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Everest Three Passes Trek without EBC

URL: <https://himalayatrip.com/everest-three-passes-trek-without-ebc/>

Destination

Nepal

Activity

Trekking

Duration

14

Per Person From

USD 1,349

Accommodation

custom-content

Region

Everest Region Treks

Max. Altitude

5535(Kongma La)

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Best Season

March-MAY, September-November, December-February

Transportation

Flight/Car/Jeep/Bus

13 Nights at Lodge

14 Breakfast 13 Lunch 13 Dinner Adventure

Trip Highlights

- You can experience the thrill of crossing three of the most famous passes in the Everest region: Renjo La, Cho La, and Kongma La.
- Gain insight into the lives of Himalayan Sherpas.
- You can visit Thame Monastery and stroll through the village to observe the yaks and horses.
- You can immerse yourself in the beauty of the Gokyo Valley as you explore its stunning glacial lakes.
- You can get the best views of Mt. Everest from Kala Patthar (5,545 meters).
- You'll traverse above the Cholatse Pokhari Lake, with the majestic Lobuche Peaks and Awe Peak to the south.

Overview

The Everest Three Passes Trek without EBC is your ticket to an unforgettable journey, skipping the crowded EBC. This trek is great for people who love excitement and want to explore the Khumbu region. You'll start with stunning mountain views and cross three challenging high mountain passes.

You'll travel ancient trading routes, immersing yourself in the local people's rich culture, traditions, and lifestyle. You'll find beautiful lakes, impressive glaciers, icefalls, and remote parts of the Everest region as you go. During this incredible journey, you'll come across three majestic mountain passes: Renjo La Pass (5,465 meters), Cho La Pass (5,420 meters), and Khongma La Pass (5,535 meters).

Everest Three Passes Trek without EBC Details

Best Time for Trek in Nepal

Spring (March-May)

Spring is the ideal season for the Everest Three Passes Trek without EBC. The weather is consistent, warm enough, and provides good vistas. There is a lower probability of rain. Spring is also the best time for peak climbing because of the warmer temperatures and less snowfall. Ascending Renjo La Pass, Cho La Pass, and Khongma La Pass are less challenging than trekking in other seasons. At this time, the rhododendrons are in full bloom, creating a beautiful display of vibrant colors. The trails are also less crowded, creating a peaceful trekking experience.

Autumn (September-November)

Autumn is the most popular time for [trekking in Nepal](#). This season offers clear, dry weather, allowing for stunning mountain views. The temperatures are also relatively mild, making it perfect for trekking. The days are very warm, and the nights are pretty cool. The average temperature during the day is approximately 20 degrees Celsius, while it may drop to 5 degrees Celsius at night at elevations ranging from 1000 to 3500 meters. However, the trekking trails will be pretty crowded at this time of the year.

Winter (December-February)

Trekking the Everest Three Passes during winter can be risky due to icy and snow-covered trails. The weather outside is quite chilly, with plenty of snow at higher elevations, which can pose challenges for trekking. Traveling off-season has more disadvantages than advantages. The average temperature during the day rises to 17 degrees; at night, it falls below freezing. To be safe when trekking in cold weather at high altitudes, you must bring appropriate warm clothes.

Summer (June-August)

You should not trek the Everest Three Passes during summer/monsoon season. When it rains heavily, hiking on the trails can become challenging and unpleasant due to the frequent mud and slippery conditions. The heavy rain can cause landslides and flooding in certain areas, making the trails

impassable. The heavy rainfalls in this season have insects like leeches and bugs while hiking in the forest.

Preparation for the 3 High Passes Trek

- For the Everest Three Passes trek, you should focus on cardiovascular training as the terrain includes challenging uphill and downhill trekking, so building endurance is key.
- Strength training is beneficial because it allows you to build muscle, enhance your balance and stability, and decrease your chance of injury.
- Consider adding hill training to your routine. Trekking at high altitudes helps you practice hiking uphill and downhill.
- To improve your endurance, you should slowly raise the length and intensity of your exercises.
- Throughout the trek, you will be carrying a backpack with gear and supplies, so you should prepare by trying to hike with a heavy pack.
- You should get used to high altitudes as the Everest Three Passes trek occurs at high altitudes.

How hard is the Everest Three Passes Trek without EBC?

The Everest Three Pass is strenuous and demanding to trek, and crampons are required for the slippery routes. Kongma La Pass is situated between the charming towns of Chukhung and Lobuche at an elevation of 5,535 meters. You have to hike to the highest pass in the Khumbu region. In the Khumbu region, Kongma La Pass is the highest pass along the three passes (Renjo La Pass, Cho La Pass, and Kongma La Pass).

During the winter, the route to these three highest passes is very difficult as there is high snow. Extreme cold at high altitudes is one of the most concerning parts of lengthy and altitude hiking. High altitudes may be challenging, and with sufficient rest and acclimatization, your body can reach such altitudes. You should know that all three passes are over 5,000 meters in elevation, so trekking at such altitude is quite challenging. This trekking trail can also be difficult as you must cross the mighty passes (Gokyo Ri) and even the [Everest base Camp trek](#).

Things to Know

The things that you must know before trekking to Everest Three Passes are

- You should choose the best time to go on the Everest Three Passes Trek.
- You should be able to identify Acute Mountain Sickness (AMS) during the trek.
- You must include the additional day dedicated to acclimatization.
- You should be well prepared and pack all the necessary gear and essentials.
- You should maintain proper nutrition to sustain energy levels and support your physical well-being.
- You must be mentally prepared for the trip.

Accommodation and Food

Accommodation options on the trail include trekking lodges, teahouses, and hotels. They offer a range of basic to more luxurious accommodation, allowing you to choose according to your budget and

preferences. The teahouses along the route provide different options in terms of quality and price, depending on the amenities they provide.

The tea house room features twin sharing beds and simple furniture such as a table and chair. The beds have pillows and sheets; many tea houses offer additional blankets for chilly nights. Hot showers are typically available throughout the trek. You'll find various campsites along the route if you want to camp.

Difficulty Level

The [Everest Three Passes Trekking](#) route will take you through challenging terrain and steep climbs. You will also have to cross a frightening landslide area. Climbing steep rocky hills with huge rocks will make trekking difficult. You will eventually reach your destination after navigating the tough terrain, steep hills, and a landslide area.

Throughout the trek, you'll encounter several glaciers, most of which are relatively easy to cross. However, some particularly difficult glaciers require crampons' assistance to navigate safely. As you travel, you'll navigate through the melting ice, which gradually becomes thinner. So, you should start before 10 am when the sun is not high and the ice is less likely to melt.

Altitude Sickness

Altitude sickness is the major challenge regarding the difficulty of the Everest Three Passes Trek. It often refers to the issue of walking too fast at high altitudes. [Altitude sickness](#), called Acute Mountain Sickness (AMS), is a common condition affecting you at high elevations. Some individuals experience altitude sickness despite being physically and mentally fit. The signs and symptoms of altitude sickness are headaches, dizziness, loss of appetite, nausea, problems sleeping, and shortness of breath.

Prevention of Altitude Sickness

- Following the principle of climbing high and sleeping low can prevent altitude sickness.
- You should drink plenty of water to stay hydrated.
- Avoid alcohol and tobacco while trekking.
- You should carry some energy bars and snacks.
- Focus on a well-balanced diet, including Dal Bhat's local and traditional cuisine.
- You should immediately inform your professional guide if you identify any signs or symptoms of altitude sickness.

Types of Equipment

Head / Ears / Eyes

- Headscarf
- Wool hat
- Beanie
- Sunglasses

Hand

- Gloves with a poly lining

- Woolen gloves
- Mittens

Upper Body

- Full sleeves shirt
- Thermal tops
- Windproof and waterproof jacket
- Down jacket
- Sports bra

Lower Body

- Thermal set
- Hiking trouser
- Waterproof shell pants
- Thick and thin hiking pants
- Wool trouser
- Leggings

Feet

- Thin wool socks
- Thick woolen socks
- Hiking boots
- Running shoes
- Crocs

Other Essentials

- First aid kit
- Toothpaste / Toothbrush
- Shampoo / Soap
- Toilet paper, nail clippers, and antibacterial hand wash
- Travel towel
- Headlamps
- Hiking poles
- Daypack or Backpack for Hiking
- Raincoats

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Short Itinerary

Day 01 Fly from Kathmandu - Lukla, trek to Phakding (2610 m, 8 km or 3-4 hrs walk).

Day 02 Trek Phakding - Namche Bazar (3440 m, 11 km or 5-6 hrs walk).

Day 03 Rest Day in Namche .

Day 04 Trek Namche - Thame (3800 m, 8.8 km or 4-5 hrs walk).

Day 05 Trek Thame - Lungdhen (4380 m, 9.4 km or 5-6 hrs walk).

Day 06 Trek Lungdhen - Renjo La Pass (5360 m) - Gokyo (4790 m, 11 km or 8-9 hrs walk).

Day 07 Rest Day Gokyo.

Day 08 Trek Gokyo - Dragnag (4700 m, 3.6 km or 2-3 hrs walk).

Day 09 Trek Dragnag - Cho La Pass (5420 m) - Zhonglha (4830 m, 8.8 km or 8-9 hrs walk).

Day 10 Trek Zhonglha - Lobuche (4910 m, 6.3 km or 2-3 hrs walk).

Day 11 Trek Lobuche - Kongma la pass - Dingboche (4410 m, 14 km or 8-9 hrs walk).

Day 12 Trek Dingboche - Namche (3440 m, 19 km or 6-7 hrs walk).

Day 13 Trek Namche - Lukla (2840 m, 19 km or 6-7 hrs walk).

Day 14 Fly Lukla - Ramechhap or Kathmandu.

Details Itinerary

Day 01: Fly from Kathmandu - Lukla, trek to Phakding

You will go to the domestic airport and take a flight to Lukla. Lukla is known as the entry point to the Everest area. This trip will be fascinating as you fly over the magnificent Himalayas. After arriving at Lukla and a quick rest, you will begin your trek to Phakding. Following the descending route, you'll arrive at Cheplung, where you can see Mt. Khumbila. The summit is considered holy, and climbing is banned, making it one of the unclimbed peaks in the region. From Cheplung, continue on a descending route through beautiful woods to Phakding.

Activity:

8km or 3-4 hours walk

Highest Altitude:

2610m, Phakding

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Lodge

Day 02: Trek Phakding - Namche Bazar

Begin your trek into the thick wilderness of the Khumbu area. Follow uphill and downhill routes and cross many suspension bridges across the Dudh Koshi River's rapids. During this part, you will have a spectacular panorama of Mt. Thamserku (21,675ft) before arriving at the village of Benkar. As you continue your journey, you will eventually arrive at the Sagarmatha National Park entrance at Monjo. Once your permits are checked, begin your ascent towards Namche Bazaar. As you ascend, you'll see the

brehtaking views of Everest, Lhotse, Tawache, and other majestic mountain peaks.

Activity:

11 km 5/6hr walk

Highest Altitude:

Namche Bazar

Meals:

Breakfast, Lunch and Dinner

Accomodations:

Lodge

Day 03: Rest Day

This is the rest day, as acclimatization is crucial for your body at higher altitudes. You can also explore several scenic trails in and around Namche Bazaar. You can hike to Everest View Hotel to enjoy breathtaking views of the majestic Himalayan. After returning to Namche, you can visit the Khumjung Monastery. After touring the historic monastery, go to the Tourist Visitor Center near the headquarters of the Sagarmatha National Park to learn about the first Everest climbers, Sherpa culture, and the diverse plants and animals in the Everest region.

Activity:

Hike to Everest View Point and Khumjung3880m, Everest View Point village

Highest Altitude:

Meals:

Breakfast, Lunch and Dinner

Accomodations:

Lodge

Day 04: Trek Namche - Thame

As we make our way from Namche Bazaar, we take into the amazing beauty of the valley that leads us to Thame. As you trek through, you can immerse yourself in the breathtaking beauty of this valley. You can also admire the north face of Kongde Ri, the juniper, oak, birch trees, and the numerous mani walls. During the hike, you'll see the beautiful views of the Bhote Koshi River. Thame has a rich history and has always held a significant place among the settlements in the Khumbu region. You can also visit the famous old Thame monastery.

Activity:

8.8 km or 4-5 hrs walk

Highest Altitude:

Thame : 3800 m

Meals:

Breakfast, Lunch and Dinner

Accomodations:

Lodge

Day 05: Trek Thame - Lungden

As we make our way from Thame, we gradually ascend a gentle slope until we arrive at the small town of Lungden. Here, you can embrace the serene beauty of the Himalayas and immerse yourself in the vibrant culture of the passing villages. Located in the peaceful mountains, Lungden is a delightful village with a few cozy tea houses. You can take a moment to relax and recharge.

Activity:

9.4 km 5-6 hrs walk

Highest Altitude:

Lungden :4380 m

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Lodge

Day 06: Trek Lungden - Renjo La Pass - Gokyo

On our journey from Lungden, we start on an exhilarating trek up to Renjo La Pass, which takes us to the captivating Gokyo Lake. Today is a long and tough day. We will start early to make the most of it. As you ascend Renjo La Pass, you can see the stunning views of Mt. Everest and the gorgeous Gokyo Lake.

Activity:

11 km,8-9 hrs walk

Highest Altitude:

Gokyo : 4790 m

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Lodge

Day 07: Rest Day

Today is the rest day at Gokyo, a calm treasure in the majestic Himalayas. If you're up for an adventure, you might want to consider going on an acclimatization hike to Gokyo Ri or even the Cho Oyu base camp. These destinations offer breathtaking views that will leave you in awe. Feel free to explore the captivating blue waters comfortably and allow the tranquility of the place to refresh your soul.

Activity:

Hike to Fifth Lake

Highest Altitude:

Fifth Lake : 4990 m.

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Lodge

Day 08: Trek Gokyo - Dragnag

Continuing our journey from Gokyo Lake, we go toward Dragnag along a mesmerizing glacial path that never fails to captivate. This walk is on the shorter side, but be aware that it can be a bit unstable because of the glacial till. Be cautious and embrace the adventure.

Activity:

3.6 km, 2-3 hrs walk

Highest Altitude:

Dragnag : 4700 m.

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Lodge

Day 09: Trek Dragnag - Cho La Pass - Zhonglha/Dzonghla

Starting from the farming village of Dragnang, you will make your way towards the east as you gradually ascend, eventually reaching a boulder field. Continue along this path, and on the other side, you'll encounter a moderately challenging ascent towards the Cho La. The trail leading to the pass is quite rocky and may involve some occasional easy scrambling, but there is no need for any rope assistance.

Sometimes, the final part of the col may be covered in snow. When you reach the col, the view of Ama Dable is breathtaking. While descending from the col on a small, snow-covered glacier, you must be cautious as it can be slippery. After leaving the glacier, the path becomes clearly defined and is easily navigated with the help of cairns. As you descend, you can see the breathtaking views of the north faces of Cholatse and Tawoche. After a short walk downhill, you will reach the peaceful village of Dzonghla.

Activity:

8.8 km, 8-9 hrs walk

Highest Altitude:

Zhonglha/Dzonghla : 4830 m.

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Lodge

Day 10: Trek Zhonglha/Dzonghla - Lobuche

Our trek starts with a quick descent to a beautiful river. After crossing this path, you'll traverse above the Cholatse Pokhari Lake, with the majestic Lobuche Peaks and Awe Peak to the south. On the path, you can see some truly stunning views. Look to the southeast, and you'll be captivated by the majestic presence of Ama Dable. You can also see Nuptse, Tawoche, and Kangtega. Keep walking until you reach the main Everest Base Camp trail, where you'll see the first signs of glacial moraine from the Khumbu Glacier. After getting to the main Everest trail, continue following it until you reach Lobuche village. There, you can explore and rest.

Activity:

6.3 km or 2-3 hrs walk

Highest Altitude:

Lobuche : 4910 m.

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Lodge

Day 11: Trek Lobuche - Kongma la pass - Dingboche

After leaving Lobuche, you will cross the rugged moraine of the Khumbu Glacier. Typically, the exact route varies yearly, but it becomes well-traveled shortly after the trekking season starts. After reaching the far side of the glacier, the path ascends a grassy slope and then goes its way upslope until you reach the point with a view of the Kongma La. After 45 minutes of challenging terrain, you'll reach a col decorated with a thousand prayer flags.

Descending the far side of the col is an incredible part of hiking in the Khumbu region. After leaving the col, you'll come across a breathtaking lake. As we go down to Dingboche, the landscape transforms from

steep grassy slopes to beautiful terraced fields that border the village.

Activity:

14 km, 8-9 hrs walk

Highest Altitude:

Dingboche : 4410 m.

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Lodge

Day 12: Trek Dingboche - Namche

In today's trek, you must cover a distance of approximately 22 km to reach Namche Bazaar. Walking downhill, you can cover ground quickly, making it possible to cover this distance. Along the way, you can see breathtaking peaks like Ama Dablam, Lhotse, and Everest. You will pass through several Sherpa villages and visit monasteries as well. When you arrive at Namche Bazaar, you will find various food options.

Activity:

19 km or 6-7 hrs walk

Highest Altitude:

Namche Bazaar : 3440 m.

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Lodge

Day 13: Trek Namche - Lukla

Today's trek has a completely downhill route. You will experience the thrill of crossing multiple bridges over the fast-flowing Dudh Koshi River and its tributaries. During the trek, you can stroll across vast open plains through enchanting rhododendrons and pine forests and look at the breathtaking vistas of the distant majestic snow-capped peaks. The path passes through various settlements. When you arrive at Lukla, take some time to relax. Later, enjoy the success of your journey and your last night in the mountains with your teammates

Activity:

19 km or 6-7 hrs walk

Highest Altitude:

Lukla : 2840 m.

Meals:

Breakfast, Lunch and Dinner

Accommodations:

Lodge

Day 14: Fly Lukla - Kathmandu

Flights to Kathmandu are often scheduled in the morning for safety concerns. Once you arrive in

Kathmandu, make your way to your accommodation and take some time to relax. Today, you can join a guided city tour or explore at your own pace. In the evening, join a farewell dinner to celebrate the successful trek.

Activity:

30min flight

Highest Altitude:

Kathmandu : 1340 m.

Meals:

Dinner

Accommodations:

Lodge

What's Included?

- Pick-up and drop-off service at Tribhuvan International Airport in Kathmandu is by private car/van/bus, depending on the group size.
- Sagarmatha National Park fee and Khumbu Pasang Lhamu Rural Municipality entrance fee.
- One English-speaking government certificate holder trekking guide and trekkers 2:1 porter.
- Kathmandu-Lukla-Kathmandu by flight tickets with departure tax.
- All meals (14 Breakfast, 14 Lunch, and 13 Dinner) with 13 Nights at Lodge accommodation during the trek.
- Guide and porters, equipment, meals, salary, accommodation, insurance, etc.
- First Aids Kit.
- Local fresh fruit like pomegranates and apples, etc.
- Duffel Bag.
- Fingertip Pulse Oximeter (we use every day to check your oxygen level and pulse in your body to avoid high risk).
- Himalaya Trip T-shirt.
- All official expenses and 13% Government VAT.

What's not Included?

- International airfare .
- Nepal's visa fees (15 Days US\$ 30 and 30 Days US\$ 50) , you fill up a form [depart of immigration](#) before you leave and pay cash and get visa on your arrival in Kathmandu airport.
- Hotel (Kathmandu Guest House) and meals in Kathmandu.
- Your trekking gear.
- All the drinks include tea, coffee, coke, beer, and mineral water.
- Your travel insurance should include emergency rescue.
- Tips for your guide and porters, etc.

Note: In the case of one person, a guide will lead this trek, you will carry own backpack.

Group Discounts Available

No. of Persons	Price per Person
2 - 4	USD 1,399
5 - 9	USD 1,349
10+	USD 1,299

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Frequently Asked Questions

Q1: How much does the Everest Three Passes trek cost solo?

It costs around USD 1500 for one person. This includes a porter guide from Lukla, domestic airline fee, meals, lodging, permits, and other amenities.

Q2: How long does 3 passes trek take?

The Three Passes Trek is the most difficult journey to Everest Base Camp. It takes 21 days as it is also the longest trek in Nepal. If you are ready for it, the 3 passes trek offers the best of the Khumbu region.

Q3: How hard is the 3 passes trek?

The 3 passes trek is challenging, and you should be very fit to trek at high altitudes for extended periods. On the Everest 3 Passes trek, you must climb three difficult passes: Kongma La, Cho La, and Renjo La.

Q4: Do you need a guide to climb to Everest Base Camp?

Yes, you must hire a guide to climb to Everest Base Camp. The Nepalese government has implemented new regulations requiring all travelers to Everest Base Camp to be accompanied by a professional guide,

Q5: Can I trek in Nepal without guide?

In Nepal, trekking is impossible without a guide. A professional trekking guide or porter is compulsory. Otherwise, you won't be able to obtain the required trekking permits.

Q6: Is there any age limit or criteria for trekking to Everest Three Passes Trek?

There are no specific restrictions for the Everest Three Passes Trek. However, you must be in good health and have some fitness level. This trek is not suitable for children under sixteen and individuals over seventy.

Q7: How high is the Everest Three Pass?

The Everest Three Passes Trek traverses three high passes: Kongma La Pass (5,535 meters), Cho La Pass (5,420 meters), and Renjo La Pass (5,340 meters).

Q8: Do I need permits before starting the trek to Everest Three Pass?

Yes, you must have permits for the Everest Three Passes trek. The most important permits are the Sagarmatha National Park Entry Permit and the Khumbu Rural Municipality Permit.

Q9: Do I need training for the Everest Three Passes Trek?

Physical training is highly beneficial because it makes the trek more enjoyable. Prior hiking experience, aerobic conditioning, and endurance training can help you prepare for the obstacles.

Address

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Kathmandu, Nepal