

Cholatse 6,440 m Expedition: A Hidden Gem of the Khumbu Himalaya

Overview:

Cholatse (6,440 m / 21,129 ft) is one of the most striking technical peaks in Nepal's Khumbu region, known for its elegant pyramid shape, steep faces, and dramatic alpine character. Located in Nepal's Everest region, the mountain offers a challenging climbing objective that combines a remote Himalayan approach with demanding high-altitude mountaineering.

The expedition follows the traditional Khumbu approach before moving into quieter alpine terrain toward Cholatse Base Camp. As the route leaves the main trekking corridors, the landscape becomes increasingly rugged, with glacial valleys, rocky moraines, and a high mountain environment surrounded by some of the Himalaya's most iconic peaks.

From base camp, the climb progresses through technical alpine terrain requiring strong mountaineering skills. The ascent involves glacier travel, steep snow and ice slopes, exposed ridges, and fixed rope sections, with conditions varying throughout the climbing season. Successful attempts require previous high-altitude experience, proper acclimatization, technical ability, and careful decision-making in changing mountain conditions.

The summit of Cholatse rewards climbers with expansive views across the Khumbu Himal, including Everest, Lhotse, Makalu, and Ama Dablam. Combining a remote approach, serious alpine climbing, and a less crowded environment compared to many popular Himalayan peaks, Cholatse remains a demanding and rewarding objective for experienced climbers seeking a true Himalayan ascent.

Quick facts:

Cost: USD per Person

Destinations: Lukla / Namche / Pheriche / Cholatse Base Camp / Summit

Duration: 17 Days

Trek starting point: Lukla

Trek ending point: Lukla

Grade: Challenging

Transportation: tourist coach / domestic flight

Accommodation: tea house, camp & tourist standard hotel in Kathmandu

Max altitude: 6,440 m

Activities: High-altitude Trekking, Expedition Climbing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

□ **Day 1: Arrive at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight at the hotel.

□ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you for a detailed trip briefing covering the itinerary, route conditions, safety procedures, altitude considerations, and important preparations for the journey ahead. For peak climbing expeditions, the climbing guide will also check the required mountaineering equipment and provide guidance on any necessary gear adjustments before departure.

During the briefing, we will complete the required trekking and climbing formalities, including necessary permits and documentation. Afterward, we will explore some of Kathmandu Valley's cultural highlights, including UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple.

The rest of the day is free for final preparations, including organizing trekking equipment, purchasing any last-minute essentials, and making final arrangements before heading into the Himalaya. Overnight at the hotel.

□ **Day 3: Fly to Lukla (2,840m) and Trek to Phakding (2,610m): Walking distance: 8 km | 3 – 4hours**

After an early breakfast, we will fly from Kathmandu (1,400 m / 4,600 ft) to Lukla (2,840 m / 9,317 ft). The short 35-minute flight offers spectacular views of the Himalayas, and landing on the hillside airstrip is an adventure in itself, with mountains towering on all sides and a steep drop at the end of the runway. The crisp mountain air and dramatic landscapes make it clear that we have entered the heart of the Everest region.

From Lukla, we will start our trek along a gentle trail towards Cheplung Village, enjoying the striking views of Mount Khumbila. The path then gradually descends through the Dudh Koshi River valley as we make our way to Phakding (2,610 m / 8,563 ft). Surrounded by lush hills and offering panoramic views of Kusum Kanguru, Phakding is a charming village with comfortable lodges that serve trekkers. The trek from Lukla to Phakding is approximately 8 km (5 miles) and takes around 3–4 hours, providing a relaxed start to acclimatize and soak in the Himalayan scenery. Overnight at a guesthouse in Phakding.

Note: The weather in Lukla is highly unpredictable. Occasionally, flights may be delayed or canceled due to adverse weather conditions. If a flight is canceled, you will need to return to your hotel in Kathmandu. Please note that transportation back to the hotel and accommodation for this night are not included. If the weather clears the next day, you will be accommodated on either the 3rd or 4th flight to Lukla. If conditions remain unfavorable, there is also an option to take a helicopter flight. The cost of a helicopter flight is not fixed and will be quoted by the airline on the same day. You should expect to pay an additional approx. 250 USD for the helicopter transfer from Kathmandu to Lukla. Although such situations are rare, we believe it is important to inform you in advance.

▣ **Day 4: Trek from Phakding to Namche Bazaar (3,440m) : Walking Distance: 10 – 12 km | 5 – 7 hours**

We will start our trek from Phakding (2,610 m / 8,563 ft) and follow the trail along the Dudh Koshi River, passing through traditional Sherpa villages and suspension bridges. The trail gradually ascends through pine and rhododendron forests, offering beautiful views of the surrounding hills and mountains. We will cross several small settlements before reaching Monjo (2,835 m / 9,301 ft), where we may stop for a short break. Continuing uphill, we will climb steeply to Namche Bazaar (3,440 m / 11,286 ft), the main trading hub of the Khumbu region. The trek covers approximately 10 – 12 km and takes around 5–7 hours, making it a moderate to challenging day that helps with acclimatization. Along the way, we will enjoy panoramic views of Thamserku and Kongde Ri, and take in the lively atmosphere of Namche Bazaar, surrounded by dramatic Himalayan peaks. Overnight at a guesthouse in Namche Bazaar.

▣ **Day 5: Trek from Namche Bazaar to Tengboche (3,860 m): Walking distance : 9 – 10 km | 5 – 6 hours**

We will begin our trek from Namche Bazaar (3,440 m / 11,286 ft), following a scenic trail that contours high above the Dudh Koshi Valley. The route offers a pleasant mix of gradual ascents and gentle descents through fragrant rhododendron forests and open mountain slopes, with magnificent views of Himalayan giants including Ama Dablam (6,812 m / 22,349 ft), Everest (8,848.86 m / 29,031 ft), and Thamserku (6,623 m / 21,729 ft).

Passing through the small settlement of Kyangjuma, we will descend to the riverside at Phunki Tenga before beginning a steady uphill climb through pine and rhododendron woodland toward Tengboche. As we gain elevation, the peaceful mountain environment and dramatic alpine scenery create one of the most memorable sections of the Everest region trek.

After approximately 5 – 6 hours of trekking, covering around 9 – 10 km (5.6–6.2 miles), we will arrive at Tengboche (3,860 m / 12,664 ft), home to the famous Tengboche Monastery, the largest Buddhist monastery in the Khumbu region. Surrounded by towering Himalayan peaks, the monastery offers a serene spiritual atmosphere and spectacular panoramic mountain views. Overnight at a guesthouse in Tengboche.

▣ **Day 6: Trek from Tengboche to Pheriche (4,240m): Walking distance: 9 – 10 km | 5 – 6 hours**

We will begin our trek from Tengboche (3,860 m / 12,664 ft), descending through peaceful rhododendron and juniper forests with magnificent views of Ama Dablam (6,812 m / 22,349 ft), Lhotse (8,516 m / 27,940 ft), and Everest (8,848.86 m / 29,031 ft). Crossing the Imja Khola River at Debuche, the trail gradually ascends through open alpine terrain toward the traditional Sherpa settlement of Pangboche.

Continuing beyond Pangboche, the landscape becomes increasingly rugged and windswept as trees give way to high-altitude pastures and glacial valleys. The route follows the broad Imja Valley, offering breathtaking views of surrounding Himalayan peaks and the dramatic north face-

of Ama Dablam. As we gain elevation, the mountain scenery becomes even more striking and remote.

After approximately 5 – 6 hours of trekking, covering around 9 – 10 km (5.6–6.2 miles), we will arrive at Pheriche (4,240 m / 13,911 ft), a small high-altitude settlement situated in a wide alpine valley beneath towering Himalayan peaks. Known for its peaceful atmosphere and acclimatization importance, Pheriche is a popular resting point for trekkers heading deeper into the Everest region. Overnight at a guesthouse in Pheriche.

▮ **Day 7: Trek from Pheriche to Dzongla (4,8300m): Walking distance: 6 – 7 km | 4 – 5 hours**

We will begin our trek from Pheriche (4,240 m / 13,911 ft), following a gradual ascent across the wide alpine valley as the trail climbs steadily toward the quieter upper reaches of the Khumbu region. The landscape becomes increasingly rugged and barren, with dramatic views of Cholatse (6,440 m / 21,129 ft), Taboche (6,495 m / 21,309 ft), and surrounding snow-covered Himalayan peaks dominating the skyline.

Continuing along rocky glacial terrain, we pass scattered yak grazing areas and cross small streams fed by nearby glaciers. The trail gradually rises above the valley floor, offering impressive panoramic views as we move deeper into this remote high-altitude environment. Despite the increasing elevation, the ascent remains moderate and steady, allowing for continued acclimatization.

After approximately 4 – 5 hours of trekking, covering around 6 – 7 km (3.7–4.3 miles), we will arrive at Dzongla (4,830 m / 15,846 ft), a small and peaceful settlement situated beneath towering Himalayan walls near the Cho La region. Surrounded by dramatic mountain scenery and glacial landscapes, Dzongla provides a quiet and scenic stop before entering more remote climbing terrain. Overnight at a guesthouse in Dzongla.

▮ **Day 8: Trek from Dzongla to Cholatse Base Camp (5,000 m): Walking Distance: 5 – 6 km | 4 – 5 hours**

We will begin our trek from Dzongla (4,830 m / 15,846 ft), leaving behind the main Everest trekking trail as we move toward the remote glacial valley beneath Cholatse (6,440 m / 21,129 ft). The route follows rugged alpine terrain across rocky moraines and isolated high-altitude slopes, with dramatic views of Cholatse, Taboche (6,495 m / 21,309 ft), and surrounding snow-covered Himalayan peaks.

Continuing deeper into the valley, the landscape becomes increasingly wild and untouched, with glacial streams, scattered boulders, and expansive mountain scenery surrounding the route. The trail involves a steady climb over uneven terrain as we gradually approach the base of the mountain. Along the way, we may encounter yak grazing areas and pristine alpine wilderness far from the busier Everest trails.

After approximately 4 – 5 hours of trekking, covering around 5 – 6 km (3.1 – 3.7 miles), we will arrive at Cholatse Base Camp (around 5,000 – 5,200 m / 16,404 – 17,060 ft), set beneath the towering southwest face of Cholatse. Surrounded by glaciers, rocky ridges, and dramatic Himalayan scenery, the base camp offers a spectacular setting for the beginning of our climbing expedition. Overnight at tented camp.

▣ **Day 9: Acclimatization and Climbing Preparation:**

Today is reserved for acclimatization and climbing preparation at Cholatse Base Camp (around 5,000 – 5,200 m / 16,404 – 17,060 ft). Surrounded by towering Himalayan peaks and glacial terrain, we will spend the day adapting to the high altitude while making final preparations for the ascent of Cholatse (6,440 m / 21,129 ft).

Our climbing guides will conduct technical training sessions focused on the use of mountaineering equipment such as crampons, harnesses, ascenders, ice axes, and fixed ropes. We will also review essential climbing techniques, glacier travel procedures, and safety protocols required for the summit push. Depending on conditions, we may take a short acclimatization hike on nearby slopes to improve altitude adaptation and gain confidence on mixed terrain.

The remainder of the day will be spent resting, hydrating, and organizing climbing gear while enjoying the spectacular alpine surroundings. This important acclimatization day helps increase the chances of a safe and successful ascent. Overnight at tented camp.

▣ **Day 10: Climb to High Camp (5,700 m): 5 – 7 hours**

We will begin our climb from Cholatse Base Camp (around 5,000–5,200 m / 16,404–17,060 ft), ascending steadily toward High Camp along the rugged slopes of Cholatse (6,440 m / 21,129 ft). Leaving the comfort of base camp behind, the route leads across rocky moraines, icy sections, and steep alpine terrain as we enter the technical phase of the expedition.

The climb involves a combination of mixed rock, snow, and ice terrain, with certain sections requiring the use of fixed ropes and mountaineering equipment. As we gain elevation, the surrounding Himalayan panorama becomes increasingly dramatic, with spectacular views of Ama Dablam, Taboche, and distant peaks of the Everest region. The ascent is physically demanding but carefully paced to allow proper acclimatization and safe progress at altitude.

After approximately 5 – 7 hours of climbing, we will arrive at High Camp (around 5,700 – 5,800 m / 18,701 – 19,029 ft), situated on a sheltered section of the mountain beneath the upper climbing route. Upon arrival, we will rest, hydrate, and make final preparations for the summit attempt scheduled for the following day. Overnight at High Camp.

□ **Day 11: Summit Cholatse and return to Base Camp: 8 – 12 hours**

We will begin the summit push from High Camp (around 5,700 – 5,800 m / 18,701 – 19,029 ft) in the early hours of the morning, climbing toward the summit of Cholatse (6,440 m / 21,129 ft).

The route ascends steep snow and ice slopes, with sustained sections of technical climbing that require the use of fixed ropes, crampons, and ice axe techniques.

As we gain height, the exposure increases and the terrain becomes more demanding, with a mix of icy ridges and steep headwalls. Weather and conditions play a critical role in pacing the ascent, and the team will move steadily and safely under the guidance of experienced climbing leaders. The final section to the summit rewards climbers with increasingly expansive views of the Khumbu Himal, including peaks such as Everest, Lhotse, Makalu, and Ama Dablam.

After approximately 8 – 12 hours of climbing and descent in total, we will reach the summit of Cholatse at 6,440 m (21,129 ft), where we take a brief moment to rest and absorb the panoramic Himalayan views.

Following the summit success, we will begin a careful and controlled descent back down the same route to Cholatse Base Camp (around 5,000 – 5,200 m / 16,404 – 17,060 ft). The descent requires sustained focus, as tiredness and changing conditions can make downward travel challenging on technical terrain.

Upon arrival at base camp, we will rest and recover after a long and demanding summit day.

Overnight at tented camp.

□ **Day 12: Contingency Day:**

Today is reserved as a contingency day at Cholatse Base Camp (around 5,000 – 5,200 m / 16,404 – 17,060 ft), allowing flexibility for weather delays, route conditions, or additional acclimatization needs during the summit phase of Cholatse (6,440 m / 21,129 ft).

If the summit attempt has already been completed, this day can be used for full rest and recovery after the demanding climb, with time to rehydrate, refuel, and allow the body to recover from high-altitude exertion. If the summit has not yet been attempted due to weather or technical conditions, this day will remain on standby for a potential push when conditions improve.

Light movement around base camp and gentle acclimatization walks may be undertaken if needed, but the primary focus remains rest, monitoring weather forecasts, and preparing equipment for safe progression. Overnight at tented camp.

□ **Day 13: Trek from Cholatse Base Camp to Pheriche (4,240m): Walking** **Distance: 10 – 12 km | 5 – 6 hours**

We will begin our trek from Cholatse Base Camp (around 5,000 – 5,200 m / 16,404 – 17,060 ft), retracing our steps down the remote glacial valley beneath Cholatse (6,440 m / 21,129 ft). The route initially crosses rocky moraines and high alpine terrain, with wide-open views of surrounding peaks including Taboche and the dramatic Khumbu glacial landscape.

As we descend, the terrain gradually becomes less rugged, and the valley opens up with more defined trails and yak grazing areas. The descent is steady and controlled, offering a welcome contrast after time spent at higher elevations. Along the way, we re-enter the familiar upper Imja Valley, with increasingly visible vegetation and signs of habitation returning as we lose altitude.

Passing through the wider valley section near Dzongla and continuing toward the lower alpine region, the air becomes noticeably richer and the walking more comfortable. The trail eventually rejoins the main trekking corridor near Pangboche before continuing down the river valley toward our destination.

After approximately 5 – 6 hours of trekking, covering around 10 – 12 km (6.2 – 7.5 miles), we will arrive at Pheriche (4,240 m / 13,911 ft), a peaceful settlement in the wide alpine valley beneath towering Himalayan peaks. Upon arrival, we will rest and recover after our descent from the Cholatse region. Overnight at a guesthouse in Pheriche.

▮ **Day 14: Trek from Pheriche to Namche Bazaar (3,440 m): Walking distance: 14 – 16 km | 6 – 7 hours**

We will begin our trek from Pheriche (4,240 m / 13,911 ft), descending gradually through the wide Imja Valley with sweeping views of Himalayan giants including Ama Dablam and surrounding peaks. The trail follows a gentle downhill gradient at first, passing through alpine meadows and open yak grazing land as we move toward lower elevations.

Continuing along the route, we pass through the traditional Sherpa settlements of Pangboche and Debuche, before entering the forested zone near Tengboche. Here, we cross suspension bridges over the Dudh Koshi River and rejoin lush rhododendron and pine forests, a stark contrast to the high alpine environment of the previous days.

From Tengboche, the trail descends steeply through winding forest paths and then gradually levels out as we approach the busy trekking corridor. We continue past villages and riverside trails, with a final steady climb back up toward Namche Bazaar.

After approximately 6 – 7 hours of trekking, covering around 14 – 16 km (8.7 – 9.9 miles), we will arrive at Namche Bazaar (3,440 m / 11,286 ft), the main trading hub of the Khumbu region. Upon arrival, we will rest and enjoy the comforts of this vibrant mountain town after a long descent.

Overnight at a guesthouse in Namche Bazaar.

▮ **Day 15: Trek from Namche Bazaar to Lukla (2,860m): Walking distance: 17 – 19 km: 6 – 7 hours**

We will begin our final trekking day from Namche Bazaar (3,440 m / 11,286 ft), leaving behind the bustling heart of the Khumbu region. The trail starts with a steep descent on stone steps, dropping quickly into the Dudh Koshi valley, where suspension bridges stretch across the river and prayer flags mark the way forward.

From here, we continue through familiar villages like Monjo and Phakding, walking along a well-established riverside trail. The forest grows denser again in the lower sections, and the air becomes noticeably warmer and heavier as we lose altitude.

The final stretch includes a gradual climb back up to Lukla (2,860 m / 9,383 ft), where the landscape opens and the familiar airstrip town comes into view. It feels like a full circle moment, returning to where the journey first began. Overnight at a guesthouse in Lukla.

▮ **Day 16: Fly back from Lukla to Kathmandu: 30 – 40 minutes**

We will begin our final travel day with a short walk from our lodge in Lukla (2,860 m / 9,383 ft) to the Tenzing-Hillary Airport, where we board an early morning mountain flight back to Kathmandu.

The scenic flight from Lukla Airport offers one last breathtaking aerial view of the Khumbu Himal, with glimpses of towering peaks and deep river valleys carved through the Himalayas. Weather conditions in Lukla can be variable, so flights are often scheduled early in the day for better reliability.

After approximately 35 – 40 minutes of flying, we will arrive in Kathmandu (1,400 m / 4,593 ft), marking the end of our Cholatse expedition journey. Upon arrival, we transfer to our hotel and enjoy the comforts of the city after completing the trek and climb in the Everest region.

▮ **Day 17: Departure day:**

Today is your departure day from Kathmandu (1,400 m / 4,593 ft), marking the final conclusion of your Cholatse expedition journey.

Depending on your flight schedule, you will have free time in the morning to relax at the hotel, repack your gear, or take a short walk around the city if time permits. Kathmandu offers a final chance to experience its vibrant streets, cultural atmosphere, and local markets before heading home.

At the appropriate time, you will be transferred to Tribhuvan International Airport for your international departure. After check-in and formalities, you will board your flight onward to your next destination, carrying memories of the Himalayas, high passes, and the successful ascent of Cholatse (6,440 m / 21,129 ft).

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ Round-trip flights between Kathmandu and Lukla
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / camp)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance for Guide, Porter and Climbing Guide
- ☒ Garbage Deposit Fee
- ☒ Royalty Fee and Climbing Permit For Cholatse
- ☒ Sagarmatha National Park Entry Permit
- ☒ Khumbu Pasang Lhamu Rural Municipality Entrance permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Summit Bonus for Climbing Sherpa Guide
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadvise, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.