

Trip Introduction

This famous trek completely explores the Khumbu region, connecting the center Everest and Gokyo trails with an extra trail toward the east and the west. **It consists three passes higher than 5 300m/17 400ft** that, and with the likelihood of **challenging climate conditions**, needs **physical fitness and stamina**, careful acclimatization and long moderate paced climbs.

Fly to Lukla, and trek to Namche Bazaar for a rest and acclimatization day.

The eastern arm adds a trek to Chhukhung for a second acclimatization day; stroll to Chhukhung Ri or Island Peak BC – for **fabulous views on the Nuptse – Lhotse and north Ama Dablam glaciers**. The main pass, Kongma La, crosses onto the Everest Base Camp trail. Head for Gorak Shep, the last village; visit the Everest Base Camp and climb Kala Patthar for sunrise view on the Everest group.

Walk south to Dughla then ascend the Cho La to Tagnag. Cross the Ngozumpa Glacier and head for a rest day at Gokyo; **climb Gokyo RNepal's longest glacier, Cho Oyo and four other 8 000m peaks along the Mahalangur Himal**.

The western region consists the steep rising to the Renjo La over the Gokyo Lake; for adjusted views on the valley, glacier and the eastern magnificent. The climbing down to Marulung faces west offering new emotional scenes in the Rolwaling District. Prior to the village, **the trail joins an old Tibetan salt route; stroll with the traders to Thame and on to Namche Bazaar**. Come back to Lukla for your flight to Kathmandu.

Day 01:Arrival in Kathmandu(1350m).

- 1350m.
- Three star rated Hotel.
- 6-7km.

Upon entry in Kathmandu Tribhuvan International Airport, energetically welcomed by our staff and transfer you to your lodging in Thamel region, here our guide will brief you with all data on Everest Three High Passes Trekking.

Day 02:Fly to Lukla 2,820 m and trek to Phakding 2,640 M (30 mins flight) and 3 hrs strolls)

- 2640m.
- Best Hotel Available.
- Breakfast, Lunch and Dinner.
- 3 hrs.

Beginning our experience to Everest Three High Passes Trekking, taking an early morning too short trip to Lukla, gateway to Everest and high Khumbu valley, as the main day of trek drives downhill and on moderate winding way past Choplung and Ghat ranch village with views on Kusum Kangaru, Kongde and monastery to Phakding for overnight by the frosty Dudh Kosi River.

Day 03:Trek to Namche Bazaar 3,440 m - 05 hrs strolls.

- 3440m.
- Best Hotel Available.
- Breakfast, Lunch and Dinner
-  5 hrs.

Our second day of walk prompts Namche Bazaar which is the capital of Khumbu Sherpa, as the walk pursues Dudh Kosi River upstream passing a few bridges past Benkar and Monjo pleasant Sherpa towns then, entering Sagarmatha National Park assigned in 1974, as world heritage and most highest Park in this planet.

From here strolling on river bed and after that a last ascend for couple of hours with super views on Everest and other encompassing peak, gradually our trip brings you at vivid town Namche Bazaar where you can have much offices, similar to banks-ATM-Post office-stores and numerous shops with digital bistro, decent inns and cafés.


Day 04:Rest day at Namche for acclimatization and local Hike

- 3440m.
- Best Hotel Available.
- Breakfast, Lunch and Dinner

A significant and fundamental rest day for acclimatization from AMS (Acute Mountain Sickness) which may happen at times on the off chance that one takes gradually on this high elevation landscape, here visit the Park Museum with incredible information of Khumbu region, with eminent views on staggering Mt. Everest-Lhotse-Ama Dablam and different varieties of peaks.

You can hike to Everest View Hotel of couple of hours to and from Namche for all the more better perspectives on peaks with steep climb and slope in transit back.

Day 05:Trek to Thame 3,880 m - 05 hrs.

- 3880m.
- Best Hotel Available.
- Breakfast, Lunch and Dinner
-  5 hrs.

Today our journey leads on a calm quiet regions from standard trekking trails, traveling west of Namche Bazaar towards Thamo village inside wonderful forest of rhododendron and pine trees, from Thamo ahead tree lines vanishes for couple of juniper and azalea bushes

Walk leads on dry territory with views on Kwangde gigantic range of peaks and gradually going into a beautiful and undisturbed village at Thame (home of Tenzing Norgay Sherpa the main summiteers on Everest, also home of Apa Sherpa a record holder with multiple times over Mt. Everest)

At Thame with time to visit its old Monastery situated on a high edge over the village with wonderful perspectives on snow clad peaks.

Day 06:Trek to Lungdeng 4,600 m - 05 hours.

- 4600m.
- Best Hotel Available.
- Breakfast, Lunch and Dinner
-  5 hrs.


After a peaceful and magnificent stop, our experience continues heading higher with scene of peaks and scenes as the course draws near to Tibet border, where Tibetans frequently visits Khumbu region to exchange with Nepali products. After extreme stroll on dry territories, then, you will reach at Lungdeng where we overnight stay, a little spot with couple of tea houses or hotel offering super perspectives.

Day 07:Cross Renjo-La 5,465 m and trek to Gokyo 4,800 m - 07 hrs.

- 5465m.
- Best Hotel Available.
- Breakfast, Lunch and Dinner
-  7 hrs.

Today, our experience prompts our first incredible pass of the trek where morning walk leads towards Renjo Pokhari two little two glacier lakes, after a rest as the journey moves over crossing our first pass of the trip with climb up to a cairn to reach over Renjo-la at 5,465 m high, decorated with Buddhist prayers banners offering super views on Gokyo Lake, Mt. Cho Oyu and other closer peaks, from this exquisite beautiful spot getting a charge out of the awesome views, walk leads downhill to Gokyo valley and into a solace of decent and comfortable hotel for lodging near its emerald shaded lake.


Day 08:At Gokyo Hike to Gokyo Ri 5,357m and walk to Thaknak 4,750m - 04hrs.

- 5357m.
- Best Hotel Available.
- Breakfast, Lunch and Dinner
-  4 hrs.

Early morning hike to Gokyo Ri to get the dazzling Sunrise over chain of world most elevated mountains, as the journey ascends steeply offering excellent views, at last following two hours of hard walk reaching the highest point of Gokyo Ri at 5,357 m high exploring superb panorama from Mt. Everest-Lhotse-Makalu with Mt. Cho-Oyu with arrangement of peaks and of Gokyo lake with Ngozumba Glacier down beneath.

And after that stroll to Thaknak a little community with only couple of basic lodges underneath Tsho (Cho-La) pass.


Day 09: Cross Tsho (Cho) - La Pass 5,367m to Dzongla 4,830m - 07 hrs.

- 5367m.
- Best Hotel Available.
- Breakfast, Lunch and Dinner
-  7 hrs,

Beginning our experience early morning as the walk climb steeply over scree and rocks for couple of hours with rest in the middle of to slow down and to appreciate the surrounding grand views, at long last ascending to the highest point of Cho-La regularly spelled as Tsho-La, decorated with Buddhist prayers flags offering perspectives on Nirekha-Cholatse and Lobuche peaks.

After enjoying the landscape descends towards opposite side of Cho-la pas towards Everest Base Camp with overnight stay in a little quiet spot at Dzong-la

Day 10:Trek to Lobuche 4,930 m - 05 hrs.

- 4930m.
- Best Hotel Available.
- Breakfast, Lunch and Dinner
-  5 hrs.

Morning with brilliant views on high snowy-capped peaks with Am Dablam North Face, as our trip starts heading tough for an hour to an ridge and after that level way with dazzling perspectives as the walk leads above Thugla, where Khumbu glacier dissolves into a furious icy river. After an hour of high altitude walk carries you at Lobuche with 07-08 great hotels to stay overnight confronting Nuptse and Lobuche peaks.

Day 11:Trek to Everest Base Camp 5,364 m and come back to Gorakshep 5,180 m - 06 hrs.

- 5364m.
- Best Hotel Available.
- Breakfast, Lunch and Dinner

-  6 hrs.

Today a major day with an adventure towards our main objective and feature of the trek coming to at the foot of world highest Mt. Everest at Base Camp, morning walk leads on continuous tough incline with short ascend close Glass Pyramid, discretionary side stroll to visit at this glass pyramid a meteorological station and a lab, set up by Italy and Nepal government to track and peruse the Himalayan climate and the flow of glacier.

From here couple of hour of good stroll over moraine and glacier brings you at Gorakshep situated on journey Everest Base Camp and Kalapathar hill top, Gorakshep with 3-4 pleasant hotels for overnight stays, from here our walk leads further east over glacier and moraine then, coming to at Everest base camp of over 5,364 m high with clearing views on Khumbu Ice Fall and glacier.

During climbing season, this spot is over flooded with climbers-guides and porters with a huge number pitched over the glacier. Subsequent to feeling high with an undertaking of a lifetime experience head back to Gorakshep for overnight stay before going to Lukla.

Day 12:Hike to Kalapathar 5,545 m trek to Lobuche - 04 hrs.

- 5545m.
- Best Hotel Available.
- Breakfast, Lunch and Dinner

-  4 hrs.

Early morning discretionary approach the highest point of Kalapathar, the most astounding spot of the adventure at over 5,545 m high offering amazing panorama of mountains with Mt. Everest at close separation, after an incredible ascension slide to Gorakshep for breakfast and proceed with trek on a similar way to Lobuche, after lunch free for readiness to cross the last third high pass of the adventure Kongma – la

Day 13:Cross Kongma La 5,535 m and trek to Dingboche 4,360 m - 08 hrs.

- 4360m.
- Best Hotel Available.
- Breakfast, Lunch and Dinner


-  8 hrs.

Today, our last day of crossing the last pass, beginning ahead of schedule into Khumbu iglacier where one must be cautious around this glacier zone of ice and moraines, strolling on rough trail towards the base of Kongma-la and its peak Kongma, the both names called as Mehra too.

After a decent stop for rest inside this wild territories between high peaks, then cross our last pass of the adventure Kongma-la go at the tallness of 5,535 m situated between Nuptse mountain divider with Mehara and Pokalde peaks, at long last our course takes downhill towards Imjatse valley with stunning views on Island peak, Amadablam and bordering mountains, before Dingboche achieving a little spot at Bibre among Chukung

and Dingboche from here an hour or more walk takes you into pleasant hotel at Dingboche for overnight stay.


Day 14:Trek to Thyangboche 3,867 m - 05 hrs strolls.

- 3867m.
- Best Hotel Available.
- Breakfast, Lunch and Dinner
-  5 hrs.

From here forward on long slide with few trips as the trail leads towards Pangboche village and after that to a bridge, after the bridge back into greens and tree lines as the course ascends to Thyangboche Monastery a delightful spot loaded with mountain views with Mt. Everest and transcending Amadablam.

At Thyangboche with time to visit the monastery of extraordinary interest and witness the priests and monks on prayer with religious reciting of Buddhism religion, the prayer and heavenly holy sound about the mountains.

Day 15:Trek to Monjo 2,880 m - 06 hrs

- 2880m.
- Best Hotel Available.
- Breakfast, Lunch and Dinner
-  6 hrs.

From Thyangboche with brilliant morning sees downhill stroll to Phunki Tenga and afterward cross a wooden bridge with ascend tough to Lobesa and Sanasa little villages, from here slow twisting way to achieves a little beautiful place at Kyanjinma.

An excellent spot with few hotels confronting Everest-Amadablam and Tharmarserku peaks, here possibility of seeing some wildlife like Thar, Musk deer and the Daphne (Impeyan pheasant and national bird of Nepal).

After a great time at this grand calm spot inside tranquil snow-capped forest walk plummets towards with wonderful and picturesque walk towards Namche Bazaar, here having a brief rest and afterward proceed with walk downhill towards Monjo for overnight stay.

Day 16:Trek to Lukla - 04 hrs.

- 2610 m.
- Best Hotel Available.
- Breakfast, Lunch and Dinner

-  4 hrs.

Our astounding Everest and Gokyo Valley treks finishes up with a walk back to Lukla, as the trail leads on a similar course following delicate way past Phakding and Ghat villages with a move to reach at Lukla, where you can enjoy the evening relaxing and celebrate with staff-guides-porters and individual part on this last night around high Khumbu inside Everest regions.

Day 17: Fly back to Kathmandu and transfer to your Hotel.

- 1350m.
- Three star rated Hotel.
- Breakfast, Lunch

Early morning you will be taken to Lukla air terminal for short trip to Kathmandu with breathtaking picturesque aerial views of white and green mountains.

Day 18: Final departure.

- 1350 m.
- Breakfast

Today is the final day of our trip. You will never forget the lifetime experience and those momentum. On that day, our agent will drop you to the Airport 3 hours before your planned flight. We wish for your safe and great flight. Hope See you next time

Please Note:

The cloud and turbulent weather are a regular phenomenon along the Himalayan range. It is thus possible that domestic flights from Kathmandu to/from Lukla may have to be delayed for a few hours or even cancelled for a day or more. Fortunately, this does not happen frequently during the high seasons of March to May or September to November: but you need to plan for this possibility. As a safeguard, we recommend that you add on a couple of extra days after your trek before you fly from Kathmandu to your onward destination

Included in the Cost

- Airport pick up and drop off services - (Airport- Hotel- Airport)
- 2 nights' Accommodation service in Kathmandu.
- All accommodation and meals (Breakfast, Lunch and Dinner) during the trek.
- Transfer both two ways flight Kathmandu to Lukla and Lukla to Kathmandu.
- An experienced and governmental licences English-speaking trek guide and Sherpa porters to carry luggage including their salary, insurance, equipment, food and lodging.
- Sleeping bags and duffel bags, Walking Sticks in return basis, if necessary.
- First aid kit will be available if necessary.
- Trekking maps.
- Our Company provides Adventure Trekking Certificate.
- Our administration charge and government charges.

Not Included in the Cost

- Food in city like Kathmandu and Pokhara.
- Extra Hotel Lodging Charges in Kathmandu because of Early arrive or late departure. early arrive from mountain than our schedule Itinerary.
- Tips to Guides and porter.
- Additional charge in case of emergency (You must have adequate travel insurance to cover any kind of emergencies, like (ground transportation & Heli rescue/medical/hospitalization. Medical etc).
- Your International flight ticket airfare.
- Chocolates/energy drinks/alcohol/mineral water/cigarettes/packing food /snacks etc.
- Additional medication for altitude sickness (Acetazolamide etc).
- Personal and any other expenses such as Laundry/WIFI on trek/phone call.
- Trekking equipment