Everest Three Passes Trekking

Facts

Destination: Nepal

Trip Difficulty: Strenuous

Trip Style: Trekking and Tour

Transport: Private Vehicle / Aeroplane

Food: Kathmandu-Breakfast, Mountain-Breakfast+Lunch + Dinner

Accommodation: 3-Star Hotel + Teahouses + Lodges

Group Size: 02 - 15

Max Elevation: 5,600m

The **Everest Three Passes Trekking** is considered the most adventurous excursion in the Everest region, perhaps in all of Nepal. The passes include Kongma La (5,555m), Cho La (5,330m) and Renjo La (5,360m). It's a challenging, technical and demanding trip, but the snowy mountains, glaciers, lakes and abundant Sherpa culture make it all worthwhile. Nepal Hiking Trek has the expertise and experience to arrange and support your adventure. We provide a fully equipped medical kit and oxygen, warm drinks, excellent assistance and all other necessities of the trip.

The **Everest Three Passes Trekking** Starting from the Lukla airport, the trek goes through the important Sherpa settlements of Jorsale and Namche Bazaar, where you can appreciate the mountain Tibetan Buddhist culture with their monasteries and gompas. Then we explore Khumjung village and walk further to Chhukung and cross the Kongma La Pass, the highest of the three passes. From there we reach Everest Base Camp and Kalapatthar. Next, we

cross the Cho La Pass, which is regarded as the most technical to cross, and from there we are rewarded with the spectacular beauty of Gokyo Valley and its stunning glacial lakes. Hiking up Gokyo Ri provides incredible views of Mt. Everest (8,848m), Lhotse (8,516m), Makalu (8,481m), Lhotse Shar(8,385m) Cho Oyu (8,201m), and the glacier lakes.

One the way **Everest Three Passes Trekking** Crossing the Renjo La Pass is yet another challenge before we trek down to Lukla via Jorsale. The best time for this trek is during the fall and spring. We recommend that you include some extra days on your trip because flights out of Lukla can experience long delays and cancellations, even for cloud cover. For any queries, please feel free to contact us.

Adventure Everest Three Passes Trek

Highlights

- You will cross the three popular and highest passes of the Everest Region: Kongma La Pass, Cho La Pass, and Renjo La Pass.
- You will get the opportunity to explore the 5 glacier lakes of the Gokyo valley.
- Walk through the diverse landscapes, blooms rhododendron and lush alpine and bamboo forest.
- Explore the Namche Bazar-the capital of the Sherpa Community and gateway to Khumbu Region.
- You will have a challenging time while crossing there three passes trek.
- Along with the trial, you will get a close insight into the lifestyle of the Sherpa people.
- Hike the Kalapather- you can catch the panoramic views of the world highest mountain like Mt Everest, Mt Makalu, Mt Lhotse, Nuptse, Ama Dablam, and other surrounding peaks.
- You can see 5 mountain more than 8000m high Mt.Everest, Lhotse, Lhotse Shar,

Makalu, and Choyu mountain

Day to Day Itinerary

Day 01: Arrival at Kathmandu.

Day 02: Kathmandu city tour and trek prepation.

Day 03: Flight to Lukla (2,860 m) and trek to Phakding (2,610 m).

Day 04: Trek to Namche Bazaar (3,440 m).

Day 05: Namche Bazaar, Rest and Acclimatization.

Day 06: Namche Bazaar to Tengboche (3,860 m).

Day 07: Tengboche to Dingboche (4,410 m).

Day 08: Dingboche to Chhukung (4,700 m).

Day 09: Cross Kongma La Pass (5,535 m) and trek to Lobuche (4,940 m).

Day 10: Trek to Everest Base Camp (5,364 m) via Gorakshep (5,140 m).

Day 11: Early morning hike to Kala Patthar (5,555m) return to hotel and descend to Dzongla (4840m.).

Day 12: Trek to Thaknak (4,350 m) via Cho La Pass (5,420 m)

Day 13: Move onwards from Thaknak to Gokyo Valley (4,750 m).

Day 14: Acclimatization Day at Gokyo and visit Gokyo Ri peak (5,357 m).

Day 15: Descend from Gokyo Valley to Lumde (4,380 m) via the Renjo La Pass (5,360 m).

Day 16: Nearing Thame (3,800 m) from Lumde.

Day 17: Trek from Thame to Jorsale (2,740 m).

Day 18: Victory lap back to Lukla (2,860 m)

Day 19: Fly back to Kathmandu

Day 20: Departure.

Cost Includes

Accomodation

- Three nights' Twin-sharing/double accommodation with breakfast at a 3-star category hotel in Kathmandu: two nights before the trek and one night after the trek. (Hotel category upgrade & private room accommodation can be organized at an extra cost)
- Best available twin-sharing guesthouse accommodation during the trek for 16 nights in the Everest Region.

Meals & Drinking Water

- Full board standard meals during the trek (Breakfasts, Lunches, and Dinners) including one hot drink.
- Seasonal fruits in the evening on a trek.
- Cultural dinner at Nepali Restaurant after trekking.

Transportation

- Kathmandu International and Domestic airport pick-up and drop-off on a private vehicle as per your arrival date and time.
- Round-trip Flight ticket between Kathmandu and Lukla (March to May and September to November) and Manthali and Lukla(December to February and June to August).
- Transport between Kathmandu and Manthali by shared tourist vehicle.
- Kathmandu Valley Tour included a private Vehicle.

Guide and Staff

- Experienced, first-aid trained, government licensed, English speaking, and locally recruited Nepal Hiking Treks' trekking guide for 16-17 days (2 guides for group sizes of more than 7 people).
- Porter to carry your luggage during the trek (1 porter for every 2 clients, carries 26 kgs and not included for solo trekker)
- Wages, accommodation, meals, gear, insurance, and medications for all staff.
- Export a tour guide for Kathmandu sightseeing.

Trek Permits

- Sagarmatha (Everest) National Park Permit Fee.
- Pasang Lhamu Rural Municipality fee.
- Trekkers' Information Management System (TIMS) card.

NHT benefits

- First aid /kit bag with oxygen meters, trekking map.
- Trip completion certificate by Nepal Hiking Trek.

Administrative & Taxes

- Domestic Airport tax.
- All our administrative expenses and government taxes.

Cost Excludes

- International flight fare and Nepal Entry Visa fee.
- Kathmandu Valley Tour entrance fee.
- Travel insurance for both medical and high-altitude emergency evacuation coverage.

- Snacks and any beverages including bottled and boiled water.
- Tips and gratitude to the trekking staff and driver.
- Personal trekking gear and equipment, as well as personal expenses.
- Extra night hotel in the city (if needed).
- Any other expenses that are not mentioned in the Price Includes section.