

EVEREST BASE CAMP TREK THROUGH 3 HIGH PASSES - 22 DAYS



Photo: Wolfgang Hartmann

The route to [Everest Base Camp](#) is said to be one of the most grueling treks around, covering over 60km and climbing up to 5545m, and none are more challenging than this 3 passes trek. Test yourself by trekking with us through the high passes – **Renjo La**, **Cho La** and **Kongma La** – which tower at over 5,000m each and aren't featured on the standard [Everest Base Camp \(EBC\) trek](#).

This once in a lifetime journey begins in Lukla (2804m), where you'll fly to from Kathmandu. The flight itself is incredibly short and rarely takes more than 35 minutes; this gives you time to take in the glorious green, peaked terrain and promises to be an exhilarating flight that you won't forget.

Once you reach Lukla, the trek begins and you will trek to Phading (2610m), a nice Sherpa settlement. Second day, you will trek to Namche Bazar (3400m); a unique hillside village; a perfect place to become acclimatised to the altitude, as it stands at just over 3400m above sea level, making it higher than most people are used to without reaching the dizzying heights of the trek to come. The trek then heads towards Thame and then Nangpa Valley.

After this, you'll encounter **Renjo La** (5340m) – the first of the three high passes – which is particularly challenging. A good level of fitness is vital while crossing the passes. From the Renjo La, you will enjoy the breathtaking view of Mt. Everest and Crystal Gokyo Lake.

In Gokyo lake you will spend 2 nights making day exploration to hidden valley including a visit to 4th lake and a half day hiking to Gokyo Peak (5483m). You will then cross the 2nd Pass – **Cho La** (5420m) in a 2 – day and the trek then rejoins the main Everest trail and heads towards [Everest Base Camp](#) and Kala Pathar. You'll then trek downwards to Lobujue, before making your way to Kongma La (5400m), the last of the high passes, followed by the summit of Chukhung, the final peak. Here, the views of the North Ridge, the surrounding area and Cho Oyu are unrivalled.

Coming round in a full circle, the trek brings you back to Lukla through many villages rich in culture and tradition, such as Dingboche, Pangboche, Thyangboche, Namche Bazar, Manjo and Phakding. Once back at Kathmandu, you'll have a chance to discover the city properly, get a hotel to rest in or simply allow yourself to take in what you've just achieved.

Also please read this article "[Be a Sherpa Porter in an Everest Base Camp Trek](#)".

Type: 

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Trip Duration: 22 Days

HIGHLIGHTS

- Better than the best adventure trek in Khumbu Region for Adventure lover
- Unbeatable views of the Himalaya Ranges from 3 Passes
- Amazing crystal view of Gokyo Lake
- Pyramid view of Mt. Everest

ITINERARY

Day 01: Your arrival in Kathmandu, and transfer to hotel. B.B

Day 02: Fly to Lukla, then trek to Phakding (2610m). Overnight at local lodge, B.L.D.

Day 03: Trek to Namche Bazar (3400m). Overnight at local lodge, B.L.D.

Day 04: Acclimatisation day in Namche; day hiking to Khumjung and Khunde to view the Everest. Overnight at local lodge, B.L.D.

Day 05: Trek to Thame (3820m) via Phurte and Thamo. Overnight at local lodge, B.L.D.

Day 06: Another acclimatisation day after Namche. Day trip visiting monastery and hiking to higher elevation upto (4250m). Overnight at local lodge, B.L.D.

Day 07: Trek to Marulung (4210m) following following an ancient trade route of Nangpa La and Tibet. Following an ancient trade route towards the Nangpa La and Tibet. Overnight at local lodge, B.L.D.

Day 08: Another accommatisation day at Marulung.Day hiking in the valley. Overnight at local lodge, B.L.D.

Day 09: Trek to Gokyo (4790m) via the Renjo La Pass (5340m). Enjoy incredible view of Mt. Everest from the Pass. Overnight at local lodge, B.L.D.

Day 10: Explore hidden valley of Gokyo and day trip to 5th lake. Overnight at Gokyo.Overnight at local lodge, B.L.D.

Day 11: Early morning hiking to Gokyo Ri (5483m), back to Gokyo lake and continue trek to Dragnag (4700m) through the Ngozumpa Glacier. Overnight at local lodge, B.L.D.

Day 12: Trek to Dzongla (4830m) by cross the Cho La (5420m). Overnight at local lodge, B.L.D.

Day 13: Trek to Ghorak Shep (5140m) via Labuje (4910m). Overnight at local lodge, B.L.D.

Day 14: Trek to Everest Base Camp (5400m) and return to Gorak Shep(5140m). Overnight at local lodge, B.L.D.

Day 15: Hike to Kala Pathar (5545m) to observe the close up view of Mt. Everest (8848m) and trek back to Labuje (4910m). Overnight at local lodge, B.L.D.

Day 16: Trek to Dingboche (4360m) by crossing the Kongma La (5400m). Overnight at local lodge, B.L.D.

Day 17: Trek to Tengboche (3867m) via Pangboche. Overnight at local lodge, B.L.D.

Day 18: Trek to Monjo via Namche Bazar. Overnight at local lodge, B.L.D.

Day 19: Trek to Lukla following the Dudh Koshi River. Overnight at local lodge, B.L.D.

Day 20: Fly to Kathmandu. Overnight at hotel. B.B

Day 21: Spare day in Kathmandu, just in-case of flight delay. Overnight at hotel. B.B

Day 22: Departure - transfer to airport for your flight back home.

Abbreviation: B - Bed and Breakfast, B.L.D - Breakfast, lunch, dinner with bed.

COST DETAILS

Cost Includes

- Airport pick up and transfer by private car
- Accommodation at tourist standard hotel in Kathmandu inclusive of breakfast.
- Twin sharing accommodation at guest house during the trek
- Meals (breakfast, lunch and dinner) with tea / coffee on trek
- 1 experienced and friendly guide, 1 helpful porter (sharing in 2 guests), their food, accommodation salary and insurance
- Kathmandu - Lukla - Kathmandu flight tickets inclusive of departure taxes
- Sagarmatha National Park permits
- TIMS permits
- Government taxes
- Service charge

Cost Excludes

- Food other than breakfast in Kathmandu
- International flight tickets
- Nepal visa
- Personal travel insurance
- Item of personal nature and trekking gears
- Any kind of bottle drink and bar bill
- Tipping for Guide and Porter (s)