



## Everest three high passes trek

### Trip Facts

|                                          |                                         |                                                                 |                            |
|------------------------------------------|-----------------------------------------|-----------------------------------------------------------------|----------------------------|
| <b>Difficulty</b><br>Hard to challenging | <b>Max Altitude</b><br>5,545m/18,192ft  | <b>Accommodation</b><br>Hotel in Kathmandu / Tea houses on trek | <b>Meals</b>               |
| <b>Activity</b><br>-                     | <b>Best Season</b><br>Mar–May & Sep–Nov | <b>Start / End Point</b>                                        | <b>Duration</b><br>21 Days |

### Trip Overview

The **Everest region**, also known as the **Khumbu region**, lies on the northeastern side of Nepal within the Solukhumbu district. Crowned by Mount Everest—the highest peak on Earth at 8,848.86 meters—the area is widely considered the "Roof of the World" due to its immense height. Mount Everest itself is situated directly on the international border between Nepal and China. In the Tibetan language, it is known as **Chomolungma**, which translates to "Goddess Mother of the World."

To preserve the fragile high-altitude ecosystem, the core of the region is protected under the strict conservation guidelines of **Sagarmatha National Park**, a globally recognized UNESCO World Heritage Site.

Geographically, the elevation of the Khumbu region ranges dramatically from roughly 2,800 meters up to the 8,848.86-meter summit. This rugged terrain is home to world-famous Himalayan villages such as Namche Bazaar, Khumjung, and Pheriche. The area is primarily settled by the indigenous Sherpa and Rai communities, whose lives are deeply intertwined with the mountains. The region seamlessly blends a dramatic high-altitude landscape with a rich, vibrant cultural heritage, beautifully expressed through the many famous Buddhist monasteries located throughout the valley.

The Everest three high passes trek is the circuit trek of Khumbu region which includes Kongma La, Chola and Renjo La passes. This is one of the challenging trail for hikers with spectacular alpine view of Everest region.

### Trip Itinerary

**Day 1** - Arrival in Kathmandu & Welcome Briefing

**Day 2** - Flight to Lukla (2,845m) & Trek to Phakding (2,610m)

**Day 3** - Phakding to Namche Bazaar (3,440m)

|                   |                                        |                      |              |
|-------------------|----------------------------------------|----------------------|--------------|
| <b>Difficulty</b> | <b>Max altitude</b><br>3,440m/11,286ft | <b>Accommodation</b> | <b>Meals</b> |
|-------------------|----------------------------------------|----------------------|--------------|



**Day 4** - Acclimatization in Namche Bazaar (3,440m)

| Difficulty | Max altitude<br>3,880m/12,730ft | Accommodation | Meals |
|------------|---------------------------------|---------------|-------|
|------------|---------------------------------|---------------|-------|

**Day 5** - Namche Bazaar to Tengboche (3,860m)

**Day 6** - Tengboche to Dingboche (4,410m)

**Day 7** - Acclimatization in Dingboche (4,410m)

| Difficulty | Max altitude<br>4,800m/15,748ft | Accommodation | Meals |
|------------|---------------------------------|---------------|-------|
|------------|---------------------------------|---------------|-------|

**Day 8** - Dingboche to Chhukung (4,730m)

**Day 9** - Chhukung over KONGMA LA PASS (5,535m) to Lobuche (4,940m)

| Difficulty | Max altitude<br>5,535m/18,159ft | Accommodation | Meals |
|------------|---------------------------------|---------------|-------|
|------------|---------------------------------|---------------|-------|

**Day 10** - Lobuche to Gorak Shep (5,164m) & Hike to Everest Base Camp (5,364m)

| Difficulty | Max altitude<br>5,364m/17,598ft | Accommodation | Meals |
|------------|---------------------------------|---------------|-------|
|------------|---------------------------------|---------------|-------|

**Day 11** - Kala Patthar Sunrise (5,545m) & Trek to Dzongla (4,830m)

| Difficulty | Max altitude<br>5,545m/18,192ft | Accommodation | Meals |
|------------|---------------------------------|---------------|-------|
|------------|---------------------------------|---------------|-------|

**Day 12** - Dzongla over CHO LA PASS (5,420m) to Thagnak (4,700m)

**Day 13** - Thagnak to Gokyo Lakes (4,790m)

**Day 14** - Rest & Exploration Day in Gokyo (4,790m)

**Day 15** - Gokyo over RENJO LA PASS (5,360m) to Marulung (4,210m)

**Day 16** - Marulung to Thame (3,820m)

| Difficulty | Max altitude<br>3,820m/12,533ft | Accommodation | Meals |
|------------|---------------------------------|---------------|-------|
|------------|---------------------------------|---------------|-------|

**Day 17** - Thame to Namche Bazaar (3,440m)

| Difficulty | Max altitude<br>3,440m/11,286ft | Accommodation | Meals |
|------------|---------------------------------|---------------|-------|
|------------|---------------------------------|---------------|-------|

**Day 18** - Namche Bazaar to Lukla (2,845m)



| Difficulty | Max altitude<br>2,845m/9,334ft | Accommodation | Meals |
|------------|--------------------------------|---------------|-------|
|------------|--------------------------------|---------------|-------|

**Day 19** - Flight from Lukla to Kathmandu

**Day 20** - Free day in Kathmandu for self exploration.

**Day 21** - Final departure from Nepal.

### Cost Includes & Excludes

#### Includes:

- 3 nights accommodations during Kathmandu stay in twin sharing basis.
- Internal Flights & Ground Transit: 1. Round-trip domestic flights between Kathmandu (or Manthali) and Lukla. 2. Airport transfers via private vehicle in Kathmandu and Ramechhap.
- Required Permits & Fees: 1. Sagarmatha National Park Entry Permit. 2. Khumbu Pasang Lhamu Rural Municipality Local Permit. 3. TIMS (Trekking Information Management Systems) card if applicable.
- Accommodation Along the Trail: 1. Standard twin-sharing rooms in local teahouses or mountain lodges for 17 nights (including remote stops like Chhukung, Dzongla, Thagnak, and Thame).
- Trekking Support Staff: 1. Salary, insurance, food, accommodation, and equipment for a licensed English-speaking guide. 2. Salary, insurance, food, and accommodation for porters (typically 1 porter shared between 2 trekkers, carrying up to 20–25kg total).
- Meals on the Trek: 1. Full board meals: 3 meals a day (Breakfast, Lunch, Dinner) chosen from the tea house menu. 2. Post-dinner hot beverages (tea or coffee) or a cup of hot water.
- Safety Gear: 1. First-aid kit carried by the guide, including an oximeter to monitor oxygen levels daily.

#### Excludes:

- International Travel Costs: 1. International airfare to and from Kathmandu. 2. Nepal Tourist Visa fee (payable in cash USD upon arrival at Tribhuvan International Airport).
- Single supplementary fee
- Travel and Emergency Insurance: 1. Mandatory: Travel insurance that explicitly covers emergency helicopter evacuation up to 6,000 meters (most basic plans cap out at 3,000m).
- Meals before & after trek in Kathmandu & extra stay in Kathmandu hotels other than mentioned above: 1. Hotel up-gradation might cost extra depending on your request.
- Trail Luxuries & Services (Tea house Add-on): 1. Hot Showers: Gas or solar-heated showers cost between \$3 to \$7 USD per shower (prices increase with altitude). 2. Device Charging: Power banks, phones, and camera battery charging cost \$2 to \$5 USD per full charge. 3. Wi-Fi / Connectivity: AirLED or Everest Link Wi-Fi prepaid cards cost roughly \$5 to \$10 USD for a set amount of data. 4. Drinking Water: Bottled water costs \$1 to \$4 USD per bottle (it is highly recommended to bring water purification tablets/filters instead).
- Personal Trekking Gear: 1. Down jackets, sleeping bags, hiking boots, trekking poles, and backpacks (though sleeping bags and jackets can be rented cheaply in Kathmandu for around \$1 to \$2 a day).
- Beverages & Snacks: 1. Alcoholic drinks (beer, spirits), specialty coffees, soft drinks, and bakery items at Namche or trail cafes.
- Tips & Gratitude: 1. Tipping guides and porters is custom and highly expected. The industry standard is roughly 10% to 15% of your total trek cost, pooled together by the group and handed out on the final evening in Lukla.

### FAQs



### **Booking & Logistics with Himal Trek Nepal**

• **Best Trekking Seasons:** October to November provides the crispest, clearest views of Everest, while March to May brings warmer weather and blooming wildflowers. • **Choosing Your Route:** Select from our diverse itineraries, ranging from the classic 12-day Everest Base Camp trek to challenging 20-day Three Passes journeys. • **Hassle-Free Permits:** Avoid the bureaucracy; Himal Trek Nepal handles all paperwork, including your Khumbu Pasang Lhamu municipality card and Sagarmatha National Park permits. • **Flight Logistics:** Lukla flights frequently redirect to Manthali/Ramechhap airport during peak season; our team manages all your ground transfers and flight rebookings seamlessly.

### **On the Trail: Accommodation & Amenities**

• **Handpicked Teahouses:** Stay in vetted, comfortable local lodges featuring twin-sharing rooms, thick blankets, and warm, stove-heated communal dining halls. • **Connectivity & Wi-Fi:** Use prepaid cards for internet access on the trail, though speeds become highly volatile as you ascend. • **Device Charging:** Power is predominantly solar-dependent at high elevations; lodges charge a variable fee per device or power bank. • **Safe Drinking Water:** We utilize commercial purification drops or boiled water for our guests; single-use plastic water bottles are strictly banned in the region. • **Porter Support:** Trek comfortably with a light day pack while our fairly compensated team porters transport your main duffel bag up to 15kg.

### **Health, Safety & Equipment**

• **Fitness Requirements:** Everest routes feature steep, sustained climbs; we recommend a demanding fitness regimen focusing on leg strength and cardio 3 months prior. • **Altitude Safety:** The route crosses extreme altitudes above 5,000 meters; our experienced guides carry oximeters to monitor your oxygen saturation daily. • **Required Insurance:** Your insurance policy must explicitly cover emergency helicopter evacuation up to 6,000 meters for the Everest region. • **Essential Gear List:** Bring broken-in hiking boots, a -15°C rated down jacket, a 4-season sleeping bag, and UV-protection sunglasses to combat glacial glare.