

Everest Three Passes Trek



The Everest Three Passes Trek is a thrilling high-altitude circuit in Nepal’s Khumbu region, perfect for adventurous trekkers seeking a challenging and comprehensive Himalayan experience. This trek combines the classic Everest Base Camp route with three dramatic mountain passes—Kongma La (5,535m), Cho La (5,420m), and Renjo La (5,360m)—each offering breathtaking views of the world’s highest peaks, including Everest, Lhotse, Makalu, and Cho Oyu.

Unlike standard treks, the Three Passes route forms a loop that connects iconic destinations such as Namche Bazaar, Tengboche, Gokyo Lakes, Everest Base Camp, Kala Patthar, and remote Sherpa settlements like Thame and Chhukung. Trekkers also ascend viewpoints like Gokyo Ri (5,483m) and Kala Patthar (5,555m) for panoramic Himalayan vistas.

Where is Everest Three Passes Trek?

The Everest Three Passes Trek is located in the Khumbu region of eastern Nepal, inside the stunning Sagarmatha National Park. Starting from Lukla, the trek leads through famous Sherpa villages like Namche Bazaar, Tengboche, and Gokyo, while crossing three high-altitude passes: Kongma La, Cho La, and Renjo La. This adventurous circuit also includes Everest Base Camp, Kala Patthar, and Gokyo Lakes. Surrounded by towering peaks like Everest, Lhotse, and Makalu, the trek offers unmatched Himalayan scenery and cultural depth. It’s a challenging but unforgettable route for experienced trekkers seeking the best of Nepal’s mountain wilderness.

Trek Highlights:

- Cross Three Iconic High Passes: Conquer Kongma La (5,535m), Cho La (5,420m), and Renjo La (5,360m) – the most thrilling mountain passes in the Everest region.
- Visit Everest Base Camp (5,364m): Stand at the foot of the world’s highest mountain and experience the legendary Everest Base Camp.
- Climb Kala Patthar (5,555m): Enjoy unmatched sunrise views of Everest, Nuptse, Lhotse, and surrounding Himalayan giants from this popular viewpoint.
- Explore the Stunning Gokyo Lakes: Discover the pristine turquoise glacial lakes of Gokyo Valley, one of the most scenic areas in the region.
- Ascend Gokyo Ri (5,483m): Hike to the summit of Gokyo Ri for panoramic views of Everest, Cho Oyu, Makalu, and the Ngozumpa Glacier.
- Scenic Flight to Lukla: Begin your trek with a thrilling flight into one of the world’s most dramatic high-altitude airports.
- Authentic Sherpa Culture: Visit traditional Sherpa villages like Namche Bazaar, Thame, Tengboche, and Chhukung, and experience local hospitality.
- Adventurous Circuit Route: Complete a full loop trek without retracing your steps, exploring new terrain every day.



Detail Itinerary

Day 1: Arrival in Kathmandu (1,350m)

Upon arrival at Tribhuvan International Airport, a team representative will welcome you and transfer you to your hotel.

Day 2: Kathmandu to Lukla Flight (2,840m) - Trek to Phakding (2,600m) Approx. 4 Hours

Start the day with an early morning flight from Kathmandu to Lukla, offering stunning aerial views of the Himalayan range. Upon landing in Lukla, your trek begins with a pleasant walk along the Dudh Koshi River. Pass through small villages, mani walls, and alpine forests before reaching the riverside settlement of Phakding, where you'll spend the night.

Day 3: Trek from Phakding to Namche Bazaar (3,440m) | Approx. 6 Hours

Begin your day trekking alongside the Dudh Koshi River, crossing a series of high suspension bridges draped in prayer flags. The trail leads through pine forests and the entry checkpoint at Monjo before continuing to Jorsalle. After a break, begin the challenging uphill climb to Namche Bazaar. As you gain altitude, the first glimpses of Mount Everest may appear. Arrive at Namche, the lively heart of the Khumbu region, surrounded by stunning Himalayan peaks.



Day 4: Acclimatization Day in Namche Bazaar (3,440m)

Take a well-earned rest day in Namche to help your body adjust to the altitude. For better acclimatization, go on a short hike to Khumjung Village or ascend to the Everest View Hotel, one of the highest hotels in the world. From these viewpoints, enjoy breathtaking vistas of Everest, Lhotse, and the elegant Ama Dablam. Return to Namche in the afternoon and explore its bakeries, shops, or the Sherpa Culture Museum.

Day 5: Trek from Namche to Tengboche (3,860m) | Approx. 6 Hours

Leave Namche behind and follow a scenic trail contouring along the mountainside. Enjoy sweeping views of Everest, Nuptse, and Thamserku along the way. The path gradually descends to the Dudh Koshi River before climbing steadily through rhododendron and pine forests. Arrive in Tengboche, a serene village perched on a hilltop, known for the famous Tengboche Monastery. Here, you can take in majestic views of Ama Dablam while experiencing a peaceful Himalayan sunset.

Day 6: Trek from Tengboche to Dingboche (4,300m) | Approx. 6 Hours

Begin with a gentle descent through pine and rhododendron forests to Debuche. Cross a suspension bridge over the Imja Khola and ascend gradually past mani stones and traditional Sherpa settlements. The trail opens up to expansive views of Island Peak, Ama Dablam, and Lhotse. As you gain altitude, the landscape becomes more rugged and alpine. Reach Dingboche, a beautiful high-altitude village nestled in a wide valley, surrounded by dramatic Himalayan peaks.

Day 7: Acclimatization Day in Dingboche (4,300m)

Take a rest day in Dingboche to allow your body to adapt to the increasing altitude. For better acclimatization, opt for a challenging hike up Nagarjun Hill (5,100m), which offers spectacular views of Makalu, Lhotse, Ama Dablam, and the Imja Valley. The climb is steep but rewarding. Alternatively, relax in the village, explore the surrounding fields, or enjoy the warm hospitality of local teahouses as you prepare for the next phase of your trek.

Day 8: Trek from Dingboche to Chhukung (4,700m) | Approx. 3 Hours

Today's trek is short but scenic, following a gentle incline along the Imja Valley. The trail passes yak pastures and stone-walled fields as you approach Chhukung, a small settlement nestled beneath towering Himalayan giants. Enjoy close-up views of Island Peak, Lhotse, and the surrounding glaciers. Chhukung serves as the staging point for Kongma La Pass and is a good place to rest and prepare for the challenging day ahead.

Day 9: Cross Kongma La Pass (5,535m) - Trek to Lobuche (4,930m) | 8-9 Hours

Begin early for a tough yet unforgettable day. Climb steadily toward Kongma La Pass, the highest of the three passes. The ascent is steep and demanding but offers incredible panoramic views of peaks like Makalu, Lhotse, and Ama Dablam. After reaching the summit adorned with prayer flags, descend through a rocky and glacial landscape. The trail leads you across Khumbu's dramatic moraine fields before reaching the small outpost of Lobuche for an overnight stay.

Day 10: Trek from Lobuche to Gorakshep (5,170m) | Approx. 3 Hours

Today's trail follows the edge of the Khumbu Glacier with dramatic views of towering ice formations and rugged mountain terrain. The route is gradual but challenging due to the altitude. After a few hours, you'll arrive at Gorakshep, a remote settlement nestled beneath snow-covered peaks. This is your final stop before reaching Everest Base Camp. Spend the rest of the day resting, hydrating, and getting ready for tomorrow's big adventure.



Day 11: Trek from Gorakshep to Everest Base Camp & Kala Patthar (8 Hours)

Start your day early with a hike up to Kala Patthar (5,550m), the best viewpoint for a spectacular sunrise over Mount Everest and the surrounding Himalayan giants such as Lhotse, Nuptse, and Ama Dablam. The climb is moderately challenging but rewarding, offering breathtaking panoramic views that make it one of the highlights of the trek. After descending from Kala Patthar, continue trekking to Everest Base Camp (5,300m), the legendary starting point for climbers attempting the world's highest peak.

Day 12: Trek from Gorakshep to Dzongla (4,900m) | Approx. 5 Hours

Leave Gorakshep behind and descend gently before turning westward towards Dzongla. The trail passes through rugged landscapes and offers striking views of nearby peaks and glaciers. Dzongla is a peaceful village and an ideal resting spot, providing a chance to recharge before the challenging ascent over Cho La Pass. Enjoy the serene mountain atmosphere and prepare for the next stage of your trek.

Day 13: Cross Cho La Pass (5,420m) - Trek to Dragnak (4,700m) | Approx. 7 Hours

Prepare for one of the most demanding days of your trek as you ascend the steep and rocky path to Cho La Pass. The climb rewards you with breathtaking views of glaciers, snowfields, and towering Himalayan peaks. After reaching the summit, carefully descend through rugged terrain into the secluded valley of Dragnak. This quiet mountain village offers a perfect place to rest and recover after the challenging pass crossing.



Day 14: Trek from Dragnak to Gokyo (4,700m) | Approx. 3 Hours

Today, you'll cross the vast Ngozumpa Glacier—the largest glacier in Nepal—on your way to the serene Gokyo Valley. This relatively short trek treats you to stunning views of crystal-clear Gokyo Lakes nestled among towering Himalayan peaks. Gokyo is a peaceful village known for its breathtaking natural beauty and offers a perfect spot to relax and enjoy the tranquil mountain environment.

Day 15: Rest Day in Gokyo-Optional Hike to Gokyo Ri (5,360m)

Take a well-deserved rest day in the peaceful village of Gokyo to recharge your energy. For those feeling adventurous, embark on a hike to Gokyo Ri, a nearby summit that offers spectacular panoramic views of Everest, Cho Oyu, Makalu, and other towering Himalayan giants. The climb is moderately challenging but rewards you with one of the most breathtaking vistas in the region. Whether you choose to relax or Hike today is an ideal day to soak in the stunning natural beauty of the Gokyo Valley.

Day16: Cross Renjo La Pass (5,338m) - Trek to Arye (4,300m) |Approx. 7-8 Hours

Start early to tackle Renjo La Pass, one of the most spectacular high passes in the Everest region. The ascent offers breathtaking panoramic views of Everest, Lhotse, Makalu, and other towering peaks. After reaching the pass, enjoy a rewarding descent into the quieter, less-visited village of Arye. This peaceful spot provides a welcome contrast to busier trekking hubs and a perfect place to rest after a challenging day.

Day 17: Rest Day in Arye (4,300m)

Spend a relaxing day in Arye to recover from the recent high-altitude trek. This quiet village offers a chance to immerse you in authentic Sherpa culture away from the busy tourist routes. Explore the peaceful surroundings, enjoy warm hospitality in local teahouses, and prepare your body for the journey ahead in this serene mountain setting.



Day 18: Trek from Arye to Thame (3,800m) |Approx. 4 Hours

Descend gently through lush yak pastures and traditional stone-walled Sherpa villages as you make your way to Thame. This charming village is rich in mountaineering history and was once home to legendary climbers like Tenzing Norgay. Take time to explore the local monastery and soak in the peaceful mountain atmosphere.

Day 19: Trek from Thame to Monjo (2,800m)| Approx. 5 Hours

Descend along the scenic trail following the Bhote Koshi River, gradually making your way back toward the main Everest trekking route. Pass through dense pine forests and charming small villages as you approach Monjo, a peaceful settlement known as the gateway to Sagarmatha National Park.

Day 20: Trek from Monjo to Lukla (2,840m) |Approx. 5 Hours

Today marks the final stretch of your trek as you return to Lukla. The trail meanders through forests and small villages, offering a last chance to take in the beauty of the Khumbu region. Upon arrival, celebrate your incredible achievement with your trekking team and reflect on the unforgettable journey you’ve completed in the heart of the Himalayas.



Day 21: Fly back to Kathmandu

After breakfast, take an early morning flight from Lukla back to Kathmandu. Enjoy scenic views of the Himalayas as you descend to the Kathmandu Valley. Upon arrival, you will be transferred to your hotel where you can relax and reflect on your incredible trekking experience.

Inclusions:

- Transportation: Round-trip flight tickets between Kathmandu and Lukla, including airport transfers
- Accommodation During Trek: Basic tea house/lodge stays in twin-sharing rooms
- Guide Services: Professional, licensed, and English-speaking trekking guide
- Porter Service: 1 porter for every 2 trekkers (carrying up to 15–20 kg combined)
- Permits: All required trekking permits and local entry fees
- First Aid Kit: Basic first aid supplies carried by the guide
- Support Staff Costs: Wages, meals, accommodation, and insurance for guide and porter
- Government Taxes: All applicable government and local taxes

Exclusions:

- Nepal Visa Fees (available upon arrival at Kathmandu airport)
- Meals on Trek: Breakfast, lunch, and dinner during trekking days
- International Flights to and from Nepal
- Accommodation in Kathmandu before and after the trek (unless specified in the package)
- Personal Expenses: Snacks, beverages, hot showers, battery charging, Wi-Fi, and laundry
- Travel Insurance: Must include emergency medical evacuation coverage
- Trekking Gear: Sleeping bag, trekking poles, and personal equipment (available for rent)
- Tips for Guide and Porter (customary but not mandatory)
- Extra Costs Due to Delays: Weather, strikes, road blockages, or other unforeseen circumstances

Best time for the Everest Three Passes Trek

The Everest Three Passes Trek is best undertaken during the spring (March to May) and autumn (September to November) seasons.

Spring (March to May): Spring brings warmer temperatures, blooming rhododendron forests, and clear skies. This is a great time for trekkers to enjoy vibrant landscapes and moderate crowds. Days are generally sunny, though occasional showers can occur.

Autumn (September to November): Autumn is considered the peak trekking season. After the monsoon rains, the air is crisp and clean, offering unbeatable visibility of Everest, Lhotse, and other towering peaks. Stable weather and pleasant temperatures make it ideal for crossing the high passes safely.



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