

Trip Name : Chola Pass And Lobuje East Climb

Starting Point	Fly in KTM-Lukla
Ending Point	Fly out Lukla-KTM
Type	TeaHouse/Camping Trek
Grade	Difficult
Duration	20 Days
Daily Walk	5-7 hours
People in Group	Minimum 1 and Maximum 12
Best Time	April to May and September to November
Max. Elevation	6119 mt.

Trip Highlights:

- One of Nepal's popular trekking peaks
- The challenging Chola pass (5,330m/17,487ft)
- The spectacular views from Gokyo Ri
- Magnificent views of Mt. Everest Himalayan range
- The first ascent was made by Laurence Nielson and Ang Gyalzen Sherpa on April 25, 1984

Trip Details:

Chola Pass (5,330m/17,487ft) is one of the most adventurous and hard treks in the Everest region of Nepal. This trek is designed for passionate trekkers who are looking for more challenging trek and climb a Peak. So, we have combined this trek with Lobuje Peak expedition. The trek goes through Lukla, Namche Bazaar and all the way to Gokyo Valley, Chola Pass, Kalapatthar and Mt. Everest Base Camp. Hence we are ready for Lobuje Peak expedition.

Lobuje Peak (6,119m/20,076ft), also spelt as Lobuche is situated in the popular Everest region of Nepal. Lobuche Peak climbing is physically very demanding and technically straightforward on the snow slopes. Lobuche Peak has two distinct summits- Lobuche East (6,119m/20,076ft) and Lobuche West (6,145m/20,161ft). Although both the peaks are connected by a continuous ridge, there is a prominent gap and a visible distance between them. The true east peak can be summited by descending into a notch and climbing steep snow/ice slopes to the top. This peak is exceptionally climbed and repeatedly mistaken as Lobuje West. Most of the climbers reach the summit ridge only as far as a subsidiary snow summit just before the notch and south-east of the true peak. The first recorded ascent of the true Lobuche East was made by Laurence Nielson and Ang Gyalzen Sherpa on April 25, 1984 but there are possibilities that others may have reached the summit before as it is always especially remarked by the Everest Expedition teams. Lobuje East expedition offers to witness the pristine Sherpa villages, their lively culture and serene monasteries on the world famous Everest Base Camp trail. The trip starts from and comes to conclusion at Lukla airstrip following a short and exciting flight from Kathmandu.

How We Make This Trip Responsible?

Trekking Encounters promotes Responsible Tourism and strictly follows the responsible travel guide lines.

Cost Includes:

- Permit fees for Lobuje East Peak and Sagarmatha National Park

- Three meals a day (B/L/D) served at teahouse/lodge and at our own kitchen during climbing period
- Accommodations in the mountains at teahouse/lodge/tents
- An English speaking Trekking Guide
- Experienced NMA registered Climbing Sherpa Guide
- An experienced Cook and kitchen crew for camping period
- Necessary porters
- Necessary climbing equipment including Top quality high mountain Tents, Fixed and Main ropes, Ice-screws, Safety ropes, Jumars, Karabiners, etc.
- Staff insurance, salary, food, accommodation and their transportation
- Regular flights for Kathmandu-Lukla-Kathmandu and ground transfers to/from airport
- Satellite phone support for expeditions and trekking peaks (on demand)
- Emergency co-operation service and first aid kit box
- A certificate by Nepal Mountaineering Association (NMA) on successful summit of peak climb

Complimentary:

- A Trekking Encounters T-shirt
- A farewell Nepali dinner with live culture program

Cost Excludes:

- Hotel and meals in Kathmandu
- Bar and beverages bills, bottled water
- Nature of personal expenses
- Personal cloths and equipment such as sleeping bag, jacket, boots etc.
- Personal climbing equipment such as Plastic Boots, Ice-axe, Gaiters, Crampons, Harness, etc.
- Insurance for accidental, medical and evacuation
- Tips to the staff
- Refundable Garbage Deposit of US \$500
- International Airfare and Taxes

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class – 1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy

Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Fly Kathmandu to Lukla (2,840m/9,318ft) and trek to Phakding (2,610m/8,563ft).

We set off early morning from our hotel to domestic airport for Lukla flights. After a 35 minute scenic mountain flight by a small aircraft, we land in Lukla airport (Tenzing-Hillary airport). Today's trek from Lukla to Phakding is only about 3-4 hours. The trail from Lukla is seen broad and clear. From the airstrip it heads north through a kani (arch) and then slopes downhill to a low agricultural land. A splendid view of the difficult trekking peak Kusum Kangaru (6,367m/20,889ft) is seen while walking ahead. The trail is rich with teahouses, prayer wheels, gompas (Buddhist monastery) and huge boulders decorated with Buddhist mantra (prayer chant). Finally we arrive in the village separated in two parts with about a 10 minute trek between them, and a long suspension bridge over the Dudh Koshi River. This village is called Phakding where we stay overnight.

Day 02 : Trek Phakding to Namche Bazaar (3,446m/11,306ft).

Today's trek is about 5-6 hours. After crossing the suspension bridge at Phakding, we trek for 2-3 hours following the climbs steeply up rough stone steps before reaching the long paved Monjo village on the edge of Sagarmatha National Park. In addition to the lodges, single-roofed houses and a few basic shops, there is a small gompa nearby. The trek from Monjo to Namche Bazaar will take another 3-4 hours. There is an entrance to the Sagarmatha National Park where an entry permit must be showed or obtained and kept safely for showing on exiting the park. Once passed through the gate, the trail drops to river level which is set among fields of huge cabbages, crosses to the west bank of the Dudh Koshi river on a long suspension bridge and passes teahouses and lodges in Jorsale (2,775m/9,104ft). This is the last available accommodation before Namche Bazaar. About halfway up, at a bend on this ascent we should get our first brief view of Mt. Everest, Nuptse and Lhotse. As our trek continues up mostly among trees, we will eventually come to a group of buildings, then broad stone steps and finally arrive in one of the lower streets of our overnight stop Namche Bazaar. This town is known as the Sherpa "Capital" and gateway to the Mt. Everest. Namche Bazaar has many facilities – a post office, banks, ATMs, money exchange centre, a health post, a dental clinic, numerous shops, restaurants, cyber cafés and telephone facilities, a gompa and several chortens. The headquarters of the Sagarmatha National Park and a military post are situated above the town. We stay two overnights in Namche Bazaar for acclimatization and excursion around. Trekking time 5-6 hours.

Day 03 : Rest and acclimatisation day in Namche Bazaar.

Today we stay in Namche Bazaar for acclimatisation. Because of the altitude, it will be necessary for us to spend a minimum of two nights here. On this day, we have the choice of just relaxing and roaming round this interesting hill town, or alternatively trekking round a nearby 3-4 hour circuit with stunning views. On this excursion trek, we pass through two traditional Sherpa villages Khumjung (3,780m/12,402ft) which has a chorten at its entrance and Khunde (3,841m/12,602ft) where there is a small hospital. This day helps a lot for acclimatisation for our further trek to Gokyo, Chola pass and Lobuje expedition.

Day 04 : Trek Namche Bazaar to Dole (4,200m/13,780ft).

Today we will soon reach the small ridge-crest settlement known as Mong (3,973m/13,035ft) the birthplace of Lama Sange Dorje, who allegedly brought Buddhism to Khumbu. We now enter the Gokyo valley and descend about 300 meters in a series of zigzags to reach Phortse Tenga (3,680m/12,664ft) which has a few basic lodges. The trail now climbs through rhododendron woods and comes to two outpost buildings (National Park and Nepalese Army), a point from which, for the first time, we will be able to see Cho Oyu (8,201m/26,907ft) at the head of the valley. The route now makes twisting ascents through woodland, climbs more steeply into the open, crosses a number of streams, traverses a yak pasture with a solitary herder's hut, crosses a minor ridge and enters our overnight stop, the lodge settlement of Dole. Dole began as a kharka (a yak pasture) with a few herders' huts, but once Gokyo became a trekking destination, lodges soon blossomed forth. Trekking time 6-7 hours.

Day 05 : Trek Dole to Machhermo (4,470m/14,666ft).

Today's trek is a short and pleasant one and we can relax and take things easy. Because of the demands of altitude acclimatisation, we do not go further. Beyond the first of Dole's lodges the trail goes downhill, crosses a stream, swings right to climb a hillside and crosses pastureland with dry stone walls and several yak herders' huts. The trail continues past a few stone-built huts and contours along the hillside, descends into a small basin with more walls, stone huts and lodges, then just under two hours from Dole reaches Luza (4,360m/14,305ft) which is also a kharka (yak pasture). Because the lodges at Dole and Machhermo can be very busy in the autumn trekking season, it has become a possible site for overnight accommodation. From Luza, the path climbs out of the northern side of the basin and crosses more pastureland bordered by a chorten and prayer flags. In every direction here the views are spectacular. Eventually the trail slopes down into the valley, crosses a stream and rises up a short slope into the yak pastures and lodges of our overnight stop Machhermo. Trekking time 3-4 hours.

Day 06 : Trek Machhermo to Gokyo (4,790m/15,716ft).

Today will be another relatively short trek across broad pastures, through narrow clefts with steeply climbing trails, past two or three lakes and through an ablation valley beside the Ngozumpa Glacier. An ablation valley is one formed by the melting of glacier ice. The trail climbs round a hillside spur, where lofty Cho Oyu will again come into view and soon we will reach another kharka with some simple lodges. Directly ahead of us at this point, we will see the terminal moraine (ridge of rocks) that closes off the Ngozumpa Glacier. The trail now goes briefly downhill, then climbs through the aforementioned ablation valley on the western side of the glacier, goes steeply up stone steps and crosses a stream on a short wooden bridge. A succession of cairns now marks the route through a stony landscape, with a small tarn (Mountain Lake) on the left. The valley now broadens and the trail reaches a second larger tarn Taboche Tsho (4,740m/15,552ft). Beyond this point the trail passes through a narrower section of the ablation valley and comes to a third tarn Dudh Pokhari (4,750m/15,584ft), with prayer flags on its eastern shore. Dudh Pokhari celebrates a fair every year during Janaipoornima, a popular Hindu festival falls in July-August. Just beyond this lake we will come to our overnight stop Gokyo, the valley's last lodge settlement. Trekking time 3-4 hours.

Day 07 : Rest day at Gokyo, climb at Gokyo Ri (5,360m/17,586ft) in the morning.

We spend two nights in Gokyo to help with altitude acclimatisation. In the morning, if weather permits, we climb the hill that rises above the northern shore of Lake Dudh Pokhari, called Gokyo Ri. The summit is marked by large cairns and prayer flags. Also from the top, Gokyo's turquoise lake, far below has a picturesque view. An excursion to fourth and fifth lake is recommended for passionate trekkers.

Day 08 : Trek Gokyo to Thangnak (4,950m/16,241ft).

Today we continue our trek to Thangnak (Dragnag), at a point beyond the southern end of Lake Taboche Tsho, where a cairn marks a fork in the trail, we branch left, make any easy rise across the slope and crest the moraine wall at a saddle. From here we will get a splendid view northwards along the length of the Ngozumpa Glacier to Cho Oyu and also to Cholatse and Taboche in the south-east. The way now descends onto the glacier, weaves round ice cliffs, over rocky humps, skirts small lakes and crosses flats of glacial sand. Here there are impressive views in every direction. Having crossed the glaciers, the route descends into the ablation valley below our overnight stop Thangnak, which consists of three very basic simple lodges and a couple of huts. Trekking time 3-4 hours.

Day 09 : Trek Thangnak to Dzonglha (4,830m/15,847ft) crossing over Chola pass (5,330m/17,487ft).

Today the trail climbs steadily to a cairn on the crest of a moraine ridge, descends into a valley and arrives at a rough area of rocks and boulders, sometimes known as Cho La Base Camp and also as Phedi (4,930m/16,175ft) which means “at the foot of the hill”. We will now stay close to the right hand rock wall where cairns indicate the route down. The views ahead will now be magnificent. The steep descent now continues down rocky “steps” to reach an easy path, which will take us to the bed of the valley. The remainder of the trek to our overnight stop Dzonglha is through this beautiful valley and we will be able to enjoy the stunning views. Dzonglha consists of a few simple lodges and camping grounds in a walled enclosure. There is a terrific close view of Cholatse’s north-east face (6,335m/20,785ft) seen from Dzonglha and below to the south lies Chola Tsho lake (4,590m/15,059ft). We stay overnight at Dzonglha. Trekking time 6-7 hours.

Day 10 : Trek Dzonglha to Lobuche (4,910m/16,109ft).

Today we continue the trek along the moraine of the glacier. The views of Kalapatthar and Pumori on the way are truly magnificent. The trail now enters the Khumbu valley, crosses to the western side from which one gets a clear view of the massive Nuptse (7,861m/25,791ft) and finally arrives at Lobuche. This is a busy place with trekkers camping in various spots on the far side of the stream and around the lodges. We stay overnight at Lobuche. It can be very cold overnight here. Trekking time 2-3 hours.

Day 11 : Trek Lobuche to Everest Base Camp (5,364m/17,598ft), return trek to Gorakshep (5,140m/16,864ft).

Today, we set off to the Everest Base Camp with the trail initially crossing a stream below Lobuche and then progressing along the left-hand side of the valley, before rising to a higher narrower step. Soon we will reach a point where a narrow side valley cuts off to the left. After about 200m it takes us to the “Italian Pyramid”, a stone-built lodge and scientific station which collects meteorological and seismic (earthquake) data. Continuing on, the main trail comes to a more open area, climbs a moraine where edelweiss grows on a slope – crosses a sandy stretch, weaves among heaps of moraine, climbs once again and then drops down to Gorakshep. The trail to Base Camp begins just beyond the Gorakshep Lake, runs for some way along the moraine crest and then appears to descend to the Khumbu glacier. Once in the centre of the glacier, the route signs are somewhat dubious – e.g. the occasional cairn of yak dung! – but we will be okay with our experienced guide. Although Everest Base Camp does not provide a view of the world’s highest mountain itself, tomorrow’s trek will more than compensate for this – today we will get a real close-up of the impressive Khumbu ice fall. The Base Camp can be quite a bustling place with expeditions camping, porters, trekkers and yaks, etc. Having achieved our first goal, and after resting, we will return to Gorakshep for our overnight stay. It consists of three lodges on the rim of a level basin of glacial sand, with the small lake nearby. Tibetan snow cocks chase one another noisily across this sand flat. Although it is very close, Everest is not visible from Gorakshep, however there is a stunning view of the majestic Nuptse, soaring high in the east. We stay overnight at Gorakshep. Trekking time 7-8 hours.

Day 12 : Trek/Climb Gorakshep to Kalapattar (5,545m/18,192ft) and return trek to Lobuche.

Today's trip is not only literally the "high point" of our entire trek but it also has the absolutely high point with unbelievable views from the summit of Kalapatthar. The long awaited trek starts around 5.00am. The climb takes about 1-2 hours (depending upon the route chosen) to reach the summit. On the arrival at the summit, one can experience the most fantastic sunrise over Mt. Everest. Kalapatthar is a spur of Pumori (7,165m/23,507ft) and in Hindi means "black rock" which is appropriate. It has two summits and two ascent routes, both paths being clearly visible from Gorakshep. The left-hand path which wriggles its way to the secondary summit (5,545m/18,192ft) takes 1-1:30 hours and the other which zig-zags up the eastern flank to the higher summit (5,623m/18,448ft) takes 1:30-2 hours. Neither route is technically difficult. Another alternative is available which takes in both summits, climb the left-hand trail to gain the lower top, marked with a number of slender cairns and then continue along the ridge scrambling over rocks and reach the higher summit with its flutter of prayer flags. From both summits, a truly incredible panorama is spread before you. Although Everest is of course the main focus of attention, the ice cone of Nuptse which from this view point appears higher than Everest, has stunning beauty. Having really soaked up these incredible views we will return downhill to Gorakshep and then continue our trek to Lobuche after breakfast. We stay overnight at Lobuche. Trekking time 5-6 hours.

Day 13 : Trek Lobuche to Lobuche/Lobuje Peak Base Camp (5,400m/17,717ft). Basic training for climbing.

From Lobuje, we trek on the flat portion about half a way then follow on the steep ascending path to reach Lobuje Base Camp. It is quite rocky and moves along the bank of Lobuje Glacier. We have stunning views on the trek today. Trekking time 5-6 hours. We stay overnight at camp. After lunch, our Sherpa climbing guide will conduct training on peak climbing techniques and using of climbing gears such as climbing boots and crampons, harness, ascender and to go up and down on ropes. We hope the training will be useful for those who are doing their first expeditions.

Day 14 : Climb Lobuje Peak Base Camp to High Camp (5,800m/19,029ft).

Climbing day: We climb to high camp today. Our guide will lead us to reach the high camp. We stay overnight at high camp. Climbing period 4-6 hours.

Day 15 : Climb Lobuje Peak High Camp to Summit (6,119m/20,076ft), trek back to Lobuche.

Summit day: We start our climb early in the morning, generally between 1-2am. Rope needs to be fixed up for the glacier as it contains several crevasses. We follow the guide's footsteps and he fixes a rope wherever necessary. We follow on the steep climbing of about 60 degrees. It is a climb along the knife-edged ridge, less than 12 inches (30 centimeters) in some places to reach the summit. At the summit, we will have the panoramic views of Everest, Lhotse, Nuptse, Ama Dablam, Tawache, Cholatse, Pumori etc. After taking enough pictures, we make a careful descent back to Lobuje for overnight rest. This is a celebration time on the success of Lobuje expedition. Total climbing/trekking time 8-10 hours.

Day 16 : Spare day for weather.

The spare day is for smooth journey. We can use this day if the weather gets worse and we are unable to complete the summit on the planned day. This day can be useful if someone gets problems in acclimatising well enough to make the ascent.

Day 17 : Trek Lobuche to Pangboche (3,930m/12,894ft).

Leaving Lobuje, we descend all the way downhill passing through Thokla/Thukla/Duglha and finally reach Pangboche. We are rewarded with the spectacular views of Cholatse, Tawache, Ama Dablam, Pokhalde, Thamserku, Kangtega etc en-route. There is a famous gumpa at Pangboche believed to have been the oldest in the Khumbu region. We stay overnight at Pangboche. Trekking time 5-6 hours.

Day 18 : Trek Pangboche to Namche Bazaar.

We descend through the alpine dessert and enter into landscapes of pine forests. The trail then leads to a steep uphill climb into Tengboche. We pay a visit to the Tengboche Monastery. We then trek through a steep descent and the final steep climb traverses the hill side into Namche Bazaar. Trekking time 5-6 hours.

Day 19 : Return trek Namche Bazaar to Lukla.

Again we proceed southward, retracing the route trekked on day 1 and 2, crossing and re-crossing the Dudh Koshi at intervals. We stay overnight in Lukla. Trekking time 6-7 hours.

Day 20 : Fly Lukla to Kathmandu.

We take the 35 minute breathtaking flight from Lukla.

Option available for extending your trip with Jungle Safari adventure, white water rafting or a trip of your choice.