

# Gokyo Chola Pass EBC Heli Trek

**Duration:** 15 days Days

## Itinerary (Plan)

### Day 1 Day 01: Arrival in Kathmandu

- **Time :** N/A
- **Max Altitude :** 1400m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

Your adventure begins upon arrival at Tribhuvan International Airport at an altitude of **1,400 meters**. After completing immigration and baggage formalities, you are warmly welcomed by your trekking team and transferred to your hotel in Kathmandu within approximately **30–45 minutes**. The rest of the day is dedicated to relaxation and preparation for the trek. In the evening, you will attend a briefing session where your guide explains the full route, safety procedures, and equipment checklist for the upcoming Everest region journey.

### Day 2 Day 02: Fly to Lukla & Trek to Phakding

- **Time :** 4-5 Hours
- **Max Altitude :** 2860m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

Early in the morning, you travel to Manthali Airport (seasonal alternative) or fly directly from Kathmandu, depending on weather conditions. From there, you board a thrilling mountain flight to Lukla, the gateway to the Everest region. After landing, you begin your trek through the Dudh Koshi valley, passing small Sherpa villages, prayer wheels, and suspension bridges. The trail is scenic and gradual, leading you to Phakding, where you stay overnight beside the river.

### Day 3 Day 03: Trek from Phakding to Namche Bazaar

- **Time :** 6-7 hours

- **Max Altitude** : 3440m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

Today's trail follows the Dudh Koshi River, crossing multiple suspension bridges including the famous Hillary Bridge. You enter Sagarmatha National Park, where permits are checked. The climb becomes steeper as you approach Namche, the main trading hub of the Khumbu region. You arrive at Namche Bazaar, a vibrant mountain town shaped like an amphitheater in the Himalayas.

#### **Day 4** Day 04: Acclimatization Day in Namche Bazaar

- **Time** : Full Day
- **Max Altitude** : 3880m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

This is a crucial rest day for altitude adaptation. You stay in Namche Bazaar, but also take optional short hikes to nearby viewpoints such as Everest View Hotel or Khumjung village. These hikes help your body adjust while offering your first close views of Mount Everest, Ama Dablam, and surrounding peaks. You return to Namche for rest and preparation for higher elevations ahead.

#### **Day 5** Day 05: Trek from Namche Bazaar to Dole

- **Time** : 5-6 Hours
- **Max Altitude** : 4200m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

Leaving Namche, the trail ascends gradually through rhododendron forests and open ridges. You pass yak pastures and enjoy panoramic views of Everest, Lhotse, and Ama Dablam. The route is less crowded as you move toward the Gokyo valley region. You eventually reach Dole, a quiet settlement surrounded by alpine scenery.

#### **Day 6** Day 06: Trek from Dole to Machhermo

- **Time** : 4-5 Hours
- **Max Altitude** : 4470m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

The trail continues steadily upward through alpine landscapes, passing small settlements and grazing yak herds. The valley becomes narrower, and the air noticeably thinner. You reach Machhermo, a peaceful village known for its mountain rescue history and stunning surroundings.

#### **Day 7** Day 07: Trek from Machhermo to Gokyo

- **Time** : 4-5 Hours
- **Max Altitude** : 4790m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

Today's trek is one of the most beautiful sections as you approach the Gokyo lakes. The trail climbs gently alongside glacial streams before revealing the turquoise waters of the sacred lakes. You finally reach Gokyo Lakes, a stunning series of glacial lakes surrounded by towering peaks.

#### **Day 8** Day 08: Acclimatization Day in Gokyo

- **Time** : Full Day
- **Max Altitude** : 5360m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

You spend the day acclimatizing in Gokyo. A highlight option is the hike to Gokyo Ri, one of the best viewpoints in the Everest region. From here, you can witness panoramic views of Everest, Cho Oyu, Lhotse, and Makalu. After the hike, you return to Gokyo village for rest.

#### **Day 9** Day 09: Trek from Gokyo to Thangnak

- **Time** : 3-4 hours
- **Max Altitude** : 4,700 m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

Leaving Gokyo, you cross glacial terrain and moraine fields near the Ngozumpa Glacier, the largest glacier in Nepal. The landscape becomes rugged and dramatic as you descend slightly into the valley. You reach Thangnak, a base village for the upcoming pass crossing.

## **Day 10** Day 10: Trek from Thangnak to Dzongla via Cho La Pass

- **Time** : 7-8 hours
- **Max Altitude** : 5420m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

This is one of the most challenging and rewarding days as you cross the famous Cho La Pass. The trail involves steep ascent, icy sections, and rocky terrain before reaching the top, followed by a long descent into the Khumbu side. You arrive at Dzongla, a quiet settlement beneath dramatic peaks.

## **Day 11** Day 11: Trek from Dzongla to Lobuche

- **Time** : 4-5 Hours
- **Max Altitude** : 4,940 m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

The trail joins the classic Everest Base Camp route. You walk through alpine valleys with views of Nuptse and surrounding peaks. The terrain is rocky but gradual as you approach Lobuche, a high-altitude settlement near the Khumbu Glacier.

## **Day 12** Day 12: Everest Base Camp & Return to Gorak Shep

- **Time** : 7-8 hours
- **Max Altitude** : 5364m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

Today you trek to the legendary Everest Base Camp, walking along the Khumbu Glacier. The trail is rugged and rewarding, offering close-up views of Everest's climbing route. After spending time at Base Camp, you return to Gorak Shep for overnight stay.

## **Day 13** Day 13: Kala Patthar, Helicopter Return & Fly to Kathmandu

- **Time** : 4-5 Hours
- **Max Altitude** : 5545m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

Early morning, you hike to Kala Patthar for breathtaking sunrise views over Mount Everest and surrounding peaks. After descending to Gorak Shep, you board a helicopter for a scenic flight back to Lukla. From Lukla, you take a regular flight to Kathmandu. This marks the end of your high-altitude trekking adventure.

#### **Day 14** Day 14: Buffer Day in Kathmandu

- **Time :** Flexible
- **Max Altitude :** 1400m

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

This day is kept as a contingency for possible flight delays due to weather in the Everest region. If everything goes smoothly, you can enjoy free time in Kathmandu for sightseeing, shopping, or relaxation.

#### **Day 15** Day 15: Departure

- **Time :** N/A
- **Max Altitude :** N/A

**Accommodation:** Hotel / Teahouse

**Meal:** BLD

Your journey concludes with a transfer to Tribhuvan International Airport for your final departure. You leave Nepal with unforgettable memories of the Everest region, Gokyo Lakes, and the Cho La Pass adventure.

## Cost Include

- Airport pickup and drop-off at Tribhuvan International Airport with private transportation by Go Heli Services
- Domestic flights between Kathmandu/Manthali and Lukla as per trekking itinerary
- Shared helicopter flight from Gorak Shep to Lukla after Kala Patthar exploration
- All required trekking permits including Sagarmatha National Park Permit and Khumbu Pasang Lhamu Permit
- Experienced licensed trekking guide and porter support during the entire trek
- Full-board meals (breakfast, lunch, and dinner) with tea house accommodation during trekking days
- Guided trekking to major highlights including Everest Base Camp, Cho La Pass, Kala Patthar, and Gokyo Lakes
- Basic first aid support, altitude monitoring, and emergency trekking assistance throughout the expedition

## Cost Exclude

- International airfare and Nepal entry visa fees
- Personal travel insurance covering high-altitude trekking and helicopter evacuation
- Personal trekking gear such as sleeping bags, down jackets, trekking poles, and hiking boots
- Personal expenses including Wi-Fi, hot showers, charging fees, snacks, drinks, and laundry
- Tips for trekking guides, porters, and helicopter crew members
- Extra accommodation or transportation costs caused by weather delays, flight cancellations, or personal itinerary changes

