Everest Cho La Pass Trek

Nepal / Everest Region | Trekking package



Your journey at a glance

Duration: 21 days

Trip grade: Moderate to Strenuous

Maximum altitude: 5545 m

Best season: September to May

Group size: 1 - 20

Route: Kathmandu - Kathmandu

Price from: USD 2,200.00 per adult

Accommodation: Three nights in a deluxe Kathmandu hotel and tea-house lodges during trekking.

Transportation: Kathmandu–Lukla–Kathmandu flights and all transportation as listed.

Meals: All meals (breakfast, lunch and dinner) during trekking.

Package overview

The Gokyo Everest Cho La Pass Circuit is an adventurous trek in the Everest (Khumbu) Himalayas. The mountains are described as especially spectacular, and the Ngozumpa Glacier is identified in the supplied description as the largest glacier in Nepal. From a ridge above Gokyo, views are available of four of the world’s highest mountains: Lhotse, Makalu, Cho Oyu and Mount Everest.
The route follows a high pass, Cho La, towards the base camp area of Mount Everest. It passes through Lukla and Namche Bazaar to Gokyo, crosses Cho La Pass, and continues via Kala Patthar and Everest Base Camp. The return route leads to Lukla via Tengboche Monastery, Khumjung village and Namche Bazaar.

Day-by-day itinerary

Day 1 - Arrival in Kathmandu

Arrive in Kathmandu (1,338 m) and transfer to the hotel. Attend the evening briefing and welcome dinner.

Meals: D
Accommodation: Hotel in Kathmandu
Altitude: 1,338 m

Day 2 - Kathmandu sightseeing and trek preparation

Enjoy a half-day sightseeing tour in Kathmandu, including Pashupatinath Temple and Boudhanath. The afternoon is free for trek preparation.

Meals: B
Accommodation: Hotel in Kathmandu
Walking / trekking: Half-day sightseeing

Day 3 - Fly to Lukla and trek to Phakding

After breakfast, transfer to the airport and fly to Lukla (2,810 m), approximately 32 minutes. Begin the trek to Phakding (2,640 m).

Meals: B, L, D
Accommodation: Lodge in Phakding
Altitude: 2,810 m / 2,640 m
Travel time: About 32-minute flight

Walking / trekking: About 3 hours

Day 4 - Trek to Manjo

Take a short trek to Manjo. After lunch, walk around Manjo village, its monasteries and the river.

Meals: B, L, D
Accommodation: Lodge in Manjo
Altitude: 2,900 m (interpreted from source “200 m”; verify)
Walking / trekking: About 3 hours

Notes: The source lists the Manjo elevation as “200M”; 2,900 m is interpreted from the route context and should be verified.

Day 5 - Trek to Namche Bazaar

Trek to Namche Bazaar (3,440 m). Pass the national park gate, descend to the bridge and follow the river valley. Climb through pine forest towards Namche. From Top Danda, enjoy the first views of Everest, Lhotse, Nuptse, Ama Dablam and Kongde.

Meals: B, L, D
Accommodation: Lodge in Namche Bazaar
Altitude: 3,440 m
Walking / trekking: About 3 hours (as supplied)

Day 6 - Namche Bazaar acclimatization day

After breakfast, climb to Everest View Hotel (3,880 m) for panoramic views of Everest, Lhotse, Nuptse, Ama Dablam, Tawache, Khumbila, Thamserku and Khangtega. Continue down to Khumjung and Khunde villages. Visit Hillary School, the monasteries and Khunde Hospital. Return to Namche after lunch and relax.

Meals: B, L, D
Accommodation: Lodge in Namche Bazaar
Altitude: 3,880 m at Everest View Hotel
Walking / trekking: Acclimatization hike and village visit

Day 7 - Trek to Phortse Tenga

Climb briefly to join the main Everest Base Camp trail. Pass the Tenzing and Hillary Memorial Chorten and reach Kyangjuma. Leave the main Everest Base Camp trail and follow the upper trail towards Gokyo, climbing Mong La Hill before descending to the Dudh Koshi River at Phortse Tenga.

Meals: B, L, D
Accommodation: Lodge in Phortse Tenga
Altitude: 3,700 m
Walking / trekking: About 5 hours

Day 8 - Trek to Dole

Climb from Phortse Tenga and follow the Dudh Koshi Valley through pine and rhododendron forests, with views of the mountains and valley. After reaching Dole, climb a nearby ridge for acclimatization.

Meals: B, L, D
Accommodation: Lodge in Dole
Altitude: 4,210 m
Walking / trekking: About 3 hours

Day 9 - Trek to Machhermo

Climb gradually towards Machhermo, passing summer pastures, Luza and small tea shops near yak farms. After reaching Machhermo, climb the ridge for acclimatization and visit the hospital and porter shelter.

Meals: B, L, D
Accommodation: Lodge in Machhermo
Altitude: 4,440 m
Walking / trekking: About 4 hours

Day 10 - Trek to Gokyo and lakeside walk

The supplied text includes a 4–5-hour walk around the lake to enjoy views of the glacier and mountains. This entry separates that lakeside-walk description from Day 9 and places it before the following Gokyo Ri excursion. A separate route description and altitude for this day were not supplied.

Meals: B, L, D
Accommodation: Lodge in Gokyo
Walking / trekking: 4–5 hours (source fragment)

Notes: Day 10 heading was missing from the supplied text; this entry uses only the stray lake-walk text that followed Day 9.

Day 11 - Gokyo Ri excursion

Early in the morning, climb Gokyo Ri (5,366 m) for views of four mountains above 8,000 m, including Everest, Makalu, Lhotse and Cho Oyu, as well as Ama Dablam, Gokyo Lake and the glacier. After lunch, walk towards the Fifth Lake or relax in the afternoon.

Meals: B, L, D
Accommodation: Lodge in Gokyo
Altitude: 5,366 m
Walking / trekking: Early morning climb; duration not specified

Day 12 - Trek to Thangna

Take a short walk down and cross the Ngozumpa Glacier, described in the supplied text as Nepal’s largest glacier and the source of the Dudh Koshi River. Continue along the valley to Thangna. Relax after lunch.

Meals: B, L, D
Accommodation: Lodge in Thangna
Altitude: 4,700 m
Walking / trekking: About 3 hours

Day 13 - Trek to Dzongla via Cho La Pass

Start early and climb Cho La Pass. After crossing the pass, descend and follow the valley to Dzongla. The source lists the pass elevation as both 5,300 m and 4,843 m.

Meals: B, L, D
Accommodation: Lodge in Dzongla
Altitude: Cho La Pass: 5,300 m / 4,843 m (both as supplied); Dzongla 4,843 m
Walking / trekking: About 7 hours

Notes: The source gives two conflicting elevations for Cho La Pass; both have been retained for review.

Day 14 - Trek to Lobuche

Take an easier walk along the valley, with views of Ama Dablam, Nuptse, Lobuche, Cholatse and Tawache. After lunch, take a short walk up the ridge and enjoy views of the Khumbu Glacier.

Meals: B, L, D
Accommodation: Lodge in Lobuche
Altitude: 4,930 m

Walking / trekking: About 3 hours

Day 15 - Trek to Gorakshep and visit Everest Base Camp

Follow the trail alongside the Khumbu Glacier, with views of Pumori, Nuptse and the West Col of Everest. After reaching Gorakshep (5,170 m), trek to Everest Base Camp (5,350 m), spend time there and return to Gorakshep.

Meals: B, L, D
Accommodation: Lodge in Gorakshep
Altitude: 5,170 m / Everest Base Camp 5,350 m
Walking / trekking: About 3 hours to Gorakshep; about 4 hours for the Base Camp walk

Day 16 - Kala Patthar and trek to Dingboche

Early in the morning, climb Kala Patthar (5,545 m) to enjoy sunrise and panoramic views of Everest, Nuptse, Lhotse, Pumori and surrounding snow-capped peaks. Return to Gorakshep for breakfast, then trek down to Dingboche (4,350 m).

Meals: B, L, D
Accommodation: Lodge in Dingboche
Altitude: 5,545 m / 4,350 m
Walking / trekking: 6–7 hours

Day 17 - Trek to Tengboche Monastery

Follow the Imja River and Imja Valley. Enjoy views of the valley and Island Peak, pass Pangboche and Deboche, then climb through forest to the historic Tengboche Monastery. Visit the monastery in the evening.

Meals: B, L, D
Accommodation: Lodge in Tengboche
Altitude: 3,880 m
Walking / trekking: About 4 hours

Day 18 - Trek to Namche Bazaar

Trek back to Namche Bazaar.

Meals: B, L, D
Accommodation: Lodge in Namche Bazaar
Altitude: 3,440 m (source lists “440 m”; corrected from earlier Namche elevation in this itinerary)

Walking / trekking: About 5 hours

Notes: The source lists Namche as 440 m; corrected to 3,440 m based on the same itinerary's Day 5.

Day 19 - Trek to Lukla

Trek back to Lukla.

Meals: B, L, D
Accommodation: Lodge in Lukla
Altitude: 2,828 m
Walking / trekking: About 7 hours

Day 20 - Fly back to Kathmandu

Fly back to Kathmandu and transfer to the hotel. The afternoon is free for leisure, followed by a farewell dinner in the evening.

Meals: B, D
Accommodation: Hotel in Kathmandu
Altitude: 1,350 m
Travel time: About 35-minute flight

Day 21 - Departure

After breakfast, transfer for departure. The trip concludes.

Meals: B

What is included

- Three nights in a deluxe hotel in Kathmandu on a bed-and-breakfast basis, twin-sharing.

- Tea-house accommodation during the trek.

- All transportation.

- Trekking guide and required porter.

- All meals (lunch, dinner and breakfast) during trekking.

- Kathmandu–Lukla–Kathmandu shuttle air tickets.

What is excluded

Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

https://ojhaholidays.com.np/package/everest-cho-la-pass-trek