Everest Three Pass Trek

Trip Facts

Duration: 20 days

Trekking Destination: Everest Base Camp, Gokyo Lake & Renjola Pass, Nepal

Maximum Altitude: 5,554m / 18192ft

Group Size: 1 People Or Above

Mode Of Trekking Tour: Tea House/Lodge

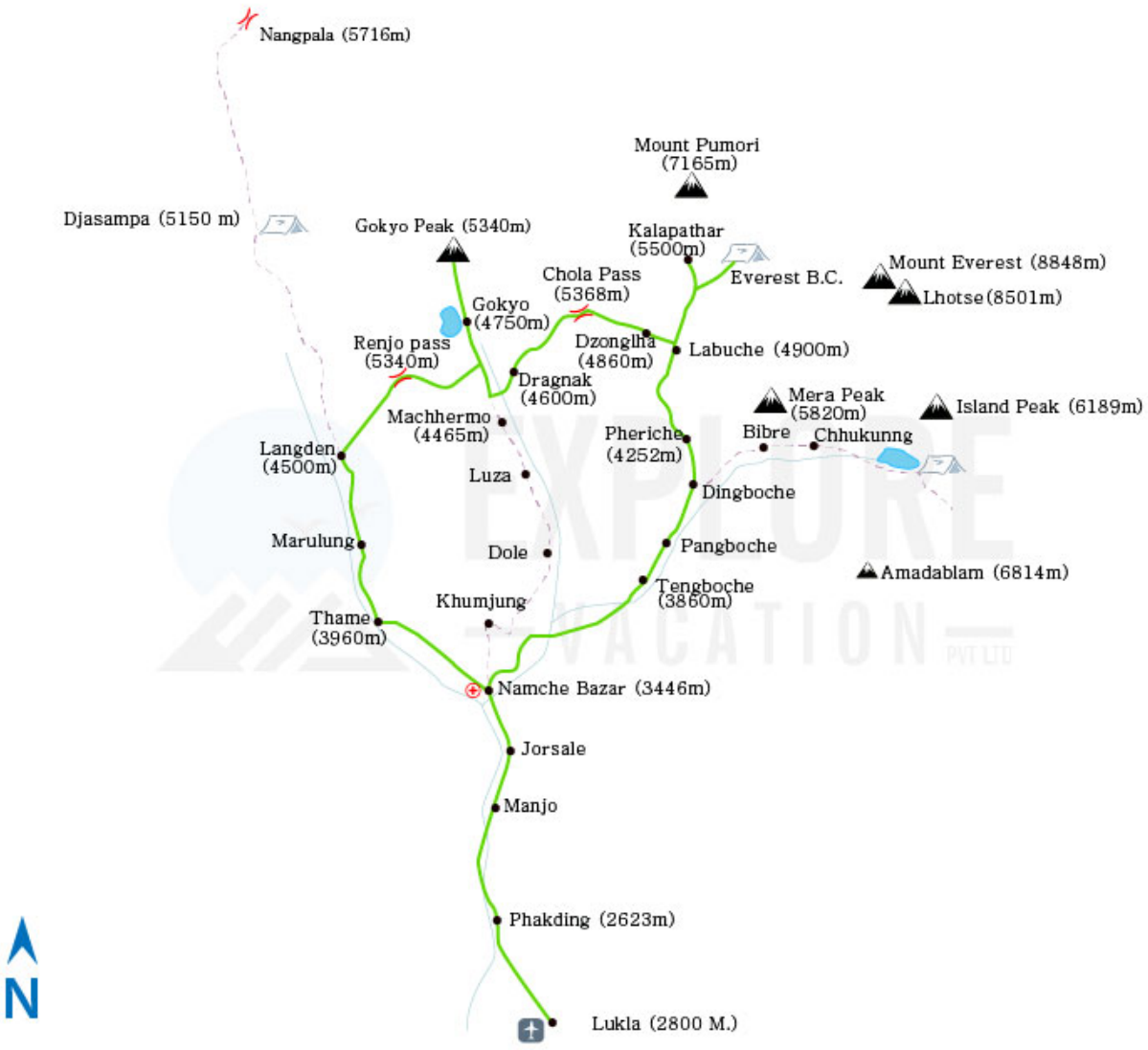
Trekking Hour: Approx 5-7 Hours

Best Season: March/April/May/Sept/Oct/Nov

Highlighted Places: KTM-Lukla-Namche-Tengboche-EBC-Kalapathar-Chola Pass-Gokyo Lake-Renjola Pass

This adventurous trek begins from Lukla and crosses two high passes Renjo la (5360m) and Cho la (5368m) after superb summit to Kalapathar & base camp for incredible experience with panoramic picture captured in your mind & camera. These two rugged passes link the major valleys of the Everest Base Camp. During this trek we follow the typical trek route upto to Namche after which trail deviates off the beaten track into the much less travelled Bhote Koshi valley ultimately leading to the Sagarmatha National Park. During the trek we walk slowly via Renjo la pass through Sherpa village and yak pastures after emerging into the Stunning Gokyo valley. Before Gokyo & Renjo, we experience the higher route of Cho La Pass and the classic trail of Everest Base Camp.

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Day to Day Itinerary

Day 1:Arrival in Kathmandu (1,300m/4,264 ft)

The Himalayan flight to Kathmandu is in itself a thrilling experience, with its city views and the Snow Mountains floating around as though just close enough to touch. Once you arrive at the airport our representative will be there with a playcard bearing your name or the name of this travel agency .You will then be transferred to your Hotel for check-in and refreshment. Later in the evening we will have a small briefing on your trip ahead. Overnight at hotel

Day 2:Kathmandu: Sightseeing and Trek Preparation Day

Second day is basically a sightseeing and Trek Preparation day. After breakfast, we embark on a guided tour to major historical, cultural and spiritual attractions of the valley which includes World Heritage Sites like the historic Durbar Square, the sacred Hindu temple of Pashupati Nath, the famous 'Monkey Temple' (Swayambunath) and Buddhists shrine (Bouddha Nath) etc. Today we will also be finalizing official procedure and other necessary arrangements, provide more information on your forthcoming trip, equipments and team composition. Later in the afternoon you can start preparations and shopping for any personal items you may have forgotten for the ultimate trip of a lifetime. Overnight at hotel

Day 3:Fly to Lukla (2,800 m) – Trek to Phakding (2,652 m)

After breakfast we take a flight to Lukla, the most adventurous and breathtaking 40 minute on the air, with view of breathtaking green and white landscape. An amazing landing on a steep mountain runway brings us to the start of our trek at the village of Lukla, 2850 m. After meeting the crew and other team members, we head up the Dudh Koshi Valley on a well-marked trail to Phakding. Today is just a short hike to assist in acclimatization but if one is can take a side trip to a nearby monastery. Overnight at Lodge

Day 4:Trek Phakding - Namche Bazaar (3440 m/11,280 ft)

We have an exhilarating day ahead, as we hike through beautiful verdant pine forests, along the Dudh Koshi River crossing and re-crossing many suspension bridges, one of which is the famous Hillary Suspension Bridge. We catch the first spectacular view of the glistening Mt. Thamserku (6618 m) as we trek through the settlements of Benkar, Chumoa, Monjo, before coming to the check post and entrance of the Sagarmatha National Park. From the park our trail then climbs through forests and bridges until we reach the confluence of the Dudh Koshi and Bhote Koshi rivers. After a final steep ascent of about two hours we get the first sight of Mt. Everest peering over the Lhotse-Nuptse ridge. We stop a while at Chautara to admire the views and bounties of nature. From here it is a short 1.5 hours hike to reach Namche Bazaar, gateway to Mt. Everest. Namche is the main trading village in the Khumbu and has a busy Saturday market - a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La. Overnight at Lodge

Day 5:Rest day at Namche Bazaar

Today is the 'acclimatization day' for this trek to adjust to the new environment and altitude. Health experts recommend us to stay active and moving during this day, instead of being idle. Namche is tucked away

between two ridges amidst the giant peaks of the Khumbu and has an abundance of lodges, tea shops and souvenir shops hence it is an ideal place to spend a day before heading off towards Tengboche. At Namche we can visit Khunde Hospital set-up by Sir Edmund Hillary, or take an one hour walk up to the Everest View Hotel above Namche for the sunset view of Ama Dablam, Nuptse, Lhotse and Everest. There are also good views from the National Park Centre and Museum just above the town. Overnight at Lodge

Day 6:Trek Namche Bazaar - Tengboche (3860 m /12,660 ft]

After a hearty breakfast we start our hike today which gives us some cool sights of Mt. Everest, Mt. Nuptse, Mt. Lhotse, Mt. Ama Dablam and close up view of Thamserku. The trail meanders with a few up and down hill sections with the snow peaks for companion throughout. If lucky we may spot the elusive Himalayan Thar or the musk deer. The trail finally converges at Sansa, the major trail junction to Gokyo valley and Everest Base Camp. The trail then follows through pine forests and a prayer flags festooned bridge over the Dudh Koshi River, before finally reaching Phunki Thenga, a small settlement with a couple of teahouses and a small army post amidst the alpine woods. Our lunch will be serverd here, after which we have a slightly tougher afternoon hike through the pine forests to reach Tengboche which offers fantastic close up views of Mt Ama Dablam, Mt Nuptse, and Mt Everest. It also hosts the biggest Buddhist Monastery of the Khumbu region. We pay our visit to the monastery in the afternoon to take in the spiritual ceremony. Overnight at Lodge

Day 7:Trek Tengboche - Dingboche (4360m/14,300 ft]

We start our day with the views of Tengboche monastery along with majestic snowy peaks floating in the background. We then choose the upper trail which passes through several Chortens, Mani walls, prayer flags blowing in the wind and small villages for better views and to visit Pangboche village and its ancient Monastery. Lunch will be served with fantastic close-up views of Mt. Ama Dablam. Our trail then eventually climbs to Shomare, where you will notice a change in the tree line as the terrain changes dramatically to rolling arid stretch and an alpine terrain with patches of scrub and isolated pastures. It is from Orsho the pyramidal peak of Mt. Pumori emerges above the mountains ahead. We finally reach the cold and windy settlement of Dingboche overlooked by Chortens and prayer flags for the night's rest. Overnight at Lodge

Day 8:Dingboche - Chhukung

Today we leave Dingboche and its stone walled fields and alpine landscape. From Dingboche we follow through the Imja Khola valley to a land raven by glacier moraines amidst towering formidable mountains. While walking through the valley, Lhotse towers on our left and Ama Dablam on our right. After walking about 3 km, we reach a yak herdman's place called Bibre, from here straight ahead, beyond a terminal moraine wall, soars the Island peak (Imja Tse), the most popular trekking peak in Nepal. The pyramidal Imja Tse looks divine with its step rock and icy south face. We continue through a trail intersected by icy streams before reaching Chhukung in about half an hour. We can also make an optional hike if interested to the rocky knoll of Chhukung Ri from where views of Lhotse, Island Peak, Ama Dablam, Makalu and Baruntse are simply beyond description. Overnight at Lodge

Day 9:Rest Day at Chhukung.

Today experts strongly recommend acclimatization in Chhukung before doing the Kongma La pass, however, we are not supposed to stay idle. We take this opportunity to climb the Chhukung Ri or to the base camp of

Island Peak. The great south face of Lhotse towering in the north, while Amphu Lapcha, (5780 m pass) and the immense fluted ice walls that flank it dominate the horizons of the south. Overnight at Chhukung.

Day 10:Trek Chhukung - Kongma La (5535m)-Lobuche (4940m)

Today is an extremely invigorating and challenging day as we gears for "conquest of Kongma La (pass), 5535 m." We have a trail option - via a climb over the hill northwest of Chhukung over the moraine of the Nuptse Glacier or a walk back down the valley to Bibre to follow a high trail above the Niyang Khola. Either way, there are great views of Island peak valley and jagged ridge of Amphu Lapcha. Ascending along the east side of Niyang Khola valley, we turn west and walk through the stony trial which enters a wide basin dotted with small frozen lakes. The trail then rises over to reach Kongma La .Upon reaching the top; we encounter a cairn wrapped in prayer flags, "Om Mani Padme Hum".Behind us is a landscape of icy lakes and ahead of us is the Khumbu Glacier. The final descent is the most difficult stage of the trek today. Upon climbing the moraine on the far side, the trail turns north through Khumbu Glacier which takes us to Lobuche. Overnight at Lodge Note: Trekking through the Kongma La is optional. If you do not want to tackle the strenuous Kongma La pass and prefer to go directly to Lobuche, it is also possible.

Day 11:Trek Lobuche - Gorak Shep (5170 m) - Everest Base Camp (5364 m)- Gorak Shep,

Today is an exhilarating and thrilling day as our trial navigate through the lateral moraine of the Khumbu Glacier. Passing through the pyramid sign post, you will get great views of the crest of north ridge of Everest, Mt. Pumori, Mt. Mahalangur, Mt. Lingtern, Mt. Khumbutse, Mt. Nuptse, etc. If we make an optional small ascent of Thangma Riju we would be rewarded with 360 degree panorama of snowy mountains. After we ascend the Changri Glacier, we catch our first glimpse of Kala Patthar, a grey-green knoll beneath the Mt. Pumori. As we reach Gorak Shep, we will be surrounded by snow-capped peaks, including the Mt. Everest. After a brief lunch and rest, we continue with our trail to Everest Base Camp through the once vast Gorak Shep Lake. Further ahead, you take the trail through the Indian army mountaineers' memorials to reach the Everest Base Camp. On our trail through the Indian army mountaineers' memorials and to "Everest Base Camp" we get to meet mountaineers from all over the world and appreciate what a mountaineering adventure really is. Everest Base camp stands out with brightly colored tents of mountaineering expeditions against the monotonous grey surrounding (especially in the Spring). From here, Nuptse, Khumbuste and Pumori are directly in front of you. Mt. Everest is not actually visible from here hence we set of later in the afternoon for the optional Kala Patthar hike and its sunset views. Note: For those opting for the hike to Kala Patthar, our Team leader will coordinate all arrangements for the amazing sunset view rather than waiting until the next day. Overnight in Gorak Shep at a local lodge.

Day 12:Gorak Shep - Kala Patthar (5545 m) - Lobuche (4940 m)

We start early in the morning today to catch the dramatic sunrise views from Kala Patthar, witnessing the first light of day shining on Mt. Everest. Familiar peaks such as Lingtren, Khumbutse, Changtse tower to the east even as Everest begins to reveal itself emerging between the west shoulder crest and Nuptse. During the ascent to Kala Patthar, we stop at various points in the trail to rest; contemplate on the beauty of nature and not forgetting to go crazy clicking some of the most beautiful photographs of your holiday.As you reach the top, the Himalayan Panorama, floating all around you is truly outstanding which a apt climax to a truly wonderful adventure. For those members who plan to visit Everest Base Camp, we will have early breakfast to start early

as Everest base camp hike takes longer time (4 - 5 hrs) than the Kala Patthar hike. After returning back to Gorak Shep, the group will have lunch together and in the afternoon we begin to descend down to Pheriche for a good night's rest.

Day 13:Trek Lobuche - Dzongla (4830m)

Today our trail branches off from the main trail. After crossing a stream we come through a fork and later we curve round to the wide gravelly river bed of the stream. As it flows southwest, our trail runs across it and climbs the ridge ahead. From the grassy ridge ahead, we can see the soaring heights of Ama Dablam and Kangtega-Thamserku while Taboche looms prominently ahead. Pheriche village is visible down in the distance. From here we can also see Chukpi Lhara and its memorials and the lodges of Dugla. As the ridge veers northward, the vast Chola Lake spreads below Mt. Cholatse and the lake stays with us over a long stretch until we descend to a wide basin. The trail then ascends up a spur and descends steeply to another broad basin from which,after an hours hike transversing the basin and crossing a wobbly bridge, we reach Dzongla. Overnight at Lodge

Day 14:Trek Dzongla-ChoLa (5368m/17,611 ft)-Thangnak (4680m/15,350 ft)-Gokyo (4800m/15,580 ft]

Today is one of the toughest days of our trip. Our hike begins transversing a spur extending westward from Dzongla. The path descends to a basin across which meanders a murmuring stream crusted with ice at places. After about an hour of walk, we reach the top of the basin .As we gain height, the views gets more captivating; the Chola Lake begins to appear and the Ama Dablam in its pyramidal incarnation presides over a range of mountains on the south as Cholatse soars on the west. It is a tough climb uphill and we should also be prepared for some scrambling over boulders. The final climb to the Chola can be a little tricky as the trail curves round the bergschrund. The toughness of the ascent is more than compensated by the tranquility of the top and its mesmerizing views if the Himalayas and prayer flags floating in the air. It is a steep descent down to Thangnak hence we need to be cautious especially over glazed ice rocks and boulders. A long but satisfying day end brings us to small hamlet village of Thangnak where we are greeted by mountain vistas, views and village life. After a sgort while we continue to the Ngozumpa glacier, the longest glacier in Nepal. From the other side of the glacier, we get views of the second Gokyo lakes on the series of six lakes. A short distance away is the third Gokyo Lake, and Gokyo village where we rest after a tiring but invigorating day. Overnight at Lodge.

Day 15:Trek Gokyo - Gokyo Ri excursion (5357m/17,575 ft)

Today is a long and exhilarating day ahead as we hike the lakes of Gokyo i.e. the ascent of Gokyo Ri - with unrivalled Himalayan mountains and pristine turquoise blue lakes . Our trail takes us via the lakes of Gokyo and their shimmering turquoise blue sheet of water. Enroute we also climb a hill at the edge of the Lake, for unparrelled snowy mountain views of Cho-Oyu, Gyachung Kang, Everest, Lhotse, Nuptse, and Makulu. Beyond the fifth Lakes is the Cho Oyu Base Camp from where breathtaking views of Cho Oyu and Gyachung Kang, seems just a stone's throw away. The Northern part of the fifth lake provides a granstand view of Cho-Oyu Base Camp and the biggest glacier of the world - 'the Ngazumpa Glacier. We can also arrange an optional visit to the sixth lake, depending on interest and time then we head back to Gokyo village. Overnight at Lodge

Day 16:Trek Gokyo - Renjo La (5360m) - Marlung (4210m)

A long day ahead, so prepare your self with a hearty breakfast. Your trail seperates from the main trail to the

Renjo La trail via Dudh Pokhari. After a3 hours hike arrive at Renjo La, to be surrounded by the snowy abodes of Everest itself, Lhotse, Cholatse and Taboche, shimmering, unreal. Your trail descends down a stone staircase and be prepared to scramble over loose scree to reach the south bank of Angladumba Tso (lake). Precaution should be taken for the presence of ice on the trial while descending down. Your trail takes you through Relama Tso and Renjo lake and through a narrow valley clogged with giant boulders to Lumde, support Lodge, which is often closed. From here it's an hour's hike to Marlung on the east bank of the Bhote Kosi. Overnight at Lodge

Day 17:Trek Marlung - Namche Bazzar

An exciting day today as we follow the ancient caravan trade route followed by Tibetan traders to Thame and Taranga. Our trail then goes through the valley of Langmuche Khola (stream). This stream drains down from Dig Tsho, the glacial lake which outburst on its bank in 1985, causing devastating floods along the Dudh Kosi Valley to the moraines of Thame. Thame is a sprawling village with stunning mountain views of Thamserku, Katenga, Kusum Kangguru, etc. In Thame we can also visit its famous Gompa established some 325 years ago situated on a hill to the west. The Gompa has three big images of Chenresig (Avalokiteswara), Guru Rimpoche, Buddha Sakyamuni. The colorful 'Mani Rimdu' festival, featuring colorful mask dances is held in this Gompa every May. Further ahead lies a check post, and the world's highest hydroelectric power station built with Austrian help. Thereafter, you reach the small village of Phurte, and Laudo monastery, administered by the Kopan monastery of Bouddhanath which is the center for meditation and Buddhist studies. Our trail finally takes us to Namche, hiking through Gompas, colorful player flags, Mani stones, and Chortens, for a deserving night rest. Overnight at Lodge

Day 18:Trek back Namche Bazzar – Lukla

The trek from Namche to Lukla is mostly downhill following the Dudh Kosi. Although we are travelling the same route down, the impression of the views you get may be totally different. The last evening in the mountains of lukla is the ideal opportunity for a farewell party with your crew, where you can sample some 'Chang' (local beer - a favorite drink on the mountains), do a jig to some Sherpa music and reflect back on a memorable trekking experience. Overnight at Tea House.

Day 19:Fly Lukla - Kathmandu: 40 min flight

After a fascinating and incredible journey we take early morning flight back to Katmandu. Your afternoon can be spent resting or taking in the sights of the Kathmandu valley. Talk with our Trip leaders for the latest happening events of the valley, who knows a street festival might just be happening right around the corner! Additionally if you want to take an optional sightseeing tour, we can arrange one of you let us know. A farewell dinner will be hosted to congratulate on the completion of your trek! Overnight in Hotel

Day 20:Trek End, Final Departure

Today is the end of an incredible Himalayan holiday as we bid adieu to Nepal. Our representative will drive you to the airport in time for your flight back home. We ensure that that you leave Nepal, cherishing the incredible sojourn and an experience of a lifetime. If you have time and interest, you can extend your stay and take optional treks to other areas of Nepal, Tibet, Bhutan, Darjeeling or Sikkim or other activities in Nepal like white water or wildlife safari, do let us know.

Trip Cost Includes

- Arrival/Departure transfer in Kathmandu.
- Accommodation in Kathmandu twin sharing room with breakfast.
- Kathmandu sightseeing entrance fee and tour Guide.
- Accommodation mountain lodge/Teahouse on trek with all meals (breakfast. lunch & dinner).
- Conservation fee / Everest Area National Park fee.
- All required supporting crews with experienced leader (guide). porters to carry luggage.
- Meals, Salary, personal equipment. transport and Insurance for supporting teams.
- Kathmandu – Lukla – Kathmandu air tickets and Domestic airport tax.
- First Aid Kit.
- All applicable taxes and service charges.

Trip Cost Excludes

- Nepal entry visa fee.
- Meals in Kathmandu other than breakfast.
- Your travel insurance.
- Insurance for any loss & damage.
- Rescue & evacuation service.
- Personal expenses (phone calls. laundry. bar bills. battery recharge. extra porters. bottle drinks etc)
- Tip for Guide and porters.
- Any additioal cost due to unforeseen circumstances.

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