

Everest Three Passes Trek

19 Days – Kongma La, Cho La & Renjo La, with Base Camp & Gokyo

Day 1: Arrive in Kathmandu

Arrive at Tribhuvan International Airport, where our representative meets you and takes you to the hotel by private vehicle. In the evening, join the welcome dinner to start the adventure.

Max. elevation	1,400 m (Kathmandu)
Accommodation	Hotel in Kathmandu
Meals	Dinner

Day 2: Fly to Lukla and Trek to Phakding

Take the 40-minute flight to Lukla (2,800 m) and meet your trekking team. Begin the trek and walk down to Phakding (2,610 m) for the night.

Max. elevation	2,800 m (Lukla)
Accommodation	Teahouse in Phakding
Meals	Breakfast, Lunch, Dinner

Day 3: Phakding to Namche Bazaar

Trek up to Namche Bazaar, the main trading town of the Khumbu region, climbing from 2,610 m to 3,440 m.

Max. elevation	3,440 m (Namche Bazaar)
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Accommodation Teahouse in Namche Bazaar

Meals Breakfast, Lunch, Dinner

Day 4: Acclimatization Day at Namche Bazaar

A rest day to let your body adjust to the altitude. Explore Namche Bazaar at an easy pace.

Max. elevation 3,440 m (Namche Bazaar)

Duration Rest day

Accommodation Teahouse in Namche Bazaar

Meals Breakfast, Lunch, Dinner

Day 5: Namche Bazaar to Tengboche

Trek from Namche Bazaar (3,440 m) up to Tengboche (3,860 m).

Max. elevation 3,860 m (Tengboche)

Accommodation Teahouse in Tengboche

Meals Breakfast, Lunch, Dinner

Day 6: Tengboche to Dingboche

Continue from Tengboche (3,860 m) to Dingboche (4,260 m).

Max. elevation 4,260 m (Dingboche)

Accommodation Teahouse in Dingboche

Meals Breakfast, Lunch, Dinner

Day 7: Acclimatization at Dingboche

A second rest day at 4,260 m to adjust before going higher.

Max. elevation	4,260 m (Dingboche)
Duration	Rest day
Accommodation	Teahouse in Dingboche
Meals	Breakfast, Lunch, Dinner

Day 8: Dingboche to Chhukung and Chhukung Ri

Trek from Dingboche (4,260 m) to Chhukung (4,750 m), then hike up Chhukung Ri (5,540 m).

Max. elevation	5,540 m (Chhukung Ri)
Accommodation	Teahouse in Chhukung
Meals	Breakfast, Lunch, Dinner

Day 9: Chhukung to Lobuche via Kongma La Pass

Cross the first of the three passes, Kongma La (5,535 m), and descend to Lobuche (4,928 m).

Max. elevation	5,535 m (Kongma La Pass)
Accommodation	Teahouse in Lobuche
Meals	Breakfast, Lunch, Dinner

Day 10: Lobuche to Gorak Shep and Everest Base Camp

Trek from Lobuche (4,928 m) to Gorak Shep (5,170 m), then hike to Everest Base Camp (5,364 m).

Max. elevation	5,364 m (Everest Base Camp)
Duration	Trek 3 hrs, hike 4 hrs
Accommodation	Teahouse in Gorak Shep

Meals Breakfast, Lunch, Dinner

Day 11: Kala Patthar and Trek to Dzongla

Climb Kala Patthar (5,545 m) from Gorak Shep, then descend to Dzongla (4,830 m).

Max. elevation 5,545 m (Kala Patthar)
Duration 6–7 hrs trek
Accommodation Teahouse in Dzongla
Meals Breakfast, Lunch, Dinner

Day 12: Dzongla to Thangnak via Cho La Pass

Cross the second pass, Cho La (5,367 m), and reach Thangnak (4,750 m).

Max. elevation 5,367 m (Cho La Pass)
Duration 7–9 hrs trek
Accommodation Teahouse in Thangnak
Meals Breakfast, Lunch, Dinner

Day 13: Thangnak to Gokyo

A shorter day from Thangnak (4,750 m) to Gokyo (4,800 m).

Max. elevation 4,800 m (Gokyo)
Duration 3–4 hrs trek
Accommodation Teahouse in Gokyo
Meals Breakfast, Lunch, Dinner

Day 14: Explore Gokyo and Climb Gokyo Ri

Visit the fifth lake, then climb Gokyo Ri (5,357 m).

Max. elevation	5,357 m (Gokyo Ri)
Duration	5–6 hrs trek
Accommodation	Teahouse in Gokyo
Meals	Breakfast, Lunch, Dinner

Day 15: Gokyo to Marlung via Renjo La Pass

Cross the third pass, Renjo La (5,360 m), and descend to Marlung (4,210 m).

Max. elevation	5,360 m (Renjo La Pass)
Duration	7–9 hrs trek
Accommodation	Teahouse in Marlung
Meals	Breakfast, Lunch, Dinner

Day 16: Marlung to Monjo via Namche Bazaar

Trek down from Marlung (4,210 m) through Namche Bazaar (3,440 m) to Monjo (2,860 m).

Max. elevation	4,210 m (Marlung)
Duration	5–6 hrs trek
Accommodation	Teahouse in Monjo
Meals	Breakfast, Lunch, Dinner

Day 17: Monjo to Lukla

The final trekking day, from Monjo (2,860 m) to Lukla (2,800 m).

Max. elevation	2,860 m (Monjo)
Duration	6–7 hrs trek
Accommodation	Teahouse in Lukla

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Meals	Breakfast, Lunch, Dinner

Day 18: Fly Lukla to Kathmandu

Take the 40-minute flight back to Kathmandu (1,400 m). In the evening, join the farewell dinner.

Max. elevation	2,800 m (Lukla)
Duration	40 minutes flight
Accommodation	Hotel in Kathmandu
Meals	Breakfast, Dinner

Day 19: Final Departure

After breakfast, our representative drives you to the airport for your onward flight.

Max. elevation	1,400 m (Kathmandu)
Accommodation	None
Meals	Breakfast

Cost Include

- Airport pick-up and drop-off by private vehicle
- 2 nights in Kathmandu, twin-sharing, with breakfast (3-star)
- Best available teahouses on the trek
- Breakfast, lunch and dinner on the trek
- Welcome and farewell dinners in Kathmandu
- Private ground transport as per the itinerary
- Kathmandu–Lukla return flights
- Sightseeing entrance fees

• **Significant entrance fees**

- Licensed English-speaking trek leader, plus an assistant guide per 10 trekkers
- 1 porter for every 2 trekkers
- Full staff costs (salary, insurance, equipment, flights, food, lodging)
- Down jacket and sleeping bag to borrow
- Alpine Club of Himalaya t-shirt and trekking map
- National Park Permit and TIMS card
- Medical kit carried by the trek leader
- All government and local taxes

Cost Exclude

- Nepal entry visa fee
- Excess baggage charges
- Extra Kathmandu nights (early arrival, late departure or early return)
- Lunch and dinner in Kathmandu, except welcome and farewell dinners
- International flights and any extra helicopter flights
- Travel and rescue insurance (mandatory)
- Personal expenses: calls, extra internet, laundry, bar bills, charging, extra porters, bottled or boiled water, showers
- Tips for guides, porters and drivers

