

# GOKYO TO EVEREST BASE CAMP VIA CHO LA PASS

## TREKKING

### GENERAL DETAILS

Category:	Trekking
Sub Category:	Everest Region
Region:	Everest
Duration:	19 days
Accommodation:	Tea-House (Lodges)
Altitude:	5,643m
Meals:	Breakfast/Lunch/Dinner
Difficulty:	Strenuous
Activity:	Trekking
Season:	March, April, May, September, October, November
Start/End Point:	Kathmandu - Kathmandu
Group Size:	2-30
Total Distance:	90 km/56 miles
Transportation:	Private vehicle

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### TRIP OVERVIEW

Gokyo to Everest base camp via Cho-La Pass is a great adventurous walk visiting both beautiful high areas of Khumbu, an ever-exciting adventure with a flexible itinerary set by Woman Adventures. The itinerary days have ample time for acclimatization and exploring the scenic surroundings as well as to catch a glimpse of the impressive local cultures of the native Sherpa. This trek can be a perfect **adventure for women** of all ages whether you are travelling solo or with your fellow female explorers.

**Gokyo to Everest base camp via Cho-La Pass** leads you to higher mountainous and picturesque valleys, walking from the main trail to hidden pockets of Khumbu on crossing the high Cho-La Pass. Discover the lifestyle of **Sherpa women in Gokyo Valley**, their dedication

to daily work, community support, and active role in **women's empowerment** through education, tourism, and preserving cultural heritage.

The first part of the journey follows the normal and popular route to the famous **Namche Bazaar**, after entering *Sagarmatha National Park*, which is listed in World Heritage Sites. It is one of the highest-elevation parks enriched with exotic flora and fauna with the world's tallest mountain range.

Namche Bazaar is a perfect place and height for acclimatization days and to explore its surrounding viewpoints. After Namche Bazaar, you walk on the road towards high beautiful Gokyo Valley of serene glacial lakes. The trail diverts from the main routes of **Everest base camp**. You will head higher to reach the picturesque Gokyo Valley enclosed by towering snow peaks. The valley is located amidst various routes to Mt. Cho-Oyu base camp and Everest base camp via **Cho-La Pass** including the higher trail to Thame crossing **Renjo-La Pass** with Nepal's Himalayas' longest Ngozumpa glacier. The origin glacial source of the Dudh Koshi River, which you have followed in the beginning.

At Gokyo Valley enjoy leisure activities with a climb to high Gokyo-Ri for a stunning panorama of the world's four highest peaks from Everest, Lhotse, and Cho-Oyu to Mt. Makalu with a series of snow-capped mountain ranges. After a pleasant and wonderful time at Gokyo, then head towards Everest base camp, taking the high route over Cho-La Pass. An exciting and adventurous feat to accomplish crossing the high Cho-La Pass to reach the main trail to Everest base camp. Then follow the scenic route to the second and main highlights of the adventures, at the foot of Mt. Everest. Enjoy the tremendous dramatic scenery amidst remorseless fields of moraine, ice, snow, and glaciers with **massif Khumbu Ice Fall**.

On completing the goal and target of the adventures, including the steep climb on top of **Kalapatthar**, we will return to Lukla. Kalapathhar is famous and popular, as well as the highest viewpoint of the journey for the closest **views of Everest** at a near distance. After exploring all the highlights around the high Khumbu Valley, the journey takes us on the scenic trail back to Lukla. The next morning a short panoramic flight brings you to Kathmandu to conclude the adventures, after a great wonderful experience on Gokyo to Everest Base Camp via Cho-La Pass Trekking.

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## ITINERARY

### **Day 1: Arrival in Kathmandu 1,340 m and transfer to hotel.**

On arrival at Kathmandu International Airport, you will be received by our team of ladies staff and guide. After checking the NST (Nepal Standard Time) which is 5 hours and 45 minutes ahead of GMT, a short drive takes you in the hub of Kathmandu city around Thamel area to your hotels. After checking into your lovely rooms, get refreshed from the Jet Lag. The refreshments will energize you after which you can join the other members of the Gokyo to EBC via Cho-La Pass Trekking team in the meeting room for a briefing.

The briefing will be provided by our lady guide and staff or Group Leader. She will provide information about the treks, local lodge, and food. The wide range of information about trek makes your holiday meaningful and enjoyable. Overnight at Hotel.

### **Day 2: In Kathmandu with sightseeing tour and trek preparations.**

The day begins with breakfast, followed by visits to two significant sites: Pashupatinath Temple and Boudhanath Stupa. The tour is escorted by a government certified female tour guide.

Pashupatinath Temple, a UNESCO World Cultural Heritage site, is a revered Hindu temple dedicated to Lord Shiva. Located by the Bagmati River, it hosts Hindu cremation ceremonies and is especially important during Shivaratri, attracting numerous pilgrims.

After breakfast, we'll visit Boudhanath Stupa, one of Nepal's largest stupas, positioned east of Kathmandu. It's notable for its significant size and height, as well as its four pairs of eyes representing Mahayana Buddhist principles. Following a quick city tour, we'll return to the hotel to prepare for tomorrow's trek. The overnight stay will be at the hotel.

### **Day 3: Fly to Lukla 2,860 m and trek to Phakding 2,610 m-04 hrs.**

You will have your breakfast at Hotel, and after having early breakfast and refreshments, the Woman Adventures guide, and staff receives you for short drive to domestic airport. You then check in with respective airlines, get on board in a small aircraft of 15 to 18 seats. Twin Otter, Dornier or similar STOL aircraft can only fly to mountainous smaller Airport and runways. The flight to Lukla's amazing Tenzing-Hillary Airport is an enchanting experience, with its remarkable airstrip. During this short flight enjoy sweeping panorama of the Himalayan range of peaks with Mt. Everest towards North-East.

Then the plane lands at Lukla's short runways, reaching the parking space on landing at Tenzing-Hillary Airport. After getting organized with the baggage, you'll have time to take a refreshing break. Then follow our lady expert guide heading through the market areas on the main streets of Lukla town.

Enjoy a pleasant walk downhill, passing farm villages and continuing through several charming settlements along the way. We then reached Phakding for the first overnight around the Khumbu area of Everest.

The lodge offers lovely rooms and warm hospitality, providing a comfortable place to enjoy the night in Phakding, near the Dudh Koshi River. The flight to Lukla takes about 30 minutes and covers a distance of approximately 135 km (84 miles) while the walking distance from Lukla to Phakding covers an approximate distance of 8 km (5 miles).

#### **Day 4: Trek to Namche Bazaar 3,440 m-06 hrs.**

After a hearty breakfast in the morning, follow our female guide and trekking staff for a pleasant walk to start the day. After short hour of good walk cross over a long bridge above Dudh Koshi River. Then a short climb to lovely Monjo village and then enter Sagarmatha National Park. Sagarmatha, a name for Everest in Nepal, the native Sherpa calls Chomolungma similar to Tibetan. In both languages it means great Mother as large as an ocean. From the park, we walk down to cross the same river once again. (Sagarmatha National Park is in the list of UNESCO World Heritage Sites).

We then reach the settlement of Jorsalle before Namche Bazaar, possible lunch stops, and then walk on river bed amidst dense forest. We take a short climb to cross a high bridge, with a long undulating uphill walk of a few hours takes us to Namche Bazaar. A large settlement, a size of a moderate town with colorful and well built houses serving as lodge, and hotels. Enjoy a nice comfort in one of the best lodge rooms, with a grand view of Kwangde Himal range; with Thamersarkhu peaks. The total distance from Phakding to Namche Bazaar is approximately 12 km (7.5 miles), taking more than 5-6 hours due to the increase in altitude.

#### **Day 5: Rest day in Namche Bazaar for acclimatization with short hike.**

Namche Bazaar is a perfect place and ideal height for rest and acclimatization, before heading higher ground. Sleeping and resting low is best, taking short hike above Namche Bazaar heights for better acclimatization.

It is best to sleep and rest at lower altitude. We also take a short hike above Namche Bazaar to aid in better acclimatization. In Namche, immerse yourself in exploring the lifestyle of Sherpa women, appreciating their dedication, resilience, and the unique cultural roles they uphold in the community.

Possible short hiking around Namche Bazaar and viewpoints are as follows:

After breakfast climb uphill to near Park Headquarters, a top ridge with an interesting museum. Enjoy the grand vista of Mt. Everest, Lhotse, and Nuptse with beautiful Mt. Ama Dablam, Khangtiaga, Tharmasarku, and Kwangde Himal range of peaks. You then visit the museum which offers good information about the Sherpa culture and history as well as local flora/fauna and mountaineering expedition history around Khumbu and Everest.

The other interesting hike is climb above Namche Bazaar to a small old airstrip at Syangboche. Then on slow gradual ups to Everest View Hotel, the first luxury hotels of Khumbu and Everest region. It is designated in the Guinness Book of World Record, as the highest hotels in the world at 3,962 m/ 13,000 feet.

It is located in a serene surrounding amidst pines and rhododendrons small forest. Enjoy the glorious views of Mt. Everest, Lhotse, Nuptse with Ama Dablam while having refreshing hot drinks. We then return to Namche Bazaar for lunch. The rest of the day is free to leisurely explore the fascinating streets of Namche Bazaar. Namche Bazaar is also famous for its weekly Saturday Market, hence the name tagged as Namche Bazaar due to the colorful busy bazaar/ market held every Saturday.

### **Day 6: Trek to Dole 4,110 m- 06 hrs.**

Enjoying a pleasant two overnight stop in Namche Bazaar, the walk leads on a pleasant gradual wide trail. Soon our route diverts from the main popular trail of Everest base camp leading to a steep climb up to Mong high ridge, with superb views of towering snow peaks. From here, the path leads downhill to Dudh Koshi River at Phortse Tenga for a lunch break. A small settlement with few small simple lodges and Tea-Houses. In the afternoon, a few hour's climb takes us into a narrow gorge which are covered in tall rhododendrons, pines, oaks, and fir trees. We then reach on an open wide area at Dole, a lovely spot on the back sides of a holy Mt. Khumbila, the patron god of Khumbu Sherpa's. Upon arrival, we checked into a nice lodge at Dole and spent overnight with the sound of the Dudh Koshi River flow.

### **Day 7: Trek to Machermo 4, 470 m - 04 hrs.**

In the morning, after having a good breakfast at the lodge, we begin today's short walk but the gain in altitude makes the trek slower. We start the morning walk with a short steep climb to a ridge, reaching an open wider area. The walk follows on gradual ups past a nice small settlement of Luza, and slowly the trail leads us high above Machermo. You can enjoy the first look of Mt. Cho-Oyu towards north with Machermo peaks in the west. After a grand view of the surrounding high peaks, a short descent takes us to a small river gorge. The gorge is lined with small Poplar and Willow trees, followed by a short steep climb to Machermo. A place with several fine good lodges for lunch and overnight. The rooms are well accommodated offering a beautiful view. After lunch, you can relax and then take a short hike to nearby viewpoints. Spend the rest of the day at leisure before enjoying afternoon tea and dinner.

### **Day 8: Trek to Gokyo Valley 4,800 m - 04 hrs.**

Today, the morning takes you to our destination to Gokyo Valley of lakes. We start with a short steep up to a ridge, then walk on a gradual path to Pangka. A small isolated spot with some simple lodge, from here with ups on the rocky path towards an ablation valley. The walk continues to reach the first lake, and then the second lake of Gokyo Valley. After a short while, we then reach Gokyo third lake, the main lake of Gokyo Valley. It is also known as the Dudh Pokhari, like the Dudh Koshi River, which means a milky river due to its chalky white color fed from nearby Ngozumpa glacier. We will walk up to the lodge located above the Gokyo emerald-colored lake, offering breathtaking views of Mt. Cho Oyu and Gyachung Kang Peak. On reaching the lodge check into a nice room and enjoy lunch along with surrounding views. Sherpa women of Gokyo Valley lead hardworking lives, managing households, farming, and supporting trekking tourism while playing a vital role in women's empowerment through leadership, education, and preserving cultural traditions. You can spend the afternoon at leisure, exploring the lifestyle of Sherpa women and marveling at the glorious scenery of towering snow peaks.

### **Day 9: Morning climb Gokyo-Ri, afternoon free at leisure.**

A free day in Gokyo, you can go for a good hike and climb to the Gokyo-Ri viewpoint. Rise early and start the hike before breakfast walking past the shore of Gokyo third lake. Then a steep haul for a few hours to reach on top of scenic Gokyo-Ri. From the top, you can view the spectacular panorama of the world's four tallest peaks, with Everest, Lhotse, Makalu and Cho-Oyu. The views also include the grand scenery of the wide Gokyo Valley and its emerald-

colored lakes, after a refreshing morning climb. We then return downhill to the lodge for breakfast and lunch. Rest of the day you can enjoy on your own and relax in the harmony of beautiful scenery.

### **Day 10: Trek to Thagnak 4,760 m-04 hrs.**

Today's walk is a short distance to Thagnak at the base of Cho-La Pass, so we start the morning at leisure in no hurry. You can enjoy the breakfast with delightful views of surrounding beautiful landscapes with lakes. We start the morning walk on the same route as previous days, after the last lakes. The route diverts heading straight towards east of Gokyo Valley, to reach Na, a small Yak herders shelter. After a few hours of Pleasant walking, we reach Thagnak, located on a corner with good simple lodges for overnight stay. At Thagnak, we will stay for lunch and overnight before a long traverse over Cho-La Pass. In the afternoon you can rest and save energy for the long climb and descend the next early morning.

### **Day 11: Cross Cho-La pass 5,420 m, descend to Dzongla 4,750 m -08 hrs.**

Today, we will be rising early before the break of dawn. After having a good breakfast, we will be carrying a packed lunch for the long day. You should follow the expert lady guide heading up with a steep climb over rocks and boulders. You will also stop for a rest at some places. As cool morning walks progresses, after hours of steady climbing we then reach on top of Cho-La Pass.

The pass is marked with rock cairns and Buddhist prayer flags. If you have carried the prayer flags, you can hoist at the pass for the goodwill to come in near future, from the top of Cho-La. Enjoy views of Cholatse peak, with Lobuche East/ West and Nirekha peaks. We then head for the long descent, heeding slowly and taking care of slippery sections to reach at the bottom of Cho-La pass. The walk gets pleasant for an hour to Dzongla for overnight halt.

### **Day 12: Trek to Lobuche 4,928 m -05 hrs.11 km.**

After an exciting adventure over Cho-La Pass, from Dzongla we take an easy walk with a short climb to Lobuche for overnight. In the morning, as you walk from Dzongla, you'll be greeted by the stunning views of the towering peaks of Cholatse and Taboche, with the trail leading you along a gravel path. Then the walk joins the main trails of Pheriche and Dingboche heading up to Lobuche and Everest base camp.

After walking on a gradual path for an hour we then reach Lobuche for overnight in one of the best lodges. Upon arrival, we check into a nice room with views of Nuptse and Lobuche peak. Lobuche, is a nice spot well hidden from gusty cold wind.

### **Day 13: Trek to Everest base camp 5,364 m via Gorakshep 5,180 m-06 hrs. and back to Gorakshep.**

We start early after having a good breakfast to reach the main goal and highlight of Gokyo to Everest Base Camp via Cho-La Pass. We will carry a packed lunch for the long day. The path starts with a gradual, and then a short climb towards rocky section. You can enjoy stunning views as you walk above the Khumbu Glacier on your way to Gorakshep. A nice small settlement with nice lodges, situated beneath Mt. Pumori and Kalapathar scenic hill.

In the early days, Gorakshep served as the original Everest Base Camp. However, as the glaciers receded over the years, the base camp was relocated further to its present site in the 1970s. The walk follows east, on the gradual winding path, after some hours of steady walks, we then reach Everest Base Camp, and stand at the foot of number one Mount Everest. It is also the base camp of Mt. Lhotse, the world's 4 th highest peaks. Enjoy the incredible stupendous scenery similar to Arctic like landscapes, covered in moraine of rocks, snow, ice and glaciers. In the mountaineering seasons of April and May, base camp is flooded with tents of various wide-world expeditions. After a wonderful day hike and achieving the goals of the adventure, the return walk takes us to Gorakshep for an overnight halt. Celebrate the incredible achievement of reaching Everest Base Camp with your female friends, guide, and porter, sharing the joy of this unforgettable moment together.

### **Day 14: Climb to Kalapathar 5,630 m and trek to Pangboche 3,900 m- 06 hrs.**

We rise early morning and before breakfast, we take an exciting climb to the top of Kalapathar, a famous and popular viewpoint. A steep climb of a few hours takes us to reach the rocky high ridge, as well as the highest spot of the adventure. For every hard efforts, the adventure rewards you with a mind-blowing panorama of towering Snow Mountains that encircle the top of Kalapathar. The top offers a grand close views of Mt. Everest at a stone throw distance with Mt. Pumori in front. After a mesmerizing views, we descend to Gorakshep for breakfast, and then downhill past Lobuche and Thugla. From Thugla our route diverts heading downhill reaching at the valley floor of Pheriche. A pleasant walk for some hours with a lunch stop at Pheriche, a nice settlement similar to Dingboche. In the afternoon, we walk



down to a river, then take up to a small ridge, and then downhill to Somare. From here a short descent to Pangboche for an overnight stop. Pangboche is also en route to Ama Dablam base camp across the Imjatse River.

### **Day 15: Trek to Namche Bazaar via Tengboche 3,867 m-07 hrs.**

At Pangboche, you can enjoy a close-up view of Ama Dablam. After breakfast, descend to the river below and cross it via a sturdy bridge to continue your journey. From here the climb starts back into woodland, and after hours of uphill, you will reach Tengboche. At Tengboche enjoy the panorama of giant peaks with views of Everest and Ama Dablam. You can also enjoy the tour of the monastery interior of great cultural and religious interest. From Tengboche, the rest of the walk is on downhill to Phunki Tenga. We then cross the bridge and climb up which leads to Lobesa and Shanasha villages. We will continue our journey on a winding pleasant trail to Namche Bazaar for an overnight halt in the comfort of a nice lodge.

### **Day 16: Trek to Lukla and transfer to a lodge-07 hrs.**

The morning after a pleasant overnight in Namche Bazaar, enjoy the last day of trekking. You can enjoy a long but easier walk with mostly downhill trails and a few short uphill sections, descending from Namche Bazaar to the banks of the Dudh Koshi River. The walk past Jorsalle and after the bridge a short steep climb takes us to the national park post, reaching Monjo and continuing walk to Phakding for a short rest or lunch stop.

From here few hours of good walks with last hour climb takes us to Lukla. We will be arriving by late afternoon for an overnight stop, with time to hang around and to enjoy the last dinner celebration with fellow members and trekking staff.

### **Day 17: Fly to Kathmandu and transfer to hotel.**

In the morning, you will be transferred to Lukla's Tenzing-Hillary Airport for a smooth, short flight back to Kathmandu. After a great adventure and wonderful experience on Gokyo to EBC via Cho-La Pass Trekking, we then return to the hustle and bustle of city life of Kathmandu. Spend the rest of the day at leisure with fond memories of Gokyo to Everest Base Camp via Cho-La Pass Trekking. Also, you can join in for a short tour around places of great interest. A total distance covered 160 km/80 miles, round trip from Lukla to Lukla and it does not cover the rest day optional hikes.

### **Day 18: In Kathmandu free day, for individual activities with options for tours.**

Today is a free day in Kathmandu for individual activities with options for tours. Enjoy a free day in Kathmandu, perfect for relaxing, engaging in personal activities, or going on a shopping spree. You can shop for souvenirs from Nepal from handicrafts to jewelers etc. Interested people can opt for another exciting tour of Patan and Bhaktapur cities on request.

### **Day 19: International departure for homeward bound.**

Last day in Kathmandu and Nepal, after an overwhelming adventure and experience around high hills of Khumbu with trek to Gokyo to Everest Base Camp via Cho-La Pass. As time for your international flight, our lady guide and staff will transfer you to the airport. Then bid farewell to Nepal, guide, and staff; as you enter the air terminal for homeward bound or to the next port of call.

*\* Please note that the schedule is subject to change due to weather conditions and other unforeseen circumstances.*

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### **INCLUDED SERVICES**

- 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
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## EXCLUDED SERVICES

- 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

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For for information regarding this package, please click on this [link](#). You can also give us a call at +977 9841290101 or email us at [info@womanadventures.com](mailto:info@womanadventures.com) for further information.

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