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EBC via Gokyo Lakes & Chola Pass Trek

URL: https://himalaya-discovery.com/trip/ebc-via-gokyo-lakes-and-chola-pass-trek/

Destination
Nepal

Activity
Nepal Tour

Duration
18

Region
Everest

Best Season
Spring & Autumn

Activity Per Day
5 – 6 hours

Group Size
8

Demanding

Trip Overview

Everest Base Camp via Gokyo Lakes and Chola Pass Trek, also known as Everest Circuit trek, is one of the most adventurous treks in the Everest Himalayas. It follows the route via high pass of Cho-La at 5,330 meters into the Base Camp of Mount Everest. A unique Best EBC via Gokyo Lakes and Chola Pass Trek that goes through Lukla, Namche bazaar and all the way to Gokyo, Chola Pass, Kalapattar and Everest Base Camp.

Leading you to the legendary Sherpa people's home, based at the foot of the world's largest peak, Mt. Everest at 8,848 meters. This 18 Day EBC via Gokyo Lakes and Chola Pass Trek follows the highly praised trekking route through the Dudh Koshi to its source the Gokyo Lakes to the west of the Everest Base Camp, giving you the benefit of a fantastic panoramic view of Cho Oyu, Everest and Makalu from the Gokyo Peak summit (5,483 m).

As we cross the Chola pass and return back to Lukla following the route through Everest Base Camp, Kalapattar down to Tengboche monastery, Khumjung village, Namche Bazar and Lukla on the EBC via Gokyo Lakes and Chola Pass Trek Itinerary.

Enjoy the breathtaking views of Everest including several other similar peaks and discover the Buddhist monasteries located at the world's highest elevation during the Guided EBC via Gokyo Lakes and Chola Pass Trek.

EBC via Gokyo Lakes & Chola Pass Trek Difficulty

The EBC via Gokyo Lakes and Chola Pass Trek depends on the seasons that you are planning to do. It's

most difficult to do the Everest Base Camp via Gokyo lakes and Chola pass trek during the winter. Crossing the Chola Pass is almost impossible due to heavy snowfall. In fact, due to various risk factors, the pass remains closed. During the night and early in the morning the temperature drops easily to a -15 to -20 degree celsius.

Spring is one of the best time to do the Best EBC via Gokyo Lakes and Chola Pass Trek. The maximum temperature during sunny days is 25 degrees celsius during the spring. And in the morning and at night the minimum temperature is -10 to -15 degrees celsius.

This is a temperature suitable for trekking, which makes your 18 Day EBC via Gokyo Lakes and Chola Pass Trek much less difficult. During this time, in the lower altitude, you will see the view of clear blue skies and many different flower species. There are also many trekkers on the trials because of the peak season.

The monsoon season coincides with the summer from June to August. Therefore, due to rain at a lower altitude, it is not the best time to hike on the EBC via Gokyo Lakes and Chola Pass Trek. Due to the slippery and muddy trails, the trail is difficult and risky.

Sometimes it rains even in regions above 4000 meters and even though it is sometimes dry on the Guided EBC via Gokyo Lakes and Chola Pass Trek. During this time, the maximum temperature averages 25 degrees celsius during sunny days, with morning and night a minimum of -10 to -15 degrees celsius.

EBC via Gokyo Lakes and Chola Pass Trek Route You Will Follow

Here in the Himalayas, picking the right trail matters. Most hikers rush to Everest Base Camp in 14 days. They get sick. Climbing steep elevation that fast? Bad idea. Our 18-day circuit’s longer, sure, but way smarter. Up high, time’s your best friend.

This extra time lets your lungs adjust to thin air. You’ll actually appreciate the view between heavy breaths. On cold nights up high, you’ll be glad you packed those extra-thick wool socks. And took that slow walk on the Best EBC via Gokyo Lakes and Chola Pass Trek.

This hike gets you off the crowded main trails. First up are the stunning Gokyo Lakes, brilliant blue, like massive jewels tucked between the peaks. Next, you’ll cross Cho La Pass. It’s a challenging, icy climb. Feels like a proper adventure.

You also still get to stand at the foot of the world’s highest mountain. You’ll arrive at Everest Base Camp feeling strong, prepared. At these altitudes, your body’s using all those 18 days to stay healthy. It’s the most comfortable, beautiful way to see the roof of the world.

Why This Route Beats the Standard EBC Trek in 2026/27?

To Everest, most hikers follow the same dusty route. But if you opt for this loop, you’ll see the parts of the mountains most people don’t. It’ll be like having a backstage pass to the Himalayas. You won’t just be a line of trekkers, you’ll have quiet valleys and hidden lakes to yourself on the EBC via Gokyo Lakes and

Chola Pass Trek.

On those long days driving in the mountains, you'll be grateful for the route with the views.

The normal route is mainly brown rock and ice. In the Gokyo Valley, everything is different. You'll uncover six giant lakes that resemble bright blue glass. They're so vivid, it almost seems fake. So, as other hikers scan grey screens, you'll be lounging by the shore of a high-altitude paradise on the Best EBC via Gokyo Lakes and Chola Pass Trek.

At the lakes, it's different in the air, and beautiful is the silence. Be sure and have your camera for the reflection of the peaks on the water.

Conquering the Cho La Pass (5,420m): The Ultimate High-Altitude Challenge

The crossing of the Cho La Pass is also the masterpiece of the entire EBC via Gokyo Lakes and Chola Pass Trek. There's a steep climb over a wall of rock and ice. And it's not just a walk; it's a true mountain adventure.

The airy pass passes right over a flat glacier, which seems like you're walking on another planet. At the pass, bring your microspikes, as the ground can be slick. And the feeling of accomplishment at the end is so much better than walking a flat trail.

360 Panoramas: Why Gokyo Ri (5,357m) is the new Kala Patthar

Kala Patthar is more famous, but Gokyo Ri, in fact, is even better. From the summit of Gokyo Ri, you can see four of the world's highest peaks at once on the EBC via Gokyo Lakes and Chola Pass Trek Map. You'll have views of Everest, Lhotse, Makalu and Cho Oyu.

So, you have a super wide panoramic view that the main trail can't even beat. From its summit, you'll look down at the longest Himalaya glacier. That's one you won't soon forget.

Why 2026 is the Year to Visit the Everest Region?

The mountains are always changing, and 2026 is an especially good time to visit those glaciers before they migrate even more. Nowadays, trails are maintained to let everyone enjoy the crossing of Cho La Pass safely on the Guided EBC via Gokyo Lakes and Chola Pass Trek.

And the local lodges have improved their facilities: En route, you'll now find better Wi-Fi and comfier beds, even in remote villages such as Gokyo. On clear mornings, the peaks look so distinct against the thin blue air that you might think you can reach out and touch them.

Modern Trekkers, and Why They're Taking Longer Route

Most people attempt to pack this hike into 15 days, but that's dangerous. For 2026, the top guides are

recommending 18 days to ensure your body is feeling good at 5,000 meters on the 18 Day EBC via Gokyo Lakes and Chola Pass Trek.

This bonus time will give us a rest day in beautiful Gokyo village. At high altitude, your circulatory system requires time to adjust to the thin air. And since we take it slow, you'll actually have energy to appreciate watching the sunset over the Ngozumpa Glacier instead of lying curled in your sleeping bag on the EBC via Gokyo Lakes and Chola Pass Trek Itinerary.

Is the Cho La Pass Right for You?

This isn't the easy road; it's a hard one taken by those who enjoy a challenge. You have to ascend a steep, rocky wall and cross a frozen glacier between the Gokyo Lakes and Everest.

But don't let that scare you. If you can walk for 6 hours a day and have the right attitude, you can do this on the Best EBC via Gokyo Lakes and Chola Pass Trek. Your mind mental health as much as your legs in the mountains.

When you get to the far side of the pass, you'll definitely have that enormous sense of accomplishment on the EBC via Gokyo Lakes and Chola Pass Trek.

Itinerary

Our team of Sherpa guides has traversed the high passes hundreds of times and will guide you safely on this enormous 18 Day EBC via Gokyo Lakes and Chola Pass Trek adventure. The trek from the serene blue waters of Gokyo Lakes down to Cho La Pass' frozen peak this isn't just a stroll to Base Camp. We've included extra days for your body to adapt to the thin air so you can go strong and healthy all the way up to 5,545 meters. On the most difficult climbs, you'll be thankful for the team that puts your safety above all else.

Day 01: Arrive in Kathmandu

Upon your arrival in the Kathmandu airport after completing your custom formalities Visa, etc. pick up your luggage and look for our airport representative from Himalaya Discovery, who will display your name on the board at the arrival gate.

You will be greeted by our representative and transferred to the hotel by private tourist vehicle.

Highest Altitude:	Flight Hours:	Meals:
1400m	International flight (varies)	Breakfast

Accomodations:
Hotel

Day 02: Free in Kathmandu for sightseeing and pre trip for briefing and

gear check.

Today is free for sightseeing in Kathmandu. You may wish to visit Durbar Square in the heart of the old city where the old Royal Palace, with its intricate woodcarving is located. The whole area is a maze of temples and images.

Leading away from the square in all directions are narrow alleys, full of the most amazing variety of shops and stalls. Some of these landmarks are considered World Heritage Sites including the historic Bhaktapur Durbar Square, the famous 'Monkey Temple' Swayambhunath and Buddhists shrine Buddhanath which is one of the largest Stupas in the world.

There will also be a full trip briefing today with gear check. In case you need to hire or buy equipment locally there will be time to do this today.

Highest Altitude:	Meals:	Accomodations:
1400 m	Breakfast	Hotel

Day 03: Fly to Lukla from Manthali and trek to Phakding.

EBC, Gokyo and Chola pass trek begins with a scenic flight from Manthali airport to Lukla Tenzing Hillary airport (2,804 m).

Upon arrival at Lukla, you will meet our porters who will be carrying your bags. The Everest Base Camp hike starts after a short glimpse of the village of Lukla, where you will pass the village of Chaurikharka and then descend towards Dudh Koshi and Ghat.

From there, you follow the trails to Phakding via the bank of the Dudh Koshi river and stay overnight at Phakding.

Please note: Kathmandu to Lukla flight has been moved to Manthali airport, Ramechhap in peak trekking season Spring (March, April, May) and Autumn (September, October, November) due to increased traffic and since March 2019 renovations at Kathmandu airport.

Manthali airport can be reached by road from Kathmandu within 4 to 6 hours drive. This means you need to wake up early in the morning around 2:30 am to take a drive and catch your Lukla flight from Manthali early in the morning. Overnight at guesthouse. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
8 km	3-4 hours	2,840m (Lukla)

Flight Hours:	Meals:	Accomodations:
0.5 hours	Breakfast- Lunch- Dinner	Tea house/Lodge

Day 04: Trek to Namche Bazaar.

We continue trekking along the banks of the Dudh Kosi, crossing this majestic river many times on

exciting suspension bridges laden with prayer flags. After entering Sagamartha National Park, the trail climbs steeply with breathtaking views.

Namche Bazaar known as the Gateway to Everest which is home to many quality restaurants, hotels, lodges, shops, Money exchange, internet cafe and a bakery. Namche is one of the biggest villages along the whole Everest trail. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
11 km	5-6 hours	3440m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea house/Lodge

Day 05: Rest day / Discover Namche Bazaar.

We will spend a day here in order to acclimatize and adjust to the thinning of the air. As well as a short trek where a museum is celebrating the traditional customs of the Sherpa people.

Today, we hike up the Syangboche Airport around Everest View Hotel. From this point, we can see rewarding views of the Himalayas with a stunning sunrise and sunset over the panorama of Khumbu peaks. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
5-6 km (acclimatization hike)	3-4 hours	3,880m (Everest View Hotel)

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea house/Lodge

Day 06: Trek to Phorste Thanga.

Today, the trail climbs steeply out of valley through rhododendron forest, juniper and large conifers start to appear as the elevation increases making the trekking beautiful in spring.

The trail passes through Yak Kharkas and summer settlements. The views of Khumbi La and Tawache are magnificent throughout the day. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
km	5 hrs	3680m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea house/Lodge

Day 07: Trek to Machherma.

The trail climbs a ridge for an excellent view both down the valley to Kengtega and up towards Cho Oyu and descend to a river and again climbs steep to the terminal moraine of the Ngozumpz glacier. We will reach at Machherma by early noon. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
7 km	5 hrs	4470m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea house/Lodge

Day 08: Trek to Gokyo.

Today the trek takes us at one of our final destination, Gokyo (4790meters). We will make this camp our base for 2-nights as we will have couple of sightseeing and hiking trips around Gokyo. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
7 km	5.30 hrs	4790m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea house/Lodge

Day 09: Trek Gokyo Ri and then back to Gokyo.

Today, early in the morning we have steep climb up to the top of Gokyo Ri at elevation of 5483 meters, ample rewards to one attempts this trip.

There are stunning views of the supper Gokyo valley, the massive Ngozumpa Glacier and an incredible panoramic view of the whole Khumbu Himalayas, such as giants as Everest, Lhotse, Nuptse, Makalu, Cho-Oyu and Gychung Kang can be seen.

Those who explore the glacier and Gokyo peak are rewarded. This day we have for acclimatization and after noon back to the camp. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
4 km (round trip)	5 hrs	5,357m (Gokyo Ri)

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea house/Lodge

Day 10: Trek to Thanknag.

Trekking to the foot of Cho La pass for our overnight stay at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
4 km	3-4 hours	4,750m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea house/Lodge

Day 11: Cross Cho La pass then trek to Dzongla 7 hrs.

Today is a long trek starting before sunrise at 4/5 am to reach the pass by 9-10 am otherwise weather conditions will greatly affect our journey. We cross over at an altitude of 5300 meters we could be exposed to strong winds if crossing too late.

We start to climb steeply that is regularly used and easy to follow. However, the problem may arise due to the altitude and snow. It often causes terrible problems to cross the pass if it is covered by snow. As you reach the top, you are rewarded by the magnificent views, then we descend to the Dzongla at noon. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
8 km	7 hrs	5,420m (Cho La Pass)

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea house/Lodge

Day 12: Trek to Lobuche.

Today, we will take easy and short trekking route as we had big and hard trekking day yesterday. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
3 km	4 hrs	4910m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea house/Lodge

Day 13: Trek to Everest Base Camp then back to Gorak Shep.

This is another big and difficult day walk along the Khumbu Glacier and up to Everest Base Camp at 5365meters. , the closest you can get to Mt. Everest without mountaineering equipment.

There will likely be a team there about to attempt the summit. The view of the Khumbu Icefall from Base Camp is spectacular. We return back to Gorak shep for the night. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
15 km (round trip)	7-8 hours	5,364m (Everest Base Camp)

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea house/Lodge

Day 14: Hike up to Kalapattar early in the morning and trek down to Periche.

This will be one of the most difficult yet rewarding days of the trek. Most of morning in this day is spent climbing Mt. Kala Patar, a small peak (by Himalayan standards) at 5645 meters.

The ascent is demanding but the climber gets the most magnificent mountain panorama: Everest, the highest point on the planet at 29028ft, 8848meters, towers directly ahead and on all sides loom the other giants, Nuptse, Pumori, Chagatse, Lhotse and countless others.

We make a quick descent to Gorak Shep, a tiny hamlet at 5180 meters then trek down to Periche. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
16 km	8 hrs	5,545m (Kala Patthar)

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea house/Lodge

Day 15: Trek to Namche Bazaar.

From Periche we take a slightly different route down to Orsho then to Pangboche village. Here is the oldest monastery in the region which contains what is said to be the scalp and bones of a Yeti or abominable snowman-the.

Leaving mountains behind us our descent takes us through Tengboche Monastery at elevation of 3860 meters before continuing back to the town of Namche Bazaar at 3441meters. We arrive back into Namche Bazaar in the afternoon. Overnight at guesthouse.

Trek Distance:	Trek Duration	Highest Altitude:
20 km	5.30 hrs	3,440m

Meals:	Accomodations:
Breakfast- Lunch- Dinner	Tea house/Lodge

Day 16: Trek to Lukla.

Finally we return to Lukla where the trek began, which will seem like a lifetime ago. Enjoying time to reflect on the trek as a group and the personal achievement of all those who took part. Also giving you time to explore the town. Overnight at guesthouse.

Trek Distance:
19 km

Trek Duration
6-7 hours

Highest Altitude:
2804m

Meals:
Breakfast- Lunch- Dinner

Accomodations:
Tea house/Lodge

Day 17: Morning flight back to Kathmandu.

Enjoying your last glimpse of the mountains you have recently visited for one last time.

On arrival in Kathmandu we are met and transferred back to hotel. You can rest and relax throughout the day.

Highest Altitude:
1,400m

Flight Hours:
0.5 hours

Meals:
Breakfast- Lunch

Accomodations:
Hotel in Thamel

Day 18: Free day and farewell dinner in Kathmandu.

It's also spare day in case of bad weather in Lukla. If you get interested to take some gifts from Nepal for friends and relatives, visit to some nearby shops or go out in Thamel for typical Nepalese goods which can be assisted by our guide or you can do it yourself too.

In the evening we will have a farewell dinner in a traditional Nepalese restaurant with cultural performances.

Highest Altitude:
1,400m

Meals:
Breakfast

Accomodations:
Hotel in Thamel

Day 19: Fly to home.

The trip concludes! Our representative will drop you to the Kathmandu airport.

Highest Altitude:
1400m

Flight Hours:
International flight (varies)

Meals:
Breakfast

Price Includes

- Airport transfers pick-up and drop-off.
- Three meals a day (breakfast, lunch, dinner) during the trek.
- Hot drinks (tea, coffee, hot milk, hot chocolate) three times a day.
- All accommodation during the trek.
- All necessary paper works, Everest National park entry permit.
- Trekking information management system (TIMS card) permit.
- Transportation from and to Kathmandu airport.
- Airfare both ways Kathmandu – Lukla – Kathmandu.
- English speaking Sherpa trek guide.
- The required number of staff and Porters to carry your luggage during the trek (1 porter for 2 trekkers).
- Accommodation / salary / food / drinks / insurance / equipment / medicine and transport for all staff.
- Hiking pole (if it is required).
- All government taxes.
- Farewell dinner with culture show.

Price Excludes

- International airfare and Nepal entry visa,
- Tips for guide / porters (tipping is expected).
- Travel insurance which covers emergency Rescue and Evacuation.
- Any others expenses which are not mentioned on the 'Price Includes' section.

Add-Ons for Your Everest Adventure

There are even more things to do beyond your long trek, which you can enjoy before or after your journey for added enjoyment. These are the ways to experience a different side of Nepalese culture and nature:

Heli Sightseeing

Kathmandu Day Tour

Mountain Flight to Everest

Kathmandu Food Tour

Chitwan Jungle Safari

Bungee Jumping

Sleeping Bag Rental

We provided some important equipment for this altitude trek. We rent 4-season sleeping bags. These bags are made to keep you warm; they will even work at a temperature of well below 0 in the tea houses. Should you lose or destroy the bag during the hike, there is a 165 USD replacement fee; if it is returned in good condition, there are no additional charges.

Personal Porter Services

We typically provide 1 porter for every 2 trekkers in order to carry the heavy equipment. Also, if you want to have somebody carry your whole personal 25kg pack for you, then we can provide a full-time porter for only 20 USD per day. This allows you to hike with a light day pack as so you have more energy to admire the view and summit Cho La.

Trip Information

Whether you're an experienced trekker or visiting Nepal for the first time, we take care of each small thing so that you can enjoy your travel with no obstacles on the EBC via Gokyo Lakes and Chola Pass Trek. We handle your legal permits, explain the new 2026 flight regulations and check your gear to make certain you're ready for the freezing mountain nights. We want you to feel ready and confident before you even set foot on the trail. And up top, we share the real deal on what life at high altitude can be like.

Essential Trip Information for the 2026 Trekking Season

Planning a 2026 trip to the Everest region is thrilling but it'll take more than an airline booking. At the local level, the government is emphasizing safety and trail cleanliness more in 2026.

So, you'll see more checkpoints and tougher rules surrounding permits than in the past on the EBC via Gokyo Lakes and Chola Pass Trek. On your first day in Kathmandu, you will be grateful that you have a team to manage all these thousands of small factors for you.

Trekking through the Khumbu is a combination of hard work and amazing pay-off. While on the trek, you will trek between five and seven hours most days on the EBC via Gokyo Lakes and Chola Pass Trek Itinerary.

It's worth remembering that things like electricity and hot water are a luxury, the higher you climb on the 18 Day EBC via Gokyo Lakes and Chola Pass Trek. At 5,000 meters, just charging a battery can cost you a few dollars.

Plus, you'll need to be flexible with your time on the Best EBC via Gokyo Lakes and Chola Pass Trek. Eventually, the Himalayas are in charge and dictate the conditions and changes to your program due to safety issues.

Navigating the 2026 Flight Logistics from Kathmandu to Lukla

Reaching your starting point for the trek will likely be one of the biggest adventures of your EBC via Gokyo Lakes and Chola Pass Trek.

During the busiest times (Spring and Fall), all flights flying to Lukla from Kathmandu are typically rerouted to another airport, so instead of taking off from the main airport in Kathmandu, they will take off from a smaller airport called Ramechhap on the Guided EBC via Gokyo Lakes and Chola Pass Trek.

Although it is a longer drive to Ramechhap, it is the only way to ensure you will have a seat on a flight to Lukla for your 18 Day EBC via Gokyo Lakes and Chola Pass Trek.

Traveling by van for four hours to get to Ramechhap may be a bumpy ride at night, but it will be much easier in our private van since we have comfortable seating on the Best EBC via Gokyo Lakes and Chola Pass Trek.

Kathmandu vs. Ramechhap: What to Expect

Many people think they will be flying directly from Kathmandu, but unfortunately, that is usually not the case during peak season on the **Guided EBC via Gokyo Lakes and Chola Pass Trek**.

Therefore, you will want to plan for an extremely early start. A member of the trekking team will pick you up around midnight so that we have enough time to drive four hours to get to Ramechhap for your flight.

Also, bear in mind that the weather in Lukla is notoriously unpredictable. If the clouds are low, then flights into and out of Lukla will not be operating, so there is a possibility you could spend a day or two waiting for your flight to Lukla if we can't find a window to fly through.

Feature	Kathmandu Flights (Off-Season)	Ramechhap Flights (Peak Season)
Drive Time	20-30 minutes	4-5 hours
Departure Time	6:00 AM – 9:00 AM	5:00 AM – 8:00 AM
Reliability	Lower (Traffic Congestion)	Higher (More flight rotations)
Best For	Winter and Summer treks	Spring and Autumn treks

Luggage Limits and Helicopter Options

Due to the small size of the aircraft that services the mountain area, the maximum size of suitcases that will be transported on your flight is limited. Upon arrival at the airport, staff will weigh each of your belongings after check-in on the EBC via Gokyo Lakes and Chola Pass Trek.

The combined weight of your primary luggage and daypack cannot exceed 15 kg (33 lbs). Any excess weight will incur additional fees or require you to discard some articles.

In the event that all planes have been grounded for multiple days, we also offer you assistance in scheduling a helicopter flight. The cost is higher than flying commercially; however, it is possible to fly in inclement weather conditions, while regular flights are not operational.

Mandatory Permits and Entrance Fees for the Everest Region

You must carry two documents with you at all times if you're going to trek to Gokyo Lakes and cross the Cho La Pass. First, you must secure the local permit from the Khumbu Pasang Lhamu Rural Municipality.

Then, you've got to have the entry pass for Sagarmatha National Park on the Best EBC via Gokyo Lakes and Chola Pass Trek. If you're caught without these at a checkpoint, you'll receive a fine and be made to

buy them for double the price. So, it’s far wiser to get this right from the beginning.

Official Fees for International Trekkers

These are prices the government sets to help keep the waters less polluted as well as to maintain trails on the EBC via Gokyo Lakes and Chola Pass Trek. The old TIMS card is no longer required in the Khumbu. Instead, you pay the local vicinity fee directly.

And, for kids who are younger than 10 years old, these permits are free! At the gate in Monjo, officers verify your passport and that your permit matches your identity.

Permit Type	Foreigner Fee	SAARC National Fee	Where to Obtain
Khumbu Pasang Lhamu Permit	3000 NPR	1500 NPR	Lukla or Monjo
Sagarmatha National Park Pass	3000 NPR	1500 NPR	Kathmandu or Monjo
Total Cost per Person	6000 NPR	3000 NPR	Not Applicable

Rules for the Cho La Pass and Beyond

The national park pass is valid for a single entry only. If you exit the park and attempt to return, you must pay the full fee once more.

Also, you have to carry your original permits in a waterproof bag in a daypack on the EBC via Gokyo Lakes and Chola Pass Trek Cost itinerary.

At high altitudes, the weather can wreck paper in no time, and a wet permit doesn’t work at a checkpoint. In Namche Bazaar, you’ll certainly be grateful that you have those papers stashed away when the guards want to see them.

Physical Requirements and Training for a Strenuous Circuit

A smart plan and some work are required to prepare for the Everest region. You’ll be hiking 6 to 8 hours nearly every day on the Best EBC via Gokyo Lakes and Chola Pass Trek.

Even in the high valleys, the trails tend to be rocky and steep, so you need both strong legs and a strong heart on the 18 Day EBC via Gokyo Lakes and Chola Pass Trek.

You don’t have to be a professional athlete, but you should begin training for the trip at least three months before landing in Nepal for the EBC via Gokyo Lakes and Chola Pass Trek. On those tough training days, you’ll thank yourself that you invested in both.

Building Your Mountain Foundation

- Cardio is King: Focus on swimming, cycling or running four times a week. It helps your lungs cope with the low amount of oxygen at high elevation on the Guided EBC via Gokyo Lakes and Chola Pass Trek.
- Prepare leg strength: Do many squats and lunges. And your knees will thank you when you’re descending steep, rock-strewn trails for hours on the EBC via Gokyo Lakes and Chola Pass Trek Itinerary.
- Use in Real-World Practice: Take long hikes on the weekend with full backpacks. And be sure to break

in your boots correctly, so you don’t end up with painful blisters.

At the top of the pass on the EBC via Gokyo Lakes and Chola Pass Trek, it’s not only your muscles that count for mental toughness. Be positive and keep moving one step at a time.

Professional Support: Your Licensed Guide & Porters

If you believe that it’s possible to cross the Cho La Pass alone, you’re making a dangerous mistake. The Nepal government and local governments have made it very clear that solo trekking by foreigners is strictly banned in major destinations. That doesn’t mean you can simply roll up and go, though, because you’ll need to be accompanied by a licensed guide to enter the Everest region legally on the **EBC via Gokyo Lakes and Chola Pass Trek**. Not only are our guides pathfinders, but they’re also knowledgeable in high-altitude medicine and can recognize early signs of illness before they escalate to a crisis.

Expert Guides: Your guide takes care of all permits and lodge bookings; you focus on the trail.

Strong Porters: Each porter generally carries 20-25 kg of gear, although we try to limit this to around 15kg.

Safety Net: In times of need, your team arranges helicopter rescues and consults local doctors.

Employing a local staff also helps the mountain economy. On long, steep climbs, you’ll be glad to have a partner to help on the **EBC via Gokyo Lakes and Chola Pass Trek Map**.

Mountain Accommodation In EBC via Gokyo Lakes and Chola Pass Trek

Staying in a tea house is a unique element of the adventure. These are privately run, small family lodges, a mix of stone and wood. In the lower villages, rooms with private bathrooms and electric heaters are on offer. But the rooms are very basic once you cross the Namche Bazaar. You’ll generally have a set of two single beds and a shared bathroom down the hall. In the freezing cold nights, you’ll regret not carrying a sleeping bag with at least minus 8 degrees temperature resistance.

The Cost of Mountain Comforts

Everything in the mountains gets packed up by porters or yaks, so you pay a premium on the **EBC via Gokyo Lakes and Chola Pass Trek Cost**. Things as simple as a hot shower or charging your phone are definitely not free at higher altitudes. And, Wi-Fi isn’t free and can even be unreliable with the arrival of clouds.

Service	Estimated Cost (NPR)	Notes
Hot Shower	500 – 1,000	Usually a bucket of hot water.

Service	Estimated Cost (NPR)	Notes
Phone Charging	300 – 700	Charged per hour or per full battery.
Wi-Fi Access	500 – 1,000	Best to buy a local Ncell or Airlo data pack.
Boiled Water	200 – 500	Cheaper than buying plastic bottles.

What are the Comprehensive Travel Insurance and Emergency Evacuation Requirements

Travel Insurance for High-Altitude Trekking

One of the most important things you'll want to do before leaving home is purchasing coverage that's right for your trip on the 18 Day EBC via Gokyo Lakes and Chola Pass Trek.

The officials at checkpoints will scan your insurance certificate as closely as they do your passport. So, this is something that your policy should explicitly state: covering "High-Altitude Trekking" and also covering "Helicopter Evacuation."

Why 6,000 Meters Indeed Matters

The Cho La Pass is at 5,420 meters, and Kala Patthar is at 5,545 meters. This being the case, a standard coverage limited to 4,000 metres would be absolutely useless on the Best EBC via Gokyo Lakes and Chola Pass Trek.

On top of that, you also need to check if your insurance company has a "Direct Payment" agreement with helicopter operators in Nepal. If they don't, you could be on the hook to pay $10,000 upfront from your own credit card before a rescue flight starts on the EBC via Gokyo Lakes and Chola Pass Trek.

Required Coverage:

- Your policy should include medical bills, accidental injury and emergency airlifts.
- Altitude Clause: Get in writing that your plan covers you up to 6,000 meters on the EBC via Gokyo Lakes and Chola Pass Trek.
- Search and Rescue: Verify the policy includes coverage for its cost to find you if a storm or landslide strands you.

Recommended 2026 Insurance Providers

We recommend working with companies that specialize in adventure travel. For starters, World Nomads is an excellent option since their Explorer Plan insures you up to 6,000 meters on the Guided EBC via Gokyo Lakes and Chola Pass Trek.

And then there's Global Rescue, which we think is good for medical evacuations. And remember, most policies won't cover you if you are under the influence of alcohol, so stay sober until you're back down in Lukla on the EBC via Gokyo Lakes and Chola Pass Trek Itinerary. And at the end of your trip, you'll be glad you have that peace of mind.

Frequently Asked Questions

Is the glacier crossing really difficult, or what kinds of food are there at 5,000 meters? Right here, we've addressed the most pressing questions about trail safety, emergency plans and mountain conditions. And if you have any lingering doubts, just send a message to our team for a fast answer. It's best to ask now than to find out by surprise when you are deep into the living room of the Himalayas on this Guided EBC via Gokyo Lakes and Chola Pass Trek.

FAQS

How difficult is the Cho La Pass compared to the standard Everest Base Camp trail?

The Cho La Pass is much harder in that it means a steep ascent over slippery rock and an actual glacier to traverse. The standard trail is primarily high altitude walking, but here it takes a bit more balance and use of some micro spikes to put on your boots.

Do I need a special permit to visit the Gokyo Lakes in 2026?

You'll also require the same Khumbu Pasang Lhamu local permit and Sagarmatha National Park entry pass as you'd need for any Everest trek. Plus, you have to have a guide as the government no longer lets solo hikers in this high altitude region.

What is the best month to trek the Gokyo Lakes and Cho La Pass circuit?

The best weather is experienced in late March to May and October and November when there's a clear sky and the pass is generally snow-free. In spring, you'll see blooming flowers at lower elevations, and in autumn, the clearest views of all four 8,000-meter peaks.

Is it possible to see Mount Everest from the Gokyo Lakes side?

Yes, you have a world-class view of Mount Everest and its surrounding peaks at the top of Gokyo Ri. In fact, a lot of trekkers like this viewpoint better than the classic because it shows the full profile of that mountain and the Ngozumpa glacier more clearly.

What should I do if I get altitude sickness at Gokyo or the Cho La Pass?

You'll need to notify your guide right away and initiate a slow descent down to a lower village such as Machhermo or Dole. Safety comes first, and each day we carry oximeters to measure your oxygen levels to identify problems before they turn into a crisis.

Address

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