High Route Adventure Pvt Ltd.

Email: info@highrouteadventure.com
Phone: +977 9851058664
Website: www.highrouteadventure.com

1. Everest Three Passes Trek

2. Overview

The Everest Three Passes Trek is a challenging and rewarding adventure that combines three spectacular high mountain passes in the heart of the Himalayas. This ultimate trekking experience takes you over Kongma La Pass (5,535…

3. Itinerary

Day 1: Arrival in Kathmandu

Altitude: 1350 meter | Stay: Hotel

Touching down at Tribhuvan International Airport, you will be welcomed by our office representatives who will guide you directly to your hotel. Following a short introduction session with other members of the staff, you will be shown to your rooms for freshening up from the day's journey. You are free to head down into the local markets to enjoy a pleasant evening.

Day 2: Kathmandu Sightseeing and Trek Preparation

Altitude: 1350 meter | Meals: Breakfast | Stay: Hotel

Your journey to the Himalayasbegins with a leisurely day at the capital city, preparing for your journey as well as touring some of the UNESCO world heritage sites in Kathmandu. The company will gather all the required permits for the travels in the due course. The Kathmandu city tour begins with a visit to the ancient Hindu heritage of Pashupatinath. Holy ground for people throughout the nation, many consider the temple to be the Guardian Deity of the nation. For the cultural side of the city, we make our way to the stunning Kathmandu Durbar Square where each building depicts an ancient style of architecture reflecting the culture and way of life of a bygone era. Meanwhile, you can shop for any last-minute items that you would require for the trek. Overnight at the hotel in Kathmandu.

Day 3: Fly to Lukla and Trek to Phakding

Altitude: 2610 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

An early start to the day, we begin our Himalayan adventure with a thrilling flight to the town of Lukla. A stunning adventure high above the lush green valleys, the 30-minute flight brings us closer to the Himalayas and into the Everest region. Taking a brief rest at the picturesque town of Lukla, we begin our trek to the hamlet of Phakding, where we are to stay for the night. The trail is ascending and descends as we follow the forested track alongside the banks of Dudh Koshi River. Heading past the hamlet of Chheplung, we make our way to Koshiguan followed by Ghat. A quick climb from Ghat brings us to the beautiful village of Phakding. **Peak season note:** During spring (Mar–May) and autumn (Sep–Nov), Lukla flights depart from Ramechhap Manthali Airport, not Kathmandu. This requires a 4–6 hour drive starting around 12:30 AM. High Route Adventure will arrange your transportation.

Day 4: Trek from Phakding to Namche Bazaar

Altitude: 3440 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Following the banks of the Dudh Koshi River, we continue our journey through the forest of rhododendron and fir to reach Thulo Ghamela. The Himalayas start to appear in the background as we make our way through the quiet villages of Chumoa, Bengkar, and Monjo which brings us to Jorsalle. Entering Sagarmatha National Park at Jorsalle, the final stretch of today's journey brings us under the shadow of Kusum Kanguru (6367m) leading forward to the famous Sherpa town of Namche. Overnight in Namche.

Day 5: Acclimatization Day at Namche Bazaar – Hike up to Everest View Hotel or Khumjung village

Altitude: 3440 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

The first of our acclimatization days, today we take some time off at Namche enjoying the stunning Himalayan panorama. Touring around the traditional Sherpa town, we get to witness the local culture and lifestyle. For our acclimatization hike, we make our way to the Everest View Hotel (3880m) which, like its name, boasts stunning views of Mt. Everest (8848m) along with its surrounding mountains. We ascend through a hilly trail past vibrant hamlets of the Sherpas and also come across several monasteries and Chortens. Relishing the Himalayan panorama, we make our way back to Namche for the night.

Day 6: Trek from Namche to Tengboche

Altitude: 3860 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Today we leave Namche early in the morning and make our way to Tengboche. The trail ascends through the forests and reaches the villages of Sanasa and Lawi Schyasa en route. Crossing Dudh Koshi River at Phungi Thenga, we cross several Mani walls and prayer-laden Chortens until reaching the small settlement of Tengboche. Home to the Dawa Choling Monastery, the ancient hamlet boasts stunning Himalayan panorama, especially the gorgeous Ama Dablam (6812m) glimmering on the horizon. Overnight in Tengboche.

Day 7: Trek from Tengboche to Dingboche

Altitude: 4410 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

We begin our journey early today making our way to the village of Dingboche. Exiting Tengboche, the trail leaves behind the tree lines in favor of alpine Himalayan landscapes stretching towards the hamlet of Debuche. With the majestic Ama Dablam (6812m) and Lingtren (6749m) as our constant companion, we continue our ascending run until reaching Milingo, where we meet up with the banks of Imja River. Following the rugged Himalayan trail leading to Pangboche, we make our way to Shomare and Worshyo before reaching Dingboche for the night.

Day 8: Climb Chhukung Ri and trek to Chhukung Village

Altitude: 4730 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

The trek from Dingboche to Chhukung is an ascending one that takes us past a cluster of traditional settlements and sacred monasteries, each with enchanting folklore. En route, we climb the summit of Chhukung Ri(5,550m), which is the highest altitude of this trek. Through the rugged Himalayan trail, the journey takes us atop the hill summit where a stunning Himalayan panorama comprising of Lhotse (8516m), Cho Oyu (8,201m), Nuptse (7,861m), and Changtse (7,543m) awaits us. A steep descent from Chhukung Ri(5,550m)takes us to the quaint village of Chhukung, where we stay for the night.

Day 09: Cross Kongma La Pass (5,535m) and trek to Lobuche

Altitude: 4910 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

One of the longer days of the journey, today we make our way to the hamlet of Lobuche crossing the arduous Kongma La Pass (5535m), the first one of the three passes. From Chhukung, we can cross the mountain pass via two routes. The first takes us northeast ascending to the hill before reaching the lateral moraines of the Nuptse Glacier, while the latter takes us over to the hamlet of Bibre above the Nayang River. The summit of Kongma La(5,535m) is marked by Chortens and prayer flags and features an unforgettable Himalayan panorama. The descending journey is a difficult one as the trail takes us through the moraines of Khumbu Glacier turning north to reach Lobuche. Overnight in Lobuche.

Day 10: Trek from Lobuche to Gorak Shep, visit Everest Base Camp, return to Gorak Shep

Altitude: 5160 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

We start our day early today to reach Everest Base Camp (5364m) during the early hours. Ascending from Lobuche, the trail traverses the lateral moraines of Khumbu Glacier to reach the last settlement before Everest Base Camp, that is, Gorakshep. Taking a brief rest here, we once again set off on the snowy Himalayan trail leading to Everest Base Camp. With the challenging yet gorgeous Khumbu Glacier stretching in front of us, the trail constantly dips in and out of the lateral moraines before reaching the monumental grounds paying homage to mountaineers who lost their lives in Everest. A final climb through the icy trail takes us to Everest Base Camp (5364m), the foot of the world's highest mountain. Take some time to soak in the breathtaking Himalayan panorama before heading back to Gorakshep. Overnight in Gorakshep.

Day 11: Hike to Kala Patthar at sunrise, then trek to Dzongla

Altitude: 4830 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

This is one of the most exciting days of the trek, for we climb Kalapatthar (5550m) today to experience the best sunrise of our lives. Right in front of our eyes, a stunning Himalayan panorama unfolds coloring the summits of Everest (8848m), Nuptse (7861m), Changtse (7543m), Lhotse (8516m), Cho Oyu (8201m), and several others. After spending some time at the top of Kalapatthar, we retrace our trail to Gorakshep and then descend along the rugged paths to reach Dzongla for the overnight stay.

Day 12: Cross Cho La Pass (5,360m) and descend to Thangnak

Altitude: 4700 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

The second of our three Himalayan passes, today we cross the taxing Cho La Pass (5420m) to reach Thangnak. Exiting Dzongla, we begin our ascending journey heading past a cluster of settlements and into the Himalayan wilderness. As the majestic summits of Cho Oyu (8201m) and Cholatse (6440m) appear on the horizon, we near the summit of Cho La (5420m). The final ascend is quite difficult as the trail takes us along the crevasses to reach the summit. Relishing the breathtaking Himalayan views from the summit, we begin our descending journey to the hamlet of Thangnak for the night.

Day 13: Trek from Thangnak to Gokyo Valley

Altitude: 4790 meters | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Today is one of the shortest walking days of our trek as we make our way to the stunning Gokyo lakes, enjoying the picturesque beauty of the Himalayas leisurely. Leaving Thangnak, the Himalayan trail gradually descends through the stunning valley to reach the first of the six Gokyo Lakes. Resting for a short while at the first lake, we then make our way to the second lake and then to the third Gokyo Lake beyond which lies the quaint village of Gokyo. Overnight in Gokyo.

Day 14: Gokyo Ri Hike & Exploration

Altitude: 4800 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

The final of our acclimatization days, today we take some time off at the Gokyo Valley making sure we are ready for the final stretch of the journey. For our acclimatization hike, we make our way to the summit of Gokyo Ri(5357m) which boasts a stunning Himalayan vista of the Everest and Makalu Ranges along with an enchanting view of the tranquil Gokyo Lakes. Time permitting, we also hike to the 4th and 5th Gokyo Lakes savoring every moment at this dreamlike valley. Overnight in Gokyo.

Day 15: Trek from Gokyo to Marulung(4,210 m) via Renjo La Pass(5,360 m)

Altitude: 4210 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Today we cross the final of our three mountain passes, Renjo La Pass (5,360 m), before heading to the hamlet of Marulung for the night. Bidding goodbye to Gokyo, the Himalayan trail takes us alongside the banks of the stunning Dudh Pokhari Lake before ascending to the summit of Renjo La (5,360 m). After enjoying stunning views of the Rolwaling and Everest Ranges from the summit, we begin our descending journey dropping down to the southern bank of Angladumba Tsho Glacier. With the picturesque views of Relama Tsho and Renjo Lake, we head down to Lumde before reaching Marulung. Overnight in Marulung.

Day 16: Trek from Marulung to Namche Bazaar

Altitude: 3440 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

Exiting Marulung, we begin our descending journey heading to Namche. The trail fromMarulung follows ancient routes used by Tibetan traders until reaching a village called Thame. Following the banks of the stunning Dudh Koshi River, the journey then takes us on a descending run heading to the hamlet of Samde and Thamu before crossing Thesyo Khola to reach the village of Thesyo. The final stretch of the trek takes us past Kisi book and Phurte to arrive at the vibrant Namche. Overnight in Namche.

Day 17: Trek from Namche Bazaar to Lukla

Altitude: 2845 meter | Meals: Breakfast/Lunch/Dinner | Stay: Teahouse

On the final day of our trek, today we make our way back to Lukla. The trek is pleasant as we make our way through lush green forests adorned with pine and rhododendron trees. Exiting Sagarmatha National Park at Jorsalle, we follow the banks of the glimmering Dudh Koshi River heading past the settlements of Phakding and Bengkar. Making a brief stop in Phakding, we continue our descending journey to Ghat before dropping down to Koshiguan. Leaving the banks of Dudh Koshi River, the trail then turns east heading to Lukla. Overnight in Lukla.

Day 18: Fly to Kathmandu

Altitude: 1350 meter | Meals: Breakfast/Dinner | Stay: Hotel

Reliving the thrill of the Lukla airstrip once again, we bid goodbye to the stunning Himalayas relishing the mesmerizing beauty one more time. Touching down at Kathmandu, we make our way directly to the hotel which brings our Himalayan journey to a close. For the rest of the day, you are free to either explore your locality or stay back at the hotel recuperating from the journey. Overnight at the hotel in Kathmandu.

Day 19: Final Departure

Altitude: 1350 meter | Meals: Breakfast

Our representatives will drop you back at Tribhuvan International Airport for your scheduled flight back home. We hope you had a lovely time with us and we look forward to seeing you again.

5. Cost Includes

- Airport pick up and Drop in a private vehicle
- 4-star hotel accommodation in Kathmandu with Breakfast
- Fifteen-night teahouse accommodation during the trek
- All meal (Breakfast, Lunch, and Dinner) During the trek
- Farewell dinner with cultural program in Kathmandu
- All ground transportation on a comfortable private vehicle as per the itinerary
- Domestic flights(Kathmandu-Lukla- Kathmandu)
- An experienced, English –speaking and government-licensed trek guide (mountain Guide)
- Porter service(2 trekker:1 porters)
- Staff costs including their salary, insurance, equipment, domestic airfare, food, and accommodation
- Down jacket and sleeping bag (Returned after trip completion)
- All necessary paperwork
- Medical kit
- All government and local taxes

6. Cost Excludes

- Nepalese visa fee
- Excess baggage
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain(due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porter, bottle or boiled water, shower, etc.)
- Trips for guide, porter, and Driver

7. Equipment / Packing List

The **Everest Three Passes Trek** is one of the most adventurous routes in the Khumbu region, crossing **Kongma La**, **Cho La**, and **Renjo La** passes. With altitudes over 5,000 meters, weather changes quickly, and the terrain can be challenging. Packing smart and light is the key to a safe and comfortable journey.

Clothing Essentials

- 2–3 sets of thermal tops
- 2–3 sets of thermal bottoms
- Fleece jacket or pullover
- Lightweight down or synthetic insulated jacket
- Waterproof and windproof jacket (breathable material)
- Waterproof trekking pants

- 3–4 quick-dry trekking shirts (mix of long and short sleeves)
- 2–3 pairs of quick-dry trekking pants
- 1 pair of shorts (optional for warmer days)

Head & Hand Gear

- Warm beanie or wool hat
- Sun hat or cap
- Neck warmer or buff
- Thin liner gloves
- Warm insulated gloves

Footwear

- Waterproof trekking boots with ankle support (well broken-in)
- Comfortable camp shoes or sandals
- 4–5 pairs of trekking socks (wool or synthetic)
- 2 pairs of liner socks

Trekking Equipment

- Adjustable trekking poles
- Sleeping bag (-15°C comfort rating or warmer)
- Sleeping bag liner (optional)
- Day backpack (40–50L)
- Duffel bag (usually provided for porter use)
- Backpack rain cover
- Headlamp with spare batteries
- Hydration bladder or water bottles (2–3 liters total capacity)
- Water purification tablets or filter

Toiletries & Personal Care

- Quick-dry travel towel
- Sunscreen (SPF 50+) and SPF lip balm
- Toothbrush, toothpaste, biodegradable soap
- Wet wipes and hand sanitizer
- Toilet paper (carry extras in ziplock bags)
- Basic first aid kit (blister pads, painkillers, personal medication, Diamox if recommended)

Electronics & Accessories

- Camera or smartphone
- Power bank (10,000–20,000 MAh)
- Extra memory cards
- Universal adapter
- Charging cables

Snacks & Miscellaneous Items

- Energy bars, nuts, or chocolates
- Electrolyte powders or tablets

- Lightweight reading material or journal
- Mini sewing kit for quick repairs

? **Tip:** Try to keep your personal backpack under 7 to **8 kg** to make the trek more comfortable. Let the porters carry heavier items in the duffel bag, and pack according to the trekking season.