

Chola Pass-EBC

Gokyo is one of the most beautiful area in Everest region which includes the largest glacier of Nepal known as Ngozumba Glacier and Gokyo peak offers spectacular mountain view including 4 highest mountains over 8000 meters.

We follow the main trail of Everest base camp passing some of the spectacular Sherpa village and follow Gokyo valley and Dudh koshi river to Nyozumba glacier, the main source of the river and further to Gokyo village just on the foot hill of Gokyo ri which is one of the highest settlement in the world at the height 4790m.



Detailed Itinerary

Day 1: Arrival in Kathmandu

Welcome to the Capital of Nepal "KATHMANDU". Upon Arrival our representative will welcome you and drive you to Hotel. Refresh and Relax

Day 2: Explore Kathmandu

"Kathmandu" which has exclusive blend of art, culture, history and religion. It bears varieties from pre-history to modern art, culture and custom. Today we explore some of it most popular UNESCO heritage sites. Afternoon walk around the main tourist hub of Kathmandu and prepare for your trek.

Day 3: Kathmandu fly Lukla – Trek Phakding

Early morning you head to the airport for your flight to Lukla. This is an approximately 45 minute's flight with incredible mountain views north to the Himalayan Range. After meeting the crew in Lukla, you head up the Dudh Koshi River Valley on a well-marked trail to Phakding.

Day 4: Phakding – Namche Bazaar

This morning you continue north following the Dudh Koshi River and on to Jorsale where you enter the Sagarmatha (Everest) National Park. From here it is a short walk to the confluence of two rivers, the Imja Drangpa (Imja Khola) and the Nangpo Tsangpo (Bhote Kosi) where you cross once more on a suspension bridge. This is followed by a steep climb (for about 2hrs) up to Namche Bazaar, the main town in the Khumbu region. Namche is a prosperous Sherpa town and an important trading centre with a weekly Saturday market.

Day 5: Rest day

Today is for letting your bodies rest and acclimatize. If you are feeling good you could go for an acclimatization walk or explore the village. Namche Bazaar is tucked away between two ridges amongst the giant peaks of the Khumbu. Options for acclimatization walks include a visit to Khunde Hospital, or the one hour walk up to the Everest Hotel above Namche for the view of AmaDablam, Nuptse, Lhotse and Everest, with many more in the mix as well.

Day 6: Trek to Dole

After a perfect acclimatization in Namche, we start the day with short uphill walk which is followed by gradual climb until Sanasa. En route we can enjoy seeing Mt. Thamserkhu, Amadablam and Lhotse. From Sansa the trail steeply ascends to Mong La. Then the trail becomes steep down to Phortse Thanka. From here we gradually gain the elevation through rhododendron forest. A final steep climb for one hour allows us to step in Dole.



Day 7: Trek to Macchermo

We follow a gradual ascend crossing several mountain streams. Meantime we take pleasure of watching Dudhkoshi River valleys. The landscapes don't have any vegetation to offer but we can still see some yak, Ghoral and few local species of birds.

Day 8: Trek to Gokyo

We mount gradually through cliff and cross the river over suspension bridge. We pass by few alpine villages and chortens. Just before reaching Panga we cross avalanche (that comes in action mostly during spring). En route we get to see Gokyo 1st and 2nd lake. Upon arriving Gokyo we take a lunch and explore the lake to acclimatize. Gokyo small hamlet with few stone roofed tea houses and one of the highest settlements in the world. If you are interested, then you can climb to Gokyo Ri for sun set view.

Day 9: Explore Gokyo Ri

We take breakfast and hike to Gokyo Ri. Trail is steep up until the top. From the top we are able to enjoy superb view of Cho Yu, Mt. Everest, Mt. Makalu, Mt. Lhotse, a beautiful blue shape of Gokyo Lake and Ngozumba Glacier. We descend back to camp take lunch and rest.



Day 10: Gokyo- Dragnak

After exploring the beautiful Gokyo Lake and its surrounding we have an easy hike through Nzogomba Glacier to Dragnak, rest of the day just rest and get ready for a long day tomorrow

Day 11: Dragnak- Chola pass- Dzongla

Today we have big pass of 5420 meter, the trail starts with gradual walk and climbs steep up to the pass of chola with stunning view of mountains and descend down to Dzongla for overnight.

Day 12: Dzongla to Gorekshep

Enjoying the beautiful scenery, we climb down and reach Lobuche after taking the curve trail through riverbed. From Lobuche we walk up along Khumbu Glacier to Gorekshep for overnight.

Day 13: Gorekshep– Everest base camp– Kalapathar– Lobuche

Early morning hike to Kalapathar for sunrise and magnificent view of Mt. Everest and trek down to Gorekshep and continue our walk–through moraine and glacier itself to Everest base camp and trek back to Lobuche for overnight.

Day 14: Lobuche – Tyangboche

Today you trek downhill and join imja Khola and continue your walk to Tengboche. Visit the famous Tyangboche monastery and stay overnight



Day 15: Tyangboche – Namche Bazaar

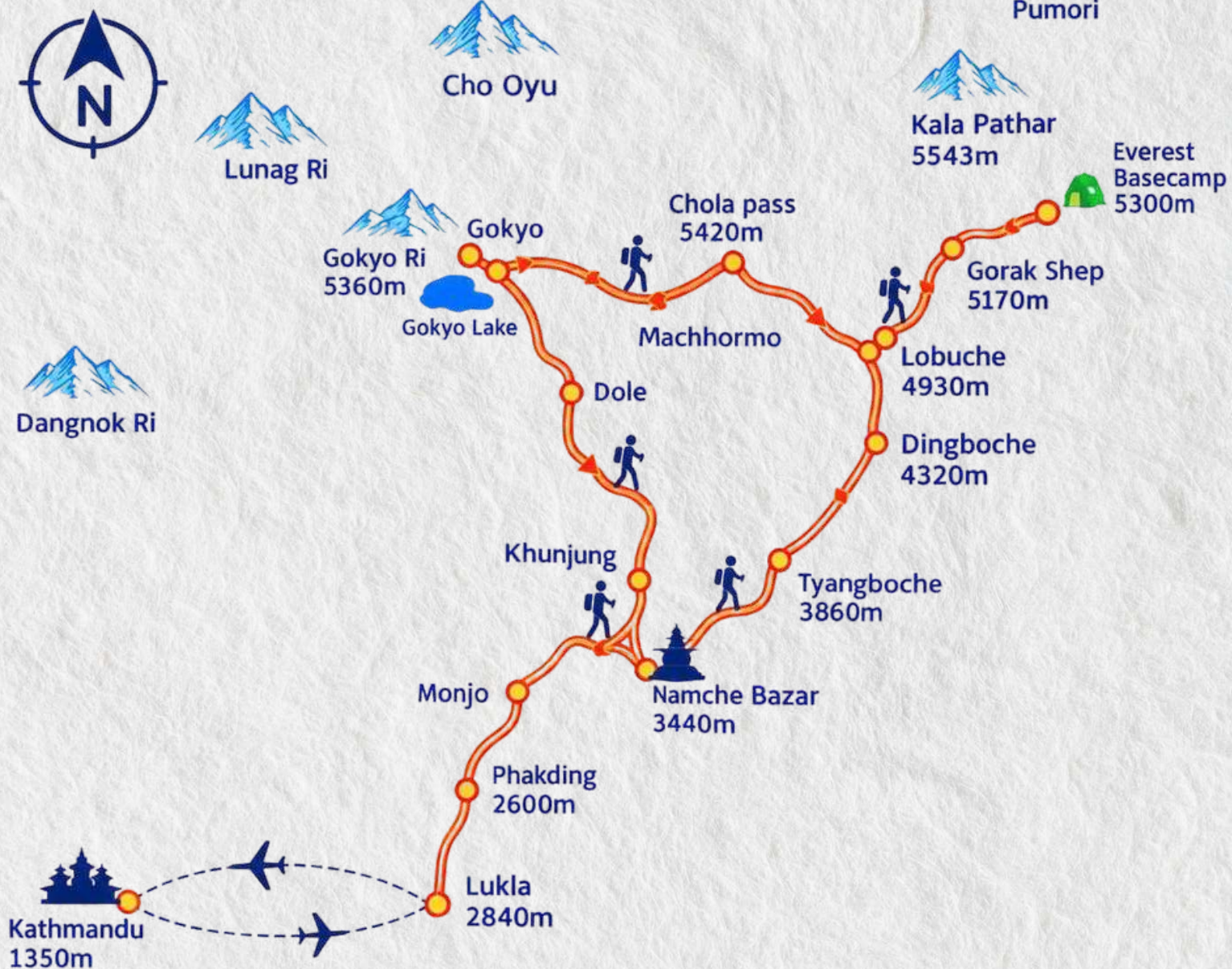
Descend a long downhill walk–through beautiful forest to the river of phunki tenga which is followed by long uphill climb. Then the trail contour around the side of the valley, enjoy the Mountain View and overnight in Namche.

Day 16: Namche Bazaar – Lukla

From Namche Bazaar you will be amazed at how easy that steep trail is to go down (as opposed to the hard slog you had as you came up) as you descend back down to the village of Jorsale. Passing the villages of Phakding and Choplung you arrive at Lukla.

Day 17: Lukla fly to Kathmandu

This morning you get up early to catch the morning flight to Kathmandu.



HIGHLANDER
TREKKING
WHERE THE HIMALAYAN SPIRIT LIVES & BREATHES

Thamel, Kathmandu

+977-01-4700563, +977-01-4700066

Whatsapp: +977 9851167070

info@highlandernepal.com

www.highlandernepal.com