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Everest Three Passes Trek Highlights

The Everest three pass trekking or the Everest circuit trek provides the best trekking experience in the Everest region. Truly strenuous Everest Three Pass trekking suites for experienced hikers trying to cross the high altitude pass and explore the wonders of the Himalayas. The Everest High Passes Trek is a great way to experience the unique taste of nature, culture, beautiful scenery, breathtaking mountains, and charming villages that make travel a memorable experience for any a lifetime.

- ❖ A 40-minute flight from Kathmandu to Lukla with panoramic views of the landscapes.
- ❖ Discover the unique and living Sherpa tradition and culture
- ❖ You will visit the Sagarmatha National Park habitat with exotic animals.
- ❖ Stand at the foot of the highest mountain in the world, the Mount Everest
- ❖ Enjoy the excellent view of the sunrise over the Mount Everest from Kalapatthar
- ❖ Stunning views of mountains like Tawache, Everest, Lhotse, Nuptse, Ama Dablam, Cho Oyu and Thamserku
- ❖ Go up to Gokyo Ri and enjoy the fascinating view of the mountains at sunrise
- ❖ Experience the breathtaking panoramic view of the Himalayas from Kongma La, Cho La, and Renjo La Pass

The Everest Three Passes Trek in the Khumbu region of Nepal offers one of the most enjoyable and genuinely extraordinary trekking experiences. With the first

challenge, Everest Base Camp, the height of the three high passes is conquered: Renjo La, Cho La, Kongma La, and Kala Patthar.

Your vacation begins with a guided city tour of Kathmandu, the vibrant capital of Nepal. On the third day of the trip, a 30-35 minute flight to Lukla, an impressively new flight on a Twin Otter plane, and the start of your hike in the heart of Sherpa Land, the Everest 3 high pass trail continues to along the train. To Namche, We will follow in the footsteps of famous mountaineers and walk from house to house through beautiful Nepalese villages with spectacular views of Mount Everest and many other peaks of the Khumbu. We will have time to visit the essential Sherpa villages and monasteries. You have the option to walk to the Ama Dablam base camp, which is off the beaten track and worth the walk for its rewarding sight.

The altitude and steep climbs make the trek to the three high passes of Everest one of the most demanding treks in the Everest region. However, the spectacular views make the hard journey worthwhile and the experience of natural and cultural beauty that the Khumbu region of Nepal takes your breath away. Highlights also include the view of many peaks that rise 8000m or more above sea level. You will see the beautiful Island Peak, a high summit for mountaineers, and some see this as the first step in mountaineering. The two glaciers Ngozumpa and Khumbu, with the other side view of the Gokyo valley with its beautiful lakes, make this a dream for photographers too.

This walk is also an opportunity to get to know friendly Sherpas, their picturesque settlements, their lifestyle, their culture, and their traditions. March-May and September-December are the best times to plan the Everest Three Passes walks, as you can also attend the Tengboche Mani Rimdhu Festival and Dance in October-November and the Dumje Festival (April). No prior knowledge is required; however, to complete the Everest 3 Peaks 3 Passes hike, good health, excellent endurance, a mental and physical determination is needed.

We intend to follow the daily schedule below, although there may be flexibility due to local conditions or other factors beyond our control. In this case, the

trekking guide will do everything possible to resolve changes in the route to minimize its inconveniences.

Day 1: Welcome to Kathmandu Tribhuvan International Airport.

Welcome to Kathmandu, Nepal, the capital of Nepal. Today is your first day in Nepal. We will send one of our company representatives to pick you up at Tribhuvan International Airport and take you to your Hotel. After a while, the Tour Manager will provide you with complete information about your trip. The rest of the day you can visit nearby places. Today you hear the Nepali word for hello "Namaste." You will probably never forget that word after this trip. Night stay at the three-star deluxe Hotel in Kathmandu.

Meals included: none

Day 2: City Sightseeing around in Kathmandu Valley.

It is a guided day tour of the Kathmandu Valley that visits four of the seven World Heritage sites. Attractions such as Kathmandu Durbar Square, Pashupatinath Temple, Boudhanath Stupa, and Swayambhunath are visited today. The tour is expected to end around 4 p.m. The rest of the day is free to self explore and pack for the next morning trek. You can leave a bag at the Hotel with items that are not needed on the trek. Night stay at Hotel in Kathmandu.

Meals included: Breakfast.

Day 3: Flight to Lukla, Trek to Phakding Walking Distance 4 to 5 hours

Today is the first day of your trek, and our goal is Phakding. You will be transferred to Tribhuvan International Airport in a private vehicle to board a flight to Lukla in the early morning. After a 30-35 minute flight, you will land at Lukla Airport (Tenzing Hillary Airport). On the plane, you can see some of the highest mountains in the world, including Cho Oyu (8,153m), Lhotse (8,516m), Gauri Shankar (7,145m), Menlungtse (7,181m) and, of course, sometimes Mount Everest from the window of the airplane. After an exciting landing at the Lukla airport and a warm welcome, you will meet your porters who will carry your extra luggage every day until you back to Lukla. Here you can meet our porter and

other members of our team. We also prepare your luggage for shippers. As soon as everything is ready, the trek starts to 3 peaks, and three passes towards the daily goal and leaves Lukla behind. After three hours, mainly downhill and flat, we finally reached Phakding. You can cool off and enjoy the beautiful village on the Dudh Kosi river. We take a short walk in the village of Phakding or even a walk to the nearby Gompas to acclimatize. Night stay at a lodge in Phakding.

Meals included: Breakfast, lunch, and dinner.

Day 4: Trek From Phakding to the Namche Bazaar: walking distance 6 -7 hours.

Today is the second day of the Everest trek, and our destination is Namche Bazaar, the Sherpa capital and the heart of Khumbu. After Breakfast, we leave Phakding and move slowly towards Monjo crossing a series of suspension bridges and small settlements. From Phakding, it takes approximately 2 or 3 hours to reach Monjo. Monjo is recognized as the gateway to the Sagarmatha National Park. Upon arrival at Sagarmatha National Park, team leaders care about the necessary paperwork for the national park while enjoying a hot drink and visiting local shops. Then we descend and pass a few more suspension bridges. When crossing these bridges, the path leads uphill to the Namche Bazaar, from where you have the first view of Mount Everest along with other peaks. It is a hard 2-hour walk. The night is spent in a guest house in Namche Bazaar.

Meals included: Breakfast, lunch, dinner.

Day 5: Acclimatization day walking through the Namche bazaar.

Today, on the third day of the trek, we participate in activities that help us adapt to the difference in altitude and the dilution of the air. Staying active is the best way to acclimatize. So we have a few options for this day, and both help you get used to the altitude. The first option is the longest road to the village of Thame at 3,800 m and back to Namche, which takes 7 to 8 hours. If you would like a shorter trip, then you can visit the Everest View Hotel near the village of Khumjung above Namche. We explore the monasteries and the lifestyle of the people in Namche. The Namche Bazaar offers a variety of ways to spend the day. The night is spent in a guest house in Namche Bazaar.

Meals included: Breakfast, lunch, and dinner.

Day 6: Trek Namche to Tengboche (3,860 m) – Walking Distance 7 hours.

This morning we leave Namche after a short and steep climb on the classic Everest access route, which describes the slope far above Imja Khosi. Today's hike continues to contour the slope with short, steep sections walk over ridges. There are spectacular views of Everest, Lhotse, and Nuptse, as well as the beautiful Ama Dablam (6,812m). Ama Dablam means "mother's necklace," the long ridges on either side like the arms of a mother protecting her child, and the glacier pendant, which is considered Dablam, the traditional double decoration with images of gods worn by Sherpa women. The magnificent Ama Dablam is one of the gorgeous mountains in the world. Passing various villages and tea houses, we crossed a tributary of the Dudh Kosi River on a suspension bridge at a place called Phunki Tenga before starting a steep climb for about two hours to the monastery. This part of the hike is covered with rhododendron and pine forests, so it is well shaded and should be quite cold. The backdrop of the Tengboche monastery is magical and a spectacular building. It is incredible that the temple was burned down just a few years ago and was rebuilt in large part. Night stay at Lodge in Tengboche.

Meals included: Breakfast, lunch, and dinner.

Day 7: Trek Tengboche to Pangboche (3,930 m), Walking Distance 2 - 3 hours

In the afternoon, explore the village: 2 to 3 hours of walking. After walking down Deboche to Imja Khola, You will cross a bridge over a picturesque gorge, and then the way gradually rises with a fantastic view of Mount Ama Dablam. There are numerous excellent photo opportunities in both directions and various choirs and peanut walls that pass with increasing altitude to reach the town of Pangboche. The road to Pangboche takes around 2 to 3 hours. Upon arrival at the tea house, you will have lunch, and there are several ways to explore the town in the afternoon. Pangboche is a photogenic village with stone-walled fields, and in the upper village is the oldest Khumbu monastery amid ancient junipers. In good

weather, it is worth going to the viewpoint of the village to enjoy the view of the mountains. Night stay at Lodge in Pangboche.

Meals included: Breakfast, lunch, and dinner.

Day 8: Day hike to Ama Dablam base camp –walking Distance 4 to 5 hours

After Breakfast, we head to the Ama Dablam base camp. It is an opportunity to leave the main path of the Everest base camp and explore a quieter area in Khumbu under one of the most beautiful mountains in the world. When you go to Ama Dablam base camp, you can better acclimate yourself. To get to Ama Dablam base camp, first cross the Imja Drangka River on a suspension bridge, followed by a gradual ascent to Lhabarma, where you are suddenly facing the ridge. You can climb its promontory and absorb the enormity of the mountain. Ama Dablam base camp is located 4,576 m above sea level in an open yak pasture below the west wall. The summit is almost 2,300 m high. The climbing route follows the southwest ridge, the horizon to the right, and advances three-quarters of the way to the face on the hanging glacier. The base camp offers particularly beautiful views of Kangtega (6,783m), Thamserku (6,618m), and Taboche (6,542m). Your hike may coincide with the primary climbing season, and it is more than likely that at Ama Dablam base camp, you will find climbing groups that acclimatize or set the route. With binoculars, climbers can be seen descending 50/60 degree ice slopes from the summit. After spending time at Ama Dablam base camp, return to Pangboche in the same way. Night stay at Pangboche.

Meals included: Breakfast, lunch, dinner.

Day 9: Trek from Pangboche to Dingboche – walking distance 4 to 5 hours.

You leave Pangboche on a path that leads to the village. The arid landscape now reflects the height when we enter the alpine zone above the tree line. You will then pass by some yak shepherd houses and walled fields in Orsho before crossing a stream and doing a final steep climb to Dingboche. The town of Dingboche is in an impressive location, surrounded by high peaks. Night stay at Lodge in Dingboche.

Meals included: Breakfast, lunch, and dinner.

Day 10: Acclimatization walks to Nangkartshang Peak – walking distance 3 to 4 hours

This morning, we take a walk through the Nangkartshang Peak on Dingboche at 5,080 m. From the summit, there is a beautiful panorama with fantastic views of Ama Dablam, Taboche, Cholatse and Makalu Mountain in the east. If you climb Nangkartshang Peak, you can better acclimate yourself. Night stay at Dingboche.

Meals included: Breakfast, lunch, and dinner

Day 11: Trek to Chhukung (4730m) Walking Distance 3-4 hours

Today we are going to be slow because tomorrow we are going to have a pretty hard walk, and your body needs to rest well. Along the way, you can see cattle cabins with great mountain views in the background. After walking for about 3 hours on a gentle climb from Dingboche to Chukung, You will reach to a tea house and rest.

Meals included: Breakfast, lunch, and dinner

Day 12: Chhukung to Kongma-La after Lobuche walking distance 6-7 hours

They are approaching Everest and will conquer higher heights. You cross the first of three high passes in this region. First, you move to the high camp, from where you climb the Kongma La Pass. The view of the mountains becomes broader and more alive. You arrive at Thukla and have lunch. The number of tea houses you will see is tiny. You can hike the mighty Khumbu Glacier. After about an hour of steep ascent, you arrive at a place, a memorial, commemorating deceased climbers who attempted to conquer Everest. You will see piles of stones everywhere. You will see Mount Pumori, Lingtren, Khumbuste, etc. During the night in Lobuche.

Meals included: Breakfast, lunch, and dinner

Day 13: Trek to Everest base camp and return to Gorakshep walking 7 to 9 hours

You are now very close to Everest base camp, but it is a challenging day. You first arrive at Gorak Shep and check into a hotel after going down a gentle slope. It has been a walk of almost 3 hours, and it seems to be a little more than that due to the altitude that you will have reached today. You have to walk slowly and continuously, and with the help of your guide, you will be there in a short time. The view is excellent today as towering snowy peaks surround you.

After a light lunch, we head to Everest base camp, which takes 5 to 6 hours to return to Gorakshep, where we will sleep tonight. You will see prayer flags when you arrive at Everest base camp, and the vast mountains you will see in front of you are not Everest but Lhotse and Khumbutse. Behind these mountains, you can only take a look at Everest. Then return to Gorak Shep to sleep and have dinner there.

Meals included: Breakfast, lunch, and dinner

Day 14: walk to Kala Pathar and return to Lobuche – walking distance 6 to 7 hours

After having early in the morning, we hike to the Kala Patar. It's worth a 2-3 hour walk with its magnificent views of Everest and the Khumbu Icefall as well as the other Himalayan giants from Pumori, Changtse, Nuptse, and Lhotse. For many people, this is the highlight of their journey and the highest point that they will walk too. We will spend time at the summit so you can sit and think amidst the majestic beauty of the mountains and the flutes of ice. After climbing Kala Pathar, we return to the tea house in Gorakshep for lunch. We begin our descent along the same path, which lasts approximately 2 hours and return to the thicker air of Lobuche in the afternoon. Night stay in Lobuche

Meals included: Breakfast, lunch, and dinner

Day 15: Trek to Dzongla (4830 m) – walking Distance 4-5 hours.

From Lobuche, we follow the path to the junction before Dughla and around a spur on Lake Chola-Tscho. Dzongla is a beautiful place at the foot of the Cho la Pass with many yak pastures and surrounded by high mountains. If you move

towards Dzongla, you will leave Pumori, Lingtren, Khumbutse, and Nuptse behind. On the way, you will see Chola Tsho, a lake at the foot of the Cholatse. You will continue your walk, and you will find that Lobuche is just behind you and Cholaste on the right. We will spend the night at the Lodge in Dzongla.

Meals included: Breakfast, lunch, and dinner

Day 16: Cross Cho La and walk to Dragnag- walking distance 7 to 8 hours

After waking up in Dzongla, walk towards Cho La Pass, one of the three high passes in the Everest region. It is a pleasant and picturesque route without severe technical difficulties, although bad weather and conditions can make this a challenging journey. During the day, you go around Jobo Lhaptshan (6,440m) and Taboche (6,367m) once over the pass and descend the road to Dragnag. Today's hike will be adventurous and exciting and will take you through a series of emotions. You start your walk in a relatively flat area. After walking a route, cross a stream, and the path you take will also become steeper.

You climb steeply with rocks. You can't see Cho La from here yet. Continue your hike and arrive at Cho La after walking in a steep moraine. You will see glaciers along the way; it will be an unforgettable sight. After reaching Cho La, it is a long and tricky road to travel to Dragnag. When you get to Dragnag, rest in a tea house.

Meals included: Breakfast, lunch, and dinner

Day 17: Trek to Gokyo (4750 m) – walking distance 4 hours.

Today's hike is short and easy, that almost balances the strenuous and long hike we had yesterday. You walk north to get to Gokyo along the Ngozumpa glacier and descend on it. You cross the glacier and arrive at the village of Gokyo. You can spend the rest of the day exploring the town, interacting with people, or visiting the lakes. Night stay in Gokyo.

Meals included: Breakfast, lunch, and dinner

Day 18: Early Morning walk in the Gokyo Ri and exploration of the Gokyo lakes.

You will acclimatize on this day of your trek. Today you go on an excursion to Gokyo-Ri to enjoy the sunrise view. The panorama of the Himalayas and the view of the glaciers and lakes are spectacular from here. After enjoying the view, descend to the town of Gokyo. You will spend the rest of your time exploring the Gokyo lakes. You will spend the night in a tea house in Gokyo.

Meals included: Breakfast, lunch, and dinner

Day 19: Renjo La and trek to Langden in the Thame valley – Walking 7 hours

Today you go up to Renjo La, where you can see the beautiful view of Mount Everest, Makalu, Nuptse, Lhotse, and then on the other side, Rolwaling peaks. The road leads to yak lakes and grasslands to the Thame Valley, one of the most important trade routes with Tibet through Nangpa La. Night stay at the Langden Tea House Lodge

Meals included: Breakfast, Lunch, and Dinner

Day 20: Trek to Namche Bazaar (3,445 m) – walking distance 5 to 6 hours

You will return to Namche Bazar today. It is your third day at the Namche Bazar. To get here, leave Thame and walk through the rhododendron and pine forests. Along the way, you will see small towns with Sherpas settlements. Walkthrough valley and arrive in Namche after a few hours of moderate walking. Today you no longer have to climb steeply downhill or uphill. You can also see yaks and loaders carrying goods on the way. After arriving in Namche, rest and have dinner in a tea house.

Meals included: Breakfast, lunch, and dinner

Day 21: Trek down to Lukla – walking distance 8 to 9 hours.

When you wake up in Namche, have Breakfast and head towards Phakding. There you have lunch and continue your walk to Lukla. You have completed your three high passes at Everest Base Camp and Gokyo Lakes Trek. You can look back and say goodbye to the mountains. If you walk away and reach Lukla, you will feel that

you have accomplished something. You should because you have completed the most adventurous hike. You will spend the standard hotel night in Lukla.

Meals included: Breakfast, lunch, and dinner

Day 22: Flight to Kathmandu.

You will take the same 40-minute flight to Kathmandu and leave the mountains. You can see them on the plane. After arriving in Kathmandu, you can rest or sightseeing or other activities. You will spend the night at the deluxe three-star Hotel in Kathmandu.

Meals included: Breakfast

Day 23: Free time in Kathmandu.

Today is a free day to rest and relax after a hike in Kathmandu, shopping, or visiting more places of interest in the city. However, the main reason for this additional day is a buffer for delays or cancellations flying from Lukla to minimize the risk of missing your international flight. Night stay at Hotel

Meals included: Breakfast

Day 24: Drop To Kathmandu International airport.

It is your last day in Nepal. According to your departure schedule, our office representative will drop you to the Kathmandu international airport. It is our pleasure to help you make your time in Nepal entertaining and dignified. You can contact us for other trekking adventures or other activities you would like to do in Nepal.

Included in the cost

- ❖ Pick up and drop off at Kathmandu international airport in a private vehicle
- ❖ Accommodation in a deluxe three-star hotel in Kathmandu with Breakfast
- ❖ Tea house accommodation during the trek
- ❖ During the trek, Breakfast, lunch, and evening meals

- ❖ All ground transportation with a private vehicle according to the travel plan.
- ❖ Flights ticket (Kathmandu-Lukla-Kathmandu)
- ❖ Guided city sightseeing tour in Kathmandu by private cab
- ❖ Entry Tickets to monuments according to the itinerary
- ❖ An experienced, English-speaking, Government-licensed trekking guide
- ❖ Porter service (2 hikers: 1 porter)
- ❖ Salary, insurance, equipment, domestic flight, meals, and accommodation for staff.
- ❖ All necessary documentation and trekking permits (National Park Permit, TIMS)
- ❖ Medical equipment
- ❖ Government and local taxes

Not included in the cost

- ❖ Nepalese visa fee
- ❖ excess baggage fee (s)
- ❖ Additional overnight in Kathmandu due to early arrival, late departure and early return from the mountain
- ❖ Lunch and dinner in Kathmandu
- ❖ International flights
- ❖ Travel and rescue insurance
- ❖ Personal expenses (phone calls, laundry, cash bills, battery charge, additional luggage rack, boiled water or bottle, shower, etc.)
- ❖ Tips for guides, porters, and drivers.

Food and accommodation

You will be accommodated in three hotels in Kathmandu and tea houses during the trek. All accommodations are double/twin sharing rooms. A single supplement is served upon request and costs an additional \$ 500. We organize it with the attached bathrooms. In teahouses, however, there are only shared washing and toilet facilities in some places. Also note that single rooms in

Kathmandu and hiking regions are readily available on the lower levels, but finding them on the upper levels can be difficult.

All meals, including breakfast, lunch, and dinner, are offered during the trek, while Breakfast is served in Kathmandu. During our walk, we can enjoy authentic Nepalese food, as well as Tibetan, Indian, and more general continental cuisine. We have Breakfast and dinner in guest houses, where we spend the night and have lunch on the way.

Walking guide (s) and staff arrangements

The most important thing that makes our Everest three pass trek successful, entertaining, and unforgettable is the skillful, experienced, courteous, and helpful trekking guide and crew who can make our days in the mountains run smoothly. The best and most professional leaders lead our walk. All our company, trekking guides are carefully selected based on their experience, leadership, and personal skills. To preserve local communities, we only employ local people who have sufficient knowledge of the culture, ecosystem, flora, fauna, geography, and history of their local regions.

Travel insurance

Travel insurance for each itinerary of our company is a prerequisite for booking vacations. At a minimum, you must have emergency and repatriation insurance that must include the cost of the mountain rescue. Please read the terms and conditions of your insurers carefully, especially make sure that the following are covered: 1) activity (i.e., tourism, trekking or mountaineering) 2) maximum altitude reached on trekking 3) evacuation of the helicopter in case of emergency. You must understand that the costs of the evacuation and return procedures are ultimately your responsibility and that it is your responsibility to bear all expenses related to evacuations or medical treatment. You must be fully aware of the effects of your travel insurance and understand the limitations and exclusions of your policy. Please note that our company guide may, under certain circumstances, initiate helicopter rescue (or other necessary) operations in

medical emergencies without first seeking approval from your insurance company.

Acclimatization

As we cover the high mountain passes on our walk, we must plan the itinerary considering acute mountain sickness (AMS). Raising altitude too quickly leads to illness that is severe enough to cause death. The higher the altitude, the less oxygen is in the air, and it takes our body to adapt to an environment with less oxygen. Therefore, three days were allowed for acclimatization. We will rest in Namche Bazaar, Chhukung, and Gokyo to get used to the altitude.

Physical fitness and experience requirements

Everest High Passes Trek is a challenging hike suitable for them who can walk at least 5-6 hours a day with a light backpack. In a few days, we will even have to walk 8 to 9 hours. Walking at higher altitudes is more physically demanding than walking at lower elevations. However, if you are in excellent health with reasonable fitness, self-confidence, positive attitude, and strong determination, You can complete the trek. Exercising and jogging regularly for a few months before traveling is a good idea, as it improves our strength and stability. Previous hiking experiences are preferred, but no technical knowledge is required. You must consult your doctor before booking this trip. Participants with existing diseases such as heart, lung, and blood diseases must inform us before booking.

Best travel time

As with most trek in the Himalayas, fall and spring are the best times to hike the Everest Base Camp High Passes. Low rainfall, pleasant temperatures, and less dramatic weather make these seasons more convenient for this hike. The days are warmer, while the nights and mornings are somewhat more relaxed in places at lower altitudes. It can be a bit extreme, but it is still bearable in higher areas.

However, if you want to walk in summer and winter, you should ask us about the weather conditions and expected weather conditions at this particular time.

Additional preparations should be made against rain, snow, extreme cold, slippery roads, etc. for walking during the low season.