

Everest One Pass Trek

19 Days 18 Nights

HIGHLIGHTS Everest One 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

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 the 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 an 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	Hike Gokyo Ri (5,360m) Early hike to Gokyo Ri for dramatic panoramic views of Everest, Cho Oyu, and Makalu. Trek Distance: 10 km Trek Duration: 5-6 hours Sleeping Altitude: 4,790m
Day 14	Tea House in Dole	Gokyo to Dole (4,038m) Descend through scenic yak pastures and rhododendron forests to Dole. Distance: 10 km Trek Duration: 5–6 hours Sleeping Altitude: 4,038m
Day 15	Tea House in Namche Bazaar	Dole to Namche Bazaar (3,440m) Easy downhill trek through beautiful forest trails and waterfalls. Trek Distance: 12 km Trek Duration: 5–6 hours Sleeping Altitude: 3,440m

Day 16	Tea House in Lukla	Namche Bazaar to Lukla (2,860m) Final day of trekking. Retrace your steps through Sherpa villages and forest trails. Trek Distance: 13.5 km Trek Duration: 6–7 hours Sleeping Altitude: 2,860m
Day 17	Hotel in Kathmandu	Fly to Ramachhap and drive to Kathmandu (1,400m) Morning flight to Ramachhap (25 min), followed by a 4-hour drive to Kathmandu. Rest and shop in Thamel. Sleeping Altitude: 1,400m
Day 18	Hotel in Kathmandu	Contingency Day in Kathmandu An extra day for rest or in case of delays in Lukla flights. Option to explore cultural sites or relax. Sleeping Altitude: 1,400m
Day 19	-	Final Departure After breakfast, transfer to the airport for your departure flight.

	Join Group	Single sup
price per person in USD	\$ 1,185	\$95

ESSENTIALS

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| <input type="checkbox"/> Sleeping bag with a liner | <input type="checkbox"/> Sunglass |
| <input type="checkbox"/> Day backpack | <input type="checkbox"/> Trekking pole |
| <input type="checkbox"/> Neck gaiter | <input type="checkbox"/> Water bottle/bladder |
| <input type="checkbox"/> Base layer top / Base layer pants (Wool, Merino wool) | <input type="checkbox"/> Toiletries |
| <input type="checkbox"/> Insulated layer (fleece) | <input type="checkbox"/> Sunscreen SPF 30 / Lip balm |
| <input type="checkbox"/> T-shirt | <input type="checkbox"/> Protein bars and snacks |
| <input type="checkbox"/> Puffy Jacket | <input type="checkbox"/> Iodine tablet to purify water |
| <input type="checkbox"/> Waterproof shell Jacket | <input type="checkbox"/> Thermos |
| <input type="checkbox"/> Trekking pants/half pants (during warm days) | <input type="checkbox"/> Headlight |
| <input type="checkbox"/> Trekking shoes | <input type="checkbox"/> Toilet paper and baby wipes |
| <input type="checkbox"/> Slippers / light sneakers | <input type="checkbox"/> Hand sanitizer / Hand wash |
| <input type="checkbox"/> Wool socks | <input type="checkbox"/> First aid kit (Don't forget altitude sickness tablet) |
| <input type="checkbox"/> Glove | <input type="checkbox"/> Take all the cash you need (Expensive and uncertain to withdraw at Naamche ATM) |
| <input type="checkbox"/> Towel (light) | <input type="checkbox"/> Books (lots of free time) |
| <input type="checkbox"/> 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 is changeable and modifiable per the trekkers' needs and time frame.
- Cost will be recalculated if the itinerary is changed or modified.
- Additional activities may be added as per the trekker's request with appropriate additional cost.
- The cost may also be affected due to weather, political disturbance, and natural calamities.
- The cost may also be affected due to the requirement of a number of guides and porters.
- For any kind of change, please contact us by email or call.
- Guide and potter will expect tips of \$10 and \$5, respectively, per day.
- We're not liable for domestic flight delays or cancellations.
- Himalayan Yatri is not responsible for incidents caused by natural hazards.