

## Everest Two Passes Trek

20 Days 19 Nights

### HIGHLIGHTS Everest Two 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
- Renjo La Pass (5,345m): Jaw-dropping vistas and fewer crowds
- Cultural Richness: Sherpa villages, monasteries, and mountain hospitality

### ITINERARY

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

		<b>Trek Distance:</b> 9.1 km <b>Trek Duration:</b> 4 hours <b>Sleeping Altitude:</b> 4,410m
Day 7	Tea House in Dingboche	<b>Acclimatization Day in Dingboche</b> Acclimatize with a short hike to Nangkartshang Hill (optional), or explore local trails with alpine scenery. <b>Hike Distance:</b> 4.1 km <b>Trek Duration:</b> 5–6 hours <b>Sleeping Altitude:</b> 4,410m
Day 8	Tea House in Lobuche	<b>Dingboche to Lobuche (4,940m)</b> Trek along alpine meadows, past stone memorials honoring lost climbers, and enjoy majestic mountain backdrops. <b>Trek Distance:</b> 6.6 km <b>Trek Duration:</b> 5 hours <b>Sleeping Altitude:</b> 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 overnight. <b>Trek Distance:</b> 12.1 km <b>Trek Duration:</b> 6–7 hours <b>Sleeping Altitude:</b> 5,170m
Day 10	Tea House in Dzongla	<b>Hike to Kala Patthar (5,545m), Trek to Dzongla (4,830m)</b> Early morning hike to Kala Patthar for Everest's best view. Descend to Dzongla for a quiet night beneath Cholatse. <b>Trek Distance:</b> 3.5 km <b>Trek Duration:</b> 4 hours <b>Sleeping Altitude:</b> 4,830m
Day 11	Tea House in Tagnag	<b>Cross Cho La Pass (5,420m) to Tagnag (4,700m)</b> A technical day across ice and rock. Cross Cho La Pass and descend to Tagnag. <b>Trek Distance:</b> 8.6 km <b>Trek Duration:</b> 6–7 hours <b>Sleeping Altitude:</b> 4,700m
Day 12	Tea House, in Gokyo	<b>Tagnag to Gokyo (4,790m), Optional Fifth Lake Visit</b> Walk alongside the Ngozumpa Glacier to reach Gokyo. Optional side trip to Fifth Lake. <b>Trek Distance:</b> 8 km <b>Trek Duration:</b> 5 hours <b>Sleeping Altitude:</b> 4,790m
Day 13	Tea House, in Gokyo	<b>Climb Gokyo Ri (5,360m)</b> Early hike to Gokyo Ri for dramatic panoramic views of Everest, Cho Oyu, and Makalu. <b>Distance:</b> 10 km <b>Trek Duration:</b> 5-6 hours <b>Sleeping Altitude:</b> 4,790m
Day 14	Tea House, in Lungden	<b>Gokyo to Lungden via Renjo La Pass (5,345m)</b> Cross the breathtaking Renjo La, offering majestic views and a less-trodden path. Descend to Lungden. <b>Distance:</b> 15km <b>Trek Duration:</b> 10-12 hours <b>Sleeping Altitude:</b> 4,370m
Day 15	Tea House, in Thame	<b>Lungden to Thame (4,375m)</b> Trek down the Bhote Koshi Valley to the traditional Sherpa village of Thame. <b>Trek Distance:</b> 8km <b>Trek Duration:</b> 8–9 hours

		<b>Sleeping Altitude: 4,375m</b>
Day 16	Tea House in Namche	<b>Thame to Namche Bazaar (3,440m)</b> Descend to Namche Bazaar, stopping at monasteries and yak herder settlements along the way. <b>Trek Distance:</b> 8.5 km <b>Trek Duration:</b> 4–5 hours <b>Sleeping Altitude:</b> 3,440m
Day 17	Tea House in Lukla	<b>Namche to Lukla (2,840m)</b> Final day of trekking with a steep descent, crossing bridges and rivers back to Lukla. <b>Trek Distance:</b> 13.5 km <b>Trek Duration:</b> 7–8 hours <b>Sleeping Altitude:</b> 2,840m
Day 18	Kathmandu	<b>Fly to Ramachhap, Drive to Kathmandu</b> Fly back to Ramachhap and drive to Kathmandu. Enjoy the evening in the city.
Day 19	Kathmandu	<b>Free Day in Kathmandu</b> Optional city tour or relax and explore shops and cafes in Thamel.
Day 20	-	<b>Final Departure</b> After breakfast, transfer to the airport for your departure flight.

	<b>02 pax</b>	<b>04 pax</b>	<b>06 pax</b>	<b>08 pax</b>	<b>single sup</b>
Total in USD per person	\$1330	\$1200	\$1150	\$1100	\$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  |
| <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   |  |

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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.