



Sherpa Khangri Outdoor

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Everest Three Pass Trek 18 Nights 19 Days

Renjo La Pass (5360 meters), Cho-La Pass (5420 meters), and Kongma-La Pass (5545 meters).



Overview

It is one of the most difficult trekking route in Nepal. It goes through three different high passes as its name suggests. The Khumbu region of Nepal is one of the finest places to visit with many trekking routes. It has a whole network of trekking routes. Different passes connect different trekking routes of the region. Renjo-la pass, Cho-La Pass and Kongma –La Pass are three iconic passes that connect four different valleys of the region. These passes are 5360 m, 5420 m, 5545m high respectively. This trekking route provides a view of four 8000-meter peaks: Mt. Everest, Mt. Lhotse, Mt. Cho Oyu, Mt. Makalu. It also provides a view of other mountains like Ama Dablam, Pumori, Nuptse, Island Peak, Khumbila, Cholatse, Kongde, Thameserku and many more. Other attractions of the trip are Gokyo Ri, Gokyo Valley, view from Kalapattar and Everest Base Camp.

Highlights of the trip

- Adventure of three passes.



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- Reaching out to the most of routes in Everest trekking region.
- Great view of mountains like : Mt. Everest, Mt. Lhotse, Mt. Cho Oyu, Mt. Makalu , Ama Dablam, Pumori, Nuptse, Island Peak, Khumbila, Cholatse, Kongde, Thameserku etc.
- Cultural aspect of local people.
- Century old monasteries.

Khumbu region of Nepal is one of the finest places to visit with many trekking routes. It has whole network of trekking routes. Different passes connect different trekking routes of the region. Kongma La pass, Chola Pass and Renjo-la pass are three iconic passes that connects four different valleys of the region. This trail is consider as one of the most difficult and strenuous trekking route in Nepal. This trekking trail requires the guidance of experienced guide to make it safely. The fast flowing river, dense green forest at lower altitude, rugged and barren landscape at higher altitude combined with high mountains, lakes, valleys gives anyone experience of lifetime.

Another aspect of this region is its rich culture and lifestyle of local. Majority of people are Buddhists religion follower (Mahayana)and lifestyle is highly influenced by it. Age old monasteries and their rituals can be amusing to foreigners. The settlements around the region are completed different from outer world. The friendly and hospitable nature of local is always welcoming factor for foreigner.

Info

Activity: Trekking | Duration: 18 Days | Grade: Strenuous | Highest Alt: 5545 m.

Trek Type: Hotel / Lodge & Tea house Trek | Best Season: Mar-April-May / Oct-Nov-Mid Dec

Itinerary

Day 01: Arrival in Kathmandu (1400 m)

Arrival in Kathmandu International airport . Our office representative will welcome with Nepali tradition with garland or khadas then transfer to hotel. Hang around Thamel- a touristic hub on



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availability of time. Short briefing in evening with welcome dinner by Guide or office representative. Back to hotel and overnight.

Meal: Dinner

Accommodation: Hotel

Day 02: Preparation Day in Kathmandu.

Today after breakfast we have free time for shopping & buying trekking gears. You can discuss with our Guide or Staff from our office. They will arrange time & assist you for shopping.

Thamel has many Outdoor shops from Local brands to high branded. Overnight.

Meal: Breakfast

Accommodation: Hotel

Day 03. Kathmandu to Ramechhap 5 hours –Fly Lukla 15 mins -Phakding (2652 m).

Early morning, we will take a jeep ride to Ramechhap airport about 5 hours & board flight to Lukla. Since Kathmandu airport is very small & be busy in high season of Lukla flights. Reach Lukla we will meet our Supporting staff Porter brothers then start trekking towards Phakding. Its an easy downhill walk of 3-4 hours. Reach Phakding, rest and overnight .

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 04: Phakding to Namche Bazaar (3440 m/7 hours)

Today after breakfast the trail runs alongside DudhKoshi River crossing through pine and oak forest. We will cross several suspension bridge same river flown from Himalayas. We will be entering Sagarmatha National Park where our permits are checked by appointed Nepal government Military officer along our trekking bags. We then cross one of the famous suspension bridge- The Hillary bridge. After crossing we then get to see first glimpse of 'Mount Everest' on this day if the weather is pleasant. Reach Namche bazaar after 7 hours, the surrounding attracts us with joy . Rest and overnight.

Meals: Breakfast, Lunch & Dinner.



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Accommodation: Teahouse

Day 05: Namche Bazaar- Acclimatization day.

Today after breakfast we do short hiking to Everest View Hotel & back to Namche.

Acclimatization is an important part of any trip to altitude. It helps body to adjust and rejuvenate to the environment. Namche Bazaar is interesting place to take rest. It is known as Sherpa Capital. You can see culture, and lifestyle of local here. You can visit museum to understand Sherpa community. You can explore local market. Modern amenities like ATM, Internet Café, Shops, restaurants, bakery etc. are available to enjoy.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 06: Namche Bazaar to Thame (3820m) 4 – 5 hours.

After breakfast today we head clockwise trek direction leaving straight way of base camp. We will be following Gokyo lake trail. Today's trail be relatively calm and less crowded . This trail was the main trading route with Tibet in past. Passing by water streams. Traditional Sherpa village, easy flat land and forest aea at bank of Bhotekoshi river to reach Thame village. This is the home to many famous Sherpa who summited Mt. Everest including Tenzing Norgay Sherpa- the first Everest summitter. Rest and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 07: Thame to Lungden (4370 m) 4 – 5 hours.

We shall begin our trail relatively easy towards Taranga. We shall enroute pass barren land and small stone houses. We then pass Marulung village located at east bank of Bhotekoshi river. Slowly gentle walk to narrow valley with stunning scenerary of Kongde peak reach Lungden about 5 hours. Rest and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse



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Day 08: Lungden to Gokyo via Renjo La pass (5360m) 7-8 hours.

We will cross our first pass today. It will be long trek about 8 hours. So we start early to get best view from the top of pass. Mt. Everest, Mt. Makalu, Mt. Lhotse, Mt. Cho Oyu and many more mountains can be viewed. The first half of trail is little bit steepy and sandy terrain. Continue uphill climb on stone staircase reach Renjo La pass. The trail is challenging but its rewarding with great views of Mt. Everest and Makalu. After crossing the pass, we will descend to Gokyo village which is located in the bank of beautiful Gokyo lake. We will stay overnight in teahouse.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 09: Gokyo to Thangna (4700 m) 7-8 hours.

We will visit to Gokyo Ri which is at 5350m in early morning. The viewpoint provides amazing view of the surrounding mountains including Mt. Everest and surrounding snow clad peaks. It takes about 4 hours to visit Gokyo Ri. We will then descend return to Gokyo and trek to Thangna (also called Dragnag). Crossing Ngozumpa glacier. Its challenging too of ice melting and trail of slippery. After crossing glacier, we then reach small settlement of Thagnag about 4 hours. Rest and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 10: Thangnak to Dzhongla (4830 m) via Chola Pass (5420 m) 7 – 8 hours.

Today is the toughest day and we need to start early (4-6 am) compared to other days on the trip. Enroute we need to cross Cho La Pass 5420 meter which is our second pass of the trip. The pass is not itself difficult but it is steep filled with boulders and involves a glacier traverse on the eastern side. Our trail climbs through a ravine and a rocky slippery icy trail we climb up continuously. At top of Cho- La pass lies colorful prayer flags waving in the rhythm of wind blow. Amazing view of Mt. Ama Dablam is visible. The trail slowly descend to Dzhongla with views of Mt. Ama Dablam, Cholatse, Lobuche and Pheriche. Rest and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse



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Day 11: Dzongla to Lobuche (4910m) 4-5 hrs

The trail from Dzongla to Lobuche is an easy one. From Dzongla, the trail ascends slightly to the footsteps of peak Awi. From there, the short descent through beautiful vistas of Mt. Cholatse and Tawache goes ahead towards Lobuche. Lobuche peak appears more clear and beautiful. The splendid trail finally reaches Lobuche. Rest and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 12: Lobuche to Gorakshep - Everest Base Camp (5,364m.) then return to Gorakshep (5,140m.) 6-7 hrs.

It's a long day walk but gives us boost energize to be at base camp. After breakfast we slowly head ahead rocky trail with terrain landscape up and down . We then reach by 3 hours to Gorakshep. Place our baggages and with lunch we head next 2 hours to Base camp. From EBC we can view 360 degree view of ranges including Mt. Everest. But only part of Everest can be seen behind western shoulder. Amazing view of Khumbu icefall, Khumbu glacier, Mt. Nuptse, Pumori, Khumbutse makes experience worthy to travel . This view of once inlife time experience give ambience of memory capture and we return back to GorakShep . Rest and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 13: GorakShep to Kala Patthar (5545 m) and Lobuche (4910 m) 8 - 9 hours.

Kala Patthar is highest point in whole trip. To view the real top Everest summit peak ,it is recommended to start early for sunrise view. A trail of uphill about 2 hours at the top of Kala patthar, we can view 360 degree view of mountain range. Mt. Everest, Mt. Nuptse, Mt. Lhotse, Ama Dablam, Thamserku, Pumori, and many more. This is the moment we live in for and our whole trek . After we return back take breakfast and descend back to Lobuche about 7-8 hours. Rest completely and overnight .

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse



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Day 14: Lobuche to Chukkung (4730 m) via Kongma La Pass (5535 m) 8-9 hours.

It is our final Pass Kongmala Pass which is yet another challenging and long day. The trail lead crossing Khumbu glacier. With proper care and caution the trail stretched through ice terrain and g\few crevasses. Futher continue the trail toward the summit of Kongma La . Fluttering prayer flags and stunning panoramic views of Mt. Nuptse , Lhotse and Ama Dablam with entire Khumbu region. After having delightful moment, descend trail through zig-zag trail path to Chukkung. Rest completely and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 15: Chukung to Pangboche (3930 m) 7-8 hours.

Chukung is small beautiful village for good acclimatization point for gate way for Island peak climbing. With joy of surrounding we descend our trail to Pangboche crossing Dingboche. Reach Pangboche about 8 hours, rest and overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 16: Pangboche to Namche (3440m) 7-8 hours.

After breakfast we will descend to Namche Bazaar. On the way to Namche, we can visit to Tengboche monastery. This is the oldest monastery at highest altitude .

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse

Day 17: Namche to Lukla 7-8 hours

Namche to Lukla is long & tiring day but exciting day. Today is the last day of the Trek. Tonight we will have gratuity dinner with our supporting staff porter brothers , thanking them for their service with some tips from our guests. Overnight.

Meals: Breakfast, Lunch & Dinner.

Accommodation: Teahouse



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Day 18: Fly back from Lukla to Ramechhap. Drive back to Kathmandu.

Finally we fly back to Ramechhap with good and loving memories. Then later drive back to Kathmandu and transfer to hotel .In evening, farewell dinner with cultural dance will be arranged to celebrate the trip.

Meals: Breakfast and Dinner.

Accommodation: Hotel

Day 19: Departure.

After breakfast timely transfer to International airport for your onward journey.

Meals: Breakfast

Cost includes

1. Pickups & Drop according to itinerary.
2. Welcome and farewell dinners in Kathmandu.
3. 3 nights Hotel Accommodation in Kathmandu on BB plan.
4. Transportation to and from Ramechhap Airport.
5. National park & Necessary Permits.
6. Domestic flights Ramechhap-Lukla-Ramechhap.
7. Meal during Trekking (Breakfast, Lunch & Dinner).
8. Tea House accommodation during Trekking.
9. Experience Trekking Guide
10. Porter Service 2:1
11. Staff Insurance and Salary.
12. Medical kit.
13. Travel and rescue arrangement only.

Cost Excludes

1. Nepalese visa fee.



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2. International airfare to and from Kathmandu.
3. Extra night accommodation in Kathmandu.
4. Meal in Kathmandu.
5. Travel and rescue/heli insurance (recommended)
6. Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottled or boiled water, shower, heater, internet access wifi etc.).
7. Personal trekking gears.
8. Personal guide or porter if needed.
9. Trips and sightseeing if extended.
10. Gratuity for guides and porters.