

## Everest 3 High Passes Trek



### Introduction

Everest 3 High passes trek is less crowded, unique and specially design trek in Everest region of Nepal, You are doing the best adventure passes Renjo La pass (5338m), Chola-La pass (5368m), Khangma-La Pass (5535m) and other highlight such as Gokyo Ri and Fifth Lake during the trek. We design this trek who are physically fitness and want to avoid the crowd. The Everest 3 high passes trek Starts at the Lukla (2828m/9278 feet) and follows the Dudh Koshi valley which climbs up to the Sherpa capital of Namche, a bustling bazaar that a junction for trekkers, the local Sherpa and expedition route to the mighty Mt. Everest. All along this part of the trail, its friendly Sherpa people, picturesque villages great variety of culture and traditions, colorful festivals and monasteries. The flora and fauna are other ornaments of the Sagarmatha National Park. The three pass trekking is continuously rewarded with dramatic Himalayan scenes, including four of the world's eight highest peaks; Cho Oyu (8,201m), Makalu (8,463m), Lhotse (8,516 m) and Everest (8,848m) and other mountains. This is a kind of circuit trek. We ascend all the way to Lungden for Renjo La pass (5338m). Renjo la pass provides a lifetime memory of panoramic views of the Everest and others Himalayan range. The Renjo-La Pass route is off the usual beaten track. At the Pass, a great view of the Gokyo lakes on one side, the Rermo Pokhari lakes on the other side, and a numerous of snowy peaks are in the background, which provide as incredible atmosphere. An excursion to the fourth and fifth lakes would be an extra attraction in Gokyo Valley from where the views are great. The Ngozumpa Glacier is the largest in the Nepal Himalayas. The Gokyo Ri (5330m/17487 feet) is considered as the best view point in the entire Everest Region. After exploring this imaging place, we cross over Chola-La pass (5368m) to go to Lobuche. Khangma- La pass (5535m) is highest passes in these three passes. The views are excellent from top of Kongma La Pass. After nice view from the Kongma-La top, the trail descends down via Chhukung and Pangboche. We then trek down by making

our way back down to Lukla.

## Trip Facts

Trip Duration	17 Days
Trip Grade:	Strenuous
Best Season	March to May & Sept to Nov
Per Day Hiking:	4-7 Hours
Elevation	Mim 2610M- Max 5535M
Accommodation	Hotel, Lodge (Tea House)
Transportation	Flight/Car/Van

## Cost Includes

### What are included?

1. Pick-up and drop-off service at Trivuvan International Airport in Kathmandu by private Car/Van/Bus.
2. 3 Nights Hotel in Kathmandu on BB Plan.
3. Mustang Special Permit (USD\$500 for 10 Days , if you require more day, you have to pay USD\$50 Per Day).
4. Annapurna Conservation area Fee.
5. One English speaking experience guide and required porters.
6. Kathmandu-Pokhara-Kathmandu by tourist bus.
7. 2 Nights hotel in Pokhara .
8. Both way flight tickets Pokhara-Jomsom -Pokhara with airport departure tax.
9. All meals (Breakfast, lunch and dinner) with Lodge accommodation during the trek.
10. Staffs, equipments,meals, salary , insurance etc.
11. First Aids Kit.
12. Local fresh fruit like orange, banana, apple, grape etc .
13. All official expenses and 13% Government VAT.

### What Are Excluded?

- International airfare and visa fees ((15 Days US\$25 and 30 Days US\$40).
- Lunch and Dinner in Kathmandu and Pokhara.
- Your trekking gears.
- All the drinks such as: coke, beer, mineral water.
- Your travel insurance which should include the emergency rescue.
- Tips for your guide and porters etc.

## Short Itinerary

**Day 01:** Arriving in Kathmandu (1350m).

**Day 02-16:** Fly to Lukla, Trekking of Everest 3 passes.

**Day 17:** Departure from Kathmandu (1350m).

## Itinerary Details

### 1. Arriving in Kathmandu (1350m).

Arriving in Tribhuvan International Airport (TIA) you will meet with me then transfer to hotel by private vehicles then stay at the Hotel and free activities in the evening.

### 2. Kathmandu - Lukla - Phakding

Fly from Kathmandu to Lukla and then trek to Phakding (2610m, 3hours walking) and then overnight at Lodge.

### 3. Phakding - Namche

Trek from Phakding to Namche (3440, 5hours walking) and then overnight at Lodge.

### 4. Rest Day

Rest day (Hike to Khumung village, Everest View Hotel which is best of Mt. Everest) 4 hours round trip and then overnight at same place.

### 5. Namche - Thame

Trek from Namche to Thame (3800m, 4 hours walking) overnight at lodge, we explore to Thame Monastery in the afternoon. This village is well known by all Everest climbers, overnight at Lodge.

### 6. Thame - Lungden

Trek from Thame to Lungden (4380m) 5/6 hours walking) and then stay overnight at Lodge.

### 7. Lungden - Renjo La - Gokyo

Trek from Lungden to Gokyo (4790 m.) via Renjo La Pass (5338m, 6 hours walking) and then overnight at Gokyo.

### 8. Visiting 5th Lake

Explore fifth lake (4/5 hours walking) for view of Mt. Everest and close view of Cho oyu back to Gokyo and then overnight at Lodge.

### **9. Gokyo - Gokyo Ri - Dragnag**

Visit to Gokyo Ri (5360 mtr.) in the morning (4 ½ hours walking) for sun rise view and all mountain views, from here we able to see 4 highest Mountain which more than eight thousand meters high, and trek to Dragnag (4700m, 3/4 hours walking) overnight at Lodge.

### **10. Dragnag - Zhonglha**

Trek from Dragnag to Zhonglha (4830m, 6/7 hours walking) via Chola Pass (5368m) and overnight at Lodge.

### **11. Zhonglha - Lobuche**

Trek from Zhonglha to Lobuche (4910m, 3/4 hours walking) and then overnight at Lodge.

### **12. Lobuche - Kongma La pass - Chhukhung**

Trek from Lobuche to Chhukhung (4600m, 7-8 hours walking) via Cross to Kongma-La Pass (5535m) and then overnight at Lodge.

### **13. Chhukhung - Tengboche**

Trek from Chhukhung to Tengboche (3860m, 5-6 hours walking) rest of the explore Tengboche Monastery and then overnight at Lodge.

### **14. Tengboche - Jorsalle**

Trek from Tengboche to Jorsalle (2740m, 5-6 hours walking) and then overnight at Lodge.

### **15. Jorsalle - Lukla**

Trek from Jorsalle to Lukla (2853m, 5/6 hours walking) and then overnight at Lodge.

### **16. Lukla - Kathmandu**

Fly back to Kathmandu early in the morning (30 minutes), rest of the day, free activities in Kathmandu, overnight at Hotel.

### **17. Departure to international airport.**

Final departure to international airport to fly your home country.