



Email: info@boundlessadventure.com

sales@boundlessadventure.com

Whatsapp Number: [+9779851033819](tel:+9779851033819)

Telephone Number: [+977 4701884](tel:+9774701884)

Telephone Number: [+977 1 4701885](tel:+97714701885)

20 Days Everest Three High Passes Trekking

URL: <https://boundlessadventure.com/everest-three-high-passes-trekking>

Duration

20 Days

Per Person Cost

USD 1712

Difficulty

Challenging

Best Seasons

Mar-June, Sep-Dec

Transportation

Flight

Max Altitude

5555m

Trip Type

Trekking

Meal

Breakfast, Lunch & Dinner

Accommodation

Lodge / Tea house

Everest Three High Passes Trekking Highlights

- The trail leads you through the Everest 3 High Passes Trekking in the Everest area, which are Renjo La Pass (5420 meters), Cho-La Pass (5420 meters), and Kongma-La Pass (5535 meters).
- The trail is combined with the Three High Passes.
- The trek through the Three High Passes Trek in Everest over beautiful glaciers and rocky trails.
- The trail takes you through the highest glacier on Earth, Khumbu Glacier (4900m).
- The trek is one of the most adventure-filled and thrilling trips around the Everest area.
- You will get to witness a mesmerizing panoramic view from Kala Patthar (5,555m)
- Brief Overview of the Trek to the Everest Three High Passes Trekking Routes.

Trip Overview

Everest Three High Passes Trekking, Nepal is a trekkers' paradise. The home of the highest peak in the world. Mt. Everest offers thrilling adventures to the Himalayas. Thousands of tourists travel every year to

Trek along the Himalayas of Nepal. One of the popular routes in Nepal is the Everest Three High Pass trek route. The Trek around the Everest region is an adventure of a lifetime.

It will surely mesmerize you with its beauty and thrills, especially above the [Namche Bazaar](#).

The Everest 3 Pass trek is one of the most adventure-filled and thrilling. The Trek around Nepal's Everest region brings you a daring challenge and rewarding experience. The Trek takes you through the three mighty passes of the Everest region. The three Everest High Passes are:

- [Renjo La Pass](#) (5420 meters)
- [Cho-La Pass](#) (5420 meters)
- Kongma-La Pass (5535 meters)

The 20-day Everest 3 High Passes Trek is a popular trekking destination in Sagarmatha National Park. The national park covers an area of 443 mi² (**1,148km²**) and is at an altitude of 8,848.86 m around Mount Everest. The Everest Three High Passes trek is regarded as one of the most challenging treks in the Everest region.

You will pass through the three high-altitude passes of the **Kongma-La pass (5545 M)**, **Cho La pass (5420 M)**, and **Renjo-La pass (5446 M)**. The Trek brings incredible scenes and close picturesque views of the magical mountains on the Mount Everest Himalayan range, including Mt. Everest, Mt. Lhotse, Mt. Nuptse, Mt. Amadablam, Mt. Pumari, Mt. Thamserku, and many others.



Hotel of Everest Three High Passes Trekking

Surrounding Mountain During Trekking High Passes

Everest Mountains surround the eastern Himalayan strip of Nepal. Everest region is home to over 300 different mountains ranging in various elevations. Precambrian high-grade metamorphic rocks elevate up to 8848.86 meters above sea level. Following these rocky formations are semi-arid rocky hills.

Dudh Koshi River flows between these gigantic massifs. Traversing along these rocky hills has been one of the greatest adventure activities. The trail follows the highest passes: Renjo La Pass (5345 meters), Cho-La Pass (5420 meters), and Kongma-La Pass (5535 meters). This traverse circumnavigates the

Everest high hill called **Three Passes Trek in the Everest.**

The **three-pass trek to Everest** is an adventuresome journey. Trekkers begin their trip from the bustling city of Kathmandu. A startling flight headed eastward takes you from Kathmandu to Lukla. Lukla is stationed at the base of a hill with a Tenzing Hillary airstrip-like porch. From Lukla, we head northeast, following the Dudh Koshi River. Additionally, the trail unveils its amusing geography as we move further. We take on the Sherpa hamlets along the path.

From [Lukla Airport](#) till you complete the trek, the area comes under Khumbu Pasang Lhamu Rural Municipality. This area, including the Everest range, is situated in Solukhumbu district, Province 2 in Nepal.

Adventures through glaciers and Lakes

Similarly, you will have amazing adventures as you pass through numerous glaciers and lakes. You will also pass through the rocky and sloppy hillside, the beautiful settlement of Sherpa ethnic groups famous for their bravery in climbing majestic mountains.

Furthermore, as you go through the lush jungles, you will explore Buddhist monasteries in the Khumbu region and the many different species of birds, flora, and fauna.

Finally, you will reach the top of the majestic high mountains of the Everest region. **The High Passes Trekking trail** is a well-developed trekking route in Sagarmatha National Park, where you will have many places to rest.

Even though it is considered a challenging trekking destination in the Everest region, you can easily cross the passes with guides and porters as long as you are physically fit throughout the High Passes Trekking in 2024 and 2025.

Acclimatization Days During Everest Three Passes Trek

The Everest Three Pass is an inspirational trek in the Everest region, which includes the highest passes: Renjo La Pass (5345 m), Cho La Pass (5,420 m), and Kongma la Pass (5,545 m). The trek takes 18-20 days to complete. In such a long trek, one must acclimate. Acclimatization is necessary to reduce the risk of altitude sickness by adapting to the high elevation. So, choosing the trekking agency that provides a proper acclimatization day on the itinerary plan is advisable. Boundless Adventure has included 2 days of acclimatization day on our itinerary. However, we have a customized itinerary facility, so as per your request and preference, we can add other acclimatization days too.

Here are the places where you'll have an acclimatization day during the Everest Three Passes with Boundless Adventure:

Acclimatization at Namche Bazar

Namche Bazar at an elevation of 3440m, is an important destination of the Everest region. Namche Bazar is a prominent hub of the Khumbu region with all the modern facilities. It is a popular acclimatization point and a gateway to the Everest region's trekking destination, including Everest Three Pass Trekking.

As per the itinerary design by Boundless Adventure, you'll reach Lukla by a 45-minute flight from Kathmandu and then **trek to Phakding** on the first day of the journey. The second day leads you to the Namche Bazar by trekking from Phakding. As Namche Bazar is more than 3000 m above, there is a risk of getting acute mountain sickness from there, so at Namche Bazar, you'll have an acclimatization day on the third day.

The third day is a full acclimatization day. On the day, you'll go for a day hike at a higher elevation than Namche Bazar and return to the tea house of Namche Bazar for an overnight stay. With breakfast at Namche Bazar, you'll hike up towards Syangboche Airport, the highest airport in the world. With a visit to the Syangboche airport, you'll move forward toward Everest View Hotel. As the name suggests, the breathtaking view of Mount Everest (8,848.86 m) can be seen from the Everest View Hotel. Then, after pleasing your eye with a view of Mt. Everest, you'll move towards the longest mani walls in the Khumbu, near Khumjung village.

At Khumjung village, you'll visit the Khumjung Gumpa and other monasteries. Descending from Khumjung village, you'll visit the Khumjung Hillary school. Around 200m from Khumjung village, you'll get to the last night at the resting point, Namche Bazar.

Acclimatization at Dingboche

At Dingboche, you'll have your second acclimatization day. After acclimatization day at Namche Bazar, you'll get to Tengboche and Dingboche. Dingboche, at an altitude of 4410m, is an appealing village in the Chukkung Valley. The acclimatization at Dingboche involves hiking to a higher elevation than Dingboche.

On the Dingboche acclimatization day, you'll hike up to a height of 5616m at NangkarTshang. Ascending 2-3 hours from Dingboche, you'll reach NangkarTshang. As you get to the pinnacle point of the NangkarTshang, you'll be surrounded by several snow-capped mountains, including Mount Everest, Ama Dablam, Tawache, Cho Oyu, Island Peak, Makalu, Lhotse, and Pumori.

From one side of the NangkarTshang, you'll see Imja Valley to Chhukung; on the other, you'll see the Lobuche village's 360 views. Moreover, seeing glaciers, glacial lakes, and rivers from Nangkar Tshang is also pleasurable.

As you finish exploring the Nangkar Tshang surroundings, you'll start descending towards Dingboche. The descent is easier than hiking. As you get to Dingboche, you'll be prepared for the following day's trek and take a nap.

Difficulty and Challenges During Three Passes Trek

Some of the major difficulties and challenges during the passes trek include:

Altitude Sickness:

As mentioned above, each pass lies above 5000m on the Everest Three Passes trek. The altitude sickness starts to seem as you get above 2500m. So it is certain that acute mountain sickness is a concern while you are on the Everest Three Passes trek.

The major cause of altitude sickness is a decreased oxygen level at higher elevations and when the body can't adjust to the changed temperature.

Headache is the earliest and foremost symptom of altitude sickness you'll get. Trekkers may also get symptoms of nausea, causing vomiting. Feelings of tiredness, dizziness, shortness of breath, and Loss of appetite are the common symptoms of acute mountain sickness.

Acclimatization is a prime objective to minimize the risk of altitude-related issues. Hiking slowly while resting at some points can also help reduce the chance of altitude sickness. Similarly, staying hydrated, staying away from the consumption of alcohol and cigarettes, and getting proper rest are crucial aspects of reducing the chance of altitude-related sickness.

Consider that ignoring the symptoms of altitude sickness can make your condition even more worsen and can cause life-threatening conditions. So it is advisable to immediately tell your guide when you feel any symptoms regarding altitude illness.

Extreme weather and temperature:

The weather and temperature of the Everest region are unforeseeable. The weather at high altitudes can change drastically. In such conditions, the trekking is challenging for the trekkers. For extreme weather and conditions, trekkers should be aware of the best season to trek when there is less possibility of harsh weather conditions.

You need to pack clothes suitable for all kinds of weather. Furthermore, you need to be well informed about the weather forecast. But when you are with Boundless Adventure, you needn't worry about the weather forecast, as we'll update you.

Longer hours of walk with steep

Trekking in Everest Three Passes is not a small deal as it takes you to the giant of more than 5000m. The trek is tough and makes you feel tired, as the trek is about 18-19 days, and each day, you need to walk 6-7 hours.

The trail is steep ascent and descent, especially when crossing the three high passes (Kongma La Pass, Cho La Pass, and Renjo La Pass). When you ascend, the air becomes thinner, and the oxygen level reduces, making your trekking more adventurous.

Best seasons for Three High Passes Trek

The most important factor while planning your Trek is checking on the most suitable season. During Spring (March to May) and Autumn (September to December), the Trek is far more accessible and enjoyable. The weather during this season is perfect for Trekking, with clear skies and suitable temperatures. You will get the best views of the mountains and the greenery alongside the trails.

Summer season (June to August)

The summer season (June to August) is also recommended. Trekking this route during winter is more difficult as the cold is challenging. There is heavy snowfall, and walking the Everest Three High Passes is not advisable during this time.

However, some experienced trekkers love the challenges this season throws at them. If you are looking for a worthwhile challenge and Adventure, consider trekking the Everest Three High Pass during this season as well.

Autumn (September to November)

This is the perfect season to Trek in the Everest Himalayas. During this season, you will have a favorable climate, going up to 20 degrees Celsius in the daytime and falling to just 5 degrees Celsius at night. You will have clear skies and a majestic view of the mountains. This is also just the kind of season that suits beginners. The Trek is relatively more straightforward during this season.

We recommend trekking the Everest Three High Passes this season if you can manage your time.

Spring (March to May)

Another season that is almost as good of a season to Trek the Everest high passes is the spring season. The climate is relatively warm this season, and you get a dazzling view of the Himalayas. Also, the greenery blooms this season, adding even more to the beauty of the Trek. This season is famous for Trekking, so expect a bit of a crowd.

The temperature is around 18 degrees Celsius during the day and falls to -5 degrees Celsius at night.

Summer (June to August)

The summer season in Nepal coincides with the monsoon. This makes it a tough season for Trek. You don't know when it might rain, so you can expect wet and slippery trails around this time.

However, the weather is pretty warm due to the effects of global warming. The temperatures go up to 27 degrees Celsius during the day and drop to around 3 degrees Celsius at night.

Thus, this season is also suitable for trekkers planning to travel to the Three High Passes. You can also catch great views of the waterfalls during this time due to the monsoon.

Winter (December to February)

Winter is the most challenging season to trek the high pass. The temperature falls to -10 degrees Celsius at night and around 15 degrees Celsius during the day.

There is heavy snowfall as well, which makes the trail ever so hard to trek. We only recommend you travel the Everest Three High Passes this season if you have a little experience.

But if you are an experienced trekker looking for a challenging adventure, this Trek will fulfill that. You can get magnificent views of snowcapped Himalayas and trails during this season.

Points of Attraction of 3 Passes Trek

While three high passes of this Trek are an attraction, many discoveries exist. The Everest region has cultural, historical, natural, and geographical gems. Herein, we will discuss these factors:

Sherpa Culture

The Sherpa people densely populate the Everest area. They are the natives of the Solukhumbu district and most of eastern Nepal. Sherpa people have migrated from mainland Tibet centuries before and are considered an Indo-Tibetan race. The name Sherpa derives from the Tibetan dialect "Shar Pa," which translates into people who live in the East. These groups of people are popular in the West for their fantastic climbing abilities. Sherpas have been mountain dwellers since Trekking and mountaineering.

Their exceptional adaptability to high altitudes makes them perfect for mountain guides. Sherpa villages are sparsely scattered in the Everest region.

Sherpa people speak a mixed form of Tibetan language called Sherpa, Tibetan-Burman. Their ancestral practices are deeply rooted in Tibetan Buddhism. Sherpas follow a distinct blend of Buddhism and Bon-based foundation of spiritual belief. Sherpa people still wear their traditional dress, Chuba for men and Pangden for women.

These dresses are made up of animal skin and fur to provide warmth in the cold, higher altitudes. Sherpa people have stone houses adorned with colorful prayer flags. Occupational engagement includes mountain climbing, tourism, hotels, agriculture, cattle farming, and others. Major festivals of Sherpas are Losar, Dumje, and Mani Rimdu. They were celebrated all across the Everest region.

Lukla Airport

A small airstrip was built at the end of Lukla village in Everest. It serves as a prominent gateway to the Everest region. The runway measures 527 meters and is stationed in an extension landmass beneath a massive rock wall. This airport's name, Tenzing Hillary Airport, is named after the first conquerors of Mt. Everest. The altitude of the Lukla airport measures 2880 meters, and it's a 30-minute flight from Kathmandu.

Lukla airport is of utmost significance to the region's natives and trekkers venturing here. Aside from the Trek from Phaplu or Jiri, this is the only convenient mode of transport to access the Everest region. During the peak seasons, Spring and Autumn, this airport is busy with colossal air traffic. The supplies for the Everest area are carried on by plane from Kathmandu. These supplies make their way to the rooms above on a mule or the back of a porter from Lukla. Tenzing Hillary Airport is regarded as the lifeline of the Sherpa people. The Everest region thrives because of this airport, making it significant for the economy.

Namche Bazaar

Namche Bazaar is a bustling village shaped like an amphitheater overlooking Mt. Khumbila (5761m). This is the biggest village in your Everest Three High Passes Trekking. On the second day of your Trek, you will make a steep ascent from Phakding, Traversing via the gate of Sagarmatha National Park; Namche Bazaar unveils itself attached to a huge hillside.

As you enter the village, a typical Buddhist chorten has been built as a welcome monument. The town is dense, with several layers of Sherpa houses built on a terraced farm structure. Namche Bazaar has been a trade crossroad for the Tibetans and Sherpa people for ages. As evident by the Sunday market that is still in practice today, Namche Bazaar is a commercial hub.

Most trekkers choose Namche Bazaar as their rest stopover for acclimatization. The village is filled with restaurants, bakeries, pubs, and modern amenities for your recreation. Three of the prominent attractions of this village are the Sagarmatha National Park Museum, the Mountaineering Museum, and the Sherpa Culture Museum.

Museums in the Everest Region

Everest region is enriched with several gems and discoveries. This area, including the Himalayan strip, is

said to have been under the ocean millions of years back. An excessive amount of granite is found in these mountains, making the claim evident. There are 2 famous museums in the Everest region. On your Trek to Everest 3 Passes, glimpse these museums.

Sagarmatha National Park Museum

[Sagarmatha National Park Museum](#) sits atop the village of the Namche Bazaar. This museum reflects the flora and fauna alongside numerous assets of Sagarmatha National Park. Dedicated to the diverse natural wonders of the Everest region, this museum provides a detailed insight into the rich biodiversity. It exhibits the national park's wildlife, geography, and natural history.

Located within walking distance of 15 minutes, this museum sits portraying views of the surrounding mountains. You will have your first sight of Mt. Everest from this museum. It is picturesque and serene to gaze at the panoramic vista.

Sherpa Culture Museum

Another prominent exhibition for your acclimatization day in Namche is the Sherpa Culture Museum. This landmark is located 5-7 minutes from the SNP Museum. It provides an excellent exhibition and insight into the lifestyle of the Sherpa people. Exemplary displays of artifacts, household items, tools, and kitchen utensils make the museum livelier. The museum has been built on a structure replicating a typical Sherpa house. The museum building also incorporates a family room, prayer room, stable, and yard, perfectly imitating a typical Sherpa home. Entry to this museum requires a small fee.

Mountaineering Museum

As the name suggests, the Mountaineering Museum, which sits next to the SNP Museum in Namche, is iconic. It stands as a resemblance of mountaineers' bravery, history, and perpetual achievements. The museum has been decorated with informative data about climbing history. There are depictions of several mountains, their technical difficulties, and unsung history. The museum portrays several mountaineering equipment used by the first conquerors of Mt. Everest. This museum is dedicated to brave mountaineers and their historical feats in the Himalayan Mountains.

Buddhist Monuments in the Everest Region

Most of the Sherpas in Everest follow either Kakupa or Gelupa Buddhism. Numerous Buddhist monuments are dotted all across the trail. Popular Buddhist monasteries in the Everest area include Namche, Tengboche, Khumjung, Pangboche, Monjo, and Lukla. The courses and villages are dotted with rock art depicting Buddhist chants. You will have occasional sights of Chhortens all across the trekking trail.

Viewpoint on the Everest Three passes journey are:

Chukkung Ri:

Recline above the village of Chukkung, Chukung Ri is the vintage viewpoint of the Everest region. For those going to climb the Island peak, Chukung Ri is the favorite stop point. Elevated at 5546m above sea level, Chukung Ri provides astonishing views of the Himalayan peaks and valleys.

The views of Mount Everest are not visible from the top of the Chukung Ri. Meanwhile, views of Mount Makalu (8481m), Lhotse (8516m), Ama Dablam (6812m), Imja Tse (6165m), Nuptse (7861m) can be seen from the top of Chukung Ri. Simultaneously, peaks including Cholasate (6440m), Tawache Peak (6495m), Kantega Peak (6782m), Thamserku (6608m), Baruntse (7162m), can also be seen.

Kalapathar:

Situated above the Gorakshep, Kalapathar is a noteworthy viewpoint of the Everest region. Situated at 5550m above sea level, Kalapathar is a popular destination in the Khumbu region, due to mesmerizing views seen from its top. Most trekkers go for Kalapathar hiking early in the morning to get the enhanced sunrise view.

One of the significant reasons the Kalapathar is well known is the view of Mount Everest. From the Everest base camp, Mount Everest can't be seen due to obstructing other peaks, the closer view of Everest is visible from Kalapathar top. The 360-degree view of the Mahalangur Himalayan range is visible from Kalapathar. Moreover, Nuptse (7861m), Changtse (7543m), Ama Dablam (6812m), Chumbu (6859m), Thamserku (6608m), Kangtega (6782m), Taboche (6495m) and Lobuche (4940m) are seen clear from the top of Kalapathar.

Gokyo Ri

Set on the west edge of the Ngozumpa Glacier, [Gokyo Ri](#) is elevated at 5357m above sea level in the Solukhumbu district. The Gokyo Ri, often called Gokyo Peak, is an ideal destination for trekking in the Everest region. Gokyo Ri is near the Gokyo villages and lies within the Sagarmatha National Park. The Gokyo Ri is another stunning viewpoint you'll explore on the trekking journey of Everest Three Passes.

The Gokyo Ri is a well-known destination, famous for bird's eye views of the Himalayan range and the Glacier of the surrounding area. Views of Gokyo Lakes, Mount Everest (8,848.86m), Lhotse (8516m), Cho Oyu (8188m), Makalu (8481m), and other surrounding peaks are fabulous from the peak of the Gokyo Ri. Among all the mountains apparent from the Gokyo Ri, Mount Cho Oyu is closer. The largest Glacier of the Himalayas, Ngozumpa Glacier, is also attractive from the Gokyo Ri.

Safety During the Everest Three Passes Trek By Us

Trekkers' safety is Boundless Adventure's responsibility. Although the Everest Three Passes is an adventurous trek, we assure you throughout the tre. Even at the toughest part of the trek, we'll be there for your back support and cheering you up. Here are some of the safety measures we adopted during the Everest Three Passes trek.

Experienced Guide: Boundless Adventure provides a highly trained and certified trekking guide for your trek to Everest Three Passes. Our guides possess extensive knowledge of the geography and weather conditions of the region and are well-equipped to handle any potential risks that may arise during the trek. They are trained to provide first aid treatment and can respond to emergencies. Additionally, our guides will take individual care of each trekker throughout the journey.

Acclimatization Plan: We understand the importance of acclimatization when trekking at high altitudes and prioritize our clients' well-being and safety. Our Everest Three Pass itinerary includes two dedicated acclimatization days, but we're always open to customizing the plan to meet your needs. We're enthusiastic about making your trek a positive experience and assure you that our well-thought-out

acclimatization plan will help you enjoy the stunning views and adventure of the journey with confidence.

Emergency Plans: Embarking on a trek in the Everest Three Passes is an exciting adventure! As you traverse three high passes above 5000m, it's important to note that unexpected situations can arise. However, please rest assured that we prioritize your safety and have detailed pre-emergency plans. If any issues occur, inform your friendly guide immediately, and they will expertly handle each situation carefully. Our guides are highly trained and experienced to manage any possible risks so you can focus on enjoying the breathtaking views and creating unforgettable memories!

Accommodation: We are thrilled to share that we have established a strong network of partnerships with charming tea houses and lodges nestled along the mesmerizing Everest Three Passes trail. It is our top priority to meticulously vet each accommodation option to ensure that you have a safe and comfortable stay. You can relax knowing that our handpicked choices will provide a warm, inviting bed and breathtaking views from your window.

Hygiene Food: During our Everest Three Passes trek, we provide three times vegetarian meals daily that are fresh, locally sourced ingredients. Our food is free from harmful additives.

Trip Itinerary

Everest High Passes Trek itinerary as designed by Boundless Adventures crafted professionally. We have curated this itinerary, ensuring proper acclimatization and rest days. The schedule described by the itinerary provides enough rest and trek. Furthermore, a buffer day for the trek helps in case of flight delays due to weather uncertainties.

This itinerary of 20 days is crafted to provide a wholesome experience of the Sagarmatha region. This itinerary includes your arrival and departure date, including the trekking days in the Everest region. If you have any queries about the standard itinerary, email us. We also custom-created 3 Passes Trekking itinerary per the client's requirement.

Day 01: Pick up from International Airport

Nepal is a small country in the world, and it is also a small airport as well. However, we will pick you up at the international airport and drop you off at the hotel by car, van, or Bus, depending on the group size.

It would help if you let us know about your flight arrival details.

Note: *You know what? Local sim cards and money exchange are available at the Tribhuvan international airport.*



Kathmandu, Airport

Destination:

Kathmandu

Accommodation

Hotel

Transportation:

Car

Duration:

20 min

Food:

Nop

Day 02: Fly to Lukla and Trek to Phakding

The second day of the Everest Three Pass begins with a scenic flight from Tribhuvan domestic airport of Kathmandu to the [gateway](#) of the Everest region, Lukla Airport. The flight generally takes place in the morning due to better weather conditions, so you should be ready early in the morning as per the flight time we provide the day before the journey starts.

After breakfast, you'll be picked up from your hotel and dropped off at the airport. After fulfilling all the formalities at the airport, your flight takes off. The flight takes you through Langtang, Shisha Panama, and MahaLangur Himalayan range, providing a bird's eye view. Forty-five minutes of flight will land you at Lukla airport.

You'll have lunch at Lukla at an elevation of 2840m, and after lunch, you start your trekking journey towards Phakding.

Moving from Lukla, you'll pass a suspension bridge and stone wall, then reach Chheplung village. Right after passing Chheplung, you'll cross a suspension bridge over Chheplung Khola and get to Thodi Koshigoan, where you'll get a view of Kusum Kangguru.

Ghat and Chhuthawa are the other villages you'll get before reaching Phakding at an elevation of 2610m. The journey from Lukla to Phakding takes approximately 3 hours—dinner and Overnight at the tea house

of Phakding.



Lukla Airport of the trek

Destination:

Phakding

Accommodation

Lodge

Transportation:

Flight

Duration:

45 m

Food:

Breakfast, Lunch & Dinner

Day 03: Trek to Namche Bazaar, 3440m

After a pleasant night at Phakding, you'll have a hearty breakfast at the tea house with the fresh air of the Everest region. As per the itinerary of Boundless Adventure, the second day takes you to Namche Bazaar.

Along with a view of Kongde Ri, you'll move north from Phakding via the bank of Dudh Koshi River and pass a suspension bridge. Walking through the rhododendron forest and waterfalls and crossing suspension bridges twice, you'll get to Monjo.

A short walk from Monjo takes you to Jorsale, the entrance gate to Sagarmatha National Park.

At Jorsale, you must show your permit to move further, so be prepared with all your permits. Moving forward from Jorsale, after checking in from Sagarmatha National Park gate, you'll reach Larja Dobhan. While passing Larja Bridge, you'll see the iconic Mount Everest for the first time, encouraging you to walk further.

Approximately 5 hours of trek from Phakding takes you to Namche bazaar at an altitude of 3440m. Lunch at Jorsale, dinner, and overnight took place at Namche Bazaar's tea house.



Namche Bazaar in Everest

Destination:

Namche Bazaar

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch & Dinner

Day 04: Acclimatization at Namche

The risk of altitude-related issues generally appears after getting more than 3000 m above height, so you must be careful as you already reach an altitude of 3440m.

Day three is separated to allow your body to adapt to the changed temperature. On this acclimatization day, you'll visit the nearby areas, connect with the locals more, and rest.

On the acclimatization day of Namche Bazaar, you'll visit a small village, [Khumjung](#), where Buddhist people live through the Syangboche airport and Everest View Hotel.

On the acclimatization day, you'll visit the Khumjung Hillary School, which Sir Edmund Hillary built.

On the visit, you'll be pleased by the snow-capped mountains, including Mount Everest, Ama Dablam, Lhotse, Lhotse Shar, Nuptse, and many unnamed mountain peaks.

After a beautiful exploration day, you'll return to Namche Bazaar and recharge your body for the upcoming journey. You can visit the local people and get involved with their daily activities—dinner and overnight at Namche Bazar.



The View of Everest three passes trekking.

Destination:

Namche Bazaar

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch & Dinner

Day 05: Trek to Tengboche, 3860m

After spending a pleasant acclimatization day at Namche Bazar, you'll set foot for Tengboche, a village famous for the largest monastery in the Khumbu region. With a morning meal, you'll trek through the beautiful settlements of the Sherpa people to get to Tengboche.

With a companion of mountain views including Ama Dablam, Lhotse Shar, Taboche, Kangtega, and Thamserku, you'll get to your resting point where you'll have lunch, Phungi Thanga. After a warm lunch at Phungi Thanga, you need to trek through a switchback trail via pine and rhododendron forest.

During the walk through pine and rhododendron forests, you may also see beautiful wildlife, including musk deer, Himalayan Tahr, and pheasants. A five to six-hour trek from Namche Bazaar takes you to Tengboche, at an elevation of 3860m. Dinner and overnight stay at Tengboche.



Tengboche monastery Image

Destination:

Tyangboche

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

B, L, D

Day 06: Trek to Dingboche

Early in the morning, with breakfast at Tengboche's tea house, you'll have your lunch and visit the area's monasteries, along with Tengboche monastery. You may get involved in the worshipping activities there, and after that, you'll extend your journey towards Dingboche.

The trek from Tengboche to Dingboche takes you through alpine landscapes, rhododendron forests, and Sherpa villages. A short walk from Tengboche takes you to Deboche; walking further from Deboche, Musk, Deer, Monal, and Blue Sheep may come to see. Passing the suspension bridge from Deboche, you'll get to Shomara, a resting point and lunch camp.

After lunch at Shomara, you'll reach your day's destination, Dingboche. Crossing a stream over Imja Khola, you'll get to Dingboche at an elevation of 4410m. Glaciers, including Churu Glacier, Duwo Glacier, Ama Dablam Glacier, and mountains, including Mount Amphu Lapcha, Pumo Ri, and other surrounding peaks, can be seen upon reaching Dingboche. Dinner and overnight at Dingboche.



Dingboche Village Image

Destination:

Dingboche

Accommodation

Hotel

Transportation:

Hiking

Duration:

4 hours

Food:

Breakfast, Lunch & Dinner

Day 07: Acclimatization at Dingboche.

Acclimatization is a necessary aspect of trekking at the highest point. To ensure your safety and make your body comfortable with the changed temperature, we have included the sixth day as a day on Dingboche.

On this day, you'll get to an even higher elevation than Dingboche; you'll trek up to a height of 5616m at Nangkar Tshang. After breakfast at Dingboche's tea house, you'll move towards NangkarTshang with a packed lunch and a water bottle. As you trek up to 5616m, you need to be adequately hydrated to reduce the risk of altitude-related issues.

NangkarTshang is one of the best viewpoints on the journey of Everest Three Pass, providing a spectral view of the surrounding mountains and glaciers.

The major scenery seen from NangkarTshang is the view of Mount Makalu, Lhotse, Lhotse Shar, Lake of Ama Dablam, Cho Oyu, Gokyo range, Island Peak, Imja Tsho Lake and the nearest view of Ama Dablam. After pleasing your eyes with the panoramic views seen from Nangkat Tshang, you'll be at your tea house in Dingboche overnight and have dinner there.



Nangkar Tshang peak above the Dingboche

Destination:

Dingboche

Accommodation

Hotel

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch & Dinner

Day 08: Trek to Chhukung

As usual, you'll have breakfast and move to your next destination; day seven leads you to Chhukung. The trek from Dingboche to Chhukung is beautiful parts of the journey in Everest Three Pass, involving gentle ascend.

The trail to Chhukung from Dingboche takes you through alpine landscapes, yak pastures, rocky terrain, and a spectacular view of Island Peak. Throughout the journey from Dingboche to Chhukung, you'll gain approximately 400m distance, as Chhukung is located at an altitude of 4730m above sea level.

The distance from Dingboche to Chhukung is 7km, which takes approximately 3-4 hours to get to the destination. As the trek is short, you can get there early at your tea houses, you can visit the nearby areas, and get engaged with locals after having lunch at Chhukung—dinner and overnight at Chhukung's tea house.



View from on the way to Kongmala Pass.

Destination:

Chhukung

Transportation:

Hiking

Duration:

4 hours

Food:

Breakfast, Lunch & Dinner

Day 09: Trek to Lobuche via Kongma- La pass 5535 meters

From ninth days, you'll pass through your first pass on the journey of Everest Three passes, Kongma La pass. Early in the morning, with a headlamp and packed lunch, you'll start trekking for your first pass on the trek. The journey from Chhukung to Kongma La-Pass is adventurous with a steep ascend.

Before getting to Kongma La Pass, you'll walk through rocky and probably snowy terrain. During the trek, you need to be physically and mentally fit to avoid altitude sickness problems. Within 5 hours of trek from Chhukung, you'll reach the top of Kongma La-Pass at an elevation of 5535 meters from sea level.

Getting on the top of Kongma La Pass provides a sense of accomplishment when you get the eye-catching view of Mount Ama Dablam, Lhotse, Lhotse Shar, Neptune, Pumo Ri, and stunning Khumbu Glacier. From Kongma La Pass, you'll get to see the stunning view of the highest mountain in the world, Mount Everest, much closer.

You'll enjoy your packed lunch at the top of Kongma La Pass while appreciating the views of the surrounding landscapes. After exploring the area and relaxing your eyes with beautiful scenery, you'll descend to Lobuche. Three hours of trek from Kongma La Pass takes you to Lobuche village, a village that lies in the shadow of the high mountains at an elevation of 4910m. Dinner and overnight at Lobuche.



Kongma-La pass Image

Destination:

Lobuche

Transportation:

Hiking

Duration:

8 hours

Food:

Breakfast, Lunch & Dinner

Day 10: Trek to Base Camp and Gorakshep

The 10th day takes you to the well-known trekking destination, Everest base camp. After finishing your breakfast at Lobuche, you'll head towards Gorakshep at an elevation of 5140m.

The distance from Lobuche to Gorakshep is km, which takes approximately 3-4 hours to reach. The trail from Everest Base Camp to Gorak Shep goes through a rocky path along with a stunning view of Khumbu Glacier and surrounding peaks.

You'll have lunch after getting to Gorakshep, and after an hour's rest, you'll go for Everest Base Camp exploration. Along the way to Everest Base Camp, you'll get a close view of the Khumbu Icefall, providing stunning scenery while walking.

Views of Ama Dablam, Imja Tse (Island peak), Everest, Pumori, and many other surrounding mountains can be seen from the Everest Base Camp top.

However, Mount Everest's view can't be seen due to blockages from other mountains. After taking photos at the Everest Base Camp top and appreciating the area's beauty, you'll be back at Gorakshep for Dinner and an overnight stay.



Everest Three High Passes Trekking/ EBC

Destination:

Gorakshep

Accommodation

Hotel

Transportation:

Hiking

Duration:

8 hours

Food:

Breakfast, Lunch & Dinner

Day 11: Kalapathar and trek to Dzongla

Early in the morning, you'll set off for Kalapathar, 5550m above sea level. Kalapathar is another stunning viewpoint on the journey to Everest Three Pass. From Kalapathar, you can get a spectacular view of the mountains, including Mount Everest, which can't be seen from the Everest Base Camp. Kalapathar is also famous for providing stunning sunrise views.

360-degree views of Everest, Nuptse, Pumo Ri, and Changtse, along with other surrounding mountains, can be seen from the top of Kalapathar. After appreciating the view from one of the best viewpoints in the Everest region, you'll be back at your tea house in Gorakshep for lunch. It takes 2 hours to get to the top of Kalapathar and Half an hour to get back to Gorakshep.

After lunch at Gorakshep, you'll head towards Dzongla at an elevation of 4830m. The trek from Gorakshep to Dzongla combines some parts: challenging terrain and stunning Himalayan scenery.

On the way to Dzongla, you'll pass through Lobuche Pass, a high-altitude pass providing panoramic views of surrounding peaks, including Ama Dablam Pass and Cho La Pass. It takes 5 hours to get to Dzongla from Gorakshep. Lunch at Lobuche, Dinner, and overnight stay at Dzongla.



Hotel in Dzongla For overnight.

Destination:

Dzongla

Transportation:

Hiking

Duration:

8 Hours

Food:

Breakfast, Lunch & Dinner

Day 12: Trek to Thangnang 4700m via Cho-la pass

Early in the morning, with a headlamp and packed lunch, you'll head towards your second pass on the Everest Three Pass journey, Cho La Pass. As you have already passed the Kongma La Pass, remember that **Cho La Pass** is a little more challenging due to the icy trail.

The journey is memorable due to the combination of adventure and awe-inspiring mountain views. You'll experience the thrill of passing high passes while surrounded by the majestic peaks of the Everest region. Five hours of trek from Dzongla takes you to the top of Cho La Pass at an elevation of 5368m.

As you get on the top, you'll be welcomed by the views of Gokyo, Cho Oyu, Cholatse, Gyazumba (one of the longest glaciers), and other stunning snow-capped mountains.

You'll descend towards Thangnang from Chola top, but the journey is not easy as it involves the risk of falling rock and includes a slippery path and difficult icy crossing.

Three hours of trek from Cho La Pass takes you to Thangnang at an elevation of 4700m overnight and dinner at Sam tea house of Thangnang.



Cho-La pass along the Everest 3 passes trek

Destination:

Thangnang

Accommodation

Hotel

Transportation:

Hiking

Duration:

8 hours

Food:

Breakfast, Lunch & Dinner

Day 13: Trek to Gokyo, 5,357m

After crossing a second pass on the Everest Three Pass trekking journey, you'll now set for Gokyo at an elevation of 4790m. Early in the morning, with a warm breakfast, you'll make way for Gokyo. The distance from Thangnang to Gokyo is short, with 4km generally taking 3-4 hours.

No lodges and tea houses are on the Thang Nang trail to Gokyo, so you need packed food for energy during trekking hours and a bottle of water to stay hydrated. Upon reaching Gokyo, you'll be surrounded by the peacefulness of Gokyo Valley.

Your lunch will be at Gokyo's tea house.

The view of the mount Ama Dablam is spectacular, and you'll get it from Gokyo. You can visit the different lakes near Gokyo, including Dudh Pokhari, Gokyo Lake I, II, and III.

Your accommodation will be a tea house in front of Gokyo Lake, where you'll have dinner.



Gokyo Lake Photo

Destination:

Gokyo

Accommodation

Hotel

Transportation:

Hiking

Duration:

4 hours

Food:

Breakfast, Lunch & Dinner

Day 14: Explore at Gokyo Ri and overnight

Gokyo Ri is the best viewpoint of Gokyo, which is close to the Gokyo Lake at an elevation of 5,357m. You have an exploration day at Gokyo Ri on the fourteenth day of the trekking journey of Everest Three Passes.

With a morning meal, you'll go towards Gokyo Ri. The exploration day usually starts early with a climb to Gokyo Ri to get the sunrise over the fantastic views of the mountains. Mount Makalu, Cho-Oyu, and Mount Everest are the peaks you'll get a closer view from Gokyo Ri.

Seeing Mount Everest, glowing in the morning sun, is the best view seen from the Gokyo Ri early in the morning. Within 4 hours, you can visit and return to Gokyo, so you'll have a short hiking trail on this day.

After returning to your tea house in Gokyo, you'll have lunch, and at the remaining time, you can visit the Gokyo IV and Gokyo V, which are a little far from Gokyo village. Dinner and overnight at Gokyo.



Gokyo-Ri and Hotels at Gokyo.

Destination:

Gokyo

Accommodation

Hotel

Transportation:

Hiking

Duration:

4 hours

Food:

Breakfast, Lunch & Dinner

Day 15: Trek to Lumde via Renjo-La pass

After enjoying the views from different areas of the Everest region, including Cho La Pass, Kongma-La Pass, Everest Base Camp, Kalapathar, and Gokyo Ri, it turns out to enjoy the view from Renjo La Pass.

After breakfast at Gokyo, you'll go for a final pass on the trekking journey of Everest Three Pass, with a packed lunch. The trek from Gokyo to Renjo La Pass is somehow adventurous but has pretty views of Nepal's Everest region. We are hiking 4 hours of trek from Gokyo take you to Renjo La Pass.

Getting on the top of Renjo La Pass at an elevation of 5360m provides a spectacular view of Mount Everest, Makalu, Cho Oyu, and other surrounding peaks. The view of the Everest Himalayan range and the Rolwaling range of the Everest region are the best parts of getting on the top of Renjo La Pass.

As you have passed all the passes, including Renjo La Pass, Cho La Pass, and Kongma La Pass, you'll descend to Lumde with a feeling of pride. The trail from Renjo La Pass to Lumde is a descent. The descent can be steep at certain sections, so you need to be careful where you step.

The journey from Renjo La Pass to Lungden is exciting and allows you to see different landscapes and cultures in the Everest region as you go down from a high mountain pass. The 3 hours of trek takes you to Lumde. Dinner and overnight and Lumde.



Everest Three High Passes Trekking, Renjo-La pass

Destination:

Lumde

Accommodation

Hotel

Transportation:

Hiking

Duration:

8 hours

Food:

Breakfast, Lunch & Dinner

Day 16: Trek to Thame

The descent journey begins as you get on the Lumde, and another descend destination you'll get is Thame, at an elevation of 3800m. With a warm breakfast at Lumde, you'll descend towards Thame.

The trail passes through rhododendron forests, juniper trees, and alpine meadows alongside the bank of Bhote Koshi Nadi. Marlung, Tarango, Hungmo, and Thameteng are the most beautiful settlements of the sherpas you'll pass through to get to Thame.

The distance from Lumde to Thame is around 10 km, taking 5 hours. Thame is famous for its ancient monastery, the Thame Gompa. The monastery is important for culture and spirituality, providing a glimpse of the area's rich Buddhist history— lunch at Taranga, overnight and dinner at Thame.



Thame Village in the Everest area.

Destination:

Thame

Transportation:

Hiking

Duration:

5 hours

Food:

Breakfast, Lunch & Dinner

Day 17: Trek to Monjo, 2835m.

Early in the morning, you'll have breakfast at a tea house in Thame and then set foot for Monjo at an elevation of 2835m. The distance from Thame to Monjo is approximately 18km, and it goes down through Sherpa village and dense forests.

Along the trail, you'll pass through the towns of Thamo, Phurte, Gangla, Namche Bazaar, and Larja Dobhan. At Namche Bazaar, you'll stop for a lunch break for about an hour. During the trek, you'll see and visit different Buddhist mani walls adorned with prayer walls, creating a spiritually rich atmosphere. The path goes down to the Bhote Koshi Nadi and crosses suspension bridges over the river, making the journey more exciting. Five hours of trek, including lunch break, takes you to Monjo. Dinner and accommodation at Monjo.



Manju village in Everest 3 Pass trek

Destination:

Monjo

Transportation:

Hiking

Duration:

4 Hours

Food:

Breakfast, Lunch & Dinner

Day 18: Trek to Lukla

With a morning breakfast at Monjo, you'll check out from the Sagarmatha National Park by registering and completing the necessary formalities before continuing your descent towards Lukla. Day seventeen is your final trekking day in the Everest region and at the Everest Three Pass journey.

The trail from Monjo to Lukla is about 8 km long. It goes downhill through beautiful rhododendron forests, Phakding, Ghat, and Chheplung villages, and it is next to the Dudh Koshi River.

The trek lets you learn about different cultures by talking to locals and experiencing the Sherpa people's warm hospitality at different stop points. Views of distant mountains, including Kongde Ri, Kusum Kangguru, and varying mani walls, will accompany you throughout the journey.

You'll have lunch with the rat in the village of Phakding or in the town of Chheplung. The trek from Monjo to Lukla takes 5 hours—dinner and overnight at Lukla.



Last night with the trekking crew at Lukla airport

Destination:

Lukla

Accommodation

Hotel

Transportation:

Hiking

Duration:

4 hours

Food:

Breakfast, Lunch & Dinner

Day 19: Fly to Kathmandu.

The journey of Everest Three Pass ends with a scenic flight from Lukla Airport to Kathmandu after breakfast at Lukla. Flight to Lukla probably takes early in the morning, so you must be prepared early. You'll be staying nearby to Lukla airport. 5-minute walk to [Lukla airport](#).

You'll fly towards Kathmandu from Lukla airport with all the memories in your heart. The 45-minute flight takes you to Kathmandu domestic airport. After landing at Kathmandu Domestic Airport, you'll be dropped off at your hotel.

As you land at Kathmandu airport early, you'll have enough time to visit nearby areas where you're staying (probably Thamel). You can even go shopping—dinner and overnight at Kathmandu's hotel.



Patan Durbar Square Photo

Destination:

Kathmandu

Accommodation

Hotel

Transportation:

Flight

Duration:

45 min

Food:

Breakfast

Day 20: Back to suite Home.

Yes, Have a warm breakfast in the Hotel in Kathmandu and check out the hotel from Kathmandu by car/van. Our airport representative will drop you off at the Tribhuvan international airport of Kathmandu.

Note: If your flight is late at night or afternoon, let us know because the hotel check-out time is Noon.

Wish you have a pleasant journey ahead. Please let us know your feedback on the trekking and what you have done.



Nepal International Airport

Destination:

Kathmandu

Transportation:

Car

Duration:

20 min

Food:

Breakfast

Trip Includes

- Airport picks up and drops by private car/van/bus.
- Full board package trip with meals three times a day (Breakfast, Lunch, and Dinner) and Accommodations during the trekking.
- Round trip of Kathmandu -Lukla -Kathmandu flight tickets for all of you.
- Sagarmatha National Park permits and TIMS permits.
- Ground transportation from your hotel to the airport and hotel at the End of the trek.
- Experienced English-speaking Guide: Every two clients got one porter. Options (Required number of Porters to carry your luggage during the trek.)
- Food, accommodation, salary, insurance, and equipment for all trekking staff.
- Per person, one trekking map
- Domestic Airport departure tax.
- Domestic airport taxes.

Trip Excludes

- Your travel Insurance.
- Hot Shower during the trekking.
- Hotel and meals in Kathmandu.

- The rest of the expenses not mentioned in the price include the following.

Frequently Asked Questions

Do you have a pick-up and drop facility at the airport upon our arrival in Nepal?

Yes, of course, we have airport representatives who will pick you up upon your arrival and drop you off on the day of departure at the airport.

Do I need the visa to travel in Nepal?

Yes, every nationality requires Visa, except Indian citizens, to enter Nepal. It is effortless to obtain a visa.

You can apply for a visa at the Nepali consulate office in your respective country or get your visa when you arrive at Tribhuvan International Airport (TIA) in Nepal.

Of course, you need to have a valid passport, two passport-size photos, and bear the fixed charges for the visa.

Where do I apply to get my visa?

The best way to apply for a visa is at the Nepalese diplomatic missions in your country. Otherwise, you can also get it from the Immigration office at the entry points upon your arrival at Tribhuvan International Airport in Kathmandu, Nepal.

Can I extend my visa in case I want to spend more days in Nepal?

Yes, you can extend your visa if you wish to stay in Nepal with a fixed-term visa extension at the Department of Immigration.

You can visit the Immigration Department in Kathmandu or Pokhara and extend the visa for another 30 days. The visa charge is US\$ 50/- more or less.

The visa can be extended for 120 days; an additional 30 days visa may be granted on reasonable grounds from the Immigration Office.

Nevertheless, tourists cannot stay in Nepal under tourist visas for more than 150 increasing days.

How can I enter Nepal?

Nepal is a popular tourist destination in South Asia. Several Airlines have direct and non-stop flights from London, Paris, Frankfurt, Doha, Osaka, Shanghai, Moscow, Bangkok, Singapore, Hong Kong, Karahi, Bombay, Delhi, Calcutta, Paro, Dhaka, Lhasa, and Varanasi.

Or you may travel overland from New Delhi, Bhutan, and Tibet.

What kind of accommodation can I have during the trip?

We have all sorts of hotels in Kathmandu, from non-stars to 5 stars hotels. We can book one as per your requirements and budget for you.

But, during the trek, we provide you with a guest house called a tea house. The tea house is more like a Hotel with hot showers, western food, and private rooms (twin sharing).

In this arrangement, overnight halts with dinner and breakfast will be in Tea houses (Lodges) and Lunch in local restaurants en route.

You can interact with local communities when you stay in local lodges.

What is the weight standard for my porter?

Well, it is between 20 to 30kg. Two clients can hire one porter to carry the essential items for the trek.

The backpack weight of each client cannot be more than 15 kg as it will then exceed the weight standard. It is best to bring two backpacks with you.

A day pack for yourself to carry your water bottle, favorite snack bars, and the bigger pack (duffel) that the porter will carry.

When is the best time to visit Nepal for trekking?

You can visit anytime around the year, but the best time for trekking, tour, or mountaineering is from the beginning of September to the end of December and the beginning of March to the end of June.

During January and February, we only recommend low-altitude trekking areas (lower than 2000m) where you can have tours or jungle safaris because the weather at this time of year is freezing for higher-altitude trekking.

What kind of equipment do I need to bring with me?

Different kinds of equipment are required in different trekking routes.

Therefore, we request you to check the equipment lists or email us so that we can let you know about the equipment we can arrange for you and the ones you need to get from your respective country.

How long should I walk every day during the trek?

We expect to walk 4 to 5 hours every day. But it depends on your walking speed as well.

All our itineraries are flexible, so we can always rearrange our schedule as per your needs.

What kind of equipment do you provide?

During your trek, we provide you with sleeping bags and down jackets at the Tea House / Lodge. We provide tents, mattresses, and kitchen equipment for the camping trek.

All the items are of good quality. You can bring trekking shoes, poles, personal equipment, and climbing

equipment.

But remember that different kinds of equipment are required on different trekking routes. We request you to email us first.

How fit do I have to be for Trekking?

We do not say you must be a marathon runner or have proper training, but you better be healthy.

Depending on your walking speed, we may have to trek for 4 to 5 hours, including short and lunch breaks.

When should I book my trek?

We suggest you book the trekking and tour six months earlier. Sometimes, the plane tickets for Kathmandu or Lukla to Kathmandu may be sold out already, creating problems.

Therefore, book as early as possible so we can arrange your domestic flight tickets, guide, and porter in advance.

We humbly request you to keep in touch frequently after booking.

We also do a book on your arrival, but it will be at your own risk.

How do I book my trek?

You can book for tours or trekking from anywhere in the world. You can make a booking easily online through our website.

You can also contact our office by phone, email, or WhatsApp at +977 9851033819. We suggest you email us for further information if you are unsure how to book the trip.

Do you accept a visa / Mastercard?

Yes, we do accept Mastercard, visa cards, and American Express, but you need to cover another 4% extra on your total amount for the commission of Nepali Bank.

We have an ATM to withdraw a certain amount every day. You can withdraw Nepali rupees of the equivalent amount of US\$ 300/- you must consult with your bank before traveling to Nepal. But the cheque is not accepted.

Do we need to pay in advance?

Yes, please; we need 20% advance for booking confirmation, including your passport copy and a picture through the mail.

Please provide us with a money transfer slip when paying in advance.

Is Wi-Fi available every day?

Well, yes, Wi-Fi is available but on your request only. It is not free, and you need to pay.

But every lodge has solar electricity to recharge your Camera and mobile.

Essential Information

Everest Three High Passes Trek Route

Your thrill-some Adventure begins after crossing Namche Bazaar. This dense Sherpa settlement is a whole new world in itself. The trail then navigates higher, making steep ascents via a semi-arid landscape. As you follow through the Everest high passes trek, your Trek sets on a rollercoaster ride. Your first challenge of this traverse is the **Kongma-La Pass at 5535**. The climb to this pass begins from Chukkung. This stretch is a steep climb for about 5 hours, so start early in the morning. After that, we go to Everest Base camp and return to Gorakshep.

Thereon, we trek to the majestic Kalapathhar peak at 5,555 meters and head toward Dzongla—Chola Pass (5420m), stationed between Dzongla and Thagnak. Furthermore, we trek to the pristine Lake Gokyo and follow another pass, Renjo La Pass (5345m). Everest three passes, Trekking ends with this traverse and returns to Lukla.

Three Passes Trek Package

The high passes trek in the Everest region begins with a short flight from Kathmandu to Lukla. It follows the classic trail along Phakding, Dudh Kosi Valley, and Namche Bazaar. Subsequently, it makes it through Dingboche, Chhukung Kongma-La pass, and Lobuche, and the course takes you to the Everest Base Camp.

After the excursion around the Khumbu glacier, you will return to Gorakshep overnight. You will have a side trip to Kalapathar in the early morning for beautiful sunrise views over Mount Everest and its surroundings. The climate is freezing, so wear warm, windproof clothes and gloves.

After having breakfast, you will be heading towards Zongla and crossing the Cho-La pass the next day. Then after an overnight stay, you will trek to Thank, Gokyo, via the longest glacier in the Khumbu region. Please note that glacier changes their shape every year, so there are high chances of getting lost on your way. You will need to have a guide with you for this very reason.

Syangboche Viewpoint

An hour's hike from Namche Bazaar sets you up for an astounding view of Everest Panorama. Syangboche is stationed right above Namche Bazaar, with a famous hotel stationed here. Syangboche also has a seasonal airport with grassland as its runway. Above the airport is the Syangboche viewpoint offering the best views of the mountains. It is a famous sight trip for trekkers to glimpse the Everest vista before continuing their journey. Trekkers trek up to the Syangboche viewpoint during their rest day at

Namche. It makes for a worthwhile round-trip journey.

Trekking Cost

Although the high Pass trek is a bit costly compared to other trekking routes in Nepal, Boundless Adventures provides it at a reasonable cost. We can adjust the price according to your budget and travel preferences.

However, Boundless Adventure arranges solo and small group trips from Kathmandu. If you are solo, the charge is higher than with a group. You can contact us for prices, itineraries, and Everest 3 High Pass Trek information.

Documents and Paperwork Required For Everest Three Passes Trek

For Everest Three Passes trekking, you require three kinds of different permits/documents. The permits required are:

- **Sagarmatha National Park Permit:** The whole journey to Everest Three passes encompass the Sagarmatha National Park. Thus, obtaining a Sagarmatha National Park permit is necessary to start your trek on Everest Three passes.
- **Trekkers Information Management System (TIMS) Card:** Except for restricted areas, each of the trekking destinations of Nepal requires a TIMS card. In collaboration with the Trekking Agencies Association of Nepal (TAAN), and Tourism Board (NTB) the TIMS is applied for the safety of trekkers.
- **Khumbu Pasang Lhamu Rural Municipality Permit:** To regulate and manage the trekking activities within the Khumbu region, the Khumbu Pasang Lhamu Rural Municipality Permit has been in implementation since 2018 AD. The permit provides a chance for trekkers to contribute to the local economy of the region by giving money for projects in the community with obtaining permit.

All three permits are mandatory for Everest three-pass trekking. All the above-mentioned permits are managed by Boundless Adventure. On your behalf, without any trouble, we manage all the necessary permits for your enjoyable trek. The required documents for obtaining the permits are:

- Three photocopies of the valid passport with a Nepali visa
- Three or more Passport photo
- Details of trekking itinerary
- Viewpoint Exploration During Trekking

The entire journey to Everest with three passes provides you with a stunning view of the region. Each step provides you with something different to see. However, there are some unforgettable and unmatched viewpoints during the trek, from where you'll get a stunning 360 view of the region.

Sagarmatha National Park Entry Permit

You can get the Sagarmatha National Park Entry Permit from the city office at Boundless Adventure, Kathmandu.

There are three different types of permits that you will require for the Everest High Passes trek. These permits are The Sagarmatha National Park Entry Permit, TIMS Permit, and Khumbu Rural Municipality

Permit. Getting these permits is easy. You can get these permits from Boundless Adventure in Kathmandu. National park entrance permits are required for every nationality.

Some Monastery Encounter

The trek to Everest Three Passes is more than just a walk. Indeed, the views of the mountain ranges are remarkable at Everest three-pass trekking but besides the breathtaking views of the mountain, the journey takes you on a spiritual journey. Throughout the trek to Three passes, you'll encounter lots of monasteries along the way. As the Everest region has a unique culture the monasteries of the trail add to the more cultural significance of the region. There are some notable monasteries you'll encounter during the trek to Everest three passes:

Tengboche Monastery:

Tengboche Monastery, the largest and oldest monastery in the Khumbu region, was built in 1916 AD by Lama Gulu. Tengboche monastery is situated in the village of Tengboche, at an elevation of 3867m. Tengboche Monastery is a Tibetan Buddhist monastery of the sherpa people in the region. The monastery of Tengboche is also known as the Dawa Choling Gumpa.

The main building of the Tengboche is built with the traditional Tibetan architectural style. The building is beautified with woodwork, murals, and paintings, showcasing the artistic craftsmanship of the region. Mostly, Wood is used in the construction of the monastery.

The main prayer hall is the main focus of the Tengboche monastery with numerous religious assets, statues, and the image of the Shakyamuni. On the trail to Everest Three Passes, a Tengboche monastery is the most visited spiritual site. There you can learn more about the culture of the region.

Thame Gumpa:

Thame Gumpa located in Pangboche village is another significant monastery you'll encounter on the trekking journey to Everest Three Passes. At an elevation of 3800, Thame Gumpa lies to the west of the Namche Bazar of the Khumbu region. Thame Gumpa and Tengboche monastery is like a magnet of the Khumbu region, As these two monasteries are constructed by the different disciples of the Lord Buddha.

The Thame gumpa holds great significance to the cultural and spiritual hub of the area. Many monks live inside the Thame Gumpa, the monks participate in the daily rituals and prayer to contribute to the spiritual well-being of the community.

The architecture of the Thame Monastery is designed in the Tibetan style. The art of wood and the colorful painting showcases the stories of Buddhists and create a peaceful ambiance. The traditional chants and music at the Thame Gumpa, along with the sight of monks dedicatedly involved in the spiritual practices, provide a glimpse into the Sherpa culture of the area. Moreover, the prayer wheels around the monasteries also provide a feeling of peacefulness when roaming around the monastery.

Exploring the Thame monastery during the journey of Everest Three Passes not only provides you with a beautiful sight of the Gumpa but also provides you spiritual experience. On the hectic day of trekking, you'll find calmness at the time when you explore the Gumpa. Over and above that, the gompas showcase the Sherpa tradition and their spiritual beliefs that have been alive for many generations.

Accommodation During the Trekking

The tea houses are maintained by the local sherpa people. On the tea houses along the way, each tea house offers you warm hospitality by the friendly Sherpa people. With a warm meal and comfortable resting point, you'll be treated well in the lodges/tea houses along the way. Usually, the washrooms are outside the room, meaning you may not find an attached bathroom.

The rooms you'll get are simple yet authentic. Each room contains two or three single beds. You'll get a soft and warm blanket to keep yourself warm on a cold night. The pillows will be soft, additionally, the mattresses are simple but provide comfortable sleep.

Although the facility is small, the views you'll get from your room's windows are mind-blowing with snowy mountains, flowing glaciers, and rolling valleys.

Meals

While on your Trek, you will have three times meals a day. You may check the itinerary and cost details. You can choose your meals from various options on the tea houses' menus.

We recommend having a heavy breakfast as it will fuel you to start your Trek for the day. You can pick from Corn Flakes, Oatmeal, French Toast, Eggs, and Pancakes for breakfast.

Then, you can have a light lunch during the day according to the available options on the menu. When you finish your walk, you can have a delicious dinner at the end of the day. There are options for Lunch and Dinner, including local meals.

Typically, you can get mineral water at every tea house along the trekking trail, but if you need a camel bottle to fill up with boiling water, you can get it in the tea house. The alternative option is to fill from the stream or hilly sources. You can carry a purifying tablet or chlorine to purify the water and make it worth drinking.

Guide and Porters at the Trek

Having a guide and porter with you is always advisable during a pass trek in Everest. Boundless Adventures provides professional, experienced guides and porters tailored to your preferences and journey. It is always helpful to have a guide and a porter.

Guide

A proper guide gives you an in-depth experience of the Trek and makes for a memorable one. The guides, having vast knowledge of the trekking route and being experienced trekkers, will ease your trekking experience.

A guide will also help you easily communicate with locals and provide insights into the historical importance of the places. Our guide is trained by the Nepal government, which has a guide and first adds a license.

Porter

If you want to travel freely with the weight of your heavy luggage off your shoulders, then we advise you

to get a porter. A porter will carry all your loads through the Trek. This makes it considerably more accessible for you to trek. The porters are also locals who reside in the region, so they can also provide you with valuable insights.

The porters are very friendly and good companions. However, they only speak basic English, so there might be a communication barrier. Similarly, We are providing a porter from Lukla on your request only.

Equipment

Whenever going on a trek, it is advisable to have a proper gear set to ease your trekking journey. However, you should only carry the essential things you require on your journey. Extra luggage will make it difficult for you to get through the Trek. We recommend you bring a list of essentials and additional items per your requirements.

We at Boundless Adventures can help you prepare all the necessary equipment for your Trek. Also, we can manage the items you need if you require us to. Feel free to contact us through mail or WhatsApp to start your preparations.

Address

Paknajol Marga, Thamel

P.O.Box: 11670, Kathmandu, Nepal

Email: info@boundlessadventure.com

sales@boundlessadventure.com

Whatsapp Number: [+9779851033819](https://wa.me/9779851033819)

Telephone Number: [+977 4701884](tel:+9774701884)

Telephone Number: [+977 1 4701885](tel:+97714701885)