

Everest Three (3) Passes Trekking in Nepal,



Introduction

Three pass trekking is one of the adventures high path route to an Everest region in Nepal, and Mt. Everest is known as the top of the World! than Here some of the highest peaks in the world join the world's tallest mountain in some of the most spectacular scenery anywhere on the planet. The **Everest Three Pass Trekking** is a new trekking route that includes the newly discovered **Renjo La Pass treks** (elev. 5400 m). This pass was recently discovered by the local Sherpa people and it offers some **majestic views** of the **snow-capped peaks of eastern Nepal**. The **Everest Three Pass Trekking** is challenging, but the rewards it offers to those who venture on its path will far outweigh the challenges it will impose.

The views of the white snow-capped peaks are second to none. You will have the finest views of anywhere in the Himalayas when you stop and look at the massive massifs that seem to not only touch the sky but go beyond. The trek crosses the passes of Cho La (5,380 m/17,650 ft.), **Kongma La** (5,555 m/18,159 ft.), and the newly **discovered Renjo-La (5400 m/17,716 ft.)**. All three passes will feature incredible views of the mighty Himalayas, including Mt. Everest. The trek takes you into the wild upper region of the famed Bhoite Koshi River which brings down glacier-melt waters southward to water the terraced fields of the region. You will pass by magnificent glaciers; walk through alpine meadows where yaks are grazing as well as through picturesque villages that belong to the Sherpa people who have called this rugged and high elevation their home for centuries.

You will have the opportunity to visit the sacred lakes of the **Gokyo Valley region treks**, where their turquoise waters reflect mirror-like the impressive snow-capped peaks of the high Himalayas. There are magnificent sunrises and sunsets as the effulgent sun sends its rays to open and govern the day. You will see some of the places where tourists generally go, but most of the time it will be a land of wild adventure. You will be led by a very knowledgeable guide, while assisted by porters who will prepare those nights when we have to camp along the way.

It is three weeks of incredible beauty as you are immersed in the culture of the region. While this trek isn't for everyone, it is ideal for those who are in good physical shape and are willing to experience the ultimate in adventure.

Trip Facts

Trip Duration	18
Trip Grade:	Moderate to fairly hard
Best Season	Sept - Nov & Mar - May
Per Day Hiking:	5-7 hrs
Elevation	5545m
Accommodation	Tea House
Group Size	2-15 PAX
Trip Start	Kathmandu-Kathmandu
Trip End	Lukla
Fix Departure	Any Date you can join with our Group,

Itinerary Details

Day 01 : Upon your arrival in Kathmandu,

Welcome to Himalayan country of Nepal. Upon your arrival at the Tribhuvan intl. airport we meet and transfer in our hotel then be refresh evening walk round near hotel in tourist sport area and ones talk to about he our program, Dinner Overnight at Hotel Kathmandu.

Day 02 : Fly from Kathmandu to Lukla (2886m) and Trek to Phakding (2610m) - 3.5 hours walk and over night Phakding.

Early morning we fly from Kathmandu to the tiny airstrip at Lukla for about 40 minutes scenic flight; you will have time to stroll around, while the guide sort and divide the load baggage to be carried by porters. Guide will manage the lunch place depending upon the time of arrival at Lukla. We then take an easy walk to Phakding village for the overnight stop and rest of the time stroll around the village for local knowledge.

Day 03 : Trek from Phakding to Namche Bazaar (3440m.) - 6 Hours: over night in Namche.

After breakfast we will continue up the banks of the Dudh Kosi, crossing it twice by small suspension bridges before reaching the village of Monjo the entrance gate of the Sagarmatha National Park. When enter the National park boundary we descend and a gradual walk brings us to the suspension bridge over the Bhoté-Koshi river to Jorsalle village, the last village till Namche Bazaar. Namche is a prosperous trading town and the capital of the Khumbu Region.

Day 04 : Rest day at Namche Bazaar (3440m) it is acclimatization day and small hiking after breakfast around the namche.

We will spend a day in Namche Bazaar resting and allowing our bodies to become acclimatized to the altitude of (3,440m/11,283ft). You have full day leisure or visit Everest View Point hotel for wonderful panoramic view or stroll around the market, if Saturday can be seen many people in Saturday market for

shopping to fulfill their daily needs and only one shopping market in the surrounding areas. Also you can visit Sherpa Museum as well a great place to learn Sherpa culture and history of mountaineering and stroll back to hotel for overnight.

Day 05 : Trek from Namche Bazaar to Tengboche (3867 m.) - 5 Hours: over night Tengboche.

Today after breakfast we start our trek with pleasant walk through the forest with magnificent view of mountains. The great view of the mighty peaks of Everest, Nuptse, Lhotse, Ama Dablam, Thamserku and Kwangde peak with view of the eastern snow capped mountains. The trail leads up hill through the forested path and the hardly walk to get to Tyangboche. One of the most beautiful place in the Himalaya and the first thing that comes to your eye is the big Monastery, then the large field with campsites and teahouses, lodges beneath the towering majestic beautiful peak Ama Dablam

Day 06 : Trek from Tengboche to Dingboche (4260m) - 5 Hours: over night Dingboche.

Today start our trek with pleasant walk and descend through a forest of birch, fir, juniper and rhododendron and coming to lovely spot at Deboche 3,650 m with magnificent views and the path is gradual up to the Pangboche village, from here onwards the lush vegetation and tree lines vanishes. Our further walk up to the ridge can be seen the Dingbuche valley and continuing descend to the river will reach at Pheriche. This is most windy valley and afternoon time better to stay inside hotel.

Day 07 : Rest day at Dingboche (4260m.) for acclimatization day and walk around that down.

Today we rest for acclimatization at Dingbuche valley, you may have full day rest or there are some places where you can hike for a day up to the Nagarjuna peak (5,050 m) from where you can see the breath taking views of High Mountain including, Towering Mt. Lhotse, Amadablam, Mt. Makalu, Island peak and many more.

Day 08 : Trek from Dingboche to Chhukung- 2-3 Hours: over night chhukung.

Trek to Chhukung (4700m/15416 ft) Duration: 2 hrs. Overnight at guesthouse, breakfast

Day 09 : Trek from Chhukung - Kongma la Pass - Lobuche- 8 hours: overnight at our Guesthouse.

After breakfast trek to Lobuche Village and it has around 7/8 hour walk., it has around 4-hour walk to be reached in the top. We need to carry some of the water some snack and packed lunch. Coz there is no tea house till Lobuche Village. During the trekking we can really enjoy the remoteness of the area and absolute nature other much more scenery !

Upon reaching the top we seen screen gaining the Konggma Flags, marks of the pass. Behind us is the landscape of icy lakes a head down of which is the Khumbu Glaicer. The final descent is the toughest stage if the trek today, upon climbing the moraine on the far side, the trail turns north through Khumbu Glacier which culminates at Lobuche Village, we do an overnight in Lubucha Village,

Day 10 : Trek from Lobuche to Everest Base Camp via Gorakshep (5170m.) 6 -7 Hours:. (Same day Everest base camp and back to Gorakshep) Overnight at Guesthouse.

After breakfast we continue our trek to Gorekshep in a windy and rocky path with the wonderful view of Mt. Pumori, Mt. Nuptse and other magnificent peaks. After check in at lodge & lunch, our adventure continues towards Everest Base Camp and to the Khumbu Ice-fall. The trail passes through over rocky dunes and moraine and streams, till you reach the base camp. In Everest Base Camp the climbers gather for summiting Everest during the high expedition season. We explore base camp and its surroundings glacier and return back to Gorekshep for overnight.

Day 11 : Trek from Gorakshep to Kala Patthar (5545m.) and trek to Zongla - 5 Hours.

In the morning we trek towards Kalapathar. After reaching top of Kalapathar (small rocky peak) you can see the panoramic view of Mt. Everest, which is very beautiful to see. You can take beautiful pictures of scenery over there. Then we walk towards Dzongla. overnight stay in Dzongla.

Day 12 : Trek from Dzongla to Thaknak- 7 Hours: this is one of long day during the trekking.

Trek from Dzongla to chola pass. We have to walk through Glacier, which may be enjoyable for you, but the way is little bit difficult from Chola pass to Taknak, overnight stay in Taknak Village.

Day 13 : Trek from Thaknak to Gokyo- 4 Hours: over night Gokyo.

Our trail goes towards beautiful Gokyo valley where you can see the beautiful view of lake. over night Gokyo Village.

Day 14 : Rest day at Gokyo and excursion around Gokyo valley & Lake.

The early morning climb to Gokyo Ri (5357m/19,216ft), it is a two-hour climbing to the top of the peak, providing a panoramic view of Cho Oyo, Gyachung Kang, Mt Everest, Lhotse, Makalu, Cholatse and Tawachee. You will take this easy day for rest and acclimatization. Overnight in Gokyo.

Day 15 : Trek from Gokyo Renjo Pass (5345m) Lunde - 7 Hours

Early morning after breakfast, we will climb renjo la pass. This is a truly amazing high pass in Everest region and is getting even more popular by the day. After about 3 hours, we gain the Renjo La where a dazzling vista awaits. The Everest itself, Lhotse, Cholatse and Taboche can be seen gleaming in the sunshine and over nigh in Lunde.

Day 16 : Trek from Lunde to Thame - 4 hours: over night Thame.

After Breakfast Trek from Lunde to Thame – 4 hours: over night Thame. Thame Village.

Day 17 : Trek form Thame to Namche Bazaar- 4 Hours:

After berk fast Trek form Thame to Namche Bazaar- 4 Hours and today is easy way and as mountain flat till namche bazaar. over night Namche Bazaar.

Day 18 : Trek from Namche Bazaar to Lukla (2886m.) - 6 Hours: this is our last day on these massive mountains, home to us all of these days. Over night Lukla.

After a long walk, we will have long last day trek to Lukla today. After 4-5 hours of trekking we will reach at Lukla. This will mark the end of our trekking to 3 passes over night in Lukla. and las days celebrate with your best wine. over night Lukla.

Day 19 : Fly from Lukla to Kathmandu.

Early morning fly to Katmandu .Transfer to your hotel; the day at leisure to rest, perhaps catch up on some last minute shopping or explore any sights you missed during your first day in Katmandu and evening celebration dinner together. Overnight in Katmandu.

Day 20 : Departure days fly back to Home.

Today, after having breakfast, we will accompany you to the airport for the returning flight. We bid you farewell at the airport hoping to see you again

Cost Includes

- Airport / Hotel / Airport pick up & drop by private car or van. It is depend of the group.
- 3 nights accommodation in 3 star category hotel in Kathmandu located tourist center, or up to you.
- Meals on full board (Breakfast, lunch and dinner) during the in trekking.
- Local fresh fruits like orange, apple, banana and grape etc.
- All accommodations during the trek.
- Everest trekking map.
- Both ways domestic flight from Kathmandu/ Lukla/ Kathmandu with airport tax.
- An experienced Government licensed holder guide and porter to carry your luggage during the trek.
- Food, drinks, accommodation, insurance, salary, equipments, transportation, local tax for Guide and porter
- Group medical supplies (first aid kit will be available).
- If you need we will provide you sleeping bag, down jackets, Duffle bag and, if necessary etc.
- All necessary Government paper works and national park entry permits and TIMS Card etc.
- Travel & Rescue arrangement.
- All government taxes and Vat.

Cost Excludes

- Meals yourself Kathmandu (L+D).
- Your Travel insurance.
- International airfare.
- Nepal entry visa (You can obtain a visa easily upon your arrival at Nepal's Airport in Kathmandu).
- All kind drinks (Alcoholic, hot and cold drinks)

- Personal shopping and laundry etc.
- Personal trekking Equipments.
- Tips for trekking staff and driver. (Tipping is expected, but it is not mandatory)
- If do any tour and sightseeing and other activities etc.

Map

