

Everest 3 pass trek



Introduction

Nepal is an ultimate adventure trekking destination in the world. it has geographical diversity, huge contrasts in climate and high-altitude. We have many popular Himalaya for trekking and adventure activities. Among many of them the Everest region is best choice of the exploration thrills seekers. Nowadays, the Everest three pass treks is becoming best selection of trekkers. This route has three passes and three peaks as well. The trail goes through three different passes and peaks; every peaks and passes offers stunning panoramic Himalayan views of Khumbu region. Recently, this is highly demanded adventures route. After conquered the three pass trek, trekker's summited three peaks as well. The famous passes are Renjo-La Pass (5388 m), Cho-La Pass (5420 m), and Kongma-La Pass (5535 m). The popular three peaks are Gokyo – Ri (5357 m), Kala Patthar (5643 m), and Chukhung – Ri (5550 m). The top most attractive places are historical trade center Namache Bazar, Nepal and Tibet connecting historical trail Nakapa valley, Gokyo Lake, Khumbu valley, Everest base camp, historical Tengbouché monastery. The incredible Himalayan scenery, green pastures, and high passes on the alpine plateau of the Everest Highlands can compare with haven, if haven somewhere is. This is a dream destination for nature and adventure lovers.

Trip Facts

Trip Duration	21 Days
Trip Grade:	Challenging
Best Season	Oct -Nov & March, April & May

Per Day Hiking:	6-7hrs
Elevation	5643m
Accommodation	Tea-house/Lodge
Transportation	Air / Land

Cost Includes

- All arrival and departure, airport/ hotel transfer.
- Three nights' accommodation in Kathmandu with breakfast.
- Welcome dinner with Nepalese culture program.
- Sagarmatha National Park entrance and trekking permit & TIMS card.
- Ramechhap – Lukla round trip flight ticket and departure taxes.
- Kathmandu – Ramechhap round trip transportation.
- Three meals a day (Breakfast/ Lunch/ Dinner) a cup of tea/ coffee during the meals.
- Teahouse/ Lodge accommodation during the trek.
- An experienced guide including his flight, salary, equipment insurance, lodging and food.
- Porter/s (2 trekkers =1 porter carry 15 Kg) his salary, insurance, lodging and food
- Basic first Aid medical kit box.
- All government tax and local taxes.

Itinerary Details

1. Arrive to Kathmandu.

On your arrival, we will be waiting at Tribhuvan international airport for welcome to Kathmandu, the capital-city and cultural hub of Nepal then we will transfer you to hotel. After being refresh, the trip leader will briefing in details about the program and take a stroll at the local market. In the evening we offers you a welcome dinner at Nepalese restaurant with Nepalese traditional cultural program

2. Kathmandu Heritage sites Tour.

Today full day will be interesting guided tour to Kathmandu city, visit to historical monuments and religion holy places like temples, stupa and durbar squares. During the sightseeing, you will experience culturally diverse of Kathmandu valley and explore wonderful world heritage. Rest of time we will spend for preparation of the trek.

3. Drive to Manthali

After breakfast at hotel, a scenic drive to Manthali. It will around 4 hours' drive with hilly road. During the drive, you can see many beautiful small towns. The drive gives you full enjoy. You will experience and feel nature trail. You will cross through small settlement, rivers, forest, and trace field. We reach to Manthali is a small valley for overnight.

4. Fly to Lukla then trek to Phakding.

Early morning, we will reach to Lukla Airport with a scenic short flight. We will take a short tea break in town then leave lukla and walk further toward Phakding. We will walk through the bank of Dudhakoshi River.

The exciting mountain trail takes us through from village to village up and down, narrow, valleys, over gravel, boulders and swing bridges. During the trek our will be interesting encounter with lots ponies and yaks.

5. Trek Phakding to Namache Bazaar.

An early morning we'll have breakfast at hotel before gearing up for the trek to Namache Bazaar, the biggest and historical Sherpa village in Nepal. We walk through Dudh-Koshi valley to Jorsale pass. Jorsale is an official entrance of Sagarmatha National Park. After complete the permit check we descend down to river bank with cross the Hillary Suspension Bridge then we will short walk to reach base of Namche bazaar. It's a tough climb up to our destination, but you'll be rewarded in Namche Bazaar with first glimpse of Everest in its majesty.

6. Namache Bazaar Acclimatization Day.

Today, we will take deserved break as high-altitude acclimatization. We will spend the time resting and allowing our bodies to become acclimatized to the lofty altitude. Morning, we will climb up to Syanbouche hill to explore Khumbu valley, himalayan views including Mt. Everest. After lunch we will explore, Namche Bazaar, Sherpa museum, Sherpa culture and history of mountaineering.

7. Trek Namche to Thame

Today, we will head to Thame village. The trail gradually climbs up through the rhododendron, pine forest and a few small villages reach to Thame village is an oldest sherpa habitant. The famous Gompa is situated on this village, which is most important attraction of Thame.

8. Trek Thame to Lungden

Morning, we will walk around the village; observe the local environment and life style. We will enjoy with views of unique landscape, mountains, morning sun-light painted rocks and vegetation. On the way, Taranga village offers beautiful views of snow-capped peaks. We continue the trek via another village Marulung, which is situated at an elevation of 4200m heights. After reaching to our final destination Lungden, our spare time will spent to visit Nakpa valley, which was used as old trade route with Tibet. If the time permits us, we will explore Cho- Relmo Lake.

9. Trek Lungden to Gokyo.

Today, we are heading towards Gokyo Lake via Renjo- La pass. It's a bit challenging but exciting as well. It will be one of the most important pass of our trip, because this is first one among three. This pass open the door for two others passes. the Renjo -La pass offers a majestic view of Mt. Everest, Mt. Makalu, Mt. Lhotse, Mt. Cho -Oyu and many others snow -capped mountain peaks. Moreover, it provide the good view of Gokyo lake (Dudha – pokhari one, among five) view of

Gokyo lake, Gokyo village and others views of surrounding gives peace and pleasure. After exploring and experience of Renjo - La, we will slowly walk down to our destination towards to Gokyo. While we are walking down, we have to be careful because the path can be slip because of melting snow.

10. Gokyo Rest and Gokyo – Ri Expedition

Today, we will rest in Gokyo but in the afternoon we will have an opportunity to climb Gokyo - Ri peak. This will be our first peak climb of this trip. The Gokyo – Ri top offers mesmerizing view of Khumbu valley, including Mt. Cho – Oyu, Mt. Lhotse, Mt. Nuptse, Mt. Everest, Thonak Tsho Lake, the Ngozuma Tsho Lake, the longest Ngozumpa Tsho glacier.

11. Trek Gokyo to Thaknak.

Today, we will observe to Gokyo Lake and surrounding once again as last observes of this trip. After breakfast, we walk down hill towards Thaknak as today's last destination. The trail is almost rocky and descending, but on the way we can experience few ups and down. Thaknak is a peaceful village with enough lodges to stay. Moreover, this is get – way of Cho - La pass.

12. Trek Thangnak (Cho – La pass) to Dzongla

Today is second challenging and exciting day of this trip. The Renjo - La was first pass and this Cho-La pass (5,420m) pass is second one. The trail to pass is of course challenging but technically not so difficult. After complete the pass, we walk through over glacier, moraines and rocky trail reach for overnight stay.

13. Trek Dzongla to Lobuche.

Today, after complete the 2 passes, a memorable stay in Dzongla, we will forward to Lobouche. Today, the trail to Lobuche is easy and more comfortable than yesterday. We meet classical route of Everest base camp trek. On the way we can see the climber's memorial park and their statues, which were died on Everest expedition.

14. Trek Lobuche to Gorak Shep and hike to Kalapather.

Today, comparatively is short distance to reach Gorak -Shep even – though takes more than three hours because of high elevation trail, but the lateral moraine of Khumbu Glacier make excited. We will have Lunch in Gork -Shep lodge, and then we hike to Kala Patthar (5643m), the famous and best view Point of Everest region. We will explore and observe from Kala Patthar all around for some time. We will enjoy views of sunset painted on top of the Himalayas including Mt. Everest then descend to Gorak Shep for overnight.

15. Trek Gorak – Shep to Lobuche.

We leaves all our belongings at hotel in Gorak – Shep , then early morning we will proceed to visit Everest base camp situated at an altitude of 5380 meters. It will be a great achievement and

lifetime experience to reach there and explore the surrounding of EBC. Everest Base Camp is itself base or entrance for mountaineers ascending or descending the Mt. Everest. So to be reach to Everest base camp itself a victory over us. It needs a positive attitude and determination. After lunch in Gorak – Shep, We will walk down to Lobuche.

16. Trek Lobuche to Chukhung

Today is final challenging day. We will after this Kongma - La pass, successfully complete the adventures three pass trek. After breakfast we forward for Kongma - La pass. At the begging we have walk through some like small lakes and stream can froze on trial. When we reach to on top of Kongma - La, again we can see Mt. Aama Dablam, Mt. Lhotse, Mt. Makalu and Baruntse peak. Now, we descend to Chukhung village via eastern side of Nigyang Khola. This Nigyang valley Sherpa people use as a yak pasture, but here is no any permanent settlement yet. Chukhung village is an old Sherpa settlement; they provide tea -house, lodge services for trekkers.

17. Trek Chukhung to Tengbouché.

Today, early morning we will climb to Chukhung - Ri peak. This is last peak summit of this trip. We will be back at hotel for breakfast then we will proceed to trek to Tengbouch. We walk though Imja valley, famous Dingboche, Pangboche village, alpine pastures. Tengbouch is a popular, settlement of Khumbu valley. It has vey oldest and attractive Monastery. It offers panoramic view of Mt. Everest Mt. Nuptse, Mt. Lhotse and Mt. Aama Dablam.

18. Trek Tengbouché to Manjo

From here, our three passes Everest trek almost complete. Now we are heading to Lukla for returning to Kathmandu. Today, trek to Manjo via Namache Bazaar. The trail to Manjo takes us through forests inhabited by highland wildlife like pheasants, musk deer, red- panda, mountain goats and snow leopards shorten and prayer flags make trail more attractive.

19. Trek Manjo to Lukla

Today is last final day of our trekking. We are going back to Lukla. We will stop at Phakding or somewhere suitable place for lunch, and then continue to trek Lukla for overnight. Evening celebrate farewell party in Lukla with trekking field staff as the last day of the trek

20. Fly to Ramechhap and drive to Kathmandu.

Morning we will fly to Ramechhap and 4 hours scenic drive back to kathmadu. Stay overnight at hotel on B.B basis Stay overnight at hotel on B.B basis

21. |Free day in Kathmandu.

After breakfast, explore tourist hub Thamel (shopping area) where the local shops are busy and fascinating. In the evening, participate in farewell dinner. Stay overnight at hotel on B.B basis Stay overnight at hotel on B.B basis.

