

Everest Three High Pass Trek

Duration: 19 Days



Overview

Trip Grade: Strenuous	Max Altitude: 5,367m.
Activity: Trekking	Group Size: 02-12 People
Arrival On: Kathmandu, Nepal	Departure From: Kathmandu, Nepal
Meals: All meals during trek & breakfast in kathmandu	Accommodation: Stone Built Houses (tea houses) during trek

“The world is a book and those who don’t travel read only one page.”

Our 19 day **Everest Three High Pass Trek** is a champion among the most famous and searched for trek routes to the majestic base camp of Mt. Everest. Mainly because trekkers get to visit many iconic sites inside Khumbu region within just one trip to the Himalayas. Gokyo Lakes, Kalapatthar, Tengboche Monastery (the largest monastery of Khumbu region) are some the major highlighted destinations of this specific trip package. But the show stopping high passes Cho La (5,320m), Kongma La (5,535m) and Renjo La (5,400m) are definitely the most challenging points of this entire trek. Taking off the eastern Himalayas with a scenic 30 min mountain flight, we arrive at Lukla airport where we are scheduled to begin our trek. At the starting phase of our trek, we head up towards Namche Bazaar which is largely popular for its lodges and cafes fully equipped with modern conveniences such as Free Wi-Fi, hot shower and good food for your hungry stomach. We cross several high suspension bridges which are sure to be festooned with numerous Buddhist prayer flags as they flutter horrendously with the strong gust of Himalayan winds. Additionally, we are to spend a full day in Namche Bazaar for acclimatization purposes as it is very necessary to be properly acclimatized before continuing on with our trek. Without getting proper rest at Namche Bazaar, trekkers can increase their chance of getting High Altitude Sickness which normally happens a high trekking areas above 3,000 m. Here onward, we take cautiously planned steps to Thame and Lungden village respectively before heading to the tranquil Gokyo Lakes by crossing our first Himalayan pass of Renjo la. Later on, we head to Gorakshep via Chola Pass and ultimately reach the [Everest Base Camp](#) which can be a very rewarding moment for foreign trekkers. Moving on, we now have to cross the last pass of Kongma La before getting back to Lukla. On the fourteenth day, we cross the last

hurdle of our trek by getting across Kongma La pass and then descend down to Tengboche and Namche Bazaar. Likewise, from Namche, we retrace our footsteps back down to Lukla for a flight back to Kathmandu and conclude our trek. We suggest spring and autumn seasons as the best time of the year for this trek. Additionally, it is better to train yourself prior to the trek both mentally and physically as there is a very high chance that one may succumb down to this trek. Join our 19 days Everest Three High Pass Trek with **Himalayan Holyland Treks and Expedition** group to make a challenging yet rewarding journey into the heartlands of the Himalayas.



Itinerary

Day 01: Arrive in Kathmandu airport(1350m) and transfer to hotel.

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Day 02: Full day Sightseeing Tour.

Meet at the hotel and talk about the trek and collect the documents for the trek, in the afternoon shopping for the treks, meeting the guide and talk about next day.

Day 03: Kathmandu to Lukla -2700m, (30min flight), walk to Phakding(2650) appr. 3h.

On our walk there will be the river flowing on our left where as we continue our trail passing the bridges, forests, Buddhist monasteries and stone Chorten (Stupa in the mountain region in Nepal) and on the right side of the trail Kusum Kanguru peak(6367m) can be seen if weather is clean there.

Day 04: Phakding to Namche Bazar(3440m) :appr. 6h.

The walk begins with the view beautiful flowing river, villages, forests, waterfalls and we pass through the highest suspension bridge in Khumbu region. On the half way, the lunch break will be at Manjo or Jorsale. There is a trekking permit check post also. We have small break also here when they entry the permit. This day we will also see the Mt. Everest from Top Danda just near by the Namche.

Day 05: Rest in Namche for the acclimatization.

Rest in Namche for the acclimatization, hike to, Kusum Kanguru, Taboche, Khonde peak and many more. Everest view point 3800m (1.30h), view of Everest, Amadablam, Kang-taiga, Thamserku. Back to Namche Bazar where Sagarmatha national park museum, Monastery and the market can be visited.

Day 06: Trek to Thame Altitude: 3800m Distance of walking- 3 to 4 hours.

After breakfast at Namche, the trail leads to the old village called Thamo which is easy walk through the valley. Thamo is a small Sherpa village. After exploring the village, the trail leads continue to Thame. After lunch, rest a little while and explore the Sherpa village and its culture. There is small Hydro power where you can visit. Stay overnight at the Lodge.

Day 07: Trek to Lungden Altitude: 4137m Distance of walking: 4 to 5 hours.

After breakfast at the lodge, an easy walk to Marlung through the Bhote Koshi River where you can have short break. Then the trail leads uphill to Lumde through the dry valley. It is an interesting walking with enjoying the views of the snow peaked mountains and the valley. Today you won't see Sherpa village because Thame is the last village of the valley. Once you get in to the village, hike a bit higher than the place where lodge is located to get acclimatize. Stay overnight at the Lodge.

Day 08: Trek to Gokya via Ranjo la Pass Altitude at Ranjo la Pass: 5465m/17,929ft Distance of walking: 7-8 hours.

After breakfast the trail leads uphill for an hour and half and then easy walk for a while. At the end, there is hard climb to get to the top of the Renjo La from where you will have an awesome view of Mt. Everest with Mt. Nuptse with surrounding peaks. You will also see

Gokyo lake which breathtaking views. From the top of the Renjo La the trail drops down to the Third Lake (Gokya lake) and get in to the lodge. After time to get rest at the lodge at Gokyo, short climb to the ridge from where you will explore the Glacier which is amazing looking with its small glacier lakes. Stay overnight at Gokyo lodge.

Day 09: Trek to Thaknak Altitude: 4750m/15580ft Distance of walking: 3 hours.

This is an easy day but we suggest you to start early because you will have to walk through the Glacier which is the longest glacier of Nepal called Ngozumpa glacier. By the time of crossing this glacier you will hear many sounds of the rock falling in to the small glacier lake. There are many rocks on the way which has ice underneath. During the sunny day ice melts pretty fast so we should cross this glacier before the sun gets strong. Once you get in to the Thaknak, better to climb up to the small hill for acclimatize. Stay overnight at the lodge.

Day 10: Trek to Zungla via Chola pass Altitude: 5367m/17604ft Distance of walking: 6-7 hours.

Today is the hardest day of the trip. Start your day just after the breakfast which is 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. There are some Buddhist prayer flags on the top of the pass which has great views of the mountains. There is icy part for a while and again the trail drops down through the huge rock and an easy walk at the end to get to the Zungla. Stay overnight at the lodge.

Day 11: Trek to Gorekshep Altitude: 5,160m/16,929ft Distance of walking: 5-6 hours.

After hot breakfast at the lodge, an easy downhill for a while and few up and down to the Lobuche. Then the trail leads toward Gorekshep through the rocky trail. On the way you will have great views of the Mt. Everest, Mt. Nuptse, Mt. Pumori and more. You will be able to see Khumbu Glacier on the way. After few up downs, you will reach at Gorekshep which is located at the bottom of Kalapatthar. Stay overnight at the lodge.

Day 12: Hike up to the Base Camp Altitude: 5,357m/17,575ft Distance of walking: 6-7 hours.

This is a day which will fulfill your dreams to visit the base camp of the highest peak in the earth. It is 3 hour walk through the ridge of the Khumbu glacier. You will enjoy the surrounding views of the glacier and mountains. There are Buddhist prayer flags which are the symbol of the Base Camp. During the climbing season there will be many tents with colorful looking around. After exploring around, trek down to the lodge and remaining of the day chill out at the lodge. Stay overnight.

Day 13: Hike up to Kalapatthar and trek to Lobuche Altitude: Kalapatthar at 5545m Distance of walking: 6-7 hours.

Today you will have to start your day without breakfast in the morning which is 2 hour hike up to the Kalapatthar, the greatest view point of the Mt. Everest, Mt. Nuptse, Mt. Pumori, Mt. Amadablam, Mt. Thamersekeru, Mera Peak and many more. After taking many photographs, trek down to the lodge at Gorekshep for breakfast and continue your walk down to Lobuche. Stay overnight at the lodge.

Day 14: Trek to Chukung via Kongma la pass Altitude: 4,730m/15,518ft Distance of walking: 6-7 hours.

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 that you will have to carry few bottles of water to drink. After hard climb to the top, the trail drops steep down to the Chukung valley where your day ends. Stay overnight at the lodge.

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Day 15: Trek to Tengboche Altitude: 3,867m/12684ft Distance of walking: 5-6 hours.

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

Day 16: Trek to Namche Altitude: 3440m/11,284ft Distance of walking- 4-5 hours.

Today your day starts walking steep downhill through the Rhododendron forest. Once you get at the bottom of the hill, cross the bridge and steep climbing through the pine and Juniper forest to the Khumjung. After explore the village at Khumjung, Lunch and continue walk to the Namche Bazaar for overnight.

Day 17: Trek to Lukla Altitude: 2,800m/9,184ft Distance of walking: 18-20 Km/6 to 7 hours.

After breakfast at the lodge, the trail drops downhill through the pine forest till to the bridge and continue walk to the Monju. Again some formalities had to be done at the check post of the National park at Monju then continue walk to the Phakding for the lunch. After that your last day of the trek continue to the Lukla. Stay overnight at the lodge.

Day 18: Fly to Kathmandu Altitude: 1350m/4428ft 35 minute Trans Himalayan flight.

Normally flights are always in the morning due to the weather. So guide will do all airport formalities by the time you can have a breakfast at the lodge. Your luggage will get in to the airport already with the help of our Sherpas and porters. Once guide get news about your flight arrival at Lukla airport, will call you to watch how the small aircraft get lands in to the small airstrip. After quick photograph, get in to the airport and straight away get in to the plane to fly out to Kathmandu. Once you are at the airport at Kathmandu, guide will assist to get in to your hotel by private vehicle.

Day 19: Departure day Altitude: 1350m/4428ft Free day for shopping and departure.

After breakfast in to your hotel, we will drop you at the airport to take your onward flight as per time. If you have late flight, you will have time to do last minute shopping if you deserve. Otherwise we will have to say you good bye.

Cost Includes

- => Airport pickup and drop in a private vehicle domestic flight.
- => Airport pick up and drop by private vehicle for international flight.
- => Hotel accommodation in Kathmandu in B/B basis.
- => Tea house accommodation during the trek.
- => Three times meal in the trek.
- => Hot soup with dinner in the high places.
- => Farewell dinner in Kathmandu.
- => All the transportation as per the itinerary.
- => Two way flight : Kathmandu ↔ Lukla ↔ Kathmandu.
- => A professional guide for trek and sightseeing.
- => Porter service(2 trekkers : 1 porter).
- => Insurance for guide and porters.
- => Food and accommodation for guide and porters.
- => All necessary documents(Permits and TIMS).
- => All government and local taxes.
- => T-Shirt from our company.
- => Airport taxes of domestic flight.
- => Medical kit.
- => Trekking map as itinerary.
- => T-shirt from the company.
- => Trip completion certificate.

Cost Excludes

- => Visa for Nepal.
- => International flight to and from Kathmandu.
- => Lunch and dinner in Kathmandu and Pokhara.
- => Travel and rescue insurance of clients.
- => Personal expenses: Hot shower, battery charge during trek, bar bills, laundry, Mineral water.
- => Extra night accommodation in Kathmandu and Pokhara in exception of itinerary.
- => Tips for guide and porters.