

Gokyo Chola Pass Trek

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Gokyo Chola Pass Trek

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Trip Code

GC2026

Activity

Trekking

Duration

16

Max. Altitude

5550m

Activity Per Day

5-9 hours

Per Person From

USD 1,395

Challenging

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s

Destination

Nepal

Start / End Point

Kathmandu / Kathmandu

Region

Everest Region Treks

Best Season

Spring and Autumn

Transportation

Flight to Lukla

Group Size

1 - 14

Accommodation

Guest house

BLD

Breakfast, Lunch and Dinner

Welcome to Everest region Trek

Gokyo Chola pass Trek especially for those looking for less congested paths. It has fewer foot traffic and still offers numerous highlights compared to Everest regions. The main attractions of this trekking route are hiking the largest glacier edgeways in the Himalayas, Ngozumpa Glacier, and the turquoise lake system of Gokyo, which is accompanied by six glacial lakes. These lakes range in altitude from 4,700m to 5,000m, making them some of the highest freshwater lakes in the world.

Gokyo lake is situated in the stunning Sagarmatha National Park, home of Mount Everest, the Gokyo Lakes Trek provides an amazing chance to stand at Gokyo Ri (5,357 m), which is at the same altitudes as Everest Base Camp. From here, you can enjoy some of the most breathtaking views you will ever get of Everest, Lhotse, and Cho Oyu, as well as several other highlands.

Depending on whether you forgo the trip to Lukla, whether you reach Everest Base Camp, and other factors, the total time needed to finish this journey can range from 15 to 20 days. The remaining time will vary based on your hiking speed, the number of days you need to acclimate, etc.

Why Gokyo Chola Pass trek?

Gokyo - Chola Pass Trek for discovering five of the world's tallest and most beautiful peaks. These are all of the above 8000-meter peaks:

- **Mt. Cho Oyo** 8,188 meters (26,864 feet)
- **Mt. Makalu** 8,485 meters (27,838 feet)
- **Mt. Kanchenjunga** 8,586 meters (28,169 feet)
- **Mt. Lhotse** 8,516 meters (27,940 feet) and
- **Mt. Everest** 8,848.86 meters (29,031.7 feet) the top of the world.

Experience six wonderful alpine lakes in Gokyo valley at an elevation of 4700 meter, Walk the beautiful route, which is less crowded than the well-known, traditional Everest base camp route.

Itinerary

Day 01: Arrival in Kathmandu and transfer to hotel (1400m).

When arrive at Kathmandu international airport, our team will pick up you and transfer to hotel where we or you booked.

Altitude: 1400 meters Kathmandu valley.

Distance / Time duration: 12-13 km from airport to Thamel about 30 minute drive to transfer hotel.

Food and drinks: Lunch and Dinner separate, and Breakfast included.

Accommodations: Star Level hotel in Thamel, Kathmandu.

Highlight of the day:

Kathmandu valley and the Himalayan ranges from airplane.

Hotel in Thamel and explore shops surrounding.

First experience in Kathmandu and Thamel discover.

Wonderful evening to walk in Thamel Bazar.

Drive Distance

6-7 km

Drive Duration

45 minuts

Highest Altitude:

1400m

Meals:

BB

Place:

Kathmandu

Accommodation:

hotel

Day 02: Fly to Lukla and trek to Phakding

Its depends from where flying to Lukla, from Kathmandu or Ramechhap. If from Ramechhap then have to drive at 01:00 am to take a flight and if you are flying from Kathmandu to Lukla then you have to wake up at 4-5 o'clock in the morning and drive to 30 minutes to airport.

Ititude: 2610m. altitude of Phakding village.

Distance/ Time duration: 8km, about 3-4 hour walking.

Elevation gain: 1300m, Kathmandu 1300 to Phakding 2600m.

Trails difficulty: Easy starting day after flight to Lukla.

Food and Drinks: Breakfast / Lunch and / Dinner.

Accommodations: Tea-houses sharing basis.

Highlights of the day:

Amazing lukla flight and airport.

Beautiful khumbu valley with Dudhkodi Rive.

Lukla touristic, and shopping place.

Monastery and Sherpa culture.

Mt. Kusum khang view from Tharakoshi.

Phakding village and first starting trek to Gokyo.

Trek Distance:

9 km

Trek Duration

4-5 hours

Highest Altitude:

2810m, Lukla

Flight Hours:

25-30 minutes

Meals:

breakfast lunch dinner

Place:

Phakding

Accommodation:

guest house

Day 03: Trek to Namche Bazar

The second day of trekking, gradually ups and down. Today gaining most of the altitude after the lunch, so be ready to make it easily to Namche.

Altitude: 3440 m, Namche Bazaar.

Distance/ Time duration: 11- 12 km, 6-7 hour trekking.

Elevation gain: 830m, altitude different then Phakding.

Trails difficulty: Moderate Gradually ups and down.

Food and Drinks: Breakfast / Lunch and / Dinner.

Accommodations: Tea houses and guest houses.

Highlights of the day:

Dudhkoshi valley and suspension bridges.

Manjo, where entering Sagarmatha national park.

Some wildlife on the cliff side.

Hilary bridge and buggy-jump.

Views of Mt Everest, Thamserku, Cholatche, Kongde peak and ranges.

A beautiful and famous Namche village.

Trek Distance:

10 km

Trek Duration

5-6 hours

Highest Altitude:

3440m

Meals:

breakfast lunch dinner

Place:

Namche bazar

Accommodation:

guest house

Day 04: Hike to Everest View hotel and stay in Namche Bazar

This is the hiking and exploring day in Namche village. After breakfast hike to Everest view hotel and explore Namche village. There are so many different activities you can do in Namche and Khumjung valley.

Altitude: 3880 m, Everest view hotel.

Distance/ Time duration: 12.5 km, round trip,

Elevation gain: 440 m, good hiking pace.

Trails difficulty: Easy to climb to view point and back.

Food and Drinks: Breakfast / Lunch and / Dinner.

Accommodations: Tea-houses

Highlights of the day:

Namche viewpoint and museum.

Everest view hotel and wonderful panoramic views.

SPCC visit for activities.

Khumjung valley and Sherpa culture.

Syangboche airport between mountains.

First panoramic mountains views.

Local Market in Namche bazar.

Highest Altitude:

3800m

Meals:

breakfast lunch dinner

Place:

Namche bazar

Accommodation:

guest house

Day 05 : trek to Dole

Namche to Dole is quite difficult trails. Gradual trails to Kyanjuma and then steep ascent to Mongla danda. After that descend to the Phortse Tenga and climb up to Dole.

Altitude: 4110 m, Dole village.

Distance/ Time duration: 12.5 km, 6-7 hour trekking.

Elevation gain: 670 m, altitude different than Namche.

Trails difficulty: Challenging to Dole steep ascent.

Food and Drinks: Breakfast / Lunch and / Dinner.

Accommodations: Tea house basic facility.

Highlights of the day:

Beautiful rhododendron forest.

Wonderful views of Mt. Amadablam.

Great view of Mt. Everest and ranges.

Musk deer and Danphe can see near Kyanguma.

Amazing Tengboche monastery and valley views.

Dole village and the mountains ranges.

Travel Tips: start early in the morning for clear views, walk slowly to avoid altitude sickness, drink enough water, use walking poles on steep ascent.

Trek Distance:

12 km

Trek Duration

6-7 hours

Highest Altitude:

4410 m

Meals:

BLD

Place:

Dole

Accommodation:

Basic tea house

Day 06: Trek to Maschermo

The trails to Machhermo is easy flat way but the altitude makes it moderate with panoramic views of surrounding Himalayan ranges.

Altitude: 4470 m, Machhermo village.

Distance/ Time duration: 6km, 4 hour trekking.

Elevation gain: 360 m, from Dole village.

Trails difficulty: Moderate and gradual trails.

Food and Drinks: Breakfast / Lunch and / Dinner.

Accommodations: Basic to comfortable guest- house.

Highlights of the day:

Surrounding mountains views.

Beautiful Dole, Luzza and Machermo village.

First view of Mt. Cho-oyu 8201 m.

Yak caravanas to transport daily uses things.

Medical post in Machhermo for information about altitude.

Some wild animals and birds can seen.

Note: we are above the altitude of 4000m, so highly advice you to flow proper latitude precaution for avoid altitude sickness.

Trek Distance:

6 km

Trek Duration

4 hours

Highest Altitude:

4470

Meals:

breakfast lunch dinner

Place:

Machermo

Accommodation:

guest house

Day 07: Trek to Gokyo lake and Hike to Gokyo ri

Machermo to Gokyo lake is about 4-5 hours trekking. Passing through wonderful alpine bushes, panoramic views and valleys are encouraging to go more higher and higher. Through amazing first and second Lakes passing will arrive third lake is Gokyo lake, stay overnight here.

Altitude: 4790 m, Gokyo lake for the night.

Distance/ Time duration: 7 km, 4-5 hours trekking time.

Elevation gain: 320 m, higher then Machhermo.

Trails difficulty: Moderate, gently ascent to Gokyo.

Food and Drinks: Breakfast / Lunch and / Dinner.

Accommodations: Basic to comfortable tea-house.

Highlights of the day:

Passing wonderful valleys and panoramic views.

Passing two Lakes and arrive Gokyo lake.

Amazing views of Mt. Cho-oyu.

Explore the Glassier near by Golyo lake.

Discovering Gokyo and Lakes.

Gokyo -Ri 5360 m, a panoramic viewpoint.

Trek Distance:

7km

Trek Duration

4-5 hours

Highest Altitude:

4790m

Meals:

breakfast lunch dinner

Place:

Gokyo lake

Accommodation:

guest house

Day 08: Trek to Thanknak

Early in the morning, start hike to Gokyo-Ri, one of the main highlights of the trek. It is hard and challenging to get top of the Ri, but the unbelievable views of Himalayas are amazing experience. Hike to Gokyo-Ri is worth hike in this trek. After this wonderful experience trek back to Gokyo and trek continue to Thangnak.

Distance/ Time duration: 10-11 km, round Gokyo-ri and back 7 - 8 hours.

Elevation gain: 10m, from Gokyo lake.

Trails difficulty: challenging to Gokyo-Ri after Thangnak.

Food and Drinks: Breakfast / Lunch and / Dinner.

Accommodations: Basic teahouses.

Highlights of the day:

Main highlight of the Trek Gokyo-Ri 5360m.

Wonderful 360° panoramic view from ri.

Memorable experience Gokyo - ri, and Valley.

On the way to Thangnak crossing glacier.

Trek Distance:

5-6 km

Trek Duration

5 hours

Highest Altitude:

4800m

Meals:

breakfast lunch dinner

Place:

Thangnak

Accommodation:

guest house

Day 09: Trek to Zongla over Chola pass

Early in the morning, start trek to Zongla over Cho-La (5420m), one of the main highlights of the trek. It is hard and challenging to get top of the Cho-La pass, but the unbelievable views of Himalayas and best achievement with beautiful experience. After this wonderful experience trek continue to Zongla.

Distance/ Time duration: 10-11 km, 8 - 9 hours.

Elevation Gain: 130m, from Thangnak.

Trails difficulty: challenging to Cho-la pass after easy way descend to Zongla.

Food and Drinks: Breakfast / Lunch and / Dinner.

Accommodations: Basic teahouses.

Highlights of the day:

Most challenging of the Trek Cho-La pass 5420m.

Wonderful Experience of the Himalayan region.

Memorable experience and Achievement in lifetime.

Beautiful Everest base camp valley.

Trek Distance:

10 km

Trek Duration

7-8 hours

Highest Altitude:

5420 m Cho-la pass

Meals:

breakfast lunch dinner

Place:

Zongla

Accommodation:

guest house

Day 10: Trek to Laboche

After hard day, start your easy trek to Lobuche, with wonderful Himalayan valley and mountain ranges.

Distance/ Time duration: 6 km, 4-5 hours.

Elevation Loss: 1500m, from Zonngla.

Trails difficulty: Easy and short way to Lobuche.

Food and Drinks: Breakfast / Lunch and / Dinner.

Accommodations: Basic tea-houses.

Highlights of the day:

Wonderful Himalayan valley.

Next to the Everest region.

Beautiful valley views of Pheriche.

Trek Distance:

6 km

Trek Duration

4 hours

Highest Altitude:

4910m

Meals:

breakfast lunch dinner

Place:

Lobuche

Accommodation:

Basic guest house

Day 11: Trek to Gorakshep (5164m).

Lobuche - Lobuche pass - Gorakshep: one of the best highlight of the trek, to Stay at Gorakshep and hiking to Everest Base camp. Most popular trekking destination among the trekkers. Enjoy the day with wonderful experience in the Himalaya.

- **Altitude:** 5164m, Gorakshep.
- **Distance/ Time duration:** 5km, about 3 hours.
- **Elevation gain:** 254m, from Lobuche.
- **Trails difficulty:** Altitude challenging.
- **Food and Drinks:** Breakfast, Lunch and Dinner.
- **Accommodations:** Tea - Houses
- **Highlights of the day:**
 - Lobuche pass with panoramic mountain views.
 - Gorakshep, Last settlement in the Everest Base camp trek.
 - Hiking to most popular destination EBC.

Trek Distance:

3 km

Trek Duration

4 hours

Highest Altitude:

5360m

Meals:

breakfast lunch dinner

Place:

Gorakshep

Accommodation:

guest house

Day 12: Trek to Dingboche

Early in the morning hike to Kalapathar 5550m for the wonderful views, and after that back to Gorakshep, breakfast and easy way back to Lobuche.

- **Distance/ Time duration:** 16km, 7-8 hours from Gorakshep.
- **Trails difficulty:** Easy way back to Dingboche.
- **Food and Drinks:** Breakfast, Lunch and Dinner.
- **Accommodations:** Teahouses.
- **Highlights of the day:**
 - Hiking to Kalapathar 5550m.
 - Wonderful views from Kalapathar.
 - Last views for this time of EBC.

Trek Distance:

15-16 km

Trek Duration

7-8 hours

Highest Altitude:

5550m

Meals:

breakfast lunch dinner

Place:

Dingboche

Accommodation:

guest house

Day 13: Trek to Namche

Dingboche - Somare - Pangboche - Diboche - Tengboche - Namche. It is easy way back to Namche but long distance. The views are amazing surrounding by. Leaving a footprints and taking memory saying bye bye Everest view until next trip.

- **Distance/ Time duration:** 20km, 6-7 hours
- **Elevation loss:** 931m from Dingboche.
- **Trails difficulty:** easy way descending but long distance.
- **Food and Drinks:** Breakfast, Lunch and Dinner.
- **Accommodations:** Teahouse in Namche.

Highest Altitude:

4410m

Meals:

breakfast lunch dinner

Place:

Namche

Accommodation:

guest house

Day 14: Trek back to Lukla

This is the easy descend to Lukla but it is long day to get in Lukla. Start your trek earlier and enjoy the rest of time in Lukla- last day of your trekking for this time. Next day fly to Kathmandu.

- **Distance/ Time duration:** 18-20km, 6-8 hours trek.
- **Trails difficulty:** Moderate descend with ups and down.
- **Food and Drinks:** Breakfast / Lunch and / Dinner.
- **Accommodations:** Comfortable Tea-house.

Trek Distance:

19 km

Trek Duration

7-8 hours

Highest Altitude:

2810m

Meals:

breakfast lunch dinner

Place:

Lukla

Accommodation:

guest house

Day 15: Fly back to Kathmandu

Early in the morning flight to Kathmandu and rest of the day exploring Kathmandu city and shopping in Thamel.

- **Flight Time duration:** 25-30 minutes flight.
- **Food and Drinks:** Breakfast provide.
- **Accommodations:** BB plan hotel in Thamel or Buddha.
- **Highlights of the day:**
 - Amazing Lukla flight back to Kathmandu.
 - Discover Kathmandu valley.

Note: that in the peak season the lukla flight operate from Ramechhap, in that case we have to drive 127km to Kathmandu, which takes about 4-5 hours.

Flight Hours:

30 minutes

Meals:

BB

Place:

Kathmandu

Accommodation:

hotel

Day 16: Final departure

After all, complete the world highest Mt. Everest Base Camp and Cho-La pass, our team will manage you to drop Trivuvan international airport for your journey back to home. We hope you are leaving Nepal with beautiful and adventure memories of mountains, our hospitality and Nepalese cultures.

Namaste and we wish you a safe Travels back home, we are looking forward to welcoming you again for another adventure journey to Nepal Himalayas.

Meals:

breakfast lunch dinner

Accommodation:

guest house

Cost Includes

- **Airport Pick up and drop.**
- **All the accommodation and meal (3 times a day with one main course) during the trek.**
- **All the official expenses and paperwork.**
- **All the domestic Flights and tickets (Ktm - Lukla - Ktm).**
- **15 kg per person luggage weight in lukla flights.**
- **Government license holder Ascend Hikes Experience English speaking Guide.**
- **A Porter for 2 Trekkers and Maximum 20 Kg weight of Luggage.**
- **All the Government Taxes.**
- **All the Insurance of Guide and Porters.**
- **Farwell dinner in Kathmandu.**

Cost Excludes

- **Travel Insurance and Entry visa fees.**
- **International Flight tickets.**
- **All trekking gear and other expenses.**
- **Hot & cold, Bar and Beverages bills, like hot water, tea, coffee, etc.**
- **All the accommodation and food before and after Trekking.**
- **Excess Baggage charge.**
- **Personal expenses: wi-fi, Battery charge etc....**

- **Staff tips**
- **All other things are Exclude which is not in the list of Include.**

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 1,999
2 - 2	USD 1,599
3 - 3	USD 1,495
4 - 4	USD 1,395
5 - 5	USD 1,299
6 - 6	USD 1,259
7+	USD 1,199

Trip Information

How difficult Gokyo Chola pass trek?

The association between altitude and altitude sickness

The main challenges of the Gokyo Chola pass Trek are altitude and its effects. At 5,357 meters above sea level, Gokyo Ri is the highest point on Earth. Reaching 5,545 meters is necessary for exploring Kalapatthar and Everest Base Camp, and the ascent can be quite taxing. The trip to Gokyo Lakes starts at 2,860 meters in Lukla. This is sufficient to produce altitude sickness in certain hikers, though. To continue the hike, you will need to go through the following places: Macchermo (4,470 m), Namche Bazaar (3,438 m), Dole (3,680 m), Gokyo valley (4,800 m), and Gokyo Ri (5,357 m).

Acclimatization Required

Acclimating to altitude should be done cautiously. It can be fatal if neglected because of issues with elevation. Because there is less air pressure and less oxygen in the air at higher altitudes, anyone can get altitude sickness. Anyone can experience altitude sickness; there are no restrictions on age, level of physical fitness, or gender. If any symptoms appear, the hike should be stopped right once, and you should either rest or continue downhill if the illness gets worse.

How therefore can avoid getting altitude sickness?

Yes, Ascend Hikes Guides, you can avoid high elevation sickness by walking at your own speed, without hurry or competitiveness, getting plenty of rest days between stops, staying hydrated, managing your stress, and abstaining from alcohol and tobacco.

Accommodations and food in Gokyo Chola pass trek

Services for food and lodging are essential to any expedition. Sufficient nutrition and restful sleep are crucial for maintaining physical fitness for the next hike. Because of the trekkers, porters, and climbers who work for other staff members, the teahouses can get busy during the busiest months. It can be challenging to locate the rooms in the lodges at times.

Lodge in high altitude: However, if you travel with a Ascend hikes guide, the difficulties of your Gokyo Lakes Trek may be reduced; guides often have good connections with the locals and may reserve your accommodations in advance. As far as food is concerned, you will find plenty of options in the lower levels, where you may select from both local and international menus.

Your contribute to the lodge: You're left with fewer options as heights rise. On the other hand, during the trip, Nepali Dal Bhat—a collection of rice lentil vegetable pickles—egg products, tea or coffee, Tibetan bread, noodles, and soup are all readily accessible. Always remember to bring a bottle of water, preferably one with filters, for drinking. Any clean stream will do for filling, just add a filter, [and you're set to go.](#)

What is the baggage weight limit in the mountains?

On longer walks like this Gokyo Lake hike, heavy luggage might be a problem. You will be traveling for extended periods of time, so carrying hefty bags could be a bother and deplete your energy. Naturally, you'll need to bring everything you need! Just remember to pick the most crucial ones, and it would be ideal if they were all lightweight. With Ascend Hikes porter can carry maximum 22 KG.

Equipment information: Thermal underwear, trekking clothes, sturdy trekking shoes, insulating jackets, waterproof jackets and pants, gloves, sunglasses, water bottles, caps, extra batteries, flashlight, toiletries, and a few essential medications like bandages, sprain ointments, and painkillers are some of the essentials you should pack.

What is the Gokyo Chola Pass trek duration?

The Gokyo Lake Trek is 92 kilometers long overall. It usually takes 10-18 days to finish the trek. However, depending on your Itinerary, stamina and endurance, some people can finish it in fewer days. The journey starts in Lukla, where we'll be taking a less-traveled route. As a result, the trail may be

extremely demanding. However, the route changes as you go over different terrain. You may have to stick to paved paths on certain days.

Even Ascend hikes may find it challenging to navigate the high terrain and steep routes at higher heights!

Gokyo Chola Pass Trek Time period

One of the main elements that significantly raises the difficulty of the walk is its duration. Itineraries with more trek days are significantly simpler than those with less. You'll have longer days of acclimation and less hours of walking per day. The most popular package for this trek is 15 days, but you can always have modified itineraries if this is your first significant trek or if you're not confident for that length of time. Depending on your preferences, you can choose the number of days.

There are fewer acclimatization days and higher walking hours on shorter days. These are a bit severe at times. Therefore, selecting longer packages than shorter ones will enable you to overcome the challenges of the Gokyo Lake hike.

What is the temperature and weather condition in Gokyo Chola pass trek?

In the highlands, the weather can shift dramatically and without notice. You may observe the shift in the weather every hour. The unpredictable nature of the weather can make your hike more challenging. Snow and rain can also be an annoyance. Navigating on snow-covered trails can occasionally be challenging, particularly if you are going alone.

Temperature: The temperatures as well as the weather might make the hike more difficult. In high, elevated places, the temperature tends to drop quickly. If you chance to travel, especially during the winter, the weather can get very cold.

Selecting the trekking season: Selecting the ideal trekking season for Gokyo Lake aids in resolving these issues. The spring and fall are the ideal seasons to undertake this hike. They fall in April or in October. April's average daytime temperature is between 15 and 12 degrees Celsius, which is comparable to October's temperature. The temperature drops to between -5 and -10 degrees at night. That shouldn't be too difficult, though, if you have appropriate hiking equipment and warm clothing. Clear skies and unhindered views of the mountains are available during these periods, making for some excellent memories and photos.

Address

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