mountain. The trail offers dramatic views of glaciers, valleys, and snow-covered mountains along the way. After reaching Dzongla, enjoy a relaxing evening and prepare for tomorrow's exciting challenge, the Cho La Pass. Take in the peaceful surroundings and enjoy this special moment in the high Himalayas.

DAY 13

Trek to Thangnak via Chola Pass 5,420m.

Today is one of the most exciting and challenging days of the trek—we cross the spectacular Cho La Pass (5,420m)! We start early with breakfast around 4:30 AM and begin with a gentle walk toward Cho La Phedi. The trail then becomes steeper and more rugged as we climb over rocky terrain and cross the Cho La Glacier. Reaching the top is a truly rewarding moment, with breathtaking panoramic views of the surrounding Himalayan peaks. After celebrating with photos and a well-earned break, we continue down to Thangnak, where we can rest and enjoy the evening.

DAY 14

Trek to Gokyo Lake 4,760m.

Today, we leave Thangnak and trek for about 3-4 hours toward the beautiful Gokyo Valley, following the impressive Ngozumpa Glacier, one of the longest glaciers in the Himalayas. As we approach Gokyo, the scenery becomes even more spectacular, with turquoise glacial lakes surrounded by towering snow-capped peaks. After reaching Gokyo (4,760m), enjoy lunch and take time to explore the peaceful lakes and stunning mountain surroundings before a relaxing evening in this remarkable Himalayan village.

DAY 15

Hike at Gokyo Ri 5,3,56m. (optional adventure) and walk to Dole 4,200m.

Start the morning with an early breakfast and, if you feel ready, take the optional hike to Gokyo Ri (5,357m). The climb takes around three hours and offers breathtaking panoramic views of Mount Everest, Lhotse, Makalu, Cho Oyu, and other Himalayan peaks. After enjoying the summit and taking memorable photos, return to Gokyo for lunch. Later, continue the scenic trek toward Dole, passing through beautiful valleys and enjoying spectacular mountain views along the way.

DAY 16

Trek to Namche Bazar 3,440m.

Today, we make our way back to Namche Bazaar (3,440m), enjoying a scenic trail through the beautiful Khumbu landscape. We begin with a gentle descent to Phortse Tenga, followed by a climb toward Mong La and Kyangjuma. After a well-earned lunch, continue along a peaceful trail with spectacular mountain views before reaching Namche Bazaar. Relax in the evening and reflect on the unforgettable adventures of the trek.

DAY 17

Trek to Lukla 28,00m.

Today is our final day of trekking as we walk back to Lukla (2,860m) after an incredible Himalayan adventure. Enjoy the beautiful scenery along the trail and take a moment to celebrate completing your journey. In the evening, gather with your guides and porters for a traditional farewell celebration, sharing food, stories, laughter, and unforgettable memories. It's a special time to thank the team for their support and celebrate the friendships and experiences created along the way.

DAY 18

Fly to Manthali and drive to Kathmandu

After breakfast, we take a scenic flight from Lukla to Manthali. From Manthali, enjoy a 4-5 hour drive to Kathmandu, arriving in the afternoon. Once in Kathmandu, transfer to your hotel and relax after your incredible Himalayan adventure.

DAY 19

Farewell, Nepal! Your Final

Today marks the final day of your Community Trek adventure. After breakfast, enjoy a free day in Kathmandu to explore at your own pace, do some last-minute shopping, visit places of interest, or simply relax and reflect on the unforgettable memories of your journey through Nepal.

SERVICES

Included and not included

Included

- √ Arrival & Departure: Airport (Pick Up and Drop)
- √ Hotel Accommodation in Kathmandu: 2 nights hotel in Kathmandu and 1 night Camp Tent or Room in Manthali on bed & breakfast Basis- Twin Bedroom
- √ Permit: All necessary paper works
- √ Lodging & Food: Food 3 meals a day (BDL; including tea) Breakfast, lunch, and dinner from the guesthouses you are staying at. You could pick anything on the menu, which had Western options or Nepali options.
- √ Guide and Porter: Porters (2 trekkers: 1 porter, Max 20kg) during the trek

Not included

- – Air Fare: International flight fare (to/from Kathmandu)
- – Personal transportation beyond the aforementioned programs.
- – Nepal entry Visa fee
- – Lunch & Dinner: Lunch & dinner during the stay in Kathmandu and Manthali (also in case of early return from Trekking than the scheduled itinerary)
- – Extra night in Kathmandu: Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking (due to any reason) than the scheduled itinerary
- – Rescue Evacuation: Medical Insurance and emergency rescue evacuation costs if required. (Rescue, Repatriation, Medication, Medical Tests, and Hospitalization costs.)
- – Personal Expenses: Telephone, Internet, battery recharge, shower, Laundry, any Alcoholic beverages, Boiled, water, beer, coke, and Clothing, Packing Items or Bags, Personal Medical Kit, Insurance, Personal Trekking Gears, and equipment.
- – USD 25 for extra porter per day (If extra porter demanded)
- – Tips: Tips for Guide, porter (Avg. US 12 to 15$ per day per person)
- – At times Trekkers have been delayed in Lukla awaiting return to KTM. During these times when airplanes cannot fly, Helicopter flights can be arranged (subject to their availability). The cost is approximately $500-600 paid by the trekker.
- – Any other item not listed in the "Price Includes" section

ROUTE MAP

Trekking & tour route

Key stops, checkpoints, and route trajectory.



GALLERY

A glimpse of the journey









TRAVELLER NOTES

What travellers say

★★★★★

“We had an unforgettable 26-day trek with Community Trek from Sivalaya to Everest Base Camp via Gokyo Valley and Cho La Pass. As a fully Nepalese-owned company, we appreciated knowing our money stayed in Nepal. Ramesh expertly organized everything and was a friendly, knowledgeable, and safety-conscious guide who kept a comfortable “bistari, bistari” (slow but steady) pace, helping us avoid altitude sickness. He also shared Nepalese culture, local stories, and his deep love for the mountains. The trek was challenging but incredibly rewarding, and we highly recommend Community Trek. We would happily trek with them again. Thank you, Ramesh!”

Ursula Valverde-Neff

North Qld, Australia · 2017

★★★★★

“I had such an amazing trekking experience with Ramesh. He knows the Himalayan trails, nature, and local culture so well, and his knowledge made the whole journey even more enjoyable. Since I was traveling alone, he supported me from the moment I arrived in Kathmandu and always made sure I felt comfortable and safe. Ramesh is much more than a guide—he became a great friend along the way! He is also an incredible photographer and captured so many beautiful memories from the journey. I highly recommend Community Trek and Ramesh to anyone visiting Nepal, whether you are planning a trek or simply want to discover the country with someone who truly loves and understands it.”

Flavia Lima

São Paulo, Brazil · 2019

★★★★★

“In November 2021, I completed the Everest Base Camp and Gokyo Valley Trek with Community Trek, and it was an incredible experience from beginning to end. It was my first time visiting Nepal, and I am truly grateful to Ramesh and his team for taking care of everything from the moment I arrived in Kathmandu until the end of the trek. Ramesh was not only an excellent and knowledgeable guide but also became a good friend along the journey. He was always supportive, friendly, and attentive, making the trek feel safe and enjoyable. He also captured many wonderful moments through photos and videos, giving me memories I can treasure forever. It was truly a 10/10 experience, and I highly recommend Community Trek and Ramesh to anyone planning an adventure in Nepal. Thank you, Ramesh, for an unforgettable journey!”

Leonardo Martinelo

Santos, Sao Paulo, Brazil · 2022