

Chola Pass Trekking - 19 days - \$500/Person

Trip Info

Trip Code: WHT/NT-02

Grade: Moderate

Maximum Elevation: 5,550M.

Type: Hiking and Camping Trip

Activity: Hiking and Camping

Starts at: LUKLA

Ends at: LUKLA

Trip Route: Luka-Namche-Tyangboche-Pheriche-Lobuche-Everest base Camp-Dzongla-Chola Pass-Gokyo-Dole-Namche-Lukla

Best Season: Autumn & Spring

Accommodation: Not Included

Meal: Not Included

Offer: 10% Discount

The Cho La pass trekking 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 18 to 21 days and goes through both the Gokyo Lake area and the Everest Base Camp. The Chola Pass trekking has some brief and interesting "climbs" of Gokyo Ri, Chukkung Ri and Kalapathar for some master views of icefalls and glaciers of 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 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 Cho La 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 culture, traditions & lifestyles styles of the local folks living in this region, mainly the Sherpas known for their mountaineering feats.

Itinerary

Day 1 - Arrival in Kathmandu airport - (1,350m)

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 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 2 - Kathmandu valley sightseeing (1,350m)

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 its two major neighboring cities. These two cities bear a rich historical, cultural and religious significance. There will be a half-day guided tour to the most famous Hindu shrine PASUPATHINATH, the largest Buddhist stupa in the city BOUDHANATH, the 15th-century palace of 55 windows and SOYAMBHUNATH. Return to the hotel for your overnight.

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

A thrilling scenic flight to Lukla and a landing on a steep mountain runway brings 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.

Day 4 - 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 the 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.

Day 5 - 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.

Day 6 - Namche to Tyanboche (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 close up view of Thamserku. Our trek follows on the gradual trail with few ups and downs overlooking 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 then have a little tough climb steep up through the pine forests while 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 lodge in Tengboche with all meals covered – breakfast, lunch, and dinner.

Day 7 - Tyangboche to Pheriche (4,410m) - 5 hrs walk

We descend downhill through a forest, cross the Imja Khola and climb steadily to the village of Pangboche. This village is directly opposite Ama Dablam [6,856 m], and has exceptional views of the mountain, with the gompa, mani walls and scattered pine trees in the foreground. A further two hours walk brings us to Pheriche where we bunk out for the night with all meals.

Day 8 - Pheriche rest day (4,410m)

This is a 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 Pheriche for the night including all meals.

Day 9 - Pheriche 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.

Day 10 - Lobuche to Everest Base Camp (5,360m) then to Gorakshep (5,140m) - 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.

Day 11 - Gorakshep to Dzongla (4,830m) - early morning climb to Kalapathar (5,550m) - 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 to 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 return to Dzongla for the night including full board meals.

Day 12 - Dzongla to Thangna (4,700m) by crossing Cho La pass(5,368m) - 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.

Day 13 - Thangna 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.

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 (forth lake) and Ngozuma Thso lake (fifth lake). The forth 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.

Day 15 - Gokyo 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.

Day 16 - Dole 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.



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Day 17 - Namche 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 all meals.

Day 18 - Fly back to Kathmandu

Most flights from Lukla to Kathmandu are schedule 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.

Day 19 - Departure Day

After breakfast and our last day in Kathmandu, our vehicle and escorts will be on standby to drop you to 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.



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Cost Includes

- Trekking Guide Fee, Food, Insurance etc
- Trekking Permits

Cost Excludes

- All meals during trek in Local Lodge
- Tips for guides and porters
- Nepalese visa fee & International airfare to and from Kathmandu
- Your Personal Insurance
- Your International Plane fare and airport taxes
- Your Tour Cost in Kathmandu
- Hotel & Foods in Kathmandu