

## EVEREST THREE PASSES TREK

20 Days 19 Nights

### HIGHLIGHTS EVEREST THREE PASSES TREK

- Passes & Peaks: Kongma La, Cho La, and Renjo La with views of Everest, Makalu, and Cho Oyu.
- Iconic Landmarks: Everest Base Camp, Kalapatthar, Gokyo Lakes, and Gokyo Ri.
- Cultural Insights: Explore Sherpa villages, ancient monasteries, and vibrant Namche Bazaar.
- Challenging Adventure: Test your endurance on rugged trails and high-altitude terrain.

### ITINERARY

01 Day	Hotel in Kathmandu	<b>Kathmandu Arrival (1,400m)</b> Arrival at Tribhuvan International Airport. Transfer to a hotel in Thamel for rest or a cultural welcome dinner. <b>Sleeping altitude:</b> 1,400m
02 Day	Tea House, Phakding	<b>Kathmandu to Lukla to Phakding (2,620m)</b> Early morning (2 am) drive to Ramachhap (4 hours), followed by a short flight to Lukla (2,840m). Begin a pleasant trek to Phakding, passing through lush green landscapes and local monasteries. <b>Trek Distance:</b> 6.2 km <b>Trek Duration:</b> 3 hours <b>Sleeping Altitude:</b> 2,620m
03 Day	Tea House, in Namche Bazar	<b>Phakding to Namche Bazaar (3,440m )</b> Trek through lush forests and cross suspension bridges. Ascend to Namche Bazaar, a hub for Sherpa culture and commerce. <b>Trek Distance:</b> 7.4 km <b>Trek Duration:</b> 6 hours <b>Sleeping Altitude:</b> 3,440m
04 Day	Tea House, in Namche Bazar	<b>Acclimatization Day at Namche Bazaar</b> Optional hikes to Everest View Hotel or the twin villages of Khumjung and Khunde. Explore Namche's shops and enjoy Sherpa hospitality. <b>Sleeping Altitude:</b> 3,440m
05 Day	Tea House, in Tengboche	<b>Namche Bazaar to Tengboche (3,867m)</b> The trail leads to the famous Tengboche Monastery, offering panoramic views of Everest, Ama Dablam, and more. <b>Trek Distance:</b> 9.2 km <b>Trek Duration:</b> 5-6 hours <b>Sleeping Altitude:</b> 3,867m
06 Day	Tea House, in Dingboche	<b>Tengboche to Dingboche (4,410m)</b> Trek through Debuche and Pangboche, crossing the Imja Khola River to reach Dingboche. <b>Trek Distance:</b> 12 km <b>Trek Duration:</b> 5-6 hours <b>Sleeping Altitude:</b> 4,410m

07 Day	Tea House, in Chhukung	<b>Dingboche to Chhukung (4,730m)</b> Walk through the alpine terrain to Chhukung with views of Lhotse, Ama Dablam, and Island Peak <b>Trek Distance:</b> 6 km <b>Trek Duration:</b> 2-3 hours <b>Sleeping Altitude:</b> 4,730m
Day 08	Tea House, in Chhukung	<b>Acclimatization Day at Chhukung</b> Hike to Chhukung Ri (5,546m) for panoramic views of Everest, Makalu, and Baruntse. <b>Sleeping altitude:</b> 4,730m
Day 09	Tea House, in Lobuche	<b>Chhukung to Lobuche(4,910m) via Kongma La Pass (5,535m)</b> Cross Kongma La Pass, the highest of the three passes, with challenging climbs and rewarding vistas. <b>Trek Distance:</b> 10 km <b>Trek Duration:</b> 6-7 hours <b>Sleeping Altitude:</b> 4,910m
Day 10	Tea House, in Gorakhshep	<b>Lobuche to Gorakhshep(5,170m) and Everest Base Camp (5,364m)</b> Trek to Gorakhshep and visit Everest Base Camp, with views of the Khumbu Glacier and Everest's south face. <b>Trek Distance:</b> 15 km <b>Trek Duration:</b> 7-8 hours <b>Sleeping Altitude:</b> 5,170m
Day 11	Tea House, in Dzongla	<b>Gorakhshep to Kalapatthar(5,545m)to Dzongla(4,830m)</b> Climb Kalapatthar at dawn for breathtaking views of Everest and surrounding peaks. Descend to Dzongla. <b>Trek Distance:</b> 12 km <b>Trek Duration:</b> 8-9 hours <b>Sleeping Altitude:</b> 4,830m
Day 12	Tea House, in Tagnag	<b>Dzongla to Tagnag via Cho La Pass (5,420m)</b> Cross the icy Cho La Pass and trek down to Tagnag, with stunning views of surrounding glaciers (15 km) <b>Trek Distance:</b> 15 km <b>Trek Duration:</b> 5-6 hours <b>Sleeping Altitude:</b> 4,700m
Day 13	Tea House, in Gokyo	<b>Tagnag to Gokyo via Ngozumpa Glacier (4,750m)</b> Navigate the Ngozumpa Glacier and reach Gokyo, famous for its serene blue lakes. <b>Trek Distance:</b> 8 km <b>Trek Duration:</b> 5-6 hours <b>Sleeping Altitude:</b> 4,790m
Day 14	Tea House, in Gokyo	<b>Hike to Gokyo Ri and Explore Gokyo Lakes (5,403m)</b> Climb Gokyo Ri for a sunrise view of Everest and Cho Oyu. Optional trek to the 4th and 5th Gokyo Lakes. <b>Trek Distance:</b> 10 km <b>Trek Duration:</b> 5-6 hours <b>Sleeping Altitude:</b> 4,790m
Day 15	Tea House, in Lungden	<b>Gokyo to Lungden via Renjo La Pass (5,340m)</b> Cross Renjo La Pass for panoramic vistas of the Gokyo Valley and Everest region. Descend to Lungden. <b>Trek Distance:</b> 15km <b>Trek Duration:</b> 5-6 hours <b>Sleeping Altitude:</b> 4,370m
Day 16	Tea House, in	<b>Lungden to Namche Bazaar (3,440m)</b> Descend to Namche Bazaar, passing through Marulung and Thame (10 km).

	Namche Bazaar	<b>Trek Distance:</b> 10 km <b>Trek Duration:</b> 5-6 hours <b>Sleeping Altitude:</b> 3,440m
Day 17	Tea House, in Lukla	<b>Namche Bazaar to Lukla (2,840m)</b> Final day of trekking through lush forests and charming villages. <b>Trek Distance:</b> 18 km <b>Trek Duration:</b> 6-7 hours <b>Sleeping Altitude:</b> 2,840m
Day 18	Hotel in Kathmandu	<b>Fly to Kathmandu</b> Enjoy aerial views of the Himalayas on your flight back to Kathmandu. <b>Sleeping Altitude:</b> 1,400m
Day 19	Hotel in Kathmandu	<b>Contingency Day</b> Buffer day for weather-related flight delays in Lukla.
Day 20	-	<b>Final Departure</b> Transfer to Tribhuvan International Airport for your departure.

Based on the above itinerary please find below our special rates per person.

	02 pax	04 pax	06 pax	08 pax	Single supplement
Total in USD per person	\$ 1,375	\$ 1,150	\$ 1,090	\$ 1,040	\$95

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## ESSENTIALS

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|-------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> Sleeping bag with a liner                            | <input type="checkbox"/> Trekking pole                                                                   |
| <input type="checkbox"/> Day backpack                                         | <input type="checkbox"/> Water bottle/bladder                                                            |
| <input type="checkbox"/> Neck gaiter                                          | <input type="checkbox"/> Toiletries                                                                      |
| <input type="checkbox"/> Base layer top / Base layer pant (Wool, Merino wool) | <input type="checkbox"/> Sunscreen SPF 30 / Lip balm                                                     |
| <input type="checkbox"/> Insulated layer (fleece)                             | <input type="checkbox"/> Protein bars and snickers                                                       |
| <input type="checkbox"/> T-shirt                                              | <input type="checkbox"/> Iodine tablet to purify water                                                   |
| <input type="checkbox"/> Puffy Jacket                                         | <input type="checkbox"/> Thermos                                                                         |
| <input type="checkbox"/> Waterproof shell Jacket                              | <input type="checkbox"/> Headlight                                                                       |
| <input type="checkbox"/> Trekking pant / half pant (during warm days)         | <input type="checkbox"/> Micro spikes (Crampons not necessary, micro spikes is fine)                     |
| <input type="checkbox"/> Trekking shoes                                       | <input type="checkbox"/> Toilet paper and baby wipes                                                     |
| <input type="checkbox"/> Slippers / light sneaker                             | <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                                                  |                                                                                                          |
| <input type="checkbox"/> Sunglass                                             |                                                                                                          |

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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.

## 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 porter 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.