



Detailed itinerary for Everest three pass trek

Day 1

Arrival at Kathmandu airport (1380m).

- Altitude – 1380 meters
- Time – 30 minutes hotel transfer time
- Activity – Relax at hotel

Our company representative will transfer you to your hotel. In the evening; refreshments and briefing about Everest three pass trekking and last minute preparation for the trekking. We will tell you more about the tour program during the meeting.

Day 2

Kathmandu city tour; full day

- Altitude – 1380 meters
- Special – Kathmandu City Tour
- Time – full day
- Activity – Sightseeing of UNESCO world heritage sites

Kathmandu sightseeing tour by car includes Pasupatinath, Buddhanath, Monkey temple and Kathmandu durbar square. It is a full day tour with government licenses, trained tour guide. In the evening you'll have time to finish your last minute preparation for the trek to Everest three high passes.

Day 3

Fly from Kathmandu airport to Lukla (Tenzing Hillary Airport) (2810m), followed by a short and easy trek to Phakding (2610m). – 25 minutes flight to Lukla – 3 hours walk to Phakding

- Altitude – 2610 meters
- Special – Scenic view from plane and during trek
- Time – 3/4 hours and 25 minutes
- Activity – Flying in plane and hiking

Short flight of about 25 minutes in a small plane carrying 14 people will take us to Lukla. Lukla is the gateway to trekking trails in Everest region. After breakfast at a local guest house in Lukla we start our trekking to Phakding village. Phakding is a small village on the side of Dudh Koshi River. Attraction of the day is Dudh Koshi River and its valley. We will descend from Lukla to Phakding; altitude variation approx. 200 m today.



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Day 4

Trek from Phakding to Namche Bazaar (3440m). – 8-9 hours of trekking

- Altitude – 3440 meters
- Special – Namche and Durpin Danda
- Time – 8/9 hours
- Activity – Hiking through suspension bridges along with the river valley

Phakding to Namche is the first hiking challenge of the “Everest Three High Pass Trek”. We cross 5 suspension bridges and head to the national park protected zone. At Monjo, we buy tickets to enter the National park and after Lunch at Jorsalle, the ascent begins.

Day 5

Acclimatization day at Namche and visit surrounding village Khunde, Khumjung Everest view hotel and back to Namche

- Altitude – 3962 meters
- Special – Hotel Everest View
- Time – 3/7 hours
- Activity – Hiking 3 hours or upto 7 hours as opted.

Main reason for acclimatization hike is to trek higher and sleep low. This helps acclimatize our body with the altitude and make sure one will not get altitude sickness problem. In the acclimatization hike we will hike to the famous view point at the Sagarmatha national park premises and walk up to the height of 3880 meter. This is the height of Everest view hotel. After hiking for 4-6 hours we will trek down to namche and sleep at the altitude of 3500 meters.

Day 6

Trek from Namche to Tengboche (3790m) – 6-7 hours of trekking

- Altitude – 3860 meters
- Special – Puja ceremony at tengboche monastery and view of many mountains including Mount Everest
- Time – 6/7 hours
- Activity – Hiking through the trail of famous Everest Base Camp Trek

In the beginning of the hike the trail to the top of Namche bazaar is uphill. Once we get to the top of Namche the trail is wide and properly maintained. Along with the proper trail to Tengboche the view of the mountain is stunning. Everest can be seen until we get down from sanasa village to the lunch place. The riverside village for lunch is called Phunki tnaga at 3600 meters altitude with magnificent view of Mt thamsherku and Mt kangtega. After lunch the hike will start ascending straight up all the way to the tengboche monastery. Tengboche monastery has great view of the Everest, mt amadablam and the surrounding mountains. We will also see the glacier of Kangtega and Mt thamsherku behind the Tengboche village.



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Day 7

Trek from Tengboche to Dingboche (4350m); 6 hours

- Altitude – 4350 meters
- Special – View of tall mountain ranges
- Time – 6 hours
- Activity – Trekking

Walk to Dingboche village starts with a downhill to the river of Imja. Once we get to the river trekking trail will ascend to get to pangboche village. Pangboche village has the last view of Everest until we get to see it again from the hike from louche to gorakshep. Trekking from pangboche to dingboche is game changer. Here the altitude cross 4k meters. No tree line starts from this trekking day and the mt Everest disappears. Once we get to dingboche village, it is a small village on the lap of the Mt Lotse and is a lost city in the hidden valley of Everest.

Day 8

Trek to Chukung (4760m) – 4 to 5 hours of trekking

- Altitude – 4760 meters
- Special – View of tall mountain ranges
- Time – 4/5 hours
- Activity – Trekking

Chukung being at the altitude above 4000 meter will feel like a game changer hiking but it is not. It is an easy trekking for 4 hours to get to chukung from Dingboche. Trekking trail is gradual up and we will walk on the side of the river. Once you get to chukung village the beauty of Mt Amadablam and Mt Island peak reveals the beauty of hidden gem in the valley of Imja. Island peak climbing is a famous peak climbing in Nepal. Island peak is also called imja peak and this is climbed via chukung village. You will meet people who have been to the top of island peak or planning to go the next day.

Day 9

Cross one of the pass today, Kongmala pass (5535m) step towards Lobuche (4925m). – 8 to 9 hours of trekking

- Altitude – 5535/4925 meters
- Special – Kongmala pass and view of tall mountain ranges
- Time – 8/9 hours
- Activity – Walking along with crossing Kongmala pass

First pass of the trekking in the high pass of Everest is Kongmala pass. Kongma la is a hidden pass among the three pass in Everest. This is considered as the long and tough pass in the trekking of 3 high pass trek of Everest. We will take pack lunch for the pass, as there is nothing in between. Early in the morning, have breakfast and we will get ready to trek all the way to Lobuche village through this 1st pass of the trek. This pass has good view of Lotse and Mt Makalu but nothing of Everest can be seen. Be careful on this pass, there are many places where must follow your guide



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the frozen lakes might fall any time. Rock fall and glacial movement in this pass will be an adventure. Kongmala pass is the highest altitude we will get in 3 high pass trekking, that is 5550 meters above the sea level. Overnight at Lobuche village. Do not miss to visit the world highest bakery at Lobuche, it is small place.

Day 10

Trek to Ghorekshep (5180m) and walk up to Everest Base camp (5364m) and get back to Gorekshep. – 9 to 10 hours of trek in total

- Altitude – 5364/5180 meters
- Special – View of various mountain ranges
- Time – 9/10 hours
- Activity – Trekking

After breakfast at the small village of lobuche we will hike towards Gorakshep. Gorakshep is the village in between Everest base camp and Lobuche village. We will start earlier than usual, because this trekking is long and hard because of latitude. After leaving lobuche toward the base camp we will get to chumbu glacier. Once we start walking on the top of this chumbu glacier, mt Everest pops up behind Nuptse. Mt nuptse is what we will see from the top to the bottom in this hiking day. You might be able to encounter avalanche on the nuptse ice fall if you are lucky. Once you get to Gorakshep, we will eat lunch at the hotel, check in to you rooms and keep hiking to EBC. After 3 hours of hiking from gorakshep to EBC we will get to the awaited Everest base camp, it takes another 2.5 hours to get back to Gorakshep for the night stay.

Day 11

Early morning hike up to Kalapather for sunrise then trek to Dzonglha (4830m). This will be your closest view of Mt. Everest. – 6 to 8 hours of trekking in total

- Altitude – 4830 meters
- Special – view of Everest, khumbu ice fall, khumbu glacier and gorakshep village
- Time – 6/8 hours
- Activity – Trekking

Kalapathar has great view of surrounding mountain. Sunrise on the top of mt Everest looks awesome, kalapathar is a black stone hill top at 5545 meters; from the top of kalapathar we can see Everest base camp, Mt Everest, Khumbu glacier, Hillary step and the surrounding mountain at once. The view from its top is unreal. But it's not easy to climb to the top as you have walked for 9 hours to base camp yesterday and the climb is straight up to the top. Walking down for the breakfast at the lodge is steep downhill. After breakfast we will trek to Dzongla, it is a long day today as well. So, if you are thinking about skipping Kalapathar for saving energy for the rest of the passes, Gokyo ri has similar kind of view but you will not see Everest base camp for sure. Night at Dzongla at local lodge.



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Day 12

Today cross the second pass, Chola pass (5420m) then trek down to Thagnag (4695m). – 8 to 10 hours of trekking

- Altitude – 5420/4695 meters
- Special – Chola pass and mountains
- Time – 8/10 hours
- Activity – Walking along with crossing chola pass

Chola pass is the shortest pass among all but it is technical. Among 3 pass of Everest this is a famous pass, chola pass is famous as it connects trail to Gokyo Lake and the Everest base camp. Trail to the top of cho la pass is not easy, you need to walk on the rock and later walk on the frozen ice. Use of rope and harness is not necessary but spikes on the shoes are compulsory.

Day 13

Trek to Gokyo (4800m) and visit fifth lake in Gokyo and back to Gokyo or take half day rest in-front of Third Lake (Gokyo village by the side of third lake). – 7 to 8 hours of trek in total

- Altitude -4700 meters
- Special – Gokyo village/lake
- Time – 2/3 hours
- Activity – Trekking

Today's trekking to Gokyo Lake is short and easy. Trek is on the rocky texture while passing the glacier but it is short which will make you happy after 2 pass treks you have done so far. Trekking to Gokyo has great view of glacier, mt choyu 8205 meters. Once you get close to the glacier, you can Gokyo Ri as well. After you get to Gokyo village, you can trek to 5th lake. From 5th lake you will see Everest and cho yu once again. The peace and solitude of this place can be something of importance to you. If you do not want to go to 5th lake, you can walk around 3rd lake or just go to 4th lake and come back. Or you can go to Gokyo ri for sunset. Sunset from gokyo ri is awesome.

Day 14

Today we cross the third pass, Renjo la pass down to Lungden (4350m) – 8 to 9 hours of trekking

- Altitude -4350 meters
- Special – Renjo la pass, gokyo lake and muntains
- Time – 8/9 hours
- Activity – Walking along with crossing renjo la pass

The last pass of the 3 pass trek in Everest has great view of Everest. Mt Everest can be seen half by portion and the surround mountain looks unreal beautiful. Walk to the top of Renjo la pass is on the side of the 3rd lake of gokyo. Once you get to the end of the 3rd lake, climbing starts all the way to the top. After great view from the top, you can walk down on the stone steps to get to



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Lumde village. The view of the gokyo ri top and renjo la pass top are similar. So Gokyo ri is not in the itinerary, if you must gokyo ri, do on day 13th. Overnight at Lumde at local guest house

Day 15

Trek to Hidden Thame village (3840m) visit Thame monastery. – 4 to 5 hours of trekking in total

- Altitude – 3840 meters
- Special – Thame monastery
- Time – 4/5 hours
- Activity – Trekking

Trekking from Lumde village to thame is a short walk. We will pass by the village of Sir Tenjing norgey sherpa. Once you get to Thame village; it is a small village on the side of the tame river. If you have time and energy on this day trek, you can visit Thame monastery on the hill top of thame.

Day 16

Trek back to Namche bazaar. – 5 to 6 hours of trekking

- Altitude – 3440 meters
- Special – Namche Bazaar
- Time – 5/6 hours
- Activity – Trekking

Trekking from Thame to Namche is gentle downhill walk. You will find few local monasteries on the way and trek through some village. There are some school and health post on the way to Namche. Once you get near to Namche, the view of Namche bazaar is impressive. You can see semicircular shape of namche village and the towering mt thamsherku, mt Kusum kangeru and many others just behind it. On the right the view of Mt Kongde is so close.

Day 17

Trek downhill from Namche to Lukla. – 9 to 10 hours of trekking

- Altitude – 2860 meters
- Special – View of landscapes and mountains
- Time – 9/10 hours
- Activity – Trekking

From today the trail will be as same as before. But after days of hiding in the different valley of the 3 pass trail in Everest you will enjoy this one day repetition of the trail. Trekking to Lukla is downhill and descends around 1800 meters altitude in a single day. The trek ends, enjoy your night at trekking clubs of Lukla. You can walk in clubs with your hiking boots and hiking outfit. It is hilarious experience in the Everest 3 high pass trek.



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Day 18

Fly back to Kathmandu and transfer to Hotel. Usually flight from Namche is in early morning. Overnight at your hotel in Bhaktapur. – 25 minutes of flight

- Altitude – 1380 meters
- Special – Scenic view from plane
- Time – 25 minutes flight
- Activity – Flying in plane

To make you 3 high pass trekking special we have added Bhaktapur heritage city in the itinerary. Here the peace lies in the city. Boutique city of Kathmandu valley will be a awesome treat for a mountain lover. Straight from the airport we will drive to Bhaktapur and relax at the antique atmosphere of Bhaktapur city

Day 19

After breakfast Visit historic Bhaktapur Durbar squire & afternoon last minute shopping in your own. Overnight at hotel in Kathmandu.

- Altitude – 1401 meters
- Special – Bhaktapur City Tour and Shopping
- Time – Full Day
- Activity – Sightseeing Bhaktapur Durbar square and shopping

Tour of Bhaktapur includes 55 windows palace, 5 story temple or Nyatapola temple, Taleju Temple, Pottery square, peacock window, art museum and Local Street of Bhaktapur. After the tour we will transfer you to the hotel in Kathmandu at Thamel. You can enjoy your last night at the night life of Thamel and do your last minute shopping if needed. Overnight at hotel like Kathmandu Grand or similar

Day 20

Drive to TIA airport for your final departure.

- Time – 30 minutes airport transfer time
- Activity – Flying back to origin

Time has come to farewell you with a promise to see you again. Our vehicle will drop you at the airport for your flight.



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