

**Duration:** 18 Days

**Grade:** Extreme

**Max Altitude:** 5550m/18209ft

FROM

**Group Size:** 2 - 15

**Trip Code:** GEC102

**USD \$1840**

PER PERSON

## Trip Highlights

- Participate in the EBC Trek via Cho La Pass and Gokyo Lakes, one of the best adventures one can do.
- Kathmandu Valley sightseeing at the beginning and end of your trip.
- Scenic flight to Lukla Airport, one of the world's most adventurous airstrips.
- Chances to trek through some remote valleys and glacial landscapes of the Everest region.
- Trekkers can witness the Himalayan Lakes, Peaks, and some high mountain passes.
- Visit the Everest Base Camp, Gokyo Ri, Kala Patthar, and Cho-La Pass.
- Chance to delve deep into the traditional Sherpa communities and visit some ancient Buddhist monasteries.
- Panoramic views of Mt. Everest, Lhotse, Makalu, Cho-Oyu, Ama Dablam, and many other peaks.

## Overview

The Everest Base Camp via Cho La Pass and Gokyo Lakes is one of Nepal's most thrilling and scenic trekking adventures. Combining the iconic EBC trail with the spectacular Gokyo Valley and the challenging Cho La Pass, this trek is a perfect choice for those seeking adventure and diversity in the landscape. Over 18-19 days, trekkers explore high-altitude Sherpa villages, tranquil turquoise lakes, dramatic glaciers (including the Khumbu Glacier and Ngozumpa Glacier), and stunning Himalayan vistas.

The journey kicks off with a scenic flight to Lukla, leading you through charming Himalayan villages like Phakding, Namche Bazaar, and Tengboche, each offering a perfect blend of cultural richness and acclimatisation stops. As you ascend to Everest Base Camp and hike up to Kala Patthar for a soul-stirring sunrise view over Everest, you'll follow in the footsteps of legendary mountaineers. But the real twist in this route comes after EBC, venturing westward across the icy challenge of Cho La Pass into the surreal Gokyo Valley, home to the sacred Gokyo Lakes and the awe-inspiring summit of Gokyo Ri, offering panoramic vistas of Everest, Lhotse, Makalu, and Cho Oyu.

Whether it's the silent reflection by a glacial lake, a warm meal in a Sherpa teahouse, or the triumph of crossing a high pass at dawn, every moment is deeply memorable. This trek isn't just about reaching a destination; it's about discovering the Himalayas in their most raw and majestic form.

## Day-by-Day Itinerary

### Day 1 **Arrival in Kathmandu and Drive to the Hotel**

Max Altitude: 1400m/4553ft   Walking: Optional   Distance: 6.4 KM   Stay: 3-5\* Star Hotel   Meals: Welcome Dinner

Your Everest Base Camp Trek via Cho La Pass & Gokyo Lakes adventure begins upon your arrival at Tribhuvan International Airport, Kathmandu. Our local representative will warmly welcome you and escort you to your hotel, where a refreshing welcome drink awaits. The short drive offers glimpses of Kathmandu's vibrant streets, ancient temples, and daily Nepali life.

Later, your guide will brief you about the trek and conduct a gear check to ensure everything is ready for the journey ahead. We recommend taking a short stroll around the area to explore local shops, bars, or spas to unwind. In the evening, enjoy a warm welcome dinner before returning to your hotel for a comfortable overnight stay.

### Day 2 **Flight from Kathmandu / Manthali to Lukla (2860/9383ft) and Trek to Phakding (2610m/8562ft)**

Max Altitude: 2860m/9383ft   Walking: 3-4 hours   Distance: 145 km   Stay: Mountain Tea House   Meals: Breakfast  
Lunch & Dinner

The journey towards the Everest region begins on the Second day as we go for a flight from Kathmandu to Lukla. However, during the peak season, direct flights might not be available. In such cases, we will first drive from Kathmandu to Ramechhap and then take a flight to Lukla from the Manthali Airport. As we land in the Tenzing & Hilary Airport, Lukla, the Sherpa guides will receive the trekkers and lead them towards Phakding. This walk to the village located at an altitude of 2650 meters takes us through quaint Sherpa villages, suspension bridges, and rhododendron forests.

After descending through lush terrain and walking for a few hours, we finally reached Phakding, a peaceful village with beautiful views, cozy lodges, and traditional Buddhist chortens. Besides, the village also sits just beside the Dudh Koshi river and is perfect to spend a night before ascending higher on the EBC via Cho La Pass and Gokyo Lakes Trek.

**Day 3** **Trek from Phakding to Namche Bazaar (3440m/11286ft), approx. 6 hours trek**

**Max Altitude: 3440m/11286ft**   **Walking: 6 hours**   **Distance: 10-11 km**   **Stay: Mountain Tea House**   **Meals: Breakfast  
Lunch & Dinner**

After having breakfast and getting ready, we will leave Phakding today and ascend towards Namche Bazaar. Let us tell you that we will be walking on a comparatively long and difficult route as we need to cover an approximate distance of 10.8 kilometres. Besides, this section of the EBC via Cho La Pass and Gokyo Lakes Trek follows the Dudh Koshi River. Furthermore, we will also cross several suspension bridges, including the famous Hillary Bridge. Moreover, this section of the trail also offers us some glimpses of Mount Everest for the first time.

After about 6 hours of walking on this amazing trail, we finally reached Namche Bazaar, the unofficial capital of the Khumbu region. Besides, this village also showcases a vibrant Sherpa settlement with outstanding cultural, traditional, and religious experiences. Known for its yak cheese, bakeries, internet cafes, and gear shops, Namche serves as a major hub for trekkers.

**Day 4** **Acclimatization Day at Namche Bazaar**

**Max Altitude: 3880m/12730ft**   **Walking: Optional**   **Distance: 5-6 km**   **Stay: Mountain Tea House**   **Meals: Breakfast  
Lunch & Dinner**

The fourth day of the Everest Base Camp Trek via Cho La Pass and Gokyo Lakes package is dedicated to rest and acclimatisation to avoid sickness. However, a rest day does not mean that we will stay idle; instead, the guides will take the trekkers for a short hike to the Everest View Hotel (3,880 meters). This hotel offers some outstanding views of different mountains, including Everest, Lhotse, Ama Dablam, and Thamserku. After spending some time in the Everest View Hotel and checking out the views, we returned to Namche Bazaar.

Back in Namche Bazaar, you can spend time in cafes, hotels, or simply stroll around the village interacting with the locals. Moreover, you can also visit the local markets or the Sherpa museum before having dinner and going for an overnight stay.

**Day 5** **Trek from Namche Bazaar to Tengboche (3800m/12467ft), approx. 5 hours trek**

**Max Altitude: 3,800 m / 12,467 ft**   **Walking: 5 hours**   **Distance: 9-10 km**   **Stay: Mountain Tea House**   **Meals: Breakfast Lunch & Dinner**

After a delicious breakfast, we leave Namche Bazaar and follow a well-trodden trail that winds along ridgelines with panoramic views of snowcapped giants like Everest, Lhotse, and Ama Dablam. Talking about the trail, it first descends into the forested Dudh Koshi valley. As we keep walking, the trail gradually crosses a suspension bridge and rhododendron forests teeming with Himalayan flora and birdlife. Within a couple of hours, we will stop by Phunki Thenga for a well-earned lunch before continuing on the EBC trek via Cho La Pass.

After some time, we make our way to Tengboche, a village located at an altitude of 3800 meters above sea level. This beautifully decorated village is the largest and most important Buddhist monastery in the region. Set against a dramatic mountain backdrop, the monastery offers trekkers a serene and spiritual atmosphere. In the afternoon, you'll have time to visit the monastery and witness the monks performing evening rituals, which certainly offers a truly mesmerizing experience. In the evening, the trekkers can enjoy interactions with the locals while watching amazing views of Ama Dablam at sunset from Tengboche.

**Day 6** **Trek from Tengboche to Dingboche (4410 /14470ft) approx. 6-hour tre**

**Max Altitude: 4410 / 14470ft**   **Walking: 6 hours**   **Distance: 10-11 km**   **Stay: Mountain Tea House**   **Meals: Breakfast Lunch & Dinner**

After a peaceful morning in Tengboche, the trail descends through dense forests to Debuche and crosses the Imja Khola river over a suspension bridge. From this section of the EBC trek via Cho La Pass & Gokyo Lakes, you can witness the landscapes shifting. Furthermore, we can notice the trees thinning and the terrain becoming more alpine, with shrubs and yak pastures replacing forests. As we keep walking, the trail passes through some beautiful and traditional Sherpa villages, like Pangboche and Shomare. A little later, we finally ascend into the wide Imja Valley to reach Dingboche, surrounded by snow-draped peaks.

Dingboche is a picturesque high-altitude village nestled in a vast valley framed by Ama Dablam, Lhotse, and Island Peak. Known as the "summer valley," it's less windy than nearby Pheriche and offers ideal conditions for acclimatization. Besides, we can also notice trekkers relaxing and preparing for the higher altitudes ahead. Overnight stay and dinner will be arranged in a cozy tea house at Dingboche.

**Day 7** **Acclimatization day in Dingboche**

**Max Altitude:** 5083m/16675ft **Walking:** 3-4 hours **Distance:** 4-5 km **Stay:** Mountain Tea House **Meals:** Breakfast  
Lunch & Dinner

Today is set aside for rest and acclimatization, a crucial step for your health and success at higher elevations. But don't worry, acclimatization doesn't mean doing nothing! Most trekkers opt for a short hike up to Nangkartshang Peak (5,083m), which offers incredible panoramic views of Makalu, Island Peak, and the Imja Valley. This active rest day helps your body adapt to the thinning air, reducing the risk of altitude sickness.

The afternoon can be spent relaxing in Dingboche, enjoying freshly baked goods from local bakeries or soaking in the views from your teahouse. You might also take time to journal, read, or chat with fellow trekkers sharing the same dream of reaching Everest Base Camp. The slower pace of the day gives you a deeper appreciation of the high Himalayan environment and Sherpa culture.

**Day 8** **Trek from Dingboche to Lobuche (4,920 m/16142ft), approx. 5-hour trek.**

**Max Altitude:** 4,920 m / 16,142 ft) **Walking:** 5 hours **Distance:** 8-9 km **Stay:** Mountain Tea House **Meals:**  
Breakfast Lunch & Dinner

The journey continues northward through the windswept alpine landscape. The trail gently ascends to Dughla (Thukla), where you'll pause for tea and snacks before tackling the steep climb to the Thukla Pass. This section is emotionally moving, a memorial ground that honours climbers who have perished on Everest, marked by stone cairns and prayer flags fluttering in the wind. It's a sobering reminder of the mountain's raw power and the courage it demands.

After this, the trail levels out as you make your way to Lobuche, a small settlement nestled beneath the towering Nuptse and Lobuche peaks. It's colder here, and the air is noticeably thinner, but the views are truly majestic. Lobuche is often bustling with anticipation as trekkers gear up for the big day ahead, the journey to Everest Base Camp via Cho La Pass & Gokyo Lakes.

**Day 9** **Trek from Lobuche to Gorak Shep (5,164m/16942ft) continues to Everest Base Camp (5,364m/17598ft), an 8-hour trek.**

Max Altitude: 5364/17598ft    Walking: 7-8 hour    Distance: 12-13 km    Stay: Mountain Tea House    Meals: Breakfast  
Lunch & Dinner

This is one of the most awaited and exciting days of the trek. The trail to Gorak Shep begins with a gradual ascent over rocky moraine and glacial terrain. Once you reach Gorak Shep, you'll take a short break before continuing the final leg toward Everest Base Camp. The trail hugs the side of the Khumbu Glacier and rewards you with dramatic vistas of icefalls, jagged peaks, and the surrounding Himalayan giants.

After reaching the iconic Everest Base Camp, you'll spend some time soaking in the achievement. While you won't see Everest's summit from here, standing at the foot of the tallest mountain in the world is an emotional, bucket-list moment. You'll return to Gorak Shep for the night, filled with pride and awe from a day of legendary adventure.

**Day 10** **Hike to Kalapathar (5,545 m/18192ft) and Trek to Dzongla (4830m/15846 ft) 7 hours.**

Max Altitude: 5545m/18192ft    Walking: 7 hours    Distance: 12km    Stay: Mountain Tea House    Meals: Breakfast  
Lunch & Dinner

An early morning hike to Kalapatthar awaits today. Starting before dawn, you'll ascend a steep ridge to the famous viewpoint that offers arguably the best view of Mount Everest's summit. As the sun rises over the eastern horizon, the golden light illuminates Everest, Nuptse, and Pumori, a visual symphony that justifies every step of the journey.

After descending back to Gorak Shep and enjoying a hearty breakfast, the trek continues westward toward Dzongla. This scenic trail diverges from the standard EBC route, gradually leading you through less-travelled terrain with mesmerizing views of the Cholatse and Taboche peaks. Dzongla is a quiet, serene hamlet that sets the stage for the next big challenge, crossing the Cho La Pass.

Note: Early Morning Kalapather Hike is Optional.

**Day 11** **Trek from Dzongla to Thangna (4700m/15420ft) via Cho La (5,420m/17,780ft), 8-9 hours.**

Max Altitude: 5,420m/17,780ft    Walking: 7-8 hour    Distance: 8-9 km    Stay: Mountain Tea House    Meals: Breakfast  
Lunch & Dinner

Today is one of the most challenging and rewarding days of the trek as you cross the icy and dramatic Cho La Pass. The day begins early with a steep, often snowy ascent to the high-altitude pass, where you'll need to use caution while navigating rocky terrain and glacial ice. The view from the top is simply staggering, a 360° panorama of the Khumbu and Gokyo valleys stretches before you.

The descent to Thangna requires care, especially if snow or ice is present, but it eventually leads to a gentle, beautiful valley floor beside the Ngozumpa Glacier. Thangna is a small stopover with basic accommodation, offering a cozy place to rest after a truly epic day. After 8 to 9 hours of walking in this section of the Everest Base Camp via Cho La Pass & Gokyo Lakes Trekking trail, we will go for a much-awaited rest at Thagna.

**Day 12** **Trek from Thangna to Gokyo Lake (4490m/14730ft), approx. 4-Hour trek**

Max Altitude: 4490m/14730ft    Walking: 3-4 hours    Distance: 4-5 km    Stay: Mountain Tea House    Meals: Breakfast  
Lunch & Dinner

After the physically demanding previous day, today's shorter trek to Gokyo Lakes feels like a reward. The route continues along the glacier's edge, weaving past rocky terrain and moraine until you suddenly arrive at the brilliant turquoise waters of Gokyo's first lake. Soon after, the larger, iconic third Gokyo Lake reveals itself, with the village of Gokyo sitting peacefully on its shore.

Gokyo is considered one of the most beautiful high-altitude villages in Nepal. Surrounded by pristine lakes and soaring peaks, it offers a unique side of the Everest region. You'll have time to explore the lakefront or relax in your teahouse, soaking in the peaceful atmosphere before another ascent tomorrow.

**Day 13** **Climb to Gokyo RI (5357 m/17575ft) and back to Dole (4110 m/13484ft) 6 hours**

Max Altitude: 5357 m/17575ft    Walking: 7-8 hour    Distance: 13-14 km    Stay: Mountain Tea House    Meals: Breakfast Lunch & Dinner

Today, the trekkers need to wake up earlier than on any other day in the EBC via Cho La Pass & Gokyo Lakes. That's because we will go for an early morning hike to Gokyo Ri, a viewpoint located at an altitude of 5357 meters above sea level. From the top, you'll see a sweeping vista of Everest, Lhotse, Makalu, and Cho Oyu, four of the world's highest peaks, along with the serene Gokyo Lakes and Ngozumpa Glacier below.

After descending, the trek backtracks to Dole, a charming alpine village. The trail follows the Dudh Koshi River as you descend past yak pastures, alpine shrubs, and rhododendron groves. Dole offers a quiet resting point with beautiful surroundings, ideal for reflection and rest.

**Day 14** **Trek from Dole to Namche Bazaar (3440 m/11286ft) 5 hours**

Max Altitude: 4,110 m / 13,484    Walking: 5 hours    Distance: 11-12km    Stay: Mountain Tea House    Meals: Breakfast Lunch & Dinner

Today's trail continues downward through verdant terrain, passing through small villages like Luza and Mong La before rejoining the main EBC route at Namche. The descent is a reminder of how much ground you've covered, both physically and mentally.

Arriving back in Namche Bazaar feels like a homecoming. The comforts of bakeries, cafés, and hot showers are once again available, and there's a celebratory air among trekkers who've completed the circuit. You might spend the evening indulging in good food and sharing stories with new friends.

**Day 15** **Trek from Namche Bazaar to Lukla (2,860 m/9383ft, 6 hours)**

Max Altitude: 3440m/11286ft    Walking: 6-7 hours    Distance: 18-20 Km    Stay: Mountain Tea House    Meals: Breakfast Lunch & Dinner

On the fifteenth day, we take our steps back from Namche Bazaar to Lukla. This 6-hour descending trek takes us through the same beautiful trails, suspension bridges, and forested paths that welcomed us days ago into the Everest Base Camp via the Cho La Pass & Gokyo Lakes trekking trail. The return to Lukla is both satisfying and reflective, a final walk through the heart of the Khumbu.

Once in Lukla, you'll check into your teahouse, enjoy your final night with your trekking crew, and likely celebrate with a hot meal and drinks. The airport sits just above town, ready for your morning flight.

**Day 16** **Lukla to Kathmandu by flight**

Max Altitude: 2860m/9383ft Distance: 138km Stay: Mountain Tea House Meals: Breakfast

Depending on the season and flight logistics, you'll either fly directly to Kathmandu or via Manthali. The flight back offers one last aerial view of the Himalayas, a fitting end to this extraordinary journey.

Upon landing, you'll be transferred to your hotel. After a warm shower and rest, you might enjoy the city's cultural richness, a meal in Thamel, a massage, or some souvenir shopping.

**Day 17** **Free day in Kathmandu or Lukla (in case of flight cancellation)**

Stay: 3-5\* Star Hotel Meals: Breakfast / Farewell Dinner

This extra day is built in as a buffer in case of weather-related delays in Lukla, which are common in this mountainous region. If your flight is on time, you'll have a free day to explore Kathmandu, visit UNESCO sites, stroll through the bustling streets, or unwind at a rooftop café.

If you're still in Lukla due to the weather, rest assured, your guides will manage logistics while keeping your comfort in mind. Either way, the day allows flexibility before your international departure.

**Day 18** **Final Departure**

Meals: Breakfast

Today marks the conclusion of your incredible EBC via Cho La Pass and Gokyo Lakes adventure. You'll be transferred to Tribhuvan International Airport depending on your flight schedule. As you say goodbye to Nepal, you'll carry home not only memories of majestic mountains but also the spirit of resilience, humility, and connection that the Himalayas inspire.

## What's Included

### Cost Includes

- Trip Inclusions
  - Airport pickup and drop-off in Kathmandu by private vehicle
  - 3 nights' accommodation in Kathmandu (twin-sharing, 3-5★ hotels)
  - Round-trip scenic flights between Kathmandu and Lukla (or Ramechhap and Lukla, depending on

availability) with shared or private ground transfers.

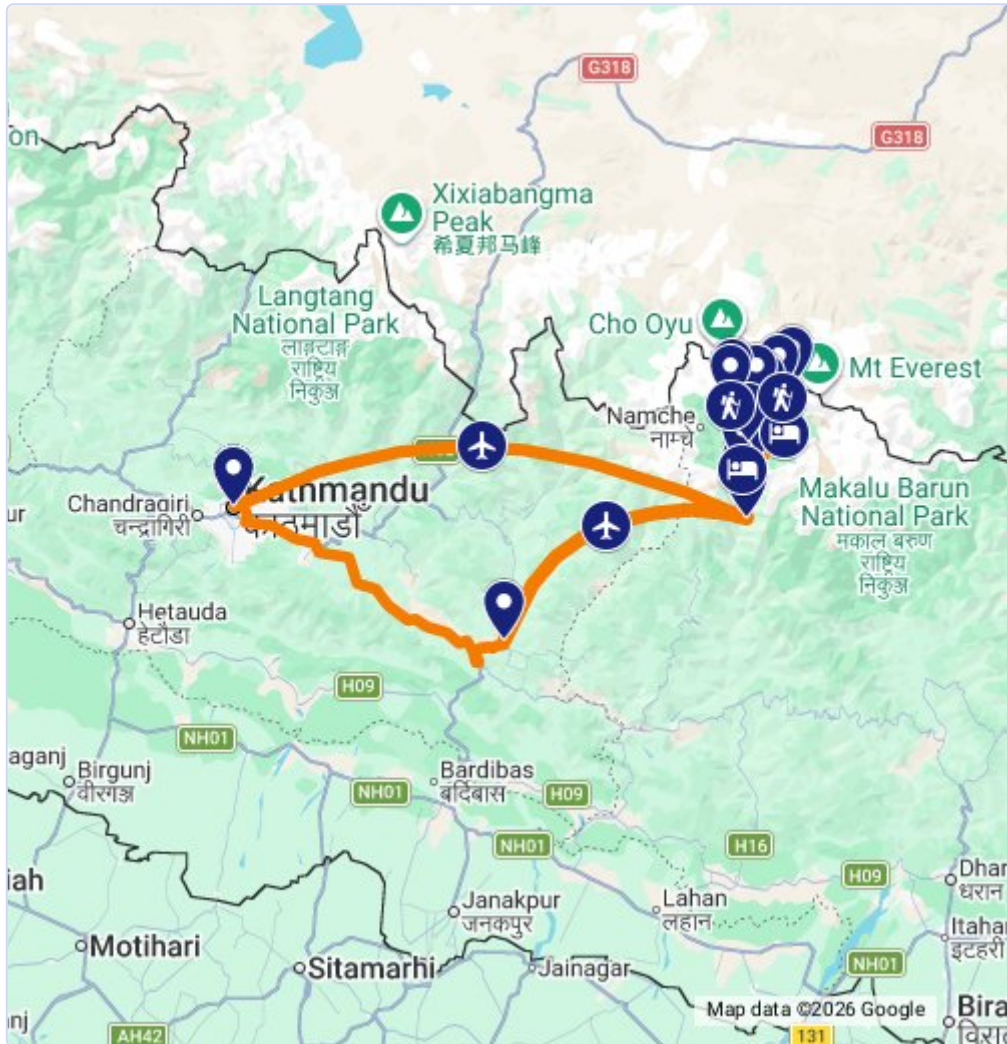
- Welcome and farewell dinners before and after the trek
- All meals during the trek (breakfast, lunch, and dinner)
- Teahouse accommodation during the trek (twin-sharing rooms)
- 1 licensed, friendly English-speaking trekking guide
- 1 assistant guide provided for every 4 clients
- Porter service (1 porter for every 2 trekkers, carrying up to 15 kg)
- Sagarmatha National Park entry permit and TIMS card
- Trekking map, duffel bag, and trek completion certificate
- First aid kit and emergency oxygen supply
- All government taxes and official service charges

### **Cost Excludes**

#### **□ Trip Exclusions**

- International flights to and from Kathmandu
- Nepal entry visa fees and personal travel insurance
- Personal expenses such as Wi-Fi, hot showers, drinks, and snacks
- Tips for trekking guides, assistant guides, porters, and drivers
- Personal trekking gear and equipment (can be rented in Kathmandu)
- Meals in Kathmandu, except breakfast
- Emergency evacuation by helicopter, horse, or early return due to AMS (Acute Mountain Sickness) or other medical reasons.
- Optional activities such as extra sightseeing tours or mountain flights
- Additional costs due to flight delays, weather conditions, or itinerary changes

## Route Map



## Trip Notes

The best time to undertake the EBC via Cho La Pass & Gokyo Lakes trek is during the pre-monsoon (spring) and post-monsoon (autumn) seasons:

- Spring (March to May): Clear skies, blooming rhododendrons, and stable weather conditions. Ideal for photography and nature lovers.
- Autumn (late September to November): Crisp air, excellent mountain visibility, and festive Sherpa culture. This is the most popular and safest trekking window.

Avoid monsoon (June to August) due to heavy rain, slippery trails, and landslides. Besides, winter (December to February) remains extremely cold Especially over Cho La Pass, and many teahouses close due to snow.

## **Food and Accommodation during EBC trek via Cho La Pass & Gokyo Lakes**

Along the Everest Base Camp via Cho La Pass and Gokyo Lakes trail, we can find cozy teahouses and lodges offering basic but comfortable rooms, usually twin-sharing with shared toilets. In major stops like Namche Bazaar, Dingboche, and Gokyo, we arrange rooms with attached bathrooms. Most accommodations are clean and well-maintained.

Meals typically include a mix of local Nepali dishes (like dal bhat), Tibetan bread, pasta, eggs, fried rice, potatoes, momo (dumplings), and occasionally pizza or spaghetti. Beverages like tea, coffee, and safe drinking water (boiled or bottled) are available throughout the trail. Food is generally nutritious and suitable for high-altitude trekking, although options become simpler the higher you go.

## **Transportation for EBC Trek via Cho La Pass & Gokyo Lakes**

Getting to the starting point of the Everest Base Camp via Cho-La Pass & Gokyo Lakes trek involves both air travel and local ground transportation. Most treks begin with a scenic flight from either Kathmandu or Manthali Airport (Ramechhap) to Lukla, a gateway to the Khumbu region. During the peak trekking seasons (spring and autumn), flights are often redirected to Manthali due to heavy air traffic in Kathmandu. The early morning flight to Lukla is an experience in itself, offering breathtaking views of the Himalayas and a thrilling landing on a short mountain runway.

After completing the trek, the return is typically via a flight from Lukla to Kathmandu. However, due to the high-altitude weather conditions, flights can sometimes be delayed or cancelled. It's wise to include an extra buffer day in your itinerary to accommodate any unforeseen changes. While in Kathmandu, airport transfers, city tours, and hotel pickups are usually conducted in private vehicles or taxis, ensuring a comfortable transition between different legs of the journey.

## **Preparation Tips for the EBC via Cho La Pass & Gokyo Lakes Trek**

Trekking to Everest Base Camp via the Cho-La Pass and Gokyo Lakes is a high-altitude adventure that pushes both physical endurance and mental resilience. The trail crosses remote Himalayan terrain, glaciers, and a mountain pass above 5,400 meters, demanding sustained effort, proper acclimatization, and a positive mindset. Whether you're a first-time trekker or an experienced hiker, preparation is crucial to enjoy the journey safely and comfortably. Getting your body conditioned and mind ready will not only help you complete the trek but also make it significantly more enjoyable.

Here are some key preparation tips to consider before embarking on this adventure:

- Begin physical training 6-8 weeks before the trek, focusing on cardio, leg strength, and overall stamina. Stair climbing, trail running, or uphill walking with weights can be especially useful.
- Practice multi-day hikes with a loaded backpack to simulate trekking conditions and ensure you're comfortable carrying your gear.
- Break in your trekking boots well in advance to avoid blisters or discomfort on the trail.
- Educate yourself about altitude sickness (AMS); its symptoms, causes, and how to respond if they appear.
- Prioritize hydration and nutrition both before and during the trek. Dehydration and poor diet can worsen altitude symptoms.
- Take acclimatization days seriously, using them to rest, hydrate, and go on short hikes to gradually adjust to higher altitudes.
- Pack lightweight but effective gear, and layer your clothing to adapt to rapidly changing weather conditions.
- Build mental stamina and flexibility, as unpredictable factors like flight delays or weather changes are part of the high-altitude trekking experience.
- Consult a physician, especially if you have any pre-existing health conditions, and discuss whether altitude medication like Diamox is right for you.

## **EBC with Cho La Pass & Gokyo Lakes Trek Packing List**

### **Clothing**

- Base layers (thermal tops and bottoms)
- Insulating layer (fleece or down jacket)
- Outer shell (waterproof jacket and pants)
- Trekking pants and shorts

- Moisture-wicking t-shirts
- Warm hat, sun hat, gloves (inner and outer)
- Woollen socks, underwear
- Scarf or buff

### **Personal Items**

- Sleeping bag (rated for -10°C or lower)
- Quick-dry towel
- Toiletries (toothpaste, biodegradable soap, wipes, etc.)
- Sunscreen, lip balm, moisturiser

### **First Aid & Health**

- Personal medications
- Diamox (for altitude sickness)
- Painkillers, antiseptic cream, band-aids, blister treatment
- Water purification tablets or a filter

### **Electronics & Documents**

- Headlamp with extra batteries
- Power bank, adapter, and charging cables
- A camera or a phone with storage space

- Passport, permits, travel insurance, and copies

## Book the EBC Trek via Cho La Pass & Gokyo Lakes with Mercy Holidays!

Trekking to Everest Base Camp via the Cho-La Pass and Gokyo Lakes isn't just a journey; it's a transformation. With dramatic mountain views, serene alpine lakes, and the thrill of high-altitude trekking, this route offers a truly unforgettable adventure for those seeking both challenge and wonder.

Let Mercy Holidays be your trusted companion on this remarkable path. From expert guides to careful planning, we're here to ensure your experience is safe, enriching, and deeply rewarding. [Contact us](#) right away or directly visit our office at Maharajgunj, Kathmandu to move forward with the booking process.

## FAQ

### How long is the EBC via Cho La Pass and Gokyo trek?

The trek usually takes between 18 to 19 days, including arrival and departure days, acclimatization breaks, and a buffer for possible weather-related flight delays. This time frame ensures a safe and enjoyable pace, especially with the altitude gain and the challenging Cho La Pass section.

### Is prior trekking experience required for the EBC with Cho La Pass & Gokyo Lakes Trek?

Not necessarily, but it helps. Previous experience at altitude prepares you better for the physical and mental challenges. If you're a fit, regular hiker with strong determination, you can complete the trek with the right preparation.

### How difficult is the Cho La Pass section?

Cho La Pass is one of the most demanding parts of the trek. It involves a steep climb, rocky terrain, and often ice or snow, especially in the colder months. Starting early, wearing microspikes, and moving steadily is key to a safe crossing.

### **Is the EBC with Cho La Pass & Gokyo Lakes Trek safe?**

Yes, with proper planning, acclimatization, and a licensed guide, the trek is generally safe. However, altitude sickness and rapidly changing weather are real risks, so staying informed and cautious is essential.

### **Do I need permits for the EBC with Cho La Pass & Gokyo Lakes Trek?**

Yes, you need three permits: the Sagarmatha National Park Entry Permit, the TIMS card (Trekking Information Management System), and the Khumbu Pasang Lhamu Rural Municipality Permit. These are usually arranged by your trekking agency.

### **What is the highest point of the EBC with Cho La Pass & Gokyo Lakes Trek?**

Kala Patthar, at 5,545 meters, is the highest point you'll reach. It offers breathtaking sunrise views of Mount Everest, Nuptse, and the surrounding Himalayan giants, arguably the best photo opportunity of the entire trek.

### **What type of accommodation is available?**

You'll stay in teahouses, basic lodges run by locals that offer simple rooms, often with twin beds and shared toilets. In larger villages like Namche and Gokyo, some teahouses offer upgraded rooms with private bathrooms for an extra cost.

### **Can I charge my devices along the EBC with Cho La Pass & Gokyo Lakes Trekking trail?**

Yes, device charging is available in most teahouses, but usually for a small fee. Electricity is often solar-powered and limited in remote villages, so bringing a power bank is a good idea.

### **Is Wi-Fi available?**

Wi-Fi is available at a cost in villages like Namche Bazaar, Dingboche, and Gokyo. The connection can be slow and unreliable, especially at higher elevations, so don't expect consistent internet access.

### **What's the food like on the EBC with Cho La Pass & Gokyo Lakes Trek?**

Meals are hearty and carb-rich to fuel your journey; think rice, pasta, potatoes, and lentils. "Dal Bhat" is the staple dish and offers unlimited refills in most teahouses. You'll also find pancakes, noodles, soups, and some Western options like pizza or fried rice.

### **What's the risk of altitude sickness?**

The risk is moderate to high due to the elevation, especially above 3,500 meters. Acclimatization days, hydration, and a gradual pace are essential. Know the symptoms: headache, nausea, dizziness, and descend immediately if they worsen.

### **Do I need a guide or porter?**

While solo trekking is allowed, hiring a guide is highly recommended, especially for the Cho La Pass. Porters ease the physical burden, allowing you to focus on the experience rather than just the hike. They also contribute to the local economy.

### **How cold does it get?**

It can get extremely cold at night, particularly near Gorak Shep, Dzongla, and Gokyo. Temperatures often drop to -10°C to -15°C (14°F to 5°F), so pack proper thermal gear, gloves, and a four-season sleeping bag.

### **Can I do the trek solo?**

Yes, but caution is advised. While the main EBC trail is relatively well-marked, the Cho La Pass can be dangerous without a guide, especially if there's snow, fog, or ice. Going solo means carrying all your gear and managing logistics independently.

### What's the emergency evacuation process?

In emergencies, helicopter evacuation is the primary option, especially in remote high-altitude zones. Make sure your travel insurance covers trekking above 5,000 meters and includes emergency airlift and medical treatment.

