



# MISSION SUMMIT TREKS & EXPEDITION PVT. LTD.

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Namaste,

## Subject: Details for Cho la Pass + EBC Trek

Greetings from **Mission Summit Treks**! We're excited to share a special travel plan that will make your dream adventure come true. We've thought about what you like and created a detailed plan for your journey. It includes exciting exploration, relaxing moments, and a chance to experience new cultures.

### Trip Highlights

- The world's highest peak Mt. Everest (8,848m above mean sea level)
- Combination of Nature beauty and Sherpa culture.
- Can see other peaks Lhotse, Ch Oyo and Makalu higher than 8,000m from Trail.
- Explore Sherpa village Khumjung Namche and
- Snow Leopard, Musk Deer, Red Panda, and Himalayan Monal
- monastery ( Tangboche and Khumjung)
- Gokyo lake and other lakes
- Amazing view from Chola pass and peak Gokyo Ri
- Everest Base camp

### Outline Itinerary

Day 01: Arrival in Kathmandu and walking on Thamel.

Day 02: Fly to Lukla (2886m/9,437 ft.). Trek to Phakding (2,610m) 4 hours

Day 03: Trek to Namche (3450m./11,249 ft.), 6 hours

Day 04: Trek to Khumjung (3789m) via Sangboche hill, 3 hours

Day 05: Trek to Dole village (4040m/13,211 ft.), 6 hours

Day 06: Trek to Machhermo village (4150m/13,571 ft), 4 hours

Day 07: Trek to Gokyo village (4750m/15,533 ft), 5 hours

Day 08: Gokyo valley and glacier lakes excursion day!

Day 09: Trek to Thagnak (4661m / 15,241 ft), 5 hours

Day 10: Dzongla (4830m/15,794 ft.) via Cho La Pass (5330m/17,429 ft.), 6 hours

Day 11: Trek to Lobuche (4930m/16,121 ft), 4 hours

Day 12: Trek to Everest Base Camp (5364m/17,540 ft.), 7 hours

Day 13: Hike to Kala Patthar (5545m/18,132 ft.). Descend to Pheriche (4243m.), 9 hours

Day 14: Trek to Namche Bazaar (3440 m/12,249 ft.), 5 hours

Day 15: Trek to Lukla (2886 m/9,337 ft.), 6 hours

Day 16: Scenic mountain flight from Lukla to Kathmandu.

Day 17: Final departure from Kathmandu.

## **Details Itinerary**

### **Day 01: Arrival at Kathmandu and Check into Hotel & walking around for shopping**

As you arrive on Tribhuvan International airport: Kathmandu Nepal, our company member will welcome you and drop you to hotel. Walking around thamel and In the evening, you will have welcome dinner in cultural restaurant. Meeting with guide and discussion about trip can be done on the mean time.

Night stay at hotel

### **Day 02: Fly to Lukla (2886m/9,437 ft). Trek to Pakhding (2698m /8,822 ft.), 5 hours**

We will leave hotel of Kathmandu and head towards Ramechhap airport in the early morning for Lukla flight which take 4 hrs from Thamel. The short mountain flight (20min) lands you on Lukla, the gateway of Everest region.

The glimpse of Himalayan beauty from the flight, and scenic beauty of Lukla will definitely give glow in you. After having breakfast in Lukla, we will start our walk. Descending from Lukla, we will pass villages, mani walls, chorten and reach the bank of Dudhkoshi. The burble of dudhkoshi increases as we cross suspension bridges.

After around 4 hours of walk on the bank of Dudhkoshi, we will reach Pakhding and stop our walk. Pakhding is beautiful village on DudhKoshi valley, Khumbu region. It serves good accomdation.

Night stay in tea house of Pakhding.

### **Day 03: Trek from Pakhding to Namche (3450m /11,249 ft.), 6 hours**

After having breakfast in Pakhding, we begin our walk towards Namche. Uphills, stony path, crossing suspension bridge and enjoying the rhododendron forest we will enter Sagarmatha national park, Manjo village. Take permit and start walk on pine trial. The cold wind, fluttering prayers flag, Chorten, and mani walls fills joy in us.

Namche, the thamel of Himalaya arrives as we complete a long walk on off road. The highest mountain around Namche, the beautiful houses, market and hospitality of Sherpa welcomes us. Choosing one of the tea house, we will take rest and have food.

Night stay in tea house of Namche bazaar.

### **Day 04: Trek to Khumjung (3789m) via Sengboche hill, 3 hours**

As soon we finish breakfast, our trial begins towards Khumjung. Leaving Namche behind, we walk uphill, the narrow path in-between rocky walls. The green forest along the path gives freshness. The more we ascend upward, downward scenery becomes more attractive. You will have Everest view along with many Snowy mountain far away in horizon.

Slowly we decend down to Khumjung, the valley on high altitude with glimpse of white Himalaya and green mountain around. After having lunch in Khumjung we will walk towards Sangboche. Passing the educational institute, hostel, Sengboche airport, and visit Khumjung village. We will also

Interact with local people, enjoy with beauty of place. We will walk only around 3 hours so that our body will rest and acclimatize.

Night stay in Khumjung

#### **Day 05: Trek to Dole village (4040m/13,211 ft), 6 hours**

As we leave Khumjung, the view of different mountain ranges along with of Mt. Everest, Ama Dablam, Tamserkhu makes the moment precious. At the beginning we will have narrow trail, afterward have wide path with staircase ascending and descending along with respected landscape.

We will reach Mong village, have lunch and began our walk. The rhododendron forest, Himalayan glimpse remain in our surrounding. We will walk downhill the following staircase and reach Dole village and enjoy its amazing beauty. After around 6 hours of walk from Khumjung, we will reach Dole village. Night stay in Dole village.

#### **Day 06: Trek to Machhermo village (4150m/13,571 ft), 4 hours**

Day by day we will ascend to high elevation until we reach Gokyo. Today's trial is less challenging than previous days. We will leave Dole village and start walk above tree line. The reduced vegetation, rocky surrounding begins as we move forward.

The glorious view of snowcapped Cho Oyu, fifth highest peak of the world adds beauty of the place. The straight path gives us comfort even we will be in high altitude. After around four hour of walk we will reach Machhermo village, surrounded by white Himalaya.

Night stay in tea house of Machhermo.

#### **Day 07: Trek to Gokyo village (4750m/15,533 ft), 5 hours**

Our trail begins with ascending path over rocks. The chortens, Phang village passes and the area of Dudh Koshi valley seems more expanding with increase in elevation. The scenic beauty includes the largest glacier of the world Ngozumba glacier towards the south.

The wonderful Longpunga tho, (1st gokyo lake), Taujung Tsho (2nd Gokyo lake and Gokyo Tsho (3rd Gokyo lake) gives majestic view from the hill top. We will descend to Gokyo valley – a small village settled on the bank of Gokyo lake.

Night stay in tea house of Gokyo lake.

### **Day 08: Gokyo valley and glacier lakes excursion day!**

Today we will take a break, a rest day for exploring Gokyo lakes. We will climb Gokyo ri (Gokyo peak, 5360m) early in the morning. Enjoy the sunrise view along with Mt. Everest, Lhotse, Makalu, and Cho Oyu from the summit.

After having breakfast we will visit Gokyo valley. We will spend enough time on the bank of all three Gokyo lakes: Longpunga lake, Taujung lake and Gokyo lake.

Night stay in tea house of Gokyo lake

### **Day 09: Trek to Thagnak (4661m / 15,241 ft), 5 hours**

From Gokyo lake we will descend to Taujung lake and trek towards Thagnak. The path is less challenging and totally with non-green surrounding. You will pass nearby Ngozumba glacier. The snowcapped hills surrounds you.

Around five hours of walk on rocky trail, moranes and snowy path we will reach Thagnak. Night stay in Thagnak

### **Day 10: Dzongla (4830m/15,794 ft) via Cho La Pass (5330m/17,429 ft), 6 hours**

The most challenging trail of the trek comes while we start our walk from Thagnak. We will leave thagnak before 6 am and start our walk on rocky trail, the fluttering prayer flag from Cho la Pass welcomes us. The panoramic view of Mt. Everest, Cholatse soar, Ama Dablam, Baruntse, Lobuche from Cho La Pass (5330m

/ 17, 429ft) will makes our more special.

As we leave Cho la pass, we should become very careful while crossing crevasses (snow cracks). Up hills and downhills on rocky trail takes us to Dzongla (4830m / 15,794 ft), a small valley on Khumbu region. Night stay in tea house of Dzongla

### **Day 11: Trek to Lobuche (4930m/16,121 ft.), 4 hours**

We will start our trek after having breakfast in Dzongla. The moranes, glacier lakes, view of Cholatse and Taboche peaks pass behind us as our walk proceeds forward. The great Ama Dablam smiles to us before we reach the end point of Khumbu Glacier valley, Lobuche.

The frequent wind, non-green, rocky surrounding is a common feature of Lobuche. Night stay in Lobuche.

### **Day 12: Trek to Everest Base Camp (5364m/17,540 ft), 7 hours**

After having breakfast in Lobuche we will ascend toward Gorekshep, the last settlement below Everest base camp. Passing the moranes, enjoying the close-up view of Mt. Pumori, and Nuptse, we will reach Gorekshep.

We will take rest, have lunch and start our walk towards Everest base camp leaving our backpack in the room of Gorekshep tea house. After around 45min we will reach Everest base camp, the foot of Mount Everest. The pleasing moment definitely spreads joy and happiness on you as you step on Everest base camp.

Following the moranes, walking on snow and rocky trail, we will return to Gorekshep after spending enough time on Everest Base camp. Since the wind blows hard and temperature falls very low, we should not spend more hours on Everest base camp.

Night stay on Gorekshep.

### **Day 13: Hike to Kala Patthar (5545m/18,132 ft). Descend to Pheriche (4243m.), 9 hours**

With the aim of reaching Kala Patthar before sunrise, we will wake up in sharp morning, 4am and ascend towards Kalapatthar. The snowy surrounding, walk on the mountain makes you more

adventurous trekker. The morning view of Mt. Everest close to you, rising sun behind the mountain will be much attractive beyond the imagination.

After stepping on Kalapatther, we will take photographs and video of majestic view of Mt Everest, sunrise and the divine snowy surrounding then return back to Gorekshep.

We will leave Gorekshep, and descend towards Pheriche. The more we descend down the glorious view of Mt Everest goes far from us. Until we are in Khumbu region, the snowcapped peaks always remain around us and our eyes will pleasantly view the glory of wonderful scenery throughout our trek.

Night stay in Pheriche.

#### **Day 14: Trek to Namche Bazaar (3440 m/12,249 ft), 5 hours**

After having breakfast with Mountain View from Pheriche, we will descend down to Namche Bazaar. Passing different villages Monasteries, mani walls and Chorten we will reach Namche after around 5 hours.

Night stay in Namche Bazaar.

#### **Day 15: Trek to Lukla (2886 m/9,337 ft.), 6 hours**

The descending path remains quite easy, after leaving Himalayan Thamel, Namche. Passing Manjo village, and Sagarmatha national park, we will reach down to Pakhding. The trail on the bank of Dudhkoshi, many times over suspension bridges we will reach Lukla.

Night stay in Lukla

#### **Day 16: Scenic mountain flight from Lukla to Ramechhap.**

Depending on the time of Flight, we will wake up earlier and return to Ramechhap with mountain Flight from Lukla to Ramechhap Then we will take jeep to back KTM. The long Journey to Gokyo,

Chola pass successfully come to the end point after landing Tribhuvan International airport, Kathmandu.

We will check into a hotel and take rest. In the evening you will have farewell dinner with company members.

Night stay in Hotel.

### **Day 17: Final departure from Kathmandu.**

One of our company member will drop you at Airport and remain with you until your flight. The Gokyo Cho la pass trek completes as you depart from Nepal.

### **Included in the Cost**

- ✓ Airport pickups and drops in a private vehicle
- ✓ Domestic Flight from Kathmandu to Lukla and Back to Kathmandu.
- ✓ Hotel accommodation; 2 night in Kathmandu with breakfast
- ✓ All Teahouse accommodation with meals (breakfast, lunch and dinner) during the trek
- ✓ An experienced, English-speaking and government-licensed trek guide
- ✓ Porter service (2 trekkers: 1 porter, if have min two pax)
- ✓ Staff costs including their salary, insurance, equipment, food and accommodation
- ✓ All necessary paperwork and trekking permits
- ✓ All government and local taxes
- ✓ Sleeping bag (returnable after trek) & achievement Certificate

### **Excluded in the Cost**

- ☒ International airfare to and from Kathmandu
- ☒ Excess baggage charges



- Lunch and dinner in Kathmandu
- Extra night accommodation in Kathmandu in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guide(s), porter(s) and driver(s)

## Check list

Recommended Gear Lists:

- 01.) Good wind/rain jacket
- 02.) Warm fleece jacket or jersey
- 03.) Good boots, either light-weight trekking boots or light full leather boots
- 04.) Good -20 Sleeping bag (which can be rented or buy in Kathmandu)
- 05.) A comfortable day pack, preferably with a waistband.
- 06.) Fleece jacket or pullover
- 07.) Fleece Wind-Stopper jacket (optional)
- 08.) Waterproof (preferably breathable fabric) shell jacket
- 09.) Down vest and/or jacket (optional)
- 10.) Lightweight gloves
- 11.) Heavyweight gloves or mittens with a waterproof shell outer
- 12.) Sun hat or scarf
- 13.) Light balaclava or warm fleece hat
- 14.) Sunglasses with UV protection

- 15.) T-shirts
- 16.) Underwear
- 17.) Hiking shorts
- 18.) Light and expedition weight thermal bottoms
- 19.) Fleece or wool pants
- 20.) Waterproof (preferably breathable fabric) shell pants
- 21.) Thin, lightweight inner socks
- 22.) Thick, warm wool hiking socks
- 23.) Hiking boots with spare laces
- 24.) Camp shoes (sneakers and/or sandals)

**Other optional necessary equipment:**

- 1.) Headlamp (e.g. Petzl Zoom) with spare bulbs and batteries
- 2.) Small pad or combination lock-to-lock trek bag
- 3.) Basic First Aid Kit (We also provide a comprehensive first aid medical kit and Oximeter)
- 4.) Large plastic bags - for keeping items dry inside trek bag
- 5.) Day pack (approximately 2500 to 3000 cubic inches)
- 6.) Water bottles (2 bottles recommended)
- 7.) Toiletries
- 8.) Small wash towel

**1. Booking**

Booking your trek prior to your arrival in Nepal will allow time for permits to be issued, and questions to be answered, and will make the process a lot easier for you.

## 2. Payment

When booking one of our tours, you must provide 10% of the cost up front in order to reserve your trip date. The remainder of the cost can be paid later, upon arrival in Kathmandu.

More Details:

<https://www.missionsummittreks.com/trip/gokyo-cho-la-pass/>

Condition

<https://www.missionsummittreks.com/terms-and-conditions/>

## Thanks and Regard

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