

Everest Two Passes Trek

20 Days 19 Nights

HIGHLIGHTS Everest Two Passes Trek

- Everest Base Camp (5,364m): Legendary, though often crowded
- Kala Patthar (5,545m): Best sunrise views of Everest and the Khumbu giants
- Cho La Pass (5,420m): Glacial traverse linking Lobuche and Gokyo
- Gokyo Lakes: A Series of pristine glacial lakes nestled in the Himalayas
- Gokyo Ri (5,360m): Epic panoramic views of Everest, Cho Oyu, and Makalu
- Renjo La Pass (5,345m): Jaw-dropping vistas and fewer crowds
- Cultural Richness: Sherpa villages, monasteries, and mountain hospitality

ITINERARY

Day 1	Hotel in Kathmandu	Arrival in Kathmandu (1,320m) Arrive at Tribhuvan International Airport. Meet our team and transfer to your hotel. Enjoy a traditional Nepali welcome dinner in the evening. Sleeping Altitude: 1,320m
Day 2	Tea House in Phakding	Kathmandu to Ramachhap, Fly to Lukla & Trek to Phakding (2,610m) Drive to Ramachhap (4 hrs), fly to Lukla (2,840m), and begin trekking through forests and riverside trails to Phakding. Trek Distance: 6.2 km Trek Duration: 4–5 hours Sleeping Altitude: 2,610m
Day 3	Tea House in Namche Bazaar	Phakding to Namche Bazaar (3,440m) Cross several suspension bridges and enter Sagarmatha National Park. The trail climbs steeply into Namche Bazaar, the Sherpa capital. Trek Distance: 7.4 km Trek Duration: 5–6 hours Sleeping Altitude: 3,440m
Day 4	Tea House in Namche Bazaar	Acclimatization Day in Namche Bazaar Rest and explore surrounding villages—Syangboche, Khunde, and Khumjung. Visit the Sherpa Museum and Everest View Hotel for early panoramas. Sleeping Altitude: 3,440m
Day 5	Tea House in Tengboche	Namche Bazaar to Tengboche (3,860m) Trek through forests of pine and rhododendron to reach the spiritual site of Tengboche Monastery with stunning Everest views. Trek Distance: 5.9 km Trek Duration: 6–7 hours Sleeping Altitude: 3,860m

Day 6	Tea House in Dingboche	Tengboche to Dingboche (4,410m) Cross suspension bridges and ascend gradually to Dingboche, a village with fantastic views of Ama Dablam and Island Peak. Trek Distance: 9.1 km Trek Duration: 4 hours Sleeping Altitude: 4,410m
Day 7	Tea House in Dingboche	Acclimatization Day in Dingboche Acclimatize with a short hike to Nangkartshang Hill (optional), or explore local trails with alpine scenery. Hike Distance: 4.1 km Trek Duration: 5–6 hours Sleeping Altitude: 4,410m
Day 8	Tea House in Lobuche	Dingboche to Lobuche (4,940m) Trek along alpine meadows, past stone memorials honoring lost climbers, and enjoy majestic mountain backdrops. Trek Distance: 6.6 km Trek Duration: 5 hours Sleeping Altitude: 4,940m
Day 9	Tea House in Gorakshep	Lobuche to Gorakshep (5,170m), Visit Everest Base Camp (5,364m) Trek to Gorakshep and continue to Everest Base Camp. Explore and return to Gorakshep for overnight. Trek Distance: 12.1 km Trek Duration: 6–7 hours Sleeping Altitude: 5,170m
Day 10	Tea House in Dzongla	Hike to Kala Patthar (5,545m), Trek to Dzongla (4,830m) Early morning hike to Kala Patthar for Everest's best view. Descend to Dzongla for a quiet night beneath Cholatse. Trek Distance: 3.5 km Trek Duration: 4 hours Sleeping Altitude: 4,830m
Day 11	Tea House in Tagnag	Cross Cho La Pass (5,420m) to Tagnag (4,700m) A technical day across ice and rock. Cross Cho La Pass and descend to Tagnag. Trek Distance: 8.6 km Trek Duration: 6–7 hours Sleeping Altitude: 4,700m
Day 12	Tea House, in Gokyo	Tagnag to Gokyo (4,790m), Optional Fifth Lake Visit Walk alongside the Ngozumpa Glacier to reach Gokyo. Optional side trip to Fifth Lake. Trek Distance: 8 km Trek Duration: 5 hours Sleeping Altitude: 4,790m
Day 13	Tea House, in Gokyo	Climb Gokyo Ri (5,360m) Early hike to Gokyo Ri for dramatic panoramic views of Everest, Cho Oyu, and Makalu. Distance: 10 km Trek Duration: 5–6 hours Sleeping Altitude: 4,790m

Day 14	Tea House, in Lungden	Gokyo to Lungden via Renjo La Pass (5,345m) Cross the breathtaking Renjo La, offering majestic views and a less-trodden path. Descend to Lungden. Distance: 15km Trek Duration: 10-12 hours Sleeping Altitude: 4,370m
Day 15	Tea House, in Thame	Lungden to Thame (4,375m) Trek down the Bhote Koshi Valley to the traditional Sherpa village of Thame. Trek Distance: 8km Trek Duration: 8–9 hours Sleeping Altitude: 4,375m
Day 16	Tea House in Namche	Thame to Namche Bazaar (3,440m) Descend to Namche Bazaar, stopping at monasteries and yak herder settlements along the way. Trek Distance: 8.5 km Trek Duration: 4–5 hours Sleeping Altitude: 3,440m
Day 17	Tea House in Lukla	Namche to Lukla (2,840m) Final day of trekking with a steep descent, crossing bridges and rivers back to Lukla. Trek Distance: 13.5 km Trek Duration: 7–8 hours Sleeping Altitude: 2,840m
Day 18	Hotel in Kathmandu	Fly to Ramachhap, Drive to Kathmandu Fly back to Ramachhap and drive to Kathmandu. Enjoy the evening in the city.
Day 19	Hotel in Kathmandu	Free Day in Kathmandu Optional city tour or relax and explore shops and cafes in Thamel.
Day 20	-	Final Departure After breakfast, transfer to the airport for your departure flight.

ESSENTIALS

- | | |
|--|--|
| ☐ Sleeping bag with a liner | ☐ Sunglass |
| ☐ Day backpack | ☐ Trekking pole |
| ☐ Neck gaiter | ☐ Water bottle / bladder |
| ☐ Base layer top / Base layer pants (Wool, Merino wool) | ☐ Toiletries |
| ☐ Insulated layer (fleece) | ☐ Sunscreen SPF 30 / Lip balm |
| ☐ T-shirt | ☐ Protein bars |
| ☐ Puffy Jacket | ☐ Iodine tablet to purify water |
| ☐ Waterproof shell Jacket | ☐ Thermos |
| ☐ Trekking pants/half pants (during warm days) | ☐ Headlight |
| ☐ Trekking shoes | ☐ Toilet paper and baby wipes |
| ☐ Slippers / light sneakers | ☐ Hand sanitizer / Hand wash |
| ☐ Wool socks | ☐ First aid kit (Don't forget altitude sickness tablet) |
| ☐ Glove | ☐ Take all the cash you need (Expensive and uncertain to withdraw at Naamche ATM) |
| ☐ Towel (light) | ☐ Books (lots of free time) |
| ☐ Hat | |

INCLUDING IN PACKAGE

- One government-certified and experienced English-speaking local guide for the entire trip.
- One porter shared between two clients to carry your main backpack (weight limit: 10 kg per trekker).
- An assistant guide will be provided if the group size exceeds six participants.
- Ground transfer by private vehicle from Kathmandu to Ramechhap and return.
- Round-trip domestic flights: Ramechhap–Lukla–Ramechhap.
- All necessary trekking permits.
- All local taxes, VAT, office service charges, and domestic airport taxes.
- Airport pick-up and drop-off in Kathmandu.
- Accommodation during the trek on a twin/double-sharing basis (please note: better hotels and attached bathrooms may not be available in some trekking areas).
- Night accommodation in Kathmandu with breakfast.
- Complimentary use of a sleeping bag and duffle bag during the trek (to be returned after the trek).

EXCLUDING IN PACKAGE

- All bar bills and beverages, including soft drinks such as Coke, Fanta, and bottled mineral water.
- Personal travel insurance, internet usage, telephone calls, and laundry services.
- Expenses related to emergency rescue operations, if required.
- All meals throughout the trip.
- Gratuities and tips for guides and porters.
- Personal trekking equipment.
- Charges for hot showers, battery charging, and hot drinking water during the trek.

IMPORTANT NOTES

- The itinerary can be customized based on your time and preferences.
- Any changes to the itinerary will result in a revised cost.
- Additional activities can be arranged on request with extra charges.
- Costs may vary due to weather conditions, political situations, or natural events.
- Single supplements are available only in hotels, not in tea houses.
- Costs may also change depending on the number of guides and porters required.
- For any changes or inquiries, please contact us via email or phone.
- A total tip of \$10 per trekker per day is expected for both the guide and porter combined (not \$10 each).
- We are not responsible for delays or cancellations of domestic flights.
- Great Himalayan Yatri Pvt. Ltd. is not liable for incidents caused by natural hazards.