



● Trekking at a Glance

DURATION

18 Days

MAX ALTITUDE

5368 m

BEST TIME

Mar-May/Sep-Nov

ACCOMMODATION

Hotel , Tea House & Lodge

THE OVERVIEW

Located in the Everest region, the Gokyo Everest Base Camp Trek via Chola Pass is one of the most popular trekking routes in the Khumbu region of Nepal. This trek gives you the chance to set foot at the base of the world's highest mountain, Mount Everest. The trek starts with a picturesque flight to Lukla and follows the Dudh Koshi River toward Namche Bazaar. From here, the route passes through Dole, Machherma, and ultimately to the stunning Gokyo Lake. After visiting the beautiful Gokyo Valley and taking in panoramic views from Gokyo Ri, you will cross the challenging Chola...

01

Arrival in Kathmandu

Arrive in Kathmandu, Nepal's capital, and meet your guide at the airport. You'll be transferred to your hotel, where you can relax and prepare for the upcoming adventure. The rest of the day is free for you to rest or explore the local area.

ALT: 1,400m

02

Fly to Lukla and Trek to Bengkar

After an early breakfast, you'll take a 35-minute scenic flight to Lukla. From Lukla, begin your trek towards Bengkar, passing through Sherpa villages and lush forests, crossing suspension bridges along the Dudh Koshi River. This is a relatively easy day to adjust to the altitude and get acquainted with the trekking terrain.

ALT: 2630 m MEAL: Breakfast, Lunch, Dinner

03

Trek from Bengkar to Namche Bazaar

On this day, the trek becomes a bit more challenging as you ascend towards Namche Bazaar. You'll pass through forests, cross bridges, and enjoy beautiful views of the surrounding peaks. As you approach Namche, the first view of Everest will surprise and motivate you to keep going. Namche Bazaar is the hub of the Khumbu region and offers amazing views of the mountains.

ALT: 3440 m MEAL: Breakfast, Lunch, Dinner

04

Acclimatization Day at Namche Bazaar (Everest View Hotel & Khumjung)

This acclimatization day helps your body adjust to the altitude. You will hike to the Everest View Hotel (3,880m) for stunning views of Mount Everest, Lhotse, and Ama Dablam, then continue to the traditional Sherpa villages of Khumjung and Khunde. After exploration, trek back to Namche Bazaar for overnight stay.

ALT: 3,440m HIKE: 3-4 hrs MEAL: Breakfast, Lunch, Dinner

05

Namche Bazaar to Tengboche

Trek from Namche to Tengboche through beautiful rhododendron forests with breathtaking views of Everest, Lhotse, and Ama Dablam. After descending to Phunki Tenga, climb uphill to Tengboche, home to the famous Tengboche Monastery, the spiritual center of the Khumbu region.

ALT: 3,860 m HIKE: 5-6 hrs MEAL: Breakfast, Lunch, Dinner

06

Tengboche to Dingboche

Leaving Tengboche, descend through forests to cross the Imja Khola before trekking through Pangboche village. The trail opens into alpine landscapes with impressive views of Ama Dablam, Island Peak, and Lhotse as you continue to Dingboche for the night.

ALT: 4,410m HIKE: 5-6 hrs MEAL: Breakfast, Lunch, Dinner

07

Rest Day

Another acclimatization day. The idea is to allow your body time to adjust before heading to higher altitudes. You can take an optional hike up to Nangkartshang Ri, which is a viewpoint offering panoramic views of Ama Dablam, Lhotse, and Makalu.

ALT: 4,410m HIKE: 3-4 hrs MEAL: Breakfast, Lunch, Dinner

08

Dingboche to Lobuche

After a good rest, you'll continue the trek to Lobuche, a village with stunning mountain views. The trail becomes steeper as you leave Dingboche and head through the Thokla Pass to Lobuche.

ALT: 4910 m **HIKE:** 5 hrs **MEAL:** Breakfast, Lunch, Dinner

09

Lobuche to Everest Base Camp

This is the day when you reach Everest Base Camp (EBC)! After a tough ascent from Lobuche, you'll reach Gorak Shep, where you can enjoy views of Mount Everest, Nuptse, Lhotse, and Pumori. Then, a short trek to Everest Base Camp will give you the ultimate thrill of standing at the foot of the world's highest peak. Afterward, return to Gorak Shep for the night.

ALT: 5360 m **HIKE:** 7-8 hrs **MEAL:** Breakfast, Lunch, Dinner

10

Gorak Shep to Dzonglha

After visiting Everest Base Camp, trek back to Gorak Shep and then head to Dzonglha. The trail to Dzonglha provides great views of Cholatse and Ama Dablam.

ALT: 4830 m **HIKE:** 5 hrs **MEAL:** Breakfast, Lunch, Dinner

11

Dzonglha to Cho La Pass

This is a tough day as you will cross the Cho La Pass, one of the highest points on the trek. The pass offers beautiful views and leads you to Dragnag for the night.

ALT: 5368 m **HIKE:** 7 hrs **MEAL:** Breakfast, Lunch, Dinner

12

Dragnag to Gokyo Lake

Continue on the trail to Gokyo Lake, passing through Dragnag and arriving at one of the most beautiful high-altitude lakes in the Himalayas. The area is known for its stunning views of Everest, Lhotse, and Makalu.

ALT: 4790 m **HIKE:** 6 hrs **MEAL:** Breakfast, Lunch, Dinner

13

Gokyo Lake to Gokyo Ri

Hike up to Gokyo Ri for panoramic views of Mount Everest, Cho Oyu, Lhotse, and Makalu. After spending some time at the top, descend back to Machherma for the night.

ALT: 5357 m **HIKE:** 5-6 hrs **MEAL:** Breakfast, Lunch, Dinner

14

Machherma to Khumjung

Trek down to Khumjung, a traditional Sherpa village. This peaceful village offers an opportunity to learn about Sherpa culture and traditions.

ALT: 3,780m **HIKE:** 5 hrs **MEAL:** Breakfast, Lunch, Dinner

15

Khumjung to Manjo

Continue descending to Manjo. The route offers scenic views of the surrounding valleys and peaks.

ALT: 2,840m **HIKE:** 5 hrs **MEAL:** Breakfast, Lunch, Dinner

16

Manjo to Lukla

Trek back to Lukla for the final night in the mountains. This is a downhill trek that brings you back to Lukla, where you can reflect on your amazing journey.

ALT: 2,850m **HIKE:** 7 hrs **MEAL:** Breakfast, Lunch, Dinner

17

Fly to Kathmandu

Fly back from Lukla to Kathmandu. Enjoy a free day to rest or explore the sights of the capital city.

ALT: 1,400m HIKE: 3 hrs (driving) MEAL: Breakfast

18

Departure

Transfer to Kathmandu Airport for your departure flight home.

ALT: 1,400m MEAL: Breakfast

END OF SERVICES

- What's Included

- Airport arrival and departure transfers
- Hotel accommodation in Kathmandu with breakfast (twin sharing)
- Teahouse / lodge accommodation during trek (twin sharing)
- Meals during trek: breakfast, lunch, dinner, tea or coffee a day
- Kathmandu–Lukla–Kathmandu flight ticket and local government taxes
- Porters (2 trekkers = 1 porter)
- Guide and porter insurance fee
- Khumbu Pasang Lhamu entry charge fee
- Khumbu National Park fee
- Kathmandu sightseeing tour
- Duffle bag
- First aid kit
- Filter drinking water

- What's Not Included

- International airfare
- Nepalese visa fee
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, etc.)
- Lunch and dinner in Kathmandu
- Tips for guide, porter and driver

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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