

Overview

Three Pass Trekking in Khumbu is one of those unusually challenging and famous trekking trails in Khumbu Everest region with some of the most stunning landscapes found in this particular area. **Three Passes Trek** includes crossing of the **Kongma La pass (5535m)**, **Cho La pass (5330m)** and **Renjo La pass(5445m)**. This is arguably the ultimate high-altitude trek, available in the world's most fabulous Himalayan region found geographically anywhere else. The terrain is tough hereabouts- but the blunt display of gasping scenery provides more than the normal rewards. This trekking is combined with the ascents of **Kalapatthar (5545m)** and **Gokyo RI (5357m.)** it is perhaps the ultimate Everest experience in Khumbu Himalaya range. For the daring backpacker; this is not just a trek but can be assumed to be one of the finest mountain odysseys you are ever likely to undertake in your lifetime.

Three Passes Trek is one of adventure trek in the **Everest (Khumbu)** region of Nepal. You should have physical fitness and experience to do this trek. You will have a view of four world highest peaks: **Cho Oyu (8201m)**, **Makalu (8463m)**, **Lhotse (8516 m)**, **Everest (8848m)** and other mountains.

Itinerary Details

Day 01 : Arrival in Kathmandu.

The representatives from Halesi Treks Pvt.Ltd will welcome you at Tribhuvan International Airport upon your arrival.then transfer you to the hotel and briefing about your trips. Overnight at Hotel.

Day 02 : Kathmandu to Lukla (2860m) Flight and trek to Phakding (2610m) – 4 Hours.

We get transferred to the domestic terminal of Kathmandu Domestic Airport this morning to catch our scheduled morning flight to Lukla. After 30 minute long adventurous flight above the breathtaking scenario of Himalayas, we land on the Tenzing-Hillary Airport at Lukla. Lukla is going to be the starting point of our trek. We meet our porters and other crew members and start trekking towards Phakding, which takes around three hours. overnight at guesthouse.

Day 03 : Phakding to Namche Bazaar (3440m) – 5 Hours.

We walk through the beautiful forest of pine today. And our walk leads us along the Dudhkoshi River bank through many suspension bridges. We will be crossing Hillary Suspension bridge which is one of the famous suspension bridges in that region. We will have enough opportunity to witness the wonderful views of Mount Thamserku (6618m) during the walk. Passing through the settlements of Benkar and Monjo, we eventually arrive at the entrance to the Sagarmatha National Park. We still have a last village of

Jorsale before reaching Namche. Following the trail ascending through the forests and bridges and overlooking the beautiful views of Mount Everest, Lhotse, and Nuptse, we continue our journey towards Namche Bazar. Namche is the gateway to Mount Everest and is also the main trading center of the region. Overnight at guesthouse.

Day 04 : Acclimatization day at Namche Bazaar.

Today is going to be a rest day at Namche Bazaar. But, as our Health Experts suggest, we need to stay active and moving during the rest days instead of being idle. Hence. You can visit the Tourist Visitor Center near the Headquarter of Sagarmatha National Park where you can observe an assortment of things which are related to the First Everest Climbers and Sherpa Culture. overnight at the guesthouse.

Day 05 : Namche to Tengboche (3840m) – 6 Hours.

We continue trekking along the rushing glacial waters of Dudh Koshi, which eventually brings us to Tengboche. You can visit the local monastery and can also get the opportunity to observe the prayer ceremony either in the morning or evening. overnight at the guesthouse.

Day 06 : Tengboche to Dingboche (4360m) – 6 Hours.

From Tengboche, we drop to Debuche and then cross another exciting suspension bridge on Imja Khola. We then climb to Pangboche among thousands of Mani stones. Trekking further for about a couple of hours, we reach Dingboche. Overnight at guesthouse.

Day 07 : Dingboche to Chukung (4750m) – 4 Hours.

We make a short hike to Chukung through Imja Khola valley to remain active today. From Imja Khola, you can witness the splendid views of surrounding mountains especially Lhotse. overnight at guesthouse.

Day 08 : Rest Day at Chukung.

As per the recommendation of trekking experts, we must acclimatize at Chukung as we are going to cross Kongma La pass. The view from Chukung and further up the valley on the moraines towards Island Peak is tremendous. We also get the opportunity to climb the Chukung Ri or climb the Island Base Camp. overnight at the guesthouse.

Day 09 : Chukung to Kongma La (5535m) and then to Lobuche (4940m) – 7 Hours.

From Chukung, we move on carrying plenty of water and some snacks and packed lunch as there are no teashops available on the route. For sure, you will enjoy the remoteness of the area and beautiful nature. The panoramic views of Amphu Lapcha, Kongma La, Island Peak Valley, overnight at guesthouse.

Day 10 : Lobuche to Gorakshep (5181m) to EBC (5364m) and back to Gorakshep – 9 Hours.

Today is going to be another big and difficult day trek along the Khumbu Glacier and up to the Everest Base Camp. You can get the closest view of Mount Everest from Khumbu Glacier and EBC. After spending little time at EBC. Overnight at guesthouse.

Day 11 : Gorakshep to Kalapatthar (5555m) to Lobuche – 9 Hours.

Actually, this day is going to be one of the most difficult yet rewarding treks. We make an early start to reach the best viewpoint of Kalapatthar. You can get the amazing mountain panorama from this viewpoint. After enjoying the amazing views from Kalapatthar, we return back to Lobuche. overnight at the guesthouse.

Day 12 : Lobuche to Dzongla (4830m) – 4 Hours.

Today is going to be very short trek relatively. From some distance from Lobuche, our trail to Dzongla branches off. We can enjoy the magnificent views of Thamserku, Ama Dablam, and Kangtenga on the way ahead. We eventually reach Dzongla. overnight at guesthouse.

Day 13 : Dzongla to Cho-la (5368m) to Thangnag (4680m) to Gokyo (4800m) – 8 Hours.

The mesmerizing views of Chola will make you feel so refreshed in the morning. After the breakfast, our trek traverses through a spur extending westward from Dzongla. Crossing the challenging uphill climb through snow and ice, we cross Cho La pass and then trek continually downhill until we reach Thagnak. overnight at guesthouse.

Day 14 : Exploration Day in Gokyo and hike to Gokyo Ri (5357m) – 4 Hours.

Today, we hike up to Gokyo Ri for our ultimate goal to see the wonderful views of the Himalayas including Mount Everest. If the weather is fine, you can spend few hours at the top of Gokyo Ri. then descend back to Gokyo. overnight at the guesthouse.

Day 15 : Gokyo to Renjo La (5360m) to Marlung (4210m) – 8 Hours.

Today, we need to start down as we have to trace our trail up to Marlung after crossing Renjo La Pass. Leaving the main trail, we turn to Renjo La trail by Dudh Pokhari. We descend down to Marlung after crossing the Renjo La. overnight at guesthouse.

Day 16 : Marlung to Namche.

From Marlung, we descend down to Thame following a traditional route used for centuries

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by Tibetan traders. After crossing the Bote Koshi River, we descend to Tarang. Then pass through the valley of Lamjung Khola and we eventually reach Namche. Overnight at guesthouse.

Day 17 : Trek from Namche to Lukla.

From Namche, we return back to Lukla. With this, we mark the end of our trekking. Overnight at guesthouse.

Day 18 : Flight from Lukla to Kathmandu.

We get the scheduled morning flight to Kathmandu from Lukla. The flight is going to be very scenic and adventurous. On arriving Kathmandu, you can take your time to go for your last minute shopping or you can choose to explore the city even more. Overnight at guesthouse.

Day 19 : Final Departure.

Today, you take the returning flight to your hometown. Our representatives will assist you to reach the airport.