



Chola Pass Trek (5420m)



Introduction

Everest Chola pass trek also known or "Everest circuit Trekking". Situated at Everest region, Cho La Pass Trek (5420m) is no less than adventure paradise for adrenaline seekers as the trek encompasses you through amusing Khumbu region. One of the popular and challenging Trek which leads to the specific trek to the residence of the legendary Sherpa, at the foothill of the highest top of the world, the Mt. Everest (8848m). This trek is Nepal's most adventures treks to the Khumbu Mountains. You may be inquisitive about the ethnic community of Sherpa's in this region. This trek takes you to Gokyo. You will be astounded by the panoramic view of many exceptional mountains that are above 8000 meters together with Mt Everest (8,848m/29, 028ft), Lhotse (8,516 m/24,940 ft), Nuptse (7,855m/25,772 ft, Makalu (8,463m/27758ft), Pumori (7,161m/23488ft), Tharmarsarku (6,623m/21723ft), Mt. Amadablam (6,812m/22349.08ft) and many more.... This particular trek gives you eyeful views of mountain vistas and glaciers and follows the rather praised trekking direction through the Dudh Koshi to its source the Gokyo Lake which is to the west of the Everest Base Camp.

Facts

- Altitude: 5448<
- Duration: 17 days
- Grade: Moderate to adventurous
- Group: 2 - 15
- Country: Nepal

- Best Season: March-May and Sept-Nov
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Hotel / Lodge
- Transportation: Flight and Private vehicle

Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **Day 2** : Fly to Lukla ; Trek to Phakding (2652m/8698ft) 3 hrs walking. Meal includes:Breakfast/Lunch/Dinner
- **Day 3** : Trek to Namche Bazaar (3440m/11283 ft) 6 hours walking. Meal includes:Breakfast/Lunch/Dinner
- **Day 4** : Namche Acclimatization & Rest Day (3440m/11283 ft), 3 hours of acclimatization Hike. Meal includes:Breakfast/Lunch/Dinner
- **Day 5** : Namche Bazaar trek to Dole (4090m). 5/6 hours. Meal includes:Breakfast/Lunch/Dinner
- **Day 6** : Dole trek to Machhermo (4410m).5/6 hours. Meal includes:Breakfast/Lunch/Dinner
- **Day 7** : Machhermo trek to Gokyo (4750m). 5/6 hours. Meal includes:Breakfast/Lunch/Dinner
- **Day 8** : Rest day (Hike up to Gokyo-Ri 5483m) back to Gokyo overnight. 3/4 hours. Meal includes:Breakfast/Lunch/Dinner
- **Day 9** : Trek to Thagnak 4750m.4/5 hours. Meal includes:Breakfast/Lunch/Dinner
- **Day 10** : Cross the Cho-La Pass (5420m) and down to Dzongla (4830m). 6/7 hours. Meal includes:Breakfast/Lunch/Dinner
- **Day 11** : Trek to Lobuche (4910m/16105ft) 5 to 6 hours of walking. Meal includes:Breakfast/Lunch/Dinner
- **Day 12** : Trek to Gorak Shep (5160m/16925ft) and then to Everest Base Camp (5364m) and back to Gorak Shep 5/6 hours. Meal includes:Breakfast/Lunch/Dinner
- **Day 13** : Trek to Kala Pattar 5448m and back to Periche 4240m (4910m/16105ft) 6 hours of Walking. Meal includes:Breakfast/Lunch/Dinner
- **Day 14** : Trek to Phortse 3842m 6 hours of walking. Meal includes:Breakfast/Lunch/Dinner
- **Day 15** : Trek to Monjo 2825m 6 hours of walking. Meal includes:Breakfast/Lunch/Dinner.
- **Day 16** : Monjo to Lukla. Meal includes:Breakfast/Lunch/Dinner.
- **Day 17** : Fly to Kathmandu (1350m/4428 ft), 35 minute flight. Meal includes:Breakfast/Dinner.
- **Day 18** : Departure day from Kathmandu (1400m). Meal includes:Breakfast

Note: The above itinerary can be tailor made as per client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and bungee jumping in Pokhara and other extra activities so feel free to write us on info@xtremeclimbers.com for further details.

Cost Includes

Full Board Service Includes

- Airport pickups and drops in a private vehicle as per group size.
- 3-star hotel accommodation in Kathmandu with breakfast
- Domestic flights (Kathmandu- Lukla -Kathmandu)
- Teahouse accommodation during the Everest base camp trek
- 3 times meals (breakfast, lunch and dinner) during the trek
- All ground transportation on a comfortable private vehicle as per the itinerary
- City tour in Kathmandu around historical monuments and world's heritage sites by city guide.
- Highly experienced, English-speaking and government-licensed trek leader and assistant trek leader (5 trekkers: 1 assistant guide)
- Thuraya SAT Phone (Emergency use only)
- Radio Walki Talki
- Porter service (2 trekkers: 1 porter)
- Staff wages, insurance, equipment, domestic airfare, food and accommodation
- All necessary paperwork and trekking permits (National Park Permit, TIMS)
- Medical kit (carried by your trek leader)
- All government and local taxes
- Welcome and farewell dinners

Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel

in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

Why we don't include cost in our website?

NOTE: To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service) which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced as per the client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this as an international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. If you require specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in [CONTACT US](#) or login to [MY ACCOUNT](#) for any information about your selected package.

Cost Excludes

Full Board Service Excludes

- Nepalese visa fee
- Excess baggage charge(s)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- International flights

- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guide, Porter's and supporting crew.

