

# Everest Three Passes Trek

## Trip Overview

One of the most loved trekking trails in the Khumbu region is the Everest Three Passes Trek. The Everest Passes trek is one of the toughest treks in the Khumbu region as well. It requires the strength of physical endurance to cross these passes. The three passes are at an elevation of more than 5000m. The Everest three-pass trek includes Kongma La (5535m), Cho La (5430 m), and Renjo La (5345m). Kongma La is the highest among the three passes. The passes cover all of the Everest region, including Everest Base Camp (5346m) and Gokyo Valley. This is an off-beaten-track trail, so it is not overly crowded like other trails in the Khumbu region. Tengboche monastery, the world's highest Buddhist monastery, is one of the stops on the journey and a nice place to learn about the culture and traditions of the Sherpa community.

Just like any other trekking trail in the Khumbu region, it starts with a dramatic mountain flight to Lukla. Then, trek downhill along the flowing Budhi Koshi River, crossing several suspension bridges covered in prayer flags. This prayer flag reflects the religious beliefs of the local Sherpa community, and it symbolizes a safe trip. The sound of the flowing river and yaks will be the companions through most of the journey. You will be hiking through the lush alpine forest, the rhododendron forest, and the beautiful valleys. After a few days' hike, you reach the beautiful Namche Bazar, where you can shop around, meet locals, have a chat with them, or go to any restaurant or café and enjoy their delicacies with a lovely warm tea or coffee. Namche Bazar is a gateway to every expedition in the Everest region. The people and their culture and traditions are another great part of the trek. To the west of this town is Kongde Ri (6187 m), and to the east is Thamserku (6608m). A few hours of walking from Namche will take you to Thame, Khumjung, and Khunde.

Following the trail, you will be walking through the rough and rocky path to cross the infamous Renjo La, Cho La, and Khongma La. Between passing by these passes, Gokyo is another acclimatization center, giving the best view of the Himalayas in all of the Everest regions. Gokyo Valley is best known for its stunning views of the mountains and Gokyo Lake. After crossing the last and highest pass, Khongma La, another difficult part of the trek is the Kala Patthar (5545m). Then comes the mind-blowing Khumbu glacier, located between Mt. Everest (8848m) and the Lhotse-Nuptse ridge. All the hard work is worth it when you get to see the panoramic view of the Everest range in real life.

The Everest Three Passes trek is full of adventure. If you are looking for the adrenaline rush, definitely try this trek; you will get enough adrenaline rush. Thus, this will be a lifetime memory to hold forever.

## Trip Highlights

- A guided tour of the heritage sites of Kathmandu Valley
- Crossing three high Passes
- Serene Gokyo Lake and Gokyo Ri
- Magnificent view of the Everest range
- Charming Sherpa communities

## Cost Includes

- pickups and drops in a private vehicle at the airport upon your arrival and departure.

- All ground transportation is on a comfortable private vehicle as per the itinerary.
- Star hotel accommodation in Kathmandu with breakfast (the hotel standard will be changed as you wish).
- The Kathmandu Sightseeing Tour is inclusive of all entry fees, a tour guide, and a private vehicle as per the itinerary.
- Teahouse accommodation during the trek.
- Domestic flights as per the itinerary.
- Breakfast, lunch, and dinner during the trek.
- An experienced, English-speaking, and government-licensed trekking guide.
- Porter service (2 trekkers: 1 porter).
- Highland Eco's duffel bag.
- All necessary paperwork and trekking permits (National Park Permit, Village Development Committee fee).
- A first-aid safety kit with basic medicines is essential. All government and local taxes and fees.

## Cost Excludes

- Nepal Entry visa fees
- Extra-night accommodation in Kathmandu because of early arrival, late departure, or early return from the mountain (due to any reason) compared to the scheduled itinerary
- Meals not indicated in the City
- International flights
- Personal equipment (a suggested list will be mailed to you)
- Travel and rescue insurance (**Required**)
- Tips to the guide, porter, driver, or any other trekking staff.
- Other expenses of a personal nature.