



Everest Chola Pass Trek

Url: <https://www.glorioushimalaya.com/trip/everest-chola-pass-trekking/>

Duration

19

Max. Altitude

5,545m

Difficulty

Challenging

Group Size

1-14 people

Per Person Cost

USD 1350

Transport

Plane, Car, Jeep,

Meals

Breakfast, Lunch, Dinner

Starts At

Kathmandu

Ends At

Kathmandu

Accommodation

Hotels, Lodges

Overview

The Everest Chola pass trek venture is an ideal challenge for the bold adventurer looking for something truly wild. The tough part here is to first cross the Cho La Pass border itself at (5,420m), and this trip takes approximately 14 to 16 days and goes through both the Gokyo Lake area and the Everest Base Camp (5,364 mtrs/17,598 ft).

The [Everest](#) Chola Pass trek has some brief and interesting “climbs” of Gokyo Ri, Chukkung Ri, and Kalapathar for some master views of icefalls and glaciers of the Mahalangur Himalayan range which comprises of five major 8000+ meter peaks such as Everest, Cho Oyu, Lhotse, Lhotse-Shar and Makalu. This trip takes guts for glory...

This trail includes the view of the [Everest base camp](#) and also goes through renowned regions like Lukla, Namche Bazar, [Tengboche](#), and much of the Khumbu district. The scenery is true to its fame with matching culture laced with wild adventure experiences.

Hiking by the delightful Dudh Koshi River, into the capital of the Khumbu - Namche on our way up to Gokyo valley, viewing the grand Ngozumpa glacier- the biggest glacier in [Nepal](#), as we make a beeline for Cho La pass and the majestic scenery from Gokyo Ri and Kalapathar, makes our journey a blockbuster of an outing to remember for years. We crash into several striking villages & tranquil monasteries,

mesmerized by stunning waterfalls and lovely landscapes with the view of mountains that thrill your emotions.

The route to Gokyo Ri valley goes through Chola pass, and this formidable challenge develops a thrill for climbing. Peaking at a height of 5,420m is a great step to enjoy the beauty of Gokyo Ri valley and the amazing [Gokyo lakes](#). On our way through the Cho La pass heading to Gokyo valley, we relish the beauty of several lakes upfront. Gokyo lakes are sacred to both Hindus and Buddhists. This signifies religious and cultural importance, which blends so well with nature; this trip is a fantastic intro to the culture, traditions & lifestyles styles of the local folks living in this region, mainly the [Sherpas](#) known for their mountaineering feats.

All we need for this journey is patience and the will to do, despite the geographical obstacles. We guarantee you that experiences enjoyed up here will be stuff for novels to pass down to the generations to come...

Itinerary

Day 01: Arrival in Kathmandu and transfer to the hotel - (1,400m)

After your arrival at Tribhuvan International Airport in medieval and modernized Kathmandu, you will be warmly greeted by our office representative and transferred to the hotel. After check-in and some refreshments, our senior Sherpa guide will come to meet you and give you a brief orientation about Chola Pass Trek.

You can then 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 and cows, probably the most in the world. Overnight at hotel inclusive Breakfast.

Day 02: Kathmandu valley sightseeing tour (1,400m)

Kathmandu, being a historical and cultural heart of Nepal is a popular destination for tourists, trekkers, and adventure seekers. The city presents a wonderful mixture of Hinduism, Tibetan Buddhism, and Western influence in the Valley. Patan and Bhaktapur are two major neighboring cities. These two cities bear a rich historical, cultural, and religious significance.

There will be a guided tour to the most famous Hindu shrine PASUPATHINATH, the largest Buddhist stupa in the city BOUDHANATH, the 15th-century palace and SOYAMBHUNATH. Return to the hotel for your overnight.

Meal included: Breakfast

Day 03: Fly to Lukla and then trek to Phakding (2,652m) - 3/4 hrs walk

A thrilling scenic flight to Lukla and a landing on a steep mountain runway bring us to the start of our

trek at the village of Lukla [2850m]. After meeting the crew, we head up the Dudh Kosi Valley on a well-marked trail and then stay overnight in Phakding on full board meals.

Meal included: Breakfast, Lunch & Dinner

Day 04: Phakding to Namche Bazaar (3,440m) - 6 hrs walk

After a good breakfast at Phakding, we set out for the mountain junction town of Namche; we cross and re-cross the river on high airy suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park which was set up to protect and preserve the fragile mountain environment.

We then take a steep hike to Namche. If the weather is clear, we get our first glimpse of Mt Everest. Namche is the main trading village in the Khumbu and has a busy Saturday market - a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La. Namche is the gateway to the Khumbu. This is where we crash out for the night with all meals included.

Meal included: Breakfast, Lunch & Dinner

Day 05: Acclimatization Day (3,440m)

Namche is tucked away between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops, and souvenir shops. It is an ideal place to spend a day, acclimatizing to the new altitude before heading off towards Syangboche. To acclimatize, you visit Khunde Hospital set up by Sir Edmund Hillary, or take a one-hour walk up to the Everest View Hotel above Namche for the sunset view of Ama Dablam, Nuptse, Lhotse, and Everest.

We then go to Khumjung where we visit a school established by Hillary. We begin our hike after enjoying lunch; bypassing the route of Khimde. There are also good views from the National Park Centre and Museum just above the town. After going through our acclimatization drills, we head down to our lodge for some beers & good sleep. Overnight Namche with all meals included.

Meal included: Breakfast, Lunch & Dinner

Day 06: Trek to Tengboche (3,860m) - 5 hrs walk

After breakfast in Namche, we start our trek towards Tengboche enjoying the superb view of Mt. Everest, Nuptse, Lhotse, Ama Dablam, and a close-up view of Thamserku. Our trek follows on the gradual trail with few ups and downs overlooking a magnificent view of the great Himalaya.

Along the way, we can spot wild lives like pheasant, musk deer, or a herd of Himalayan Thar. The trail goes gradually down up to Kyangjuma. The path eventually reaches Sanasa which is the major trail junction to Gokyo valley and Everest Base Camp.

The track then follows through the pine forests and after we cross the prayer flags festooned bridge over Dudh Kosi River, we reach Phunki Tenga, a small settlement with a couple of teahouses and a small army post amidst the alpine woods.

After having a relaxed lunch at Phunki Tenga, we have a little tough climb steeply up through the pine forests before we reach Tengboche. Tengboche is a great place for close-up views of Ama-Dablam, Nuptse, and Everest and it has the biggest Buddhist Monastery all over in the Khumbu region.

Overnight stay at the lodge in Tengboche with all meals covered – breakfast, lunch, and dinner.

Meal included: Breakfast, Lunch & Dinner

Day 07: Trek to Dingboche (4,410m) - 5 hrs walk

Hiking from Tengboche to Dingboche village is a difficult part of this journey. To get to Dingboche, you must go through an array of scenery along the path. On this lovely portion of the trail, hikers walk by the glacier river that flows beneath the valley.

Additionally, this walk passes via the Pangboche village, which is located at the lap of stunning Mt. Ama Dablam [6,856 m]. The first 2 km/1.2 miles of the trip from Tengboche to Dingboche is on a downhill route. The route then continues to ascend until you reach Dingboche.

Meal included: Breakfast, Lunch & Dinner

Day 08: Rest day at Dingboche (4,410m)

This is another day to rest, acclimatize and give our weary bones a breather. However, we don't remain idle; we also get to wander up the valley to look at a lake, the Tshola Tsho, and the perpendicular walls of Cholatse and Tawache.

We can climb up onto the ridge overlooking Dingboche for the view of the Imja Valley and the incredible south face of Mt. Lhotse. The views here steal your breath away. We bunk out in the village of Dingboche for the night including all meals.

Meal included: Breakfast, Lunch & Dinner

Day 09: Trek to Lobuche (4,910m) - 5 hrs walk

We continue up the wide valley beneath the impressive peaks of Cholatse and Tawache on the left. We then turn right and take a steep climb towards the foot of the Khumbu Glacier. The tea house at Duglha is a good spot to have lunch. The trail zigzags up through the boulders of the glacier's terminal moraine.

At the top of this climb, there are many stone cairns, built as memorials to the many Sherpas who have died while climbing Mt Everest. The path then climbs gently along the glacier, to eventually reach the cluster of houses at Lobuche. We enjoy all our full board meals and get set for a good night's sleep.

Meal included: Breakfast, Lunch & Dinner

Day 10: Trek to Everest Base Camp (5,364m) then to Gorakshep (5,180m) - 8 hrs walk

Today it's a long and gritty day. After a hot breakfast at our lodge, we climb through meadows and moraine stones steps to reach Gorakshep, by either climbing to Kala Patthar or continue heading to Everest base camp.

We suggest that you make a beeline for the Everest base camp. By the way, from Everest base camp we do not see Mount Everest. However, from Kala Patthar, we get to see the entire south face of Mt. Everest and well-known peaks nearby; this also includes great sights of the skyline of the Tibet plateau. Overnight at the height of (5,364) in our lodge with all three meals included.

Meal included: Breakfast, Lunch & Dinner

Day 11: Early morning hike to Kalapathar (5,545m) then trek to Dzongla (4,830m) - 7 hrs walk

To reach Kalapathar, a very early start is required. It takes several hours on the trail which weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier. During the ascent to Kala Patthar, we can pause to catch our breath at several outstanding viewpoints to snap pictures.

After several hours of ascent, we reach Kalapathar. From here, we scramble to climb the rocky outcrop near the summit marked by cairns and prayer flags. As we reach the top, we sit on the Kalapathar rocks and our eyes take in the unbelievable Himalayan Panorama, wandering from one mighty massif to another. We take as many pictures as we possibly can with our camera so they can last a lifetime.

On the return leg, we can take a higher route to get a spectacular view of the Khumbu icefall and the route to the South Col. We to return to Dzongla for the night including full board meals.

Meal included: Breakfast, Lunch & Dinner

Day 12: Trek to Thangna (4,700m) by crossing Cho La pass (5,420m) - 7 hrs walk

Early morning as we get out of the lodge, we will be greeted by the mesmerizing sight of Cholatse looming over. Today is going to be one of the toughest days of our trip. The walk begins as we transverse through a spur extending westward from Dzongla. The path descends to a basin across which meanders a murmuring stream crusted with ice at places.

In about an hour, we reach the top of the basin readying for the triumph on Cho La Pass. As we gain height, the view back gets increasingly more captivating; the Chola Lake begins to appear and the Ama Dablam in its pyramidal incarnation presides over a range of mountains on the south as Cholatse soars on the west.

Climbing the incline is not easy; it is steep, but made worse by boulders over some of which we will have to scramble. We need to be alert as rocks can be glazed by ice. The final climb to the Chola can be a little tricky as the trail curves round the bergschrund. Upon reaching the top, we see prayer flags, strung across cairns, flapping in the strong wind.

The scenery of majestic peaks in all directions is breathtaking. Although long, the path leading down to Thangnak can be easily made out from the pass because it is just decent but can be hazardous if rocks are glazed by ice, a bit of cautiousness is needed. We reach Thangnak, a rather more substantial hamlet with a small village where we bunk out for the night including full board meals.

Meal included: Breakfast, Lunch & Dinner

Day 13: Trek to Gokyo (4,750m) - 3 hrs walk

The trail brings us to the Ngozumpa glacier edge after a short walk, which is the longest glacier in Nepal. Reaching the other side of the glacier, we get views of the second of the Gokyo lakes on the series of six lakes. A short distance away is the third Gokyo Lake. On the edge of this lake stands the Gokyo Village where we finally give our tired bones a well-earned rest. We bunk out for the night at this lovely village of Gokyo including full board meals.

Meal included: Breakfast, Lunch & Dinner

Day 14: Explore Gokyo Ri (5,360m)

Today we will take rest at Gokyo village and relish views of charming sites of Gokyo village. If the day is fine then we can climb Gokyo Ri and enjoy views of the lovely Everest Region. The Gokyo region not only provides you views of Gokyo peak but also gives you wonderful chances to contemplate at the series of six emerald lakes.

You can also see Thonak Tsho Lake (fourth lake) and Ngozuma Thso lake (fifth lake). The fourth lake of this series has a high cliff and peaks rising above the lake just about 3 km north. We can savor the views of the turquoise-colored water of the lake. Moreover, we can climb on the hill and get amazing views of Mt. Cho-Oyu, Mt. Gyachung Kang, Mt. Everest, Mt. Lhotse, Mt. Nuptse, and Mt. Makalu.

Cho-Oyu base camp is situated beyond the fifth lake, from where we can get closer views of Mt. Cho Oyu and Gyachung Kang. Cho-Oyu base camp and the biggest glacier of the world - the Ngazumpa Glacier is a view we can catch from the northern part of the fifth lake. If possible we may even head to the sixth lake too. We then return to Gokyo village and spend overnight at our lodge with all meals included.

Meal included: Breakfast, Lunch & Dinner

Day 15: Trek to Dole (4,084m) - 6 hrs walk

Soon after leaving Gokyo, the trail climbs to a large Chorten on top of a ridge. This ridge descends from Khumbila, a 5734m peak, said to be the abode of the patron God of the Khumbu region. The trail descends towards the Dudh Kosi where we stop for lunch near the bridge leading to the village of Phortse.

We then pass through Phortse Tenga and from there; the trail climbs steeply to Dole, through rhododendron and birch forest festooned with hanging mosses and lichens. It's a pleasant hike hereabouts. Overnight at the lodge on full board meals.

Meal included: Breakfast, Lunch & Dinner

Day 16: Trek to Namche (3,440m) - 6 hrs walk

We continue to follow the river and, after crossing it, climb back up through birch and rhododendron forest to the famous monastery at Thyangboche. The views from here are splendid and Kwangde, Tawache, Everest, Nuptse, Lhotse, Ama Dablam, Kantega and Thamserku are just a few of the Himalayan giants to be seen.

From Thyangboche we descend to the bridge over the Dudh Kosi at Phunki Tenga, where there are water-driven prayer wheels, before making our way back to the shining lights of hustling Namche for a great hot water bath. Overnight at Namche on full board meals.

Meal included: Breakfast, Lunch & Dinner

Day 17: Trek back to Lukla (2,800m) - 7 hrs walk

Our final day's trekking follows the Dudh Kosi back down to Lukla. This last evening in the mountains is the ideal opportunity for a farewell party with the Sherpa guides and porters, where we can sample some 'Chhang' (local mountain beer - a favorite drink on the mountains brewed from fermented rice), we do a jig to some Sherpa dancing, enjoy a special meal and reflect back on a memorable trekking experience before we crash out for the night includes full board meals.

Meal included: Breakfast, Lunch & Dinner

Day 18: Fly back to Kathmandu (1400m)

Most flights from Lukla to Kathmandu are scheduled early morning to avoid the strong winds. It's a scenic flight from Lukla to Kathmandu for about forty-five minutes. We touch down at Kathmandu and transferred to our hotel. But please note, sometimes the flight can be delayed or canceled in the mountain regions of this type due to inclement weather and other unpredictable reasons beyond our control. Our guests are expected to be patient.

Meal included: Breakfast & Dinner

Day 19: Departure Day

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you at 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. Bon Voyage!!! We hope to see you again someday.

Meal included: Breakfast

Trip Includes

- All the airport pick-ups and drop-offs are by private vehicles.
- 3 nights of hotel accommodations in Kathmandu city inclusive of breakfast.
- 15 nights of twin-sharing local lodges accommodations in the mountain region during the trek.
- 1-day **Kathmandu sightseeing** tour at world heritage sites guided by a city tour guide with private transport.
- **Domestic airfares** and airport taxes. (Kathmandu/Ramechhap-Lukla-Ramechhap/Kathmandu).
- An experienced and government-certified trekking guide.
- All the essential trekking permits and official paperwork for the trek.
- **Full board meals** during the trek in the mountain region. (Breakfast/Lunch/Dinner)
- First aid kits for the trek.
- Helicopter rescue service incase of any emergency during trekking. (You should have travel insurance)
- Rain protection duffel bag and sleeping bag to use for the trek. (provided on request)
- Trip achievement certificate after the trek.
- All our local staff's salary, accommodations, foods and are fully insured.
- Nepalese cuisine farewell dinner program at a typical Nepali restaurant.

Trip Exclude

- International airfares and Nepal entry visa.
- Your travel insurance.
- Lunch and dinner in Kathmandu hotel.
- Extra Hotel accommodation in Kathmandu and Lukla if other than the itinerary.
- Entrance fees for the Kathmandu sightseeing tour.
- Tips to the trekking staff.
- Porters are available at an extra price.
- Any kind of beverages (alcohol, cold drinks, or mineral bottled water etc).
- Your personal expenses such as the use of WIFI, charging and hot shower while on the trek.
- Excess baggage of more than 15 kg for Lukla flights.

Checklist

Trekking Gear Checklist

Head

- Bandana or headscarf, also useful for dusty conditions.
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs.
- Sunglasses with UV protection

- Prescription sunglasses (if required)

Upper Body

- Polypropylene shirts (1 half sleeve and 2 long sleeves)
- Light and expedition weight thermal tops.
- Fleece wind-stopper jacket or pullover.
- Waterproof shell jacket (preferably breathable fabric)
- Down jacket
- Gore-Tex jacket with hood, waterproof and breathable

Hands

- 1 pair of lightweight poly-liner gloves.
- 1 pair of lightweight wool or fleece gloves.
- 1 pair of mittens, consists of 1 Gore-Tex over mitt matched with a very warm polar-fleece mitt liner (seasonal)

Lower Body

- Non-cotton underwear briefs.
- 1 pair of hiking shorts.
- 1 pair of hiking trousers.
- 1 pair of lightweight thermal bottoms (seasonal)
- 1 pair of fleece or woolen trousers
- 1 pair of waterproof shell pants, breathable fabric

Feet

- 2 pairs of thin, lightweight inner socks.
- 2 pairs of heavy poly or wool socks.
- 1 pair of hiking boots with spare laces (sturdy, soles, water resistant, ankle support, "broken in")
- 1 pair of trainer or running shoes/sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Sleeping

- 1 sleeping bag (-20 degrees)
- Fleece sleeping bag liner (optional)

Rucksack and Travel Bags

- 1 medium rucksack (50-70 liters/3000-4500 cubic inches, can be used for an airplane carryon)
- 1 large duffel bag
- A small daypack/backpack for carrying your valuables should have good shoulder padding
- Small padlocks for duffel-kit bags
- 2 large waterproof rucksack covers (optional)

Medical

- Small, personal first-aid kit. (Simple and light)
- Aspirin, first-aid tape, and plasters (Band-Aids)
- 1 skin-blister repair kit
- Anti-diarrhea pills
- Anti-headache pills
- Cough and/or cold medicine
- Anti-altitude sickness pills: Diamox or Acetylzolamide
- Stomach antibiotic: Ciprofloxacin, etc. Do not bring sleeping pills as they are a respiratory depressant.
- Water purification tablets or water filter.
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies.

Practical Items

- 1 small roll of repair tape, 1 sewing-repair kit
- 1 cigarette lighters, 1 small box of matches
- 1 compass or GPS (optional)
- 1 alarm clock/watch
- 1 digital camera with extra cards and batteries
- Large Ziplocs
- 2 water bottles (1 ltrs. each)
- 1 small folding knife
- Binoculars (optional)
- 4 large, waterproof, disposable rubbish sacks.

Toiletries

- 1 medium-sized quick-drying towel
- Toothbrush/paste (preferably biodegradable)
- Multi-purpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products
- Small mirror

Personal Hygiene

- Wet wipes (baby wipes)
- Tissue/toilet roll
- Anti-bacterial hand wash

Extras/Luxuries

- Reading books
- Trail map/guide book
- Journal and pen
- iPod
- Travel game i.e. chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses)

or camps)

- 1 modest swimsuit
- Voltage converter
- Plug adapter (2 round pegs to 2 flat pegs)
- Lightweight pillowcase (in case if your teahouses do not provide you)

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