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Everest Cho La Pass Trek

URL: <https://nepalbasecamptreks.com/trip/everest-cho-la-pass-trek/>

Trip Code

NBT 018

Destination

Nepal

Activity

Treks

Start / End Point

Kathmandu / Kathmandu

Duration

15

Per Person From

USD 1,350

Accommodation

Tea-House

Region

Everest Region Treks

Max. Altitude

5,545 m / 18,192 ft

Nature Of Trek

Lodge to Lodge Trekking

Best Season

Sept, Dec, March, may

Activity Per Day

3-7 Hours

Transportation

Domestic Flights

Tea-House

Breakfast, Lunch, and Dinner

Very Difficult

Trip Highlights

Imagine standing beneath the world's highest peaks, crossing a dramatic mountain pass, and witnessing crystal-clear glacial lakes in a single journey. The Everest Cho La Pass Trek is an extraordinary Himalayan adventure that combines Everest Base Camp, Gokyo Valley, and Cho La Pass, offering breathtaking mountain views, cultural encounters, and unforgettable high-altitude experiences.

Highlights of Everest Cho La Pass Trek

- Enjoy breathtaking views of Mt. Everest, Mt. Lhotse, Mt. Makalu, Mt. Nuptse, Mt. Amadablam, Mt. Pumori, Cho Oyu, and many other peaks.

- Explore the beautiful Gokyo Valley, known for its pristine lakes and stunning landscapes.
- Cross the challenging Cho La Pass (5,420m), which offers incredible views and a sense of adventure.
- Visit the iconic Everest Base Camp, the starting point for climbers aiming to summit the world's highest peak.
- Climb Gokyo Ri (5,357m) for panoramic views of the Everest region, including the massive Ngozumpa Glacier.
- Explore the bustling market town of Namche Bazaar.
- Experience the rich culture and traditions of the Sherpa people.
- Trek through diverse landscapes and witness the variety of wildlife and plant species.

Why Choose the Everest Cho La Pass Trek?

The Everest Cho La Pass Trek is one of the most rewarding trekking adventures in Nepal, combining the iconic Everest Base Camp route with the spectacular Gokyo Valley and the thrilling crossing of Cho La Pass. Unlike standard Everest itineraries, this trek offers a more complete Himalayan experience, allowing trekkers to explore pristine glacial lakes, high mountain passes, traditional Sherpa settlements, and world-famous viewpoints within a single journey.

What makes the Everest Cho La Pass Trek particularly appealing is its diversity. From the bustling atmosphere of Namche Bazaar to the tranquil shores of Gokyo Lakes and the dramatic ascent to Kala Patthar, every day presents a new perspective of the Everest region. The route provides outstanding opportunities for photography, cultural immersion, and high-altitude trekking while showcasing some of the world's most celebrated mountain scenery.

For travellers seeking a challenging yet deeply rewarding adventure, this trek delivers unforgettable experiences, panoramic mountain views, and a genuine connection with the traditions of the Khumbu region.

Trip Overview

The Everest Cho La Pas trek perfectly merges stunning viewpoints, majestic mountains, rich traditions, and culture. Passing through this trail, you must traverse rugged terrain, and diverse flora, and fauna. It offers spectacular views of **Mt. Everest (8848m)**, **Mt. Lhotse (8516m)**, **Mt. Makalu (8463m)**, **Mt. Nuptse**, **Mt. Amadablam (6856m)**, **Mt. Pumori (7145m)**, **Mt. Thamserku (6723m)**, and **Mt. Kangtega (6685m)**, among others. Most people residing here are Sherpa. They reflect Tibetan culture. Thus, taking this trial, you can also understand the culture and traditions of the people living there.

*The trek to Everest Base Camp Cho La Pass begins with a flight from Kathmandu to **Lukla**, followed by a trek through Phakding, Namche Bazaar, Dole, Machermo, Gokyo, and back to Lukla after visiting the Everest Gokyo valley.* The best times to embark on this adventure are September to November and March to May, offering optimal weather conditions during autumn and spring. Highlights include panoramic views from Everest Base Camp, the challenging Cho La Pass, and the stunning Gokyo Ri, providing unforgettable Himalayan vistas throughout the journey with Nepal Base Camp Treks (Pvt. Ltd.).

15 Days Itinerary of Everest Chola Pass Trek

Day 01: Flight from Kathmandu (1300 m / 4265 ft) to Lukla (2,860 m / 9,383 ft), Trek to Phakding (2,610 m / 8,563 ft)

The first day of our trek starts from here. Our guide will pick you up from the hotel and drop you at Tribhuvan International Airport. The 30-minute flight offers breathtaking views of the Himalayas before landing at Tenzing-Hillary Airport in Lukla. Upon arrival, we will meet our porters and crew members. From there, we will start our led trek. We will begin the trek towards Phakding, a picturesque village along the Dudh Koshi River. The trek takes approximately three hours, passing through Sherpa villages.

Trek Distance:

8 km / 5 miles

Trek Duration

3-4 Hours Trek

Highest Altitude:

Lukla (2,860 m / 9,383 ft),

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Trekkers Inn in Phakding

Day 02: Phakding (2,610 m / 8,563 ft) to Namche Bazaar (3,440 m / 11,286 ft)

Today's trek takes us through lush pine forests and several suspension bridges. It includes the iconic Hillary Suspension Bridge. We will pass through the settlements of Benkar and Monjo before entering the Sagarmatha National Park. Continuing the ascent, we will reach Jorsale, the last village before Namche Bazaar. The trail offers stunning views of Mount Thamserku (6618m) and other Himalayan peaks. After a challenging but rewarding trek, we will finally arrive at Namche Bazaar. It is the bustling heart of the Khumbu region.

Trek Distance:

10-12 km / 6-7.5 miles

Trek Duration

5-6 hours trek

Highest Altitude:

Namche Bazaar (3,440 m / 11,286 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

The Nest Hotel in Namche Bazaar

Day 03: Acclimatization Day in Namche Bazaar (3,440 m / 11,286 ft)

Today, we have a rest day in Namche Bazaar. To aid acclimatization, staying active rather than being idle

is recommended. Options include a day hike to Thame village, known for its serene surroundings and cultural richness. Alternatively, we can visit Khunde village to learn about traditional Sherpa lifestyles and visit the Edmund Hillary Memorial School. Another option is to explore Namche Bazaar and visit the Sherpa Cultural Museum.

Trek Distance:

Local hikes (up to ~3-4 km / 2 miles)

Trek Duration

2-4 hours acclimatization walk

Highest Altitude:

Namche Bazaar (3,440 m / 11,286 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

The Nest Hotel in Namche Bazaar

Day 04: Namche Bazaar (3,440 m / 11,286 ft) to Dole (4,200 m / 13,779 ft)

Leaving Namche Bazaar, we will steadily climb towards Kyangjuma village, offering panoramic views of Mount Everest, Lhotse, and Ama Dablam. Ascending towards Mong La Pass, we will take frequent breaks and admire the surrounding peaks and valleys. Continuing through dense forests of rhododendrons and fir, we will reach Dole village, perched amidst alpine meadows and stunning mountain vistas.

Trek Distance:

11 km / 6.8 miles

Trek Duration

6-7 Hours

Highest Altitude:

Dole (4,200 m / 13,779 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Namaste Hotel in Dole

Day 05: Dole (4,200 m / 13,779 ft) to Machhermo (4,470 m / 14,665 ft)

Leaving the village of Dole behind, today's trek takes us through serene landscapes adorned with rhododendron forests and charming Sherpa settlements. As we ascend gradually, we will see the stunning views of snow-capped mountains such as Cho Oyu, Kantega, and Thamserku.

The trail meanders alongside clear mountain streams and offers occasional glimpses of yaks grazing peacefully on the hillsides. After about five hours of trekking, we will arrive in Machherm. It is a tranquil village nestled amidst the mountains.

Trek Distance:

7 km / 4.3 miles

Trek Duration

4-5 Hours

Highest Altitude:

Machhermo (4,470 m / 14,665 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Machhermo Guest House in Machhermo

Day 06: Machhermo (4,470 m / 14,665 ft) to Gokyo (4,790 m / 15,715 ft)

Continuing our journey towards Gokyo, the trail leads us through a landscape dotted with turquoise glacial lakes and surrounded by towering peaks. We pass by Dudh Pokhari (Gokyo Lake) and its surrounding settlements, marveling at the shimmering waters. The trek trail also offers the opportunity to observe the unique flora and fauna. You can also see Himalayan Thars and colorful monals. After approximately five hours of trekking, we will reach Gokyo.

Trek Distance:

7 km / 4.3 miles

Trek Duration

4-5 Hours

Highest Altitude:

Gokyo (4,790 m / 15,715 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Namaste Hotel in Gokyo

Day 07: Gokyo Ri (5,360 m / 17,585 ft) ascent and trek to Thaknak (4,700 m / 15,419 ft)

We begin early in the morning for an exhilarating ascent to Gokyo Ri, the highlight of our trek. The trail winds steeply up the hillside, rewarding us with unparalleled views of the entire Gokyo Valley. As we reach the summit of Gokyo Ri (5357m), we catch our breath while soaking in the awe-inspiring panorama of Everest, Lhotse, Makalu, and Cho Oyu, with countless other peaks stretching into the distance.

We will capture some photos and save them for our life time experience memories. Then, we will start to descend back to Gokyo village. After lunch, we will continue our trek towards Thaknak. After about 2 to 3 hours of uphill climb, we will finally reach to our today's destination.

Trek Distance:

9-10 km / 6 miles

Trek Duration

6-7 Hours Total

Highest Altitude:

Gokyo Ri (5,360 m / 17,585 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Thaknak guest house in Thaknak

Day 08: Thaknak (4,700 m / 15,419 ft) to Dzongla (4,830 m / 15,846 ft) via Cho La Pass (5,420 m / 17,782 ft)

We will prepare for a challenging day as we embark on the ascent to Cho La Pass (5367m), a high mountain pass renowned for its steep trails and glacier crossing. We will begin early to take advantage of clear weather and ensure a safe glacier crossing. As we approach the pass, we will navigate carefully across the glacier on the eastern side, where the terrain can be icy and challenging.

From the top of Cho La Pass, we will revel in the panoramic views of the surrounding Himalayan peaks before descending towards Dzongla. We will arrive in Dzongla, a quaint village offering stunning vistas of the nearby mountains.

Trek Distance:

11 km / 6.8 miles

Trek Duration

7-9 hours trek

Highest Altitude:

Cho La Pass (5,420 m / 17,782 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Himalayan Hotel in Dzongla

Day 09: Dzongla (4,830 m / 15,846 ft) to Gorakshep (5,164 m / 16,942 ft)

Today's trek from Dzongla to Gorakshep will traverse rugged terrain and offer awe-inspiring mountain vistas at every turn. The trail will gradually ascend amidst stunning landscapes, offering panoramic views of Cholatse and Lobuche. As we get near Gorakshep, the terrain will become rockier and get more challenging. Gorakshep, situated at 5180m, will serve as a crucial stopover point for us as we head towards Everest Base Camp.

Trek Distance:

10 km / 6.2 miles

Trek Duration

6-7 Hours

Highest Altitude:

Gorakshep (5,164 m / 16,942 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Himalayan Hotel in Gorakshep

Day 10: Gorakshep (5,164 m / 16,942 ft) to Kalapatthar (5,545 m / 18,192 ft) and trek to Lobuche (4,930 m / 16,174 ft)

We will begin early today with a pre-dawn hike to Kalapatthar, a renowned viewpoint offering one of the best sunrise panoramas of Mount Everest, Lhotse, and Nuptse. The first stop we make is Everest Base Camp Trek. The trail then will ascend steeply towards Kalapatthar, rewarding us with breathtaking views

as the first light touches the highest peaks on Earth. We will capture unforgettable photos before descending back to Gorakshep for breakfast. Afterward, we will continue our trek, descending through the rugged terrain of the Khumbu Glacier moraine. Eventually, we will make to Lobuche.

Trek Distance:

12 km / 7.5 miles (round trip)

Trek Duration

7-8 Hours

Highest Altitude:

Kalapathar (5,545 m / 18,192 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Sagarmatha Hotel in Lobuche

Day 11: Lobuche (4,930 m / 16,174 ft) to Dingboche (4,410 m / 14,468 ft), explore Chhukung Valley (~4,730 m / 15,518 ft)

We will embark on our journey from Lobuche to Dingboche, descending through picturesque landscapes adorned with alpine meadows and glacial rivers. As we descend, we will enjoy the serene and panoramic views of the Khumbu Valley. Upon reaching Dingboche we will take time to explore the nearby Chhukung Valley. This scenic valley is famous for its stunning views and offers opportunities for short hikes to viewpoints with panoramic vistas of towering peaks.

Trek Distance:

11 km / 6.8 miles

Trek Duration

6-7 Hours

Highest Altitude:

Dingboche (4,410 m / 14,468 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

Hotel Good Luck in Dingboche

Day 12: Dingboche (4,410 m / 14,468 ft) to Namche Bazaar (3,440 m / 11,286 ft)

We will embark on our trek from Dingboche towards Namche Bazaar, retracing our steps through lush forests and picturesque Sherpa villages. We will cross several suspension bridges spanning the Dudh Koshi River and pass through the vibrant village of Tengboche, home to the renowned Tengboche Monastery.

The trail will gradually wind down, offering occasional glimpses of local wildlife and colorful prayer flags fluttering in the breeze. We will arrive in Namche Bazaar, the bustling heart of the Khumbu region, where we will spend the night in a comfortable lodge, reflecting on our journey thus far.

Trek Distance:

20 km / 12.4 miles

Trek Duration

6-7 Hours

Highest Altitude:

Namche Bazaar (3,440 m / 11,286 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

The Nest Hotel in Namche Bazaar

Day 13: Namche Bazaar (3,440 m / 11,286 ft) to Lukla (2,860 m / 9,383 ft)

Today marks the final leg of our trek as we descend from Namche Bazaar to Lukla. The trail will wind through pine forests and several suspension bridges over the Dudh Koshi River. We will pass through enjoying the last glimpses of the majestic Himalayan peaks before reaching Lukla, the gateway to our Everest adventure. We will celebrate the completion of our trek with our crew and fellow trekkers.

Trek Distance:

18 km / 11 miles

Trek Duration

6-7 Hours

Highest Altitude:

Lukla (2,860 m / 9,383 ft)

Meals:

Breakfast, Lunch, and Dinner

Accommodations:

The Paradise Hotel in Lukla

Day 14: Flight from Lukla (2,860 m / 9,383 ft) to Kathmandu (1300 m / 4265 ft) or Ramechhap

Early in the morning, we will board a scenic flight from Lukla back to Kathmandu, weather permitting. Alternatively, if flight schedules or weather conditions require, we may fly to Ramechhap Airport and then drive to Kathmandu. Upon arrival in Kathmandu, we will transfer to our hotel and enjoy a well-deserved rest. We will have the rest of the day free to explore Kathmandu's vibrant markets, ancient temples, and bustling streets or simply relax at our hotel.

Trek Distance:

135 km / 84 miles (air)

Trek Duration

4-5 hour drive from Ramechhap

Flight Hours:

25-minute flight

Meals:

Breakfast, Lunch, and Farewell Dinner

Accommodations:

International Guest House in Kathmandu

Day 15: Departure from Kathmandu, Transfer to International Airport

Today marks the end of our memorable journey in Nepal. After breakfast, we will transfer you to Tribhuvan International Airport for our onward flight. During the flight, you can remember the beautiful memories we created together. Hope to see you soon for your next trip. Namaste.

Trek Distance:

Airport Transfer

Trek Duration

20 minutes Drive

Meals:

Breakfast

What Is Included in the Everest Cho La Pass - 15 Days Trip

- Pick up and Drop off On Arrival/Departures in Kathmandu
- Round Flight Fairs (Kathmandu-Lukla-Kathmandu) Direct Flights From Ramechap Optional
- Accommodations Deluxe Room (1 Nights) in Katmandu with Breakfast
- Standard Accommodations (12Nights) in the mountain from Lukla to Lukla
- Choice of your meals (Breakfast, Lunch, and Dinner from Lukla to Lukla
- Choice of hot beverages, tea/Coffee during the trek from Lukla to Lukla
- Everest (Sagarmatha National Park Permit) from Lukla to Lukla
- Everest (Pasang Lhamu Rural Ticket) in Lukla Or TIMS Card
- Altitude Experienced Mountain Guide from Lukla (Optional from Kathmandu)
- Emergency Helicopter rescue will be paid for your travel insurance
- Altitude Medical supplies (first aid kit will be available)
- All government taxes and Service charges of tour operators
- Equipment: Sleeping bag, down Jacket, Duffel bag, Day Pack,
- 1 Porter for each 2 trekkers during the trek

What Is Not Included in the Everest Cho La Pass - 15 Days Trip

- Travel insurance and evacuation insurance,
- Deserts (cakes, bakes and pies)
- The additional size of Pots Hot Drinks,
- Bottled drinks, Boiled water, Electronic device re-charge,
- Hot shower, Wi- Fi, Personal expenses any type,
- Additional Porter to Carry the Equipments

- Tipping for Guide and Porter Highly Appreciated

Group Discounts Available

No. of Persons	Price per Person
1 - 2	USD 1,390
3 - 5	USD 1,370
6 - 9	USD 1,350
10 - 14	USD 1,320
15 - 19	USD 1,300
20 - 30	USD 1,280

Everest Cho La Pass Trek Packing List

Major Attractions Of Everest Base Camp Chola Pass Trek

Starting the Adventure: Kathmandu to Lukla

- **Elevation:** 2,860 meters

It's amazing to fly from Kathmandu to Lukla and see how beautiful Nepal's mountains are. The trip starts at Tribhuvan International Airport in Kathmandu and goes through breathtaking Himalayan landscapes. As you get closer to Lukla, you'll be able to see the beauty of the area through the snowy peaks and green valleys below. Getting to Lukla, which is 2,860 meters above sea level. Notably, Tenzing-Hillary Airport, named after Everest pioneers, has a unique track that goes uphill, which makes landing super exciting. The flight usually lasts about 30 to 40 minutes, depending on the weather.

Gokyo Valley and Lakes

- **Elevation:** 4,800 meters

One major attraction of the Everest Cho La Pass Trek is Gokyo Valley and the Lakes. The vibrant blue lake and its valley are truly enchanting. The snow-capped mountain on top and the rough terrain make it look like you're in another world. Located high in the Himalayas at 4,800 meters, Gokyo Lakes are a stunning collection of glacial lakes. They offer trekkers and travelers breathtaking views of the clear blue waters set against the majestic snow-capped mountains.

Thukla Pass Memorial

Thukla Pass Memorial is one of the main attractions of Everest Cho La Pass Trek. In Thukla Pass

Memorial, there are over 100 memorials to hikers and Sherpas who died in the mountains. It is both the saddest and the most memorable place. From Thukla, hikers can get to the spot after going uphill for half an hour. On top of the place are small buildings made of stone and cement with beautiful prayers written on them.

Kala Patthar

- **Elevation:** 5,644 meters

Kala Patthar is a well-known spot on the trek to Everest Cho La Pass Trek, and it is one of the main highlights of the trek. Many trekkers head to Kala Patthar to experience the stunning views and get as near as they can to the highest peak in the world, Mount Everest, at 8,849 meters. Along with the stunning views, you'll see other breathtaking peaks, such as Nuptse, Lhotse, and Changtse

Everest Base Camp

- **Elevation:** 5,364 meters

The [everest base camp](#) is the dream destination for trekkers and climbers worldwide. Upon reaching here, you will be standing at the foot of a higher mountain, Mount Everest. The site also offers stunning views of other mountains, such as Lhotse and Ama Dablam. You can also witness the close-up views of the Khumbu Icefall and the surrounding peaks.

Gokyo Ri

- **Elevation:** 5,357 meters

Gokyo Ri is a renowned viewpoint in the Everest region. It provides some of the best panoramic views of the Himalayan giants. From the summit of Gokyo Ri, you can enjoy spectacular views of four of the world's highest peaks: Everest, Lhotse, Makalu, and Cho Oyu.

Cho La Pass

- **Elevation:** 5,420 meters

Cho La Pass is a challenging high-altitude pass that connects the Gokyo Valley with the Everest Base Camp trail. Crossing this pass, you will have an adventurous experience. It offers stunning views of surrounding peaks, glaciers, and rugged terrain. However, with more difficulty, you must pass the pass with rocky and glacial crossings.

Namche Bazaar

- **Elevation:** 3,440 meters

Namche Bazaar is the central trading hub and gateway to the Everest region. You can explore the local markets, visit the Sherpa Cultural Museum, and stop by cafes, bakeries, and lodges. It is also a great place to acclimate, with scenic day hikes to surrounding viewpoints.

A Typical Day In A Trek

A typical day on the Everest Cho La Pass trek is **full of adventure and beautiful scenery**. You usually wake up around 6:00 AM. You will have breakfast and begin our trek around 7:30 to 8:00 AM. The **trek usually takes 6-8 hours daily**, depending on your pace. You'll walk through rocky paths and green valleys and see breathtaking snow-covered peaks. The landscape changes as you climb higher, with glaciers and icy trails near the Cho La Pass.

Around noon, you stop for lunch at a tea house or a designated picnic spot. The lunch break usually lasts about an hour, giving you time to rest and recharge. Meals of ten include **local dishes like dal bhat** (rice and lentils), noodles, or potatoes. After lunch, you continue your trek. By mid to late afternoon, you reach your destination for the day. You get dinner at around 6:00 to 7:00 PM. **Meals are hearty and filling**, often including soup, rice or pasta dishes, vegetables, and sometimes meat. After dinner, your guide briefs us on the next day's trek. You always go to bed early, around 8:00 to 9:00 PM.

The trek's highest point is Kala Patthar at 5,644 meters, and Cho La Pass at 5,420 meters. Reaching the pass can be challenging, mainly because of the **steep climb and cold winds**, but the view at the top is worth it. The hardest part of the Everest Cho La Pass Trek is crossing the icy sections.

Who Is the Everest Cho La Pass Trek Suitable For?

The Everest Cho La Pass Trek is ideal for adventurous trekkers who want to experience more than the traditional Everest Base Camp route. It is well-suited for individuals with good fitness levels who are comfortable walking for several hours daily on varied mountain terrain.

Previous high-altitude trekking experience can be beneficial, but it is not mandatory. With proper preparation, a gradual ascent schedule, and adequate acclimatisation days, many determined trekkers successfully complete the journey each year. The route is particularly popular among those who want to explore both Everest Base Camp and Gokyo Valley while crossing one of Nepal's most renowned mountain passes.

Whether your goal is to witness the beauty of the Himalayas, learn about Sherpa culture, or challenge yourself in a high-altitude environment, the Everest Cho La Pass Trek offers an enriching and memorable adventure.

Best Time To Trek To The Everest Cho La Pass

Pre-Monsoon (Spring) Season: March to May

During Spring, the weather is generally stable, with clear skies. Temperatures are moderate, with daytime temperatures ranging from 10 to 15 degrees Celsius at lower elevations. Higher up, temperatures can be below freezing at night. The trails are in good condition, and the blooming rhododendrons add to the scenic beauty. This is one of the peak trekking seasons, so expect more trekkers on the trail and busier teahouses.

Post-Monsoon (Autumn) Season: September to November

The Autumn weather is stable and transparent after the monsoon season, similar to the spring season. Daytime temperatures are 10 to 15 degrees Celsius, with cooler nights. At higher altitudes, it can get

quite cold, especially at night. The trails are generally dry and in good condition. The skies are often clear, and you can see the breathtaking mountain views. Autumn is the **most popular season**, so trails and tea houses will be crowded.

Winter Season (December to February):

The winter season is **less popular due to the harsh cold**, especially at higher altitudes, and the potential for heavy snowfall, making crossing the Cho La Pass more difficult and dangerous. The day's temperature ranges from 5 to 10 degrees Celsius, and at night, it drops to -10 to -15 degrees Celsius. However, this can be an option for those seeking solitude and are well-prepared for cold weather. Avoid trekking without the proper experience and [equipment](#), as temperatures can be extremely cold, especially at higher altitudes.

Monsoon Season (June to early September):

The monsoon season brings heavy rains, making trails slippery and increasing the **risk of landslides and flooding**. The Cho La Pass can be particularly treacherous. Clouds often obscure views, and leeches are common at lower elevations. This season is generally not recommended for trekking. Daytime temperatures are between 15 and 20 degrees Celsius, with nights around 0 and 5 degrees Celsius. If trekking this season, pack waterproof gear.

Accommodation During The Trek

During the Everest Base Camp Cho La Pass trek, accommodation primarily consists of **teahouses and lodges**. These establishments offer basic yet comfortable lodging with twin beds, mattresses, pillows, and blankets. At lower altitudes, you might find attached bathrooms with hot showers. However, bathrooms are usually shared at higher elevations, and hot water may incur an additional cost. Rooms are typically unheated, with heating available only in the common dining areas, making a warm sleeping bag essential.

In Kathmandu, accommodation before and after the trek includes hotels offering more comfort and amenities than the teahouses on the trail. During your stay in Kathmandu, you will be given breakfast, a special welcome, and a farewell dinner featuring typical Nepali cuisine. It's advisable to book teahouse accommodations in advance during peak trekking seasons and carry enough cash for expenses, as credit cards are rarely accepted.

Food Availability on Everest Chola Pass Trek

During the trek, we will provide you with all your meals, while only breakfast will be available in Kathmandu. There will be a welcome dinner featuring typical cuisine and a menu-selected farewell dinner. On the trek, teahouses or lodges provide you with breakfast and dinner, and we will take lunch to the next destination. Common menu choices include Nepalese, Tibetan, continental, and Indian cuisines.

- **Breakfast:** Porridge, Pancakes, Eggs, Tibetan Bread, Chapati
- **Lunch and Dinner:** Dal Bhat, Noodles, Momos, Pasta Soup, Fried Rice

It's possible to find vegetarian options, but vegan and gluten-free choices are more limited. Informing your guide or teahouse staff about dietary needs in advance can help. Food hygiene standards can vary. Stick to hot, freshly cooked food to minimize the risk of foodborne illnesses. As you go higher, the cost of

meals increases due to the difficulty of transport.

Permits Needed For Everest Trek

Sagarmatha National Park Entry Permit:

This permit is mandatory for entering Sagarmatha National Park, which encompasses the Everest region. The permit fee is NPR 3,000 (approximately USD 30) per person. You can get it from the **Nepal Tourism Board office** in Kathmandu or at the entry checkpoint in Monjo, on the trekking route.

Khumbu Rural Municipality Entry Permit (Local Permit):

This permit is necessary to enter the Khumbu region, which includes villages like Namche Bazaar, Tengboche, Dingboche, and Everest Base Camp. The permit fee varies but is approximately NPR 2,000 to 2,000 (USD 20) per person. You can obtain the permit at the Monjo checkpoint or other Khumbu region entry points.

Safety and Responsible Trekking Practices

Safety is a key consideration throughout the Everest Cho La Pass Trek. The route reaches elevations above 5,400 metres, making proper acclimatisation, hydration, and pacing essential for a successful journey. Trekkers should follow the guidance of experienced trekking leaders, monitor symptoms of altitude-related illness, and maintain a steady walking pace throughout the trek.

Responsible trekking practices also help preserve the natural and cultural heritage of the Everest region. Visitors are encouraged to minimise waste, carry reusable water bottles, respect local customs, and support locally operated lodges and businesses whenever possible. Following these principles contributes to a more sustainable trekking experience for future generations.

Travel Insurance

It would be best to have travel insurance to cover unexpected events during your trek to Everest Cho La Pass. This includes trip cancellations, **medical emergencies**, altitude sickness evacuations, and loss or theft of belongings. Always ensure your insurance explicitly covers trekking above 4,000 meters. Also, helicopter evacuation should be performed if necessary.

When choosing travel insurance, carefully review the policy to understand what it includes and excludes, and how to make claims. Opt for a reputable provider with experience covering adventure activities in Nepal. This way, you will be ready for any surprises during your Everest Cho La Pass Trek, giving you peace of mind as you explore the stunning Himalayan landscapes.

How Hard Is Everest Cho La Pass Trek?

Altitude Sickness

Altitude Sickness is one of the common problems for trekkers at Everest Cho La Pass trek. It happens because the air pressure changes quickly at high altitudes, and there is **less oxygen**, which makes

breathing hard. Dizziness, headache, loss of appetite, tiredness, and nausea are the most common symptoms of altitude sickness. Altitude sickness usually occurs when you climb higher without giving your body enough rest. To avoid this, you must take breaks and acclimate well.

Cho La Pass Weather

Weather in the high Himalayas can ***change rapidly***, bringing snow, strong winds, and low temperatures, particularly at the pass. Even during the best trekking seasons, temperatures at night can drop significantly, and it can be freezing. Winter can drop to -30 degrees Celcius, and there can be storms, heavy snow, and blizzards, making it hard to move forward or leave trekkers stuck. The monsoon is also tricky, with constant rain, strong winds, and muddy trails, which affect visibility and make it difficult to get good views of Mount Everest.

Frostbite and Backache

Crossing the icy Cho La Pass can lead to frostbite, so you must be careful. Skin exposed to very low temperatures can freeze, swell, and become numb. You have to wear **warm clothes** to stay safe from the cold. You should avoid pushing yourself too hard to prevent back pain. Strolling uphill helps avoid serious injuries. Crampons should be worn for grip, and mittens should be worn for hand protection. Carrying a trekking pole helps maintain balance on the rough trail, improve posture, and reduce knee strain on steep descents.

Terrain

The trail over the Cho La Pass is rocky and can be icy, especially in the early morning or late afternoon. You can encounter slippery paths, which need a careful footing. The route further includes steep climbs and descends, making it physically demanding. You must have good physical strength and endurance to get through the mountain pass. Beginners should train well before the trek to stay fit, avoid injury, and make the journey less difficult.

Acclimatization For EBC Chola Pass

Acclimatization is essential if you are trekking to Chola Pass Trek. It helps to prevent altitude sickness and ensures a safe and enjoyable trekking experience. Proper acclimatization allows the body to adapt to these conditions gradually. The itinerary typically includes planned acclimatization days, especially at critical points such as Namche Bazaar and Dingboche. These remaining days allow the body to adjust to the altitude.

These days, you undertake short hikes to higher elevations and then return to sleep at a lower altitude, following the principle of "climb high, sleep low." This helps stimulate the body's adaptation process and reduces the risk of **Acute Mountain Sickness (AMS)**. In addition to planned acclimatization days, you should maintain a slow and steady pace, stay well-hydrated, eat nutritious meals, and avoid alcohol and smoking.

Preparation for Everest Chola Pass Trekking

Mental Preparation

Preparing your mind is just as important as getting physically ready, especially when trekking at high altitudes at Cho La Pass. Without proper mental preparation, you might feel stressed or doubt your abilities. To prevent these issues, you get ready for any challenges that may arise. It would be best if you were open to adjusting to the Everest region’s different environments and primary living conditions.

If you’re not used to long treks, start practicing by short walks each day beforehand. This will help you build endurance and maintain speed during the trek. Trekking alone in the Everest Cho La Pass area is challenging. So, hire a professional guide to make your journey smoother. Work on building your mental strength and eating healthy to avoid getting sick during your trip.

Physical Fitness

You must train well for the challenging mountain paths to trek to Everest Cho La Pass. Building your strength and improving your fitness to keep a steady pace is essential. Include aerobic exercises like running, cycling, and brisk walking. These activities help you stay fit, improve your heart health, and make it easier to handle low oxygen levels during the trek. Hiking with a backpack on long and short trails gives you confidence to tackle in the Everest region. This practice will prepare you to walk about 6-7 hours daily during the trek.

Cho La Pass Trek via EBC Distance, Duration, and Altitude

Trekking Route	Distance (Kilometers)	Duration (Hours)	Highest Altitude (Meters)
Lukla to Phakding	7.5	3	2,804
Phakding to Namche Bazaar	10.8	5 to 6	3,441
Namche Bazaar to Dole	12	6 to 7	4,110
Dole to Machhermo	6	5	4,470
Machhermo to Gokyo	5.7	5	4,800
Gokyo Ri to Thaknak	8	5	5,357
Thaknak to Cho La Pass to Dzongla	9.5	8	5,367
Dzongla to Gorakshep	6.7	6 to 7	5,180
Gorakshep to Kalapatthar to Lobuche	8.7	8	5,545
Lobuche to Dingboche	12	6	4,410
Dingboche to Namche Bazaar	14.9	6 to 7	3,441
Namche Bazaar to Lukla	13.5	6 to 7	2,840

Why trek with us

Trekking with Nepal Base Camp Trek offers a short yet unforgettable adventure to Everest Cho la Pass in just 15 days. We carefully plan each day to ensure you enjoy the stunning landscapes and local culture comfortably and well-paced. From the lively city of Kathmandu to Lukla and through the picturesque village Phakding to the breathtaking views at Cho La Pass, every part of the journey is thoughtfully designed to create lifelong memories.

As a government-registered company, we ensure you have a safe trip while ensuring peace of mind. Similarly, customer satisfaction is our major priority. Booking with us, we assure you that you will have the most enjoyable vacation in the lap of the Himalayas. Our team of experienced guides and porters will provide an in-depth description of the place while also guiding you. Furthermore, our customization itinerary feature allows you to tailor your trek to your specific preferences and schedule.

Frequently Asked Questions

How difficult is cho la pass?

The Cho La Pass is quite challenging, mainly because it's high up at around 5,420 meters (17,782 feet). The trek involves steep climbs, crossing a glacier, and walking on rocky and sometimes icy paths. The air is thin, which makes it harder to breathe. Trekkers need to be well-prepared and in good physical shape.

Do you need crampons for cho la pass?

Yes, crampons are often helpful for crossing Cho La Pass, especially if there is ice or snow on the trail. The pass can get slippery, and crampons give a better grip on icy surfaces, making it safer to walk. Sometimes, if the weather has been dry and there isn't much ice, you might not need them.

Can a beginner climb Cho Oyu?

Cho Oyu is one of the easier, 8,000-meter peaks to climb compared to others, but it's still very tough for a beginner. It stands at 8,188 meters, and climbing at that height needs a lot of experience and preparation. Beginners need to have done smaller climbs and be familiar with using climbing gear, handling cold weather, and managing high altitudes.

What is the highest trekking pass in Nepal?

Amphu Lapcha Pass, at 5,845 meters (19,177 feet), is one of the highest mountain passes in Nepal. It is at the top of the Honku Valley and has a glacier with ice cliffs. This pass provides a way to enter the otherwise hard-to-reach Honku Valley.

Can I hike EBC without a guide?

No, you cannot hike EBC without a guide. The Nepal Tourism Board is now making it mandatory to have a licensed guide accompany you. This new rule is supposed to apply to any region.

Is the Everest Cho La Pass Trek harder than Everest Base Camp Trek?

Yes, the Everest Cho La Pass Trek is generally considered more challenging than the standard Everest Base Camp Trek because it includes the crossing of Cho La Pass at an elevation of approximately 5,420 metres. The route involves steeper ascents, glacier sections, and longer trekking days, requiring a higher level of endurance and preparation.

How many days are required for the Everest Cho La Pass Trek?

Most trekkers complete the Everest Cho La Pass Trek in 15 to 18 days, depending on the itinerary, acclimatisation schedule, and weather conditions. A well-planned itinerary helps improve safety and allows sufficient time to enjoy key highlights such as Everest Base Camp, Gokyo Lakes, Kala Patthar, and Cho La Pass.

What makes the Everest Cho La Pass Trek unique?

The Everest Cho La Pass Trek stands out because it combines three iconic destinations in one adventure: Everest Base Camp, Gokyo Valley, and Cho La Pass. Trekkers experience diverse scenery, spectacular mountain views, high-altitude lakes, and authentic Sherpa culture while following one of Nepal's most celebrated trekking routes.

What is the best month for the Everest Cho La Pass Trek?

October and November are widely considered the best months for the Everest Cho La Pass Trek due to stable weather, clear mountain views, and comfortable trekking conditions. April and May are also excellent choices, offering pleasant temperatures and colourful rhododendron blooms along the trail. These months provide the best visibility and overall trekking experience in the Everest region.

Do I need previous trekking experience for the Everest Cho La Pass Trek?

Previous trekking experience is helpful but not essential for the Everest Cho La Pass Trek. Trekkers with a good fitness level, proper preparation, and a well-planned itinerary can successfully complete the journey. Regular cardio training, endurance exercises, and acclimatisation days significantly improve comfort and safety throughout the trek.

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