

Everest Cho La Pass Trek

URL: <https://himalayan360.com/trip/everest-cho-la-pass-trek/>

Destination

Nepal Treks & Tours

Activity

Trekking

Start / End Point

Kathmandu/Kathmandu

Trip Type

Trekking in Himalaya

Route

KTM-Lukla-Namche-EBC-Gokyo-Lukla-KTM

Duration

17

Language**Per Person From**

USD 1,410

Max. Altitude

5,555M/18,225FT

Group Size

1 - 30

Best Season

Feb, March, April, May, June, Sep, Oct, Nov & 6 hr
Dec

Activities**Trek Distance**

132.54KM/82.4Mile

Transportation

Flight | Jeep

Accommodation

Lodge to lodge trek, 3-star hotel

Meals

Breakfast, Lunch, Dinner

Difficulty

Strenuous

Major Highlights of Everest Cho La Pass Trek

- You'll get a circular trek through the Khumbu Valley while merging the Everest Base Camp Route with Gokyo Valley via Cho La Pass.
- Visit the spiritual center of the Everest region, the **Tengboche Monastery**.
- Trek through the **Sagarmatha National Park** to get to **Everest Base Camp (5,364 meters)**.
- Observe the beautiful **Khumbu Glacier** (the highest glacier on Earth) and **Khumbu Icefall**.

- Hike up to the famous viewpoint of **Kala Patthar (5,555 meters)**.
- Cross the high mountain pass of **Cho La Pass (5,368 meters)**.
- Witness the spectacular panoramas of **Mount Everest, Lhotse, Nuptse, Ama Dablam, Cho Oyu, Pumori, Thamserku, Mt. Makalu**, and other surrounding peaks.
- You'll get to **Gokyo Valley** and visit the turquoise **Gokyo Lakes**.
Traverse traditional villages while taking a glimpse at the local culture and traditions.
- Walk through the less crowded pass, Cho La, and experience remoteness.

17 Days Everest Cho La Pass Trek day by day Itinerary

Day 01: Arrival At Tribhuvan International Airport In Kathmandu And Transfer To Hotel

Our representative from Himalayan 360 will be at the airport to greet you. They will help you with your hotel transfer. You will have some time for refreshment before a short briefing session on the Chola Pass trek. With your remaining spare time, you can explore the city.

Highest Altitude:

1,400M/4,593FT

Accommodations:

3 Star Hotel

Day 02: Fly To Lukla From Kathmandu Or Ramechhap Airport and then trek to Phakding (2,610m/8,562ft)

We start the day early by checking out of the hotel and heading to the domestic airport for our flight to Lukla. However, during the busy trekking seasons (spring and autumn), direct flights from Kathmandu to Lukla are often not available due to air traffic restrictions. In that case, we will need to drive around 4 to 5 hours to Manthali Airport in Ramechhap. From Kathmandu, the flight to Lukla takes about 35 minutes, while from Manthali Airport, the flight is shorter, just 15 to 20 minutes.

As you land at the Lukla airport (Tenzing Hillary Airport), you will get your first look at the Everest region's landscapes and Mountain vistas. You will meet with your guide and porter here and begin your journey to Phakding. The trek on this day is relatively easy. You will stay overnight at Phakding.

Distance:

3Hour

Ascent:

176M/577FT

Descend:

389M/1,275FT

Highest Altitude:

2,860M/9,383FT (Lukla)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

7.3KM/4.5Mile

Flight Hours:

45 minutes flight from KTM or 5-6 hours drive and 20 minutes' flight from Manthali.

Day 03: Trek To Namche Bazaar From Phakding

On day 3, we will continue our trek after breakfast at Phakding. Today's trek requires us to climb uphill and downhill while crossing several suspension bridges. The route passes through dense subtropical rhododendron, oak, and fir forests. We will cross suspension bridges across the Dudh Koshi River and continue climbing uphill and downhill.

Then, we will arrive at the **Sagarmatha National Park's entrance gate in Monjo**. We must show our permits to trek from here onwards. The pathway from Jorsale Village will get extremely steep and uphill. After the steep climb for around two hours, we will reach **Namche Bazaar**. We will take our day's rest here.

Distance:

6Hour

Ascent:

1,090M/3,575FT

Descend:

290M/951FT

Highest Altitude:

3,440M/11,286FT(Namche)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

9.8KM/6Mile

Day 04: Acclimatization Day At Namche. Hike To Hotel Everest View

The Namche Bazaar is a Sherpa capital and an important acclimatization stop. Today, we will let our bodies adapt to the growing altitude. The place has markets, souvenir shops, restaurants, hotels, and internet cafes. We will also take a short hike to the Everest View Hotel, which sits right above the village. The hotel is a popular vantage point and offers stunning views of Mount Everest, Ama Dablam, and other nearby peaks. We can also witness the pleasant valleys, villages, and forests from there. After soaking in the scenery for some time, we will return to Namche and explore the area.

Distance:

2Hour

Ascent:

420M/1,378FT

Descend:

420M/1,378FT

Highest Altitude:

3,860M/12,664FT (Everest View Hotel)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

4KM/2.5Mile

Day 05: Trek To Tengboche From Namche Bazaar

We will continue our trek after our breakfast at Namche Bazaar. The walkway enters rhododendron forests as it slowly gains elevation. We must make a steep uphill climb, as the gorgeous mountains, such as Thamserku, Kantega, and Kusum Kanguru, accompany us. Then, we will cross an old wooden bridge over the Dudh Koshi River and start trekking uphill again. After walking for a few hours, the trail slowly descends towards Phungi Tenga.

It will take another few hours before we reach Tengboche village, covering a total distance of 9.3km. The small village is home to the ancient Tengboche Monastery. It is the oldest **Tibetan monastery** in Nepal and sits right below Mount Ama Dablam. You can see religious rituals and ceremonies at the monastery. We will stay overnight at Tengboche.

Distance:

6Hour

Ascent:

1035M/3,395FT

Descend:

597M/1,958FT

Highest Altitude:

3,860M/12,664FT(Tengboche)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

9.3KM/5.8Mile

Day 06: Trek To Dingboche From Tengboche

As we enjoy breakfast, we will take in the spectacular beauty of Tengboche. Then, we will resume our trek. Today's destination is Dingboche, and we will begin with a short downhill climb. Similarly, we will cross a wooden suspension bridge on the way. The route passes through rhododendrons, oaks, birch, and fir forests.

Along the way, we will traverse Pangboche and Deboche villages, passing several monasteries and chortens. The surrounding scenery slowly changes, and dense forests become highland alpine grassland. We will also cross small villages like Somare and Orsho before reaching Dingboche. The village of Dingboche is the last permanent settlement by the Imja River. Stone walls surround the terrace fields, creating a unique scene with the mountains in the background. The overall journey from Dingboche to Tengboche takes about **6 hours**. Overnight at Dingboche.

Distance:

6Hour

Ascent:

676M/2,217FT

Descend:

229M/751FT

Highest Altitude:

4,410M/14,468FT (Dingboche)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

10.4KM/6.5Mile

Day 07: Acclimatization Day. Hike to Dingboche Viewpoint (5,083m/16,676ft)

Today, we will take a second acclimatization at Dingboche. After breakfast, we will take a short hike to the viewpoint, Nangkartshang Peak. It is a four-hour hike. From the top of the viewpoint, the surrounding scenery of the Dingboche village and the mountain panoramas look spectacular. After spending some time there, we will return to our tea house or lodge in Dingboche, have lunch, and explore the area for a while.

Distance:

4Hour

Ascent:

673M/2,207FT

Descend:

673M/2,207FT

Highest Altitude:

5,083M/16,676FT (Dingboche View Point)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

3.82km/2.38 miles

Day 08: Trek To Lobuche From Dingboche

We start our trek after breakfast in Dingboche and begin walking towards Lobuche. The trail goes above Pheriche and takes us to a small place called Dugla. From here, you'll get amazing views of the mountain Ama Dablam. After Dugla, we climb up a rocky path to Thukla Pass. At the pass we will stop for the while to honour the mountaineers who lost their lives during the Mount Everest expedition.

After that, we will keep walking on the trail that connects to Cho La Pass and the Gokyo route, then follow the main path to Everest Base Camp. The land becomes more dry and rocky as we get closer to Lobuche. After about 5 hours of walking, we reach Lobuche where we'll spend the night.

Distance:

5Hour

Ascent:

515M/1,689FT

Descend:

0m/0ft

Highest Altitude:

4,910M/16,108FT Lobuche

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

8.02KM/4.98Mile

Day 09: Trek To Everest Base Camp And Then Back To Gorak Shep

Today is an important and exciting day as we will climb the iconic **Everest Base Camp via Gorak Shep**.

It will also be a long trek, and our journey will have two phases. For the first phase, we will ascend to Gorak Shep. We will begin trekking along the route alongside the lateral moraine of **Khumbu Glacier**. En route, we will encounter a pyramid-shaped signpost. From here, we will head to Thangma Riju. We must conquer several ascent and descent sections before reaching Gorak Shep.

Upon reaching Gorak Shep, we will begin the second phase of our journey: hiking to Everest Base Camp. We will leave our luggage at the accommodation and start our hike. It's an exciting hike along a rocky walkway, with the icy landscape surrounding us. We will also get to witness the spectacular **Khumbu Glacier and Khumbu Icefall**. The view from Everest Base Camp is unlike anywhere else as we get to see some of the tallest mountains on earth. After exploring for a while, we will return to Gorak Shep. On this day, we'll walk from 8 am to 4 pm, covering a distance of 11 km.

Distance:

7Hour

Ascent:

484M/1,588FT

Descend:

243M/798FT

Highest Altitude:

5,364M/17,598FT EBC

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

11.6KM/7.23Mile

Day 10: Morning Hike To Kala Patthar and Trek to Dzongla (4,430m/15,846ft)

We will take an early morning hike to the **Kala Patthar** viewpoint to witness the sunrise. Hiking to Kala Patthar takes some physical strain. However, the magnificent view is worth the effort. You can witness panoramic views surrounding vistas, including Everest. The view of the golden sunrise hitting the shining snow-covered mountain panoramas is extraordinarily beautiful.

You can take a short stroll and photograph at Kala Patthar before returning to Gorak Shep. After breakfast, we will retrace the same trail back to Lobuche and continue our hike to Dzongla. The walk is challenging as you have to travel through rugged terrain and steep hill. We will stay overnight at a teahouse here.

Distance:

7Hour

Ascent:

685M/2,248FT

Descend:

1,027M/3,370FT

Highest Altitude:

5,555M/18,225FT (Kalapatthar)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

14.2KM/8.8Mile

Day 11: Trek to Thagnak from Dzongla via Cho La Pass (5,368m/17,512ft)

On this day, we will leave Dzongla and trek to one of our most challenging ascents to Cho La Pass. Due to its high altitude, the rocky trails will gradually turn into icy ones as we keep ascending. The path is also covered with snow. We will make our way through the frigid and snowy trail as we cross the high pass. The top of the mountain pass offers a stunning view of **Mount Ama Dablam and Cho La Lake**. There are also numerous prayer flags.

Descending from the Gokyo Cho La Pass is easier than ascending it. However, it is still important to be careful as the rocks on the pathways are covered with ice. We will continue trekking and reach Thagnak. We will stay overnight at a teahouse in Thagnak.

Distance:

7Hour

Ascent:

938M/3,078FT

Descend:

618M/2,028FT

Highest Altitude:

5,368M/17,512FT Cho LA Pass

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

9.72km/6 miles

Day 12: Trek to Gokyo from Thagnak

The 12th day is about travelling from Thagnak to Gokyo lake trek. The route from Thagnak continues on off-beat and remote sections. En route, we will come across Nepal's longest glacier, the Ngozumpa Glacier. From the opposite side of the glacier, we can witness the stunning second glacial Gokyo Lake among the six.

We will continue trek via Gokyo Lakes until we reach the Gokyo Valley on the edge of the third glacial Gokyo Lake. The trek on this day is relatively short and takes only **2.5 to 3 hours**. We will stay overnight at Gokyo Valley.

Distance:

2.5Hour

Ascent:

50M/164FT

Descend:

90M/295FT

Highest Altitude:

4,790M/15,715FT (Gokyo Lake)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

3.5KM/2.18Mile

Day 13: Trek to Dole from Gokyo

The Gokyo Valley offers breathtaking views of mountain panoramas and the serene Gokyo Lakes. We will have our breakfast while enjoying the surrounding beauty, and then begin our trek via Gokyo to Dole. The walkway will go through Ngozumpa Glacier alongside the Dudh Koshi River. After passing the village of Macchermo, we will continue descending to the Luza and Lhafarma settlements. Finally, we will rest after reaching Dole.

Distance:

7Hour

Ascent:

71M/233FT

Descend:

774M/2540FT

Highest Altitude:

4,790M/15,715FT(Gokyo Lake)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

12.2KM/7.6Mile

Daily Note:

if you have enough time today you can hike upto Gkyo ri but you have to connect our team to customize your itinerary.

Day 14: Trek to Namche Bazaar from Dole

As we descend from Dole, the scenery changes into lush green again. We will pass through a subtropical rhododendron, oak, and birch forest. The journey makes a steep descent before reaching Phortse Thanga. Similarly, we will continue to descend on a moderate section as we head towards Mong La and then to Namche Bazaar. We will stay overnight at Namche. You can take this opportunity to explore the Sherpa capital with its traditional houses and narrow alleyways.

Distance:

7Hour

Ascent:

485M/1,592FT

Descend:

802M/2,631FT

Highest Altitude:

4,110M/13,485FT (Dole)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

11.3km/7 miles

Day 15: Trek back to Lukla from Namche Bazaar

We will leave Namche Bazaar and make a steep downhill climb. Then, we will retrace our steps back to Jorsale, Monjo, Phakding, and Lukla. The pathway goes alongside the Dush Koshi River. Similarly, we will trek through dense forests of rhododendrons to reach Lukla. The mountain view, on the other hand,

becomes more distant. We will spend our last day in the Everest region at a teahouse or lodge in Lukla.

Distance:

6Hours

Ascent:

672M/2,205Ft

Descend:

1,246M/4,088FT

Highest Altitude:

3,440M/11,286FT (Namche)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

17.2KM/10.7 Miles

Day 16: Flight back to Kathmandu or Ramechhap Airport from Lukla and same day drive back to Kathmandu

It is time to say goodbye to the Everest region and return. You will fly back to Tribhuvan International Airport, Kathmandu, or Manthali Airport, Ramechhap. As you fly back, you will get a last glimpse of the amazing Mt Everest landscapes and mountain panoramas. You will have to take a 5 to 6-hour drive to the capital city from Ramechhap. We will host a farewell dinner in the evening to commemorate our journey. Later, you can unwind and enjoy yourself around the city.

Highest Altitude:

2,860M/9,383FT(Lukla)

Meals:

Breakfast and Dinner

Accommodations:

3-Star Hotel

Flight Hours:

35 minutes' flight from KTM or 5-6 hours' drive and 20 minutes' flight from Manthali.

Day 17: Transfer to the International Airport for your Final Departure

Our representative will drop you off at the airport in a private vehicle two hours before your scheduled flight. We wish you good luck for your next trek and hope to see you soon! Have a safe flight!

Meals:

Breakfast

Everest Cho La Pass Trek Includes/Excludes

Included in the package

- Kathmandu – Lukla – Kathmandu Flights
- KTM-Ramechhap-KTM sharing vehicles (if needed)
- 2 Night Kathmandu 3 star hotel (sharing basis BB plan)
- 14 Night in mountain tea house lodge (sharing basis)
- **Food:** 16 Breakfasts, 14 Lunches, 15 Dinners
- Government-licensed English-speaking local trek leader for 16 days
- Sagarmatha National Park entry permit fee
- Khumbu Pasang Lhamu Rural Municipality fees
- Gov. and local tax and agency service charges
- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful trek
- Free consulting services before & after trek book
- Farewell dinner at the end of the trek
- Staff insurance, salary, equipment, food & clothing.
- **MEDICAL KIT:** Comprehensive Medical kit.

Excluded from the package

- International flight
- Extra transfer which is not mentioned in itinerary.
- Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek
- Extra night during Trekking
- Porter to carry bags (2:1porter)
- Nepal visa fees
- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- Personal clothing and gear and Personal expenses: shopping, snacks, boiled water, drinks, hot shower, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.
- Tips for staff (it is expected)
- All other costs and expenses not listed in “including”
- **Additional cost:** Additional costs incurred due to causes beyond our control, for example weather conditions, landslides, itinerary modifications, illness, government policies change, strikes, etc.

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 2,095
2 - 3	USD 1,645
4 - 6	USD 1,510
7 - 12	USD 1,490
13 - 20	USD 1,420
21 - 30	USD 1,410

Everest Cho La Pass Trek FAQ's

How safe is the Everest Cho La Pass Trek?

The Everest Cho La Pass is completely safe for trekking. However, it is a challenging, high-altitude trek that requires a reasonable level of fitness and good health conditions. The pathways are well-marked, but the terrain is rugged and rough, with steep ascending and descending sections. Trekkers must follow proper safety precautions and guidelines to ensure a safe trekking experience.

Is there an age limit for the Everest Cho La Pass Trek?

There is no official age limit for the Everest Cho La Pass Trek; however, it is recommended for children above ten and older individuals in their 50s. As it is a strenuous trek, trekkers must be physically and mentally fit for the journey. The high altitude, challenging terrains, and remote locations will test the trekkers' strength, stamina, and tolerance.

What are the chances of getting altitude sickness during the Everest Cho La Pass Trek?

The highest altitude during the Everest Cho La Pass Trek is Kala Patthar at 5,555 meters, so trekkers are at risk of altitude sickness. The oxygen level starts to get thinner as you ascend to an elevation above 2,500 meters. Hence, as you go higher, lower the oxygen level. It makes breathing harder and causes trekkers to experience various symptoms of altitude sickness.

Can I do the Everest Cho La Pass Trek alone?

No. You can only do the Everest Cho La Pass Trek by hiring a licensed guide. As of **April 2023, the Nepal Tourism Board (NTB) has banned solo trekking in the country**. Hiring a licensed guide through a registered trekking agency has become mandatory. The new rule aims to raise the safety of trekkers on the route. [here](#)

What accommodations are available along the Everest Cho La Pass Trek route?

Due to the remote location, only basic accommodations are available along the Everest Cho La Pass Trek route. You will find teahouses, lodges, and guesthouses along the route. These accommodations provide beds, blankets, and pillows to the guides. The rooms are small and have limited furniture, and they are shared among multiple occupants. Likewise, the bathrooms are mostly communal and feature a squat-

style design.

Equipments Needed for Everest Cho La Pass Trek

Clothing & Footwear

- Long-sleeved trekking shirts and T-shirts
- Lightweight trekking pants
- Windproof/ waterproof jacket
- Down or fleece jacket
- Sweater
- Warm trousers
- Insulating layers (base and bottom)
- Moisture-wicking inner garments
- Sunhat and warm beanies
- Gloves, gaiters, and scarves
- Trekking socks and warm socks
- Comfortable and sturdy hiking boots
- Sandals and flip-flops

Equipment & Supplies

- Backpack (50 – 60 litres)
- Rucksack
- Raincoat and rain cover
- Adjustable trekking poles
- Flashlights/ headlamps with extra batteries
- Sleeping bag
- Adapters and charges
- Power banks

Others

Everest Cho La Pass Trek Difficulty

The Everest Cho La Pass Trek via EBC is a strenuous journey that requires good physical and mental fitness. Although previous experience is not necessary, having one is advantageous. It is especially challenging for beginners. The trek is a high-altitude journey, with steep ascending and descending sections and narrow pathways on varied terrains. Moreover, the average walking hours per day are 6 to 7 hours. The long hours and physically demanding journey make it an arduous trek.



The Everest Cho La Pass Trek is also difficult due to its high altitude. The highest point is Kala Patthar, at an elevation of 5,555 meters. As a result, trekkers are at risk of altitude sickness. The oxygen level above 2,500 meters gets thinner, and the air pressure reduces. Due to the lack of oxygen in the body, trekkers begin to experience various altitude-related symptoms, such as nausea, headache, shortness of breath, and insomnia. Sometimes, these symptoms can turn serious if no quick medical assistance is given.

The weather at higher altitudes is also more unpredictable. It changes rapidly and without warning. Sudden weather changes, such as high winds, rainfall, snowfall, fog, etc., can make trekking difficult. Trekkers must prepare for this changing weather and carry adequate clothing and gear.

Similarly, the remoteness, lack of infrastructure, and connectivity with the outside world can mentally stress trekkers. Hence, mental preparedness is essential for trekkers. The difficulty of the trek offers an adventurous thrill. Physical, mental, and proper trek equipment preparation is crucial for the Everest Cho La Pass Trek.

Everest Cho La Pass Trek Distance, Duration, and Altitude

The Everest Base Camp Cho La Pass Trek is a **17-day journey** during which you will climb up to an altitude of **5,555 meters** above sea level. During the trek, you will cover an average of **7 to 12 km** daily, depending on the destination. Similarly, the average walking hour is 6 to 7 hours per day. The highest altitude of the Everest Cho La Pass Trek via EBC is 5,555 meters at Kala Patthar. You will start your trek from **Lukla at 2,610** and gently ascend to the trek's highest point.

To provide you with a clear picture of the 17 Days **Everest Cho La Pass Trek via EBC**, here is the detail of the trek distance, duration, and maximum altitude of each day:

Day	Itinerary	Trek Distance	Trek Duration (hours)	Max Altitude (meters)
1	Arrival at Tribhuvan International Airport	-	-	1,400
2	Fly to Lukla and trek to Phakding	7.3 km/ 4.5 miles	3	2,610
3	Trek to Namche Bazaar	9.8 km/ 6 miles	6	3,440

4	Acclimatization day/ Hike to Hotel Everest View	4 km/ 2.5 miles	2	3,860
5	Trek to Tengboche	9.3 km/ 5.8 miles	6	3,860
6	Trek to Dingboche	10.4 km/ 6.5 miles	6	4,410
7	Acclimatization day/ Hike to Dingboche viewpoint	3.82 km/ 2.38 miles	4	5,083
8	Trek to Lobuche	8.02 km/ 4.98 miles	5	4,910
9	Trek to Everest Base Camp and return to Gorak Shep	11.6 km/ 7.32 miles	7	5,364
10	Morning hike to Kala Patthar and trek to Dzongla	14.2 km/ 8.8 miles	7	5,555
11	Trek to Thagnak via Cho La Pass	9.72 km/ 6 miles	7	4,750
12	Trek to Gokyo	3.5 km/ 2.18 miles	2.5	4,790
13	Trek to Dole	12.2 km/ 7.6 miles	7	4,110
14	Trek to Namche Bazaar	11.3 km/ 7 miles	7	3,440
15	Trek to Lukla	17.2 km/ 10.7 miles	6	2,840
16	Flight back to Kathmandu	-	-	1400
17	Departure	-	-	-

Things You Can Experience During the Everest Cho La Pass Trek

Unique Adventure

The Everest Base Camp Cho La Pass Trek combines the classic route with Gokyo Valley. You will begin trekking on a route to Everest Base Camp and Kala Patthar. Then, you will cross the Cho La Pass to hike to Gokyo, the hidden valley. The trekking route passes through remote areas and dense rhododendron forests within Sagarmatha National Park.

As you ascend higher, the pathways become demanding and adventurous. You will mostly trek on rough and rocky terrains through traditional villages, terrace farms, forest areas, glaciers, and moraines. All in all, the Everest Cho La Trek offers an exciting adventure.

Panoramic Mountain Views

The Everest Cho La Pass Trek via EBC lets you experience awesome mountain views. From the moment you land at Lukla, spectacular mountain sights greet you and keep you company throughout the trek. Plus, you will come across different vantage points that offer beautiful mountain views.

The trek provides an up-close view of Mount Everest. Similarly, you can witness stunning vistas of some of the tallest mountains in the world, such as Lhotse, Nuptse, Ama Dablam, Pumori, Thamserku, Cho Oyu, and others. The trek is the best way to experience the mesmerizing mountain views.

Everest Base Camp & Kala Patthar

The trek also allows you to experience the classic trek to Everest Base Camp and the viewpoint of Kala Patthar. You will traverse through the lowland forests to highland alpine pasture, glaciers, and moraines to reach the world’s highest mountain base camp, Mount Everest.

The trekking route goes through famous Sherpa villages like Namche Bazaar, Tengboche, Dingboche, Gorak Shep, and more. Likewise, you will take a morning hike to Kala Patthar. It is a famous viewpoint from where you can see gorgeous sunrises and sunsets with stunning mountains in the background.

Gokyo Valley & Gokyo Lake

Many consider the Gokyo Valley an undiscovered treasure due to its remote route and pristine beauty. Its remote and rugged route is less crowded than the Everest Base Camp. Hence, the Gokyo Trek has gained a lot of attention in recent years. The Gokyo Valley is home to the longest glacier of Nepal, the Ngozumpa Glacier.

Likewise, it is home to the beautiful Gokyo Lakes with stunning turquoise water. The lake lies within the boundary of Sagarmatha National Park. Similarly, it has religious significance to the Hindus and Buddhists. The Gokyo Valley, combined with Gokyo Lakes, offers a quiet trekking experience. It is an opportunity to trek into the lesser-known pathways of the Everest region.

Rich Cultural Immersion

The Everest Cho La Pass Trek is an adventurous journey and a cultural experience. The region is home to the Sherpa people and is renowned worldwide for producing some of the best mountain climbers and guides. They have their own culture, traditions, and customs. Sherpas follow Tibetan Buddhism, which hugely influences their lifestyle.

The locals run the accommodations along the trek routes. Hence, you will experience their warm hospitality in the cozy teahouses. It is also an opportunity to immerse oneself in the local culture and witness their traditional lifestyle. Some accommodations also hold cultural programs, where you can observe their traditional dances, attire, music, and instruments.

Everest Cho La Pass Trek Cost

The cost of the Everest Cho La Pass Trek package ranges from **USD 1,410 to USD 2,095** per person. The price depends on various factors like trek duration, season, and services. However, trekking agencies offer discounts for large groups. The packages include accommodations, transportation, meals, permits, guides, and porters.

Likewise, trekkers can customize the itinerary to match their preferences and budget. You can upgrade the services and adjust the itinerary to extend or shorten it. Still, we suggest trekkers check what is included and excluded in the package before booking.

Himalayan 360 offers the best services at a reasonable price. Here is our Everest Cho La Pass Trek price list.

No. of people in a group	Cost per person
1	USD 2,095

2 - 3	USD 1,645
4 - 6	USD 1,510
7 -12	USD 1,490
13 - 20	USD 1,420
21 - 30	USD 1,410

Namche Bazaar to Everest Base Camp Route

The journey for the Everest Base Camp begins with a scenic flight to **Lukla (2,860 meters)**. From Lukla, you will start your trekking trip. You will trek to Phakding and Namche Bazaar (3,440 meters). The picturesque Sherpa town of Namche Bazaar is one of the largest and most popular towns in the Everest region. It is a trading hub for locals and a popular stop for acclimatization.

From Namche Bazaar, your journey to the Everest Base Camp will begin. You will trek on the classic route to the base camp that follows the footsteps of **Sir Edmund Hillary and Tenzing Norgay Sherpa**. You will head to Tengboche (3,860 meters), home to the ancient Tengboche Monastery. The pathway will continue ascending through dense forests, alpine meadows, and suspension bridges toward the village of Dingboche (4,410 meters).

The trail continues to ascend from Dingboche, and the surrounding gradually changes to alpine deserts. You will reach Gorak Shep (5,140 meters) after trekking on steep paths on rocky terrains. Then, you will make your way to the Everest Base Camp (5,364 meters). It is a challenging climb, particularly on loose, rocky sections. The air also gets thinner, and you can witness the Khumbu Glacier and Khumbu Icefall en route. Finally, you will reach the Everest Base Camp.

Why Choose the Everest Cho La Pass Trek via EBC?

There is more than just one reason for choosing the Everest Cho La Pass Trek via EBC. Some of the major reasons are as follows:

Combination of Iconic Route

The Everest Cho La Pass Trek via EBC combines two iconic treks of the Everest region. You will trek to the Everest Base Camp, Kala Patthar, and the isolated Gokyo Valley Lakes in a single trek package.

For the first trek phase, you will trek from Lukla to Everest Base Camp and Kala Patthar. The trekking route is Nepal's most popular destination, and thousands of trekkers join the trek to EBC annually. After completing the first phase, you will trek on the less-crowded route, specifically the Gokyo Valley via Gokyo Lakes. The single trek takes you into the region's stunning areas and allows you to experience the area fully.

Spectacular Views

The spectacular scenery makes the Everest Cho La Pass Trek via EBC an ideal journey for nature lovers and photographers. During the trek, you will traverse diverse landscapes, passing forests, alpine grassland, valleys, rivers, waterfalls, glaciers, and moraines.

The trekking walkways lie within the Sagarmatha National Park. So, you can see various Himalayan flora

and fauna along the way. Likewise, the higher you go, the clearer and closer the mountain vistas become. You can witness the world's highest mountain, Everest, as well as Lhotse, Nuptse, Cho Oyu, Pumori, and many others from close to ground level.

Cross Cho La Pass

During the Everest Cho La Pass Trek via EBC, you will cross one of the high mountain passes of the Everest region. This high-altitude pass is one of the most challenging parts of the trek. Crossing the Cho La Pass requires a reasonable level of stamina, patience, and technical skills.

The trekking routes are steep, featuring narrow ridges and loose, rocky terrain. As a result, climbing and descending the pass is physically demanding and mentally challenging. However, once you successfully cross the pass, you will be overwhelmed with a sense of achievement. You must experience the delightful feeling at least once.

Turquoise Gokyo Lakes

In addition to the spectacular mountain views, the Everest Cho La Pass Trek via EBC is a chance to see the pristine Gokyo Lakes. The Gokyo Lakes are among the highest freshwater systems in the world. It consists of 19 lakes, among which six are glacial lakes. The lake ranges in altitude from 4,700 meters to 5,000 meters.

During the trek, you will get to witness this beautiful lake system. The turquoise lakes, surrounded by snow-covered peaks, are truly a sight to behold. The lake also has religious significance for Hindus and Buddhists. Due to its remote location and peaceful atmosphere, the Gokyo Valley and the Gokyo Lakes are an infrequently visited attraction of the Everest region.

For a more challenging and extended adventure, consider the Everest Cho La Pass Trek With Gokyo Lake, which includes additional high-altitude passes and a unique route through the Gokyo Valley.

Everest Cho La Pass Trek Weather and Temperature

The weather and temperature during the Everest Cho La Pass Trek vary significantly from lower to higher altitude regions. Nepal experiences four seasons annually. Choosing the right season for the trek helps to enhance your trekking experience. Spring and autumn are the best times with excellent weather conditions. Meanwhile, the weather and temperature in summer and winter are not ideal for the trek.

Here is a brief on each season's weather and temperature for the Cho La Pass Trek via EBC:

Spring (March to May)

Spring is one of the best times for the Everest Cho La Pass Trek. The weather is lovely, sunny, and bright, with moderate temperatures. In early spring, the weather is still cold, with some snow remaining in the higher-altitude areas. The temperature gradually increases as the season progresses. The average temperature ranges from 1 to 12 degrees Celsius during this time of the year. Similarly, the daylight hours also get longer in spring, so you can enjoy the journey at your own pace.

Furthermore, there is very little rainfall at this time, and visibility is extremely clear. Therefore, the flights are less likely to be delayed or canceled. You can also enjoy the best views of mountain panoramas and scenic landscapes, as spring is the most active time for flora and fauna. The rhododendron forests

and different wildflowers are in full bloom. There are also higher chances for you to spot rare wildlife in Spring, making the time best for trekking in EBC via Cho La Pass.

Summer (June to August)

Only a few trekkers are on the journey during the summer season. It is an off-season for trekking, and the monsoon also enters the country at the same time. The monsoon season brings heavy rainfall across the lower hilly regions. Hence, the forest areas are wet, muddy, slippery, and infested with leeches. Similarly, there is a risk of floods and landslides.

In lower areas, the days are hot and humid. The average summer temperature is **10 to 20 degrees Celsius**. Due to heavy rainfall and dark grey clouds, visibility is extremely poor. As a result, flights to and from Lukla often get delayed or canceled. Yet, due to the fewer number of trekkers, the accommodations usually offer discounts during the summer season. However, it is best to avoid the summer season for the Everest Cho La Pass Trek.

Autumn (September to November)

If there is a perfect season for the Cho La Pass with the Everest Base Camp Trek, it is autumn. The season is a peak trekking time with the best weather and mild temperatures. By mid-September, the monsoons also leave Nepal. The monsoon rainfall leaves the vegetation and the landscapes fresh, colorful, and lush. The weather is sunny, with crisp skies and excellent visibility. Similarly, the average daytime temperature ranges between **10 and 20 degrees Celsius**. The temperature drops slightly and becomes chillier during nighttime and mornings.

Autumn is the best time to get the crystal-clear views of the mountain panoramas and green-toned landscapes of the Everest region. The stable weather and climatic conditions make autumn the favorite time for trekkers. As a result, the routes are crowded, and accommodations are often fully booked. Flights and accommodations can get expensive. So, if you are thinking of trekking in autumn, book your flights and accommodations in advance.

Winter (December to February)

Winter is also an off-season for the Everest Cho La Pass. As winter begins, the weather turns colder, and snow starts to fall at higher elevations. The temperature continues to drop as the season progresses. The days are generally cold, but the nights are bitterly cold. Thick fog is also common during early mornings. **The daytime temperature is around 5 to 10 degrees. Meanwhile, the nighttime temperature can drop below the freezing point.**

The higher regions of Everest receive a lot of snow during winter, which can block the high mountain passes. There are also snowstorms and the risk of avalanches while trekking in Winter. Due to harsh weather conditions, many accommodations in high-elevation regions close during winter. The cold weather conditions and snow-covered route add to the difficulty. Despite the challenges, many seasoned and experienced trekkers prefer to trek at this time. Trekking in winter requires careful preparation, equipment, and trekking gear. Hence, it is not recommended for beginners.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal