

## Overview

Everest 3 high pass is rewarding trek to challenge for best adventure trip for once in a lifetime experience. This 3 weeks difficult high pass in Everest region engage such as Kongma La Pass (5,535/18,159 ft), Cho La (5420m/17,782ft) and Renjo La (5,340m/17,520ft). This physically demanding trek offers super views of high peaks of Himalaya. You encounter typical Sherpa villages, lakes, Glacier and Yak pasture. We sleep standard lodge (Tea house) except the few nights. We organize full board fully supported camping- tented trek where there is no Tea house. We gradually trek from 2800 M and reach the maximum altitude of (5545m/ 18192ft). This most exacting three highs passes in Everest regions becoming popular for many adventure lover and adventure trekkers. The landscape is varied and spectacular; the lodgings and tracks range from the time-worn paths of the Khumbu, to the isolated and less frequented Renjo Pass region. This Everest high pass trek is really rewarded for its remarkable scene of Himalaya of Nepal. You can enjoy the breathtaking mountain vistas of world's eight highest Peaks, wonderful typical Sherpa villages and monasteries.

## Itinerary Details

### Day 01 : Kathamandu (1300m/ 4264ft)

Our office Staff with Car & driver will welcome, greet you at International Airport on Arrival. After Visa formalities complete, you have to come downstairs to collect Luggage and proceed to outside from terminal Building. Please look after your Printed Name and Our Company Signboard and follow them. Meet our Staff and then Transfer to Hotel. Check in at Hotel, free welcome drinks tea/coffee or any cold drinks. Company Manager will meet you with your guide and will provide detailed Plans and Briefing about the trip. Balance trip Payment should clear if any etc. Free day for relax or explore around the city yourself.

### Day 02 : Kathamandu – Lukla (2840m/ 9317ft)- Phakding (2652m/ 8700ft)

Estimated time: 6 hours estimated height gain: ~4436ft Early morning you will be picked up by your guide to go to the Kathmandu airport, from where we will take the airplane to Lukla, which will take us about 30 minutes of flight time. At Lukla we will be meet our porters and will head north from the airstrip to Chablung (2700m). Here we will cross the Tharo Kosi river on a local-style suspension bridge. Just past the bridge we can see the peak of Kusum Kangru (6367m), which is the most difficult of the so-called “trekking peaks”. Beyond the Tharo Kosi the trail climbs a bit towards Ghat (2590m), we will cross a ridge marked with painted mani stones and climb to Phakding where we will stay overnight (4 hrs).

### Day 03 : Trek To Namche Bazaar (3440m/ 11280ft)

From Phakding we follow the valley of the Dudh Kosi river, staying on the west bank of

### Everest 3 High Passes Trek

the river. We climb steeply over a rocky ridge towards Benkar (2710m). From here the trail continues alongside the river. All along this part of the trail, villages are interspersed with magnificent forests of rhododendron, magnolia and giant firs. In both the early autumn and late spring, the flowers on this portion of the trek make it a beautiful walk. We cross the Kyashar Khola river and climb out of the valley to Monjo (2840m). Just beyond Monjo the trek enters the Sagarmatha (Everest) National Park, which was established in 1976 to protect a 1148 sq km area surrounding Mt Everest. Beyond the national park entrance station, the trail makes a steep rocky descent and crosses the Dhud Kosi river on a 120m-long suspension bridge towards Jorsale (2830m). After crossing this river a few times while climbing our way up the valley we will reach Namche Bazaar (3420m). Namche Bazaar is the main trading centre in this region and features numerous shops, hotels and restaurants (6 hrs).

#### **Day 04 : Namche Bazaar Rest Day**

Acclimatization is important before proceeding higher. Today we will take a day hike through the villages of Khunde and Khumjung. We start with a steep one-hour climb to the Shyangboche airstrip (3790m), from where we will slowly ascent towards Khunde passing numerous chorten (stone Buddhist monuments). From Khunde we follow the trail eastwards to Khumjung, the largest village in Khumbu, at the foot of the sacred peak Khumbila. After enjoying lunch here we will follow a steep switchbacking trail descending to Chhorkung (3540m). From here it is a quick descent back to Namche Bazaar (5 hrs).

#### **Day 05 : Trek To Tengboche (3870m/ 12694ft)**

Our route of today to Tengboche weaves in and out of side valleys, making small ups and downs, to the teashops of Kenjoma, and joins the trail from Khumjung just before a collection of mani stones. The views of Everest and Ama Dablam are excellent from this part of the trek. We pass the small settlement of Sanasa from where the trail drops towards Phunki Thanga (3250m). From here the trail climbs steeply through forests and around mani stones as it follows the side of a hill to the saddle on which the monastery of Tengboche sits at 3870m. The view from here is rightly deemed to be one of the worlds most magnificent. Kwangde (6187m), Tawachee (6542m), Everest, Nuptse, Lhotse (8501m), Ama Dablam, Kantega and Thamserku provide an inspiring panorama of Himalayan giants. We will spend the night in Tengboche village (5 hrs).

#### **Day 06 : Trek To Dingboche (4360m/ 14300ft)**

The path from Thyangboche leads downhill throughout a forest of conifers, birch and rhododendrons. The trail passes the monastery at Deboche to cross a bridge over the Imja Khola, whose valley we now follow. The trail then arrives Pangboche, at 3,900m, the highest permanent settlement in this valley. We are above the tree line now. A short climb brings us to Shomore, where we have lunch. After lunch we continue ascending to Dingboche, at 4,530m. Dingboche is a summer settlement and here the great peaks of Ama Dablam, the ridge of Nuptse-Lhotse, Tawoche and Chalotse surround us.

### **Day 07 : Rest Day In Dingbuche**

We spend an additional day at Dingboche to remain our body for high altitude acclimatization. Those who are acclimatizing well to the altitude can hike Nangkartshang Peak at 5,100m. From this hill the views are even more exceptional - Chalotse and Tawoche tower above us, Ama Dablam rears up across the valley and in the distance, we can see Makalu.

### **Day 08 : Trek from Dingbuche to Chukung (4743m/ 15561ft)**

The trail raises the valley gradually towards Island Peak and Chhukung, a small settlement at 4,730m. From Chhukung we will ascend Chhukung Ri (5,546m) and from here we can look straight across the valley to the fantastic snow and ice formations on Ama Dablam and the Amphu Labsa.

### **Day 09 : Cross to Kongma La pass (5535m) & trek to Lobuche (4940m/16,210ft):**

Today we have to start an early for a hard and very long day as we cross our first pass. We turn away from the main valley and head up a side valley towards the Kongma La. As we climb the panorama becomes increasingly amazing as the ridge of Nuptse appears above us. We can see the glaciers of Kongmatse ahead and the rocky peak of Pokalde is to our left. Ultimately, we reach a small lake before the last steep scramble to the top of the pass. From the top 5,535m, peaks and glaciers in all directions surround us. The descent is long and steep and finally brings us to the Khumbu Glacier, a real sting in the tail as we must cross it at the end of the day to reach Lobuche (4,940m) a small Sherpa settlement with few teahouses. The sunset on Nuptse towering above us is not to be missed.

### **Day 10 : Trek to Everest Base Camp return to Gorakshep (5400m/ 17716ft)**

Another long day so we start very early, following the Khumbu Glacier northwards to Gorak Shep (5,180m). The trail undulates by the side of the Khumbu Glacier on the rocky moraine. It will take us approx. 3hrs to reach Gorak Shep, where we have a rest and something to eat. We stock up on snacks and water as there are no teahouses from here to Base Camp. Leaving Gorak Shep we trek across the sandy flat at Gorak Shep and climb onto the lateral moraine of the Khumbu Glacier. The trail ascends the side of the glacier for a couple of hours before descending onto the rocky glacial moraine itself. The trail winds up and down through fascinating ice seracs to the area known as Everest Base Camp (5,364m), where in spring, we may see some of the expedition teams as they prepare to summit the mountain. From the Base Camp we get fantastic close-up views of the Khumbu Ice Fall. Nuptse towers above us and Pumori rears up behind us. We retrace our steps to Gorak Shep.

**Day 11 : Hike Kala Pattar (5545m) for views of Everest; return to Lobuche.**

This morning we climb steeply above Gorak Shep to the small peak of Kala Pattar, 'Black Rock', at 5,545m, from where we can look down over the camps of the various Everest expeditions. This climb affords a most magnificent view of the Khumbu Glacier and above all a close-up view of the world's highest mountain. We return to Gorak Shep and retrace our steps to Lobuche. (Please note that due to bad weather we may change the order in which we do the walks to Everest Base Camp and Kala Pattar).

**Day 12 : Trek to Dzongla; optional trek up Awi Peak (5245m).**

Following the terminal moraine of the Khumbu Glacier we head down the valley before turning off above the Chola Tso Lake towards our next pass, the Cho La. Above us are the twin peaks of Tawoche and Chalotse. We stay tonight in the small basic tea house at Dzongla (4,840m). For the energetic there will be a chance en route to ascend Awi Peak (5,245m), a little-known viewpoint but well worth the effort for the views across to Everest Base Camp.

**Day 13 : Cross the Cho La (5420m/ 17782ft) and trek to Dragnak**

The ascent of the Cho La is very steep and not easy, especially in heavy snow conditions. At the top of the pass (5,420m) we cross the icy sloping surface of the glacier - a true mountain experience - as snow peaks and glaciers now surround us. Initially the descent is very steep and can be icy as it zig zags down the moraine. The trail then becomes easier as we finally reach the lodges at Dragnag, where we stay tonight. Teahouse (sleeping altitude 4,700m)

**Day 14 : A short hike throughout the Ngozumpo glacier to Gokyo Lake.**

An easy day today after the efforts of the last few days, as we hike onto the terminal moraine of the Ngozumpo Glacier, which is the biggest in the Nepal Himalaya. A wonderful, but quite hard walk, across the glacier takes us to the walled pastures and lodge set next to the azure blue lake at Gokyo (4,750m). There is time this afternoon to rest and take in the views or the active may want to discover further up the Gokyo Valley.

**Day 15 : Full day in Gokyo: hike Gokyo Ri (5357m/17,575 ft), tour 4th and 5th Gokyo lakes: 3 - 4 hrs**

In the early morning we hike Gokyo Ri in order to enjoy views of the incredible mountain vista. We can also visit the fourth Gokyo Lake today, which is only 3km north of the Gokyo Village. Next, continue trekking to the 5th lake. The view from 'Scoundrel's Viewpoint', located at the edge of the 5th lake, is amazing. Mountains surround us and include four of the seven highest peaks in the Nepal Himalaya: Cho Oyu, Everest, Lhotse and Makalu. We trek back to Gokyo and spend the night.

**Day 16 : Cross Renjo La Pass (5360m/17585) and trek to Marlung (4210m/13,810 ft)  
7- 8 hours**

We start the day early in the morning to complete the long day's trek ahead. Our trail moves alongside Dudh Pokhari (lake) for a while. We walk for around two hours before downward towards the Renjo La pass. On the way we are rewarded with extravagant views of the Himalayan and Rolwaling ranges and others. Views from the Renjo La pass are much like that from Gokyo Ri with the third Gokyo Lake and Gokyo Village beneath the gray smear of the Ngozumpa Glacier. We also get exceptional views of Mt. Everest from the top of the pass. Continuous on from the pass, our path winds down a stone staircase and then moves over a loose scree to get the south bank of Angladumba Tsho Lake. Along the way we see Relama Tsho and Renjo Lake. We walk down a narrow valley clogged with giant boulders to Lumde. We hike almost for an hour from Lumde to get to Marlung on the east bank of the Bhote Koshi River. Overnight at Marlung.

**Day 17 : Trek from Marlung to Namche Bazaar: 15km, 5 - 6 hours**

The hike downhill from Marulung to Thame follows a traditional path used for centuries by the Tibetan merchants. We cross the Bhote Koshi River and descend to Taranga. The trail continues to descend and we cross two bridges before getting Thame. Overlooking Thame is its well-known Gumpa located on a hill to the west. From here, we descend slowly on a trail that passes through a few small villages before reaching Namche Bazaar which is probably the biggest town in the Everest region. Overnight in Namche Bazaar.

**Day 18 : Trek from Namche Bazaar to Lukla: 19km, 6 - 7 hours**

We start our walk with a downhill. As we continue our trek, we cross numerous bridges over the fast flowing Dudh Koshi River and its streams. Now the path has become more level and usual. On our trek we love hiking on open plains, within rhododendron and pine jungles and enjoy distant views of the snow covered peaks. We hike throughout Sherpa settlements noticing their inspiring faith in Buddhism and the culture of prayer stones and prayer flags. After getting

**Day 19 : Fly from Lukla to Kathmandu: 40 minutes flight**

After breakfast, fly to Kathmandu (this is scenic flight of 35 min). Drive to Hotel and easy day at Kathmandu city for rest day or shopping.

**Day 20 : Free day or contingency day in Kathmandu.**

Today is free in Kathmandu for last minute sightseeing or shopping. In the evening, there will be a farewell dinner to celebrate the successful completion of your journey to the mountain

## **Day 21 : Depature To Home**

Morning free for last Minute shopping or time as your own. Our driver and airport representative drive you to the airport in time for your flight back home. We ensure that you leave Kathmandu with cherishing memory and an experience of a lifetime.