

## Overview

This ultimate Everest Three High Passes Trek is for those who seek for more wild and challenging holidays experience as it is more demanding and the longer route crossing through three high passes that are not on the regular Everest trail. These are the Kongma La (5,535m), Cho La (5,420m) and the Renjo La (5,417m). You will also climb three hiking peaks; Gokyo Ri (5,360m) and Kala Pattar (5,54m) offer superb views of Everest, whilst Chukkung Ri (5,550m) is a lesser-known summit, tucked under the imposing Lhotse-Nuptse wall. This westerly approach to Everest provides amazing vistas of the world's highest mountain and should be considered in particular, by the keen photographer or by those who want a tougher trek.

Our adventurous Everest Three High Passes Trek starts with an exciting mountain flight to the Tenzing Hillary Airport at Lukla – a beautiful mountain town. We begin our hiking from here to Phakding on the first day and second day we trek to Namche Bazaar, the Sherpa capital. We have a rest and acclimation day at Namche as it is vital to get acclimatized ourselves to adapt with high altitude. On the rest day we have option to hike to Khunde and Khumjung – a charming twin Sherpa Villages nestled below the Khumbila Rock and visit Everest View Hotel - the Five Star Hotel in the world's highest place offering stunning views of Mt. Everest, Lhotse, Amadablam, Thamserku, Khangtega, Taboche Peak etc.

Our rest and exploration day at Namche is followed by the regular Everest Base Camp Trek route walking through the places of Tengboche; where we will visit region's most active monastery, enjoy colorful landscapes, other Buddhist monasteries, prayer walls, mani and Dingboche in the land enclosed by the soaring peaks. At Dingboche, trail breaks off with main trail and we head up to Chhukung – a beautiful hamlet of Sherpa Village, we will climb Chhukung Ri on the acclimation day at Chhukung and overnight in Chhukung, also it is always recommended that "hike higher and sleep lower" helps you acclimatized. Then our first three passes, the Kongma La, is probably the toughest day, but your reward is stunning views of Makalu (8,485, the world's fifth highest mountain) to the east. It is a leisurely descent to Labuche, where we rejoin classic Everest Base Camp Route, before climbing the famous view point of Kala Patthar, second of our three peaks.

Our trek to the view point of Kala Pathar is followed by the tough climb through Cho La pass that takes us to the cobalt-blue lakes at Gokyo. Here we trek our third peak; Gokyo Ri (5,360m). This is a lovely peak above the Gokyo Valley, with fabulous views of the Mt. Everest, Cho Oyu, Makalu, Ama Dablam, Nuptse, Cholatse and many smaller snow-capped mountains. After enjoying awe inspiring views from Gokyo Ri and exploring Gokyo lakes, we make our way to the next great pass, the Renjo La. Making a night in Lungde or Marlung we follow a little of the route used for centuries by the Tibetan Traders via Nangpa La to get to Thame. Following the classical route, we drop down to Lukla and fly back to Kathmandu leaving behind our foot prints in the shadow of the Everest.

If you are a real adventurer seeking for more of a challenging trek crossing some of the

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most famous high passes in the world, you really need to consider Wilderness Excursion's Everest High Passes Trek. If you are looking a slightly less adventurous than this involves suburb views of Gokyo Lakes along with Everest Base Camp and Kala Patthar, "Everest Base Camp Trek via Gokyo Lakes - 17 Days" would be ideal for us! Wilderness Excursion's "**Everest Base Camp - 16 Days**" itinerary would be perfect for you if you are young, energetic, physically fit, and yearn to hike up to Everest Base Camp and Kala Patthar but will have a limited amount of time to trek. If you are a novice trekker and want some easier itinerary but want to visit the Everest Base Camp, Wilderness Excursion recommend for Everest Base Camp 17 days itinerary would be best option.

## **Highlights**

A Unique trip designed by Wilderness Excursion. This Everest Three High Passes Circuit is our 'dream trip' Everest trek and the best itinerary we can think of We have been leading Everest High Passes Trekking since last several years. Our trek is led by very professional Wilderness Excursion guides. You are fully supported and taken care and guided during your trek. We take special care of our porters. They are probably the best equipped and clothed in Nepal and well paid, no labor exploitation. You can take advantage of our comprehensive equipment hire service. Your kit bag is carried for you, so you only need carry a day pack. Prices include all permits

## **Outline Itinerary**

**Day 01 : Kathmandu to Salleri (Flight/Drive)**

**Day 02 : Trek to Takshindo. 5-6 hours walk.**

**Day 03 : Trek to Kharikhola (2010m). 6-7 hours walk.**

**Day 04 : Trek to Puiyan (2730m), 5-6 hours walk.**

**Day 05 : Trek to Phakding (2652m) 6-7 hours walk.**

**Day 06 : Phakding - Namche Bazaar (3440m) 6 Hours walk.**

**Day 07 : Acclimatization day at Namche Bazaar.**

**Day 08 : Namche - Tengboche (3870m) 5-6 Hours walk.**

**Day 09 : Tengboche - Dingboche (4410m) 5-6 Hours walk.**

**Day 10 : Dingboche – Chhukung (4730m) 2-3 Hours walk.**

**Day 11 : Chhukung– Kongma La Pass (5535m) - Lobuche (4930m) 7-8 Hours walk.**

**Day 12 : Lobuche - Gorakshep (5160m) - Hike to Everest Base Camp - Gorakshep**

**Day 13 : Hike up to Kalapathr (5545m) and trek to Dzonglha (4830m); 5-6hours walk.**

**Day 14 : Dzonglha – Chola (5420m) – Thakna (4700m) 7-8 Hours walk.**

**Day 15 : Thangnak - Gokyo (4750m) 2-3 hours and hike to Fourth Lake**

**Day 16 : Rest or Excursion Day in Gokyo, Hike to Gokyo Peak (5560m)**

**Day 17 : Gokyo – Renjo La (5417m) - Lungden (4350m) 7-8 Hours walk.**

**Day 18 : Lunden – Thame (3800m) - Namche Bazaar (3440m) 6-7 Hours walk.**

**Day 19 : Namche - Lukla (2800m) 7-8 Hours walk.**

**Day 20 : Lukla to Kathmandu by flight**

### **Cost Includes**

- One government-certified and experienced English-speaking local guide.
- A sharing Sherpa porter between 2 clients to carry your main pack (weight limit 25 kg)
- Daily 3 times meals: breakfast, lunch, and dinner during the trek.
- Kathmandu – Salleri by local sharing jeep.
- Lukla - Manthali flight and transfer to Kathmandu
- Necessary trekking permits for Everest three high passes trek.
- Food, accommodation, and salary of your guide and porters.
- Insurance for guides and porters as per state law.
- Local tax documentation fees.

### **Cost Excludes**

- Transfers, accommodation, and meals in Kathmandu.
- Guided city tour in Kathmandu, we can arrange on guest request.
- All the bar bills, beverages such as coke, fanta, mineral water
- Hot shower, battery charging, and hot water during the trekking
- Personal travel insurance, internet, phone calls, and laundry service.
- Rescue operation charge in case of emergency.
- Advance deposit transfer fee to book your trip.
- Tips for guide and porters.

