

Cholaste Peak climbing in Nepal

Quick Facts

Duration:	20
Max Altitude:	6640
Best Season:	Sept - Nov & March - May
Group Size:	25
Accommodation:	4 Star/ Star Hotel, Tent and Tea House
Route:	Kathmandu to Kathmandu
Difficulty:	Challenging

Trip Overview

Ever heard of Cholaste Peak? Most people haven't, and that's honestly part of the appeal. Standing at 6,640 meters (21,784 feet) in Nepal's remote Solukhumbu region, Cholaste is one of those peaks that quietly delivers everything you'd want from a Himalayan expedition without the crowds. You get real alpine terrain, sweeping mountain views, and a trekking experience that feels genuinely off the beaten path. The trails wind through untouched valleys, traditional Sherpa villages, and raw glacial landscapes that most climbers never get to see. But here's the thing, this trip is about more than reaching a summit. Along the way, you'll soak in Nepal's mountain culture, walk trails that feel like they belong to you alone, and take in Himalayan panoramas that are genuinely hard to put into words. Adventure, culture, and stunning scenery all rolled into one. That's Cholaste. Sound like your kind of adventure? [Check available expedition dates →](#)

Cholaste Peak Expedition Itinerary

This is a 20-day expedition, and every one of those days earns its place. It kicks off with a flight from Kathmandu to Lukla, then gradually winds through some of the most beautiful villages and forests in the Khumbu. We take acclimatization seriously here, because getting to the summit starts long before you're anywhere near it. Here's what the journey covers:



- Trekking through the Solukhumbu region with proper acclimatization stops built in, no rushing, no shortcuts.
- Base camp setup and summit preparation gear checks, team briefings, and everything you need to feel ready
- Technical climbing on rock and snow with experienced guides alongside you every step of the way
- Summit day with the kind of Himalayan views you'll be talking about for years.
- Safe descent and return to Lukla, then onward transfer back to Kathmandu.

It's a journey that blends trekking and mountaineering in a way that keeps things genuinely engaging throughout. Expect to be tested physically, technically, and mentally. But also expect to love every bit of it.

Want the full day-by-day breakdown? [Download the detailed itinerary →](#)

Moderate to Challenging Climb

Let's be straightforward about what you're signing up for.

Cholaste is a moderate to challenging climb. It's not Everest expeditions you don't need years of extreme high-altitude experience to attempt it. But it does ask something real of you. You'll need to be comfortable with crampons, ice axes, and rope techniques before heading up. The route mixes trekking trails with snow slopes and rocky ridges, making it a fantastic stepping stone if you're looking to build genuine technical skills in the Himalayas without throwing yourself in at the deep end.

Not sure if you're ready? [Talk to our team and find out →](#)

Why Climb Cholaste Peak in Nepal?

Because it's the real deal and surprisingly few people know it yet.

Cholaste's seclusion is its superpower. There's no queue at the summit, no crowded trail to base camp, no sense that you're ticking off a tourist checkbox. Instead, you get a raw, unspoiled adventure where you're truly connecting with the mountains. The sunrise views over the Himalayas from up there are something else entirely, and the time you spend with local Sherpa communities along the way adds a depth to the experience that no summit photo can capture.

If you're after a climb that challenges you physically and leaves you feeling genuinely connected to one of the world's most extraordinary landscapes, Cholaste is it.

Ready to see it for yourself? [Explore the expedition →](#)

Why Choose Summit 8000?

Because we've done this many times before and we know exactly what it takes to get you up and back safely.

Our guides aren't just experienced mountaineers in general, they know Cholaste specifically. The itinerary we run has been shaped by real seasons on this mountain, and our safety protocols aren't a box-ticking exercise; they're built from lessons learned in the field. From the moment you land in Kathmandu to the moment you're back with a summit story to tell, we handle every detail so you can stay fully focused on the adventure itself.

With Summit 8000, you're not just booking a climb. You're joining a team that genuinely cares about getting you to that summit and back home with memories that last a lifetime.

Let's make it happen. [Get in touch with our expedition team today →](#)



Detailed Itinerary

Day 1: Arrival in Kathmandu

Namaste and we welcome you to Kathmandu. You will arrive in bustling Kathmandu, where the streets are alive with honking taxis, colorful shops, and the scent of incense. You will explore Thamel, grab a warm dal bhat, and watch city life unfold around you. In the evening, you will meet your guides, discuss the expedition plan, and have all your questions answered.

Accommodation: 1350

Meals: Welcome Dinner

Day 2: Kathmandu to Lukla and Trek to Phakding

Early in the morning, after breakfast, a thrilling flight to Lukla awaits soaring over deep valleys and snow-capped peaks. The trail winds through pine forests, crosses swinging suspension bridges, and passes through the first Himalayan villages. By the time Phakding comes into view, the excitement of the mountains is already unmistakable.

Accommodation: 2610

Meals: B, L, & D

Day 3: Phakding to Namche Bazaar

The route follows the Dudh Koshi River, climbing steadily through rhododendron and birch forests. Crossing the famous Hillary Suspension Bridge, the views below are enough to make the heart race. Namche Bazaar welcomes with friendly locals, cozy shops, and the first tantalizing glimpse of Everest peeking through the valley.

Accommodation: 3440

Meals: B, L, & D

Day 4: Acclimatization Day in Namche Bazaar

A short morning hike helps the body adjust to altitude while opening up panoramic mountain views. The Sherpa Culture Museum is worth exploring, or simply wandering the market and chatting with locals. The afternoon calls for a coffee and a quiet moment surrounded by the mountains.

Accommodation: 3440

Meals: B, L, & D

Day 5: Namche Bazaar to Dole

Leaving the busier trails behind, the path moves through juniper forests and open ridges with sweeping Himalayan panoramas and views of Khumbila peak. Dole is a quiet, unhurried village — perfect for resting in a teahouse and swapping stories with fellow trekkers.

Accommodation: 4038

Meals: B, L, & D

Day 6: Dole to Machhermo

A short but altitude-gaining trail today, with Cho Oyu dominating the skyline. Glaciers and wide-open valleys unfold along the way before arriving at Machhermo's peaceful ridge-top teahouses. The evening calls for hydration, rest, and a front-row seat to the sunset behind snow-capped peaks.

Accommodation: 4470

Meals: B, L, & D



Day 7: Machhermo to Gokyo

The trek follows the edge of the Ngozumpa Glacier toward the sacred, turquoise Gokyo Lakes. Remote and breathtaking, this stretch feels like stepping into another world a feeling confirmed on arrival when the extraordinary views finally settle in.

Accommodation: 4750

Meals: B, L, & D

Day 8: Acclimatization Day Gokyo Ri (5,357m) & Thangnak

An early climb up Gokyo Ri rewards with thin air and a sweeping panorama of Everest, Lhotse, Makalu, and Cho Oyu. The descent passes through Thangnak, with time to mingle with fellow trekkers before returning to Gokyo to rest and let the mountains truly sink in.

Accommodation: 4500

Meals: B, L, & D

Day 9: Gokyo to Thangnak

The glacier edge leads through rugged terrain moraine ridges, narrowing valleys, and mountains that feel closer with every step. Conversations with the guides about the route ahead build anticipation as Thangnak comes into view.

Accommodation: 4650

Meals: B, L, & D

Day 10: Thangnak to Cholaste Base Camp

