

Gokyo via Chola Pass EBC Trek | 17 Days



Trek Information

Duration	1 days
Difficulty	Hard
Region	Everest Region
Highest Altitude	5445.0 m
Group Size	1-20+
Season	Autumn & Spring
Individual Cost	\$0.00

Description

About the Destination

The **Everest Base Camp (EBC)** trek is one of the world's most celebrated journeys, drawing trekkers from every corner of the globe to witness the grandeur of the Himalayas up close. This legendary trail follows in the footsteps of Sir Edmund Hillary and Tenzing Norgay, beginning with a dramatic flight into Lukla and weaving through the heart of the Khumbu region. As trekkers ascend through Sherpa villages like Phakding, Namche Bazaar, Tengboche, and Dingboche, they are immersed in vibrant local culture, Buddhist monasteries, and unmatched mountain scenery.

The trail offers glimpses of Everest early on, but the full majesty unfolds at Kala Patthar

(5,545m), a vantage point that delivers sunrise views of Everest, Nuptse, and Lhotse in stunning clarity. The final destination, Everest Base Camp (5,364m), sits at the foot of the mighty Khumbu Icefall, where climbers prepare for their summit push. The journey tests one's endurance and altitude adaptability but rewards with unparalleled vistas, spiritual encounters, and a sense of achievement. Whether it's crossing high-suspension bridges or sipping tea with local Sherpas, every step on the EBC trek resonates with adventure and legacy, making it a must-do for anyone passionate about mountains and cultural exploration.

Trip Overview

The Gokyo via Cho La Pass Trek is an adventurous trek of the Himalayas that combines glacial lakes, high passes, and Everest Base Camp into one unforgettable trek. Beginning with a scenic flight to Lukla at 2,860m, the trail passes through pine forests, suspension bridges, and Sherpa villages before reaching Namche Bazaar at 3,440m, the vibrant hub of Khumbu Culture. Daily hikes take an average of five to seven hours with slow ascents that lead towards alpine meadows and high valleys.

Acclimatization in Namche and onwards to Gokyo ensures safe altitude adjustment. Climbing up to Gokyo Ri at 5,357m offers trekkers the sweeping views of Everest, Cho Oyu, Makalu, and turquoise glacial lakes shimmering below. Crossing the icy Cho La Pass (5420 meters) is the most challenging part of the trek and connects the Gokyo valley with the Everest Base Camp trek. From Lobuche and Gorakshep, trekkers arrive at the glacier setting of Everest Base Camp at 5,364 meters and then go for a sunrise hike to Kala Patthar at 5,545 meters to have a close-up view of Everest and other giants.

The journey is enhanced by cultural immersion in Sherpa settlements, sacred monasteries, and prayer flag-lined trails, offering both a spiritual depth and natural grandeur. Altitude gains and losses dictate the tempo of the trekking, from easy descents into the valleys to steep ascents over glaciers and passes. Along the way, trekkers stop to rest in friendly Sherpa teahouses, where basic rooms and a warm atmosphere make for a pleasantly relaxing retreat after long days of hiking. In Kathmandu, there are comfortable hotels with modern amenities before and after the journey, which gives a balance of adventure and relaxation.

Meals are served on a full board basis, varying from hearty Nepali dal bhat to such traditional Sherpa recipes as to well known international fare. Tea and coffee break up the day, bringing comfort and strength to the crisp mountain air. Licensed guides, porters, and medical support provide safety and confidence along the way, and make this 17-day trek a difficult but rewarding journey through the most dramatic landscapes of the Khumbu.

Trip Highlights

- Scenic flight to Lukla, gateway to the Khumbu region, and trek through Phakding villages.
- Trekking to Namche Bazaar with suspension bridges, pine forests, and vibrant Sherpa settlements.
- Acclimatization day in Namche with a hike to the Everest View Hotel for panoramic Himalayan scenery.
- Trekking to Dole and Machharmo, crossing alpine meadows and experiencing Sherpa traditions along the trail.

- Arrival at Gokyo Lakes (4,790 m), shimmering turquoise waters surrounded by Himalayan giants.
- An acclimatization hike to Gokyo Ri (5,357 m) offers sweeping vistas of Everest, Cho Oyu, and Makalu.
- Trekking across Cho La Pass (5,420 m) to Dzongla, with icy trails and dramatic mountain backdrops.
- Journey to Lobuche and Gorakshep, leading to the iconic Everest Base Camp (5,364 m) experience.
- Sunrise hike to Kala Patthar (5,545 m) for breathtaking close-up views of Everest and surrounding peaks.
- Trekking descent through Somare and Tengboche, visiting monasteries and enjoying spiritual depth in Sherpa culture.
- Return through Namche Bazaar and Lukla, completing the circuit with cultural immersion and scenic descent.

Detailed Itinerary

Arrival in Kathmandu (1,324 m / 4,344 ft)

Trekkers arrive at the airport in Kathmandu and are transferred to their hotel. After a brief greeting and welcome session, the day is reserved for orientation, rest, and preparation for the trek. Guides give information regarding permits, safety instructions, and gear checks. There are cultural sights in the capital that may be arranged depending on the time of arrival. In the evening, a team briefing and a welcome dinner to get the party going.

Drive Kathmandu → Ramechhap, Flight to Lukla (2,860 m), Trek to Phakding (2,610 m)

An early morning drive leads the group to Ramechhap, followed by a short scenic flight to Lukla. The flight is rewarded with breathtaking views of Himalayan peaks and brings the trekkers to the Khumbu region. From Lukla, the trek starts with an easy descent on the Dudh Koshi River. The 8 km trail leads through both pine forests, suspension bridges, and Sherpa villages to Phakding, 2,610 m. The first day of trekking is light and gives trekkers time to adjust.

Trek Phakding → Namche Bazaar (3,440 m)

The trail continues throughout the Dudh Koshi River crossing suspension bridges adorned with prayer flags. Trekkers reach Monjo and Jorsalle villages and enter the Sagarmatha National Park checkpoint. The final ascent is steep, hiking 10 km and gaining an altitude of 830 m to reach Namche Bazaar. Namche, the lively Sherpa capital, is where one gets the first views of Everest and the surrounding peaks. Its vibrant markets, bakeries, and tea houses offer cultural assimilation and comfort at the end of a tiring day.

Acclimatization in Namche, Hike to Everest View Hotel (3,880 m)

This day is left for acclimatization to prepare for higher altitudes. Trekkers trek to the Everest View Hotel, 3-4 km with a gain of 440 m. The vista point has panoramic views of Everest, Ama Dablam, and Lhotse. The walk also passes by Khumjung village, where the monasteries and Sherpa traditions add to the cultural experience. Returning to Namche, trekkers enjoy local bakeries, tea houses, and rest before continuing on their way to Gokyo Valley.

Trek Namche Bazaar → Dole (4,200 m)

The trail climbs steeper out of Namche and away from the busy markets and Sherpa bakeries. Trekkers climb almost 760 meters and pass through rhododendron and juniper forests, with some glimpses of Himalayan wildlife, including the musk deer and pheasants. Mani walls and prayer flags are found beside the path and give an added spiritual dimension to the journey. The highest point reached nowadays is 4,200 feet (m) at Dole with simple teahouses where one can find quiet rest and prepare for higher ascents.

Trek Dole → Machharmo (4,470 m)

This trail goes uphill gradually with an altitude increase of around 270 metres, with wide-open views of Cho Oyu and the surrounding peaks. Trekkers pass through pastures of yaks and into the alpine terrain where the landscape gets more rugged and wind-swept. A shorter walking day means the body has time to adapt to thinner air, and the problems of altitude sickness are avoided. The highest point nowadays is 4,470 m at Machharmo. Machharmo is known for its highland Sherpa culture and legends of the Yeti, and adds an

intrigue to the stop. Health monitoring is a key focus here, with some guides recommending rest, hydrating, as well as steady breathing.

Trek Machharmo → Gokyo (4,790 m)

Trekkers gain an altitude of 320 m as the trail takes them towards the shimmering Gokyo lakes. The reflections of the turquoise waters, fed by glacial streams, on the snow peaks that surround them, make one of the most iconic Himalayan landscapes. The walk is steady but demanding, with the thin air starting to take its toll on breathing and energy. The highest point of altitude today is 4,790m at Gokyo village, where teahouses give warmth and comfort, and the lakes give spiritual calm and natural grandeur. This is a very important stop for acclimatization before tackling higher climbs.

Acclimatization in Gokyo, Hike to Gokyo Ri (5,357 m)

This day is reserved for acclimatization by a steep hike to Gokyo Ri. Trekkers gain an altitude of almost 567 meters to reach the maximum altitude of 5357 meters at the Gokyo Ri, which is the highest altitude point so far. The viewpoint provides panoramic vistas of Everest, Cho Oyu, Makalu, and the entire Gokyo Valley with its turquoise lakes and glaciers. Health is closely monitored, as in this climb, stamina and altitude readiness are tested before crossing the Cho La Pass.

Trek Gokyo → Dragnag (Thagnag, 4,700 m)

This day gets trekkers geared up for the next crossing at the Cho La Pass. The trail leaves the serene Gokyo Lakes and heads east towards Dragnag, which is a small settlement at the foot of the pass. The walk is shorter but important for acclimatization with a gradual increase in altitude of approximately 200-250 m while the trekkers walk across rocky moraines and glacial terrain near the Ngozumpa Glacier. The highest point reached today is 4,790 m, before dropping to Dragnag. The trek is rich with spectacular views of Gokyo Ri behind and the rough and rocky landscape ahead. Dragnag is a simple village with basic teahouses, and this is the place for trekkers to rest and fuel up for the challenging climb over Cho La the next day. Evenings are passed in warm dining-halls, eating together and preparing in mind for one of the most exhausting sections of the journey.

Trek Dragnag → Dzongla (4,830 m) via Cho La Pass (5,420 m)

This is one of the most difficult days of the trek, crossing the icy Cho La Pass. Trekkers climb almost 720 m to the highest point of 5,420 m at the pass, then descend 690 m to Dzongla. The trail is steep and quite often snow-covered and requires stamina and caution. Surroundings include dramatic glaciers, frozen streams, and prayer flags at the summit fluttering. Meals are substantial, and Sherpa bread, thukpa, and tea keep the trekkers going. Accommodation in Dzongla is of the most basic type, but very welcoming after a tiresome day.

Trek Dzongla → Lobuche (4,910 m)

The next day's trail from Dzongla to Lobuche is easier compared to the previous day, with a slight altitude increase of 80 meters. The highest altitude today is 4,910m, Lobuche. Trekkers walk on ridges and enjoy views of Nuptse, Pumori, and the Khumbu Glacier. The surroundings are stark and windswept with memorial cairns to climbers who have lost their lives on Everest. Meals consist of dal bhat, Sherpa noodles and hot tea to restore energy. Accommodation is in teahouses which have shared rooms, where trekkers rest and regain strength for the push towards Everest Base Camp.

Trek Lobuche → Gorakshep (5,180 m), Hike to Everest Base Camp

The trail from Lobuche to Gorakshep is rugged and winds through rocky moraine paths alongside the Khumbu Glacier. Trekkers slowly ascend to Gorakshep, the last settlement before Everest Base Camp. After a short rest, the hike forwards to the Everest Base Camp (5,364 m), the iconic sphere where climbers prepare for their summit attempts. The route offers amazing views of Khumbu Icefall, Nuptse, and surrounding peaks. The terrain is demanding but rewarding, with prayer flags and stone cairns marking the way. Meals typically include hearty dal bhat, Sherpa stew, or garlic soup to combat altitude effects. Accommodation is in basic teahouses at Gorakshep, where trekkers rest after one of the most memorable days of the trek.

Hike Kala Patthar (5,545 m), Trek to Somare (4,010 m)

This day starts with a steep climb to Kala Patthar, the highest point during the trek at 5545 metres, and then a long downhill trek of 1535 metres to Somare. The view of the sunrise from Kala Patthar is breathtaking - close-up panoramas of Everest, Lhotse, and Nuptse glow in a golden light. Surroundings include icy ridges, prayer flags, and the great Khumbu Glacier below. Meals are energizing, porridge or eggs for breakfast, hot soups for lunch, and dal bhat or momos for dinner. The accommodation in Somare is humble but comfortable, and teahouses provide warmth and Sherpa hospitality after a hard day's work.

Trek Somare → Namche Bazaar (3,440 m)

The trail descends from Somare at a constant pace, losing almost 570 meters in altitude, with the highest altitude of the day being 4,010 meters at Somare. Trekkers pass through Tengboche Monastery, a spiritual centre of the Khumbu region, where chanting monks and fluttering prayer flags give this place a serene atmosphere. The path winds through the pine and rhododendron forests, and there are occasional views of Ama Dablam and Everest in the distance. Meals include energizing soups, Sherpa bread, and dal bhat, which gives one strength for the long descent. Accommodation in Namche is more comfortable, and many teahouses, bakeries, and shops are open to provide a cultural experience and rest.

Trek from Namche Bazaar (3,440 m / 11,286 ft) to Lukla (2,860 m / 9,383 ft)

This is the final trekking day, and it is long but rewarding, with 18 km of trail and 580 m of descent. The highest point reached today is 3440m at Namche Bazaar before descending to Lukla. Trekkers cross suspension bridges over the Dudh Koshi River, go through Sherpa villages, and retrace familiar paths. The journey is filled with reflection, thanks, and cultural encounters with locals. Meals are hearty with noodles, rice, and tea, providing the fuel for the last push. Accommodation in Lukla is in teahouses, where the trekkers celebrate the completion of their trek with fellow adventurers.

Flight Lukla → Ramechhap, Drive to Kathmandu (1,324 m)

Trekkers fly from Lukla to Ramechhap by a short scenic flight, which descends from a maximum altitude of 2,860 m at Lukla to the lowlands. The flight gives final glimpses of Himalayan peaks, and the drive back to Kathmandu brings trekkers back into contact with the world of cities. Meals are lighter with breakfast before departure. Accommodation in Kathmandu is in comfortable hotels, equipped with hot showers, soft beds, and modern amenities. The health focus is changed to recovery, rest, and relaxation after the weeks of hard trekking.

Departure from Kathmandu

On the last day, trekkers transfer to Tribhuvan International Airport for their international flights. The highest point of the day is 1,324 m in Kathmandu, which marks the end of the Himalayan adventure. The morning can feature a farewell breakfast, last-minute shopping, or cultural sightseeing, depending on flight time. Hydration and rest before long travel is the health focus. The trek ends with cherished memories of Gokyo Lakes, Cho-La Pass, Everest Base Camp, and Sherpa Culture.

What's Included

- Private airport transfers in a comfortable vehicle for smooth arrivals and departures
- Accommodation in teahouses or hotels along the trekking route (twin■sharing basis)
- Full board meals (breakfast, lunch, and dinner), including seasonal fruits after dinner
- Experienced English■speaking trekking guide providing professional and friendly support
- Porter service included (one porter shared between two trekkers)
- Salaries, equipment, and insurance coverage for guides and porters
- Emergency rescue services (rescue costs to be covered by trekker's travel insurance)
- A basic first-aid kit is carried by the guide for safety
- Trek completion certificate to commemorate your achievement
- Required permits: Sagarmatha National Park Permit and Khumbu Rural Municipality Entry Permit
- Printed trekking route map to help navigate the trek
- All applicable government taxes and official charges

What's Not Included

- Travel insurance (recommended to cover high■altitude trekking and emergency rescues)
- Personal expenses during the trek, including hot showers, device charging, and Wi■Fi
- Beverages of any kind: tea, coffee, mineral water, soft drinks, alcoholic drinks, etc.
- Personal trekking gear and equipment (boots, jackets, poles, etc.)
- Tips for guides and porters
- Expenses due to unforeseen circumstances such as natural disasters, extreme weather, political issues, or flight delays
- Kathmandu hotel and food expenses before/after trek
- Sightseeing or tours in Kathmandu

Equipment & Packing List

The Gokyo via Cho La Pass Trek is an exhilarating 17-day trek through the Himalayas that incorporates the turquoise Gokyo Lakes, the imposing Cho La Pass, and the iconic Everest Base Camp into the trek. The journey starts at Kathmandu with arrival, orientation, and sightseeing before driving up to Ramechhap and flying to Lukla at 2,860 m. The trek to Phakding is the first trek, taking 3-4 hours, along riverside trails and Sherpa villages.

From Phakding, trekkers go up to Namche Bazaar at 3,440m, a 6-7-hour trek. Walk through pine forests and suspension bridges. Namche offers acclimatization in the form of a hike to Everest View Hotel (3,880 meters) with stupendous panoramas of Everest, Ama Dablam, and Lhotse. Local bakeries, tea houses, and Sherpa markets enhance the cultural purpose.

The trail then ascends continuously to Dole and Machharmo with daily walks of 5-6 hours at altitudes above 4,200 m. Arrival at Gokyo valley (4790m) brings shimmering lakes and glaciers to the fore. A hike to Gokyo Ri (5,357 m) is a great way to obtain sweeping views of Everest, Cho Oyo and Makalu.

Crossing Cho La Pass (5,420 metres) is the hardest day of the trek and takes 7-8 hours of stamina on the icy trails with dramatic backgrounds. The path continues to Lobuche at 4,910 m altitude and then to Gorakshep at 5,180 m altitude, leading to Everest Base Camp at 5,364 m altitude. A sunrise hike to Kala Patthar (5,545 m) will reward the trekkers with sumptuous views of Everest and the surrounding giants at close range.

Descending through Somare, Tengboche Monastery, and Namche Bazaar offers spiritual depth and cultural immersion and brings us back to Lukla. Accommodation is in teahouses along the way and hotels in Kathmandu before and after. Meals: Nepali dal-bhat, Sherpa dishes thukpa momos with tea or coffee, 3 times a day. Licensed guides, porters, and medical support make the trek safe and confident throughout the difficult but rewarding trek.

17 Days Gokyo via Cho La Pass EBC Trek Outline

Day

Route

Distance

Duration

Altitude Gain/Loss

Sleep Altitude

1

Arrival in Kathmandu, transfer to hotel

5.8 km

25–30 min drive

–

1,324 m

2

Drive Kathmandu → Ramechhap, flight to Lukla (2,860 m), trek to Phakding

~8 km

3–4 hrs

↑ 286 m / ↓ 250 m

2,610 m

3

Trek Phakding → Namche Bazaar

~10 km

6–7 hrs

↑ 830 m

3,440 m

4

Acclimatization in Namche, hike to Everest View Hotel (3,880 m) and return

~3–4 km

4–5 hrs (optional)

↑ 440 m / ↓ 440 m

3,440 m

5

Trek Namche Bazaar → Dole

~11 km

5–6 hrs

↑ 760 m

4,200 m

6

Trek Dole → Machharmo

~7 km

4–5 hrs

↑ 270 m

4,470 m

7

Trek Machharmo → Gokyo

~7 km

5–6 hrs

↑ 320 m

4,790 m

8

Acclimatization in Gokyo, hike to Gokyo Ri (5,357 m) and return

~4–5 km

4–5 hrs

↑ 567 m / ↓ 567 m

4,790 m

9

Trek Gokyo → Dragnag (Thagnag)

~6 km

3–4 hrs

↓ 90 m

4,700 m

10

Trek Dragnag → Dzongla via Cho La Pass (5,420 m)

~13 km

7–8 hrs

↑ 720 m / ↓ 690 m

4,830 m

11

Trek Dzongla → Lobuche

~8 km

4–5 hrs

↑ 80 m

4,910 m

12

Trek Lobuche → Gorakshep, hike to Everest Base Camp (5,364 m) and return

~12 km

7–8 hrs

↑ 454 m

5,180 m

13

Hike Kala Patthar (5,545 m), trek to Somare

~12 km

7–8 hrs

↑ 365 m / ↓ 1,535 m

4,010 m

14

Trek Somare → Namche Bazaar

~10 km

6–7 hrs

↓ 570 m

3,440 m

15

Trek Namche Bazaar → Lukla

~18 km

7–8 hrs

↓ 580 m

2,860 m

16

Flight Lukla → Ramechhap, drive to Kathmandu

–

6–7 hrs

↓ 1,536 m

1,324 m

17

Departure from Kathmandu

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What are the Permits and Expenses Needed for the Gokyo via Cho La Pass EBC 19 Trek
In order to trek on the Gokyo via Cho La Pass route, the trekkers must obtain two significant permits: the Sagarmatha National Park Entry Permit and the Khumbu Pasang Lhamu Rural Municipality Permit. These fees are used for conservation, safety, and development of the local Sherpa community.

Sagarmatha National Park Entry Permit

To access the Everest region, every traveler needs to get the Sagarmatha National Park permit. This fee contributes to the conservation of the forests and wildlife, glaciers, and the trail infrastructure of the UNESCO World Heritage Site.

- Foreigners: NPR 3,000 per person (approx. USD 23)
- SAARC nationals: NPR 1,500 per person
- Nepali citizens: NPR 100 per person
- Children under 10: Free

Permits are collected at the Nepal Tourism Board office in Kathmandu or at the park entry checkpoint that is located in Monjo.

Khumbu Pasang Lhamu Rural Municipality Permit

This local permit was introduced as part of the decentralization efforts in Nepal to ensure that fees are directed towards infrastructure, trail maintenance, and development of the local community in the Khumbu region.

- Foreigners: NPR 2,000 per person (approx. USD 15)
- SAARC nationals: Same rate as foreigners
- Children under 10: Free

This permit is issued in Lukla or Monjo and has replaced the old requirement of a TIMS card for the Everest region.

TIMS Card (Trekking Information Management System)

Unlike the Annapurna Circuit, the Everest region is TIMS card-free. The Khumbu Pasang Lhamu Rural Municipality permit is now fulfilling this role.

Summary

For the Gokyo via Cho La Pass EBC Trek (17 Days), trekkers need:

- Sagarmatha National Park Entry Permit (NPR 3,000 for foreigners, NPR 1,500 for SAARC nationals).
- Khumbu Pasang Lhamu Rural Municipality Permit (NPR 2,000 for all foreigners and SAARC nationals).
- No TIMS card required.

- These permits and fees are necessary for the trek, supporting tourism, conservation of natural resources, and also providing an income to Sherpa communities living along the Gokyo Valley and Everest Base Camp route.

Trip Cost of the 17 Days Gokyo via Chola Pass EBCTrek Package 2026/2027

Group Size

Price Per Person (USD)

10 persons

10 – 20 persons

21+ persons

Single Supplement

Note

- Prices are calculated on a per-person basis.
- For a group of 10 trekkers, the cost is fixed on a per-capita rate.
- For larger groups of 21 or more people, a discounted rate applies per person.
- An additional surcharge is applicable for private accommodation if you request a single room supplement.

Best Time to Trek Gokyo via Cho La Pass EBC

The best time to trek the Gokyo via Cho La Pass EBC route is in Spring [March - May] and in Autumn [September - November]. These are the seasons that provide stable weather, clear skies, and are safer to cross the Cho-La pass and reach Everest Base Camp. The summer monsoon and winter months are less favourable because of heavy rainfalls, slippery trails, or snowy passes.

Spring (March to May) | Ideal for Trekking

Spring brings crisp mornings in the lower valleys, blooming rhododendrons, and nice weather at higher elevations. March may still see some light snow on the Cho La Pass, and April to May see even warmer days and great visibility of Everest, Cho Oyu, Makalu, and the turquoise Gokyo Lakes.

Month

Day Temp (°C)

Night Temp (°C)

Precipitation

Weather

Snowfall

March

0 to 10

-5 to -12

50–70 mm

Cold mornings, clear days

Light at high passes

April

5 to 12

-2 to -8

70–90 mm

Mild, rhododendrons are blooming

Rare

May

8 to 15

0 to -5

90–100 mm

Warm, clear skies, stable trails

Minimal

Autumn (September to November) | Best Season

Autumn is thought to be the best time for the trek to Gokyo via Cho La Pass. September begins with some rain, but this dissipates quickly. October brings crisp air and calm weather, and November brings colder nights with an unmatched visibility of the Himalayas.

Month

Day Temp (°C)

Night Temp (°C)

Precipitation

Weather

Snowfall

September

8 to 12

-2 to -8

120–150 mm

Clear skies, occasional rain

Light at higher altitudes

October

5 to 12

-5 to -10

70–90 mm

Stable, crisp skies, clear views

Rare

November

0 to 8

-8 to -15

40–60 mm

Cold nights, excellent visibility

Begins at high passes

So, what is the best time to trek the Gokyo via Chola Pass?

Gokyo via Cho La Pass EBC Trek is best taken in Spring (March to May) and Autumn (September to November). These are the seasons of stable weather, clear skies and safer conditions for crossing the Cho-La Pass and hiking to Gokyo Ri and Everest Base Camp.

- Summer Monsoon (June–August): Heavy rain, slippery trails, landslides, and poor visibility make trekking difficult.
- Winter (December–February): Freezing conditions with snowbound passes often make Cho La impassable and risky.

Packing List for the Gokyo via Chola Pass EBC 19 Days Trek
General Essentials

- Four-season sleeping bag (rated for -20°C , essential for Cho La Pass and high-altitude nights)
- Down jacket (heavy-duty for extreme cold above 5,000 m)
- Daypack 35–45L with rain cover
- Trekking poles (critical for icy Cho La Pass and steep descents)
- Water purification tablets/filter (for glacier-fed streams near Gokyo and Lobuche)
- Headlamp with spare batteries (for early morning Kala Patthar hike and glacier crossings)

Upper Body

- Sun hat or cap (UV protection at altitude)
- Warm beanie/knitted hat
- UV-protected sunglasses (category 4 recommended for snow glare at Gokyo Ri and Cho

La)

- Buff/neck gaiter (for dust, wind, and cold protection)

Torso Layers

- Technical base layers (thermal, moisture-wicking)
- 2 short-sleeve trek shirts
- 2 long-sleeve trek shirts
- Fleece jacket/pullover
- Waterproof shell jacket (windproof for Cho La Pass)
- Insulated mid-layer jacket (for extreme cold above 5,000 m, especially at Gokyo Ri and Kala Patthar)

Lower Body

- Thermal leggings/base layer
- 2 hiking pants (quick-dry)
- Hiking shorts (for lower valley days around Phakding and Namche)
- Comfortable teahouse pants
- Rain/snow shell pants (essential for Cho La crossing and glacier terrain)

Hands

- Liner gloves
- Insulated waterproof gloves (critical for Cho La Pass and Kala Patthar sunrise)

Feet

- Warm wool socks (4–5 pairs)
- Hiking socks and liners
- Waterproof trekking boots (broken-in, with high ankle support for glacier terrain)
- Gaiters for snow/mud (especially for Cho La Pass and Dzongla approach)
- Casual shoes/slippers (for teahouse evenings)

Undergarments & Sleepwear

- Quick-dry underwear
- Sports bras (for women)
- Thermal sleepwear (essential for nights above 4,500 m in Gokyo, Lobuche, and Gorakshep)

Medicals & Personal Care

- First aid kit, altitude medication, pain relievers

- Oral rehydration salts (for hydration at altitude)
- Sunscreen SPF 50+, lip balm SPF (UV is intense at 5,000 m+)
- Menstrual products (for women)
- Hand sanitizer, wet wipes, toiletries
- Personal medications (prescribed)

Electronics

- Power bank (10,000–20,000 mAh, charging is costly at altitude)
- Solar charger (especially useful in Gokyo and Lobuche)
- Camera/smartphone with extra memory cards
- Adapter plug (Nepal standard: Type C/D/M)

Miscellaneous

- Trekking duffel bag
- Lightweight towel
- Notebook and pen
- Snacks: energy bars, nuts, chocolates (extra calories for Cho La Pass day)
- Reusable water bottle/hydration bladder (2–3L capacity)
- Small lock (for duffel bag security)
- Lightweight book/Kindle

Equipment and Extras Provided by the Company

- Down jacket (loaned for trek)
- Four-season sleeping bag (loaned for trek)
- Trekking duffel bag (70L, for porter use)
- Gokyo via Cho La Pass trekking route map
- Trekking T-shirt (souvenir)
- Appreciation certificate after trek completion
- First aid kit with oximeter for altitude monitoring
- Basic medical support during the trek

Can You Trek to Gokyo via Cho La Pass EBC Solo?

Trekking Gokyo via the Cho La Pass route on an independent basis is no longer legally possible for foreign visitors. Since 2023, Nepal has made it compulsory for all trekkers to hire licensed guides and bring them from the registered trekking agencies. This regulation was introduced for safety and to reduce accidents in high altitude regions, and for

adequate cultural and logistical support.

The Gokyo via Cho La Pass trek includes the crossing of the Cho La Pass (5,420 metres), the trek to Gokyo Ri (5,357 metres), and the trek to Everest Base Camp (5,364 metres). These sections have risks of altitude sickness, icy trails, and weather. Professional guides take care of the acclimatization schedules, knowledge of the glaciers and steep ridges, and can respond to emergencies.

Therefore, the 17-day Gokyo via Cho La Pass Trek package is for guided groups only. Trekking with guides also helps to stay safe and be immersed in the culture. Guides share their insights on the Sherpa traditions, monasteries, and local life. Organized groups also give mental reassurance that the journey will be more enjoyable and possible.

What are the Meals and Accommodation Like in the Gokyo via Cho La Pass EBC Trek?
Meals and accommodation on the Gokyo via Cho La Pass trek is balanced between the basic comforts and the true Himalayan experiences.

- In Kathmandu, Trekkers stay in 3-star hotels with twin or double-occupancy rooms. Breakfast is included before and after the trek.
- Along the Trek: Accommodation is in standard Sherpa teahouses. Rooms are simple, with twin-sharing beds and basic bedding.
- At lower altitudes (Phakding, Namche), some lodges may offer private bathrooms.
- At higher altitudes (Gokyo, Dragnag, Dzongla, Lobuche, Gorakshep), bathrooms are shared, and facilities are more basic due to remoteness.
- Atmosphere: Teahouses provide warmth, cozy ambience, and Sherpa hospitality. Evenings often include communal dining, where trekkers share stories around wood stoves.

Meals:

- Full board meals are provided throughout the trek: breakfast, lunch, and dinner daily.
- Traditional Nepali dishes like dal bhat (rice, lentils, vegetables) are supplemented by Sherpa and Tibetan-inspired meals such as noodles, soups, pasta, momos, thukpa, eggs, and Tibetan bread.
- Tea and coffee are served three times daily, and fresh seasonal fruit is offered after dinner to keep trekkers energized.
- At higher altitudes, meals are simpler but hearty, designed to provide warmth and calories for demanding days like the Cho La Pass crossing.

Notes

- Meals during the trek include both Nepali and Sherpa/Tibetan dishes, with occasional international options.
- Fresh fruit is served along the trail after dinner.
- Tea and coffee are provided three times daily.
- Accommodation is on a twin/double sharing basis, with attached bathrooms available in

lower villages, and shared bathrooms at higher altitudes.

This arrangement ensures trekkers enjoy reliable meals and comfortable lodging. Further, you may experience the cultural richness of the Khumbu and Gokyo valleys, with Sherpa hospitality and breathtaking Himalayan views.

Visa and Entry Requirements for the Gokyo via Cho La Pass EBC 19 Days Trek

All foreign travellers need a Nepal entry visa to do the Gokyo via Cho La Pass trek. The visa can either be obtained on arrival at Tribhuvan International Airport in Kathmandu or in advance from the Nepali embassies abroad. A valid passport with a minimum of six months' validity and a passport-size photo is compulsory.

- 15-day multiple-entry visa: USD 30
- 30-day multiple-entry visa: USD 50
- 90-day multiple-entry visa: USD 125

Payment is usually made in cash, preferably US dollars, although some other major currencies are accepted.

Trekking Permits

In addition to the entry visa, trekkers must obtain permits specific to the Everest region:

- Sagarmatha National Park Entry Permit (SNPEP): Required to enter the UNESCO-listed Sagarmatha National Park. The fee supports conservation of forests, glaciers, wildlife, and trail infrastructure.
- Khumbu Pasang Lhamu Rural Municipality Permit: Introduced in place of the TIMS card, this local permit ensures direct contributions to community development, infrastructure, and trail maintenance in the Khumbu region.

Local Municipality Fees

The Khumbu Pasang Lhamu Rural Municipality Permit is collected at checkpoints such as Lukla or Monjo. This system ensures trekkers contribute directly to Sherpa communities and the upkeep of trails, bridges, and village facilities along the Gokyo and Everest Base Camp route.

Provided by Trekking Company

All necessary permits are considered by the trekking company and are included in the cost of the package. This ensures that you adhere to Nepal's rules and helps ensure a hassle-free trip for you, and it gives you the opportunity to concentrate on acclimatization, cultural immersion, and the adventure of crossing the Cho La Pass and discovering the turquoise Gokyo Lakes.

Travel Insurance Requirements and Emergency Rescue Coverage for the Gokyo via Chola Pass EBC Trek

Travel insurance is required in Gokyo via the Cho La Pass trek. Every participant must carry a policy covering trekking at extreme altitudes (above 5,500 m). This coverage is crucial as this route passes over the Cho La Pass (5,420 meters), climbs to Gokyo Ri (5,357 meters) and Everest Base Camp (5,364 meters). Without valid insurance, trekkers are not legally allowed to join the trek.

A proper insurance cover should include:

- High-altitude trekking above 5,500 m
- Helicopter rescue and evacuation
- Medical treatment and hospitalization

- Trip cancellations and repatriation

Rescue operations are coordinated primarily from Namche Bazaar, Lukla, or Kathmandu, depending upon the severity of the situation. In emergencies, helicopters are flown to high altitude villages like Gokyo, Dragnag, Dzongla, Lobuche, or Gorakshep. Guides manage the rescue process, including communication with insurance providers on a timely basis. Evacuation expenditures are included in your insurance policy.

Altitude Sickness and Prevention for the Gokyo via Cho La Pass EBC Trek

Professional guides carry medical kits such as oximeters to monitor oxygen saturation levels. This is helpful to detect early signs of acute mountain sickness (AMS). Guides also monitor the physical and mental functioning of trekkers and encourage slow acclimatization, hydration, diet, and a lack of overexertion.

Altitude sickness is one of the biggest challenges of this trek, particularly during the Cho La Pass crossing and climbs to Gokyo Ri and Kala Patthar. If AMS symptoms appear, the safest thing to do is descend immediately. Helicopter evacuation is rapidly organized from villages such as Gokyo or Lobuche to the hospitals in Kathmandu for treatment.

Thus, a detailed travel insurance plan is not a requirement for you; it is the safety net for you if any altitude emergencies occur, or unexpected Himalayan weather takes its toll, or any logistic mishaps happen. With proper acclimatization, expert guidance, and knowledge about the risks of altitude, trekkers can overcome the challenges and enjoy a safe, rewarding, and unforgettable Himalayan adventure.

Personal Expenses to Budget For on the Gokyo via Cho La Pass EBC Trek

Trekkers should make provision for personal expenses that are not part of the package. These costs are small but important, and having extra cash makes the journey smoother and enjoyable.

Along the trail, many people buy additional snacks such as chocolate, nuts, or energy bars. Bottled water and boiled water are available, but most trekkers carry purification tablets. Tea, coffee, and soft drinks are sold in teahouses, while in some places, such as Namche, Gokyo, or Lukla, you can also find bakeries and even alcoholic drinks. These are not included in the package, so you have to budget for them. Teahouses provide simple facilities, but extras like Wi-fi, hot showers, and charging up your phone or camera are charged separately. The higher you go, the more costly these services become.

Souvenir shopping is another cost to consider. Namche Bazaar, Lukla, and Gokyo have shops where handicrafts, prayer flags, yak wool clothing, and Sherpa handicrafts are sold. Buying small gifts or making donations at monasteries adds value to your trek in terms of culture, but they will cost you extra cash.

Tips that guides and porters are considered to be customary and should be planned for. It is best to carry small denominations of Nepalese rupees, because ATM is unreliable or unavailable in remote areas. By setting aside money for these personal expenses, trekkers can avoid any financial stress during the trek.

Why Trek the Gokyo via Chola Pass EBC Trek with Us?

Trekking the Gokyo via Cho La Pass EBC route with us combines the adventure of high altitude trekking with the peace of Gokyo Lakes and the depth of the Sherpa culture. From the very top to the very bottom, our professional, licensed guides ensure that every step of the journey is safe, well-paced, and enriched with local knowledge.

We offer a carefully designed 17-day itinerary that focuses on acclimatizing and preparing for health. The trek is accompanied by local experts who provide invaluable information on Sherpa traditions, monasteries, and the Khumbu way of life.

Our departures are guaranteed, and scheduling is flexible to make it easy to join as a group of any size. The package is all-inclusive, including permits (Sagarmatha National

Park, Khumbu Municipality), Domestic flights, accommodation, meals, guides, and porters. This allows trekkers to focus on the trail and the experience as opposed to logistics.

For those who wish to immerse themselves further, we can arrange cultural walks to Khumjung or visits to monasteries along the way. Optional helicopter sightseeing flights over Everest, Lhotse, and Cho Oyu are also available at additional cost to see the breathtaking aerial view of the Himalayas.

Everest View Guide Agency has established a good reputation and positive reviews regarding their professionalism and care. We are well-prepared to tackle larger groups with assistant guides and porters to ensure smooth logistics, personal attention, and safety throughout the trek. With us, your trek to Gokyo via Cho La Pass EBC is not only a trek, but a life-changing Himalayan trek.

Pricing

Group Size	Price per Person (USD)
Individual	\$0.0