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EVEREST BASE CAMP- TWO HIGH PASSES

Overview

The natural beauty of the tallest mountain, Mt. Everest and the challenge for adventure lovers designate this two-pass trekking. Everest Two High Passes Trek is a wonderful adventure that takes you to two high passes in Nepal's Everest region. Three high pass hiking is considered difficult when compared to other Everest region treks. So, we're making things easier by eliminating the Kongma-La pass. This isn't to say that the Kongma-La pass isn't important, but bypassing one pass makes your experience less stressful. This journey takes you through the two highest passes in the Khumbu region: 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. We believe that completing the goal of Everest base camp far earlier than expected adds moral power to the trekker. Furthermore, visiting the Sagarmatha National Park, which was founded in the late 1970s, would allow us to witness endangered flora, fauna, and verities.

Aside from the difficult and easy things, a two-pass journey will take you to the gorgeous environment reaching peaks of heights exceeding 5400m with Chola Pass and 5360m with Renjo La Pass. After completing the Everest Base Camp goal, you will notice a difference between the two-pass trip and the Base Camp journey. Because there will be fewer hikers than usual, you will have a more enjoyable trek than usual. Destinations such as Gokyo, Dzongla, Thame, and a few monasteries along the trek are breathtakingly gorgeous. The perfect landscape of the passes, the view from the top of both passes, and the magnificent view of the mountain range from the top of Gokyo Ri are no less than admiring the beauty of Gokyo lake. During this trek, you will spend one night at Gokyo, which is located on the edge of one of the six lakes in the Gokyo valley. These six different lakes in a waterfall arrangement are unbelievably beautiful. During the walk, you will see several mountains, including Mt Everest (8848 m), the fourth highest Lhotse (8516m), the fifth highest Makalu (8485m), the sixth highest Cho-Oyu (8210m), and other similarly beautiful peaks. 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 trek to Phakding.

Our Everest 3 Passes Trek begins with a 1hr 30 min local flight from Kathmandu to Lukla. This scenic flight provides breathtaking views of Langtang and the Annapurna Himalayan range. Before reaching Phakding, we will first descend from Lukla to the Thado Koshi River and cross a few suspension bridges. The hike will be brief and fun because we will be acclimatizing. We will not miss the chance to visit Rimishung Monastery in Phakding.

Destination: Phakding

Altitude Gain: 2652

Duration: 4

Accommodation: Lodge

Day 2: Trek from Phakding to Namche Bazar.

We begin the journey soon after having breakfast in Phakding. After crossing the Dudh Koshi River, we register our permit number and group details at the National Park office at Monju, the entrance to the Sagarmatha National Park. The Hillary Suspension Bridge will then take us to Namche Bazaar.

Destination: Namche Bazar

Altitude Gain: 3440

Duration: 6

Accommodation: Lodge

Day 3: Rest Day to acclimatize at Namche Bazar.

This is the day to rest at Namche Bazaar, the center of the Khumbu region. It's also a day for our bodies to adjust to the altitude. Even though we are staying in Namche, we must be active and move around. There are banks, ATMs and Cyber Cafés and you can 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 - 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, while staying the night at the lodge, you can enjoy the stunning view of several mountains and a glacier lake.

Destination: Tengboche

Altitude Gain: 3865

Duration: 7

Accommodation: Lodge

Day 5: Trek from Tengboche to Dingboche.

The Kangtega range, Thamserku, AmaDablam, Taboche, Kwangde, Tengboche, Lhotse, and Nuptse are all visible in the early mountain scenery. We begin our day with a climb through Imja Khola to Tengboche, where we descend to the riverbed, passing between rhododendron and birch trees. We stop at Deboche to see a Buddhist nunnery and then cross a few chortens to come to Pangboche, where we enjoy a spectacular view of the mountains. Walking from high Pangboche to the bare and alpine landscape of Shomare, one can see how the flora is dwindling. From Orsho, we can see the apical ridge of Mt. Pumori and we finally arrive in the freezing and windy village of Dingboche.

Destination: Dingboche

Altitude Gain: 4410

Duration: 7

Accommodation: Lodge

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

We wake up in the heart of Dingboche stone-walled alpine setting. We continue up the Imja Khola valley to glacier moraines surrounded by steep mountains. Our journey continues for another 2-3 hours up the valley, with views of Lhotse and Ama Dablam on

both sides, until we reach Yak Bibre, the herdsman's camp. We may notice the rough and ice appearance of Imja Tse mountain near the terminal moraine by walking a bit further. We can observe glaciers and snow-capped mountains on a half-hour hike from Bibre to Chhukung. Some hikers skip Chhukung in favor of the Pass, however staying at Chhukung is suggested for acclimatization.

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 departed 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: Gorakshep

Altitude Gain: 5360

Duration: 9

Accommodation: Lodge

Day 9: Morning hike from Gorakshep to Kalapatthar and trek to Dzongla(4860m)

This is the climax of our journey, which began with a stroll to see the glowing Everest from Kalapatthar. We can catch our breath as we descend to Kalapatthar, photographing peaks to the east like Lingtren, Khumbuttse and Changtse, as well as Everest, which is visible between the west shoulder crest and Nuptse. We arrive in Kalapatthar after several hours, where we sit to satisfy our eyes' ultimate thirst for the amazing Himalayan landscape. We left our footprints to capture memories and images of this once-in-a-lifetime event.

Destination: Dzongla

Altitude Gain: 5545

Duration: 7

Accommodation: Lodge

Day 10: Cross the Chola pass (5420m) then trek down to Tagnang (4695m / 7-8 hours walk)

After breakfast, we begin our walk from Dzongla to the Cho-la pass. The glacier walk is an incredible experience if we can make the journey during the ideal season; otherwise, excessive snow makes crossing the pass impossible. As night falls, we make our way down to Tagnang to spend the night.

Destination: Chola Pass to Tagnang

Altitude Gain: 5420

Duration: 8

Accommodation: Lodge

Day 11: Trek to Gokyo.

It is a short-day trip because we arrive in Gokyo in about 2-3 hours, just in time for lunch. The rest of the day is spent exploring the Gokyo Valley. We may also see the glaciers and blue lakes of the Gokyo valley while admiring the breathtaking views of Himalayan giants

such as Everest, Cho-Oyu, Lhotse and Makalu.

Destination: Gokyo

Altitude Gain: 4700

Duration: 4

Accommodation: Lodge

Day 12: Climb to Gokyo Ri and cross Renjo pass down to Lungden.

After breakfast, we will climb the Gokyo Ri (5,357m) for a spectacular view of the huge Ngozumpa glacier, upper Gokyo Valley and incredible peaks such as Everest, Lhotse, Makalu, Nuptse, Cho-Oyu and Gyachung Kang, among others. We will now descend to Lungden (4,350m), where we will spend the night, after crossing the high Renjo La pass at 5,360m.

Destination: 5360

Altitude Gain: 5360

Duration: 6

Accommodation: Lodge

Day 13: Trek to Thame village and visit Thame Monastery.

We'll walk to Thame. We will also visit the famous Thame monastery and engage in spiritual Buddhist rituals at 3800m. At Thame, we can also see the beautiful culture of the Sherpa people. We'll spend the night here, getting some much-needed rest before our downhill adventure tomorrow.

Destination: Thame village

Altitude Gain: 3820

Duration: 6

Accommodation: Lodge

Day 14: Trek down to Namche - Lukla (2800m)

The second last day of the three-day high pass trip has arrived. On this day, we'll go down to Namche bazaar, the epicenter of Sherpa culture and travel to Lukla, but the challenges are considered as we go down the steep slope with shaky legs till, we reach the airport area.

Destination: Lukla

Altitude Gain: 2800

Duration: 7

Accommodation: Lodge

Day 15: Fly back from Lukla to Kathmandu.

A flight from Lukla to Kathmandu 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 to 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.
- The 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.