

# Everest Three High Passes Trek

## Facts

**Destination:** Nepal

**Trip Difficulty:** Very Strenuous

**Transport:** Private Vehicle / Aeroplane

**Food:** Breakfast + Lunch + Dinner

**Accommodation:** Lodge to lodge

**Max Elevation:** 5545m



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is one of the most challenging trek in the foothill of Himalayas. Here are 3 hard passes on the high elevations of Everest that go above the tree-lines; the Trip across the three passes will be a great chance to hike around the Everest high country areas. An outing in this zone will give you some of the most mind blowing views you will have ever imagined. You will have incredible scenes of a range of mountains from real close, including Mt. Everest, Lhotse, Mt. Nuptse, Mt. Amadablam, Mt. Pumori, and Mt. Thamserku among other famous peaks. Similarly, you will get to pass through numerous glacier lakes.

Everest Three High Passes Trek has much rocky and sloppy countryside trails, but the beautiful settlements of Sherpa ethnic groups, who are famous for their spirit in climbing majestic mountains, with their welcoming nature more than makes up for the tough hiking in this region. Explore Buddhist monasteries located in the Khumbu region, the species of birds, flora and fauna, as you will pass through lush jungle and finally you will reach the top of the high hills. The 3-pass trails also pass through some well-developed routes, where you will have numerous places to haul up for some well-earned rest, even though the trek by itself is challenging.

**Kongma La pass** is somewhat a bit more difficult than the other passes. We enjoy a variety of experiences of the mountain views from Cho La, when we traverse the glaciated **Cho La pass** to Gokyo Lake. We explore the valley and hike up to Gokyo Ri to enjoy more excellent mountain views including another angle of Everest and many other well known mountains. The hike from [Gokyo valley to Renjo La pass \(http://www.marveladventure.com/gokyo-renjo-la-pass-trek\)](http://www.marveladventure.com/gokyo-renjo-la-pass-trek) is also the most exciting among the 3 passes. When you reach the quiet beautiful village of Thame we take in its natural beauty and head towards Namche bazaar the next day.

**The Everest Three High Passes** route begins with a short scenic flight from Kathmandu to the tiny airstrip of Lukla. Everest Three High Passes Trek trail follows the classic path along



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Phakding, continues along the Dudh Kosi Valley, Namche Bazaar, Chhukung, and Lobuche via Kongma La pass, [Everest Base Camp \(https://www.marveladventure.com/everest-base-camp-trekking\)](https://www.marveladventure.com/everest-base-camp-trekking), Cho La pass, Gokyo, Renjo La pass, Thame, Namche Bazaar, Monjo and straddles the Dudh Kosi River as you head back to Lukla and fly back to Kathmandu.

#### **Related trips you may like:**

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#### **[Everest Base Camp Chola Pass Gokyo Trek](https://www.marveladventure.com/everest-base-camp-chola-pass-gokyo-trek)**

**[\(https://www.marveladventure.com/everest-base-camp-chola-pass-gokyo-trek\)](https://www.marveladventure.com/everest-base-camp-chola-pass-gokyo-trek)**

However, you need to be extremely fit and have the zest & zeal to tackle any possible challenges during the odyssey. You can avail yourself of the best Trekking guides, Permits and all necessary equipment with [Marvel Adventure \(https://www.marveladventure.com/\)](https://www.marveladventure.com/) for a trip of this kind. Please feel free to [contact us](https://www.marveladventure.com/contact-us)  [\(https://www.marveladventure.com/contact-us\)](https://www.marveladventure.com/contact-us) if you have any queries regarding this trek.

## **Highlights**

- Scenic flight from Kathmandu to Lukla
- An insight into the lives of the Sherpas
- Fascinating view of Khumbu Glacier and Ice fall
- Glorious sunrise view from Kalapatthar
- Stunning mountain views of [Everest range \(https://www.marveladventure.com/everest-trekking\)](https://www.marveladventure.com/everest-trekking) (<https://www.marveladventure.com/everest-trekking>)
- Crossing the three high passes viz. Kongma La, Cho La and Renjo La

## Day to Day Itinerary

**Day 01: Fly to Lukla (2810m) and Trek to Phakding (2610m)**

**Day 02: Trek to Namche Bazaar (3445m)**

**Day 03: Acclimatization day at Namche**

**Day 04: Trek to Tengboche (3860m)**

**Day 05: Trek to Dingboche (4390m)**

**Day 06: Trek to Chukkung (4730m)**

**Day 07: Chukkung to Lobuche (4925m) via Kongma La pass (5535m)**

**Day 08: Trek to Gorakshep (5180m) and Everest Base Camp (5360m)**

**Day 09: Hike to Kalapatthar (5545m) and Trek to Dzongla (4830m)**

**Day 10: Cross Cho La pass (5420m) and Trek down to Dragnak (4700m)**

**Day 11: Trek from Dragnak to Gokyo (4790m)**

**Day 12: Gokyo to Gokyo Ri and explore for a day**

**Day 13: Gokyo to Lungden (4370m) via Renjo La Pass (5360m)**

**Day 14: Trek to Thame village (3820m)**

**Day 15: Trek down to Namche (3445m)**

**Day 16: Trek down to Lukla**

## **Day 17: Fly back to Kathmandu**

### **Cost Includes**

- Airport pick up and drop by private vehicle
- All Domestic flights and airport tax as listed in the itinerary
- Standard meals (breakfast, lunch and dinner) during the trek
- Government license holder guide
- Strong and helpful porter with proper equipment (1 porter for 2 people)
- Salary, food, accommodation and insurance for guide and porters
- Tea house/lodge accommodation during the trek
- TIMS (Trekking Information Management System) card
- Sagarmatha National Park entry permit
- Pasang Lhamu Rural Municipality entry permit
- Comprehensive first aid kit with oximeter
- All the government and local taxes

### **Cost Excludes**

- International Airfare and taxes
- Nepal entry visa fee
- Your Travel Insurance (compulsory)
- All the expenses of personal nature
- Any kind of drinks and desserts during the trek
- Tips to guide and porter (Tipping is expected)