

## **Everest Three High pass trek 18 Nights 19 Days.**

### **Highlights**

Everest Base Camp (EBC) located in the Khumbu region of Nepal

Everest Base Camp is situated at an elevation of 5,364 meters (17,598 feet)

The Tengboche , Khumjung Monastery

Everest Three high pass ( Kongma La, Cho La & Renjo La)

UNESCO World Heritage Sites

Adventures & thrilling flight to Lukla ( Tenzing-Hillary Airport)

World most demandable Trekking destination in Nepal

Scenic Mountain beauty Mt Everest, Mt Lhotse, Island Peak, Mt Nuptse, Mt Ama Dablam, and many more

Everest Expedition starting point Khumbu icefall

Sherpa people, yaks, colorful festivals and Buddhist monasteries.

### ***Outline itinerary***

**Day01: Arrival in Kathmandu & Transfer to the Hotel (1400Mtr)**

**Day 02 : Kathmandu to Lukla Domestic flight & Trek to Phakding (2,640m) 4-5 hours.**

**Day 03 : Phakding to Namche Bazaar ) (3,440m/11,286ft) 10-12 Hrs km trek / 6 -7 Hours .**

**Day 04 : Namche acclimatization day & hike to Everest View Hotel (3969 m) 3-4 Km trek /3-4 Hours.**

**Day 5: Namche Bazaar to Tengboche Monastery (3860 meters) 5 hours**

**Day 6: Tengboche To Dingboche (4410 Meters ) 10 Km 5-6 Hours**

**Day 07: Acclimatization in Dingboche (4410 Meter.)**

**Day 08: Dingboche to Chhukung ,Climb Chhukung Ri (5546m)**

**Day 09: Chhukung – Lobuche via Kongma La Pass (5528m) 6-7 Hours.**

**Day 10: Trek To Gorakshep (5264m) To Everest Basecamp & Back To Gorakshep.**

**Day 11: trek from Gorakshep to Kalapatthar (5545 M) then trek to Dzongla (4-5 hours)**

**Day 12: Dzongla to Thangnag Kharka (4270m) via Cho La pass (5368m) 6 -7 hours.**

**Day 13: Thangnag Kharka to Gokyo (4790 ) 3-4 Hours.**

**Day 14 : Gokyo to Gokyo –Ri Trek (5357 M) 3-4 hours.**

**Day 15:Gokyo to Marlung (4210 M) 3 Hours Via Rinjo –La Pass (5360 M ) 3 Hours.**

**Day 16: Trek from Marulung to Namche Bazaar (6 hours) 12 Km.**

**Day 17 : Namche Bazaar to Lukla (2840m) trek 13 Km 8 Hours.**

**Day 18: Flight Lukla –Kathmandu**

**Day19: Departure from Kathmandu**

### *Details Itinerary*

#### **Day01: Arrival in Kathmandu & Transfer to the Hotel (1400Mtr)**

After your landing at Tribhuvan International Airport, you will be welcomed by our Representatives He will guide you to your hotel. You can rest for the day. In the evening, you will meet with your tour guide in your hotel lobby, and he will brief you about the Everest Base Camp trek overnight stay at Kathmandu.

#### **Day 02 : Kathmandu to Lukla Domestic flight & Trek to Phakding (2,640m) 4-5 hours.**

Early morning after breakfast check out from Kathmandu hotel and transfer to Kathmandu domestic airport , schedule flight from Kathmandu to Lukla takes around 30 Min, world most adventures flight you can see High mountain and Himalayas range , after landing at tenjing - Hilary airport, our company representative and porter welcome you , start trekking we will pass through Chaurikharka Village.crose dhodhkoshi river ,then suspension Bridge to reach phakding , Dinner and overnight stay at the lodge/tea house.

#### **Day 03 : Phakding to Namche Bazaar ) (3,440m/11,286ft) 10-12 Hrs km trek / 6 -7 Hours .**

After breakfast trek Phakding to Namche Bazaar , Namche is the gateway to the Everest region. This is long day of trekking, taking 6-7 hours to reach Namche Bazaar The trek takes you through forests, suspension bridges, and along the banks of the Dudh Koshi River, then you will enter Sagarmatha National Park , here small check post you need to show your permit, after trek you reach Namche Bazaar lasgest Sherpa village . overnight stay at the lodge/tea house.

**Day 04 : Namche acclimatization day & hike to Everest View Hotel (3969 m) 3-4 Km trek /3-4 Hours.**

On this day you will be free for acclimatization & hike to Everest view hotel, Acclimatization days are an important for Everest base camp trek can cause high altitude sickness and low oxygen in the atmosphere, you can take hike to the Khumjung Village and visit Khumjung monastery and another option Everest view hotel, Visit the Everest Photo Gallery & the Sherpa Culture Museum, Return back to Namche Bazaar and overnight stay at the tea house.

**Day 5: Namche Bazaar to Tengboche Monastery (3860 meters) 5 hours**

After breakfast at Namche Bazaar we trek towards to Khumjung village The view of Mt. Everest, Mt. Lhotse, Ama Dablam, Tabuche and many other high mountains, after short walk we reach at Khumjung village take some rest for a while and move ahead to Tengboche. overnight stay at tea house.

**Day 6: Tengboche To Dingboche (4410 Meters ) 10 Km 5-6 Hours**

On morning time you can see great view of Himalayas from Tengboche, After healthy breakfast trek start from Tengboche to Dingboche it takes 5-6 hours trail start ascending then walk to descending to from tea house and Imja Khola river suspension bridge, We will observe reduced junipers and alpine rhododendron with increasing elevation after few hours trek finally reach Dingboche, Enjoy the views of Island Peak, Mt Lhotse, Ama Dablam overnight stay Lodge /Teahouse.

**Day 07: Acclimatization in Dingboche (4410 Meter.)**

Rest & Acclimatization day in Dingboche, hike to Nagarsang Peak its adjusting with high altitude. Enjoy the views of the surrounding Himalayas, back to Dingboche overnight stay lodge /tea house.

**Day 08: Dingboche to Chhukung, Climb Chhukung Ri (5546m)**

On this day after breakfast trek from Dingboche to Chhukung its challenging trek, you can see High Mountain and Himalayas range; we'll reach the village of Chhukung after about three hours of hiking. Chhukung Ri is a popular day hike that offers panoramic views of the surrounding peaks This mountaintop viewpoint offers a crowd-free look at some of Khumbu's most marvelous summits: Ama Dablam, Nuptse, Makalu, The hike to the summit is challenging and requires a good level of fitness. Overnight stay at Tea house & Lodge.

**Day 09: Chhukung – Lobuche via Kongma La Pass (5528m) 6-7 Hours.**

Having breakfast start challenging trek Chhukung to Kongma La pass takes 6-7 Hours, Kongma La Pass serves as a challenging and scenic route for trekkers, offering breathtaking views of the surrounding Himalayan peaks, The trek from Kongma La Pass to Lobuche involves navigating challenging, including steep ascents and descents, and it requires good physical fitness and proper acclimatization due to the high altitudes. about 4 hours to hike Kongma La pass after we reach at Lobuche overnight stay at Tea house

**Day 10: Trek To Gorakshep (5264m) To Everest Basecamp & Back To Gorakshep.**

On this special day for all trekkers and climbers first step to Everest Base camp , we will take our breakfast and begin our walk towards Gorak Shep , Walking on Rocky pathway and somewhere crossing glaciers, we will reach GorakShep (5140m) and have Lunch & book our stay here ,after lunch start trek to Everest base camp its take 1-2 hours from gorakshep . Hike further up to Everest Base Camp ,Enjoy the views around Everest Base Camp , Everest Base Camp is the point for the Mountaineers to summit the peak. We trek descend to Gorakshep in the afternoon overnight stay lodge /tea house.

**Day 11: trek from Gorakshep to Kalapatthar (5545 M) then trek to Dzongla (4-5 hours)**

Early morning 4 am we start trek to Kalapatthar from Gorakshep , The best view of Mount Everest will appear after short walk from Gorek Shep towards Kalapatthar. Kala Patthar is the highest elevation of this trek , 360-degree view of the highest peaks in the world including Mt. Everest, Nuptse, Lhotse, and Ama Dablam and many more high mountain ,after spent some time for takes photos and videos.again The journey from Kala Patthar to Dzongla offers breathtaking mountain scenery and takes you through some of the most remote and pristine areas of the Everest region. we start trek to Dzongla its takes 4-5 hours from Kalapatthar we reach Dzongla night stay at tea house.

**Day 12: Dzongla to Thangnag Kharka (4270m) via Cho La pass (5368m) 6 -7 hours.**

On this day after healthy breakfast trek from Dzongla to Cho La pass its challenging trek to reach there approx. 6-7 hours, we'll be surrounded by some of the highest peaks in the Himalayas whole day, we climbed very popular Cho La Pass 5,420 meters in elevation. Its offering breathtaking views of the surrounding high mountains and glaciers. This trek required good level of physical fitness. After trek we reach to Thangnag Kharka stay lodge /tea house.

**Day 13: Thangnag Kharka to Gokyo (4790 ) 3-4 Hours.**

After having breakfast in thangnag ,we trek from Thangnag to Gokyo , Gokyo is Khumbhu region sagarmatha zone in Nepal ,you can see best view of Mt.Everest ,this trek offers panoramic views of the surrounding top highest peaks , This trek required good level of physical fitness after 4 hour challenging trek we reach Gokyo for overnight stay

**Day 14 : Gokyo to Gokyo –Ri Trek (5357 M) 3-4 hours.**

On this day you will we free for acclimatization & hike to Gokyo –Ri , Acclimatization days are an important for high attitude sickness and low oxygen.Gokyo Ri located at an altitude of 5357 meters,Gokyo to Gokyo –Ri peak climb approx. 3-4 hours. This trek required good level of physical fitness, Take some pictures and videos & enjoy the view of Mt Everest, and return to Gokyo Lake. The scenery of the lake surrounded by snowy mountains .night stay at tea house & Lodge.

**Day 15:Gokyo to Marlung (4210 M) 3 Hours Via Rinjo –La Pass (5360 M ) 3 Hours.**

After having breakfast ,we start trek from Gokyo to Marlung Via Rinjo –La pass ,Rinjo –La is 5360 Altitude from sea level ,its challenging and approx 7-8 hours trek 17 Km trek. 3-4 Hours challenging trek surrounded by snowy mountains & breathtaking views. you can see the colossal trail of the

Ngozumpa Glacier, the distant town of Gokyo, today's trek will bring us down from the pass. most stunning frozen lakes, after you reach Lumde village ,after lunch and short hike to Marlung overnight you will be stay here Lodge or tea house.

**Day 16: Trek from Marulung to Namche Bazaar (6 hours) 12 Km.**

After healthy breakfast trek start from Marlung to Namchwe bazaar its approx 6 hours 12 km trek.trek follows riverbank of the Bhote Koshi , The trek passes Sherpa villages and forests, offering stunning views of the surrounding mountains , after 3 hours trek we reach thame village , After take some rest and Lunch, start trek to Namche Bazaar ,after few hours we reach Namche Bazaar ,overnight stay lodge or tea house.

**Day 17 : Namche Bazaar to Lukla (2840m) trek 13 Km 8 Hours.**

After breakfast trek Namche bazaar to Lukla its take 8 hours long trek , after three hours trek we reach phakding after tack lunch at tea house and trek back to lukla you will take rest and celebrate with your team .overnight stay at londge /tea house.

**Day 18: Flight Lukla –Kathmandu**

After early morning breakfast we we'll take a flight from Lukla to Kathmandu. your landing at Tribhuvan International Airport, you will be welcomed by our Representatives He will guide you to your hotel.overnight stay at Kathmandu.

**Day19: Departure from Kathmandu**

Transfer to International Airport for your flight back to home. you should be reporting at the Airport counter 3 hours prior to the departure time.

**Includes**

Arrival and departure by private vehicles

Meals on a full-board basis (Breakfast, Lunch, and Dinner) during the trek in the mountain.

experienced, government-licensed, English-speaking trekking guide.

Permit including Everest national park permit and TIMS card (Trekking Information Management System)

Trekking equipment such as the Sleeping bag, and down jacket on request (optional)

Trekking lodges (Tea House) during the trek

Kathmandu – Lukla - Kathmandu domestic flight

Appreciation of certificate after the successful trek.

Farewell Dinner at a typical Nepalese restaurant with traditional music and dance

An oximeter to measure your oxygen and Pulse level during the trek in the mountain, it's very useful for all the trekkers to be aware of the high altitude sickness.

Compressive first aid box (Guide will carry it's during the trek).

Emergency rescue operation assistance is arranged in case of complex health conditions (funded by your Travel Insurance)

All government, Local taxes/ vat, and official Expenses

**Excludes**

International Airfare

Nepal Entry Visa Fee

Travel and Emergency Medical Rescue Evacuation

Lunch and dinner during your Hotel stay in Kathmandu

Trekking Gears, Phone Calls, Water, Laundry, Bar Bills, Battery Recharge, Internet etc.

Tips for Staffs