

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	Arrival in Kathmandu (1,320m)		
, -	in	Arrive at Tribhuvan International Airport. Meet our team and transfer to your hotel.		
	Kathmandu	Enjoy a traditional Nepali welcome dinner in the evening.		
		Sleeping Altitude: 1,320m		
Day 2	Tea House	Kathmandu to Ramachhap, Fly to Lukla & Trek to Phakding (2,610m)		
, -	in	Drive to Ramachhap (4 hrs), fly to Lukla (2,840m), and begin trekking through forests		
	Phakding	and riverside trails to Phakding.		
		Trek Distance: 6.2 km		
		Trek Duration: 4–5 hours		
		Sleeping Altitude: 2,610m		
Day 3	Tea House	Phakding to Namche Bazaar (3,440m)		
	in	Cross several suspension bridges and enter Sagarmatha National Park. The trail climbs		
	Namche	steeply into Namche Bazaar, the Sherpa capital.		
	Bazaar	Trek Distance: 7.4 km		
		Trek Duration: 5–6 hours		
		Sleeping Altitude: 3,440m		
Day 4	Tea House	Acclimatization Day in Namche Bazaar		
	in	Rest and explore the surrounding villages—Syangboche, Khunde, and Khumjung. Visit		
	Namche	the Sherpa Museum and Everest View Hotel for early panoramas.		
	Bazaar	Sleeping Altitude: 3,440m		
Day 5	Tea House	Namche Bazaar to Tengboche (3,860m)		
	in	Trek through forests of pine and rhododendron to reach the spiritual site of Tengboche		
	Tengboche	Monastery with stunning Everest views.		
		Trek Distance: 5.9 km		
		Trek Duration: 6–7 hours		
		Sleeping Altitude: 3,860m		
Day 6	Tea House	Tengboche to Dingboche (4,410m)		
	in	Cross suspension bridges and ascend gradually to Dingboche, a village with fantastic		
	Dingboche	views of Ama Dablam and Island Peak.		
		Trek Distance: 9.1 km		
		Trek Duration: 4 hours		
		Sleeping Altitude: 4,410m		



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Day 7	Tea House	Acclimatization Day in Dingboche
	in	Acclimatize with a short hike to Nangkartshang Hill (optional), or explore local trails with
	Dingboche	alpine scenery.
		Hike Distance: 4.1 km
		Trek Duration: 5–6 hours
		Sleeping Altitude: 4,410m
Day 8	Tea House	Dingboche to Lobuche (4,940m)
	in	Trek along alpine meadows, past stone memorials honoring lost climbers, and enjoy
	Lobuche	majestic mountain backdrops.
		Trek Distance: 6.6 km
		Trek Duration: 5 hours
		Sleeping Altitude: 4,940m
Day 9 Tea House Lobuche to Gorakshep (5,170m), Visit Everest B		Lobuche to Gorakshep (5,170m), Visit Everest Base Camp (5,364m)
	in	Trek to Gorakshep and continue to Everest Base Camp. Explore and return to Gorakshep
	Gorakshep	for an overnight.
		Trek Distance: 12.1 km
		Trek Duration: 6–7 hours
		Sleeping Altitude: 5,170m
Day 10	Tea House	Hike to Kala Patthar (5,545m), Trek to Dzongla (4,830m)
-	in	Early morning hike to Kala Patthar for Everest's best view. Descend to Dzongla for a quiet
	Dzongla	night beneath Cholatse.
		Trek Distance: 3.5 km
		Trek Duration: 4 hours
		Sleeping Altitude: 4,830m
Day 11	Tea House	Cross Cho La Pass (5,420m) to Tagnag (4,700m)
-	in	A technical day across ice and rock. Cross Cho La Pass and descend to Tagnag.
	Tagnag	Trek Distance: 8.6 km
		Trek Duration: 6–7 hours
		Sleeping Altitude: 4,700m
Day 12	Tea House,	Tagnag to Gokyo (4,790m), Optional Fifth Lake Visit
-	in	Walk alongside the Ngozumpa Glacier to reach Gokyo. Optional side trip to Fifth Lake.
	Gokyo	Trek Distance: 8 km
		Trek Duration: 5 hours
		Sleeping Altitude: 4,790m
Day 13	Tea House,	Hike Gokyo Ri (5,360m)
	in	Early hike to Gokyo Ri for dramatic panoramic views of Everest, Cho Oyu, and Makalu.
	Gokyo	Trek Distance: 10 km
		Trek Duration: 5-6 hours
		Sleeping Altitude: 4,790m
Day 14	Tea House	Gokyo to Dole (4,038m)
,	in Dole	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	Dole to Namche Bazaar (3,440m)
,	in Namche	Easy downhill trek through beautiful forest trails and waterfalls.
	Bazaar	Trek Distance: 12 km
		Trek Duration: 5–6 hours
		Sleeping Altitude: 3,440m
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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

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