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# 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,



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Makalu, and Choyu mountain

## Day to Day Itinerary

**Day 01: Arrival at Kathmandu.**

**Day 02: Kathmandu city tour and trek preparation.**

**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

- Airport pick-up and drop-off by private car/van/bus.
- 3 nights accommodation in a 3-star hotel in Kathmandu with the BB plan.
- Kathmandu valley sightseen included tour guide, with private Car.
- Kathmandu-Lukla-Kathmandu flights.
- Full board meals during the trek (a tea or coffee, breakfast, lunch, and dinner).
- Teahouse lodging on the trek.
- Seasonal fruits during the trek.
- Expert, experienced, friendly guide and porter as well as their food, accommodation, salary, equipment, and insurance.
- Duffle bag for the trek.
- First Aid kit included Oxi-meters
- All permits and Tims (please bring a passport copy and photos)
- Government tax, farewell dinner.

## Cost Excludes

- International flight tickets.
- Travel insurance.
- Nepal entry visa.
- Cold drinks, snacks, and personal equipment.
- Tips for guide, porters and drivers.