



Contact Information

+977 01-4813144, +9779851135348

info@adventureascent.com

Kapan Marg, Kathmandu, Nepal



Everest Three Pass Trek

The beautiful Everest region is not only home to the loftiest peaks in the world including Mount Everest, but also to the deepest gorges and biggest glaciers as well as the largest national park in the country called the Sagarmatha National Park. This trip will take you over the three mountain passes: Cho La Pass (5368 m), Kongma La Pass (5535 m) and Renjo La Pass (5360 m). Here you will enjoy the unique flora and fauna of Himalaya, the spectacular landscapes of the national park and give you magnificent close-up views of the 80km Mahalangur Range which houses some of the tallest mountains like Kanchenjunga, Manaslu and Cho Oyu and of course the world famous Mount Everest (8,848 m). While you are in the Everest region, you can also experience the lifestyle of the Sherpa people, visit Thame and Tengboche monastery, sustained for over centuries in the remotest terrains on earth. This is an adventure you will remember for the rest of your life.

Price:

Trip Start: Kathmandu/Lukla

Trip Ends: Kathmandu

Duration: 18-20 Days

Grade: Medium/Hard

Altitude: 5545 meters

Destination: Home

Trip Style: Climbing/Trekking

Transport: Flight

Group Size: 1-10+

Best Time: Autumn and Spring Season

Itinerary

Day	Title	Description
01	<u>Arrival in Kathmandu (1,340 m)</u>	After landing at the Tribhuvan International Airport, Adventure Ascent representative will be there to greet you and take you to the hotel. We will then check-in at the hotel, freshen up, and take a rest. Welcome dinner will be hosted in the evening. Overnight in Kathmandu.
02	<u>Kathmandu: Sightseeing and Trek Preparation</u>	After an introduction with the city tour guide at the hotel, you will begin your tour to Pashupatinath temple, Swayambhunath stupa, and Bouddhanath stupa, which are all world heritage sites. Pashupatinath temple is one of the most important places of pilgrimage for all Hindus. Swayambhunath is also known as the Monkey Temple and Boudhanath Stupa is one of the largest stupas in the world. After the tour you will meet with your trekking guide, briefing about the trek and checking your trek gears will be done afterwards. Overnight in Kathmandu.
03	<u>Fly to Lukla, trek to Phakding (2,651m): 40 min flight; 3 – 4 hours trek</u>	After early morning breakfast, we will catch a flight to Lukla. The flight will be an interesting one since we will be flying amidst the grand Himalayas in a Twin Otter airplane. We shortly begin our trek to Phakding after landing. At one hour's gradual descent, we will be at a Cheplung village from where we have a glimpse of Mt. Khumbila (18900ft), a sacred mountain that has never been climbed. From Cheplung, we continue descending to Phakding and spend the night.
04	<u>Trek to Namche Bazaar (3,438 m), 5 – 6 hours</u>	We begin our trek on up and down the trail to Namche Bazaar with multiple crossings over the Dudh Koshi River and a magnificent view of Mt. Thamserku (21,675ft) from the Benkar village. We cross several bridges and reach the entrance of Sagarmatha National Park at Monjo. Here our trekking permits are checked. We walk furthermore and pass through Jorsale village before reaching Namche Bazaar. From here, we get to witness beautiful views of the Himalayas including Everest, Lhotse, Tawache, and others. Overnight in Namche Bazaar.

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| 05 | <u>Namche Bazaar:
Rest and
acclimatization</u> | Today is the first of the three scheduled rest days that will help us acclimatize to the high altitude. We roam around and take small hikes around Namche Bazaar. We hike up to Everest View Hotel to enjoy admirable views of the Himalayan vista. On our way back to Namche we also tour the Khumjung Monastery (houses a yeti scalp!) and Hillary School. Our guide can also take us to the Tourist Visitor Center near the headquarter of the Sagarmatha National Park where we can observe an assortment of things related to the first Everest ascenders, Sherpa culture and learn about the various plant and animal life in the Everest region. |
| 06 | <u>Trek to Tengboche
(3860 m), 5 – 6
hours</u> | We have an easy trail to Phunki Thanga. From here we ascend towards Tengboche village where lies the largest monastery in the Everest region. The monastery is located within the Sagarmatha National Park and provides panoramic views of the highest mountains on earth including Everest, Ama Dablam, Thamserku, Nuptse, and Lhotse. We try to reach the monastery by 3:00 in the afternoon and may even be able to witness a religious Buddhist ceremony. Overnight in Tengboche. |
| 07 | <u>Trek to Dingboche
(4,360 m), 5 – 6
hours</u> | Our trek begins by walking downhill and we pass through lush forests filled with birch, conifers, and rhododendron trees. We continue our trek with views of Mt. Everest, Lhotse, and Ama Dablam to keep us company. The picturesque trail dips down to Debuche, crosses the Imja River, and takes us to Pangboche. While walking the upper Pangboche trails, we get a more pristine view of the Himalayas and Pangboche Monastery. We move ahead towards the Imja Valley, Lobuche River, and ultimately climb up to Dingboche. The village is a beautiful windy settlement overlooked by chortens and prayer flags. Overnight in Dingboche. |
| 08 | <u>Dingboche:
acclimatization and
rest</u> | Dingboche is a popular stop for trekkers and climbers in the Everest region. The village is beautiful with an array of fields enclosed by stone walls to protect barley, buckwheat, and potatoes from the cold wind and grazing animals. We spend a day at Dingboche for acclimatization. We take a day hike to nearby Hill for great views of Makalu, Lhotse, Chalotse, Tawache, Ama Dablam, and others. |

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| 09 | <u>Trek to Chhukung (4750m), climb Chhukung Ri (5,546 m), 6 – 7 hours</u> | <p>Our trail comes across stone-walled fields and Imja Khola valley before entering glacier moraines amidst towering Himalayas. The trail leads to Bibre which is a yak herdsman place. From our location, directly across the valley is the fantastic Ama Dablam and the Amphu Labsa mountains. The trail ahead is intersected by icy streams. We continue our walk for around half an hour and reach Chhukung where we will stay overnight. After lunch, we begin our trek and climb towards Chhukung Ri. The climb to Chhukung Ri involves some easy scrambling near the summit. From the top, we can look directly across the valley for a fantastic view of Ama Dablam and Amphu Labcha peaks. We descend back to Chhukung.</p> |
| 10 | <u>Trek to Lobuche(4940m), crossing to Kongma La pass (5535 m), 6 – 7 hours</u> | <p>Today we begin early in the morning to reach the highest point of the entire trip, Kongma La pass. We can either take a trail over a hill which is to the northwest of Chhukung over the Nuptse Glacier moraines or we can walk back to Bibre and trek on the trail above the Niyang Khola. The top of the pass is marked by cairns and Buddhist prayer flags. The final descent from the pass is the most difficult part of today's journey. After climbing the moraine on the far side, the trail turns north through Khumbu Glacier which takes us to Lobuche, where we stay overnight.</p> |
| 11 | <u>Trek to Gorak Shep (5170 m), visit Everest Base Camp (5364 m), 6-7 hour</u> | <p>Our trail moves along the lateral moraine of the Khumbu Glacier. Ahead on the trail we see the crest of the north ridge of Everest along with Pumori, Mahalangur, Lingtern, Khumbutse, Nuptse, and other mountains. A small ascent takes us to Thangma Riju. From here we admire and appreciate panoramic views of the Himalayan vista. We ascend on a steep trail up to the top of Changri Glacier. As we reach Gorak Shep, we are surrounded by the Himalayas. We pass through rocky dunes, moraines, and streams before reaching the base camp of the world's tallest peak, Everest. From here we admire Nuptse, Khumbustse, and Pumori mountains. We trek back to Gorak Shep and spend the night.</p> |

- 12 Trek to Kala Patthar (5545 m), then to Dzongla (4940 m), 8 – 9 hours
- We start our trek to Kala Patthar early in the morning in order to catch remarkable views of the sunrise. We witness the first light of the sun shining on Mt. Everest and those near it. However, we need to be prepared for trekking in the dark and cold temperatures (the temperature varies according to the season). Furthermore, there is always a chance for chilly winds which are quite common. As we continue our trek, familiar peaks such as Lingtren, Khumbutse, Changtse, Everest, and Nuptse tower above us. After several hours of ascent, we will be on the top of Kala Patthar. The close-up view of Mt. Everest and other Himalayan peaks from Kalapathar is amazing. We enjoy the stunning Himalayan vista and descend to Lobuche and lunch. From Lobuche, we trek downhill on a trail alongside the Khumbu Glacier. Our trail splits into two and we choose the trail on our right. On the way, we can better admire the view of the looming Awi Peak. After walking for a while we begin to ascend. During the ascent, we see Chola Tsho Lake nearby. We continue further and pass another lake which is a lot smaller than the Chola Tsho Lake. We cross the Chola Khola on a bridge before reaching Dzongla. Overnight in Dzongla.
- 13 Trek to Draknak (4600m) via Cho La pass (5368 m), 7 – 8 hours
- As we gain height, the Cho La Lake begins to appear and the Ama Dablam presides over a range of mountains on the south and Cholatse soars on the west. Climbing the incline is not easy; it is steep, but made worse by boulders over some of which we will have to scramble. The final climb to the Cho La can be a little tricky as the trail curves round a crevasse. The top of the pass is marked by prayer flags and cairns. The scenery of majestic peaks in all directions is breathtaking. Although long, the path leading down to Thangnak and overnight.
- 14 Trek to Gokyo: Climb Gokyo Ri (5357 m)
- Our trail brings us to the edge of the Ngozumpa glacier, which is the longest glacier in Nepal. Reaching the other side of the glacier, we see the second Gokyo Lake on the series of six lakes. A short distance away is the third Gokyo Lake. On the edge of this lake stands the small Gokyo Village where we spend the night. The same day we climb Gokyo Ri today and enjoy views of the incredible mountain vista. We trek back to Gokyo and spend the night.

- 15 Gokyo to Marlung (4210m) via Renjo La Pass (5360 m), 7 – 8 hours
- We start the day early in the morning to complete the long day's trek ahead. Our trail moves alongside Dudh Pokhari (lake) for a while. We walk for around two hours before descending towards the Renjo La pass. On the way, we are rewarded with extravagant views of the Himalayan and Rolwaling ranges and others. Views from the Renjo La pass are much like that from Gokyo Ri with the third Gokyo Lake and Gokyo Village beneath the gray smear of the Ngozumpa Glacier. We also get outstanding views of Mt. Everest from the top of the pass. Continuing on from the pass, our trail winds down a stone staircase and then moves over loose scree to reach the south bank of Angladumba Tsho Lake. The presence of ice on the trail while descending down can make our descent a bit hazardous. Along the way, we see Relama Tsho and Renjo Lake. We walk down a narrow valley clogged with giant boulders to Lumde where there is a support lodge, but it is often closed. We walk almost for an hour from Lumde to get to Marlung on the east bank of the Bhote Koshi River. Overnight at Marlung.
- 16 Trek to Namche Bazaar, 5 – 6 hours
- The descent from Marlung to Thame follows a traditional route used for centuries by the Tibetan traders. We cross the Bhote Koshi River and descend to Taranga. The trail continues to descend and we cross two bridges before reaching Thame. Overlooking Thame is its famous Gumpa situated on a hill to the west. From here, we descend gradually on a trail that passes through a few small villages before reaching Namche Bazaar which is probably the biggest town in the Everest region. Overnight in Namche Bazaar.
- 17 Trek to Lukla, 6 – 7 hours
- We begin our trek with a descent. As we continue our trek, we cross several bridges over the fast flowing Dudh Koshi River and its tributaries. Now the trail has become more level and natural. On our trek, we enjoy walking on open plains, through rhododendron and pine forests and enjoy distant views of the snow-covered peaks. We walk through Sherpa villages noticing their impressive faith in Buddhism and the culture of prayer stones and prayer flags. After reaching Lukla, we stretch those sore legs and recall the experiences of the last couple of weeks. Our long trek to the mountain and its high passes ends today. Overnight in Lukla.

18	<u>Flight to Kathmandu: 40 min</u>	The flights to Kathmandu are usually scheduled for morning for safety purposes. After reaching the capital city, we have the rest of the day off to past the time as we please. You take a rest in our hotel room or shop for souvenirs for our loved ones.
19	<u>Final departure</u>	Our adventure in Nepal ends today. Adventure Ascent representative will drop you off at the Tribhuwan International Airport, few hours before the scheduled flight for final departure towards your sweet home.

Includes

Airport Pick up and transfers to hotel.

All accommodation as BB in 4/5 star hotel. Depending on choices

Welcome & farewell dinner,

Experience professional guide for tour, trekking.

Full insurance, transportation & salary for staff during the trip.

Full board meals on trekking breakfast lunch & dinner.

Properly tea and coffee whatever hot drink available during the trekking.

Transportation from the starting and ending points of the trekking.

All domestic flight tickets

First Aid Kit for staff.

Oxygen gas in case (extra safety)

National park, conservation entry fee and TIM's card or trekking permit whatever needed.

All entrance fees during the sightseeing.

Sleeping bag.

Trekking stick.

Duffel bags (for trekking Luggage).

Excludes

Lunch and dinner in Kathmandu

All hard drinks such as: Mineral water, whisky, rum, cola, fanta, etc.

Any extra cost offering from unfavorable circumstance such as weather bad.

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Personal equipment.

Personal equipment.

Tips for trekking staff.