Detail Itinerary

Overview of the Ultimate Khumbu High Passes Journey

The Everest Three Passes Trek is one of the most thrilling and ambitious high-altitude adventures in the Everest region. Designed for experienced trekkers, this challenging route can be completed without specialized climbing equipment during favorable weather conditions. The journey combines breathtaking mountain vistas, unique geological wonders, and rich Sherpa heritage. Along the way, you will visit iconic landmarks such as the Khumbu Glacier, Everest Base Camp, the pristine Gokyo Valley and Lakes, and scale premier viewpoints including Chhukung Ri, Kala Patthar, and Gokyo Ri for panoramic Himalayan views.

The trek takes you across three legendary high mountain passes: Kongma La (5,535m), Cho La (5,420m), and Renjo La (5,345m). Throughout the trail, you are rewarded with majestic views of Mount Everest, Lhotse, Makalu, Cho Oyu, Nuptse, Ama Dablam, Pumori, Thamserku, and numerous other surrounding peaks. Additionally, you get a wonderful opportunity to immerse yourself in the culture and lifestyle of the legendary Sherpa people, renowned worldwide for their mountaineering expertise.

Itinerary Highlights, Culture, and Best Seasons

The journey begins with a scenic 30-minute flight from Kathmandu to the mountain airstrip at Lukla. From there, the trail winds along the Dudh Koshi River valley and through the protected landscapes of Sagarmatha National Park, passing through vibrant Sherpa settlements like Namche Bazaar, Khumjung, and Tengboche. Trekkers walk through lush rhododendron forests, alpine meadows, and cascading waterfalls while experiencing warm Sherpa hospitality and gaining deep insight into local traditions, religion, and daily life.

Depending on the time of your visit, you may even witness vibrant cultural celebrations such as the masked Mani Rimdu festival at Tengboche Monastery or the Dumje festival held in May. Passing through Sagarmatha National Park also offers chances to spot diverse flora and fauna, including Himalayan tahar, musk deer, red pandas, gorals, and snow leopards. The best seasons for this high-altitude expedition are autumn (September to November) and spring (March to May), when clear skies provide optimal weather and magnificent mountain views.

Trip Facts

- Trip Duration: 20 days
- Trek Duration: 16
- Trip Cost: 1450
- Primary Activity: Trekking
- Max. Group Size: 14
- Min. Group Size: 1
- Starts Point: Kathamadnu
- Ends Point: Kathmandu
- Trip Grade: Hard (Altitude)

- Max. Height: 5545m
- Trip Mode: Flight
- Accommodation: Lodge
- Season: March - May, Sept - Dec.

Detail Itinerary

Day 01: Arrival in Kathmandu Arrival in Kathmandu
The day Welcome to you to Nepal by one of the representatives from the Company and transfer to your hotel. It's free day, overnight Hotel with inclusive breakfast.

Day 02: Preparation for the trip
This day can be full sightseeing of Kathmandu world heritages of Pashupatinath, Boudhanath, Kathmandu Darbar Square and Swayambhunath (monkey temple). Besides the day prepare your necessary trekking paperwork. Or this day can be flown to Lukla and use the day after the Everest Three pass Trek. Overnight at Hotel, inclusive breakfast.

Day 03: Fly to Lukla (2842m) and trek to Phakding (2610m)
An early morning transfers to domestic airport for Lukla flight. The stunning flight duration will be about 30 minutes with scenic mountain views. Trek to Phakding about 2 to 3 hours. The day if your flight works with the first flight and gets early to Phakding then trek next a couple of hours to Monjo, it makes a shorter trek to Namche for the next day. Overnight at the lodge, Everest Three Pass package included lunch, dinner, and breakfast with twin sharing accommodation.

Day 04: Trek to Namche (3440m)
Trekking to Namche, the trail is steep ascends the last two hours. The Hilary bridge offers stunning views of Mt Lhotse, Nuptse, Tawachi… somewhere around the riverside turning, after the bridge during climbing up trail may see the first Mt Everest view of the Three passes trekking as well as the point of finished steeply part where the resting place and through pine trees also available the view of the Mt Everest. Namche is a town in the Khumbu region where you can hire or buy all trekking and climbing gears. The village is one of the best attractive views of the trekking. Overnight at the lodge, Everest Three Pass package included lunch, dinner, and breakfast with twin sharing accommodation.

Day 05: acclimatization day
This is the rest day, it means not staying just in Namche. Trekkers should hike around the place or make a hike to either Theme (3580m) or Hotel Everest view 93880m). This day hiking offers a panoramic Everest view. Back to Namche for night stay.

Day 06: Trek to Tengboche (3860m)
By leaving Namche bazaar, there is something worth that you are onwards to the Everest three pass trek. A beautiful landscape, Everest panorama surrounding snow peaks mountains with several villages of the Solu Khumbu. Reaching by Tengboche, it brings you especially closer to the Mt Everest and Mt Amadablam. Overnight at the lodge, Everest Three Pass package included lunch, dinner, and breakfast with twin sharing accommodation.

Day 07: Trek to Dingboche (4410m)
You can trek to Pheriche as well, but Dingboche offers more views of the Chhukum valley and the next day better to go Chhukung valley as well as to Chhukung Ri. Dingboche is one of the villages of Khumbu region. Overnight at the lodge, Everest Three Pass package included lunch, dinner, and breakfast with twin sharing accommodation.

Day 08: Trek to Chhukung (4730m)
While you hike up above the Dingboche (way to Lobuche) then you see the 5th world highest Mt Makalu (8418m). You can see Mt Makalu and Island peak, which is the most popular climbing peak in Nepal, better view from Chhukung Ri. The Day you can make a hike to Chhukung. Overnight at the lodge, Everest Three Pass package included lunch, dinner, and breakfast with twin sharing accommodation.

Day 09: Acclimatization day
Today, you can hike to Island peak base camp and around if you would go to Chhukung Ri in the previous day. It depends on whether too as well. The mostly in the morning time better hike to in the morning for a clear view of mountains. Overnight at the lodge, Everest Three Pass package included lunch, dinner, and breakfast with twin sharing accommodation.

Day 10: Trek to Lobuche (4910m) - Kongma La pass (5535m)
This is the first pass of the three pass trek. It takes about 8 to 9 hours and there is no single tea shop between Chhukung and Lobuche. This is why we advise you take enough drinking water as well as dry food and packed lunch. Our, highly and helpful as well as a friendly trekking guide and porter support to make you easy and better day.

Day 11: Trek to Gorakshep (5140m) - Everest base camp (5364m) - Back to Gorakshep
The previous day has made you well acclimatized. So, trek to Everest Base Camp via Gorakshep will be feeling easy. After reaching to Gorakshep and reserved the room for the night and after taking a lunch, then hike to Everest base Camp. Everest base Camp Trekking does not allow you to see Mt Everest. Come back to Gorakshep for the night. Overnight at the lodge, Everest Three Pass package included lunch, dinner, and breakfast with twin sharing accommodation.

Day 12: early morning climb to Kalapathar (5550m) and trek to Dzongla (4830m)
If you wish sunset pictures of Mt Everest and the previous day was clear weather and no windy day then you could climb to Kala Patthar for the golden sunset over the mount Everest. Sunrise is not so good because of the sun just comes behind from the Everest. After the hiking to Kala Pathar then come back to Gorakshep, having breakfast and trek returns to Dzongla via Lobuche for the 2nd pass of Cho La. Overnight at the lodge, Everest Three Pass package included lunch, dinner, and breakfast with twin sharing accommodation.

Day 13: Trek to Cho La pass (5368m) - Thongnak (4700m)
An early morning around 5 leaves Dzongla lodge with prepared enough drinking water and some snacks or packed lunch. You can reach to Thongnak around by the noon like 1 PM through the 2nd pass of the Everest 3 pass trek. Some trekkers continue to Gokyo too after having some food at Thongnak. Overnight at the lodge, Everest Three Pass package included lunch, dinner, and breakfast with twin sharing accommodation.

Day 14: Trek to Gokyo (4750m)
It is a short walking day about 2 hours through the crossing of the Ngozumba glacier of the Gokyo valley. This is why, if you are feeling well then make a side hiking to the valley of Gokyo, the direction of the fifth lake of Gokyo. Gokyo is one of the most beautiful places in the world. Overnight at the lodge, Everest Three Pass package included lunch, dinner, and breakfast with twin sharing accommodation.

Day 15: Hike to Gokyo Ri (5360m) and back to Gokyo
It is a good climb to Gokyo Ri-an early morning by the time 5 am more or less (lately). Gokyo Ri offers surrounding spectacular the most mountains of the Everest region, including Mt Everest, Nuptse, Lhotse, Makalu, Cholatse, Cho Oyu etc. At the moment, you are kinds of heaven. Back to

the lodge and free day. Overnight at the lodge, Everest Three Pass package included lunch, dinner, and breakfast with twin sharing accommodation.

Day 16: Trek to Renjo la (5340m) - Lunden (4380m)
It is always the best to cross the high Himalayan passes before the noon because of after the noon starts to wind. This is why starting your day early in the morning as usual with enough drinking water and snacks, lunch. Renjo La is the 3rd pass and the last pass of the Everest three pass trek. Renjo la provides you brilliant mountain views across the Gokyo lake of the Everest and rest surrounding the Himalayas and view to the Thame side. Overnight at the lodge, Everest Three Pass package included lunch, dinner, and breakfast with twin sharing accommodation.

Day 17: Trek to Thame (3580m)
The day, one of the short walking day to Thame from Lunden. After reaching to Thame and take a hot lunch, then visit Thame Monastery which is situated above the Thame village about 30 minutes walking. Thame is one of the biggest Sherpa villages in Khumbu region. In the village, trekkers come from one of the most adventure trekking pass of Tashi Lapcha from Rolwaling side. And Thame is another junction trek to Kongde and exit at Toktok. Overnight at the lodge, Everest Three Pass package included lunch, dinner, and breakfast with twin sharing accommodation.

Day 18: Trek to Monjo
Trekking to Namche within 2 to 3 hours, then Monjo, you can stop at Namche too for the night stay, but if you trek further down to Monjo then better for the next day to reach Lukla. Overnight at the lodge, Everest Three Pass package included lunch, dinner, and breakfast with twin sharing accommodation.

Day 19: Trek to Lukla

Day 20: Fly back to Kathmandu
Private car/van or jeep will be waiting to pick you up from the domestic airport, Kathmandu then transfers to your Hotel, free day. Overnight at Hotel, inclusive accommodation and breakfast.

Day 21: Departure
We transfer to the International airport for an onwards destination or fly back to home country.

Cost Includes

- All ground transports by private vehicle as per itinerary required
- Kathmandu accommodation inclusive breakfast as per itinerary
- All entry fees as per itinerary – Sagarmatha National Park fee, Trekker’s Information Management System Card fee {bring 2 copies passport size picture}
- Kathmandu Lukla Kathmandu round trip airfare and airport tax + Guide
- Three times meals including Lunch, Dinner and breakfast during trek with tea/coffee
- An English speaking highly experienced friendly and helpful trekking guide
- One porter for two member
- Guide salary/food/accommodation/insurance and required transports
- Porter salary/food/accommodation/insurance and required transports
- Rain protection duffel bag for luggage
- Company guarantee the rescue services if needed; please hand over your insurance policy copy to

us
- Government taxes and office service charge

Cost Excludes

- International airfare
- Nepal visa fee which obtained at the airport on arrival, a multiple tourist visa for 15 days US $ 25, for 30 days US $ 40 and for 90 days US $ 100 or Equivalent convertible currency {bring 2 copies passport size picture}
- Kathmandu and Lukla staying on flight cancelation due to bad weather
- Alcoholic beverages, soft drinks bottle of mineral/hot water, hot shower and snack foods during trekking
- Hot shower from Namche
- Battery charge during trekking
- Any personal medical or evacuation expenses incur and strongly recommend international Travel Insurance
- Extra porter for the personal day bag pack
- Horse riding along the trek
- Extra cost on natural disaster
- Sleeping bag, can be rented from company @ USD 00.80 cent per day per piece
- Kathmandu sightseeing {it will be extra because we should arrange according your staying in Nepal}
- Any other expenses which is not mentioned in the cost include
- Tips to staffs