# Everest Three Passes Trek

## Facts

**Destination:** Nepal

**Trip Difficulty:** Difficult

**Trip Style:** Trekking

**Transport:** As per Itinerary

**Food:** Breakfast,Lunch & Dinner(BLD)

**Accommodation:** Hotel, Lodge

**Group Size:** Min 2 Pax

**Max Elevation:** 5,545 m

**Best Time:** March - May & Sept - Dec

Everest Three High Passes Trek is one of the very famous and strenuous trekking packages in the Khumbu region. Three High Passes Trek break your boundaries and leads you to the top of three challenging passes of the region, Renjo La Pass (5,340 m), Cho La Pass (5,420 m), and Kongma La Pass (5,535 m). This is an ideal trek for those who are seeking more than just a regular trek and are in quest of adrenaline adventure. Crossing three passes means traversing in the hidden parts of the Khumbu region. The trail is difficult, however panoramic views of the Himalayan mountains and gorgeous scenery will fuel you throughout the journey.

Everest Three High Passes Trek offers not only beautiful views but also lets you experience the rich culture of Sherpas. The trail passes through many villages, where you get to observe the daily lifestyle of the locals. Similarly, you get to interact with them and understand their unique life in this extreme region. You visit several stupas and monasteries on the way. The trail passes through Sagarmatha National Park, one of the

UNESCO World Natural Heritage Sites.

As per our itinerary, you will cross the first pass Renjo La Pass and descend to picturesque Gokyo village. Here, you will go on a short hike to Gokyo Ri and witness stunning Gokyo Lakes. The trail ascends to the moraine of Ngozumpa glacier and crosses the second pass, Cho La Pass. The trail leads to Everest Base Camp (5,365 m) via small villages. Further, you hike up to Kala Patthar (5,545 m) and crossing the third pass, Kongma La Pass, you move to Namche Bazar. To become part of this thrilling venture, get in touch with us.

## Highlights

- Thrilling flight to Lukla
- Trek through Sagarmatha National Park
- Explore Namche Bazar
- Experience the culture and lifestyle of Sherpas
- Cross three challenging passes Renjo La Pass, Cho La Pass, and Kongma La Pass
- Adventurous and difficult trail
- Walk over gorges, snowy, steep, glacier, and rocky paths
- Witness stunning landscape and panoramic views of the Himalayas like Mt. Everest, Mt. Lhotse, Mt. Nuptse, Mt. Pumori, Mt. Ama Dablam, Mt. Lobuche, Mt. Kongde, etc

## Day to Day Itinerary

**Day 1: Arrive in Kathmandu.**

**Day 2: Sightseeing & preparation day.**

**Day 3: Fly to Lukla (2,800 m) & trek to Phakding (2,652 m); 40 mins flight; 3/4 hrs trek.**

**Day 4: Trek to Namche Bazar (3,440 m); 5/6 hrs.**

**Day 5: Rest day.**

**Day 6: Trek to Thame (3,820m); 5/6 hrs.**

**Day 7: Trek to Lungden (4,350m); 4 hrs.**

**Day 8: Trek to Gokyo (4,790m) via Renjo La Pass (5,340m); 8 hrs.**

**Day 9: Rest day.**

**Day 10: Trek to Dragnak (4,750m); 2 hrs.**

**Day 11: Trek to Dzongla (4,843m) via Cho La Pass (5,420m); 8 hrs.**

**Day 12: Trek to Everest Base Camp (5,364m) and trek back to Gorak Shep (5,170 m); 6/7 hrs.**

**Day 13: Hike up to Kala Patthar (5,545m) and trek back to Lobuche (4,930m).**

**Day 14: Trek to Chhukung (4,730m) crossing Kongma La (5,535m); 6/7 hrs.**

**Day 15: Rest day.**

**Day 16: Trek to Debuche.**

**Day 17: Trek to Namche (3,440m); 4/5 hrs.**

**Day 18: Trek to Phakding.**

**Day 19: Trek to Lukla.**

**Day 20: Back to Kathmandu.**

**Day 21: Back to home.**

## Cost Includes

- Airport pickups/drops in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast
- Teahouse accommodation during the trek
- All meals (breakfast, lunch & dinner with tea & coffee) during the trek
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Welcome and farewell dinners

- Domestic flights as per the itinerary(KTM-LUK-KTM)
- An experienced, English-speaking and government-licensed trek Guide and assistant guide (4 trekkers: 1 assistant guide)
- Porter service
- Staff costs including their salary, insurance, equipment, food, and accommodation
- Down jacket and sleeping bag if you need (to be returned after trip completion)
- Free Ascent Trails T-shirt, cap or duffel bag
- National park and Municipality entry fee
- Medical kit (carried by your trek guide)
- All government and local taxes

## Cost Excludes

- Airfare of international flights
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Nepal entry visa fee (Visa issuance on arrival in Kathmandu)

- Lunch and dinner during your stay in Kathmandu (except for the welcome & farewell dinner)
- Any packed food/snacks, aerated drinks, energy drinks, mineral water, alcohol, cigarettes, chocolates, nutria-bars during the trekking
- Any personal expenses like laundry, charging, etc
- Any extra expenses arising out of various/unforeseen situations like natural calamities, landslides, political disturbances, strikes, changes in Government regulations, etc
- Extra transportation out of the itinerary program
- Any additional staff other than specified
- Rescue, repatriation, medicines, medical tests and hospitalization expenses
- Travel Insurance and helicopter rescue
- Wallie-talkies & filming permit (if any special camera or walkies-talkies are taken on the journey)
- Personal trekking gears

- Expenses incurred towards usage of landlines, mobiles, walkie-talkies or satellite phone & Internet expenses
- Tips and gifts for staff
- Any extra services or products or offers or activities, which are not mentioned in the itinerary
- Any other item not included in the “COST INCLUDES” section