

Chola Pass Everest Base Camp Trek - 19 Days



DETAILED ITINERARY

Day 1: Arrival in Kathmandu (1350m): Transfer to Hotel in Kathmandu

Day 2: Kathmandu to Lukla flight and trek to Phakding (2610m): 4 hours

Day 3: Trek from Phakding to Namche Bazar (3440m): 6 hours

Day 4: Rest Day in Namche Bazar

Day 5: Namche Bazar to Tenboche (3867m): 6 hours

Day 6: Trek from Tenboche to Dingboche (4410m): 6 hours

Day 7: Free Day in Dingboche

Day 8: Trek from Dingboche to Lobuchen (4940m): 6 hours

Day 9: Lobuche to Gorakshep (5170m) and Everest Base Camp Hike

Day 10: Kalapther hike before the breakfast and after the breakfast back to Lobuche

Day 11: Trek from Lobuche to Dzongla (4843m)

Day 12: Trek from Dzong La to Thangnak via Chola Pass(5367m): 6-7 hours

Day 13: Trek to Gokyo Lake (4800m)

Day 14: Gokyo Ri hike and stay over night at Gokyo

Day 15: Gokyo to Dole (3680m)

Day 16: Dole to Manjo / Phanding

Day 17: Manjo to Lukla

Day 18: Lukla to Kathmandu by plane

Day 19: Departure

