

Everest High Pass Trek

Mostly recognized as the **Everest High Pass Trek**, or as we call it, the **Everest Three Pass Trek** is one of the longest trekking packages of the Khumbu Region. More days means more attractions, and more attractions mean double the fun!

Let's start off from the commonplace, the Lukla Airstrip which sees the commencement of most of the trip to the Everest including the Island Peak and Mera Peak Climbing Expeditions among others. Savor the Mahalangur Mountain Range before checking in at the Tenzing and Hilary Airport at Lukla. Parade towards Phakding and then towards the trading hub of the **Khumbu Region**, the Namche Bazaar. Adapting to the altitude gives us a day off and it means we take a trip to the **Everest View Hotel**, the highest altitude hotel in the world, followed by a ramble to a photo gallery and a cultural museum. For [Everest Gokyo Lake Trek](#), our path changes towards Dole but since, we are in the high pass trek, we trek to Thame, the birthplace of Tenzing Norgay Sherpa, followed by a walk towards Lungden. Another short acclimatization break is not much of a pain, right?

Now comes the first pass at 5417 meters, the **Renjo La Pass** which then transcends to the Gokyo Village with six turquoise lakes. While at Gokyo, climb up the Gokyo RI, explore the lakes, and expedite towards the Scoundrel's Viewpoint for some of the most enticing views of the four eight-thousanders and also the largest glacier of Nepal, the Ngozumpa Glacier. Now, it's time for the second high pass, the Cho La Pass at 5420 meters which then drops off towards Dzongla. Now it takes the normal [Everest Base Camp Trek](#) trail to Lobuche and to the **Everest Base Camp**. Oh and don't forget about the Kala Patthar climbing expedition with unparalleled views of the Everest.

Hike back towards Lobuche to conquer the last and the toughest pass in this region, the Kongma La Pass at 5528 meters. How many mountains can you see from the top? Let's count, Makalu, Cho Polu, Ija Tse, Chammlang, Chomolongzo, Baruntse, Kangchungtse, Ama Dablam, Everest and many more. Can't count? Let's just say the views are unrivaled. Traceback to Tengboche with the largest yet oldest monastery of the **Khumbu Region** and slowly see an end to our trip.

Get seduced by the whole aesthetics of the **Everest Region** in this prolonged yet tantalizing trip to the high pass!

Duration: 14 days

Price: \$1755

Rating: 5 Star

Grade: Moderate

Destination: Nepal

Activity: Trekking

Region: Everest Region

Itinerary:

Day 01: Arrival in Kathmandu (1440 meters)

Set foot at the Tribhuvan International Airport where our representative will transfer you to your hotel. Settle in and freshen up prior to meeting up with the guide and discussing about the upcoming trek. And, don't forget to try out your first ever typical Nepali cuisine.

Day 02: Fly to Lukla (2860 meters) and Trek to Phakding (2610 meters)

30 minutes is far from enough to get to one of the bewitching airports in the world, the Lukla Airport. Though dangerous, Lukla Airstrip AKA Tenzing and Hilary Airport offers the first closest peek of the Mahalangur Mountain Range. Start walking towards the Cheplung Village as the path descends down to Thado Koshi to finally get past a large suspension bridge to arrive at Ghat. An easy walk downhill from Ghat ensures our arrival at Phakding.

Day 03: Trek to Namche Bazaar (3440 meters)

Walk through the Pine forests to reach the Zam Phute village and across a rivulet to arrive at Tok Tok. Follow an uphill trail to Benkar before crossing a bridge to get to Chumao, a TIMS checkpoint. A short walk to the entry point of the Sagarmatha (Everest) National Park, Monjo from where a steep descent will see our arrival at Jorsalle. Across a large suspension bridge over the Bhoté Koshi and Dudh Koshi Rivers to climb up gradually to reach the marketing hub of the Khumbu Region, Namche Bazaar in about 3 hours. Enjoy the views of the Eastern Himalayas!

Day 04: Acclimatization Day

Be a lark and enjoy the crack of dawn at Namche. Following breakfast, walk towards the Syanboche Airport, the closest to Mount Everest yet unpaved airstrip of Nepal. Later, hike up to the Everest View Hotel, the highest altitude hotel in the world and also the destination for Everest View Trek, and enjoy a 360 degree view of the Mahalangur Mountain Range, also the Everest. Back to Namche to explore Everest Photo Gallery and Sherpa Culture Museum. Also, enjoy the typical Sherpa culture while at it!

Day 05: Trek to Thame (3800 meters)

Rest day is up now, it's time for us to walk to Phurte. Moving towards Syangboche from here sees the start of the Everest Base Camp Trek. Pass the Phurte village before tracing the trail to the Tesho Village. From here, an easy hike makes way for Thamo and its gumpa. Through the pine and rhododendron forest, we finally reach Thame. This is where Tenzing Norgay Sherpa was born! Along the way, enjoy a short trip to the Khumbu Hydroelectricity project.

Day 06: Trek to Lungden (4400 meters)

Another easy trek day! Pass the village of Marlung before making it to the last village before the Renjo La Pass. Before Lungden, the trail descends downhill through a narrow path with giant boulders. Get acquainted with the less popular, Chhupu, Thyangmochen, and Dragkya peaks.

Day 07: Rest Day

Wake up to the snowy day and following your breakfast, hike up to a nearby hill for acclimatization. Get back to Lungden to prepare yourself for a hike the day after. If you get lucky you might have a peek at some of the alpine animals including the Tibetan Wolf, Red Fox, Himalayan Thar, Golden Eagle, Tibetan Snowcock, Great Rosefinch, and Himalayan Monal.

Day 08: Trek to Gokyo (4700 meters) via Renjo La Pass (5417 meters)

A slog of a day! Hike towards the foot of the Renjo La Pass along a frozen stream. Plod uphill strenuously towards the pass. Enjoy

360 degree views of the Gyachung Kang, Everest, Makalu, Kusum Kanguru, Pumori, Lhotse, and Nuptse from the top. Drop down on the steep dusty and slippery trail towards Gokyo. Explore the Dudh Pokhari, the third lake, and also track your path towards Longpongo Tso and Taboche Tso before ending the day.

Day 09: Climb Gokyo RI (5360 meters) and Explore Gokyo Lakes

An early hike uphill on the steep snowy trail takes us to the 5360 meters tall Gokyo RI in about two hours. Enjoy the views of some of the tallest mountains of the Everest Region, Cho Oyu, Gyachung Kang, Lhotse, Cholatse, Tawache, Makalu, and the Everest. Get back to Gokyo RI and explore the 4th lake, Thonak Cho, the deepest lake, and the 5th one, Gyazumpa Cho, the second largest lake. Also, make sure to go a bit further towards the Scoundrel's Viewpoint, and take in the views of the four eight-thousanders and also the Ngozumpa Glacier, the largest glacier in Nepal.

Day 10: Trek to Thagnak (4695 meters)

A wonderful breakfast along the Gokyo Lake sees the start of our trek. March above the Ngozumpa Glacier towards Thagnak, the last stop before Cho La Pass. Revel in the alpine wildlife and the frozen grottoes along the way.

Day 11: Cross Cho La Pass (5420 meters) and Trek to Dzongla (4830 meters)

Strenuous climb up the rocky boulders and loose rubbles will take us to the top of yet another pass. Hike downhill in a very technical and slippery trail to Dzongla. Rest for the day being.

Day 12: Trek to Lobuche (4910 meters)

Walk by the Cho La Khola then pass the lake of Cho La Tso during the descent towards Lobuche. En route, relish the stupas, the tombstones, and the Eastern Himalayas.

Day 13: Trek to Gorakshep (5180 meters) to Everest Base Camp (5364 meters)

The day we've all been waiting for! The day we conquer the Everest Base Camp! A slow easy walk alongside the Khumbu Glacier takes us to Gorakshep and then, a wide trail leads us afoot to the base camp. Conquered at last! Enjoy the views of the Khumbu Icefall and also of the Khumbutse and Lingren peaks. Back to Gorakshep for the night!

Day 14: Climb Kalapatthar (5545 meters) to Lobuche (4910 meters)

An early hike uphill on the rocky trails takes us to the top of the 5545 meters tall Kala Patthar. Enjoy the tallest Mountain in the world, Everest that shines in golden hue with the morning sun. Hike back to Gorakshep and then drop back to Lobuche for an overnight stay.

Day 15: Trek to Chhukhung (4730 meters) via Kongma La Pass (5528 meters)

The toughest of them all! Start with a climb up the slippery trail going up towards a section full of boulders. A technical climb from there takes us to another section of compact snow and ice. After the trickiest and most technical climb of this trek, we arrive at the top of the pass. Gleeful moment for all of us as we relish in the views of the Makalu, Cho Polu, Imja Tse, Baruntse, Kangchungtse, Chamlang, Chomolongzo, and also the Chhukhung Glacier. Downhill hike is also as strenuous as it could get with snow fields, rocks, and finally grasslands along the way. End the day at Chhukhung!

Day 16: Trek to Dingboche (4220 meters)

A short day's trek! Drop downhill towards the Imja Khola and then trek towards Periche. A short walk from here will see our arrival at Dingboche. Lhotse, Ama Dablam, and Island Peak look wonderful from here!

Day 17: Trek to Tengboche (3860 meters)

March from the Summer Valley of Khumbu towards Orsho. Then, follow a rugged trail to get to Pangboche and across the suspension bridge to finally enter Tengboche.

Day 18: Trek to Namche (3440 meters)

Follow a slow and steady walk downhill to arrive at Phunki Thanka. Then, after a steep uphill climb to Leushyasa, get through the pine forest to Kyangjuma. The trail opens up to Syangboche and then towards the trading hub of Khumbu.

Day 19: Trek to Lukla (2860 meters)

Hike uphill to Jorsalle after descending towards a long suspension bridge from Namche. Walk past Monjo to set foot at Chumao. Follow the same rugged trails towards Benkar and Zam Phute before finally making it to Phakding. Ascend towards Ghat and across a large suspension bridge to Thado Koshi. Easy walk up towards Lukla! Take a hot shower and enjoy the rest of the day!

Day 20: Fly to Kathmandu (1440 meters)

Get the last look at the Mahalangur Mountain Range and bid farewell to them! An early morning flight will see us back at the capital city of Nepal, Kathmandu.

Day 21: Onward Departure

This day marks the official end of your trek! If you have plans to stay and explore Nepal more, we can arrange scenic tailor-made trips for you. However, for those of you having to travel back, we will arrange your travel to the airport and wish you a happy journey ahead.

Highlights:

- Three High Pass – Cho La Pass, Renjo La Pass, and Kongma La Pass
- Gokyo Lakes
- Ngozumpa Glacier
- Khumbu Glacier
- Everest Base Camp (5364 meters)
- Peak Climbing: Kala Patthar (5545 meters) and Gokyo RI (5360 meters)
- Scouderl's Viewpoint
- Sagarmatha National Park
- Lukla Airport (Tenzing and Hilary Airport)
- Tengboche Monastery (One of Nepal's Oldest Monasteries)
- Sherpa Culture, Tradition, and Lifestyle
- Everest, Nuptse, Lhotse, Cho Oyu, Makalu, Ama Dablam, and Other Mahalangur Mountains

Cost Include:

- All Ground Transportations
- Three Daily Meals During the Trek
- Twin Sharing Lodge for Accommodation during the Trek
- One guide and a porter (1:2 ratio) and their food, accommodation, equipment
- Round Trip Flight Kathmandu to Lukla and Back
- Trekking Map and Trip Achievement Certificate
- First Aid
- TIMS and Sagarmatha National Park Permit Fee
- Government Taxes and Office Service Charge

Cost exclude:

- Water, Soft Drinks, and Other Liquid Beverages
- Meals Besides Meals Inclusion
- Snacks and Other Personal Expenses
- Personal Trekking Equipment
- Hot Showers except
- Tips to Trekking Staff and Others
- Personal Travel Insurance
- International Airfare
- Nepal Entry Visa