



## Trip Facts

**Price:** USD 2150

**Duration:** 19 days

**Trip Profile:** Everest Three Pass Trek

**Geography:** Mountain/Hills/Forests/Glaciers

**Location:** Solukhumbu

**Max Altitude:** 5,535m

**Accommodation:** Hotel/Tea house/Lodge

**Meals:** All meals included during the trekking

**Religious:** Buddhism

**Ethnic People:** Sherpa

**Transportation:** Flight/Tourist bus/Private vehicle

**Group Size:** 01-10 Pax

## Highlights

- Rome through historic Kathmandu Valley
- Adventurous Flight to/From Lukla airport
- Explore the Sherpa villages and the unique culture and traditions
- World Heritage Enlisted Sagarmatha National Park
- Conquer three of the highest passes in the Everest region
- Climb to Everest Base Camp and relish the sights of Khumbu Icefall
- Discover the alluring landscapes and cultures of the Khumbu region

Himalaya Land Treks & Expedition strives to provide the best trekking experience for all our clients. Our mission is to be our client's most reliable companion throughout their journey. From organizing to managing, Himalaya Land Treks & Expedition will always be by your side.

## Overview

The Three passes Everest Trek of the Khumbu region are as famous as Everest due to its difficulty and strenuous ways along with the spontaneous beauty of nature. It is the most adventurous and underrated trek route of the Everest Region that offers you stunning views of Mt. Everest (8848m) along with other peaks.

The Everest 3 passes trek (Renjo La Pass (5,360 m), Cho La Pass (5,420 m), and Kongma La Pass (5,535 m)), are not often challenged by trekkers and there are only a few of them that have successfully conquered all three at one try. Though this pass trek route is much underrated, it is the most adventurous one. To the trekkers loving solitary place, this is the best destination.

Everest three pass trek by the Himalaya Land Treks provides an exciting itinerary that includes a visit to the Gokyo village and the [Everest Base camp](#). Before moving towards this route you need to have ample experience in handling technical equipment and trekking in higher altitudes. The 19-day trip starts at Kathmandu where you prepare for the trek and also sightseeing some of the [historic landmarks of Kathmandu](#) like Swayambhunath Temple and Kathmandu Durbar Square.

## Major Attractions In Three Pass Everest Trek

### Lukla Airport

Lukla airport is located at an altitude of 2845m and is the easier way to access the Everest region. It is considered the world's minacious airport for its geographical structure and short runway track. Also known as Tenzing Hillary airport, this flight gives the initial essence of adventure through a lush green forest filled with colourful rhododendrons, pines, and juniper. Lukla airport is a prime hub to start a journey to the Everest region.



## **Namche Bazaar**

The gateway to Everest-Namche Bazaar; is considered the busiest town of the Khumbu region. This beautiful Himalayan town is located at an altitude of 3500m, and here lies the human settlement at the world's highest altitude. It is a popular trade centre in the Everest region with the presence of various hotels, lodges, shops, cafeteria and many more. This way also offers the largest monastery of this region 'Tengboche monastery'.

## **Renjo La pass And Cho La pass**

It is the first pass to trek through the three-pass trek. The Renjo La Mountain Pass offers stunning views of Mt. Everest (8848.86m) along with other peaks. Though this pass trek route is much underrated, it is the most adventurous trek path. Renjo La pass also offers the trail to the marvellous hotel operating at the highest altitude, 'Hotel Everest View'. To the trekkers loving solitary place, pass trek route is the best destination. This pass trek takes the trail towards many ethnic Sherpa settlements along with experiencing the unique culture and tradition. With a mystic panoramic view of a snowcapped mountain, travellers could access the snow-covered rocky path.

After the Renjo la passes the trail heads towards nature full region the Gokyo region. The Gokyo is decorated with a heart-catching lake system. The lake system is also among the freshwater lakes and is known as an oligotrophic lake system. This Gokyo region is also famous for its religious belief in both Hindu and Buddhist religion. Here the journey continues to the second pass, Cho La Pass (5420m).

## **EBC and Kalapatthar**

Descending to Dzongla the trailheads to Everest Base Camp via Gorakshep. As much area through this route goes through Sagarmatha National Park, some endangered species can also be spotted. Rich in natural vegetation Base camp region gives a lot to the visitors.



The base camp, further heads to Kalapatthar to experience the sunrise beautifully craved sunrise view. Everest Base Camp gives much about views but still, it lacks a clear view of the world's highest summit. And it is overcome by the gem of Khumbu region 'Kalapatthar view point'. This viewpoint gives you a close and clear view of Everest massif.

## **Kongma La Pass**

The third and final pass comes, Kongma La Pass (5535m) when the trek is conquered in a clockwise direction. Three pass treks can also be accessed in a contour clockwise direction. Kongma La is considered to be the most difficult pass among the three passes. Being the last and most adventurous pass Kongma La makes the trek more adventurous. Trekking at the highest point this pass trek completes the journey of three passes here.

## **Best trekking Period**

The best time to do three pass Everest trek is during the spring and autumn season. As the weather can get extreme at higher altitudes, you need to keep one or two days as a contingency. These days also come in handy if the flights to and from Lukla see delays or cancellations.

## **Alternate Route**

Besides this trek, if you want a less difficult but equally thrilling and adventurous way to take off your trek then you can go through the next package through the following link [Gokyo And Renjo-La Pass Trek](#), [Jiri To Everest Base Camp Trek](#), [Gokyo Lake with Everest Base Camp Trek](#).

With [Himalaya Land Treks](#), you get the best tour packages plus quality transportation and accommodation services all at reasonable prices. We also offer you professional guides to make your trip more meaningful.



## Route Map



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## Day to Day Itinerary

### **Day 1: Arrival in Kathmandu (1,300m/4,265ft)**

**Accommodation:** Overnight at 3 star Hotel

As per your flight, you arrive at Tribhuvan International Airport. A Himalaya Land Treks' representative will welcome you to Nepal. After introductions, you head to your hotel and refresh. You join them again for welcome dinner where they will give you details about the trip.

### **Day 2: Kathmandu Valley Sightseeing and trek preparation (1,300m/4,265ft)**

**Accommodation:** Overnight at 3 star Hotel | **Meal:** Breakfast

Today, you prepare for the trek and enjoy Kathmandu Valley. After breakfast, you head to Swayambhunath Temple and enjoy the panoramic view of the valley. Then, you head to Kathmandu Durbar Square and after exploration, you have your lunch there. The next stop is Pashupatinath Temple and ends at Boudhanath Stupa. Before dinner, you stop at Thamel to buy or rent items needed for the trek.

### **Day 3: Fly to Lukla from Kathmandu, 30 mins and head to Phakding (2,610m/8,563ft) 3-4 hours trek**

**Walking hr:** 3-4 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

You wake you early and head to the domestic airport to catch an early flight from Lukla. Upon reaching Lukla Airport, you meet the guides and porters who accompany you while you are in the Khumbu region. Then, you head to the first destination, Phakding. The trail goes along the mountain surroundings and you walk through rhododendron forests. You cross the forests and reach Phakding for overnight stay.

### **Day 4: Trek from Phakding to Namche Bazaar (3,440m/11,286ft) 5-6 hours**

**Walking hr:** 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After breakfast, you hit the trail that leads you to Namche Bazaar. The trail goes along the banks of Dudh Koshi River. To cross the river, you walk through Hilary Bridge. You need to cross more suspension bridges and after 2-3 hours, you come at the entrance of Sagarmatha National Park. You show your permits and resume the trek. En route, you see stunning views

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of the Mt. Everest (8848m) and the mountain landscape.

## **Day 5: Acclimatization Day (3,440m/11,286ft)**

**Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Since you're going to elevations higher than 5,000 meters, this day is separated for you to acclimatize. After breakfast, you hike up to Sherpa Culture Museum and learn in detail about the Sherpa and mountaineering culture. Then you head back to Namche Bazaar and explore the teahouses and shops. You can visit the local monasteries and observe the daily lives of the people who stay there.

## **Day 6: Trek from Namche Bazar to Thame (3,800m/12,467ft) 5 hours**

**Walking hr:** 5 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After breakfast, you hit the trail leading you to Thame. If you are lucky, you may get to see many yaks and their herders as well as Tibetans from Tibet who come to Namche Bazaar for business purposes. After crossing a rhododendron forest, you reach Thame, the birthplace of Tenzing Norgay. Here, you can also visit one of the biggest monasteries in the entire Everest region.

## **Day 7: Trek from Thame to Lumde (4,380m/14,370ft) 6-7 hours**

**Walking hr:** 6-7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

You have an early breakfast and start the trek. The route you take today is less walked so you meet fewer people. Due to this reason, the environment along this trail is faultless. You pass by few old rustic Sherpa settlements, which are not visited by travelers. You can see yaks and the herders as well. The trail gets rocky as you near Lumde. After ascending a ridge, you reach Lumde for overnight stay.

## **Day 8: Trek from Lumde to Renjo La Pass (5360m/17,585ft) via Gokyo (4,790m/15,715ft) 7-8 hours**

**Walking hr:** 7-8 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

You wake up at dawn and have your breakfast. Then you prepare to trek to Gokyo. The trail leads you to the first pass, Renjo La Pass (5360m). The steep trail and the thinning air make



this part of the trail difficult. From the pass, you see stunning views of Cho Oyu (8201m), Nuptse (7861m), Ama Dablam (6856m), and the Mt. Everest (8848m). After soaking into the view, you descend to Gokyo where you stay overnight.

## **Day 9: Explore day**

**Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

You wake up early morning to prepare yourself for the short hike to scenic Gokyo Ri (5360m). The trail gets all icy as you near the peak and from the top, you can see amazing views of the Mt. Everest (8848m), Lhotse (8516m), and Cho Oyu (8201m) and neighboring peaks. You explore the peak and then visit Ngozumpa Glacier. You explore the glacier's surroundings for some time. Then, you descend to Gokyo for overnight stay.

## **Day 10: Trek from Gokyo to Dragnag (4,700m/15,419ft) 3-4 hours**

**Walking hr:** 3-4 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After breakfast, you head to Dragnag. The downhill trail is relatively easy and you enjoy the amazing views of the Gokyo Lake as you descend. The trail leaves Gokyo village and heads east towards the Ngozumpa Glacier- the largest glacier in the country. After crossing moraines and rocky terrains, you reach Dragnag for overnight stay.

## **Day 11: Trek from Dragnag to Dzongla (4,620m/15,157ft) via Cho La Pass (5420m/17,782ft) 7-8 hours**

**Walking hr:** 7-8 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After an early breakfast, you head to the trail that leads you the second pass, Cho La Pass. The trail goes vertically up and you need to be careful, as it's an icy path that goes along glaciers bringing more danger. From Phedi you start your ascend and at the top, you can see mesmerizing views of Khangsung peak and the neighboring mountains. From there, you descend to Dzongla for overnight stay.

## **Day 12: Trek from Dzongla to Gorakshep (5,140m/16,863ft) 6-7 hours**

**Walking hr:** 6-7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After breakfast, you walk along the trail of the Khumbu Glacier. The trail ascends and then



descends at some points. En route, you can see stunning views of Ama Dablam (6856m) and patches of pasturing lands for yaks and goats. You arrive at Lobuche and have lunch there. From here onwards, the trail gets a bit easier and you reach Gorakshep for overnight stay.

## **Day 13: Trek from Gorakshep to Everest Base Camp (5,364m/17,598ft) and back to Gorakshep (5140m/16,863ft) 5-6 hours**

**Walking hr:** 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

You wake up at dawn and prepare to climb to Everest Base Camp. You have to avoid mid-day winds because it makes your climb more difficult. After having breakfast, you start your ascend. The trail goes along Khumbu Glacier and gets filled with more moraines as you go on higher. After completing the steep climb, you reach the base camp and enjoy the panoramic views it has to offer. Then, you descend to Gorakshep before nightfall.

## **Day 14: Hike to Kalapatthar and trek to Lobuche (4,910m/16,108ft) 5-6 hours**

**Walking hr:** 5-6 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Kalapatthar is famous for its panoramic view of the mountain range and more amazing views can be seen at sunrise and sunset. So you wake up at dawn and hike to Kalapatthar. From the top, you can see the Mt. Everest (8848m), Nuptse (7861m), Lhotse (8516m), and the neighboring Everest Himalayas. After enjoying the view and exploring the area, you head back to Gorakshep for breakfast. Then, you head to Lobuche for overnight stay.

## **Day 15: Trek from Lobhuche to Chhukung (4,730m/15,510ft) via Kongma La Pass (5,535m/18,160ft) 8-9 hours**

**Walking hr:** 8-9 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After breakfast, you head to the trail leading to the final pass, Kongma La Pass (5535m). This pass is less taken because the route is very steep and narrow. You walk through the difficult trail and reach the top. From the top, you get remarkable views of Makalu (8475m) in the east along with Ama Dablam (6856m) and the Mt. Everest (8848m). After soaking into the view, you descend to Chhukung via crossing glaciers and then pasturelands. Overnight stay at Chhukung.



## **Day 16: Trek from Chhukung to Tengboche (3,860m/12,664ft) 6-7 hours**

**Walking hr:** 6-7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

After breakfast, you start the last leg of the trip i.e. descending back to Lukla. Today, you walk through the mountain landscape and walk along Imja Khola. The river then joins Dudh Koshi before you reach Pangboche for lunch. You visit the famous monastery at Pangboche and resume your trek. As you descend, the barren terrain slowly changes into green vegetation. You reach Tengboche for overnight stay.

## **Day 17: Trek from Tengboche to Lukla (2,840m/9,317ft) 6-7 hours**

**Walking hr:** 6-7 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

Today is the final descend of the trek. You start after having your breakfast. You walk through pine and rhododendron forests. Since today is the last day of trekking in the Khumbu region, enjoy the beautiful mountain sceneries to the fullest. After a tiring descends you reach Namche Bazaar and have lunch there. Then you continue the trek and reach Lukla via Phakding. Overnights stay at Lukla.

## **Day 18: Fly from Lukla to Kathmandu (1,300m/4,264ft) 30-35 min | Farewell Dinner**

**Walking hr:** 40 min | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Farewell Dinner

You have your breakfast and head to the airport to catch an early flight back to Kathmandu. From the airport, our staffs will pick you up and drop you at your hotel. The rest of the day is free so you can enjoy it however you want. You can buy souvenirs or explore Kathmandu on your own. As the trip comes to an end, you will attend a farewell dinner hosted by the Himalaya Land Treks.

## **Day 19: Departure day**

**Meal:** Breakfast

Today is the last day and you will head to your next destination. Before you depart for the airport, we would like to know your feedback on the trip. As per your scheduled flight, our

staffs will drop you off at the airport. Thank you for enjoying Nepal with us and have a safe flight.

With a challenging geographical structure and unpredictable climate, internal flight delays are quite frequent, especially so in the Himalayan regions of the country. The flights are even canceled if the weather conditions worsen. As such, we advise you to travel to Nepal during autumn and spring seasons. These seasons offer the most stable of climatic conditions and see far fewer flight delays and cancellations. We also recommend the travelers to include a few extra days in their travel itineraries as contingencies. You should also be careful to get travel insurance to cover the additional expenses due to these conditions.

## Trip Cost Includes

- Airport picks up and drops off, upon arrival and departure.
- Pre trek meeting.
- City entrance fees in Kathmandu.
- 3-star Hotel in Kathmandu for 3 nights.
- Full day city tour in Kathmandu by a private vehicle.
- Kathmandu-Lukla-Kathmandu flight tickets.
- All necessary paperwork and trekking permits (National Park Permit, TIMS).
- Trekking equipment: down-filled sleeping bag, walking poles and a duffel bag.
- An experienced English-speaking Govt. registered trekking guide and local porters to carry luggage (2 trekkers: 1 porter).
- Guide and porter salaries, insurance, equipment, transport, food, and lodging.
- Full meals: Breakfast, Lunch & Dinner on your choice.
- Supplementary snacks: energy bar and cookies.
- Fresh seasonal fruits after dinner.
- Unlimited Chlorine treated Safe Drinking water.
- Oxi-meter: To check pulse, heart rate, and oxygen saturation to Everest base camp and return.

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- All accommodation during the trek (Soft, comfort, private room with shared toilet).
- A comprehensive First Aid kit.
- All government and local taxes.
- Souvenir: Himalaya Land treks t-shirt and Trekking Route map.
- Farewell dinner at one of the finest Nepalese Restaurant with traditional ethnic music and dance.

## Trip Cost Excludes

- Nepal visa (USD 30 for 15 days and USD 50 for 30 days).
- Your international flight to and from Nepal.
- Meals in the city except for breakfast and other mentioned special dinner.
- Hot and bottle drinks.
- The cost incurred during the tour around the city.
- Cost for additional trips.
- Extra Battery Charging, Hot shower, and wifi.
- Travel insurance which covers emergency rescue and evacuation.
- Tipping to Staff.

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