



● Trekking at a Glance

DURATION

17 Days

MAX ALTITUDE

5550 m

TRIP GRADE

Hard

BEST TIME

Feb – May, Oct – Dec

ACCOMMODATION

Tea house / Lodges

THE OVERVIEW

Everest Three Passes Trekking is one of the best high pass trekking adventures in the Everest region. This trek is perfect for trekkers who want to challenge themselves while exploring the beautiful Himalayas. The Everest Three High Passes are Renjo La, Cho La, and Kongma La, and all of them are above 5300 meters from sea level. This trek includes many famous places of the Everest region such as Thame Sherpa village, Gokyo Lake, Gokyo Peak, Everest Base Camp, Kalapathar Peak, Chhukung Valley, and Tengboche Monastery. Tengboche Monastery is one of the most important Buddhist monasteries in the Everest region....

01

Arrival in Kathmandu The trip begins with your arrival in Kathmandu

Upon arrival at Tribhuvan International Airport in Kathmandu, you will be welcomed by our representative and transferred to your hotel. You will receive a short briefing about the trek and preparation for the journey.

ALT: 1400 m MEAL: Breakfast

02

Trekking preparation day and city tour

This day is used for trek preparation and exploring Kathmandu city. You can visit famous cultural sites and prepare trekking equipment for the upcoming Everest adventure.

ALT: 1400 m MEAL: Breakfast

03

Fly from Kathmandu to Lukla, Trek to Phakding

You will take an early morning flight to Lukla and start trekking towards Phakding. The trail passes through beautiful Sherpa villages and follows the Dudh Koshi River.

ALT: 2840 m HIKE: 3–4 hours MEAL: Breakfast, Lunch, Dinner

04

Phakding to Namche Bazaar

The trail follows the Dudh Koshi River and crosses several suspension bridges before entering Sagarmatha National Park. After a steady climb you reach Namche Bazaar.

ALT: 3440 m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

05

Namche Bazaar- acclimatization day

This day is used for acclimatization to help your body adjust to higher altitude. You can explore Namche Bazaar or hike to nearby viewpoints for mountain views.

ALT: 3440 m MEAL: Breakfast, Lunch, Dinner

06

Namche bazaar to Thame

The trail leads toward the traditional Sherpa village of Thame. The route offers beautiful views of mountains and peaceful Himalayan landscapes.

ALT: 3820 m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

07

Thame to Lungden

Today the trail gradually climbs toward Lungden village. The trek offers scenic views of high mountains and quiet alpine surroundings.

ALT: 4300 m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

08

Lungden – Renjo la pass (5345m) – Gokyo 4790m

Today you cross the beautiful Renjo La Pass. From the top, trekkers can enjoy incredible views of Everest and the Gokyo Lakes before descending to Gokyo village.

ALT: 5345 m HIKE: 7–8 hours MEAL: Breakfast, Lunch, Dinner

09

Gokyo – Hiking to Gokyo Peak – Thaknak

Early morning hike to Gokyo Peak for stunning sunrise views of the Himalayan mountains. After enjoying the views, the trek continues to Thaknak.

ALT: 5360 m HIKE: 4–5 hours MEAL: Breakfast, Lunch, Dinner

10

Thaknak – Cho La pass (5420m) – Zongla

The trek continues across the famous Cho La Pass. This section of the trek is challenging but offers incredible views of glaciers and high mountains.

ALT: 5420 m HIKE: 6–7 hours MEAL: Breakfast, Lunch, Dinner

11

Zongla – Gorakshep – Hiking to EBC

Today you trek to Gorakshep and continue to Everest Base Camp. Standing at the base of Mount Everest is one of the most exciting moments of the trek.

ALT: 5364 m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

12

Gorakshep – KALA PATTAR PEAK 5545m - Labuche

Early morning hike to Kala Patthar for the best panoramic view of Mount Everest. After enjoying the view, the trail descends to Labuche.

ALT: 5550 m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

13

Labuche- Kongmala pass (5535m) – Chhukung

Today you cross Kongma La Pass, the highest pass of the trek. The trail offers dramatic views of glaciers and surrounding peaks.

ALT: 5535 m HIKE: 6–7 hours MEAL: Breakfast, Lunch, Dinner

14

Chhukung – Dibuche

The trek descends through beautiful valleys and forests before reaching Dibuche village.

ALT: 4730 m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

15

Dibuche – Namche bazaar

The trail continues back through forests and Sherpa villages before reaching Namche Bazaar.

ALT: 3710 m HIKE: 5–6 hours MEAL: Breakfast, Lunch, Dinner

16

Namche bazaar – Lukla

Today is the final trekking day as you return to Lukla following the Dudh Koshi River.

ALT: 3440 m HIKE: 6–7 hours MEAL: Breakfast, Lunch, Dinner

17

Fly back from Lukla to Kathmandu

After breakfast you take a scenic flight back to Kathmandu, ending the Everest Three Passes Trek.

ALT: 2840 m MEAL: Breakfast

END OF SERVICES

- What's Included

- Airport picks up and drops to hotel
- Airport transfer
- Three meals a day during the trek
- Tea and coffee
- Three night hotel in Kathmandu with breakfast
- Trekking lodge accommodation
- All necessary trekking permits
- Flight Kathmandu–Lukla–Kathmandu
- English speaking guide
- Porter service
- First aid kit
- Government taxes and official expenses
- Assistant guide for groups above 6 people

- What's Not Included

- International flight
- Lunch and dinner in Kathmandu
- Nepal entry visa fee
- Personal expenses
- Drinking water and hard drinks
- Battery charging and hot shower during trek
- Tips for guide and porter

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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