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EVEREST BASE CAMP – THREE HIGH PASSES

Overview

The Everest 3 High Passes Trek is one of the world's most challenging treks, taking you deep into the Everest region. You get to observe what lies surrounding Everest, and how the topography rises to form the world's highest mountain. This itinerary incorporates all of the highlights, both in terms of mountain scenery and local Sherpa culture, into a comprehensive excursion through the Everest region. Keep in mind that this is one of Nepal's most difficult teahouse hikes. The Everest Three High Passes Trek is the ultimate adventure in the Everest region for thrill-seekers and explorers. This journey not only takes you to Everest Base Camp, but also takes you through the three highest passes in the Khumbu region: Kongma-La Pass (5,535/18,159ft), Cho La Pass (5420m/17,782ft), and Renjo-La Pass (5,340m/17,520ft). The journey offers breathtaking Himalayan scenery as well as the chance to visit the Khumbu region and the Everest Himalayan range. The Three Passes trip not only provides views of multiple 8000-meter peaks, but also of many 7000-meter summits, including the region's most spectacular Ama Dablam, Pumori, Cholatse, Khumbutse, Khangtega, Nuptse and Lhotse. The breathtaking sights and remarkable experience of traversing three high Himalayan passes make the Three Passes trek well worth the effort. This itinerary is designed for hikers searching for an exciting and hard mountain experience.

The Three Passes trip provides the ultimate Everest adventure. On the Three Passes Trek, you will learn about the Sherpa people's ancient culture. The walk is challenging, and it offers a more vivid picture of the difficult terrain, chilly environment, and ongoing human struggle at high altitudes. The path winds through rural villages dotted with Buddhist monasteries, prayer wheels, and monuments. The Sagarmatha National Park region is the location for the Everest Three High Passes Trek. The region's highlight is Sagarmatha National Park, which covers an area of 1148 square kilometers and is home to a variety of animals including musk deer, blue sheep, barking deer, blood pheasant, Tibetan snow-cock, crimson-horned pheasant, and tamed yaks. It's an adventure trek of a lifetime, where you can experience many bizarre

things and sceneries and we can't wait to take you on this great adventure.

Itinerary

Day 1: Flight to Lukla and start trek to Phakding.

Our Everest 3 Passes Trek begins with a local flight from Kathmandu to Lukla, which takes 30 min. This picturesque flight offers spectacular views of Langtang and the Annapurna Himalayan range. We will first descend from Lukla to the Thado Koshi River and pass a few suspension bridges before arriving in Phakding. Because we will be acclimatizing, the trek will be brief and entertaining. We shall not pass up the opportunity to visit Rimishung Monastery in Phakding.

Destination: Phakding

Altitude Gain: 2610

Duration: 4

Accommodation: Lodge

Day 2: Trek from Phakding to Namche Bazar.

We proceed on the route shortly after finishing breakfast in Phakding. We register our permit number and group data at the National Park office in Monju, the entry to the Sagarmatha National Park, after crossing the Dudh Koshi River. After that, we will ascend to Namche Bazaar via the Hillary Suspension Bridge.

Destination: Namche Bazar

Altitude Gain: 3440

Duration: 6

Accommodation: Lodge

Day 3: Rest Day to acclimatize at Namche Bazar.

This is the day to relax in the heart of the Khumbu region, Namche Bazaar. It's also a day for our bodies to adjust to the high altitude. Even if we are staying in Namche, we must stay active and go around. Banks, ATMs, and Cyber Cafés are available, and you may also visit the Sherpa museum or the local community.

Destination: Namche Bazar

Altitude Gain: 3440

Duration: 3

Accommodation: Lodge

Day 4: Trek from Namche Bazaar to Tengboche.

As the altitude progressively rises, this day is set aside for acclimatization. It will aid in adapting to the low oxygen conditions that will be common in the next days and weeks.

Your morning in Namche begins with a breathtaking vista of Thamserku (6648m), Khumbila (5707m), and Kwangde Ri (6187m). After breakfast, you'll go exploring in Namche. First, you'll make your way up to the hotel. Similarly, you will visit Khumjung, another traditional village. Aside from the local communities, you can visit the Khumjung monastery and the fabled Khumjung School. In addition, the exquisite view of several mountains and glacial lakes can be witnessed.

Destination: Tengboche

Altitude Gain: 3865

Duration: 7

Accommodation: Lodge

Day 5: Trek from Tengboche to Dingboche. (4410m)

The morning mountain scenery is spectacular, with amazing views of the Kangtega range, Thamserku, AmaDablam, Taboche, Kwangde, Tengboche, Lhotse, and Nuptse. Our day begins with a hike through Imja Khola to Tengboche, where we descend to the riverbed, passing through rhododendron and birch trees. We visit a Buddhist nunnery at Deboche and cross a few chortens to get to Pangboche, where we have a breathtaking view of the mountains. Walking from the high Pangboche to the barren and alpine environment of Shomare, one can observe the diminishing vegetation. The apical ridge of Mt. Pumori can be seen from Orsho, and we finally arrive in the cold and windy settlement of Dingboche, where we will spend the night.

Destination: Dingboche

Altitude Gain: 4410

Duration: 7

Accommodation: Lodge

Day 6: Trek from Dingboche to Chhukung- Acclimatization Day.

We wake up in the center of Dingboche stone-walled alpine environment. We continue our journey through the Imja Khola valley to glacier moraines surrounded by high mountains.

Our trip continues for the following 2-3 hours along the valley, with views of Lhotse and Ama Dablam on both sides, until we arrive at Yak Bibre, the herdsman's camp. Walking a little further, we can see the rocky and ice look of Imja Tse mountain near the terminal moraine. A half-hour hike from Bibre takes us to Chhukung, where we can see glaciers and snow-capped mountains. Some trekkers do not stay in Chhukung and instead do the Pass, but staying in Chhukung is recommended to acclimate.

Destination: Chhukung

Altitude Gain: 4730

Duration: 3

Accommodation: Lodge

Day 7: Trek from Chhukung to Lobuche via Kongma-la-pass.

We begin ascending early in the morning to acclimate to the altitude. On this day, we travel into the remote alpine hinterlands, where there are no tea shops, so we bring plenty of water with us. We have the option of climbing the slope northwest of Chhukung across the Nuptse glacier or walking down the valley of Bibre and then to the high trail above Niyang Khola. Walking further, we can see the Island Peak Valley and the craggy mountain of Amphu Lapcha. We reach a large valley covered with frozen lakes after ascending along the east side of Niyang Khola valley on a stony road. We will trek through Chhukung after a 5-hour hike along the Kongma La trail. We reach the top and notice prayer flags waving to mark the ridge crossing. Now comes the challenging part of today's trek: the downhill. We next climb the moraine on the other side, then head north along the Khumbu glacier trail, which eventually leads to today's destination.

Destination: Lobuche

Altitude Gain: 5535

Duration: 8

Accommodation: Lodge

Day 8: Trek from Lobuche to EBC. via Gorakshep.

Lobuche is the last destination before arriving at Everest Base Camp (5360m) and Gorakshep (5140m). After leaving Lobuche, take the long, flat, and sandy path to Gorakshep. You get to explore the frozen lakebed of Gorakshep, which is surrounded by massive hills and peaks. You will also explore its vast flatlands, which are ideal for camping. You'll reach Everest Base Camp by following the snow-capped slopes. The path to EBC is steep and rocky, with icefalls and crevasses. Significant peaks may not be

visible from there. It is well-known for its breathtaking vistas of Khumbu glaciers, icefalls, strange landscapes, colorful prayer flags and exhilarating height.

Destination: Everest Base Camp

Altitude Gain: 5360

Duration: 9

Accommodation: Hotel

Day 9: Morning hike from Gorakshep to Kalapatthar and trek to Dzongla.

This is the climax of our journey, which began with a stroll to enjoy a stunning view of the glowing Everest from Kala-Patthar. As we descend to Kala-Patthar, we can take our breath while photographing peaks to the east such as Lingtren, Khumbutse, and Changtse, as well as Everest, which is visible between the west shoulder crest and Nuptse. After several hours, we arrive at Kalapatthar, where we sit to fulfill our eyes' ultimate desire for the incomparable Himalayan landscape. We left our footprints to leave memories and photographs of a once-in-a-lifetime event.

Destination: Dzongla

Altitude Gain: 5545

Duration: 7

Accommodation: Lodge

Day 10: Trek from Dzongla to Gokyo valley via Cho La Pass.

The third and last day of the Everest Base Camp Three Passes Trek begins. This stretch's trails are the most difficult, thus good supervision is required. You won't have to worry about it with Base Camp Adventure. Our knowledgeable guides and attendants will look after you every step of the way. After leaving Dzongla, go northwest uphill, climbing a steep rock, crossing a stream, and arriving at the glacier below Cho La. Then you hike past the glacier and up the freezing route to Cho La. You then descend to Dragnag. From there, you can see the longest Ngozumpa glacier and Gokyo. Thus, after a few more hours of trekking on an uphill moraine, you'll arrive at Gokyo valley.

Destination: Gokyo Valley

Altitude Gain: 5420

Duration: 7

Accommodation: Lodge

Day 11: Trek from Dragnag to Gokyo (4700m)

The next morning, we will leave the little village and continue on the trek through the Ngozumpa glacier, Nepal's longest glacier. As we approach the other side of the glacier, we can see the second Gokyo lake, one of the six series. We observe Gokyo village on the shore of the third lake, which is close to the second.

Destination: Gokyo

Altitude Gain: 4700

Duration: 7

Accommodation: Lodge

Day 12: Exploration Day.

We rest at Gokyo valley near the conclusion of the second week of our climb. The acclimatization day is a wonderful opportunity to ascend Gokyo Ri, which offers stunning views of the Everest region and the six lakes. The fourth lake is located 3 kilometers north of Gokyo and is surrounded by high cliffs and hills. The walk continues to the fifth and largest azure blue sparkling lake. We can also ascend the hills on the lake's edge to see the stunning views of Cho-Oyu, Gyachung, Everest, Lhotse, Nuptse and Makalu.

Destination: Gokyo

Altitude Gain: 4700

Duration: 3

Accommodation: Lodge

Day 13: Trek from Gokyo to Renjo-La Pass and then to Lunden.

You will now travel out of the Gokyo Valley towards the final pass of the Three Passes trip, Renjo La Pass (5360m). Renjo La Pass route highlights include Thame village and Nangpa-La Pass (5808m). The climb begins on the northern coast of Gokyo Lake. As the altitude rises, you must maintain a slow pace and appropriately breathe. There are also significant crevasses on the trail, so take precautions. After about an hour or so, you will arrive at Renjo La. (5360m). The panoramic vista of Makalu, Tengri Ragi Tau, Gyachung Kang, and the Rolwaling Himalaya Range will mesmerize you with their beauty.

Furthermore, you'll descend over breathtaking pathways lined with scree fields, cairns, and frozen alpine lakes. Following them will lead you to Lungden, a small Sherpa village. It is less visited and located on the west side of Renjo La. As a result, don't expect many facilities here.

Destination: Lunden

Altitude Gain: 5360

Duration: 7

Accommodation: Lodge

Day 14: Trek from Lungden to Namche Bazar. (3450m/ 6-7 hours walk)

After breakfast, you will go from Lungden village. The remaining trails include ups and downs and are very easy. You'll pass through many yak fields and see grazing yaks along the road. There are a couple of tea houses where you can have lunch. You'll then progressively descend through Dingboche, Marulung, Thame, and ultimately Namche. This is another long day, so you should probably rest. After that, you may either walk about the village/market or celebrate in a pub/restaurant. After all, Namche has the world's highest Irish bar at 11,290 feet. So, we propose that you make the most of it, especially if you're visiting Namche Bazaar.

Destination: Namche Bazar

Altitude Gain: 3450

Duration: 7

Accommodation: Lodge

Day 15: Trek from Namche to Phakding to Lukla.

The third and last day of the three-day high pass trip has arrived. On this day, we begin in Namche and travel to Lukla, but the challenges are considered as we descend the steep slope with shaky legs till, we reach the airport area.

Destination: Lukla

Altitude Gain: 2800

Duration: 7

Accommodation: Lodge

Day 16: Fly back from Lukla to Kathmandu.

A flight from Lukla to Pokhara in the early morning. The flight and landing are both spectacular scenes. The remainder of the day might be spent sightseeing or relaxing. Your trekking concludes with an adventurous flight. Enjoy the sights and bid farewell to the mountains and the hills. After you board in flight from Lukla to Pokhara, you will fly again with a sight of the highest mountains. You will recognize most of them through your

window. Thank you and have a safe trip home.

Destination: Kathmandu

Altitude Gain: 1400

Duration: 1

Includes

- Three meals a day during the Trekking (Breakfast, Lunch and Dinner)
- Accommodations in Tea House/Lodge during the Trekking.
- Pokhara-Kathmandu – Lukla – Kathmandu flight costs (includes tax and government fees).
- Trekking Guide, assistant trekking guide for groups with 12 or more trekkers and a porter (Sharing by two clients) with Insurance, food, and accommodations.
- Sagarmatha National Park Entry Permit.
- Khumbu Pashang Lhamu Rural Municipality fees.
- Water purification tablets for safe drinking water.
- Experienced and licensed Sherpa Climbing Guide fee.
- Tent and camping staff with the kitchen crew.
- Snacks (cookies) and seasonal fresh fruits every day.
- Rescue operation arrangement in case of complicated health conditions (funded by travel insurance).
- Proper First aid kit.
- A TIMS card (Trekking Information Management System) is like a permit.
- All government, local taxes, and official expenses.
- Company's duffel bag will also be provided. (If needed).
- All essential official fees.

Excludes

- International flight cost.
- Your travel insurance.
- Excess baggage charge (weight limit 9 kg per person).
- On arrival visa fees at Tribhuvan International Airport (30 days- USD 50).
- All accommodations and meals in Kathmandu, before and after the trek.
- Extra night accommodations in Kathmandu due to early arrival, late departure, or early return from the trek.

- Personal expenses (shopping, snacks, boiled water, hot (tea/coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge fee, extra porters, etc.
- Tips for the Guide and Porter(expected).
- Travel insurance that covers emergency high-altitude Heli – rescue and evacuation and health care costs (compulsory).
- Additional costs or delays due to circumstances beyond our control like bad weather conditions, itinerary modification for safety, government policy changes.