

Everest 3 High Pass Trekking

Package Highlights

- Explore UNESCO World Heritage sights in Kathmandu valley with our professional guide
- Three star accommodation in Kathmandu and local tea houses in Trekking days
- Trekking with friendly, Helpful, experience guide and porter
- About 35 minutes scenic and adventure flight to and from Lukla
- See stunning Himalayas views of Everest region from world's highest pass
- Direct touch with typical peoples, their cultures and customs
- Everest 3 High Passes, Renjola Pass (5,345m), Cho La pass (5,420m), Kongma la (5,540m)
- Gokyo Lake (4,790m), Gokyo Ri (5,357m), Everest Base Camp (5,380m), Kalapathar (5,554m) and Chhukung Ri (5,546m)
- Three major valleys of Everest. Gokyo Valley, Everest Base Camp valley and Chhukung valley

Trip Facts

- Starting Price: US\$1660.00 (Per Person)
- Duration: 21 Days
- Grade: NA
- Destination: Nepal
- Meals: Breakfast + Lunch + Dinner
- Transportation: Private Vehicle / Aeroplane
- Trekking Style: Trekking and tour
- Accommodation: Hotel and Guest House
- Max. Altitude: 5,545m Kalapathar
- Min. Pax: Any
- Best Season : March to May & Sept to Nov

Itinerary Details

Day 01 : Arrival at TIA airport of Kathmandu. Transfer to Hotel and Overnight 1350m

Representative from Nepal Highland Treks pick up you from International airport and transfer to Hotel. If you get time, we will discuss about your trip and check your trekking gears. Overnight at Hotel

Day 02 : Day in Kathmandu. Sightseeing and trip preparation. overnight at Hotel

After your breakfast in Hotel, our tour guide will lead you to sightseeing at UNESCO heritage sites of Kathmandu valley. Bhaktapur Durbar Squire (Old King palace with arts

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and architecture), Bauddhanath Stupa (Biggest Buddhist Stupa) and Pashupatinath temple (A biggest Hindu temple). Come back to hotel and final preparation of your trekking

Day 03 : Fly to Lukla (2,860m) and trek to Phakding (2,652m) 3/4 hours. Overnight at tea house

Early in the morning we drive to domestic airport for your flight to Lukla. It is early morning flight about 35 minutes. Scenic flight with tiny aircraft takes off you at Hillary airport (Lukla). Introduce with your porter. After managing your luggage, start walking toward Phakding. The trail follows the bank of the Dudhkoshi River. Easy and flat walking takes only around 4 hours

Day 04 : Trek Phakding to Namche Bazar (3,440m) 6/7 Hours. Overnight at tea house

After your breakfast start trekking to Namche Bazar (Biggest town in Everest region). We pass big suspension bridge at the beginning. Then our trail become slightly up hills. Route is passing through alpine forest along with Dudhkoshi River. We also pass Benkar village, Monjo village and Jorsalle on the way. After having our lunch, we start tough up hills walking and reach Namche

Day 05 : Acclimatization at Namche. Hike to Everest view hotel (3,880m) and back to Namche for overnight

It is acclimatization day and we take hiking tour around. Hike to Everest view hotel and Khumjung village. Visit local monasteries and Hillary school. It is pleasant day to have your lunch at Khumjung village with front view of Mount Everest, Lhotse, Nuptse, Thamserku, Amadablam and others. Come back to Namche. Walking around in Namche get more refresh

Day 06 : Trek Namche to Thame (3,800m) 5/6 hours. Overnight at tea house

walk is very peaceful since the trekkers are in this section with excellent views of the mountains as it winds in and out of the forest on the side of the canyon. The village is notably the hometown of Apa Sherpa who has made it to the summit of Everest 21 times. There several tea houses for overnight

Day 07 : Trek Thame to Lungdhen (4,380m) 6/7 hours. Overnight at tea house

Right at the beginning of this stage awaits you a short warm-up ascent to the ancient chorten above Thame. Trekking path almost hide big mountains as we enter to valley in between big hills. There are only three villages without any good tea houses. It could be also hard walking at the end of walk because of less vegetation

Day 08 : Trek Lungdhen to Gokyo Lake (4,780m) 7/8 Hours via Renjo La Pass (5,360m). Overnight at tea house

We start quite earlier today with our packed lunch and enough drinking water. First trail start with serious ascend and reach at flat land big valley. Plesand walk at flat land reach at near Chola. One another serious ascend through loose rock reach finally at top of the pass. see the incredible view of Ngozumba glacier, Mount Everest, Chho-yo, Tabuche Cholatse, Makalu, Amadablam, Thamserku many etc then down to Gokyo lake.

Day 09 : Climb Gokyo Ri (5,357m) and walking to Fifth Lake. Overnight at Tea house

Early in the morning steep climb up to the top of Gokyo Ri at an elevation of 5,357m. You get stunning views of the super Gokyo valley, the massive Ngozumpa glacier and an incredible panoramic view of the whole Khumbu Himalayas, including the giants Everest, Lhotse, Nuptse, Makalu, Cho-Oyu and Gychung Kang. Come back to lodge and have warm breakfast. Day hiking up to fifth Lake, Base camp of Choyo. Back to Lodge and overnight

Day 10 : Trek Gokyo to Thangna (4,650m - 3 hours) Overnight at tea house

This is an easy day walking through the Glacier which is the longest glacier of Nepal called Ngozumpa glacier. Early reaching at Thangna can be another wll preparation day of Chola pass. Hiking little-bite around the hills help you get more fit for next day.

Day 11 : Trek Thangna to Dzongla (4,843m - 7/8 Hours)via Cho La Pass (5414m). Overnight at tea house

Today is the hardest day of the trip. Start your trekking after early breakfast. Start steep climbing for a while and the trail drops down to the bottom of the Chola. After that the trail leads you through the rock toward the top which is steep climbing. Enjoy stunning view from the top and trekking easy and down to Dzongla

Day 12 : Trek Dzongla to Lobuche (4990m - 4 Hours) Overnight at Tea house

It is another day short hiking from Dzongla via Lobuche base camp for climbing Lobuche peak. We also could trek further to Gorakhshep but it is far better to have short trekking up to Lobuche and get rest for another days tough hiking.

Day 13 : Trek Lobuche to Gorakhshep (5,180m). Hike to Everest Base Camp (5,360m) 8 hours. Overnight at tea house in Gorakhshep

Day of reaching at base camp of highest peak of the earth, you are at the day of reaching your dream. It is better to start trekking as earlier as possible after your breakfast. The trekking trail to Everest Base Camp is not hard but it is continuously ascending and

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descending at glacier rocky trail. Everest base Camp is extremely beautiful. Panoramic Mountains including Everest is surroundings. We will come up to near from Khumbu Glacier and see icefall from slopes of Mount Everest. We then come back to Gorakhshep for our overnight.

Day 14 : Climb Kalapathar at early in the morning (5,545m) and trek down to Lobuche (4990m) 6 hours. Overnight at tea house

We prepare with our small bag with hot drinking water and some nuts. It is about one and half hours climbing. When we start, it is dark and chilly. Get sunrise view and panoramic mountain views which is probably the best view ever in this trekking. We come down to Gorakhshep and have breakfast. Hike back to Lobuche and overnight

Day 15 : Trek to Chukung via Kongma La pass (5,540m) Overnight at tea house

After breakfast at the lodge, your day will start walking through Khumbu glacier towards east. After crossing the glacier and river the trail leads up to the pass which is the highest pass of this trip. There will be no tea shop and water resource so you will have to carry few bottles of water to drink. After a hard climb to the top, the trail drops steep down to the Chukung valley where your day ends.

Day 16 : Trek Chukung to Tengboche (6 Hours - 3860m) Overnight at tea house

Today is an easy day which is downhill through the valley. The trail continues to lead down to the Dingboche then after walking through the valley we come across a few Sherpa villages. After Pangboche village the trail drops down to the river and crosses the bridge. After that the trail leads up to the Tengboche where the oldest Monastery is situated on the top of the hill. Evening visit Monastery, see the Buddhist chanting ceremony

Day 17 : Trek back to Jorsalle via Namche. Overnight at Tea house

It is all the way down till Phunki Thanga village. after crossing bridge over Dudh Koshi River trail become serious up hill to Sanasa village. Easy flat and down hill to Namche Bazar. take your lunch here and trekking back to Jorsalle village.

Day 18 : Trek back to Lukla. Overnight at tea house

Easy trekking back to Lukla from Jorsalle. It is about 5 hours easy walking back. You will have enough time to explore lukla and celebration your successful trek.

Day 19 : Fly back to Kathmandu and transfer to Hotel. Rest and overnight

Early in the morning from Lukla to Kathmandu. You can view Scenic Mountain and green hills from tiny flight. Start your sightseeing in kathmandu valley from domestic airport. out

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our guide will take you to Baudhanath Stupa, Pashupatinath temple and Kathmandu durbar square. Drive back to Hotel. Nepal Highland Treks invite you to have together dinner in typical Nepali cultural restaurant. Share your experience of Everest three high pass trekking.

Day 20 : Extra day in Kathmandu or rest. Overnight at hotel

Fly early in the morning from Lukla to Kathmandu. You can view Scenic Mountain and green hills from tiny flight. Drive from Kathmandu domestic airport and check in hotel. Nepal Highland Treks invite you to have together dinner in typical Nepali cultural restaurant. Share your experience of Everest Base camp trekking

Day 21 : Departure

It is normally to be at International airport 3 hours before your flight time. It only takes 20 minutes drive to reach Airport from Thamel. We manage transportation for your final departure

Cost Includes

- Airport picks up and drops arrangement
- 4 nights' accommodation in Kathmandu on twin sharing with breakfast
- Sightseeing tour in Kathmandu valley with Guide, transportation and entrance fees
- Everest Trekking permit and TIMS card
- Flight ticket of Kathmandu – Lukla – Kathmandu
- Accommodation in tea house on twin sharing during trekking (Room with attached bathrooms are provided in Lukla, Namche and in Phakding)
- Three times foods during trekking (Breakfast, Lunch and Dinner) including tea and coffee
- An English speaking trekking guide and supporter (2 people = 1 supporter) with their foods, accommodation, insurance, equipment
- Emergency rescue management
- First Aid kit
- One evening dinner at authentic Nepali cultural restaurant
- Government taxes and official service charge

Cost Excludes

- Lunch and dinner while at Kathmandu
- Bar bills, soft drinks including drinking water
- Hot shower, battery charge and internet at local tea houses
- Personal equipment, personal insurance, medical expenses, emergency rescue
- Nepal entry visa (USD 30 per person for a month multiple visa, USD 100 per person for 3 months multiple visa) you can get on arrival visa.
- International air fare
- Extra activities mentioned than in our itinerary and cost including

- Tipping to staffs

Useful Note

Accommodation in the trip

Our package is including 4 nights hotel in Kathmandu. It is 3 star category hotels with breakfast and twin sharing. Accommodation in entire trekking is in local tea houses (Local guest house) on twin sharing. You will get rooms with inside toilet in Lukla, Phakding and in Namche. Rest of the overnights are room without toilet inside. All the tea houses are providing common toilets outside your room. Trekking region may have over flow of trekkers in peak season, in that situation, you may share common room with other trekkers. It may happen in Gokyo, Gorakhshep, Lobuche, Lungden, Thangna, Dzongla.

Foods in the trip

Kathmandu has lots of restaurants to choose for your Lunch and Dinner. Breakfast is including in the package that is provided by same hotel you are staying. During your trekking, same tea houses you are going to stay provide you breakfast and Dinner. Lunch is on the way at suitable place. All the foods during trekking is including in the packages. Hotel and restaurants provide you international standard foods in entire **Everest Base Camp and three high passes Trekking**. It is suggest choosing vegetarian foods. Meats are not fresh in the region since it should carried from out the of the region.

Guide and Porter

Your guide to **Everest Three high passes trekking** is from Kathmandu. He is the one who will be our regular guide more responsible, friendly, helpful and English speaking. You will meet him in Kathmandu before starting your trek. Porters are from Lukla airport. Usually there will be 1 porter for every two trekkers. He is able to carry total 25 kilogram. Both guide and porters are fully equipped, insured and package including their foods, accommodation on the way. Trekking guides are those who can communicate with you and local peoples and having enough knowledge of local places, peoples, their cultures and having knowledge of high altitude sickness.

Drinking Water during Trekking

Drinking water is extra cost from package. During the trek it is available bottled mineral water, boiled water fill in your own bottle from every tea houses or can use even normal water from Tap. Bottled mineral water is available in every guest houses, shops in entire Everest region. As you hike high altitude, cost of bottled mineral water and boil filtered water increase. Water from local taps can be also used as drinking water by purification with purification tablet and filter it yourself. Most of the trekkers are drinking bottled mineral water and boiled filtered water. Trekkers are using local tap water rarely.

Equipment list

You do not need to bring whole equipments from your home country. Good trekking equipments with reasonable cost are available in Kathmandu. We can suggest you to buy those after we check it in hotel before starting of trekking. Representative from Nepal

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Highland Treks or your guide can provide you good suggestion. Our itinerary has enough time to be prepared with your proper equipment.

Clothing List

Round cap to protect from sun during sunny day

Warm head cover cap

Muff to cover mouth from heavy wind and cold

2 pairs warm inner thermal and inner trouser

1 pair warm outer trouser

1 pair warm wind proof warm outer trouser

One pair light and warm jacket or sweater

One pair down jacket

One pair wind proof jacket

2 pairs light shocks

2 pair warm shocks

1 pair light shoe or sandal

1 pair warm water proof trekking shoes

2 pairs light trouser or half pant for walking during day and hot temperature

3 to 4 pairs of light t-shirt

Warm glove

Rain coat (cover body and backpack)

20 litter polar bag for trekking, carrying yourself (Trekking bag pack)

Duffel bag or big polar bag to hand over with your goods to our Porter *

Down Sleeping bag with its Inner * (* = **Nepal Highland Treks provide in returnable based**)

Other accessories

Head lamp with enough battery

Camera and its battery

Battery charger

Trekking stick

Phone and charger

lip care

Sun cream

Toilet papers

Hand wash lotion

Tooth brush and paste

Washing soap and bath shampoo

Quick dry towel

Since you are hiking to high passes, it may contain some ice on the top which is sleepery. Our guide will bring Iceaxe in the trip.

First Aid Kit Medicines

In every trekking package, our guide will carry first aid kit box containing medicines of anti altitude, anti Diarrhea, pain relief, Antibiotic, anti cold, anti vomiting, anti headache, fever, bandages, handplast and anti septic lotion . If you are taking any regular medicine that is compulsory to bring yourself.

Some Dos and Dont's during Everest 3 High passesTrekking

Trekking route of Everest regin is unspoiled and exotic land which is sensitive. Treat the land and local peoples with care and respect. Try your best to keep environment clean and show appreciation for culture and traditional religious beliefs.

Make Everest region litter free: Do not through any litter; put it in dustbin fixed by national park or in local tea houses. Sanitary napkins and tampons should be wrapped properly and through it right place. Take batteries back to your home country for safe disposal or reuse.

Respect local cultures, custom and peoples: Route of **Everest region** is combination of different cultural ethnic group of local peoples. Their culture, customs, living style and any function is typical and it is important for them. So respect all these while you are there. You can involve respectfully in those function.

Take your guide with you in every hiking and climbing: our guide will be always with your while trekking every days. You are trekking and hiking in remote areas with maximum altitude. Few days in the itinerary are as acclimatization day and hiking around for recovering stamina. Take your guide with you in all these activities. It is Himalaya and do not be more exited, take advice from guide to take any decision and do not stay longer at the top of high passes.

Do not through foods after order: Foods are all carried by helicopter or flight from Kathmandu. It takes a week time to reach all the foods in base camp site. It is not with any other transportation but carried by peoples or donkey. It is important that you order only sufficient food which you can finish. Do not waste any foods in the region. Meet items are not fresh in Everest Region. The land is out of scarifies any animals, and meets are all carried from out of region. This is the reason meets are not fresh.

Trip Note

- Our 21 days itinerary is standard itinerary including enough trekking preparation time in Kathmandu and enough acclimatization days on the way hiking. You can tell us to customize your own itinerary as per your interest.
- This trip is fully organize trip with experience guide and trekking porter from Nepal Highland Treks
- You also have option to include some short trips like, white water Rafting, Visit Pokhara the natural city with the view of surrounding Himalaya, green hills and lakes.
- Accommodation in Kathmandu is in 3 star categories, you can tell us to upgrade it or make non star hotel/ guest house to make your costing less. There are options to upgrade your accommodation categories in Everest region but not everywhere.

Departure Note

You can choose your own date in your private trip. This trip can run with any number of trekkers, even one pax or bigger group. ur fixed departure dates might change without any updating here in web. Please make sure it in your booking time.