

20 Days Everest Three Passes Trek

TRIP OVERVIEW



Trip profile
20 Day Everest Three Passes Trek



Cost
USD 2550



Type
Trekking



Trek Days
20 Days



Accommodation
4-star hotel in city area and Teahouse during trek



Meal
All meals (breakfast, lunch, dinner) included

What's included ?

- Accommodation at 4-star Hotel or similar category in Kathmandu
- All internal flights and domestic hotel/airport transfers
- All necessary paperwork and trekking permits (National Park Permit, TIMS)
- An experienced, English-speaking local leader
- Down jacket, sleeping bag(to be returned after the trek use) Free T-shirt
- Free Trip dossiers & other information in a printable format
- General first aid kits
- Kathmandu airport transfers and escorts
- National Park fee
- OPEN & CHOICE: All meals(B,L,D) on trek including tea & coffee
- Private Cooking staff or support staff on a trek
- Sherpa/porters properly insured and equipped
- Signature Accommodations-Best Available in the mountains
- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- Welcome and farewell dinner at finest local restaurant

What's excluded ?

- International airfare to and from Kathmandu
- Meals in the city except for breakfast and other mentioned special dinner.
- Nepalese visa fee

- Optional trips and sightseeing if extended
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tipping to staffs (as an appreciation)
- Travel and rescue insurance

Day 1: Arrival in Kathmandu

We are delighted to provide an airport pickup service as an innovative customer offering, so our chauffeur will assist you with baggage & escort you to your Hotel. He will also help you with the check-in. Later in the evening, we will be hosting a welcome dinner

Highlights: Music, Cultural dance, the lively Thamel, one-stop shop for backpackers, clubs & pubs, an array of restaurants.

Accommodation: Kathmandu 4 star hotel.

Elevation: 1,400 metres (4,600 feet)

Day 2: Fly to Lukla & Trek to Phakding

Airport transfer: 10 minutes drive

Flight Kathmandu to Lukla: 30 minutes

Trek Lukla to Phakding: 3 - 4 hours, Elevation: 2,610 m

Accommodation: Basic Teahouse.

Meals Provided: Breakfast, Lunch, Dinner

Difficulty: Easy

Highlights: enthralling flight to Lukla, old Gumela/Rimishung Monastery, prayer flags, Buddhist shrines, prayer flags & traditional Sherpa peoples.

Day 3: Trek to Namche Bazaar

Walking Hours: 5-6 hours

Difficulty: Moderate

Accommodation: Basic Teahouse.

Elevation: 3,440 m

Topography: Uphill ascends, Stones steps, Steep Inclines

Highlights: Suspension bridge, Dudh Koshi river, Yak herds, Traditional food Tsampa, Prayer wheels

Meals Provided: Breakfast, Lunch, Dinner

Day 4: Acclimatization day in Namche Bazar

Walking Hours: 3

Difficulty: Easy

Accommodation: Basic Teahouse

Elevation: 3962m

Topography: Grassy, Flat tracks

Highlights: Nauche Monastery, Khumjung, Sagarmatha National Park, Sherpa Culture Museum, Khumjung Edmund Hillary School, views- Everest, Lhotse, Lhotse Shar, Lobuche Peak and Ama Dablam.

Meals Provided: Breakfast, Lunch, Dinner

Day 5: Trek to Tengboche

Walking Hours: 5

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 3,860 m

Topography: Steep inclines, short descends

Highlights: Tengboche monastery, magnificent panoramic views from Tengboche

Meals Provided: Breakfast, Lunch, Dinner

Day 6: Trek to Dingboche

Walking Hours: 5

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 4360m

Topography: Stone steps, Uphill tracks

Highlights: Pangboche Gumpa, beyul(hidden valleys of Himalaya), Imja Khola, mani walls, views-Lhotse, Island Peak, Ama Dablam, Kangtega, Thamserku

Meals Provided: Breakfast, Lunch, Dinner

Day 7: Trek to Chukhung

Walking Hours: 4

Difficulty: Easy

Accommodation: Basic Teahouse

Elevation: 4750m

Topography: Stone steps, Rocky, gradual inclines, pass by river banks

Highlights: the Best perspective of Island Peak, Ama Dablam, Lhotse, Lhotse Shar.

Meals Provided: Breakfast, Lunch, Dinner

Day 8: Acclimatization day in Chukhung

Walking Hours: 6

Difficulty: Difficult/strenuous

Accommodation: Basic Teahouse

Elevation: 5559m at Chukhung Ri & 5090m at Imja Lake.

Topography: Uphill climb, uneven trails, rocky trails, glacial paths, gradual inclines

Highlights: Views of glaciers, picturesque mountains, views-Ama Dablam, Baruntse, Island Peak, Lhotse Lhotse Shar, Thamserku, Cholatse and Taboche.

Meals Provided: Breakfast, Lunch, Dinner

Day 9: Trek to Lobuche via-Kongma La pass

Walking Hours: 8

Difficulty: Difficult/strenuous

Accommodation: Basic Teahouse.

Elevation: 5535m on the pass

Topography: steep Uphill & downhill trails, snow tracks, glacial paths

Highlights: Khumbu glacier, High pass, Yak pastures, Mountain lakes, views-Ama Dablam, Baruntse, Island Peak, Lhotse Lhotse Shar, Thamserku, Cholatse and Taboche.

Meals Provided: Breakfast, Lunch, Dinner

Day 10: Gorak Shep to Everest Base Camp and back Gorak Shep

Walking Hours: 8

Difficulty: Difficult

Accommodation: Basic Teahouse

Elevation: 5300m at Base Camp & 5170m at Gorak Shep

Topography: flat tracks, ridge tracks, rocky, uphill climbs

Highlights: Base camp, sunset views from Gorak Shep, views- Everest, Nuptse, Changtse

Meals Provided: Breakfast, Lunch, Dinner

Day 11: Hike to Kala Pattar and trek to Zongla

Walking Hours: 8

Difficulty: Strenuous

Accommodation: Basic Teahouse

Elevation: 5545m at Kala Patthar & 4830m at Zongla

Topography: Rocky climb, Steep Inclines, Frozen paths to Zongla

Highlights: Base camp, sunrise Kala Patthar, Changri Shar glacier, views- Everest, Nuptse, Changtse

Meals Provided: Breakfast, Lunch, Dinner

Day 12: Thangnak via the Chola-la Pass (5,420m)

Walking Hours: 5

Difficulty: Difficult/Strenuous. **Accommodation:** Basic Teahouse.

Elevation: 4680m at Thangnak & 5420m at Cho La Pass.

Topography: Rocky climb, Steep Inclines

Highlights: The Ngozumpa Glacier, view from the top of Cho-la pass

Meals Provided: Breakfast, Lunch, Dinner

Day 13: Trek to Gokyo

Walking Hours: 4

Difficulty: moderate

Accommodation: Basic Teahouse.

Elevation: 4790m

Topography: snowy & icy paths

Highlights: Azure blue Gokyo lake, Dudhkunda, the foreground of the Himalayas longest glacier, views- Everest, Lhotse, Makalu and Cho Oyu.

Meals Provided: Breakfast, Lunch, Dinner

Day 14: Acclimatization day optional hike to 5th Gokyo lake

Walking Hours: 6

Difficulty: Moderate / Difficult

Accommodation: Basic Teahouse

Elevation: 4980m at the 5th lake

Topography: Rocky dry landscapes, gentle inclines, meadow paths

Highlights: Ngozumpa Glacier, Views-3rd, 4th & 5th Goko lakes, mountain vistas-Everest, Cho Oyu, Makalu & more.

Meals Provided: Breakfast, Lunch, Dinner

Day 15: Tre to Lungde (via Renjo La, 5,340 m)

Walking Hours: 6

Difficulty: Difficult

Accommodation: Basic Teahouse

Elevation: 5340m Renjola pass

Topography: Steep slopes, rocky paths

Highlights: Views from the top of Renjola pass, Gokyo lake, Ngozumpa glacier, Views-Everest, Cho Oyu, Makalu, Lhotse, Lhotse Shar, Ama Dablam, Pumori and more

Meals Provided: Breakfast, Lunch, Dinner

Day 16: Trek to Thame

Walking Hours: 7

Difficulty: Moderate

Accommodation: Basic Teahouse.

Elevation: 3820m

Topography: Downhill descends, riverbank trails

Highlights: Thamserku, Kusum Kanguru. Bhotekoshi, Thame monastery

Meals Provided: Breakfast, Lunch, Dinner

Day 17: Trek back to Namche Bazaar

Walking Hours: 5

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 3440m

Topography: Stone steps, steep descends

Highlights: local sherpas, an array of restaurants, a wide variety of food menus, pine forest, traditional houses, mountain goats, Bhotekoshi river valley, views-Kwangde, Thamserku

Meals Provided: Breakfast, Lunch, Dinner

Day 18: Trek back to Lukla

Walking Hours: 7

Difficulty: Moderate

Accommodation: Basic Teahouse

Elevation: 2840m

Topography: River banks trails, Stone steps, steep descends

Highlights: forested lands, Khumbu region

Meals Provided: Breakfast, Lunch, Dinner

Day 19: Fly back to Kathmandu

Walking Hours: No walking hours

Difficulty: Easy

Accommodation: 4-star Hotel

Elevation: 1400m

Highlights: Bird's eye view of forested lands, hills, breathtaking flight

Meals Provided: Breakfast, Lunch, Dinner

Day 20: Departure Day

Today as per your flight schedule, our chauffeur will take you to the airport from this amazing country, Nepal.

