



## **Everest Base Camp trek via Gokyo Chola Pass - Itinerary**

### **1. Arrive in Kathmandu & Transfer to Hotel**

Welcome to Kathmandu, our Sunrise Adventure Trek airport representative will welcome you in the airport then transfer you to your hotel. At evening, we will give you shortly briefing and further details of the trip program.

### **2. Fly to Lukla and trek to Phakding (2,620m/8,594ft)**

Lukla is a famous as the village of Sherpa's. We arrange loads and commence our journey further ahead. Flying over the spectacular scenery of mountains for about 40 minutes provides you unforgettable memories. After arriving at Lukla our journey passes through Dudh Koshi ("Milk River"). With beautiful ascents and descents over the trails surrounded by lush green forests we get to observe the magnificent views of mount Kusum Kangaru and many other mountains. We pass through the small Sherpa villages, monasteries and finally after hours of trek we reach to Phakding. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **3. Trek to Namche Bazaar (3,420m/11,218ft)**

Namche Bazaar is the main administrative and trading center for the Khumbu region. You can observe the Himalayan people involved in different occupations. The magnificent forests of blue pine, fir, juniper and rhododendron as well as first view of Everest; it helps you to control the anticipation of the thrilling journey. As we enter into the Sagarmatha National Park, we pass by many villages Tok Tok, Banker, Monjo, Josalle, Thamserku, Kangtega, and Konde. Here we get to explore the daily living style of Sherpa people following different traditional norms and values. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

### **4. Acclimatization/exploration/rest day at Namche Bazaar.**

To adopt with the altitude and new surrounding we acclimatize in Namche Bazaar. We spend the day by enjoying the scenes of mountains and sunrise and sunset in Khumbu Peak. We take a short trek to Sherpa museum where we get to observe the unique traditions and cultures of Sherpa people. Beside that we you will either be taken to explore Thame Monastery or Khumjung village. Khumjung village is a huge settlement of Sherpa people where we live observe their daily living style with unique cultural values. Adjusting ourselves with the less dense air, we enjoy the panoramic views of mountains and prepare for the next day trip! Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

### **5. Trek to Dole (4,110m/13,481ft)- 6 hour**

Today taking our breakfast early in the morning, we start our trek to Dole. Firstly, overlooking snow-capped mountains of Shanasa we finally cross the loop of Namche Bazaar and ascend uphill to Mongla hill then head down to Phortse Thanga and then we walk to Dole. Dole is a small village of this region with teahouses. We pass through the magnificent views of mountains like Amadablam, Lhotse, Nuptse, Thamserku, Everest,

Kantega etc. Reaching at Mong, we start walking down to the bank of Dudhkoshi. Again ascending to the hill, we cross a small village and finally reach Dole. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

## **6. Trek to Machhermo (4,410m/14,465ft)- 3 to 5 hour**

Climbing over the scenic ridge, we head off from Dole. We will walk high over the valley and along the river reaching to cross sand spurs. Passing by the villages Lhabharma and Luza offers us a chance to explore the living ways of local people with different cultural values. Following the amazing scenic views, we walk by Dudhkoshi valley. We also will visit the Himalaya Rescue Operation, established for basic treatment and take a refreshing rest before continuing our next journey. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

## **7. Trek to Gokyo (4,760m/15,613ft)**

Today following the lama footprints, we trek to Gokyo which is surrounded by dramatic views of mountains. We cross the second lake Longponga (4690m) and arrive to Gokyo after crossing a boulder-strewn path at the edge of third lake. Climbing over the ridge, offers the spectacular views of stunning mountains Cho-Oyu, Kantega, Cholatse and Pangka. On the way we explore Pangka where 1995 incident was happened: more than 40 people were killed by avalanche. Now we descend down to the river and steep climb up to the moraine of Ngozumpa. We cross by the lower and upper Gokyo Lake and finally walking some hour's takes us to Gokyo. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

## **8. Day hike to Gokyo Ri and trek to Thagnak (4,678m/15,343ft)**

At the elevation of 5483m., there's Gokyo Ri. And, early in the morning we steeply trek up there. This place truly is rewarding as we can get super great view of Gokyo Valley and Khumbu Himalays such as Everest, Lhotse, Nuptse, Makalu, Cho-Oyu and Gychung Kang. Trekking to Gokyo is also known for the excellent sunrise and sunset views above the stunning Everest peaks. Descending down to the Gokyo Valley, we get to observe the views of Kusum Kagaru, Kantega, Thamserku along with many others. Walking through the green forests around the glaciers for some hours takes us to Thagnak. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

## **9. Trek to Dzonglha via Cho La Pass (5,420m/17,778ft)**

Today is really the day where nature tests our strength as we have to climb over the steep path on the highest point of this region and some really icy tracks. First we will climb steep path and ascend to sharp drops trail which leads to Cho la pass then we again climb. This time we pass through Buddhist prayers flags and mountain views on our side. As we are next to the marvelous peaks Cholatse and Tabuche, we can closely observe these mountains. After we cross the Cho La Pass we descents gently to Dzongla with beautiful views of valley and villages from the top. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

## **10. Trek to Lobuche (4,940m/16,203ft)**

The ascent towards Everest Base Camp continues through Alpine meadows and summer yak pastures towards the end of the moraine of the Khumbu Glacier. From here, it is a steep, tough climb towards the village of Gorak Shep. Continue on towards Lobuche, where the view is straight towards Nuptse and the sunset is truly magnificent. Walking through the glacial panoramas, we get to observe the amazing views of mountains like Nuptse, Lhotse, Amadablam and many more. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

## **11. Trek to Gorak Shep (5,147m/16,882ft)**

From Lobuche we trek to Gorak Shep. This is 5KM trek offering us an excellent time to see glacier named Changri and see other mountains, mostly dominated by Pumori. Trek to Gorakshep is among the best time of trekking to Everest Cho La Pass. Trek brings us through lots of ups and downs along the lush green forests. Ascending above the glacial route, we reach to the base camp. We enjoy the excellent glacial surroundings with breathtaking views of mountains here. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge..

## **12. Morning hike to either Everest Base Camp (5,365m/17,597ft) or Kala Patthar (5,550m/18,204ft) and trek to Pheriche (3,950m/12,956ft)**

Today we take a hike to Kalapatthar, basically Kalapatthar is the best spot to speculate Everest whereas EBC is the base of the Everest where in season we can meet climbers and take amazing snapshots. Kalapatthar offers the excellent views of mountains Nuptse, Lhotse, Amadablam, Taboche, Cholatse, Pumori, Everest and many others. After that we trek to Periche from Gorak Shep. Trek to Periche descends us through the downhill, forests with rhododendron. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

## **13. Trek to Namche bazar**

From Periche we trek downhill to Tengboche and visit old monastery and back to Namche bazar. This monastery has recently been reconstructed. As we trek just below the stunning Himalayas, we get to observe the panoramic views of mountains Thamserku, Kangtega, Khumbi La and Kongdo Ri. Passing through the small village, Pangboche we explore the local living ways of people. Then walking for some time, trail takes us to the oldest monastery, Tengboche Nmake. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

## **14. Trek to Lukla (2840m/9,315ft)**

This will be our last trek and today we will be trekking back to Lukla to catch our flight to Kathmandu. We will spend the day by sightseeing around Lukla. We walk above the hill and pass by the beautiful villages of Khumbu region. Crossing the suspension bridges, we follow the trail edge of Dudhkoshi Rive and finally reach at Lukla. Meals included: Breakfast, lunch and dinner and finally overnight stay in trekking lodge.

## **15. Fly to Kathmandu**

In the morning we take the flight back to Kathmandu and once again enjoy the scenic valleys and terrains full of beautiful mountains views and locations. At evening you can join the evening meal and cultural program provided by the company.

## **16. Trip concludes and departure.**

Last day, you can either safely make return journey to home or you can join for another exciting adventure with Sunrise Adventure Treks and Tour. And according to flight schedule you will be escorted to airport approximately 3 hours earlier to catch flight to your next destination.

## **INCLUSIONS**

Airport pick up and departure and all ground transportation during trips.  
Hotel in Kathmandu two-star category in twin sharing bed with breakfast basis  
Accommodation in lodge and full board meals during the trekking  
Govt. trained guide and necessary no.of porters with their insurance, salary and meals  
All fees for TIMS card and Trekking Permit  
Domestic Flight according to Itinerary  
Sleeping bag, Down jacket & necessary equipment's during the trek  
One cultural show and dinner program

## **EXCLUSIONS**

International Flight ticket & your personal expenses  
Major meals in cities cold & alcoholic drinks  
Extra shower, battery re-charge, laundry charge etc.  
Tips to guide and porter and your insurance

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)