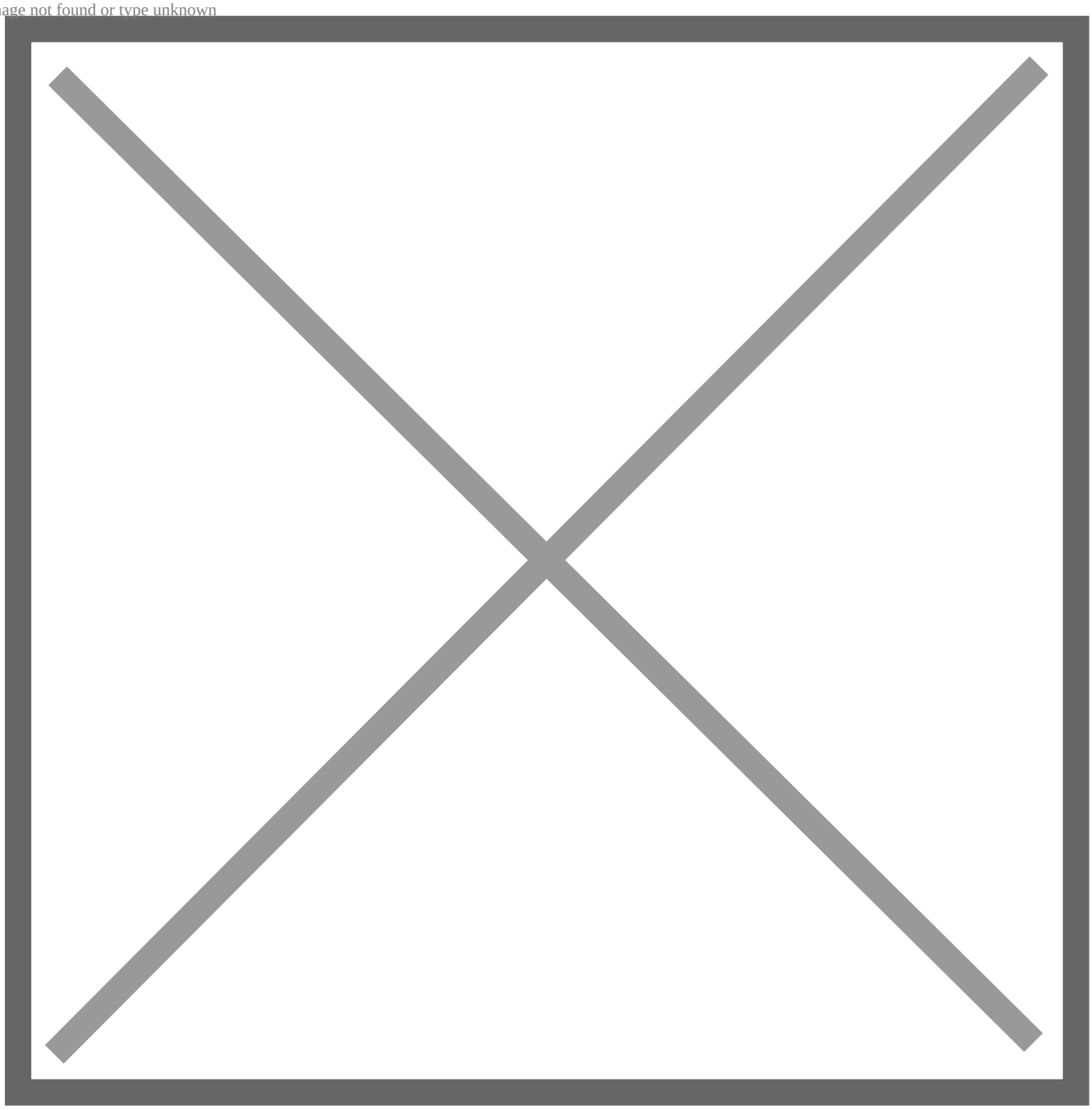
Ebc Cho la pass trek- 18 days

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Trip Facts

Cost $ (USD):	Duration:	Elevation:	Per Day Hiking:	Accomodation:	Trip Grade:
1585	18 Days	5,550m	5-6 hours	Hoetel & Lodge	Moderate

Group Size:

2-20 max.

Overview

Ebc Cho la pass trek is a popular trek in the Sagarmatha region. It takes you to a beautiful valley of the Gokyo lake area and ascends steeply to a high pass of this region called Cho La pass (5,420m) from where the trekkers can get simply unmatched views of towering peaks of Mt. Lhotse, Mt. Makalu, Mt. Everest, Mt. Cho oyu and Mt. Lhotse sar peaks above 8000 meters.

Ebc Cho la pass trek start with scenic flight from Kathmandu to Lukla and begin the trekking adventure to villages of Phakding and arriving at Sherpa town called Namche Bazaar. You follow the up and down paths and suspensions of Dudh Koshi river and pass by villages of Dole and Machhermo to arrive at Gokyo valley.

Now you are right in the Everest region. There is a pasture of yaks grazing during summer and alongside the turquoise glacier water-body of Gokyo lake right at the center. You will reach top of the the hill during the Ebc Cho la pass trek called Gokyo Ri which is a small summit on north west ridge and you can see the pristine mountain views of Mountain peaks above 8000 meters.

After seeing the peaks and Ngozumpa glacier and Everest base camp (5360m) you will ascend to a slope and cross the highest pass called Cho La pass which is the connection of Dzongla village in the east and Thagnak in the west. The route is steep and made of loose rock, large boulders and ice but from there the mountain views of Lhotse, Makalu, Lhotse shar, Cho oyu and Everest is simply phenomenal.

If you have already done Ebc Cho la pass trek,then we have some best selling for you;

Best Everest base camp trek, Exceptional Annapurna circuit trek, wild Gokyo lake trek, Glorious Manslu circuit trk, Mesmerizing Ghorepani poonhill trek, Amazing Langtang valley trek might be your next favorite travel destination in Nepal.

Trip Highlight

One of the highest pass in everest region cho la pass (5420m)

Splendid view of 8000m mountains & Gokyo Lakes

Explore Sherpa culture,tradition,food & lifestyle of the region

Itinerary

Day: 01 Arrival in Kathmandu

After your arrival at Tribhuwan International Airport in Kathmandu, you will be warmly greeted by guide or our office representative and transferred to the hotel. Then you will have brief orientation or presentation about your respective trek. After all you will go for a stroll down the street to get familiar with the neighborhood, have supper and go to bed. This is your first overnight in the valley of temples, varieties of ethics and their cultures, different test of delicious food and mystery of history ,within circle of green hill probably the most in the world.

Accommodation: 3-star hotel
Meals: no
Duration: 1 dayDay

Day: 02 Fly to Lukla & Trek To Phakding

Today, early morning take bus to Manthali then, you catch a 20 minutes mountain flight to land at Lukla airport. Then we meet with the rest of the trekking staff and begin with first trek up the Dudh kosi valley and arrive at Phakding village. Overnight in Phakding.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 03 Phakding to Namche Bazer

Today we cross valley over a few suspension bridges and arrived at Monjo and beyond that is the entrance of Sagarmatha National Park and then we continue to hike up the steep path and enter the Sherpa village called Namche Bazaar. Overnight in Namche Bazaar.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 04 Acclimatization at Namche Bazer

Today you explore the Namche Bazaar which has cafes' hotels, lodges, shops, restaurants. You will also visit Khumjung and Khunde. Other than that you will get a know how on Sherpa people often regarded as "Tigers of Mountains" their lifestyle, culture and their records on Mountaineering. Overnight in Namche Bazaar.

Accommodation: Lodge
Meals: B/L/D
Duration: 1 dayDay

Day: 05 Namche Bazer to Tengboche

You start to trek from Namche, up and downhills with backdrops of Everest, Nuptse, Lhotse, Ama Dablam to arrive at Tengboche village. You need to cross Dudhkoshi river and pass through alpine forest to Phunki Thenga and climb

uphill to Tengboche village and go to see the big Tengboche monastery nearby. Overnight in Tengboche.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 06 Tengboche to Pheriche

Today the trek continues downhill on forest paths and crosses the Imja river and climb up to Pangboche. You can see monastery, mountain views, many walls and pine trees in the village. Then after walking for a couple of hours you come to Pheriche village. Overnight in Pheriche.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 07 Acclimatization in Pheriche

You will explore around Pheriche village you can see peaks of Cholatse and Tawache peaks also. From the ridge above you can see Dingboche valley floor and view of Imja valley also. Overnight in Pheriche.

Accommodation: Lodge
Meals: B/LD
Duration: 1 dayDay

Day: 08 Pheriche to Lobuche

Today we trek on the valley floor below Tawache and Cholatse mountains and climb steeply upward to Khumbu glacier. Then through Duglha across the boulders of terminal moraines walking criss-cross and see stone cairns and to cluster of homes after walking along the glacier to arrive at Lobuche. Overnight in Lobuche village.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 09 Lobuche to Everest base camp (5360m) and back to Gorakshep

Now, is a challenging part of climbing moraines and along the meadows to reach Gorakshep. Then continue to climb to Kalapathar arrive at Everest Base Camp. Here you can see close up of Everest mountain peaks and its neighboring peaks of Mahalangur range. Then we head walk towards a village called Gorakshep. Overnight in Gorakshep.

Accommodation: Lodge
Meals: B/L/D
Duration: 4-5 hours Days

Day: 10 Gorekshep to Dzongla After climb Kalapatther (5550m)

Today we walk past the Nogzumpa glacier crevasses to ascend Kalapatthar and from the rocky outcrop near the summit you can see Everest range full view. After enjoying the Everest panorama we can reach a high point to see Khumbu icefall. Then after we return to a village called Dzongla. Overnight in Dzongla.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 11 Dzongla to Thangnak (4700m) and cross Cho La pass (5368m),

On this day which is the difficult part, we head towards the west to a basin and reach the top of the basin at Cho La pass. You can see Chola lake nearby and Ama Dablam and Cholatse peak in the background. The climb is tricky over the big boulders on the top you can see prayer flags and views of Majestic mountains and from the other side walk to Thangnak village. Overnight in Thangnak.

Accommodation: Lodge
Meals: B/L/D
Duration: 6-7 hours Days

Day: 12 Thangnak to Gokyo

From Thangnak the trail takes to the largest ice glacier called Ngozumpa glacier and from the other side you can see some lakes and one of them is the Gokyo lake. On the edge of Gokyo lake you will enter Gokyo village. Overnight in Gokyo village.

Accommodation: Lodge
Meals: B/L/D
Duration: 3-4 hours Days

Day: 13 Climb Gokyo Ri (5360m) and back to Gokyo village

Today you climb to the top of a ridge of the small mountain called Gokyo ri and from there the crystal clear jaw dropping views of Everest, Cho Oyu, Gyachung Kang, Lhotse, Nuptse and Makalu can be seen. Overnight in Gokyo village.

Accommodation: Lodge
Meals: B/L/D
Duration: 1 dayDay

Day: 14 Gokyo to Dole

You start by climbing above to a big chorten on the top of the ridge and down to Khumbila then again descending to the banks of Dudh koshi river and Phortse village pass Phortse Thanga and climb steeply to Dole village. Overnight in

Dole.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 15 Dole to Namche bazaar

From the rivers and entering pine, birch and rhododendron forest we arrive at Thyangboche monastery with sweeping mountain views and then descend on the bridge above Dudh koshi river and water driven prayer wheels at Phunki Tenga to arrive at Sherpa town Namche Bazaar. Overnight in Namche Bazaar.

Accommodation: Lodge
Meals: B/L/D
Duration: 5-6 hours Days

Day: 16 Namche to Lukla

This is our last day on these outstanding majestric mountains that has been home to us all of these days. We continue to backtrack with unforgettable Himalayan experiences .our hike towards Lukla along the Dudh Koshi River which is about 7 hours from Namche and overnight in Lukla.

Accommodation: Lodge
Meals: B/L/D
Duration: 6-7 hours Days

Day: 17 Fly back to Kathmandu,- 35 min.

Normally, flights from Lukla to Kathmandu are schedule early morning to avoid the strong winds. Scenic flight from Lukla to Kathmandu for about thirty minutes. We touch down at Kathmandu and transferred to hotel. But please note, sometimes the flight can be delayed or cancelled in the mountain regions of this type due to weather and other unpredictable reasons beyond our control. Our guests are expected to be patient.Overnight at Hotel.

Accommodation: 3-star hotel
Meals: B/L/D
Duration: 35 min. Days

Day: 18 Departure day

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to the international airport three hours before our scheduled flight back home. We pray for your Safe journey and will reflect on the wonderful times we spent together. We hope to see you again someday. Namaste!

What are included?

Two way flight from Kathmandu to Lukla

All accommodations during the trek at hotels, lodges including breakfast

All meals (B/L/D) during the trek

Government license holder guide

Sagarmatha National Park entry permits fees

Souvenir of the trek

Guides expenses including meals, insurance, salary, lodging, transportation, flight

Snack and seasonal fruits

Porters service

Phasang Lhamu rural municipality fees

Farewell dinner

Certificate of Completion.

What are Not included?

International airfares

Nepal entry visa fees

All accommodation and meals in Kathmandu

All personal expenses like shopping, snacks, hot shower, hot and cold drinks, alcohol,telephone call, batteries

Travel insurance

Tips for guides and porters

Additional cost, delays out of Management control

All costs and expenses not included in the “COST INCLUDES” section.