The Everest Three Passes Trek



Trip Overview

The Everest Three Pass Trek is around 18 days of challenging yet rewarding trekking in the three high-altitude passes, namely, Cho La Pass (5420 m), Renjo La Pass (5465 m), and Khongma La Pass (5,535 m). Everest Three Passes Trek is further recognized for its stepping trekking experience at the altitude of 5545 m.

As you ascend from a small village in Lukla, which is the gateway to the Everest region, you will be treated to panoramic views of the Himalayas and Everest Region. You can conquer Namche Bazaar, Everest Base Camp, Kala Patthar, and Gokyo Lakes in the Khumbu region. Further, you will pass through the enormous Dudh Koshi River along with the intense Gompas and Temples.

This Everest Three Passes Trek will take you through the Sagarmatha National Park, which covers an area of 1148 sq. km. This epic adventure through the hearts of the Khumbu region in Nepal will present you with breathtaking views of the Everest massif and the surrounding peaks.

Stepping up toward high altitude, you can capture beautiful scenarios and immerse yourself in the rich culture and history of the locals. The Sherpa people, with their warm hospitality, will welcome you to the gateway of snow-capped peaks.

You will be trekking on the footprints of the legendary Tenzing Norgay and Edmund Hillary. Isn’t it amazing?
Well, if you are planning for this excursion, Pure Adventure Nepal will set up this Everest Three Passes Trek for you as per your preference and schedule.

Gallery



Trip Itinerary

- 1 - Arrive in Kathmandu
- 2 - Fly from Kathmandu to Lukla (25 minutes) and Trek to Phakding (2610) 3-4 hrs
- 3 - Trek from Phakding to Namche Bazaar, 3440 m (5 hours)
- 4 - Acclimatization day in Namche Bazaar
- 5 - Trek from Namche Bazaar to Tengboche (5 hours)
- 6 - Trek from Tengboche to Dingboche, 4410 m (5 hours)
- 7 - Trek from Dingboche to Chhukung, 4730m (3 hours)
- 8 - Acclimatize day at Chhukung
- 9 - Trek from Chhukung to Kongma La (4 hours), then trek to Lobuche (4 hours)
- 10 - Trek from Lobuche to Everest Base Camp (4-5 hours), then trek to Gorak Shep (3 hours)
- 11 - Hike to Kala Patthar (2 hours) and Trek to Dzongla (4-5 hours)
- 12 - Trek from Dzongla to Cho La (3 hours), Trek to Thangnak (7-8 hours)
- 13 - Trek to Gokyo (3-4 hours)

- 14 - Rest day in Gokyo to acclimate.
- 15 - Trek from Gokyo to Renjo La (3 hours) and Marulung (3 hours)
- 16 - Trek from Marulung to Namche Bazaar (6 hours)
- 17 - Trek from Namche Bazaar to Lukla (5-6 hours)
- 18 - Fly from Lukla to Kathmandu (35 minutes) and transfer to the hotel.
- 19 - Departure

Cost Includes & Excludes

Includes

- Airport pickup and drop at Tribhuwan International Airport
- Both way Flight to Lukla
- 3-star Hotel stays at Kathmandu night stay in twin sharing (B.B)plan
- Lodging and Tea house accommodation, All meals During trek
- Licensed Trek Guide with good spoken English plus assistant leader each
- A porter sharing for two trekkers each on the route
- Salary and Insurance Cost of Staff
- Pure Adventure Nepal T-Shirt/ trekking maps.
- All necessary paperwork and permits (TIMS/ Conservation Fee).
- Emergency medical kit and local taxes

Excludes

- International Flight and Nepal VISA fees
- Travel Insurance
- Extra activities cost not planned within the Itinerary
- Tips for Staff (Trekking Guide, Assistant, and Porter)
- Hard or Soft Drinks and snacks
- Essential packing Equipment
- Extra cost for booking domestic flight other than planned

Gears and equipment

- Clothing

  Waterproof jackets and pants
  Sweaters and down jackets
  Lightweight trousers
  Hiking shirts- long-sleeved
  Hooded raincoat and Fleece jacket
  Innerwears
  Lightweight and heavyweight winter gloves
  Sun hat or scarf; Money belt; Cotton headscarf, bandana
  Winter hat or insulating hat

- Personal accessories

  Headlights and extra batteries
  Face and body wipes
  Sunscreen and sunglasses with UV protection
  Money
  Watch
  Cell phone and camera

- Toiletries

  Medium-drying towels
  Toothbrush and toothpaste
  Washing kits, talcum powder, and toilet paper
  Degradable soap and shampoo
  Deodorant floss, nail clippers, and mirror

- Extra items

  First aid kit
  Passport-sized photos and passport photocopies
  Binoculars
  Personal medications
  1 swiss type knife
  Sleeping bags and sheets,
  Rucksack, backpack, and a small day pack
  Water bottle
  Water purification tablet solution

- Footwears

  Trekking Boots
  A pair of sports shoes
  Heavy wool and light socks

Faqs

1. **How difficult is the Everest Three-Pass Trek?**

   If you are an adventure enthusiast who enjoys challenges, the Everest Three-Pass Trek can be an easy go for you. It is a strenuous, difficult trek to High-altitude mountain passes, Cho La Pass (5420 m), Renjo La Pass (5465 m), and Khongma La Pass (5,535 m).

2. **How long does it Take to Conquer the Everest Three Passes Trek?**

   The Everest Three Passes Trek usually takes between 18 and 21 days, determined based on your fitness level and itinerary schedules.

3. **Is Everest Three Pass Trek for Beginners?**

   The Everest Three Pass Trek is not for beginners; it is suggested for hardcore trekkers only. As the adventure includes passages of a challenging and dangerous three-pass trek, having a certain level of fitness and enthusiasm is required.

4. **What is the best time for the Everest Three-Pass Trek?**

   The best time for the Everest Three High Passes Trek is during the spring (April to May) and autumn (September to November). The weather is mild during this time; however, there might be slight rain and snowfall at high altitudes.

5. **What permits do I need for the Everest Three High Pass Trek?**

   You will need a TIMS card (Trekkers Information Management System), a Sagarmatha National Park Entry Permit, a Khumbu Pasang Lahmu Rural Municipality Entry Permit, and an Annapurna Conservation Area Permit (ACAP).