



# Global Adventure Trekking

A best holiday maker

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## EBC-Chola pass trekking: 14N / 15D Trek in full package

Everest Chola pass trekking begins after the short flight to Lukla. Trek follows through the Sherpa village, Dudh Koshi and passing the Mani wall. Everest Chola pass trekking basically follows the Everest classical trekking path. After visiting EBC and Kalapathar, trek back to Dhukla and turn into the mountain Cholatse and follow the glacier to Chola top. If weather is not in-favor descent the same path and discuss with your guide for an alternative route. Gokyo lake and Gokyo-Ri is another high light of the trek. If time allows visit the Ngozumba Glacier, fifth lake and Cho-yu base camp.

### Highlight

- Dramatic flight to and from Lukla
- Sherpa Culture and mountain life
- Stunning view of Everest from Kalapathar and Gokyo Ri
- Trans Himalayan Trade centre Namche Bazar
- Sunrise view from Kalapathar
- The popular highpass Cho-la 5420m

### Detail Itinerary

**Day 01-Upon arrival in Kathmandu Airport.** Our airport representative will welcome you and give you short info about Kathmandu and directly drive to Hotel. Overnight at hotel. B/B

**Day 02 Kathmandu-Lukla 30min flight 2780m.-Thade Koshi 1hrs.-Chiplung 1hrs.-Phakding 1hrs.2620m.** Morning fly to Lukla and begins the trek through the Tamang and Sherpa village. Lukla is mostly inhabited by Sherpa tribes. The trail goes gradually flat to Phakding. Over night at Guest house. B/B.

**Day 03 Phakding-Manjo 2hrs.-Namche Bazaar 3hrs.(3440m).** You are approaching to the Himalaya closely.

Viewing all mountain and pine forest and following the yak take you to Namche Bazar. On the way you will have the first encounter of Mount Everest, Amadablam, Themserku and many more. Overnight at Guest House. B/B.



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GPO Box: 8328, Thamel, Kathmandu, Nepal

Tel: +977 1 4700355, 4700356, Fax: +977 1 4700356

Email: [gat@wlink.com.np](mailto:gat@wlink.com.np), Website: [www.globaladventuretrekking.com](http://www.globaladventuretrekking.com)



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**Day 04 Rest day in Namche for acclimatization.** Optional hike to Thame/Khumjung Monastery/Everest view Hotel. Over night at Guest house. B/B

**Day 05 Namche-Sanasha 1.5hrs. 3580m- Phunki Tanga 1.5hrs. 3217m.- Tyangboche 2hrs. 3680m.** Trek begins very easily first part then trail goes downhill to Phunki Tanga on the river side. From here the Bouddhism was introduce into the Khumbu valley. Then ascends about 800m to Tyangboche through the pine forest. Over night at Guest House. B/B.



**Day 06 Tyangboche-Dibuche 1hrs.-pangboche 1.5hrs..-Dingboche 2hrs. 4400m.** Tyangboche is the best place to view Mount Everest, Amadablam and Thanserku in the back. Tyangboche monastery is another attraction of the tourist so GAT staffs take you there in the morning to participate for Puja and descend through the Rhododendron forest. Facing always giant mountain range towards Chhukung valley. Over night at Guest house. B/B.

**Day 07 Dingboche-Dhukla 2hrs.-Lobuche 3hrs 4900m.** As we are walking in high altitude area so we are trekking like a slog. When we cross the small river in Dhukla the path goes steep up to Lobuche. You visit Chorten, Mane stone and all panoramic view of above eight thousand meters mountain. Over night at Guest house. B/B



**Day 08 Lobuche-Gorekshep 3hrs. 5110m.** You are on the lap of the Himalayan range. Gorekshep is the initial base camp of Everest. Until 1950s climber set their camp at this place. Optional hiked up to Everest base camp and back to lodge. Over night at Guest house. B/B.

**Day 09 Gorekshep-Kalapather 2hrs. 5545m.-Dzongla 4hrs.** This is your remarkable day in your life time due to the Sun rise in to the Everest and its neighbors. It is always nice to see the

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biggest glacier which flows from Everest. Trek back to lodge and down to Dzongla 4830m. Total 5hrs walking. Over night at Guest. B/B.

## **Day 10 Dzongla-Chola Pass-Dragnag. 8hrs.**

After early breakfast we begins your trek through the ice-cold path to top of the Chola Top 5420m. Surrounded by all Himalaya and see the glacier and long way descent to Dragnak for overnight. This will be the longest day of your trek 8 hrs. B/B



## **Day 11 Dragnag-gokyo Lake 4700m.**

Trek down to the hill and cross the Ngozumba Glacier and meet the classical trail to Gokyo lake and keep walking for an about one hrs and reach Gokyo lake. Over night at a lodge. B/B.

**Day 12 Exploration Gokyo lake trek to Machhermo 3 hrs.** This is a exploration day for your Goryo-Ri 5410m for the great view of Himalaya from Makalu to Cho-yu (east to North range). It is a steep uphill to go Gokyo- Ri but pricy to reach the top. Back to Lodge and trek to Machhermo for 3 more hours.

**Day 13 Machhermo-Namche Bazaar 7 hrs.** Today you are walking down through the pine and Rhododendron forest and you may encounter several Musk deer, Mountain goat, Himalayan chicken and Pheasant. In another side of you trek see the great view of Ama Dablam and Themserku Mountain. Passing Dole, Maha danda and Khumjung and reach Namche. B/B.



## **Day 14 Namche to Lukla 7hrs.**

Trek through the Sherpa village beside the Dudh Koshi and visiting the monastery and mani wall arrived to Lukla for your final trek.

## **Day 15 Flight back to Kathmandu.**

Most of the flight leaves from Kathmandu- lukla- Kathmandu in the morning which is just half an hours. Transfer to Hotel, trip is over.

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## Cost Include(s)

- ✓ Sagarmatha National park Entry Permit.
- ✓ Kathmandu- Lukla-Kathmandu air ticket
- ✓ 4 nights hotel accommodation in 2/3 star level in B/B plan.
- ✓ Best available lodge Accommodation in the mountain
- ✓ Experienced English Speaking guide with equipment.
- ✓ Airport pick up and drop by private bus/Jeep/Car
- ✓ All the fooding and lodging and salary of guide and porters
- ✓ TIMS (Trekker Information Management System)
- ✓ One porter for each 2 clients.
- ✓ Standard breakfast Lunch and Dinner during the trek
- ✓ Insurance of Nepalese Staff.
- ✓ Gov't tax and VAT

## Cost Exclude(s)

- Personal expenses and all kind of drinks
- Personal Insurance of clients, Tips, lunch
- Laundry, telephone, Internet and Personal equipments.
- Emergency evacuation by Helicopter
- Int'l Air ticket and Airport tax and custom clearance
- Alternative transportation in case of bad weather Kathamndu-Lukla-Kathamndu.
- Optional services if taken by clients.

## Note-

Your safety is of paramount concern while travelling with Global Adventure Trekking. Please keep in mind that above itinerary is just the guideline, it might be customized if required. The weather could be change quite often in the Himalaya, we may have heavy rain fall or snow fall which caused flooding, land-slide and road blockage which is beyond the human control. We can't give any guarantee for natural disaster, weather condition, health condition of the group member and unexpected natural disasters. Our team leader/ group leader will try to ensure that the trek runs according to our original plan

⇒ [Trek as an Individual, Private Group or Join a Scheduled Trek](#)

Global Adventure Trekking specializes in organizing treks for individuals, couples, and small groups. You can trek by yourself as a private group on the date you select without paying extra, or you can choose to join a small group that is scheduled during your preferred time frame. We



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also now and then arrange groups on dates other than those shown on this schedule so feel free to contact us to inquire about other possible dates for group treks that you might be able to join.

⇒ **Small groups with matching capability**

Global Adventure Trekking limits groups to 8 persons and coordinates groups to insure compatibility and similar trekking capabilities, so that no one person in the group feels they are being held back or holding back other members of the group. Our sole interest is insure that each client can experience Nepal in the way that matches their interests and capabilities.

⇒ **When are the Treks programmed?**

Please see below the scheduled times for treks in 2014/15. If you would like to join one of these groups simply indicate your trek interest and preferred departure date when you contact us. If a group is shown as Closed (full) please check with us as we may be begins another group on or around that date that you could join.

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