

Overview

The **Everest Three Passes Trek** takes us to some of the highest mountain passes of the world and is considered by many to be the ultimate trekking tour of the [Everest region](#). The route incorporates some of the most popular trails through the region as well as a number of the Khumbu/Everest region's hidden gems, not to mention the wonderful opportunity to become immersed in the area's famed Sherpa culture along the way.

The Everest Three Passes Trekking is a challenging one that involves three of the **Himalayas highest passes** - **Kongma La (5535m)**, **Cho La (5420m)** and **Renjo La (5340m)** - each of which would present a considerable challenge in its own right — this adventure presents trekkers with three to surmount in the space of seven days! **Everest Three Passes trek** is thus the perfect choice for true adventurers with the fortitude, determination and general fitness to tackle the region's most demanding yet rewarding trek, surrounded by four of the highest mountains in the world and some of the best mountain panoramas in all of Nepal. At **Nepal Trekking Experts** we love to challenge ourselves, and the **Everest Three Passes Trekking** is an incomparable and unforgettable journey that meets all of our expectations — and hopefully yours.

There are multiple options for departure points, but the one we recommend is to fly in to Lukla from Kathmandu, the flight in via a Twin Otter plane giving a glimpse of the towering mountains and passes waiting to be conquered.

From Lukla we follow in the footsteps of renowned mountaineers and explorers to cross the first high pass of Kongma La before moving on to the open air museum of climbing that [Everest Base Camp](#) (5364m) represents. Nearby **Kala Patthar** (5545m) provides glorious sunrise vistas of the mountains as well as breathtaking 360 panoramas of the entire region. Rather than retracing our steps in the traditional fashion the trek moves on towards the remaining pair of high passes, reinforcing the sense of trekking across the roof of the world. Cresting Cho La leads to **Gokyo (4790 m)**, one of the highest human settlements and known for the picturesque string of turquoise-colored lakes dotting the surrounding vales. The rest day there provides the opportunity to hike up to **Gokyo Ri (5360 m)** for the stunning sunrise and arguably the clearest views of Everest (8848 m) and Makalu (8485 m) to the east and of Cho Oyu (8188 m) to the north. After crossing **Renjo La** the trail descends to the fabled Tibetan trading route running through Thame Valley, then concludes at the Sherpa capital of **Namche Bazaar** and the return leg to Lukla.

If you're in the market for a trip to **Everest** that ranks amongst the best treks in all of Nepal and think you can handle the challenge of one of the most consistently high altitude trails in the world, why not contact us and let **Nepal Trekking Experts** put you on the road to achieving your goal?

Permits

Trekkers are required to obtain a TIMS card and the **Sagarmatha National Park** permit to trek Everest region. For further detail please feel free visit our blog [Nepal trekking permits and fees](#) or [contact us](#).

Itinerary Details

Day 01 : Welcome at airport then transfer to your Hotel.

Welcome at airport and transfer to your hotel. An introduction to your trekking program then the rest of the day at your leisure to enjoy the sights, sounds and culture of Kathmandu.

Day 02 : Free day for trekking preparation and sightseeing around the valley.

Free day for final trekking preparation and sightseeing

Day 03 : Fly to Lukla and trek to Phakding (2610m, 4 hrs)

A magical scenic flight takes us to Lukla in the morning, and from there we begin our trek with a hike to the day's first destination, Phakding.

Day 04 : Phakding to Namche Bazaar (3440m, 6 hrs)

Our day starts by following the Dudh Koshi River and crossing over the Edmund Hillary suspension bridge, then heading towards Sagarmatha National Park and the checkpoint at Monjo. The path ascends markedly until it eventually leads us into Namche Bazaar, the regional capital for the Sherpa district.

Day 05 : Acclimatize day and side trip around the Everest view hotel.

A rest day to allow the body to acclimate to the high altitude conditions. Namche is perfect for the situation, as there's plenty to do in the scenic town including visiting Khunde Hospital, the local medical facility set up through Edmund Hillary's charitable work in the area, taking in the panoramas from Everest View Hotel, visiting the Sherpa Cultural Museum, or hiking up to Khumjung Valley and its monastery, complete with the display of its famous Yeti scalp.

Day 06 : Namche to Tengboche (3860m, 5 hrs)

The trail leads away from Namche Bazaar through a series of small villages and a suspension bridge en route to Phunki Tenga, then climbs through a series of switchbacks and dense rhododendron forests to Tengboche. The village is famous for its monastery, the largest in the Khumbu region, and justly renowned for its long association with mountaineering expeditions to the area.

Day 07 : Tengboche to Dingboche (4410m, 5 hrs)

The day begins by descending gradually through more woodland until we cross another suspension bridge and climb steadily towards Pangboche and Sumare, the formidable presence of Ama Dablam keeping us company all the way. Mani walls and a monastery greet our arrival in Dingboche, Lhotse, Island Peak and other mountains adding their own stunning profiles to the view.

Day 08 : Dingboche to Chhukung (4730m, 2/3 hrs)

This is short & suite day of the trek. We will have pleasant hike towards to Chhukung then take a lunch and relax.

Day 09 : Another acclimatization day!

Another mandatory rest day, with hikes to Chhukung Ri, Nangar Dzong, or Dolma Ri providing ample opportunities to bask in the glorious panoramas of each viewpoint.

Day 10 : Chhukung to Lobuche via Kongma La pass (4940m, 8 hrs)

After breakfast we will encounter the first challenging and highest pass named Kongma La. The trail will ascend gradually to Kongma La Pass 5555 m where you can have spectacular view of Himalaya surroundings & Khumbu glacier. Then descends all the way to Lobuche for overnight. (7/8 hrs we do not have tea house in between Dingboche to Lobuche)

Day 11 : Lobuche to Gorak Shep (5140m, 7 hrs) Everest Base Camp (5364m) and back to Gorak Shep

Our trek reaches its climax today with the much-anticipated arrival at Everest Base Camp, truly one of the most memorable experiences in Nepal. The morning is spent traversing Khumbu Glacier and heading to Gorak Shep, where we typically pause for a well-deserved meal and the extraordinary views before heading out again for the journey's reward, our arrival at the historic base camp, temporary home through the decades to some of the most legendary figures in the annals of mountaineering. After pausing to drink in the astonishing spectacle, and perhaps view the latest expeditions mounting their challenge, we reluctantly turn around and make our way back to Gorak Shep for our night's rest.

Day 12 : Hike to Kala Patthar (5550m), then descend to Dzongla (4830m, 5-6 hrs)

Everest may not be in our reach but Kala Patthar is on hand to give added meaning to the visit via unmatched views of the entire Khumbu basin and a sense of accomplishment in scaling the peak. After returning for breakfast and to retrieve our trekking gear we hit the

trail once more for the hike to Dzongla.

Day 13 : Dzongla to Dragnag/Thangna (4700m, 7 hrs) via Cho La pass (5420m)

The occasionally icy stretch atop Cho La makes the ascent to the pass along a deep ravine a notable achievement, more difficult than Annapurna's famed Thorong La, which is about the same height. The striking views of Ama Dablam, Baruntse and Cholatse alone make the climb to the pass worthwhile. The descent can be a tricky one if icy, and if conditions merit it we will be carrying crampons and ice-axes to facilitate our passage over the pass and down to Dragnag.

Day 14 : Dragnag to Gokyo lakes (4790m, 3 hrs)

The hike begins along a ridgeline with glorious panoramas of the Himalayas, then trails by Ngozumpa Glacier towards Gokyo and the magical view of Dudh Kunda's turquoise waters set amidst the stunning backdrop of the surrounding peaks. Truly one of nature's most spectacular scenes.

Day 15 : Hike to Gokyo Ri (5483m) then back to Gokyo Lake

We rise early to make the climb up to Gokyo Ri, with even more astonishing panoramas of the surrounding Himalayan giants such as Everest, Lhotse, Nuptse, Makalu, Cho Oyu and many more snow capped peaks.

Day 16 : Gokyo Ri to Lumde (4300m, 7 hrs) via crossing Renjo La (5340m)

The adventure continues as we make our way up to the rarified air of Renjo La and its own superb views of the surrounding region - only our cameras can really do justice to supreme scenes that mere words can never truly describe. From Renjo La we descend along a tricky trail to the valley below where the infant Bhoté Koshi River runs through Yak pasturelands and alpine scenery towards the settlement of Lumde and the rustic rock walls that guides weary travelers in.

Day 17 : Lumde to Namche Bazaar (3440m, 5-6 hrs)

The trail descends gradually through the valley past a number of outlying settlements until it reaches the Khumbu region's trekking hub of Namche Bazaar.

Day 18 : Namche to Lukla (2840m, 7 hrs)

Our final day on the trail, easing back to Lukla along the Dudhi Koshi and its suspension bridges. Once at Lukla we can finally throw off our backpacks, take a relaxing shower, and sit back to savor the heady accomplishment of making it to the foot of Everest.

Day 19 : Flight to Kathmandu

After breakfast we take a flight to Kathmandu where you'll have enough time to savor the city's treasure's one last time before getting together for a farewell dinner with friends before departure.

Day 20 : Departure

Farewell and drop-off at the airport, or the opportunity to join another of our programs.