

EBC Gokyo Chola Pass Trek[EBC+ Chola Pass+Gokyo Valley]-20 Days (All-inclusive)

3 Star Hotel Package

2570^{USD}
per person

*Including healthy meals

5 Star Hotel Package

2700^{USD}
per person

*Including healthy meals

Trip Style: Trekking

Trip Difficulty: Challenging



Everest Bliss: Customizable Trek through Base Camp, Chola Pass, and Gokyo

The Everest Base Camp Chola Pass Gokyo trek offers a thrilling adventure through the Himalayas, featuring the iconic Cho La Pass and Gokyo Valley for a diverse and rewarding experience. The trek's highlight is conquering the renowned Cho La Pass at 5,420 meters, providing breathtaking panoramic views of Himalayan peaks, including Everest, Lhotse, Nuptse, and Makalu, coupled with the warm hospitality of Sherpa villages and the sparkling turquoise lakes of Gokyo.

Embark on an unforgettable journey with our [Everest Base Camp, Chola Pass, and Gokyo Trek](#) – a captivating adventure through the breathtaking landscapes of the Khumbu region. This scenic trek commences in Lukla, leading you through picturesque Sherpa villages such as Namche Bazaar, where you'll spend two nights acclimatizing amidst the charm of the Himalayas. As you traverse through stunning Sherpa settlements like Pangboche and Dingboche, indulge in a further two nights of acclimatization, ensuring you are well-prepared for the higher altitudes. The trail then takes you to Lobuche and Gorak Shep, culminating in the awe-inspiring Everest Base Camp experience before heading back to Gorak Shep.

From Gorak Shep, the journey continues to Dzongla, leading you to the challenging yet rewarding **Chola Pass**. As you cross this high mountain pass, you enter the enchanting Gokyo Valley, a haven of serene lakes and breathtaking vistas. The pinnacle of the trek awaits at Gokyo Peak, offering an unparalleled panorama of the surrounding beauty. On the return from Gokyo, spend one night in Machhermo, one night in Namche Bazaar, and finally you will spend one night in Lukla before flying back to Kathmandu. This itinerary can be customized based on your interests and timeframe by ensuring personalized Service.

Looking for a Personalized Trek? Join the EBC Chola Pass Trek with Sherpa ExpertGokynos

As a local Sherpa company with over **27+ years of experience**, we take pride in organizing the **Everest Base Camp Chola Pass Gokyo trek** multiple times, achieving a remarkable 100% success rate. Our expert [Sherpa guides](#) possess extensive knowledge of the Everest region and are known for their flexibility, friendliness, and utmost responsibility.

We understand that every trekker is unique, and our guides tailor their approach to accommodate individual physical conditions, walking speeds, and specific requirements. Specializing in private **Gokyo Chola Pass treks**, we assure you a personalized, safe, and unforgettable Himalayan adventure. Your journey with us is not just a trek; it's an experience crafted with care and expertise.

What do our past clients say about our services?

We went on several treks in Nepal with various companies, but Mountain Sherpa Trekking & Expeditions stood out as the best. Everything from the itinerary and accommodation to the guide's service and overall arrangements, from arrival to final departure, was perfect. Balaban, Tadeusz - Read more reviews on our [Tripadvisor page](#)

Chola Pass Trek: Ensuring Safety & Enjoyable hike with Priority on high altitude Acclimatization

Our **Chola Pass Trekking** itinerary is carefully crafted to prioritize your acclimatization, ensuring a safe ascent to higher altitudes. We allocate 2 nights in Namche Bazaar (3,420m/11,220ft) and an additional 2 nights in Dingboche, situated at 4,410 meters (14,469 feet). During these acclimatization days, our expert Sherpa guide will lead you on a hike above 5000 meters, followed by a night of rest at a lower altitude. This strategic approach optimizes your body's adjustment to high-altitude conditions, prioritizing safety and well-being throughout the expedition.

Why our EBC Chola Pass Trek package different from other companies?

1. **Quality Accommodations:** Enjoy 4 nights in top city hotels (2 pre-trek and 2 post-trek) and 15 nights in carefully selected mountain lodges. For 9 nights, savor the comfort of rooms with attached bathrooms, including hot showers.
2. **Hygienic and Abundant Meals:** Your well-being is our priority. Choose from a varied lodge menu to suit your taste. Unlike other companies, we offer unrestricted menu options. Our Sherpa guides personalize your dining experience, providing nourishing meals and unlimited food and hot drinks to ensure high energy levels. We understand that good food and ample rest are essential for an unforgettable Everest Base Camp Chola Pass Gokyo trek.
3. **Carefully Planned Itinerary:** The **EBC Chola Pass trek** with MSTE is distinguished by its meticulously designed itinerary. Beginning with a day in Kathmandu before the Lukla flight, it offers a chance to recover from travel fatigue and adjust to the time zone. Moreover, we've included a contingency day at the trek's end, providing a buffer for potential flight disruptions from Lukla. This thoughtfully structured itinerary prioritizes acclimatization, reducing the chances of altitude sickness and ensuring a successful traverse of the challenging Chola Pass.
4. **Sherpa Expertise at Your Service:** Experience the unparalleled knowledge and commitment of the Mountain Sherpa Trekking and Expeditions (MSTE) team, owned by a Sherpa family deeply rooted in the Everest region for generations. With a remarkable track record of organizing this epic trek for over 15,000 clients worldwide in the past 27 years, our expertise is second to none.
5. **Dedicated Sherpa Guides:** Our Sherpa guides embody flexibility, honesty, and reliability. When you trek with us in Nepal, trust in their unwavering dedication to providing the best service. Adapting to your pace ensures a comfortable journey and minimizes the risk of high-altitude sickness on your way to **Everest Base Camp Chola Pass Gokyo Trek** – your safety is their paramount concern.
6. **Comprehensive Service:** Enjoy a seamless adventure with our all-inclusive package covering accommodations, meals, transportation, and top-quality trekking gear.
7. **Safety as a Priority:** We prioritize your well-being. With medical support and emergency evacuation services, trek with confidence, knowing that your safety is our top concern.

DURATION: 21 days

ITINERARY

DAY 01:: Arrival in Kathmandu (1,300m /4,264 ft) and transfer to hotel

Upon your arrival at Kathmandu airport, the first step is to navigate through immigration and customs procedures. Once you've collected your luggage, head towards the airport exit where our guide awaits, easily identifiable with a sign displaying our company name.

Your guide will meet you, assist with your luggage, and accompany you to your comfortable and conveniently located hotel. Throughout the transfer, expect valuable insights into the city's culture, history, and distinctive features from your knowledgeable guide.

Our commitment is to ensure your arrival is seamless and stress-free, extending from the moment you land to the conclusion of your journey. With an experienced guide overseeing your transfer, rest assured it will be smooth, safe, and enjoyable.

We appreciate your choice in our services and eagerly anticipate delivering an unforgettable travel experience for you.

DAY 02:: Full Day sightseeing of Kathmandu city and trek preparation - Hotel

Kathmandu Sightseeing & Cultural Welcome

After a restful night and hearty breakfast, we begin our day with a visit to **Swayambhunath (Monkey Temple)**, a sacred hilltop stupa believed to have emerged from a primordial lake. It offers panoramic views of the Kathmandu Valley and deep spiritual significance.

Next, we explore **Kathmandu Durbar Square**, a UNESCO World Heritage Site filled with historic palaces and temples that reflect the grandeur of the Malla era. We then drive to **Boudhanath Stupa**, one of the largest in the world and a vibrant center of Tibetan Buddhism. Here, we enjoy a relaxing lunch at a rooftop restaurant with stunning views of the stupa. In the afternoon, we visit **Pashupatinath Temple**, one of Hinduism's most sacred temples dedicated to Lord Shiva, set along the sacred Bagmati River. After returning to the hotel, **we finalize trek preparations**, ensuring everything is in place for your Himalayan journey.

In the evening, enjoy an **authentic Sherpa dinner**—either in a cultural restaurant or a welcoming **Sherpa home**—where you'll experience traditional flavors and learn more about the Everest Base Camp – Cho La Pass trek and Sherpa culture.

day 03:: Drive to domestic airport & Flight to Lukla & trek to Phakding (2,652m/8,700ft) Lodge [B/L/D]

Begin your extraordinary journey as your Sherpa guide escorts you to Kathmandu Airport in the early morning. Destination: Lukla, a charming town just a 30-minute flight away at an altitude of 2,800 meters (9,186 feet). The experienced porters warmly welcome you upon landing, ready to assist throughout your trek.

Head north from the airstrip towards Chablung (2,700m/8,858ft), crossing the Tharo Kosi river via a suspension bridge, adding a touch of adventure. Marvel at the majestic Kusum Kanguru peak (6,367m/20,889ft), a captivating backdrop.

Ascending towards Ghat (2,590m/8,497ft), the trail is adorned with painted mani stones, reflecting the rich Buddhist culture. Reach Phakding for an overnight stay, resting for the upcoming days of your adventure.

Comfortable teahouses along the route provide cozy accommodation and essential amenities. Meals are included, ensuring you stay energized. Immerse yourself in the beauty and culture of the Everest region, promising an unforgettable Himalayan experience.

day 04:: Trek to Namche Bazaar (3,440m/11,280 ft) -Approx- 6 hrs Lodge [B/L/D]

The trek kicks off from Phakding, tracing the picturesque Dudh Kosi River valley along the west bank. our trek leads us to Benkar (2,710m/8,911ft), offering breathtaking views. The trail then meanders alongside the river, weaving through charming villages and lush forests adorned with rhododendron, magnolia, and giant fir trees. The vibrant blooms during early autumn and late spring enhance the journey's enchanting beauty.

After crossing the Kyashar Khola River, we ascend out of the valley, reaching Monjo (2,840m/9,315ft). Passing into Sagarmatha National Park, established in 1976 to preserve the Everest region, we navigate a suspension bridge to Jorsale (2,830m/9,285ft). The trail continues, crossing the river multiple times, leading to Namche Bazaar (3,420m/11,220ft), a vibrant trading hub and a gateway to the Everest region, blending cultural charm with stunning natural surroundings.

Discover Namche Bazaar: This vibrant town boasts numerous shops, cafes, and restaurants. Take a leisurely stroll to acclimatize to the altitude before resuming your trek. The journey from Phakding to Namche Bazaar is challenging yet rewarding, providing breathtaking mountain views and insights into **Sherpa culture**. Take it slow and acclimatize well to prevent altitude sickness.

day 05:: Hike to Everest View hotel, Khunde Village & return to Namche- approx 5 hrs Lodge [B/L/D]

Namche Bazaar, nestled at 3,440 meters, is the vibrant heart of the Khumbu region, boasting lodges, teashops, and souvenir stores. Often dubbed the "Las Vegas of the Khumbu," this bustling town has embraced western standards, making it a sought-after destination for trekkers and mountaineers.

Our acclimatization day unfolds with a significant hike to **Khunde** and **Khumjung**, charming villages that gradually introduce us to higher altitudes. Led by our Sherpa guide, we ascend the slopes above the **Everest Views Hotel**, a Japanese-built haven offering breathtaking views of Everest and Ama Dablam.

En route, explore Kunde, home to the Edmund Hillary Hospital established by the legendary mountaineer. If time permits, visit the Khumjung monastery, where a small fee grants you a glimpse of the world's only Yeti skull.

Returning to the lodge for a tea break, the afternoon offers leisure to explore Namche Bazaar. In the evening, your guide briefs you on gear and the upcoming itinerary. Embrace the tranquility of Namche Bazaar, relishing a cozy second night at the Sherpa Lodge.

day 06:: Trek from Namche to Deboche (3,820m/12,533 ft)-Approx. 5-6 hrs Lodge [B/L/D]

Following a satisfying breakfast in **Namche**, our trek unfurls towards Tengboche, treating us to breathtaking views of Mt. Everest, Nuptse, Lhotse, Ama Dablam, and the imposing Thamserku. The trail meanders gently, offering a mix of ups and downs against the stunning backdrop of the great Himalaya.

As we traverse this path, keep an eye out for glimpses of wildlife like pheasants, musk deer, or a Himalayan Thar herd. The gradual descent takes us to Kayangjuma, leading eventually to Sanasa, a vital trail junction connecting to Gokyo valley and Everest Base Camp.

Venturing through pine forests and crossing the prayer-flag adorned Dudh Koshi River bridge, we arrive at Phunki Thenga. This small settlement, nestled amidst alpine woods, offers a delightful spot for a leisurely lunch before tackling a slightly challenging ascent through pine forests towards Tengboche.

Tengboche, renowned for its proximity to Ama-Dablam, Nuptse, and Everest, hosts the largest Buddhist Monastery in the Khumbu region. After capturing memorable moments at Tengboche, our journey descends to Deboche for the night. Located a short walk from Tengboche, Deboche is embraced by rhododendron and birch forests and boasts more comfortable lodge accommodations, making it an ideal resting place on our itinerary.

day 07:: Trek to Dingboche (4,410 m (14,469 ft)-Approx. 5-6 hrs Lodge [B/L/D]

Today after having breakfast we start our trek from Deboche to Dingboche, our trek to **Dingboche** takes us through picturesque landscapes and charming villages. The trail leads us to the village of Pangboche, known for its historic monastery, and provides an opportunity to witness the awe-inspiring views of Ama Dablam.

Continuing our journey, we traverse the Imja Khola River and make our way to the quaint settlement of Shomore, offering a serene ambiance surrounded by lush greenery. The trail gradually ascends, guiding us to Orsho, a small village with teahouses where we can take a break and enjoy the mountain scenery.

The final leg of our trek brings us to Dingboche, a charming village nestled at an altitude of approximately 4,410 meters. This village, with its stone-walled fields and stunning mountain backdrop, serves as a key acclimatization point on our Everest Base Camp Chola pass Gokyo journey. Dingboche offers a range of lodges and teahouses, providing a comfortable and welcoming stopover for trekkers.

day 08:: Hike to Nagarjuna Peak back to Dingboche (4,410 m/14,469 ft) - Approx. 5 hrs Lodge [B/L/D]

After having delicious breakfast, We embark on the well-trodden path from Dingboche to Lobuche, a popular route in Nepal's Everest region that typically spans 4-5 hours. Commencing from Dingboche, situated at an elevation of 4,410 meters (14,469 feet), the journey unfolds through a rocky and uneven terrain, offering a moderate challenge. The trail runs alongside the Khumbu Glacier, providing trekkers with spectacular vistas.

Around halfway through the trek, you'll reach Thokla Pass, a notable rest stop adorned with memorials dedicated to climbers who lost their lives on Everest. Take a breather here before continuing toward Lobuche. The trail can be steep at times, demanding careful footing and a measured pace.

Lobuche, the final destination, welcomes trekkers at an altitude of 4,910 meters (16,109 feet). Here, you can rest, rejuvenate, and marvel at the stunning mountain views that surround the small village. This trek is a rewarding yet challenging experience, requiring a mindful approach to altitude acclimatization. Ensure you carry ample water and snacks to maintain energy levels, and don suitable trekking gear for a comfortable journey.

day 09:: Trek to Lobuche (4940 m/16,207 ft) - Approx. 4-5 hrs Lodge [B/L/D]

After having delicious breakfast, We embark on the well-trodden path from Dingboche to Lobuche, a popular route in Nepal's Everest region that typically spans 4-5 hours. Commencing from Dingboche, situated at an elevation of **4,410 meters (14,469 feet)**, the journey unfolds through a rocky and uneven terrain, offering a moderate challenge. The trail runs alongside the Khumbu Glacier, providing trekkers with spectacular vistas.

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Day 10:: Trek to Everest base camp (5400m) and back to Gorakshep (5170m) - 7/8 hrs

After enjoying a hearty breakfast, we embark on our trek from Lobuche, guided by our experienced Sherpa. The trail winds through the rugged landscapes of the Everest region and the vast expanse of the Khumbu Glacier. The trek to **Gorak Shep**, a charming village nestled at the base of Kala Patthar, takes approximately 3-4 hours.

The path is mostly flat and easy to navigate, with occasional rocky stretches and small streams to cross. Upon reaching Gorak Shep, take a well-deserved rest and immerse yourself in the breathtaking views of the surrounding

mountains. After a revitalizing lunch break, our journey continues with a 2-3 hour hike to Everest Base Camp and back to Gorak Shep. Exercise caution as the trail becomes rocky and uneven, requiring careful footing. Rest assured, our Sherpa guide will be by your side, providing attentive guidance and ensuring your safety.

At **Everest Base Camp**, savor the awe-inspiring vistas of the Khumbu Glacier and the encircling peaks. After spending quality time at the Base Camp, we retrace our steps back to Gorak Shep for a tranquil night's rest.

day 11:: Morning hike to Kalapattar [5,545 M/18,193 ft] & trek to Dzongla- Lodge [B/L/D]

Embark on a magical journey as our Sherpa guide leads you to an early morning hike to the majestic **Kala Patthar (5,550m)**. Witness the sun's first rays kissing the Himalayan peaks, including the awe-inspiring Mt. Everest. The trek takes a mesmerizing 2 hours from Gorak Shep, promising an unforgettable sunrise experience amidst the Himalayan splendor.

After soaking in the breathtaking views, we return to the cozy lodge in Gorak Shep for a hearty breakfast. Energized and ready for the day, pack your bags as we set forth on an adventure towards **Dzongla (4,710m)**. The trail, mostly downhill, unveils stunning landscapes and unfolds at a pace tailored to your comfort. While the trek's duration varies based on personal pace, the average completion time is around 5-6 hours.

Guiding you through this expedition is our experienced Sherpa guide, ensuring not just safety but an enchanting and enjoyable journey. Let the Himalayas weave their magic as we explore, creating memories that linger long after the trek is complete.

day 12:: Trek over Chola Pass (5,420m/17,782 ft.) to Dragnak (4700 m) - 6/7 hrs: Lodge [B/L/D]

Embark on an exhilarating journey today after indulging in an early breakfast. Our Expert Sherpa guide will be your trusted companion as you set out from Dzongla, venturing towards the formidable Chola Pass on the way to the tranquil Dragnak. Brace yourself for a thrilling trek through awe-inspiring landscapes, where safety precautions are paramount.

Commencing from Dzongla (4,710m / 15,453ft), the trail ascends to the challenging Chola Pass (5,420m / 17,782ft). After conquering this lofty pass, the descent leads you to the serene Dragnak (4,700m / 15,419ft). The trek's duration is flexible, varying with individual pace and weather conditions, averaging around 7-9 hours for this challenging yet immensely rewarding journey.

Our foremost advice is to prioritize acclimatization due to the high altitude. Spend ample time above 4,000 meters before tackling the formidable Chola Pass. While our expert guide will handle weather-related concerns, staying informed about forecasts is wise.

Equip yourself with proper trekking gear – sturdy boots, warm clothing, and waterproof layers. A well-stocked first aid kit and personal medications are essential. Hydration is key, so drink plenty of water and pack high-energy snacks for sustained energy during ascent and descent.

Commence your trek early to capitalize on favorable weather conditions, allowing sufficient time for this challenging adventure. Listen to your body, adjusting your pace and taking breaks when needed. Overexertion at high altitudes can lead to altitude sickness.

Rest assured, our expert guide will oversee these aspects, ensuring your safety and enjoyment throughout the stunning landscapes from Chola Pass to Dragnak. As you navigate this challenging route, these precautions are your allies in a memorable and secure trekking experience.

Day 13: : Trek from Dragnak to Gokyo [4,750M/15,584 ft] – Approx. 4-5 hrs Lodge [B/L/D]

After a restful night's sleep in the enchanting Dragnak, we eagerly set forth towards the breathtaking lakes of Gokyo. Our journey unveils a picturesque route leading us through Pangka, where we gradually descend, tracing

the path of a meandering river fed by the westward streams of the Ngozumpa Glacier. Ascending a steep rocky slope alongside the glacier's edge, we enter a valley adorned with the first of Gokyo's holy lakes.

As we continue our ascent, the second lake emerges, intersecting the trail that ventures across the glacier to Cho La, a route that will guide us to Thame and Namche in the later stages of our trek. Pressing on, we reach the third lake, known as Dudh Pokhari or Milk Lake, and nestled on its eastern shores lies the charming settlement of Gokyo.

Strolling along the lakeside, we are treated to a spectacular panorama, the mirror-like surface of Dudh Pokhari reflecting the majestic summits of Cho Oyu and Gyachung Kang. Our overnight stay by the **Gokyo lakes** promises not only rest but also an immersive experience surrounded by nature's grandeur. Basking in the beauty of this serene setting, we anticipate the adventures that lie ahead on our Himalayan odyssey. Breakfast, lunch, and dinner are included as we continue our exploration.

Day 14:: Hike to Gokyo Peak (5,357 M/17,575 ft) and back to Gokyo - approx. 4/5 hrs Lodge [B/L/D]

Today's adventure unfolds as we dedicate our day to the serene beauty of Gokyo Lake. Our knowledgeable Sherpa guide leads an enchanting hike to Gokyo Peak, a majestic ascent that awaits after a hearty breakfast. The journey to the summit takes approximately 2 hours, rewarding us with an astounding 360-degree panorama.

From the lofty vantage point of **Gokyo Peak**, towering at an elevation of approximately **5,357 meters (17,575 feet)**, our eyes feast upon the breathtaking views of Mt. Everest, Lhotse, Nuptse, and Makalu—the giants of the Himalayas. This spot stands as one of the premier viewpoints in the entire Everest region, and we are ensuring an extra night in Gokyo so you won't miss this unparalleled spectacle.

Opting for a second night in Gokyo is a unique feature, allowing ample time to soak in the beauty of this remarkable location. While many companies opt for a single-night stay, we recognize the allure of Gokyo and extend your time to truly relish its charm.

For those seeking an additional adventure, consider a visit to the 5th Lake. This optional journey requires about 6-7 hours round trip. If you decide to embark on this extended exploration, simply inform our Sherpa guide, and a pack lunch will be arranged for you.

Whether choosing to conquer Gokyo Peak or explore the pristine 5th Lake, today promises a memorable immersion into the unparalleled beauty of Gokyo and its surrounding wonders.

day 15:: Trek from Gokyo to Machhermo (4,470m/ 14,663ft) Overnight stay in Lodge

Embarking on our next leg of the journey, we bid farewell to the captivating Gokyo and set out towards the quaint village of Machhermo. The trail from Gokyo to Machhermo presents a picturesque trek through the heart of the Khumbu region.

As we traverse the undulating terrain, the mesmerizing views persist, offering glimpses of the towering peaks that define the Himalayan landscape. The path descends gradually, revealing breathtaking vistas of the surrounding valleys and glaciers.

Our trek takes us through charming landscapes adorned with alpine vegetation and traditional Sherpa settlements. En route, we may encounter yak caravans, adding to the authentic mountain experience. The crisp mountain air accompanies us as we make our way to Machhermo, a peaceful settlement nestled in the embrace of the Himalayas.

Upon reaching Machhermo, we settle into our accommodations and take a moment to appreciate the tranquility of this mountainous haven. The evening is an opportunity to rest, reflect on the day's journey, and immerse ourselves in the unique ambiance that defines the Khumbu region. Dinner and a restful overnight stay in Machhermo await, preparing us for the adventures that lie ahead on our Himalayan trek.

day 16:: Trek from Machhermo to Namche (3440M/11,280ft) -Overnight Stay in Lodge(B/L/D)

Embarking on the next leg of our Himalayan journey, we trek from Machhermo to the vibrant town of Namche. The trail descends from Machhermo, leading us through picturesque landscapes and charming Sherpa villages. As we descend, we traverse the Dudh Koshi River and ascend again, encountering the lush greenery and rhododendron forests that define the Khumbu region.

Our route takes us through the villages of Phortse Thanga and Dole, offering glimpses of local Sherpa culture and hospitality. Along the way, we navigate suspension bridges that span the rushing rivers, providing both thrilling crossings and breathtaking views of the surrounding valleys.

Continuing our descent, we pass through the village of Sanasa before making the final climb to Namche Bazaar. The trail is well-trodden and surrounded by majestic mountain views, including the iconic peaks of Thamserku, Ama Dablam, and Everest.

Upon reaching **Namche Bazaar**, situated at an elevation of approximately 3,440 meters (11,286 feet), we find comfort in its bustling markets, cozy teahouses, and stunning mountain backdrop. This strategic acclimatization stop allows us to immerse ourselves in the unique blend of culture and commerce that defines Namche, ensuring a well-paced and enjoyable trek through the heart of the Khumbu region.

day 17:: Trek from Namche Bazaar to Lukla- Overnight Stay in Lodge(B/L/D)

Following a hearty breakfast and a refreshing pause, we embark on the final leg of our Himalayan journey, setting our sights on **Lukla**—a symbolic endpoint to our adventure. The trail gracefully winds through familiar landscapes, offering a blend of descents and ascents as we navigate the undulating terrain.

Leaving the vibrant **Sherpa capital of Namche Bazaar** behind, our descent leads us to the Dudh Koshi River, where the thrill of crossing several suspension bridges adds an exciting touch to our trek. The path unfolds through charming villages and lush rhododendron forests, painting a picturesque scene for our descent.

Approaching Lukla, the ambiance shifts, and the lively town comes into view. Lukla, perched at an elevation of approximately 2,860 meters (9,383 feet), not only serves as the gateway to the Everest region but also signifies both the beginning and end of our remarkable trek.

Upon reaching Lukla, we take a moment to reflect on the incredible journey that has unfolded, carrying us through awe-inspiring landscapes, remote villages, and breathtaking mountain vistas. Tonight, we gather to celebrate the successful completion of our trek, cherishing the memories and camaraderie nurtured along the trails of the Khumbu region. Our overnight stay in Lukla provides a fitting and comfortable conclusion to this truly unforgettable Himalayan expedition.

day 18:: Fly to Kathmandu & Transfer to hotel, relax day after Long Trip- Hotel (B/B)

Today, after a fulfilling breakfast, we pack our bags and make our way to the airport for our return flight to Kathmandu. Upon arriving in Kathmandu, our dedicated airport representative and driver will seamlessly transfer you to your hotel. Once checked in, indulge in a rejuvenating hot shower to refresh yourself.

The remainder of the day is yours to savor at your leisure. As a special treat, we have arranged a one-hour Ayurvedic Massage to help you unwind after your rewarding trek. A designated guide will pick you up from your hotel at the scheduled time, ensuring you experience a truly relaxing session.

In the afternoon, consider exploring the local markets to acquire souvenirs and gifts for your loved ones. If you wish, take advantage of our complimentary guide service to navigate the bustling markets, or venture out on your own to discover the treasures they hold.

As the evening unfolds, relax in the comfort of one of the best hotels in Kathmandu, reflecting on the memories of your trek while enjoying the amenities provided.

day 19:: Contingency day (In case of flight cancellation due to Bad Weather) Hotel [B/B]

Having a contingency day is a smart and practical addition to your trekking itinerary in Nepal. The country's weather can be unpredictable, with sudden changes that may affect trekking plans, such as flight delays or other weather-related disruptions. This extra day adds flexibility, allowing you to adapt to unforeseen delays or challenging conditions. If the contingency day isn't needed, it becomes a bonus—perfect for relaxation, further exploration, or simply unwinding at the hotel after a long trek. It also gives you the chance to enjoy the stunning landscapes at a more leisurely pace, without the pressure of a strict schedule. As a local Sherpa company with over 27 years of experience, we highly recommend including this buffer day to ensure a more comfortable and stress-free trekking experience. If you return to Kathmandu on schedule, you can use this day to explore the cultural treasures of Patan and Bhaktapur, two UNESCO World Heritage Sites renowned for their history, architecture, and vibrant atmosphere. This tour can be easily arranged with us once you're in Kathmandu, helping you make the most of your time in this remarkable region.

day 20:: Private car transfer to the airport for departure and return home - B.

Following a delightful breakfast, our dedicated representative and office vehicle will be ready at our hotel, ensuring a smooth transfer to the airport for your connecting flight home. Serving you has been an immense joy and privilege, and at Mountain Sherpa Trekking and Expeditions, we will treasure the bonds formed during your time with us. We extend heartfelt gratitude for choosing us as your travel partner and for exploring the enchanting country of Nepal.

We are confident that your trekking experience in the Sherpa land of the Khumbu region will leave you with enduring memories of a well-enjoyed vacation. Ciao, dear friends! Until we meet again.

[Please Note: While we strive to adhere to the provided itinerary, local trail or weather conditions may occasionally necessitate slight adjustments. The trekking itinerary may also be subject to slight variations based on the acclimatization rates of our trekkers. Venturing into the wild terrain beyond the timberline, we prioritize safety, and your understanding and flexibility in this regard are greatly appreciated. Thank you for entrusting us with your adventure, and we look forward to crossing paths again.](#)

Cost Includes

Transports & Accommodations

- We provide on-time airport pickup and drop-off services using a private car, welcoming you with a warm smile and handmade scarf/garland for a friendly beginning and conclusion to your journey.
- Kathmandu-Lukla-Kathmandu round-trip flight, including airport drop-off and pickup service.
- Kathmandu Stay: 4 nights in a centrally located premium 4- or 5-star hotel with daily buffet breakfast (based on the selected package).
- Trek Accommodation: 15 nights in the best available Sherpa mountain lodges, including 09 nights in rooms with attached bathrooms. Hot showers are included daily throughout the trek.

Meals & Drinks Included As Per Below

- Four hygienic breakfasts in the city are included as per the itinerary.
- Three meals per day—breakfast, lunch, and dinner—will be provided throughout the entire trek, offering self-choice options for a delightful and nourishing trekking experience.
- 5–6 cups of warm beverages, such as tea or hot lemon, will be provided daily to keep you cozy throughout your journey.
- We offer a warm welcome dinner with two options: you can either join dinner at our home with a Sherpa

family, or you can choose to dine at a typical Nepali restaurant with a cultural dinner show.

- Safe drinking water (3–4 liters per day) and fresh fruit will be provided daily for your health and well-being.

Staff Wages, Insurance & All Permits Included

- Your package includes fair wages and full insurance for your Sherpa guide and porter. We provide the highest daily pay and comprehensive insurance—because we believe those who make your journey unforgettable deserve the very best care and respect.
- Sagarmatha National Park entry permit fee & Khumbu Pasang Lhamu Rural Municipality Entrance Permit.
- Full-day Kathmandu city tour with a private guide and driver—an immersive experience to explore Nepal's rich heritage and vibrant local life, all included in your package.
- Entrance fees to historic sites, temples, and monuments during the city tour are included.

Experienced Sherpa Guides & Porters Included

- Our package includes highly experienced, responsible, honest, and friendly Sherpa guides. We provide a reliable Sherpa guide to accompany you throughout your entire trek. Your guide will be caring, trustworthy, and exceptionally friendly. As we are a 100% Sherpa-owned company, your guide will be a native Sherpa from the Everest region.
- You'll be supported by hardworking, trustworthy porters (one porter for every two trekkers) who will carry your luggage and handle your belongings with the utmost care and honesty throughout the entire trek.

Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle, and Walking pole.
- If you don't have your own warm sleeping bag and down jacket, we will provide them for you, which must be returned after the trek. Their rental value is around US\$17–20 if rented from shops in Thamel.
- A waterproof duffel bag, trek map, and a group medical kit will be provided.
- Pulse oximeter for measuring oxygen saturation and heart rates.

Value Added Service (VAS) By MSTE

- One hour of free special Ayurvedic massage will be provided at the end of the trek.
- We provide a complimentary Local Market Guiding Service for our valued clients to purchase souvenirs at both wholesale and local prices.
- We offer free storage service for any extra luggage and provide assistance in obtaining a SIM card, as well as renting or buying necessary gears.

WHAT'S NOT INCLUDED

- International Airfare and Nepal Visa fee
- Travel insurance for emergency rescue and trip Cancellation
- Lunch & Dinner in City (approximately \$ 5-10 Per Meal)
- Any Alcoholic Drinks, Water and deserts in Trek
- Gratitude for Guide & Porter after end of trek

Extra Bills

- Phone, internet & Battery Charges bills on trek
- Unforeseen Cost such as Flight Delayed/cancellation