Gokyo, Cho La Pass, Everest Base Camp and Kongma La Pass Trek

17 Days Itinerary

Detailed Itinerary

Day 1: Arrival in Kathmandu

You arrive at Tribhuvan International Airport in Kathmandu, where a representative from Alpine Club of Himalaya meets you and takes you to your hotel. After check-in you can rest for a while after the journey. In the evening you join a special welcome dinner, where you try excellent Nepali food.

Max. Elevation	1,400 m
Duration	30 minutes airport transfer
Accommodation	3-Star Hotel
Meals	Welcome Dinner

Day 2: Kathmandu Valley Sightseeing and Expedition Preparation

After breakfast you take a guided tour of the Kathmandu Valley, with entrance fees included. The tour shows you the history and religious life of the valley. The rest of the day is for preparing for the trek, checking your gear and getting any last items you need before heading to the mountains.

Max. Elevation	1,400 m
Duration	Approx. 5-6 hours sightseeing
Accommodation	3-Star Hotel
Meals	Breakfast

Day 3: Fly to Lukla and Trek to Phakding

After an early breakfast you transfer to the airport and take the short flight to Lukla, with views of the Himalayas on the way. In Lukla you meet your porter and start walking down the Dudh Koshi valley to Phakding. The path crosses suspension bridges and passes small villages and prayer walls. It is a gentle first day that lets you get used to the trail.

Max. Elevation	2,800 m (Lukla) / 2,610 m (Phakding)
Duration	40 minutes flight and 3-4 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 4: Trek from Phakding to Namche Bazaar

You follow the Dudh Koshi River and cross it several times on suspension bridges. The trail goes through pine forest to the entrance of Sagarmatha National Park, where your permits are checked. After a steady climb you reach Namche Bazaar, the main Sherpa town of the Khumbu region.

Max. Elevation	3,440 m (Namche Bazaar)
Duration	5-6 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 5: Acclimatization Day at Namche Bazaar

This is a rest day to let your body adjust to the altitude before the high passes ahead. After breakfast you take a short walk above the town for views of peaks such as Everest, Lhotse and Ama Dablam, then return to Namche for the afternoon. You can look around the shops and cafes and learn about Sherpa culture.

Max. Elevation	3,440 m
Duration	2-3 hours easy hike
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 6: Trek from Namche Bazaar to Dole

Today you leave the main Everest trail and take the path toward the Gokyo valley. The trail climbs out of Namche along the hillside, then follows the Dudh Koshi valley through forests of rhododendron and juniper, with a steep climb in places. You reach Dole, a small settlement with lodges, in the afternoon.

Max. Elevation	4,038 m (Dole)
Duration	5-6 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 7: Trek from Dole to Machhermo

The trail climbs steadily above the tree line, with open views of the valley and the peaks around it. The path passes yak herders' huts and small settlements. You reach Machhermo, a quiet village in the upper Gokyo valley, with time to rest and adjust to the height.

Max. Elevation	4,470 m (Machhermo)
Duration	4-5 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 8: Trek from Machhermo to Gokyo

You continue up the valley past Pangka and along the edge of the Ngozumpa Glacier, the largest glacier in the Nepal Himalaya. The trail then reaches the first of the Gokyo Lakes and finally the village of Gokyo beside the turquoise water. You have the rest of the afternoon to walk along the lake shore.

Max. Elevation	4,800 m (Gokyo)
Duration	4-5 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 9: Trek from Gokyo to Tragnag

After breakfast you cross the Ngozumpa Glacier on a rocky, uneven trail toward Tragnag, also called Thagnak, at the foot of the Cho La Pass. The terrain is rough with loose stones, so you walk slowly. The day is a short preparation for the pass tomorrow.

Max. Elevation	4,700 m (Tragnag)
Duration	4-5 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 10: Trek from Tragnag to Dzongla via Cho La Pass

This is one of the hardest days of the trek. You start early and climb steeply over rock to the top of the Cho La Pass at 5,330 m, then cross a glacier section on the far side. The views of the surrounding peaks from the pass are wide. After a steep descent you reach Dzongla, where you rest for the night.

Max. Elevation	5,330 m (Cho La Pass) / 4,830 m (Dzongla)
Duration	6-7 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 11: Trek from Dzongla to Everest Base Camp and Gorak Shep

From Dzongla you join the main Everest trail near Lobuche and walk along the Khumbu Glacier to Gorak Shep. After a short rest and lunch you continue over moraine and glacial ice to Everest Base Camp at 5,364 m, where expeditions camp during the climbing season. You then walk back to Gorak Shep for the night. It is a long day at high altitude, so you go at a steady pace.

Max. Elevation	5,364 m (Everest Base Camp) / 5,164 m (Gorak Shep)
Duration	6-7 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 12: Hike to Kala Patthar and Trek to Lobuche

You wake early and climb Kala Patthar for views of Everest, Lhotse, Nuptse and Pumori in the morning light. After taking in the view you return to Gorak Shep for breakfast and then walk down to Lobuche. The lower altitude makes breathing easier by evening.

Max. Elevation	5,545 m (Kala Patthar) / 4,910 m (Lobuche)
Duration	5-6 hours hike and trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 13: Trek from Lobuche to Chhukung via Kongma La Pass

This is the second high pass of the trek. You climb from Lobuche over moraine to the top of the Kongma La Pass at 5,535 m, with views over the Khumbu Glacier and the peaks around it. The descent is steep and rocky, and the trail then follows the valley down to Chhukung, a small settlement beneath Island Peak and Lhotse.

Max. Elevation	5,535 m (Kongma La Pass) / 4,750 m (Chhukung)
Duration	6-7 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 14: Trek from Chhukung to Namche Bazaar

You walk down the valley past Dingboche and Pangboche, with views of Ama Dablam. The trail drops through forest to the river at Phunki Tenga and then follows the hillside back to Namche Bazaar. The thicker air at lower altitude makes the walk feel easier, but it is a long day.

Max. Elevation	3,440 m (Namche Bazaar)
Duration	5-6 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 15: Trek from Namche Bazaar to Lukla

This is the last day of walking. You descend from Namche along the Dudh Koshi valley, crossing suspension bridges and passing the villages you saw on the way up. You reach Lukla in the afternoon. In the evening your guide and porter join you for a last dinner together on the trek.

Max. Elevation	2,800 m (Lukla)
Duration	6-7 hours trek
Accommodation	Teahouse/Lodge
Meals	Breakfast, Lunch, Dinner

Day 16: Fly from Lukla to Kathmandu

After breakfast you take the short flight from Lukla to Kathmandu, with a last look at the Himalayas from the air. You are met at the airport and transferred to your hotel. The rest of the day is free to rest and repack. A farewell dinner is held in Kathmandu in the evening. The flight depends on weather conditions.

Max. Elevation	1,400 m
Duration	30 minutes flight
Accommodation	3-Star Hotel
Meals	Breakfast, Farewell Dinner

Day 17: Final Departure

After breakfast you are transferred to Tribhuvan International Airport for your flight home. If you want to stay longer in Nepal, our team can arrange more tours or treks.

Max. Elevation	1,400 m
Duration	30 minutes airport transfer
Accommodation	No
Meals	Breakfast

Cost Include

- All airport and hotel pickups and drop-offs by private car or van.
- Three nights' accommodation in Kathmandu, including breakfast, on a twin-sharing basis (3-star).
- Thirteen nights' stay in lodges, guesthouses or basic teahouses during the trek.
- Experienced English-speaking trekking guide and a porter during the trek.
- Salary, food, insurance and lodging for the guide and porter (1 porter for every 2 trekkers).
- Breakfast, lunch, dinner and tea or coffee during the trek.
- Welcome and farewell meals, and breakfasts, while in Kathmandu.
- National Park permit and TIMS card for Everest.
- Flights from Kathmandu to Lukla and back to Kathmandu, including domestic airport departure taxes.
- Sleeping bag, to be returned to the office after the trek.
- Kit bag and T-shirt.
- Kathmandu Valley city tour with a guide, including entrance fees.
- Government taxes and service charges.

Cost Exclude

- Nepal entry visa fee.
- International airfare.
- Travel insurance, which is mandatory for high-altitude trekking.
- Emergency evacuation and rescue costs.

- Meals in Kathmandu, except breakfast and the welcome and farewell meals.
- Personal expenses such as bar bills, laundry and snacks.
- Hot showers, Wi-Fi, battery charging and bottled water during the trek.
- Tips for guides, porters and local staff.
- Extra nights in Kathmandu or the mountains caused by flight delays, weather or personal reasons.
- Single room supplement.
- Any services or expenses not specifically mentioned under the cost includes section.

Trip Map



Altitude chart

