

EVEREST THREE PASSES TREK

20 Days 19 Nights

HIGHLIGHTS EVEREST THREE PASSES TREK

- Passes & Peaks: Kongma La, Cho La, and Renjo La with views of Everest, Makalu, and Cho Oyu.
- Iconic Landmarks: Everest Base Camp, Kalapatthar, Gokyo Lakes, and Gokyo Ri.
- Cultural Insights: Explore Sherpa villages, ancient monasteries, and vibrant Namche Bazaar.
- Challenging Adventure: Test your endurance on rugged trails and high-altitude terrain.

ITINERARY

01 Day	Hotel in Kathmandu	Kathmandu Arrival (1,400m) Arrival at Tribhuvan International Airport. Transfer to a hotel in Thamel for rest or a cultural welcome dinner. Sleeping altitude: 1,400m
02 Day	Tea House, Phakding	Kathmandu to Lukla to Phakding (2,620m) Early morning (2 am) drive to Ramachhap (4 hours), followed by a short flight to Lukla (2,840m). Begin a pleasant trek to Phakding, passing through lush green landscapes and local monasteries. Trek Distance: 8 km Trek Duration: 3– 4 hours Sleeping Altitude: 2,610m
03 Day	Tea House, in Namche Bazar	Phakding to Namche Bazaar (3,440m) Trek through lush forests and cross suspension bridges. Ascend to Namche Bazaar, a hub for Sherpa culture and commerce. Trek Distance: 7.4 km Trek Duration: 6 hours Sleeping Altitude: 3,440m
04 Day	Tea House, in Namche Bazar	Acclimatization Day at Namche Bazaar Optional hikes to Everest View Hotel or the twin villages of Khumjung and Khunde. Explore Namche's shops and enjoy Sherpa hospitality. Sleeping Altitude: 3,440m
05 Day	Tea House, in Tengboche	Namche Bazaar to Tengboche (3,867m) The trail leads to the famous Tengboche Monastery, offering panoramic views of Everest, Ama Dablam, and more. Trek Distance: 9.5 km Trek Duration: 5-6 hours Sleeping Altitude: 3,867m

06 Day	Tea House, in Dingboche	Tengboche to Dingboche (4,410m) Trek through Debuche and Pangboche, crossing the Imja Khola River to reach Dingboche. Trek Distance: 11 km Trek Duration: 5-6 hours Sleeping Altitude: 4,410m
07 Day	Tea House, in Chhukung	Dingboche to Chhukung (4,730m) Walk through the alpine terrain to Chhukung with views of Lhotse, Ama Dablam, and Island Peak Trek Distance: 4.5 km Trek Duration: 4 hours Sleeping Altitude: 4,730m
Day 08	Tea House, in Chhukung	Acclimatization Day at Chhukung Hike to Chhukung Ri (5,546m) for panoramic views of Everest, Makalu, and Baruntse. Sleeping altitude: 4,730m
Day 09	Tea House, in Lobuche	Chhukung to Lobuche(4,910m) via Kongma La Pass (5,535m) Cross Kongma La Pass, the highest of the three passes, with challenging climbs and rewarding vistas. Trek Distance: 10.5 km Trek Duration: 7-9 hours Sleeping Altitude: 4,940m
Day 10	Tea House, in Gorakhshep	Lobuche to Gorakhshep(5,170m) and Everest Base Camp (5,364m) Trek to Gorakhshep and visit Everest Base Camp, with views of the Khumbu Glacier and Everest's south face. Trek Distance: 15 km Trek Duration: 7-8 hours Sleeping Altitude: 5,164m
Day 11	Tea House, in Dzongla	Gorakhshep to Kalapatthar(5,545m)to Dzongla(4,830m) Climb Kalapatthar at dawn for breathtaking views of Everest and surrounding peaks. Descend to Dzongla. Trek Distance: 12 km Trek Duration: 7-8 hours Sleeping Altitude: 4,830m
Day 12	Tea House, in Tagnag	Dzongla to Tagnag via Cho La Pass (5,420m) Cross the icy Cho La Pass and trek down to Tagnag, with stunning views of surrounding glaciers (9.5 km) Trek Distance: 9.5 km Trek Duration: 6-7 hours Sleeping Altitude: 4,700m
Day 13	Tea House, in Gokyo	Tagnag to Gokyo via Ngozumpa Glacier (4,750m) Navigate the Ngozumpa Glacier and reach Gokyo, famous for its serene blue lakes. Trek Distance: 4 km Trek Duration: 3 hours Sleeping Altitude: 4,800m



Day 14	Tea House, in Gokyo	Hike to Gokyo Ri and Explore Gokyo Lakes (5,403m) Climb Gokyo Ri for a sunrise view of Everest and Cho Oyu. Optional trek to the 4th and 5th Gokyo Lakes. Trek Distance: 4 km Trek Duration: 4 hours Sleeping Altitude: 4,800m
Day 15	Tea House, in Lungden	Gokyo to Lungden via Renjo La Pass (5,340m) Cross Renjo La Pass for panoramic vistas of the Gokyo Valley and Everest region. Descend to Lungden. Trek Distance: 11.5km Trek Duration: 7-8 hours Sleeping Altitude: 4,380m
Day 16	Tea House, in Namche Bazaar	Lungden to Namche Bazaar (3,440m) Descend to Namche Bazaar, passing through Marulung and Thame. Trek Distance: 18 km Trek Duration: 6-7 hours Sleeping Altitude: 3,440m
Day 17	Tea House, in Lukla	Namche Bazaar to Lukla (2,840m) Final day of trekking through lush forests and charming villages. Trek Distance: 18 km Trek Duration: 6-8 hours Sleeping Altitude: 2,840m
Day 18	Hotel in Kathmandu	Fly to Kathmandu Enjoy aerial views of the Himalayas on your flight back to Kathmandu. Sleeping Altitude: 1,400m
Day 19	Hotel in Kathmandu	Contingency Day Buffer day for weather-related flight delays in Lukla.
Day 20	-	Final Departure Transfer to Tribhuvan International Airport for your departure.

ESSENTIALS

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| ☐ Sleeping bag with a liner | ☐ Trekking pole |
| ☐ Day backpack | ☐ Water bottle/bladder |
| ☐ Neck gaiter | ☐ Toiletries |
| ☐ Base layer top / Base layer pant (Wool, Merino wool) | ☐ Sunscreen SPF 30 / Lip balm |
| ☐ Insulated layer (fleece) | ☐ Protein bars and Snickers |
| ☐ T-shirt | ☐ Iodine tablet to purify water |
| ☐ Puffy Jacket | ☐ Thermos |
| ☐ Waterproof shell Jacket | ☐ Headlight |
| ☐ Trekking pants/half pants (during warm days) | ☐ Micro spikes (Crampons not necessary, micro spikes are fine) |
| ☐ Trekking shoes | ☐ Toilet paper and baby wipes |
| ☐ Slippers / light sneaker | ☐ 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 | |
| ☐ Sunglass | |

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.

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.