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Gorgeous Everest Cho La Pass Trek

- Duration: 15 Days Days
- Max Altitude: 5,545 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Autumn, Spring

Highlights of Everest Cho La Pass Trek

Starting Point: The trek begins with a scenic flight from Kathmandu to Lukla, followed by a trek to the village of Phakding. From there, the route continues towards Namche Bazaar, the Sherpa town and trading hub.

Everest Base Camp: The trek includes a visit to Everest Base Camp, the iconic destination for climbers attempting to summit Mount Everest. Standing at an altitude of 5,364 meters (17,598 feet), this is a major highlight of the trek, offering panoramic views of the Khumbu Icefall and surrounding peaks.

Kala Patthar: A side trip to Kala Patthar is often included in the Everest Cho La Pass Trek. Located at an elevation of 5,545 meters (18,192 feet), Kala Patthar provides one of the best vantage points to witness the awe-inspiring panorama of Mount Everest, Nuptse, Lhotse, and other towering peaks.

Cho La Pass: The Cho La Pass glacier crosses the Cho La Pass, a challenging high-altitude pass situated at 5,420 meters (17,782 feet). This thrilling and physically demanding section requires trekking through glacial terrain, steep ascents, and descents. However, the breathtaking views of the surrounding mountains and glaciers make it a rewarding experience.

Gokyo Valley: The trek takes you through the picturesque Gokyo Valley, known for its turquoise lakes, including the famous Gokyo Lakes. The lakes, situated at a high altitude, offer stunning reflections of the surrounding mountains, including Cho Oyu and other peaks.

Gokyo Ri: Another highlight of the trek is the ascent of Gokyo Ri, a peak standing at an altitude of 5,357 meters (17,575 feet). From the summit, trekkers are rewarded with panoramic views of the Everest region, including Mount Everest, Cho Oyu, Makalu, and other surrounding peaks.

Sherpa Culture and Villages: Along the trekking route, you'll have the opportunity to immerse yourself in the unique Sherpa culture. You'll visit traditional Sherpa villages like Namche Bazaar, Khumjung, and Dingboche, where you can experience their warm hospitality, observe their religious practices, and learn

about their way of life.

Overview

Everest Cho La Pass Trek

Everest Cho La Pass Trek is one of the most recognized treks for adventure seekers across the Everest region. Long famed for its wild route and extensive itinerary, the Everest Cho La Pass Trek is an alternative version of the Everest Base Camp Trek. So it is the perfect choice for anyone wishing to take the challenge one step further.

Everest Base Camp via Cho La Pass is ideal for anyone looking for a hike. That gives them enough time to absorb the culture and spirituality rooted in the region. It has glaciers, waterfalls, and some of the world's highest peaks. It is an unbeatable adventure for anyone wishing to try Trekking in Nepal.

[Everest Base Camp + Gokyo Trek](#)

Everest Cho La Pass Trek begins with a flight to Lukla, long famed for its unbeatable views. We will start our journey along the Dudh Koshi River to Namche Bazaar. We will venture through the first of many local settlements on your journey. As well as educating you on the traditions and culture of the local community. A stop here allows you to view the biggest glacier in Nepal, '[Ngozumpa](#)'. On our journey to [Everest Base Camp Trek](#), we trek through Tengboche and Kala Pathar before reaching the High Pass Cho la.

From the pass, we head to Gokyo. Peaking at 5,420m, the Gokyo Valley and Gokyo Lakes are known for their beauty and serenity and are scary for Buddhists and Hindus alike. This will offer you your first taste of the deep spirituality rooted in the region. This insight will continue through renowned areas like Lukla, Namche Bazar, and the Khumbu district. They passed natural waterfalls and visited majestic monasteries. However, the actual peak of this trip is the Everest viewpoint - sit, relax, and take in the panoramic views you have challenged yourself to reach.

The Everest Cho La Pass Trek takes place within the boundaries of Sagarmatha National Park, a UNESCO World Heritage Site. The park is home to a diverse range of flora and fauna, including rare species like the snow leopard, Himalayan tahr, and musk deer.

Cho la Pass Trek

Cho La Pass Trek is a challenging adventure that combines the best of the Everest region's natural beauty and cultural richness. It offers incredible mountain vistas, thrilling pass crossings, and a chance to experience the Sherpa way of life, making it a memorable and rewarding trekking experience.

Cho la Pass Trek Cost

The cost of the Everest Cho La Pass Trek depends on several factors, including the duration of the trek, inclusions, and the trekking agency that you choose. On average, the cost of this trek can range from \$1,400 to \$3,500, which includes permits, guides, accommodation, meals, and transportation. To have a

safe and enriching experience in the Everest region, it is recommended to choose a reliable trekking company that offers a clear cost breakdown and prioritizes safety.

Cho la pass Trek Itinerary

The Everest Cho La Pass Trek takes around 15 to 18 days and commences from Lukla. The itinerary includes stops for acclimatization in Namche Bazaar and Dingboche, before embarking on the challenging ascent to Cho La Pass. The trek then proceeds towards Lobuche, which offers stunning views of the Khumbu glacier and a Mani wall. The journey further continues to Gorechep and eventually to the Everest Base Camp, with an overnight stay in Gorechep. The next day involves a hike to Kala Patthar to witness the sunrise, followed by exploring the beautiful Gokyo Valley with its mesmerizing lakes. The return journey includes a visit to Kala Patthar for breathtaking vistas, and then descending to Lukla for the flight back to Kathmandu.

My Everest Trip is a respected and renowned trekking company in Nepal. We have qualified and experienced guides to ensure your Gokyo Cho La Pass trekking experience is fun, memorable, and, above all, safe. So for more information about the Everest trek cost and [short everest short trek cost](#) or the Everest trekking difficulty, please contact a friendly team member. Or, if you would like to read about what it's like to join us on this adventure, check out our blog below.

Day 01

Fly to Lukla, trek to Phakding (2,651 m/8,700 ft): 3 - 4 hours trek, O/N at Tea House (A.B, L D)

During the 30-minute flight from Kathmandu to Lukla, you will enjoy one of the most beautiful air routes in the world. From Lukla, we will start our trek with a one-hour gradual descent to Cheplung village, where we will glimpse Mt. Khumbila (18,900 ft). From Cheplung, we gradually descend until we reach Phakding and spend the night. Included: Breakfast, Lunch, Dinner, and Accommodation

Day 02

Phakding to Namche Bazaar (3,438 m/11,280 ft): 5 - 6 hours, O/N at Tea House (A.B, L D)

Walking through a beautiful pine forest, we follow the trail north up the valley of Benkar. We then cross the Dudh Koshi River and pass the Chumoa to Monjo, the entrance to Everest National Park. Then after crossing a suspension bridge, we pass Jorsale village and walk alongside the Dudh Koshi and Bhote Koshi rivers. A steep ascent brings us to the prime heartland of Namche Bazaar, where we can view Mt. Everest, Lhotse, and Ama Dablam. Overnight stay in Namche Bazaar. Included: Breakfast, Lunch, Dinner, and Accommodation

Day 03

Acclimatization Day - Namche Bazaar: (3,440 m/11,284ft)O/N at Tea House (A.B, L D)

Today we will spend the day acclimatizing in Namche Bazaar, the main centre of the Khumbu region. Our guides will take you to explore the natural charm of Namche Bazaar, with a hike up to Sagarmatha

National Park, which rewards you with a sunrise view of Mount Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, and Kongde - with the option to trek to Khumjung village (12401 ft). Included: Breakfast, Lunch, Dinner, and Accommodation

Day 04

Namche Bazaar to Dhole (4,110 m/13,480 ft): 5 - 6 hours, O/N at Tea House (A.B, L D)

Today we start our Gokyo Valley trek with a walk that leads to Khumjung Hill and descent to Dudh Koshi. We will reach a chorten on the ridge top at 3973m, which descends from Mt. Khumbila (5761 m), and visit Mohangla. Following this, we walk downhill to Phorta Thanka and visit one of the most sacred Tibetan monasteries in the world. The trail descends in steep sandy slopes taking us to Dush Koshi, Prortha Thanka, and Dhola.

We stay overnight in Dhola. Included: Breakfast, Lunch, Dinner, and Accommodation

Day 05

Dhola to Machhermo (4,470 m/ 14,663 ft): 4 - 5 hours, O/N at Tea House (A.B, L D)

From Dhola, it is an uphill climb to Machhermo. The walk follows a trail alongside a rhododendron forest and passes through a waterfall. We continue our uphill trek and pass through Labarma and Luza villages before reaching Machhermo. Overnight in Machhermo. Included: Breakfast, Lunch, Dinner, and Accommodation

Day 06

Machhermo to Gokyo (4,800 m/15,744 ft): 4 - 5 hours, O/N at Tea House (A.B, L D)

We begin today by climbing a ridge for excellent views of Kangtaiga and Cho Oyu (8153 m). The valley widens as the trail passes through Phangkha, followed by a steep path to Ngazumpa Glacier. We finally reach the Goyoko Valley lakes and explore Lake Longpongo, Taboche Tsho, Cho Oyu, and Dudh Pokhari. Overnight in Gokyo. Included: Breakfast, Lunch, Dinner, and Accommodation

Day 07

Gokyo Valley: Acclimatization Day - Optional Hike to 5th Lake: 6 - 7 hours, O/N at Tea House (A.B, L D)

We will spend this day taking a rest in the Gokyo Valley - with an optional hike to the 5th lake of the Valley and Gokyo from where you can see more than 84 different mountains scaling over 6000 m, as well as enjoy a view of the biggest glacier in the world, 'Ngozumba'. Included: Breakfast, Lunch, and Dinner

Day 08

Gokyo to Thagnak (4750 m/15,580 ft): 4 - 5 hours, O/N at Tea House (A.B, L D)

We will start the day by climbing to the top of Gokyo Ri. This steep and demanding trek leads to panoramic views of mountains like Kusum Kanguru, Thamserku, Kangtega, Taboche, Cholatse, Makalu, Lhotse, Nuptse, Everest, Changtse, and Pumori. We then trek through the Ngazumpa Glacier, traverse the mountain's edge, and walk to Thagnak. and people can go from there to Renjo la Pass also. renjo la pass altitude (**5360m**)

: Breakfast, Lunch, Dinner, and Accommodation

Day 09

Thagnak to Cho La pass (5,367 m/17,604 ft) to Dzongla (15,939 ft): 7 - 8 hours, O/N at Tea House (A.B, L D)

Today is one of the most challenging days of the trip. The Cho La pass is not problematic, but it is steep and involves a glacier traverse on the eastern side. The trail from Phedi climbs through a ravine and a rocky path; we then trek by the side of a frozen lake before we reach the top of the pass decorated with multi-coloured prayer flags. We need to pass through some mountain crevasses before we reach Dzongla Village, which provides stunning views of Cholatse, Ama Dablam, and the Lobuche mountains, along with the Pheriche Village far below. Included: Breakfast, Lunch, Dinner, and Accommodation

Day 10

Dzongla to Lobuche (4940 m/16,207 ft): 2 - 3 hours, O/N at Tea House (A.B, L D)

This will be a very short trek, so we have a lot of time to relax and enjoy the beauty surrounding us. We climb down from Dzongla and walk through a grassy trail while enjoying the view of Lobuche Peak. The trail curves through the wide river bed before reaching Lobuche, where we can spend the remainder of the day taking a rest in preparation for the following day and exploring the Khumbu glacier. Overnight in Lobuche. Included: Breakfast, Lunch, Dinner, and Accommodation

Day 11

Lobuche to Gorak Shep (5,170 m/16,961 ft) visit Everest Base Camp (5,364 m/17,594 ft): 6 - 7 hours, O/N at Tea House (A.B, L D)

We take the trail to Everest Base Camp through the Gorak Shep Lake, across Indian army mountaineers' memorials, through rocky dunes, by mesmerizing moraines, and along sparkling streams before reaching the Everest Base Camp. You can soak in your sense of achievement while admiring the Nuptse, Khumbuste, and Pumori mountains. Overnight in Gorak Shep. Included: Breakfast, Lunch, Dinner, and Accommodation

Day 12

Gorak Shep to Kala Patthar (5,545 m/18,192 ft) to Pheriche (4,288 m/14,070 ft) 7 - 8 hours, O/N at Tea House (A.B, L D)

We prepare for an early morning departure amid pre-dawn darkness and set out amongst familiar peaks such as Lingtren, Khumbutse, and Changtse tower to the east. Upon reaching Kala Patthar, we see an up-close view of Mt. Everest and enjoy the magnificent mountain panorama before returning to Lobuche for a good night's rest. Overnight in Lobuche. Included: Breakfast, Lunch, Dinner, and Accommodation

Day 13

Pheriche to Namche Bazaar: 6 - 7 hours, O/N at Tea House (A.B, L D)

We trek down through the hillside blanketed by rhododendron and juniper trees. After crossing the prayer-flag festooned bridge over the Dudh Koshi River, our trail follows the Dudh Koshi gorge descending rapidly through pine forests. The path eventually reaches Sansa, where we can enjoy views of Ama Dablam, Thamserku, and Nuptse. We then pass winding trails to return to Namche Bazaar. Overnight in Namche Bazaar. Included: Breakfast, Lunch, Dinner, and Accommodation

Day 14

Namche Bazaar to Lukla (2,800 m/9,186 ft): 6 - 7 hours, O/N at Tea House (A.B, L D)

The trail takes a steep descent downwards over rocky terrain. After crossing one of the Dudh Koshi River suspension bridges, the path becomes more adventurous, and we arrive in Lukla, where we can rest and celebrate finishing our trek. Overnight in Lukla. Included: Breakfast, Lunch, Dinner, and Accommodation

Day 15

Fly to Kathmandu, O/N, at a 3-star Hotel (A.B, D)

We catch an early morning flight to Kathmandu, where you can spend the day exploring. The day will end with a farewell dinner to celebrate the successful completion of our journey. Overnight in Kathmandu. Included: Breakfast, Dinner, and Accommodation

What To Expect?

What's included

- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking
- Domestic flights (KTM-Lukla-KTM or Ramechep - Lukla - Ramechep) with all surcharges and airport taxes for guests and guide
- A porter/Sherpa will carry bags during trekking (2 people per porter)
- Trekking map
- An experienced Government license holder guide
- Insurance, salary, equipment, transportation, local tax for guide.

- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System) All government taxes and tourist service charge

What's not included

- Meals in Kathmandu before and after trekking, allowing US\$ 15 - US\$ 20 per day
- Your travel insurance (Rescue)
- Nepal entry visa fee.
- Tips for trekking staff and driver
- Drinks (hot, cold, and alcoholic)
- Personal shopping and laundry etc
- Personal trekking equipment

FAQs

What is the Culture of Everest Like?

Mountains are the home to the renowned Sherpa people, who have been known for their exceptional mountaineering skills. These brave Sherpa have managed to save their classic Tibetan-Buddhist tradition from foreign invasion. From their unique home decor to the attractive custom, everything is very traditional, and you will have a wonderful time learning about the lives of these mountain people. If this interests you, better aim for [Everest Cultural Trek](#).

Is there Internet for The Everest Chola Pass Trek?

Up to Namche, the Wi-Fi in Everest has pretty good speed. You might get Wi-Fi to Gokyo, but the rate is lower than Namche. In the Chola Pass area, the tea houses usually don't have a connection to Wi-Fi. Even if they do, you cannot load high-quality videos. However, one must pay \$3 to \$5 daily for such internet. That adds a lot of cost to your Everest Trek Cost. So, that is why you can buy [Everest Link Card](#) for about \$20 in Lukla or Namche. Or, get an NCell SIM card in Kathmandu and use the cheap data.

What are the Permits For Everest Chola Pass?

Firstly, you need a visa to enter Nepal that can be received on arrival at Airport. It would be best if you had \$40, a passport-size photo, and a passport with six months of validity. Besides these, you need two more permits for trekking in the Khumbu/ Everest region.

First, you need a local area permit which costs about \$20, and next is the Sagarmatha National Park permit, which costs USD 30. The local license is Khumbu Pasang Lhamu Rural Municipality Entrance Permit and was issued at Lukla upon landing. The National park permit can be made in Monjo, just before Namche Bazaar at the National park gate. It would be best not to worry about collecting tickets in Kathmandu. If you have your passport, visa, and photos, the officers will prepare them within minutes.

Additional Information

Accommodation in Everest Chola Pass Trek

Being an off-beaten trail in the Everest region, Chola Pass Nepal is also the tea house trekking route. This means you will stay in small hotels made by locals that let you crash for the night and serve good food. Compared to the classic Everest Base Camp trek route, the tea houses on the Chola Pass Trek map are pretty old and basic.

There are dozens of well-built tea houses with private bathrooms up to Namche. Beyond that, each stop, like Machhermo, Gokyo, and Thagnak, only has a few (3-4 tea houses) with bathrooms on a sharing basis. Book these accommodations in Chola Pass Trekking in advance in the peak season since they are occupied for most of the Year.

Each room will have 2 to 3 small beds that can be shared among the trekkers. There will be a fine mattress, a small blanket, and a pillow for the trekkers. Since the room has no heating system, you need to carry your sleeping bag that can protect you from the freezing temperature during Chola Pass Trekking Nepal.

Cho La Pass Trekking difficulty

This particular trek takes you beyond Everest to the relatively remote region of Khumbu. Chola Pass Nepal is among the most challenging treks in Nepal. Since we cross the high pass of Cho La Pass at 5330m, it will be more physically demanding than regular treks in the Everest region.

The path from Lukla to Namche Bazaar is relatively easy, and the accommodation is reasonable. However, from Dhole, you will be exposed to a somewhat higher altitude, i.e. 4,000 m or above. Trek to Gokyo and Gokyo and the lake is also challenging. However, the most difficult part is to reach Dzongla from Gokyo by crossing the Cho La Pass. The rough mountain route and the dropping oxygen level at this part of Everest make the trek more difficult. Trekkers might face altitude sickness, which results in headaches, nausea, vomiting, and similar symptoms. You might have to take a Helicopter rescue if the symptoms are severe. There's even been Chola Pass' death, so don't take it lightly.

These 15 days, the Everest Chola Pass Trek demands seven to eight hours daily by crossing about 20 km daily. The Chola Pass Trek distance is about 170 km of round walk. Such walks require some good pre-preparation, i.e. cardio exercises before the trip.

Remoteness and poor accommodation at the Cho La Pass are significant issues during this trek. Choosing the best time for the Cho-la Pass trek, i.e. Autumn and Spring is reactively easy. The Winter trek is the hardest, while the summer trek with the slippery path is also challenging.

Looking for something even more challenging? How about an Everest Three Pass Trek?

Weather and temperature of Everest Chola Pass

At 5000+ above sea level, the weather at Everest Chola Pass is very unpredictable. However, we can differentiate the four climates of Everest based on temperature and precipitation. The average temperature of Chola La Pass throughout the Year is -2.3 °C, but the profound change in weather is observed in different seasons. Information on the weather in the mountains helps you plan a safe and

comfortable trek. So let's get started.

Autumn:

Autumn in Nepal begins in September and ends in November. These are the warmest and calmest months for trekkers. The temperature of Chola La Pass in September is about three °C, and that of Gokyo is about 6°C. The nights are also bearable, with no snowfall. The rainfall in Everest is lowest in November, with an average precipitation of 8 mm. September has about 13 rainfall days, and you should plan your trip accordingly.

Winter:

After the blissful autumn, the harsh winter makes its space in the mountains. The climate of Everest Chola Pass Trek is the biggest challenge for winter trekkers. The temperature drops to -15°C during Nights in January. All three passes mentioned above are covered with snowfall in December. The snow remains up to a few mm in early February. The mountains glitter with the snow, and the overall surroundings look amusing. The Everest Base Camp Helicopter tour is the best option for winter.

Summer:

Summer in Nepal, especially in eastern Nepal, is the time for rainfall. Pre-monsoon begins in late May with about ten days of rainfall. The climate of Chola Pass marks precipitation of 227 mm in July only. August is relatively dry, with some post-monsoon rain. The average daytime temperature goes up to 15°C, and the night temperature in Namche is about 6°C. Most of the rainfall occurs in the evening and morning. Leaches and mosquitoes are active in summer, and you must prepare accordingly. Everest Short Trek is the better option for Summer.

Spring:

This is another beautiful season for the trek, with stable weather at Everest passes. The March Temperature at passes is about 3°C. However, as the spring becomes prominent, the surroundings become warm, and the maximum temperature can increase to 10°C in May. The chances of rainfall in the Everest region are significantly less, and one shouldn't worry about the precipitation. The wind speed is about 19km/ hr, which is not that big of a deal. The mountains are still covered with snow remaining from winter, but the trail is clear.

Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.



Responsible and Eco-Friendly

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

Map



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