

Everest Three Pass Trek

Facts

Destination: Nepal

Trip Difficulty: Hard

Trip Style: Trekking

Transport: Flight

Food: Breakfast, Lunch, Dinner (BLD)

Accommodation: Budget Hotels & Mountain Lodges

Group Size: Min 2

Max Elevation: 5550M

Board on an unforgettable adventure through the breathtaking landscapes of Nepal with the Everest Three High Passes Trek. Ranked among the most challenging treks in the region, this epic journey will take you through the Renjo La (5360m), Cho La (5368m), and Kongma La (5330m) mountain passes, offering a true test of your trekking skills and endurance.

Unlike the popular Everest Base Camp Trek, the Everest Three High Passes Trek provides a unique opportunity for solitude and tranquility amidst the stunning Himalayan vistas.

In addition to conquering these three high passes, you will also have the chance to summit three peaks: Gokyo Ri (5360m), Kala Pattar (5540m), and Chukkung Ri (5550m). This package is designed for seasoned trekkers, adventure enthusiasts, and even beginners with a strong determination and an unwavering desire to explore the best that the Khumbu region has to offer.

Your journey begins with an exhilarating flight to the Tenzing & Hillary Airport, from where



you'll set foot on the challenging Everest Three Pass Trek. As you traverse Sherpa villages and traverse farming fields above the Dudh Koshi River, you'll immerse yourself in the rich local culture. Upon reaching Jorsalle, you'll enter the renowned Sagarmatha National Park, where your permits will be checked.

Take an extra day to acclimatize in the bustling Namche Bazaar, a popular spot for trekkers to rest, shop, and share stories with fellow adventurers descending from the mountains. The next stop on your itinerary is the enchanting Khumjung village, where you'll delve deeper into Sherpa culture and even catch a glimpse of the alleged scalp of a Yeti at the monastery.

Continuing your journey, you'll arrive in Thame, a village renowned for its ancient monastery. From here, you'll tackle the first Himalayan pass of the trek, the formidable Renjo La (5360m). Descending from the pass, you'll be greeted by the awe-inspiring Gokyo Valley. Take some time to acclimatize and hike up Gokyo Ri, where panoramic views of lakes, glaciers, icefalls, and majestic peaks like Mount Everest, Lhotse, Makalu, Cho Oyu, and more await.

The adventure continues with the challenging Cho La Pass (5330m), known for its technical terrain. While the steep and slippery trail adds an extra level of excitement, we will provide you with necessary climbing equipment such as crampons. After visiting Everest Base Camp (5364m) and reaching the summit of Kala Patthar (5550m) for breathtaking views, you'll descend to Lobuche and ultimately conquer the highest pass, Khongma La (5535m). From there, you'll make your way back to Lukla, bidding farewell to the majestic Khumbu region.

While the Everest Three Pass Trek can be undertaken at any time of the year, the best weather conditions are usually experienced during Spring (March to May) and Autumn (September to November). In Spring, the vibrant rhododendrons are in full bloom, adding bursts of color to the landscapes. Autumn offers clearer skies, allowing for uninterrupted views of the magnificent surroundings.

To fully enjoy this incredible journey, it's essential to have a good level of fitness and undergo proper acclimatization to avoid acute mountain sickness. Shikhar Adventure takes care of all the logistical details, ensuring a well-managed trekking experience. For more detailed information or to book your adventure, please don't hesitate to contact us.

Experience the ultimate adventure of a lifetime with the Everest Three High Passes Trek in Nepal.

Highlights

- City tour in Kathmandu.
- Sunrise and sunset with excellent mountain views from Kalapather
- Explore Sherpa culture in Namche and Khumjung village
- Walking through colorful rhododendron forests and Dudh kosi river
- Fantastic trek in Khumbu Himalayas
- Scenic mountain flight to Kathmandu-Lukla-Kathmandu
- Everest Base Camp
- Three High Passes(Chola, Kongma La and Renjo La)
- Gokyo Lake

Day to Day Itinerary

Day 01: Arrival in Airport in Kathmandu

- Day 02: Pre Trip Meeting and Sightseeing around Kathmandu Valley**
- Day 03: Flight from Kathmandu to Lukla and Trek to Phakding**
- Day 04: Trekking to Namche Bazaar(around 5 hours)**
- Day 05: Acclimatization Day in Namche Bazaar**
- Day 06: Trekking from Namche Bazaar to Tengboche**
- Day 07: Trek to Dingboche(approx. 6 hours)**
- Day 08: To Chhukung Valley**
- Day 09: Trek to Lobuche via Kongma La Pass**
- Day 10: Trek to Everest Base Camp (5364 meters) via Gorakshep (5140m).**
- Day 11: Morning hike to Kalapathhar(5550M) and Trek to Zongla(4860M)**
- Day 12: Trek to Thangna via Chola Pass**
- Day 13: Tangna to Gokyo**
- Day 14: Gokyo to Lungden via Renjo-La Pass(5360m) approx. 6 hours**
- Day 15: Back to Namche Bazaar(3440M)**
- Day 16: Back to Lukla (2840 meters) About 6 hours.**
- Day 17: Fly from Lukla to Kathmandu**
- Day 18: Transfer to the international airport for departure**