Global Treks & Expedition P. Ltd.
Chakshibari Marg 591, Thamel
Kathmandu, Nepal

Everest Base Camp Chola Pass Brief Itinerary

Day-1 : Arrival in Kathmandu (1,350 M/4,428 FT)

Our Global Treks & Expeditions guide will meet you at the airport after that you will be taken to the hotel where you prefer to stay. Some hour will give you for the rest and then in the hotel, our representative guide will briefing about the activities. Overnight in Guest House.

Day-2 : Arrival to Lukla (2,800 M)- and Trek to Phakding (2,652 M)

In the morning you will receive the wakeup call from our Global treks & Expeditions Guide. You will catch an early morning flight to Lukla and you will treks forwards to Phakding through walking by the way to Dudh Koshi River around the beautiful scenery from where you can see the different mountains highest point like Mt.Everest, Mt.Nuptse, Mt.Cho Oyu and etc. Overnight in Guest House.

Day-3 : Trek to Namche Bazar (3,450 M)

In the morning we will continue our trekking to the Namche Bazar through the way of the river bank and the Phakding village where you can enjoy the beautiful nature of pine forest and Dudh Koshi River. You will reach Manjo from where you can enter Sagarmatha National Park and while you are walking you will gain a fabulous view of mountains. Overnight in Guest House.

Day-4 : Acclimatization trek in Namche Bazaar (3,450 M)

Today is the day where we do the different the different activities where you can visit the Khude Hospital and walk to the Everest View Hotel above Namche for the sunset view of the different Himalayas and you will have enough time to explore the lifestyle of locals. You can visit the Edmund Hillary School and Khumjung Monastery. As you can get the world amazing panoramic view of the earth. Overnight in Guest House.

Day-5 : Trek Namche to Tengboche Monastery (3,860 M)

After moving from Namche Bazaar you will walk through the river bank of Dudh Koshi River at Phunkithanka. You will pass through the long bridges after reaching there you will visit the monastery which is known as Dawa Choling Gumba. You can trek to the beautiful local monastery, it is surrounded by the Himalayan forests. Tengboche have the largest monastery in Khumbu region. Overnight in Guest House.

Day-6 : Trek Tengboche to Dingboche (4,350 M)

In the early morning, you will descend to Dingboche and you will be crossing the Imja Khola bridges after that you will climb to the Pangboche. It is a Sherpas villages of Khumbu region of northeastern Nepal so you will offer to see the views of Lhoste, Island Peaks and Ama Dablam. You will uphill trek to the sherpas village and reach to the Dingboche. Overnight in Guest House.

Day-7 : Rest at Dingboche (4,350 M)

Dingboche is the valley surrounded with Sherpa people. It is the middle valley of Chhukung and Tengboche valley. So you will hike an hour for the spectacular view of many mountains like Makalu, Everest, Lhotse etc and after returning to Dingboche you will see the traditional culture of the sherpas. Dingboche is the large valley of Khumbu region. Overnight in Guest House.

Day-8 : Trek Dingboche to Lobuche (4,910 M)

Today your journey will start through the trail of the glacier where it is situated at Khumbu Region which is perished nearby to the Everest Base camp and you will climb by the stone materials through the passes. You will be heading to the Lobuche at the altitude of 4,910 M from where you can see the Lobuche peak. You can step uphill trek from the Thukla to the memorial park is the most difficult part in whole EBC trek. Overnight in Guest House.

Day-9 : Trek Everest Base Camp (5,365 M) and Back to Gorakshep(5,180 M)

Today you will see the astounding mountains view which gets a glimpse of the life of world famous climbers. You will have the epic journey that Sir Edmund Hillary and Tenzing Norgay set off there. There also you will trek through the way to Khumbu glacier due to lots of snowfall you need to be very careful. It will be the closest place you can get to see the Mt. Everest. From the Base camp, the view of mountaineering will get spectacular. After you will be back to Gorakshep. Overnight in Guest House.

Day-10 : Hike up to the Kalapattar(5,545 M) and Back to Dzongla (4,620 M)

Today is the most exciting day because most of all trekker used to go treks to see the fabulous view of the Kalapattar which is 5,555 M and it is also a small peak comparison to other peaks. From there your ascending position will increase so you will have the panoramic view of other mountains like Everest, Aba Dablam, Lhotse, Nuptse, Pumori etc. Then after your decreasing level start with the Dzongla. Overnight in Guest House.

Day-11 : Trek Dzongla to Thangnak (4,750 M)

Today you will walk through the stone pass from the valley and again your ascending will above to the high hills. After all, you will step to the Cho-La Pass along through Cho-La Glacier. Then you will reach the Thangnak where there is a small tea house from there you can capture the phenomenon and glimpse view of Machhermo Peak. Overnight in Guest House.

Day-12 : Trek Thangnak to Gokyo (4,800 M) after to take the lunch hike to Gokyo Ri to see the sunset view.

Early in the morning, your trek will start from Thangnak to Gokyo. The way will track with the Gokyo glacier of small rocks. From there you will see the panoramic view of Mt. Cho Oyu, Machhermo Peak, Renjo-La Pass then you have etc. You will hike to the Gokyo Ri which is near pass to the Gokyo Ri and which is north side to the lake. From there you can able to capture the spectacular view of the summits like mt. Cho Oyu, Mt.Everest, Lhotse, Makalu etc. After that, you will trek to Machhermo from where you can see the large yak pastures by following the Dudh Koshi river. Overnight in Guest House.

Then after you will reach the Gokyo Overnight in Guest House.

Day-13- : Back from Gokyo (4,800 M) to Phortse Tenga (3,680 M)

Gokyo is a beautiful place for visitors. All the trekker have the beautiful journey to the enticing Gokyo Lakes which have one of the most amazing viewpoints. Today you will stay in Gokyo and you will have trekking in Renjo La and you can have hiked in the lake in order to rejoice the view of nature if you want. Gokyo environment has the best sounding. There will be the super snowfield of mountains and Peaks. You can have the spectacular view of the Mt.Everest, Mt. Cho Oyu, Mera Peak, and Island Peak. If you want then you can visit the fourth and fifth lake they are taken as extra in Gokyo to Phortse Tenga. Overnight

in Phortse Tenga Guest House .

Day-14 : Trek from Phortse Tenga to Monju (2,870 M).

Today you will hike to the Gokyo Ri which is near pass to the Gokyo Ri and which is north side to the lake. From there you can able to capture the spectacular view of the summits like mt. Cho Oyu, Mt.Everest, Lhotse, Makalu etc. After that, you will trek to Machhermo from where you can see the large yak pastures by following the Dudh Koshi river. Overnight in Guest House.

Day-15 : Trek from Monju to Lukla

Today You will be back to the way Monju to Lukla you will find the path flat for easy walking. to Lukla. Overnight in Lukla Guest House.

Day-16 : Flight back from Lukla to Kathmandu.

Early in the morning, we will be back to the Kathmandu in flight. Above the flight, you will see the Himalayan ranges and beautiful scenery. After you reach Kathmandu you will get some time to visit Thamel area which is most attractive for the foreigner and you can do some shopping as per your choices. Overnight in Guest House.

Day-17 : Back to your Final Destination

Finally today you will back to your destination. Our Global treks representative will drop you to the airport.

Cost include

- Airport / Hotel / Airport pick up & drop by private tourist vehicle.
- Kathmandu -Lukla -Kathmandu flight tickets.
- Standard twin sharing accommodation in a three-star hotel in Kathmandu; Breakfast included. (2 night)
- All your standard mentions Meals during the trek. (B-Breakfasts, L-Lunches, D- Dinners)
- Local GLOBAL TREKS English speaking guide.
- The required number of local staff and porters to carry your luggage during the trek (We assign one porter for every two guests).
- National Park permits and TIMS permit for trekking.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Down Jacket and sleeping bag by Global Treks. (Which need to be returned after finish the trek).
- Surface transfer from Airport and to Kathmandu.
- All our government taxes, vat, tourist service charges.
- Office Expenses.

Cost Exclude

- Lunch and dinner whilst in Kathmandu.
- Travel insurance which covers emergency Rescue and Evacuation.
- International airfare and airport departure tax.
- Nepal entry visa; you can obtain a visa easily upon your arrival at Tribhuwan International Airport in Kathmandu.
- Alcoholic, hot and cold drinks.
- Personal trekking Equipment (See the trekking equipment page).
- Tips for trekking staff and driver (Tipping is expected).

- Any others expenses which are not mentioned on ‘Price Includes’ section.

Extra information: Tourist Visa with Multiple Entries for 30 days can be obtained by paying the US $ 40 or equivalent foreign currency. Similarly, Tourist Visa with Multiple Entries for 90 days can be obtained by paying the US $ 100. Please bring 2 copies of passport size photos).

Trip Map

