

Everest Three Passes Trek – Adventure Beyond the Ordinary

Overview:

The Everest Three Passes Trek is the ultimate trekking adventure in Nepal's Everest region, crossing the three spectacular high mountain passes of Renjo La (5,360 m / 17,585 ft), Cho La (5,420 m / 17,782 ft), and Kongma La (5,535 m / 18,159 ft). Combining the turquoise Gokyo Lakes, Everest Base Camp, Kala Patthar, and traditional Sherpa villages, this challenging circuit offers the most complete Himalayan trekking experience with breathtaking mountain scenery and rich cultural heritage.

The trek follows a clockwise route through the picturesque Dudh Koshi Valley and the traditional Sherpa village of Thame before ascending to Renjo La, the first of the three high passes. From there, the trail descends to the stunning Gokyo Lakes and Gokyo Village (4,790 m / 15,715 ft), renowned for their crystal-clear glacial waters and panoramic views of Everest, Lhotse, Makalu, and Cho Oyu. Crossing the dramatic Cho La Pass leads to Lobuche (4,940 m / 16,207 ft), where the route joins the classic Everest Base Camp trail.

From Lobuche, the journey continues to Gorakshep (5,164 m / 16,942 ft), the gateway to Everest Base Camp (5,364 m / 17,598 ft). Trekkers also climb Kala Patthar (5,545 m / 18,192 ft), the highest point of the trek, to witness one of the Himalayas' most spectacular sunrise panoramas over Mount Everest and the surrounding peaks.

The adventure concludes by crossing Kongma La, the highest and final pass, before descending to Chhukung (4,730 m / 15,518 ft) and rejoining the main trail through the beautiful Imja Valley on the return journey to Lukla (2,860 m / 9,383 ft). As the trail gradually descends, trekkers can reflect on an extraordinary journey through some of the world's most dramatic mountain landscapes before flying back to Kathmandu (1,400 m / 4,593 ft).

The Everest Three Passes Trek is one of Nepal's most demanding teahouse treks, best suited to fit and experienced trekkers seeking a rewarding high-altitude adventure. With its combination of remote valleys, pristine glacial lakes, iconic Himalayan viewpoints, challenging mountain passes, and authentic Sherpa culture, it delivers an unforgettable trekking experience in the heart of the Everest region.

Quick facts:

Cost: USD per Person

Destinations: Lukla / Kala Patthar / Cho La / Renjo La / Gokyo Ri

Duration: 19 Days

Trek starting point: Lukla

Trek ending point: Lukla

Grade: Challenge

Transportation: Domestic flight

Accommodation: tea house, tourist standard hotel in Kathmandu

Max altitude: 5,535 m

Activities: Hiking & trekking, sightseeing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Backpack (No luggage or hand carry)
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

□ **Day 1: Arrive at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.
Overnight at the hotel

□ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you at the hotel and provide a briefing about the upcoming trek, including the itinerary, safety information, and important preparations. He will also assist you with all the necessary trekking formalities and paperwork.

After the briefing, we will go on a sightseeing tour around the Kathmandu Valley, visiting famous UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple. On this day, we will also arrange the TIMS card and other required permits for the trek. In the evening, you will have time to prepare your trekking gear and make the final arrangements for the journey ahead. Overnight at the hotel.

□ **Day 3: Fly to Lukla (2,840m) and Trek to Phakding (2,610m): Walking distance: 8km:3 – 4hours**

After an early breakfast, we will fly from Kathmandu (1,400 m / 4,600 ft) to Lukla (2,840 m / 9,317 ft). The short 35-minute flight offers spectacular views of the Himalayas, and landing on the hillside airstrip is an adventure in itself, with mountains towering on all sides and a steep drop at the end of the runway. The crisp mountain air and dramatic landscapes make it clear that we have entered the heart of the Everest region.

From Lukla, we will start our trek along a gentle trail towards Cheplung Village, enjoying the striking views of Mount Khumbila. The path then gradually descends through the Dudh Koshi River valley as we make our way to Phakding (2,610 m / 8,563 ft). Surrounded by lush hills and offering panoramic views of Kusum Kanguru, Phakding is a charming village with comfortable lodges that serve trekkers. The trek from Lukla to Phakding is approximately 8 km (5 miles) and takes around 3–4 hours, providing a relaxed start to acclimatize and soak in the Himalayan scenery. Overnight at a guesthouse in Phakding.

Note: The weather in Lukla is highly unpredictable. Occasionally, flights may be delayed or canceled due to adverse weather conditions. If a flight is canceled, you will need to return to your hotel in Kathmandu. Please note that transportation back to the hotel and accommodation for this night are not included. If the weather clears the next day, you will be accommodated on either the 3rd or 4th flight to Lukla. If conditions remain unfavorable, there is also an option to take a helicopter flight. The cost of a helicopter flight is not fixed and will be quoted by the airline on the same day. You should expect to pay an additional approx. 250 USD for the helicopter transfer from Kathmandu to Lukla. Although such situations are rare, we believe it is important to inform you in advance.

▣ **Day 4: Trek from Phakding to Namche Bazaar (3,440m) : Walking Distance: 10 – 12 km: 5 – 7 hours**

We will start our trek from Phakding (2,610 m / 8,563 ft) and follow the trail along the Dudh Koshi River, passing through traditional Sherpa villages and suspension bridges. The trail gradually ascends through pine and rhododendron forests, offering beautiful views of the surrounding hills and mountains. We will cross several small settlements before reaching Monjo (2,835 m / 9,301 ft), where we may stop for a short break. Continuing uphill, we will climb steeply to Namche Bazaar (3,440 m / 11,286 ft), the main trading hub of the Khumbu region. The trek covers approximately 10 – 12 km and takes around 5–7 hours, making it a moderate to challenging day that helps with acclimatization. Along the way, we will enjoy panoramic views of Thamserku and Kongde Ri, and take in the lively atmosphere of Namche Bazaar, surrounded by dramatic Himalayan peaks. Overnight at a guesthouse in Namche Bazaar.

▣ **Day 5: Rest day at Namche Bazaar**

We will take a rest day at Namche Bazaar (3,440 m / 11,286 ft) to allow our bodies to acclimatize to the higher altitude. During the day, we will explore the village, visit local markets, and enjoy the vibrant Sherpa culture. For those who wish to stretch their legs, we will take a short hike to the Everest View Hotel, which offers spectacular panoramic views of Mount Everest, Lhotse, and Ama Dablam. This day provides an excellent opportunity to rest, acclimatize, and take in the stunning Himalayan scenery before continuing the trek. Overnight at a guesthouse in Namche Bazaar.

▣ **Day 6: Trek from Namche Bazaar to Tengboche (3,867m): Walking distance: 9km: 5 – 6 hours**

We will start our trek from Namche Bazaar (3,440 m / 11,286 ft), gradually ascending through pine and rhododendron forests with breathtaking views of the surrounding Himalayan peaks. The trail passes through charming Sherpa villages and offers glimpses of terraced fields and local monasteries. After approximately 5–6 hours of trekking covering around 9 km (5.5 miles), we will reach Tengboche (3,867 m / 12,687 ft), famous for its Tengboche Monastery, one of the most important Buddhist monasteries in the Khumbu region. From here, we will enjoy panoramic views of Ama Dablam, Everest, Lhotse, and Thamserku, making it a memorable stop. The village provides cozy lodges for overnight stays, allowing time to relax and soak in the majestic surroundings. Overnight at a guesthouse in Tengboche.

▣ **Day 7: Trek from Tengboche to Dingboche (4,410m): Walking distance: 11km: 5-6 hours**

We will start our trek from Tengboche (3,867 m / 12,687 ft), descending slightly through rhododendron and pine forests before crossing the Dudh Koshi River. The trail then gradually ascends, passing traditional Sherpa villages and offering stunning views of Ama Dablam, Lhotse, and Island Peak. After approximately 5–6 hours of trekking covering around 11 km (7 miles), we will reach Dingboche (4,410 m / 14,468 ft), a scenic village in the Imja Valley. The village features cozy lodges and provides spectacular mountain views, making it an ideal stop for the night. Overnight at a guesthouse in Dingboche.

▯ **Day 8: Trek from Dingboche to Chhukung (4,730m): Walking distance:4km: 2 – 3 hours**

We will begin our trek from Dingboche (4,410 m / 14,469 ft), following a gentle trail through the wide Imja Valley toward the small settlement of Chhukung (4,730 m / 15,518 ft). The path gradually ascends across alpine terrain and yak pastures, offering stunning views of surrounding Himalayan giants such as Ama Dablam, Lhotse, and Island Peak. The trail is relatively short but requires a steady pace due to the high altitude. After approximately 2–3 hours of trekking, covering around 4–5 km (2.5–3 miles), we will arrive at Chhukung, a quiet mountain village that serves as a base for trekkers preparing to climb Chhukung Ri or venture toward Island Peak Base Camp. Upon arrival, we will have time to relax, acclimatize, and enjoy the spectacular mountain scenery surrounding the valley. Overnight at a guesthouse in Chhukung.

▯ **Day 9: Restday and Acclimatization in Chhukung**

Today is an acclimatization and rest day at Chhukung (4,730 m / 15,518 ft), a small settlement located in the upper Imja Valley surrounded by spectacular Himalayan peaks. Although it is considered a rest day, a short acclimatization hike is highly recommended to help the body adjust to the increasing altitude. For those feeling strong, we can hike to Chhukung Ri (5,550 m / 18,209 ft), one of the best viewpoints in the Everest region. The climb takes about 3–4 hours round trip and rewards trekkers with breathtaking panoramic views of Ama Dablam, Lhotse, Makalu, and Island Peak, along with the dramatic glaciers and valleys below. After returning to Chhukung, the remainder of the day can be spent relaxing at the lodge, hydrating well, and enjoying the peaceful mountain environment while preparing for the next stage of the trek. Overnight at a guesthouse in Chhukung.

▯ **Day 10: Trek from Chhukung via Kongma La(5,535m) to Lobuche (4,940m) :Walking distance: 11 – 13km: 7 – 9hours**

We will begin our trek from Chhukung (4,730 m / 15,518 ft), gradually ascending along a rugged trail toward the high mountain pass of Kongma La (5,535 m / 18,159 ft), one of the three major passes of the Everest region. The climb to the pass is steep and challenging, crossing rocky slopes and glacial moraines while offering spectacular views of Lhotse, Makalu, Nuptse, and the surrounding Himalayan peaks. Upon reaching Kongma La, we will be rewarded with breathtaking panoramic views of glaciers, frozen lakes, and towering mountains.

After crossing the pass, we will descend carefully over rocky terrain toward the moraines of the Khumbu Glacier, eventually joining the main Everest Base Camp trail before reaching Lobuche (4,940 m / 16,207 ft). This is one of the most demanding trekking days of the journey due to the altitude and rugged landscape. After approximately 7–9 hours of trekking, covering around 11–13 km (7–8 miles), we will arrive at Lobuche where we can rest and recover after this challenging but rewarding high-pass crossing. Overnight at a guesthouse in Lobuche.

▣ **Day 11: Trek from Lobuche to Everest Base Camp(5,364m) via Gorakshep (5,164m): Walking distance: 14 – 15km: 7 – 8 hours**

We will begin our trek from Lobuche (4,940 m / 16,207 ft), following the trail along the rugged moraine of the Khumbu Glacier toward Gorakshep (5,164 m / 16,942 ft), the last settlement before Everest Base Camp. The trail gradually ascends through rocky terrain, offering impressive views of surrounding Himalayan peaks such as Nuptse, Pumori, and Lingtren.

After a short rest at Gorakshep, we will continue our trek toward the legendary Everest Base Camp (5,364 m / 17,598 ft). The path follows the edge of the glacier, crossing rocky moraines and glacial terrain while providing close-up views of the dramatic Khumbu Icefall. Upon reaching Everest Base Camp, we will take time to enjoy the incredible atmosphere of the world's highest mountain, capture photographs, and admire the surrounding Himalayan landscape. After spending some time at Base Camp, we will retrace our steps back to Gorakshep for the night. After approximately 7–8 hours of trekking, covering around 14–15 km (8.5–9 miles) round trip, we will return to Gorakshep to rest and prepare for the next day's adventure. Overnight at a guesthouse in Gorakshep

▣ **Day 12: Trek from Gorakshep to Dzongla (4,830m) via Kala Patthar (5,550m): Walking distance: 12 – 14 km: 8 – 9 hours**

We will start early in the morning from Gorakshep (5,164 m / 16,942 ft) to hike up to the famous viewpoint of Kala Patthar (5,545 m / 18,192 ft). The climb is steep but rewarding, offering one of the best panoramic views of Mount Everest, along with spectacular sights of Nuptse, Pumori, and the surrounding Himalayan peaks. From the top, we will enjoy breathtaking sunrise views over the world's highest mountains and take time for photographs. After descending back to Gorakshep for breakfast, we will continue our trek toward Dzongla (4,830 m / 15,846 ft). The trail follows the edge of the Khumbu Glacier before branching off toward Dzongla, offering beautiful views of the rugged Himalayan landscape and surrounding peaks. After approximately 6–7 hours of trekking, covering around 10–11 km (6–7 miles) including the Kala Patthar hike, we will arrive at Dzongla where we can rest and enjoy the quiet mountain setting. Overnight at a guesthouse in Dzongla

▣ **Day 13: Trek to Dzongla to Gokyo via Cho La Pass (5,420m): Walking distance: 13 – 15km: 8 – 10 hours**

We will begin our trek from Dzongla (4,830 m / 15,846 ft) and head toward the challenging Cho La Pass (5,420 m / 17,782 ft), one of the three major high passes of the Everest region. The trail climbs steeply through rocky terrain and glacial moraines, offering dramatic views of Ama Dablam, Lhotse, and Makalu. Reaching the pass rewards us with panoramic vistas of surrounding peaks and glaciers. After descending from Cho La, we will pass through Thangnak (4,700 m / 15,419 ft), a small settlement nestled near the glacial valleys, before continuing to the beautiful village of Gokyo (4,790 m / 15,715 ft). The trail offers views of turquoise glacial lakes, including Gokyo Lake, and the surrounding Himalayan panorama. After approximately 8–10 hours of trekking, covering around 13–15 km (8–9 miles) with steep ascent and descent over the pass, we will arrive at Gokyo where we can rest and enjoy the serene mountain environment. Overnight at a guesthouse in Gokyo.

▯ **Day 14: Rest day and explore Gokyo Ri (5,357m): Walking distance: 11km: 4 – 5 hours**

We will start early from Gokyo (4,790 m / 15,715 ft) to hike up to Gokyo Ri (5,357 m / 17,575 ft), a stunning viewpoint offering panoramic views of the entire Everest region. The trail is steep but rewarding, winding through rocky ridges and moraine slopes as we ascend. From the summit, we will be treated to breathtaking vistas of Mount Everest, Lhotse, Makalu, Cho Oyu, and the turquoise Gokyo Lakes below. The sunrise over the Himalayas makes this experience truly unforgettable. After spending time at the summit and taking photographs, we will descend back to Gokyo for rest and lunch. The day provides an ideal balance of high-altitude trekking and spectacular summit views, allowing us to fully appreciate the tranquil beauty of the Everest region. Overnight at a guesthouse in Gokyo.

▯ **Day 15: Trek from Gokyo to Marlung (4,400m) via Renjo La (5,360m): Walking distance: 12 – 14km: 7 – 9 hours**

We will begin our trek early from Gokyo (4,790 m / 15,715 ft), heading toward the challenging Renjo La Pass (5,360 m / 17,585 ft), one of the three high passes of the Everest region. The trail climbs steadily through rocky ridges, glacial moraines, and alpine terrain, offering panoramic views of Mount Everest, Lhotse, Ama Dablam, and the surrounding Himalayan peaks. After crossing Renjo La Pass, we will descend along the moraine valleys toward Marlung (4,400 m / 14,435 ft). The descent passes through serene alpine landscapes, glacial streams, and scattered settlements, offering a quieter side of the Everest region compared to the main EBC trail. The day's trek is long and demanding, covering approximately 12–14 km (7.5–8.5 miles) and taking 7–9 hours depending on pace and weather conditions. The effort is rewarded with sweeping Himalayan vistas and a sense of achievement after crossing one of the region's iconic high passes. Overnight at a guesthouse in Marlung

▯ **Day 16: Trek from Marlung to Namche Bazaar(3,440m): Walking distance: 12 – 14km: 6 – 7hours**

We will begin our descent early from Marlung (4,400 m / 14,435 ft), following the trail down through alpine valleys toward Namche Bazaar (3,440 m / 11,286 ft). The path winds through rhododendron forests, terraced slopes, and small Sherpa settlements, providing glimpses of traditional mountain life and culture. Along the way, we will cross suspension bridges over glacial streams and enjoy views of peaks like Thamserku and Kusum Kanguru, as well as the upper sections of the Dudh Koshi River valley. The descent is gradual but long, requiring a steady pace to cover the distance efficiently. After approximately 6–7 hours of trekking, covering around 12–14 km (7.5–8.5 miles), we will reach Namche Bazaar, the vibrant hub of the Khumbu region. Overnight at a guesthouse in Namche Bazaar

▣ **Day 17: Trek from Namche Bazaar to Lukla (2,860m): Walking distance: 15km: 6 – 7 hours**

We will set out early from Namche Bazaar (3,440 m / 11,286 ft) and follow the well-marked trail descending through the Sagarmatha region toward Lukla (2,860 m / 9,383 ft). The path winds through rhododendron and pine forests, terraced farmland, and small Sherpa villages, offering scenic views of the surrounding Himalayan peaks and the winding Dudh Koshi River valley.

Along the way, we will cross several suspension bridges and enjoy glimpses of local mountain life, passing through vibrant villages where trekkers often stop for tea or snacks. The descent is gradual, making it a relaxing conclusion to the challenging high-altitude journey over the three passes. After approximately 6–7 hours of trekking, covering around 15 km (9.3 miles), we will arrive at Lukla, completing the iconic Everest Three Passes Trek. This marks the end of our high-altitude adventure, with unforgettable memories of the Khumbu region. Overnight at a guesthouse in Lukla.

▣ **Day 18: Fly back from Lukla to Kathmandu: 30 – 40 minutes**

After completing the Everest Three Passes Trek, we will take an early morning flight from Lukla (2,860 m / 9,383 ft) back to Kathmandu (1,400 m / 4,593 ft). The short flight of about 30–40 minutes offers spectacular aerial views of the Himalayan peaks, glaciers, and deep river valleys, providing one last chance to admire the grandeur of the Everest region from above.

Upon arrival in Kathmandu, you will be transferred to your hotel. The remainder of the day can be spent relaxing, exploring the city, or shopping for souvenirs after your high-altitude adventure. Overnight at a hotel in Kathmandu.

▣ **Day 19: Departure day:**

Today marks the end of your Everest Three Passes Trek adventure. Depending on your flight schedule, you will be transferred from your hotel in Kathmandu (1,400 m / 4,593 ft) to Tribhuvan International Airport for your onward journey. This is the perfect time to reflect on the incredible experiences, breathtaking Himalayan scenery, and cultural encounters you have enjoyed throughout your trek. Safe travels and fond memories accompany you as you depart from Nepal.

What's Included:

- ✓ Airport Pick-up and drop Service
- ✓ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ✓ Round-trip flights between Kathmandu and Lukla
- ✓ Guided Tour of Kathmandu valley with an experienced tour guide
- ✓ Sightseeing charges and Entry fees
- ✓ Accommodation during the trek (teahouse / guesthouse / homestay)
- ✓ All meals during the trek (Breakfast, Lunch, Dinner)
- ✓ Transportation (tourist coach / local bus / private vehicle)
- ✓ Experienced licensed English-speaking trekking guide
- ✓ Local government Entry Permit of Rs. 2000 (started in 2018)
- ✓ Insurance of the Guide and Porter
- ✓ Sagarmatha National Park Entry Permit
- ✓ Khumbu Pasang Lhamu Rural Municipality Entrance permit
- ✓ TIMS (Trekking Information Management System) Trekking Permit Card
- ✓ Medical kits carried by the guide
- ✓ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ✓ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ✓ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ✗ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ✗ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ✗ Personal interest items or gears
- ✗ Tips to guide / driver / porter
- ✗ Lunch and dinner in Kathmandu
- ✗ Extra night accommodation in Kathmandu in case of early arrival, late departure, and early return from the mountain (due to any reason) than the scheduled itinerary
- ✗ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ✗ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.