Gokyo to Everest Base Camp via Cho La Pass Trekking : Scenic Women's Trek

Everest Region

Trip Facts

REGION	DURATION
Everest	**19 Days**
DIFFICULTY	ACTIVITY
Strenuous	**Trekking**
MAX. ALTITUDE	BEST SEASON
5,643m	**March, April, May, September, October, November**
ACCOMMODATION	MEALS
Tea-House (Lodges)	**Breakfast/Lunch/Dinner**
START/END POINT	GROUP SIZE
Kathmandu - Kathmandu	**2-30**
TOTAL DISTANCE	TRANSPORTATION
90 km/56 miles	**Private vehicle**

Group Prices and Discounts

USD 1,499 per person

No. of travellers	Price per person
2–4 Pax	USD 1,650
6–12 Pax	USD 1,499
14–24 Pax	USD 1,398.99

Overview

Gokyo to Everest base camp via Cho-La Pass is a great adventurous walk visiting both beautiful high areas of Khumbu, an ever-exciting adventure with a flexible itinerary set by Women Adventures. The itinerary days have ample time for

acclimatization and exploring the scenic surroundings as well as to catch a glimpse of the impressive local cultures of the native Sherpa. This trek can be a perfect **adventure for women** of all ages whether you are travelling solo or with your fellow female explorers, especially those seeking guidance from a **female trekking guide in Nepal** or a **women trekking guide in Nepal** for added safety and comfort.

Gokyo to Everest base camp via Cho-La Pass leads you to higher mountainous and picturesque valleys, walking from the main trail to hidden pockets of Khumbu on crossing the high Cho-La Pass. Discover the lifestyle of **Sherpa women in Gokyo Valley**, their dedication to daily work, community support, and active role in **women's empowerment** through education, tourism, and preserving cultural heritage - an inspiring highlight for trekkers who value the presence of **female trekking guides** and **women-led support teams**.

The first part of the journey follows the normal and popular route to the famous **Namche Bazaar**, after entering *Sagarmatha National Park*, which is listed on World Heritage Sites. It is one of the highest-elevation parks enriched with exotic flora and fauna with the world's tallest mountain range.

Namche Bazaar is a perfect place and height for acclimatization days and to explore its surrounding viewpoints. After Namche Bazaar, you walk on the road towards the high beautiful Gokyo Valley of serene glacial lakes. The trail diverts from the main routes of **Everest base camp**. You will head higher to reach the picturesque Gokyo Valley enclosed by towering snow peaks. The valley is located amidst various routes to Mt. Cho-Oyu base camp and Everest base camp via **Cho-La Pass** including the higher trail to Thame crossing **Renjo-La Pass** with Nepal's Himalayas' longest Ngozumpa glacier. The origin glacial source of the Dudh Koshi River, which you have followed in the beginning.

At Gokyo Valley, enjoy leisure activities with a climb to high Gokyo-Ri for a stunning panorama of the world's four highest peaks from Everest, Lhotse, and Cho-Oyu to Mt. Makalu with a series of snow-capped mountain ranges. After a pleasant and wonderful time at Gokyo, then head towards Everest base camp, taking the high route over Cho-La Pass. An exciting and adventurous feat to accomplish crossing the high Cho-La Pass to reach the main trail to Everest base camp. Then follow the scenic route to the second and main highlights of the adventures, at the foot of Mt. Everest. Enjoy the tremendous dramatic scenery amidst remorseless fields of moraine, ice, snow, and glaciers with **massif Khumbu Ice Fall**.

On completing the goal and target of the adventures, including the steep climb on top of **Kalapatthar**, we will return to Lukla. Kalapathhar is famous and popular, as well as the highest viewpoint of the journey for the closest **views of Everest** at a near distance. After exploring all the highlights around the high Khumbu Valley, the journey takes us on the scenic trail back to Lukla. The next morning a short panoramic flight brings you to Kathmandu to conclude the adventures, after a great wonderful experience on Gokyo to Everest Base Camp via Cho-La Pass Trekking, one of the most rewarding **Everest region treks** and ideal for those seeking a women-focused adventure experience.

Highlights

- Head on an empowering journey to Gokyo to EBC via Cho-La Pass Trek with your female friends creating a safe and inspiring environment pushing your limits and enjoying the beauty of the trek with **Women Adventures**.

- Connect with local women of different areas and traditions.
- Exceptional scenery from high Gokyo-Ri, Cho-La pass and Kalapathar hill top.
- Explore the both beautiful scenic areas of high Khumbu Valley and Everest region.
- Spectacular panorama of world's four highest peaks from the high Gokyo-Ri Top.
- From green tree lines to barren windswept terrains of arctic like landscapes. Lovely villages lined with impressive monuments of Stupas and prayer walls.
- A meaningful option for trekkers who prefer the assurance of a women-led journey or a female trekking guide.

Route Overview

Trekkers joining for Gokyo to EBC via Cho-La Pass or other adventures around **Nepal Himalayas** must be aware beforehand. Nepal is a country with the world's highest mountain range from foothills to the world's tallest peaks with rugged mountainous landscapes and terrains. The walk leads to many ups and downhill with few gradual sections to enjoy. The only flatland is the low sub-tropical Terai belt around southern Nepal.

En route to Gokyo to EBC via Cho-La Pass, the trek starts with a pleasant gradual path with a few short steep ups to Jorsalle.

We then cross the high bridge on leaving Jorsalle village and reach Dudh Koshi River Valley. After a steep undulating climb for a few hours, the path leads to Namche Bazaar, Namche onwards the path is on wide scenic winding gradual ups. We continue our walk for a few hours and climb onto the lovely, forested path to Dole, and then with short steep ups, we reach **Gokyo Valley**. From Gokyo to cross Cho-La Pass, the path leads to a steep climb on rocky moraines to the top of Cho-La Pass. After the pass a steep descent to negotiate, taking care of a slippery path of ice and snow sometimes. From then on it is a straightforward route to Everest base camp walking on moraines and over glaciers. After completing the main highlights, the rest of the walk is more or less downhill with few short ups until Lukla.

The well-marked trails are suitable for trekkers who prefer the guidance of a female trekking guide or women-led support teams for added confidence.

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Ready to begin your Gokyo to Everest Base Camp via Cho La Pass Trek with Women Adventures?
Book your women-led trekking experience now and start your Himalayan journey with confidence and safety.

Itineraries

Day 01: Arrival in Kathmandu 1,340 m and transfer to hotel.

On arrival at Kathmandu International Airport, you will be received by our team of ladies staff and guide. After checking the NST (Nepal Standard Time) which is 5 hours and 45 minutes ahead of GMT, a short drive takes you in the hub of Kathmandu city around Thamel area to your hotels. After checking into your lovely rooms, get refreshed from the Jet Lag. The refreshments will energize you after which you can join the other members of the Gokyo to EBC via Cho-La Pass Trekking team in the meeting room for a briefing.

The briefing will be provided by our lady guide and staff or Group Leader. She will provide information about the treks, local lodge, and food. The wide range of information about trek makes your holiday meaningful and enjoyable. Overnight at Hotel.

Day 02: In Kathmandu with sightseeing tour and trek preparations.

The day begins with breakfast, followed by visits to two significant sites: Pashupatinath Temple and Boudhanath Stupa. The tour is escorted by a government certified female tour guide.
Pashupatinath Temple, a UNESCO World Cultural Heritage site, is a revered Hindu temple dedicated to Lord Shiva. Located by the Bagmati River, it hosts Hindu cremation ceremonies and is especially important during Shivaratri, attracting numerous pilgrims.

After breakfast, we'll visit Boudhanath Stupa, one of Nepal's largest stupas, positioned east of Kathmandu. It's notable for its significant size and height, as well as its four pairs of eyes representing Mahayana Buddhist principles. Following a quick city tour, we'll return to the hotel to prepare for tomorrow's trek. The overnight stay will be at the hotel.

Day 03: Fly to Lukla 2,860 m and trek to Phakding 2,610 m-04 hrs.

You will have your breakfast at Hotel, and after having early breakfast and refreshments, the Woman Adventures guide, and staff receives you for short drive to domestic airport. You then check in with respective airlines, get on board in a small aircraft of 15 to 18 seats. Twin Otter, Dornier or similar STOL aircraft can only fly to mountainous smaller Airport and runways. The flight to Lukla's amazing Tenzing-Hillary Airport is an enchanting experience, with its remarkable airstrip. During this short flight enjoy sweeping panorama of the Himalayan range of peaks with Mt. Everest towards North-East.

Then the plane lands at Lukla's short runways, reaching the parking space on landing at Tenzing-Hillary Airport. After getting organized with the baggage, you'll have time to take a refreshing break. Then follow our lady expert guide heading through the market areas on the main streets of Lukla town.

Enjoy a pleasant walk downhill, passing farm villages and continuing through several charming settlements along the way. We then reached Phakding for the first overnight around the Khumbu area of Everest.

The lodge offers lovely rooms and warm hospitality, providing a comfortable place to enjoy the night in Phakding, near the Dudh Koshi River. The flight to Lukla takes about 30 minutes and covers a distance of approximately 135 km (84 miles) while the walking distance from Lukla to Phakding covers an approximate distance of 8 km (5 miles).

Day 04: Trek to Namche Bazaar 3,440 m-06 hrs.

After a hearty breakfast in the morning, follow our female guide and trekking staff for a pleasant walk to start the day. After short hour of good walk cross over a long bridge above Dudh Koshi River. Then a short climb to lovely Monjo village and then enter Sagarmatha National Park. Sagarmatha, a name for Everest in Nepal, the native Sherpa calls Chomolungma similar to Tibetan. In both languages it means great Mother as large as an ocean. From the park, we walk down to cross the same river once again. (Sagarmatha National Park is in the list of UNESCO World Heritage Sites).

We then reach the settlement of Jorsalle before Namche Bazaar, possible lunch stops, and then walk on river bed amidst dense forest. We take a short climb to cross a high bridge, with a long undulating uphill walk of a few hours takes us to Namche Bazaar. A large settlement, a size of a moderate town with colorful and well built houses serving as lodge, and hotels. Enjoy a nice comfort in one of the best lodge rooms, with a grand view of Kwangde Himal range; with Thamersarkhu peaks. The total distance from Phakding to Namche Bazaar is approximately 12 km (7.5 miles), taking more than 5-6 hours due to the increase in altitude.

Day 05: Rest day in Namche Bazaar for acclimatization with short hike.

Namche Bazaar is a perfect place and ideal height for rest and acclimatization, before heading higher ground. Sleeping and resting low is best, taking short hike above Namche Bazaar heights for better acclimatization.

It is best to sleep and rest at lower altitude. We also take a short hike above Namche Bazaar to aid in better acclimatization. In Namche, immerse yourself in exploring the lifestyle of Sherpa women, appreciating their dedication, resilience, and the unique cultural roles they uphold in the community.

Possible short hiking around Namche Bazaar and viewpoints are as follows:

After breakfast climb uphill to near Park Headquarters, a top ridge with an interesting museum. Enjoy the grand vista of Mt. Everest, Lhotse, and Nuptse with beautiful Mt. Ama Dablam, Khangtiaga, Tharmasarku, and Kwangde Himal range of peaks. You then visit the museum which offers good information about the Sherpa culture and history as well as local flora/fauna and mountaineering expedition history around Khumbu and Everest.

The other interesting hike is climb above Namche Bazaar to a small old airstrip at Syangboche. Then on slow gradual ups to Everest View Hotel, the first luxury hotels of Khumbu and Everest region. It is designated in the Guinness Book of World Record, as the highest hotels in the world at 3,962 m/ 13,000 feet.

It is located in a serene surrounding amidst pines and rhododendrons small forest. Enjoy the glorious views of Mt. Everest, Lhotse, Nuptse with Ama Dablam while having refreshing hot drinks. We then return to Namche Bazaar for lunch. The rest of the day is free to leisurely explore the fascinating streets of Namche Bazaar. Namche Bazaar is also famous for its weekly Saturday Market, hence the name tagged as Namche Bazaar due to the colorful busy bazaar/ market held every Saturday.

Day 06: Trek to Dole 4,110 m- 06 hrs.

Enjoying a pleasant two overnight stop in Namche Bazaar, the walk leads on a pleasant gradual wide trail. Soon our route diverts from the main popular trail of Everest base camp leading to a steep climb up to Mong high ridge, with superb views of towering snow peaks. From here, the path leads downhill to Dudh Koshi River at Phortse Tenga for a lunch break. A small settlement with few small simple lodges and Tea-Houses. In the afternoon, a few hour's climb takes us into a narrow gorge which are covered in tall rhododendrons, pines, oaks, and fir trees. We then reach on an open wide area at Dole, a lovely spot on the back sides of a holy Mt. Khumbila, the patron god of Khumbu Sherpa's. Upon arrival, we checked into a nice lodge at Dole and spent overnight with the sound of the Dudh Koshi River flow.

Day 07: Trek to Machermo 4, 470 m - 04 hrs.

In the morning, after having a good breakfast at the lodge, we begin today's short walk but the gain in altitude makes the trek slower. We start the morning walk with a short steep climb to a ridge, reaching an open wider area. The walk follows on gradual ups past a nice small settlement of Luza, and slowly the trail leads us high above Machermo. You can enjoy the first look of Mt. Cho-Oyu towards north with Machermo peaks in the west. After a grand view of the surrounding high peaks, a short descent takes us to a small river gorge. The gorge is lined with small Poplar and Willow trees, followed by a short steep climb to Machermo. A place with several fine good lodges for lunch and overnight. The rooms are well accommodated offering a beautiful view. After lunch, you can relax and then take a short hike to nearby viewpoints. Spend the rest of the day at leisure before enjoying afternoon tea and dinner.

Day 08: Trek to Gokyo Valley 4,800 m - 04 hrs.

Today, the morning takes you to our destination to Gokyo Valley of lakes. We start with a short steep up to a ridge, then walk on a gradual path to Pangka. A small isolated spot with some simple lodge, from here with ups on the rocky path towards an ablation valley. The walk continues to reach the first lake, and then the second lake of Gokyo Valley. After a short while, we then reach Gokyo third lake, the main lake of Gokyo Valley. It is also known as the Dudh Pokhari, like the Dudh Koshi River, which means a milky river due to its chalky white color fed from nearby Ngozumpa glacier. We will walk up to the lodge located above the Gokyo emerald-colored lake, offering breathtaking views of Mt. Cho Oyu and Gyachung Kang Peak.

On reaching the lodge check into a nice room and enjoy lunch along with surrounding views. Sherpa women of Gokyo Valley lead hardworking lives, managing households, farming, and supporting trekking tourism while playing a vital role in women's empowerment through leadership, education, and preserving cultural traditions. You can spend the afternoon at leisure, exploring the lifestyle of Sherpa women and marveling at the glorious scenery of towering snow peaks.

Day 09: Morning climb Gokyo-Ri, afternoon free at leisure.

A free day in Gokyo, you can go for a good hike and climb to the Gokyo-Ri viewpoint. Rise early and start the hike before breakfast walking past the short of Gokyo third lake. Then a steep haul for a few hours to reach on top of scenic Gokyo-Ri. From the top, you can view the spectacular panorama of the world's four tallest peaks, with Everest, Lhotse, Makalu and Cho-Oyu. The views also include the grand scenery of the wide Gokyo Valley and its emerald-colored lakes, after a refreshing morning climb. We then return downhill to the lodge for breakfast and lunch. Rest of the day you can enjoy on your own and relax in the harmony of beautiful scenery.

Day 10: Trek to Thagnak 4,760 m-04 hrs.

Today's walk is a short distance to Thagnak at the base of Cho-La Pass, so we start the morning at leisure in no hurry. You can enjoy the breakfast with delightful views of surrounding beautiful landscapes with lakes. We start the morning walk on the same route as previous days, after the last lakes. The route diverts heading straight towards east of Gokyo Valley, to reach Na, a small Yak herders shelter. After a few hours of Pleasant walking, we reach Thagnak, located on a corner with good simple lodges for overnight stay. At Thagnak, we will stay for lunch and overnight before a long traverse over Cho-La Pass. In the afternoon you can rest and save energy for the long climb and descend the next early morning.

Day 11: Cross Cho-La pass 5,420 m, descend to Dzongla 4,750 m -08 hrs.

Today, we will be rising early before the break of dawn. After having a good breakfast, we will be carrying a packed lunch for the long day. You should follow the expert lady guide heading up with a steep climb over rocks and boulders. You will also stop for a rest at some places. As cool morning walks progresses, after hours of steady climbing we then reach on top of Cho-La Pass.

The pass is marked with rock cairns and Buddhist prayer flags. If you have carried the prayer flags, you can hoist at the pass for the goodwill to come in near future, from the top of Cho-La. Enjoy views of Cholatse peak, with Lobuche East/ West and Nirekha peaks. We then head for the long descent, heeding slowly and taking care of slippery sections to reach at the bottom of Cho-La pass. The walk gets pleasant for an hour to Dzongla for overnight halt.

Day 12: Trek to Lobuche 4,928 m -05 hrs.11 km.

After an exciting adventure over Cho-La Pass, from Dzongla we take an easy walk with a short climb to Lobuche for overnight. In the morning, as you walk from Dzongla, you'll be greeted by the stunning views of the towering peaks of Cholatse and Taboche, with the trail leading you along a gravel path. Then the walk joins the main trails of Pheriche and Dingboche heading up to Lobuche and Everest base camp.

After walking on a gradual path for an hour we then reach Lobuche for overnight in one of the best lodges. Upon arrival, we check into a nice room with views of Nuptse and Lobuche peak. Lobuche, is a nice spot well hidden from gusty cold wind.

Day 13: Trek to Everest base camp 5,364 m via Gorakshep 5,180 m-06 hrs. and back to Gorakshep.

We start early after having a good breakfast to reach the main goal and highlight of Gokyo to Everest Base Camp via Cho-La Pass. We will carry a packed lunch for the long day. The path starts with a gradual, and then a short climb towards rocky section. You can enjoy stunning views as you walk above the Khumbu Glacier on your way to Gorakshep. A nice small settlement with nice lodges, situated beneath Mt. Pumori and Kalapathar scenic hill.

In the early days, Gorakshep served as the original Everest Base Camp. However, as the glaciers receded over the years, the base camp was relocated further to its present site in the 1970s. The walk follows east, on the gradual winding path, after some hours of steady walks, we then reach Everest Base Camp, and stand at the foot of number one Mount Everest. It is also the base camp of Mt. Lhotse, the world's 4 th highest peaks. Enjoy the incredible stupendous scenery similar to Arctic like landscapes, covered in moraine of rocks, snow, ice and glaciers. In the mountaineering seasons of April and May, base camp is flooded with tents of various wide-world expeditions. After a wonderful day hike and achieving the goals of the adventure, the return walk takes us to Gorakshep for an overnight halt. Celebrate the incredible achievement of reaching Everest Base Camp with your female friends, guide, and porter, sharing the joy of this unforgettable moment together.

Day 14: Climb to Kalapathar 5,630 m and trek to Pangboche 3,900 m- 06 hrs.

We rise early morning and before breakfast, we take an exciting climb to the top of Kalapathar, a famous and popular viewpoint. A steep climb of a few hours takes us to reach the rocky high ridge, as well as the highest spot of the adventure. For every hard efforts, the adventure rewards you with a mind-blowing panorama of towering Snow Mountains that encircle the top of Kalapathar. The top offers a grand close views of Mt. Everest at a stone throw distance with Mt. Pumori in front. After a mesmerizing views, we descend to Gorakshep for breakfast, and then downhill past Lobuche and Thugla. From Thugla our route diverts heading downhill reaching at the valley floor of Pheriche. A pleasant walk for some hours with a lunch stop at Pheriche, a nice settlement similar to Dingboche. In the afternoon, we walk down to a river, then take up to a small ridge, and then downhill to Somare. From here a short descent to Pangboche for an overnight stop. Pangboche is also en route to Ama Dablam base camp across the Imjatse River.

Day 15: Trek to Namche Bazaar via Tengboche 3,867 m-07 hrs.

At Pangboche, you can enjoy a close-up view of Ama Dablam. After breakfast, descend to the river below and cross it via a sturdy bridge to continue your journey. From here the climb starts back into woodland, and after hours of uphill, you will reach Tengboche. At Tengboche enjoy the panorama of giant peaks with views of Everest and Ama Dablam. You can also enjoy the tour of the monastery interior of great cultural and religious interest. From Tengboche, the rest of the walk is on downhill to Phunki Tenga. We then cross the bridge and climb up which leads to Lobesa and Shanasha villages. We will continue our journey on a winding pleasant trail to Namche Bazaar for an overnight halt in the comfort of a nice lodge.

Day 16: Trek to Lukla and transfer to a lodge-07 hrs.

The morning after a pleasant overnight in Namche Bazaar, enjoy the last day of trekking. You can enjoy a long but easier walk with mostly downhill trails and a few short uphill sections, descending from Namche Bazaar to the banks of the Dudh Koshi River. The walk past Jorsalle and after the bridge a short steep climb takes us to the national park post, reaching Monjo and continuing walk to Phakding for a short rest or lunch stop.

From here few hours of good walks with last hour climb takes us to Lukla. We will be arriving by late afternoon for an overnight stop, with time to hang around and to enjoy the last dinner celebration with fellow members and trekking staff.

Day 17: Fly to Kathmandu and transfer to hotel.

In the morning, you will be transferred to Lukla's Tenzing-Hillary Airport for a smooth, short flight back to Kathmandu. After a great adventure and wonderful experience on Gokyo to EBC via Cho-La Pass Trekking, we then return to the hustle and bustle of city life of Kathmandu. Spend the rest of the day at leisure with fond memories of Gokyo to Everest Base CAmp via Cho-La Pass Trekking. Also, you can join in for a short tour around places of great interest. A total distance covered 160 km/80 miles, round trip from Lukla to Lukla and it does not cover the rest day optional hikes.

Day 18: In Kathmandu free day, for individual activities with options for tours.

Today is a free day in Kathmandu for individual activities with options for tours. Enjoy a free day in Kathmandu, perfect for relaxing, engaging in personal activities, or going on a shopping spree. You can shop for souvenirs from Nepal from handicrafts to jewelers etc. Interested people can opt for another exciting tour of Patan and Bhaktapur cities on request.

Day 19: International departure for homeward bound.

Last day in Kathmandu and Nepal, after an overwhelming adventure and experience around high hills of Khumbu with trek to Gokyo to Everest Base Camp via Cho-La Pass. As time for your international flight, our lady guide and staff will transfer you to the airport. Then bid farewell to Nepal, guide, and staff; as you enter the air terminal for homeward bound or to the next port of call.

The schedule may change because of the weather and other conditions outside our control.

Cost Includes & Excludes

Cost Includes

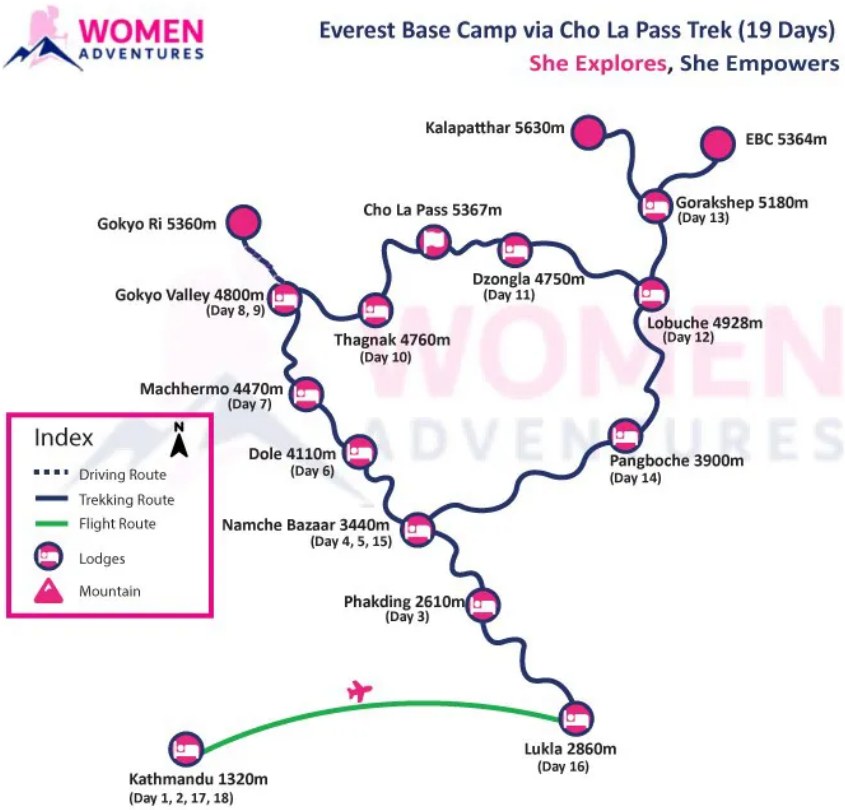
- Airport Pick up and Drop.
- 3 star standard (Nepal's standard) hotels with breakfast in Kathmandu.
- Tea house (Lodge) accommodation
- All meals (Breakfast, Lunch & Dinner) three times a day
- Tea Coffee (3 times a day).
- Certified A graded female trekking guide, potter (helper), and assistant guide for groups consisting of more than 5 trekkers

- All expenses for the female trekking staff, including food, drinks, lodging, salary, insurance, medical equipment, and transportation.
- Air ticket (Kathmandu- Lukla –Kathmandu)
- Kathmandu Cultural and Historical sightseeing with a certified female Tour guide, Private transportation, and entrance fee.
- Trekking Permit (TIMS).
- Sagarmatha National Park Entry Permit.
- Down Jacket, a sleeping bag, Fleece liner and a duffel bag.
- All government taxes

Cost Excludes

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, and any kind of unforeseen expenses.
- Lunch and Dinner in Kathmandu.
- Tips for Guide Porter & Driver (Tips are not compulsory but expected)
- Anything that is not mentioned in Inclusion

Trip Map



Food and Culture

The food and lodge accommodations around Khumbu region in Gokyo Valley, and Everest base camp is available at designated overnight stops. Overnight accommodation and meals will be served as per the itinerary set by the **Women Adventures**. We provide the best lodge accommodation wherever possible. The foods are available according to those listed on the menu, from breakfast, lunch, dinner, or main courses. We also provide side snacks with warm and cold refreshment drinks, serving you in a nice and cozy dining room, with a fireplace.

In Nepal, the most favorite and popular meal is Nepali Dal Bhat, boiled or steamed rice served with a mild curry of seasonal vegetables, including Dal, a lentil bean soup with homemade pickles, and hot sauce as options. The food menu lists everything from breakfast, lunch, and dinner to snack items. Breakfast from oats porridge, and cereals to cornflakes with toast/ chapattis, and pancakes includes a choice of egg variation. Lunch and dinner options include a variety of main courses from Continental, Chinese, Indian, Nepali, and Tibetan cuisines, along with a selection of soups.

Many lodges along the route also support women-run businesses, similar to empowerment-focused initiatives seen in women trekking guide in Nepal programs.

Lodge accommodation and food are best in the Khumbu areas en route to Gokyo to EBC via Cho-La Pass. The lodge accommodations from **Namche Bazaar** onwards are simple and nice rooms. From Namche Bazaar to Tengboche and a few places like Dingboche, most lodges provide common bathrooms and toilets. But they serve a good food menu of limited varieties, also some villages offer fresh homemade bakery items. In most places, the rooms are on a shared basis with common bathrooms and toilets due to harsh terrain conditions. The plumbing systems for running water freeze in the morning, evening, and nighttime. Due to freezing temperatures from Namche Bazaar onward, using hot showers is at an extra cost.

All lodges have electricity to light the large dining room powered by local hydro or solar power. For charging electronic items, you have to pay an extra cost per hour for each gadget. **Internet and Wi-Fi** are available, but it is slow and disturbing in some places due to weather conditions. In a large group with more than 4 people, it is best to order a set meal for all. It saves time and fuels energy, which is important around remote areas of the Himalayas. Following the norms and rules as **Responsible Trekkers** is good practice for **Eco-Tourism** and involves properly managing garbage and litter throughout the trek.

Trekkers must be aware that the Khumbu region from Lukla to Namche Bazaar offers various standards of Lodge accommodations. From budget to tourist standard and luxury lodges, interested people can upgrade the standard of accommodation on booking with Woman Adventure (P) Ltd. It is important to know that alcohol drinks are not healthy and good while going up to higher altitude. But can enjoy it after completing the main highlights, on return journey to Lukla, and losing altitude to safe heights.

Nepal is a country of great diversity of landscape and people with their age-old religions, cultures, and heritage. The mid-hill people around the high Khumbu of North Mid-East Nepal are populated by the Sherpa. The highlanders of eastern Himalayas, the Sherpa menfolk are famous and renowned, as the world's best mountaineers and guides. The Sherpa's

follows strong **Buddhist religion**, similar to their early Tibetan predecessors. The walk leads across many Buddhist monuments and shrines, as well the famous monastery of Tengboche and Pangboche. The religious monuments include a series of prayer walls and spinning wheels with impressive monasteries of great religious and cultural interest.

Equipment List

General

- Down sleeping bag (you can borrow with us if required).
- Duffel or Rucksack bag (you can borrow with us if required).

Daypack

- Down Jacket (you can borrow with us if required).
- Fleece liner (you can borrow with us if required).
- Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- Water bottle with purification tablets.
- Hand wash liquids.
- Lip guard.
- Sun-block cream.
- Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

WOMEN ADVENTURES

Upper Body - Head / Ears / Eyes

- Cap and ears covering hat.
- Glacier glasses
- Head torch.
- Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- Hand gloves (One light pair and One warmer pair)

Body

- T-shirts – few.
- Light and weight thermal tops and warm thermal top.
- Light jacket and vest.
- Wind and rain jacket.
- Shirts and warm shirts.

Lower Body – Legs

- Long and short hiking pants.
- Lightweight and warm long underwear.
- Rain and windproof trousers and warm trekking trousers.

Feet

- Thin and thick socks.
- Trekking boots, light shoes, and sandal.
- Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- Headache and fever medicine.
- Ibuprofen for general aches and pains.
- Burnt cream.
- Imodium or Pepto Bismol capsules for upset stomach and diarrhea.
- Diamox (commonly prescribed as Acetazolamide). Please discuss with us before starting to take this medicine.

Antibiotics.

- Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- Passport and extra passport photos (2 copies).
- Durable wallet/pouch for travel documents, money and passport.
- Pocket knife.
- Bandanas.
- Favorite snack foods and energy bars
- Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- Binoculars.
- Camera.

Women's Health Essentials

- Sanitary pads / tampons / menstrual cup
- Biodegradable disposal bags

- Extra underwear
- Pain relief medication (for cramps)

For more about this trip, see https://www.womanadventures.com/packages/gokyo-to-everest-base-camp-via-cho-la-pass-trekking

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