



# Three Great Passes of Everest trek

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## TRIP FACTS

Monastery visit, superb mountain views including Everest, picturesque Sherpa settlements, excursion of Gokyo Peak (5357m), Gokyo Lake (4750m), Kala Patthar (5545m) & Everest Base camp (5310m), View of Khumbu Glacier, and most attraction of this trip through great Renjo Pass (5435), Cho la pass (5420m) and Kongma La (5535m), friendly Sherpa people and many more .....

Trip duration:	15 Days
Maximum altitude:	5545m
Grade:	Tough to fairly challenging
Starts in:	Kathmandu
Ends in:	Kathmandu
Accommodation:	Tea House (lodge)
Transportation:	Flights to and from Lukla
Best Season:	Oct- Nov (autumn season)
Very good Season	Mar- May (spring season)
Good season:	Dec-Feb (Winter season)
On luck weather season:	June-Sep (summer/rainy Season)

## ITINERARY:

- **Day 01 Fly to Lukla, trek to Phakding**  
**Altitude: 2640M**  
**Trek Length: 3 Hours**  
**Meal: Lunch, Dinner**

We take an early morning flight to Lukla, where all Everest treks begin. As we start our Trekking from there after 1 hour ascends we gradually descend towards the village of Phakding with a glimpse of Mt.Khumbila. Overnight at Phakding.

- **Day 02 Trek to Namche Bazar**  
**Altitude: 3440M**  
**Trek Length: 6 hours**  
**Meal: Breakfast, Lunch, Dinner**

We start our trek after breakfast as we slowly and gradually ascend through the pine forests. We cross Dudh Koshi River as we pass the Monjo village as we enter the Everest national park region. Then after crossing a suspension bridge, we pass Jorsale village and walk alongside of the Dudh Koshi and Bhote Koshi rivers. We ascend on a steep trail and reach Namche Bazar which is probably the biggest town in the Everest region. Overnight at Namche.

- **Day 03 Trek to Thame**

**Altitude: 3800M**

**Trek Length: 5 HOURS**

After breakfast at Namche, the trail leads to the old village called Thamo which is easy walk through the valley. We will walk across a small Sherpa village Thamo. After exploring the village, the trail leads continue to Thame. After lunch, rest a little while we explore the Sherpa village and its culture. There is small Hydro power where we can visit. Overnight at Thame.

- **Day 04 Acclimatization Day - Thame**

**Altitude: 3438M**

As we enter the high altitude region, we have a free day at the Village of Thame. At this day we will prepare ourselves for the days to come. Thame is a beautiful town located at the foothills of the Everest Mountain ranges. We can hike-up to Sagarmatha National Park and enjoy the sunrise over the Himalayas including Mt. Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde. The typical Sherpa culture and different monasteries resemble the spirituality of Thame. Overnight at Thame.

**Day 05 Trek to Lungden**

**Altitude: 4380M**

**Trek Length: 5 Hours**

After staying at Thame, we move towards the village of Lungden. Lungden is 5 hours of walk from Thame. In this day we will have to walk across the river banks. Lungden is the last point before Renjo La Pass. Lungden is a quite isolated village. Overnight at Lungden.

**Day 06 Trek to Gokyo Via Renzo La Pass**

**Altitude: 4750M (Gokyo)/5435M (Renzo)**

**Trek Length: 8 Hours**

We wake up early morning about 4:30 am as we will go pass the Renzo La Pass. We need to cross the Renzo La pass before it gets warm. As the rise in temperature will cause the snow to melt which will create further difficulty. Today will be a difficult day but a memorable one as we cross one of the three high passes to reach the beautiful Gokyo valley. Gokyo also resembled as the third lake offers breath taking views.

- **Day 07 Early morning trek to Gokyo Peak and trek to Thangna**

**Altitude: 5357M/4500M**

**Trek Length: 8 Hours**

**Meal: Breakfast, Lunch, Dinner**

Early in the morning, we have a steep climb up to the top of Gokyo Ri at an elevation of 5,357 m. As we ascend, the views become even more fantastic and we can see four of the seven highest peaks of Nepal, Cho Oyu, Everest, Lhotse and Makalu. We descend our trail as we trek to the foot of Cho La pass. Overnight at Thangna.

- **Day 08 Trek to Dzongla via Cho La Pass**

**Altitude: Chola ( 5420m)/Dzongla (4840m)**

**Trek Length: 8 Hours**

**Meal: Breakfast, Lunch, Dinner**

Early in the morning, we have a steep climb up crossing over at an altitude of 5,420 m. Ama Dablam directs over a range of as we can see Lobuche East and Baruntse rising sharply to our right. We need to pass through some crevasses before we reach Dzongla Village. Overnight at Dzongla.

- **Day 09 Trek Back to Gorak Shep Via Lobuche**

**Altitude: 5365M/5180M**

**Trek Length: 8 Hours**

A long and tiring day yet the most memorable one. We walk alongside the Khumbu glacier. The today we will go towards the destination which leads the climbers towards the base of mighty Everest. We cross the village of Lobuche to finally reach Gorakshep, a final point with tea houses before the Base camp. Today's walk will be a bit long and tiring but the views along the way will keep us motivated. As we reach Gorakshep at after noon, we will go towards the Kalapatthar for sunset view. Kalapatthar offers the fascinating view, Everest, the highest point on the planet at 8,848 m, towers directly ahead and the other peaks such as Nuptse, Pumori, Chagatse, Lhotse and the whole of Mighty Himalaya will come close in front of your eyes. We will walk back to Gorak Shep after the sunset. Overnight at Gorak Shep.

- **Day 10 Trek to Everest Base Camp and Trek Back to Lobuche**

**Altitude: Everest Base Camp (5310M)/Lobuche (4200M)**

**Trek Length: 8 Hours**

**Meal: Breakfast, Lunch, Dinner**

The Difficult day but the most memorable, an early Morning trek will take us to the base of Everest, the highest point on the planet at 8,848 m. We make a quick descent to Gorakshep and then trek down to Lobuche. On the way back to Lobuche we will witness peaks such as Nuptse, Pumori, Chagatse, Lhotse. Overnight at Lobuche.

- **Day 11 Trek to Chukhung via Kongma La pass**

**Altitude: Kongma La (5535M)/Chukhung (4530M)**

**Trek Length: 8 Hours**

**Meal: Breakfast, Lunch, Dinner**

After breakfast at the lodge, we will start walking through Khumbu glacier towards east. After crossing the glacier and river the trail leads up to the pass which is the highest pass of this trip. There will be no tea shop and water resource so that you will have to carry few bottles of water to drink. After hard climb to the top, we will descend towards Chukhung valley where our day ends. Overnight at Chukhung.

- **Day 12 Trek to Tengboche**

**Altitude: 3860M**

**Trek Length: 6 Hours**

**Meal: Breakfast, Lunch, Dinner**

A relatively easy day downhill through the valley, today the trail continues leads down to Dingboche then after the walking across the we will get chance to walk across different villages. After Pangboche village the trail drops down to the river and cross the bridge. As we will finally walk across the trail leads that up to the Tengboche where the oldest Monastery situated on the top of the hill. We will visit the Monastery at the evening to see the Buddhist chanting ceremony.

- **Day 13 Trek to Namche Bazar**  
**Altitude: 3440M**  
**Trek Length: 7 Hours**  
**Meal: Breakfast, Lunch, Dinner**

We follow the mostly trail descending towards the town of Namche Bazar and trek through Rhododendron forest. Namche Bazar being one of the high altitude town you can always enjoy the views and the surrounding around and in the town. Overnight at Namche.

- **Day 14 Trek to Lukla**  
**Altitude: 2860M**  
**Trek Length: 7 Hours**  
**Meal: Breakfast, Lunch, Dinner**

We finally bid our good bye's to the Everest area as it is the last day of our trek. We enjoy and celebrate our achievements that we have achieved during the journey as we descend towards the village of Lukla. Overnight at Lukla.

- **Day 15 Fly to Kathmandu**  
**Altitude: 1400M**

We say good bye to the village town of Lukla as we fly back to Kathmandu where our staff will transfer you back to the hotel of Kathmandu.

*Gokyo Ri trek is highly adjustable trek, we can manage rest day at Gokyo and manage for side trips at fifth lake at near to Cho Oyu Base Camp.*

**(NOTE: Since this information is a standard representation of what we provide, the above trip schedule can be customized as per your request and requirements.)**

#### **Cost Includes**

- International and Domestic airport pickup service and drop service
- Kathmandu to Lukla, Lukla to Kathmandu flight ticket
- Trekking conservation permit
- Trekking Register Certificate
- Equipped and insured trekking porter (one porter in between 2 person)
- Experienced and first aid trained license holder trekking guide
- Tea House accommodation during the trek in double occupancy
- All meals during the trek (B=breakfast, L=Lunch, D= Dinner)
- Sleeping bag (only if require)
- Government taxes and service charges

#### **Cost Excludes**

- Drinks and Bar Bill (beverage/all kind of drink) in the tea house trek
- Helicopter evacuation/rescue in case of emergency
- Personal insurance
- Personal use trekking equipment
- Tipping to guide and porter

## EQUIPMENT LIST

- ✓ Long Pants / Shorts
- ✓ Thermal tops/leggings
- ✓ Jerseys
- ✓ Jacket – water, wind proof – warm ( down or fibre fill )
- ✓ Tramping Boots
- ✓ T-shirts, underwear.
- ✓ Trackpants – warm comfortable clothing for night
- ✓ Gloves – warm, wool
- ✓ Light shoes for night –sneakers or slippers/ug boots, etc
- ✓ Towel and personal toiletries
- ✓ Sleeping bag, warm to -20 degrees(down or fibrefill – or rent one in Kathmandu)
- ✓ Duffel bag (canvas or nylon, without a frame - for porters to carry); can get the one from Trekking Team office
- ✓ Daypack (small, waterproof, for you to carry)
- ✓ Water bottle 1 litre (can purchase in Kathmandu)
- ✓ Headlamp or flashlight

## USEFUL INFO

General Trekking temperature in Spring season; trekking in Autumn is more cold

800- 2000m:

Day: 26 degree Celsius

Night: 8 degree Celsius

2000-3000m:

Day: 24 degree Celsius

Night: 4 degree Celsius

3000-4000m:

Day: 20 degree Celsius

Night: minus 4 degree Celsius

4000-5000m:

Day: 19 degree Celsius

Night: minus 8 degree Celsius

**Trekking Guide we provide:** English speaking trekking guide, equipped and insured, flexible during the trek, sense of humour and friendly.

**Porter we provide (\*if needed):** Experienced for high altitude trek, equipped and insured, sense of humour and friendly.

**General minimum Tips for Guide and Porter (tipping in Nepal are not obligatory but always trekking staff they hope from you to have tips at the end of the trek and they always do their best make the memorable holiday in Nepal).**

**Important note:** Travel insurance is mandatory for each member of your group and must include cover of trekking or high alpine insurance, up to 6000m, including helicopter rescue.

Three great passes of Everest is adventure trek ; and we never know anyone can have health problem anywhere. So, I would like to request you come with good insurance which will even cover helicopter evacuation; I am sure you will not needed helicopter evacuation but just for in case.

**Meals that serve in mostly lodge/tea house:** Nepali, Indian, Chinese, Italian foods are available in the trekking meal; and you can order meal with looking into meal menu. Be vegetarian is best choice during the trek; meat item may not be good enough hygiene for your stomach. Mountains made food are just simple; do not expect high about the meal during the trek.

**Electricity facilities in trekking lodge:** Mostly place they have hidro power line but some place you will have solar power system. You will have battery charging facilities in mostly tea house; for these facilities you may need to pay some money (cost about USD 1 for 1 hour charge).

**Three great passes of Everest is adventure trek; Room in Tea house:** You will have mountain hut (tea house accommodation). In this trek you can expect high room quality. Mostly time you will have common bath room. At higher elevation trekking lodge rooms are limited. Lodge also offer solar hot water or gas hot water for the shower; service for extra payment.

**Lukla flight:** Flight is not guarantee all the time; fly is always depends at on weather; fly service is everyday in between 7 AM to 10 AM. In case regular fly service to Lukla or Lukla to Kathmandu is cancel; there are an option fly with helicopter. Of course you will get back USD 163 per person back from Trekking Team Pvt. Ltd from Lukla flight. Flight baggage limits 10+5 kg per person. You can also take more weight with extra baggage charge.

**Financial Security:**

<https://trekkingteam.com/content/before-booking-a-trip/financial-security.html>