

From Gokyo Lakes to Everest: Crossing the Legendary Cho La Pass

Overview:

The Everest Base Camp Trek via Gokyo Lakes is one of the most spectacular trekking experiences in the world, offering a unique combination of high-altitude adventure, breathtaking Himalayan landscapes, and serene turquoise lakes. This route not only takes you to the legendary Everest Base Camp (5,364 m / 17,598 ft) but also allows you to explore the pristine Gokyo Lakes, considered some of the highest freshwater lakes in the world.

During this trek, we will pass through traditional Sherpa villages, lush forests, glacial rivers, and moraine valleys, gradually ascending to high-altitude settlements like Namche Bazaar, Dingboche, Lobuche, and Gokyo. Highlights include the challenging Cho La Pass (5,420 m / 17,782 ft), the panoramic viewpoint of Gokyo Ri (5,357 m / 17,572 ft), and the unforgettable views of Himalayan giants such as Mount Everest, Lhotse, Makalu, Ama Dablam, and Cho Oyu.

This trek combines adventure and cultural immersion, offering opportunities to witness the rich Sherpa heritage while experiencing the thrill of high-altitude trekking. Whether it's the glacial landscapes, tranquil lakes, or sunrise over Everest from Kala Patthar (5,545 m / 18,192 ft), this journey promises memories that will last a lifetime.

Quick facts:

Cost: USD per Person

Destinations: Lukla / Namche / Dingboche / Lobuche / Kala Patthar / Cho La Pass / Gokyo lake / Gokyo Ri

Duration: 18 Days

Trek starting point: Lukla

Trek ending point: Lukla

Grade: Challenge

Transportation: tourist coach / domestic flight

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 5,545 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

□ **Day 1: Arrive at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight at the hotel

□ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead.

Overnight at the hotel.

□ **Day 3: Fly to Lukla (2,840m) and Trek to Phakding (2,610m): Walking distance: 8km:3 – 4hours**

After an early breakfast, we will fly from Kathmandu (1,400 m / 4,600 ft) to Lukla (2,840 m / 9,317 ft). The short 35-minute flight offers spectacular views of the Himalayas, and landing on the hillside airstrip is an adventure in itself, with mountains towering on all sides and a steep drop at the end of the runway. The crisp mountain air and dramatic landscapes make it clear that we have entered the heart of the Everest region.

From Lukla, we will start our trek along a gentle trail towards Cheplung Village, enjoying the striking views of Mount Khumbila. The path then gradually descends through the Dudh Koshi River valley as we make our way to Phakding (2,610 m / 8,563 ft). Surrounded by lush hills and offering panoramic views of Kusum Kanguru, Phakding is a charming village with comfortable lodges that serve trekkers. The trek from Lukla to Phakding is approximately 8 km (5 miles) and takes around 3–4 hours, providing a relaxed start to acclimatize and soak in the Himalayan scenery. Overnight at a guesthouse in Phakding.

Note: THE WEATHER IN LUKLA IS VERY UNPREDICTABLE. SOMETIMES DUE TO BAD WEATHER, THE FLIGHT MAY BE DELAYED OR CANCELED. IF THE FLIGHT IS CANCELED, YOU WILL HAVE TO RETURN BACK TO THE HOTEL IN KATHMANDU. THE TRANSPORTATION BACK TO THE HOTEL AND ACCOMMODATION ON THIS NIGHT IS NOT INCLUDED. IF THE WEATHER IS CLEAR THE NEXT DAY, YOU WILL GET EITHER THE 3RD OR 4TH FLIGHT TO LUKLA. IF STILL, THE WEATHER IS NOT CLEAR, THERE WILL BE AN OPTION FOR HELICOPTER FLIGHT ALSO. THE COST FOR HELICOPTER FLIGHTS IS NOT FIXED. IT WILL BE QUOTED BY THE AIRLINES ON THE SAME DAY. YOU WILL HAVE TO PAY AN ADDITIONAL APPROX. 250 USD FOR THE HELICOPTER FLIGHT FROM KTM TO LUKLA. ALTHOUGH THIS PROBLEM IS RARE, IT IS OUR DUTY TO LET YOU KNOW IN ADVANCE.

▣ **Day 4: Trek from Phakding to Namche Bazaar (3,440m) : Walking Distance: 9.4km: 5 – 6 hours**

We will start our trek from Phakding (2,610 m / 8,563 ft) and follow the trail along the Dudh Koshi River, passing through traditional Sherpa villages and suspension bridges. The trail gradually ascends through pine and rhododendron forests, offering beautiful views of the surrounding hills and mountains. We will cross several small settlements before reaching Monjo (2,835 m / 9,301 ft), where we may stop for a short break. Continuing uphill, we will climb steeply to Namche Bazaar (3,440 m / 11,286 ft), the main trading hub of the Khumbu region. The trek covers approximately 10 km (6 miles) and takes around 5–6 hours, making it a moderate to challenging day that helps with acclimatization. Along the way, we will enjoy panoramic views of Thamserku and Kongde Ri, and take in the lively atmosphere of Namche Bazaar, surrounded by dramatic Himalayan peaks. Overnight at a guesthouse in Namche Bazaar.

▣ **Day 5: Rest day at Namche Bazaar**

We will take a rest day at Namche Bazaar (3,440 m / 11,286 ft) to allow our bodies to acclimatize to the higher altitude. During the day, we will explore the village, visit local markets, and enjoy the vibrant Sherpa culture. For those who wish to stretch their legs, we will take a short hike to the Everest View Hotel, which offers spectacular panoramic views of Mount Everest, Lhotse, and Ama Dablam. This day provides an excellent opportunity to rest, acclimatize, and take in the stunning Himalayan scenery before continuing the trek. Overnight at a guesthouse in Namche Bazaar.

▣ **Day 6: Trek from Namche Bazaar to Tengboche (3,867m): Walking distance: 9km: 5 – 6 hours**

We will start our trek from Namche Bazaar (3,440 m / 11,286 ft), gradually ascending through pine and rhododendron forests with breathtaking views of the surrounding Himalayan peaks. The trail passes through charming Sherpa villages and offers glimpses of terraced fields and local monasteries. After approximately 5–6 hours of trekking covering around 9 km (5.5 miles), we will reach Tengboche (3,867 m / 12,687 ft), famous for its Tengboche Monastery, one of the most important Buddhist monasteries in the Khumbu region. From here, we will enjoy panoramic views of Ama Dablam, Everest, Lhotse, and Thamserku, making it a memorable stop. The village provides cozy lodges for overnight stays, allowing time to relax and soak in the majestic surroundings. Overnight at a guesthouse in Tengboche.

▣ **Day 7: Trek from Tengboche to Dingboche (4,410m): Walking distance: 11km: 5-6 hours**

We will start our trek from Tengboche (3,867 m / 12,687 ft), descending slightly through rhododendron and pine forests before crossing the Dudh Koshi River. The trail then gradually ascends, passing traditional Sherpa villages and offering stunning views of Ama Dablam, Lhotse, and Island Peak. After approximately 5–6 hours of trekking covering around 11 km (7 miles), we will reach Dingboche (4,410 m / 14,468 ft), a scenic village in the Imja Valley. The village features cozy lodges and provides spectacular mountain views, making it an ideal stop for the night.

Overnight at a guesthouse in Dingboche.

▯ **Day 8: Hike from Dingboche to Nagarjun (5,100m) and return to Dingboche:**
Walking distance: 6 – 8km: 4 – 5 hours

At Dingboche (4,410 m / 14,468 ft), we will take a full day hike to Nagarjun (5,100 m / 16,732 ft), a hill that rises above the village on the edge of the Chhukung Valley. The trail begins gently through alpine meadows and rocky paths, gradually becoming steeper, making the climb both challenging and exciting. The round-trip hike covers approximately 6–8 km (4–5 miles) and takes about 4–5 hours. Along the way, we will enjoy sweeping views of Dingboche and the surrounding valleys, with the rugged Himalayan landscape unfolding around us. After reaching Nagarjun, we will be rewarded with panoramic views of Lobuche East (6,119 m), Lobuche West (6,145 m), Kangtega (6,685 m), Taboche (6,367 m), Thamserku (6,608 m), and Ama Dablam (6,856 m). On a clear day, the distant Makalu, the world's fifth-highest peak, can also be seen. After capturing memorable photographs, we will descend back to Dingboche to enjoy lunch, soak up the sun, and relax while taking in the serene Himalayan scenery. Overnight at a guesthouse in Dingboche.

▯ **Day 9: Trek from Dingboche to Lobuche (4,940m): Walking distance: 9km: 5 – 6 hours**

We will start our trek from Dingboche (4,410 m / 14,468 ft), gradually ascending through the Imja Valley. The trail passes small settlements, stone terraces, and moraine-covered slopes, offering scenic views of Ama Dablam, Lhotse, and Island Peak along the way. As we gain altitude, the landscape becomes more rugged, with fewer trees and more alpine terrain, giving a sense of the high Himalayas. After approximately 5–6 hours of trekking and covering around 9 km (5.5 miles), we will reach Lobuche (4,940 m / 16,207 ft), a small settlement nestled below the towering peaks. From here, we will enjoy spectacular views of Lobuche East, Pumori, and the Khumbu Glacier. The village offers several guesthouses, providing a warm and comfortable place to rest and prepare for the following day's trek toward the high Himalayas. Overnight at a guesthouse in Lobuche.

▯ **Day 10: Trek to Everest Base Camp (5,364m) and back to Gorakshep: Walking distance: 12km: 6 – 8 hours**

We will begin our trek from Lobuche (4,940 m / 16,207 ft), following the trail along the Khumbu Glacier toward the legendary Everest Base Camp (5,364 m / 17,598 ft). The path is rocky and challenging, offering dramatic views of Nuptse, Lhotse, and Khumbu Icefall. Along the way, we will cross glacial moraines and pass memorials dedicated to climbers, reflecting the spirit and history of mountaineering in the region. After approximately 6–8 hours of trekking covering around 12 km (7.5 miles) round trip, we will reach Everest Base Camp, where we can soak in the awe-inspiring views, take photographs, and experience the energy of the world's highest mountain. After spending time at Base Camp, we will descend to Gorakshep (5,164 m / 16,942 ft), a small settlement that serves as the starting point for many Everest summit expeditions. Gorakshep offers lodges where we can rest and prepare for the following day's climb to Kala Patthar for sunrise views. Overnight at a guesthouse in Gorakshep.

▮ **Day 11: Hike to Kala Patthar (5,545m) – Gorakshep and to Dzongla (4,830m):**
Walking distance: 15km: 7 – 9 hours

We will start early from Gorakshep (5,164 m / 16,942 ft) and hike to Kala Patthar (5,545 m / 18,192 ft), the famous viewpoint offering the most iconic panorama of Mount Everest, Nuptse, Lhotse, and the surrounding Himalayan peaks. The trail is steep and challenging, but the sunrise views and the breathtaking scenery make the effort unforgettable. After approximately 3–4 hours of hiking covering around 5 km (3 miles) round trip, we will descend back to Gorakshep for a short rest and lunch. From there, we will continue our trek toward Dzongla (4,830 m / 15,845 ft), crossing moraines and open alpine terrain. This stretch takes about 4–5 hours over 10 km (6 miles), offering spectacular views of Ama Dablam, Cholatse, and Taboche along the way. Dzongla provides cozy lodges for overnight stays and a chance to enjoy the peaceful high-altitude environment.
Overnight at a guesthouse in Dzongla.

▮ **Day 12: Trek to Dragnak/Thangna (4,730m) Via Cho La Pass (5,420m):**
Walking distance: 12 – 14 km: 8 – 9 hours

We will begin our trek early from Dzongla (4,830 m / 15,845 ft), heading toward the challenging Cho La Pass (5,420 m / 17,782 ft), one of the most spectacular high mountain passes in the Everest region. Cho La Pass is considered one of the riskiest and most adventurous sections of the Everest trek, and many trekkers, at first sight, consider turning back. However, by following the guidance of our experienced guide carefully and pacing ourselves, we can cross it safely. The trail ascends gradually at first, passing moraines and glaciers, before steepening as we approach the snow-covered pass. The climb is demanding, but the breathtaking views of Ama Dablam, Cholatse, and surrounding peaks make every step worthwhile. After reaching Cho La Pass, we will pause to admire the panoramic scenery and capture photographs before descending toward Dragnak/Thangna (4,730 m / 15,518 ft). The trek for the day covers approximately 12–14 km (7.5–9 miles) and takes about 8–9 hours, depending on conditions and breaks. Along the descent, we will traverse glacial terrain and rugged valleys, with dramatic views of Kangtega and Cho Oyu in the distance. Dragnak/Thangna offers basic lodges where we can rest and enjoy the high-altitude environment.
Overnight at a guesthouse in Dragnak/Thangna.

▮ **Day 13: Trek to Gokyo Lakes (4,790m): Walking distance: 12km: 5 – 6 hours**

We will start our trek from Dragnak/Thangna (4,730 m / 15,518 ft), heading toward the stunning Gokyo Lakes region. The trail passes through rocky paths and alpine meadows, offering breathtaking views of Cho Oyu, Taboche, and Ama Dablam, as well as the glacial landscapes of the Khumbu region. Along the way, we will cross moraine ridges and enjoy the unique serenity of this high-altitude valley. After approximately 5–6 hours of trekking covering about 12 km (7.5 miles), we will reach Gokyo (4,790 m / 15,715 ft), a picturesque settlement near the famous turquoise lakes. The area is renowned for its beauty and tranquility, with the largest lake, Gokyo Cho, reflecting the surrounding snow-capped peaks. This is a perfect spot to rest, explore the lakes, and capture memorable photographs of the Himalayas.
Overnight at a guesthouse in Gokyo.

▯ **Day 14: Hike to Gokyo Ri (5,357m) and Trek to Dole (4,200m): Walking distance: 11km: 4 – 5 hours**

We will start early from Gokyo (4,790 m / 15,715 ft) to hike up to Gokyo Ri (5,357 m / 17,572 ft), a panoramic viewpoint overlooking the entire Everest region. The trail is steep but rewarding, passing through rocky terrain and small ridges as we ascend. From the summit of Gokyo Ri, we will be treated to breathtaking vistas of Mount Everest, Lhotse, Makalu, Cho Oyu, and the turquoise Gokyo Lakes below. The sunrise over the Himalayas makes this hike an unforgettable experience. After spending time at the summit and capturing photographs, we will descend back to Gokyo for a short rest and lunch before continuing our trek toward Dole (4,200 m / 13,780 ft). The descent covers approximately 11 km (6.8 miles) and takes about 4–5 hours, passing through high-altitude valleys, glacial streams, and serene alpine scenery. This day offers a perfect combination of summit views and trekking through the tranquil landscapes of the Everest region. Overnight at a guesthouse in Dole.

▯ **Day 15: Trek from Dole to Namche Bazaar (3,440m): Walking distance: 15km: 6 – 7 hours**

We will start our trek early from Dole (4,200 m / 13,780 ft), gradually descending through alpine valleys and terraced slopes. The trail passes small Sherpa villages and glacial streams, giving a glimpse of daily life in the high Himalayas while offering stunning views of surrounding peaks such as Ama Dablam, Taboche, and Thamserku. After approximately 6–7 hours of trekking covering around 15 km (9 miles), we will reach Namche Bazaar (3,440 m / 11,286 ft), the bustling trading hub of the Khumbu region. Here, we can enjoy the vibrant atmosphere, rest in comfortable lodges, and soak in the panoramic views of the surrounding mountains. Overnight at a guesthouse in Namche Bazaar.

▯ **Day 16: Trek from Namche Bazaar to Lukla (2,840m): Walking distance: 18 – 20km: 6 – 7 hours**

We will begin our final trekking day from Namche Bazaar (3,440 m / 11,286 ft), descending through rhododendron and pine forests along the Dudh Koshi River valley. The trail passes charming Sherpa villages such as Phakding, offering glimpses of daily Himalayan life and scenic views of surrounding hills and rivers. After approximately 6–7 hours of trekking covering around 20 km (12.5 miles), we will reach Lukla (2,840 m / 9,317 ft), the gateway to the Everest region. Here, we can relax at the lodges and celebrate the completion of our incredible Everest–Gokyo Lakes trekking adventure. Overnight at a guesthouse in Lukla.

▯ **Day 17: Fly Back to Kathmandu (1,400m): 35 minutes**

After an early breakfast at Lukla (2,840 m / 9,317 ft), we will board our flight back to Kathmandu (1,400 m / 4,600 ft). The short 35-minute flight offers stunning aerial views of the Himalayan peaks and deep valleys we crossed during our trek, providing a final opportunity to soak in the grandeur of the region. Upon arrival in Kathmandu, we will be transferred to our hotel, where you can relax, freshen up, and reflect on the unforgettable journey through the Everest–Gokyo Lakes region. The day allows time to rest, enjoy the city, and celebrate the completion of an extraordinary trekking adventure. Overnight at a hotel in Kathmandu.

□ **Day 18: Departure day:**

After breakfast at your hotel in Kathmandu, we will conclude our journey together and transfer you to Tribhuvan International Airport for your return flight or next destination.

This marks the end of an unforgettable Everest–Gokyo Lakes adventure, filled with breathtaking Himalayan landscapes, rich cultural experiences, and memories to cherish for a lifetime.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Round-trip flights between Kathmandu and Lukla
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / homestay)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / private vehicle)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of the Guide and Porter
- ☒ Sagarmatha National Park Entry Permit
- ☒ Khumbu Pasang Lhamu Rural Municipality Entrance permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Lunch and dinner in Kathmandu and Pokhara
- ☒ 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
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadvise, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.