

# Everest Three High Passes Trek



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## Everest Three High Passes Trek

URL: <https://hillarysteptrek.com/trip/everest-three-high-passes-trek/>

### Duration

18 Days

### Per Person Cost

USD 1920

### Difficulty

Challenging

### Group Size

1+

### Best Seasons

March-May & September  
December

### Maximum Elevation

5550m

### Accommodation

Hotel/Tea House

### Transportation

Private Vehicle/Flight

### Meals

Full Board

### Trip Route

Kathmandu - Lukla -  
Namche - 3 Passes - EBC

## Everest Three High Passes Trek Highlights

- Explore the three passes of the Everest region: Renjo La Pass (5,360m), Cho La Pass(5,420m), and Kongma La Pass(5,535m).
- Pass through one of the stunning locations in Gokyo Valley, Nepal, and get breathtaking views of the blue Gokyo lakes.
- Pass through several Sherpa villages and towns in Namche, Tengboche, Dingboche, Pheriche, Lobuche, etc.
- Explore the largest glacier in Nepal, Khumbu Glacier, and click some stunning photos.
- Study the diversity of floras and faunas like snow leopard, black jaguar, Himalayan Tahr, and others by visiting the highly popular Sagarmatha National Park.
- Get stunning panoramic views of the mountains and sunrise from the top of Kala Patthar.
- Climb one of the highest monasteries in Tengboche monastery and get stunning mountain views of Mt Everest (8849), Ama Dablam (6856m), Cho Oyu (8201m), Lhotse (8516m), Nuptse(7861m), Pumo Ri

(7165m), and others.

## Trip Overview

The 18-Day Everest Three High Passes Trek is one of Nepal's most popular and beautiful trekking regions. It is a stunning journey that takes trekkers through the heart of the Khumbu region. This trek passes further than the Everest Base Camp and reaches the three high passes in Nepal: **Renjo La Pass (5,360m)**, **Cho La Pass(5,420m)**, and **Kongma La Pass(5,535m)**. The trek also leads the trekkers to the majestic Gokyo valleys, where they can explore amazing glacial blue Glacial lakes.

During this trek, trekkers will first pass through Kongma La Pass. Immediately, you want to be physically fit, and once you cross, you will head towards the Cho La Pass, which eventually leads you to the beautiful Gokyo Valley. After exploring two high passes, it's time to reach the final pass in Renjo La Pass, concluding your trek of the Everest Three High Pass Trek. Throughout the journey, you'll encounter snow-capped peaks, rugged trails, clear lakes, and streams, immersing you in the heart of the Khumbu region. Completing the trek will leave you with unforgettable memories.



After exploring the Three Passes in the region, you will return to the Everest Base Camp trekking route. You will also climb the high altitude of Kala Patthar for the majestic views of mountains like Mt Everest (8849), Ama Dablam (6856m), Cho Oyu (8201m), Lhotse (8516m), Nuptse(7861m), Pumo Ri (7165m), and others. Kala Patthar is also the perfect venue for experiencing majestic sunrises and sunsets and clicking on stunning pictures.

# Trip Itinerary

## Day 01: Arriving in Kathmandu (1400m)

Our representative from HST will meet you after arriving at the Tribhuvan International Airport in Kathmandu. Complete the customs and we will drive you to the hotel in Thamel. You can have first impressions of the bustling Kathmandu city during this thirty-minute ride. Rest for a while in the hotel and visit us for a short orientation session. Your trek team will go through the preparation, tips, and guidance once more. Return to the hotel and be ready for an early journey the next day. Overnight in Kathmandu.

<b>Time:</b>	<b>Accommodation</b>	<b>Altitude:</b>
30 min drive to Hotel by Private Vehicle	Hotel Thamel Park	1400m

## Day 02: Fly (35min) to Lukla (2,840m/9,317ft) from Kathmandu(1,350m/4,429ft) & Trek to Phakding(2610m/8,563ft)

Be ready to head towards the **Domestic terminal of the TIA**, early today. We will take the morning flight to **Tenzing Hillary Airport in Lukla**. Enjoy the scenic view of the landscape and mountains from the flight and experience a thrilling landing at the airport. We have a short trek day today taking you to **Phakding**. Ease your way there with a few exciting stops in between. Overnight stay at a teahouse in Phakding.

<b>Accommodation</b>	<b>Meals:</b>	<b>Altitude:</b>
Lodge	B.L.D	2,840m/9,317ft, 1,350m/4,429ft, 2610m/8,563ft

## Day 03: Trek from Phakding(2,610m/8,563ft) to Namche (3,440m/11,286ft)

We'll start the trek for today soon after breakfast in Phakding. Following the lively trail used by locals and trekkers alike, we will make our way to Monjo. **Monjo** is the entry point of the **Sagarmatha National Park (SNP)**. Show your **permits** here and continue walking towards **Namche**. The trail is very relaxed and the views keep opening up with every step here. A steep climb will let us reach the iconic Sherpa village of Namche. Overnight stay at a lodge/teahouse in Namche.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
12km/ 7.4 miles/ 6-7 hrs	Lodge	B.L.D

**Altitude:**  
2,610m/8,563ft,  
3,440m/11,286ft

## Day 04: Acclimatization day in Namche bazaar

**Khumjung village** for lunch and visit the historic **monastery** there. After returning from the hike walk around Namche and know more about the **Sherpa lifestyle, trekking culture**, and art of the Himalayas here. Overnight stay at a lodge/teahouse in Namche. We have a strategic break, exploration, & **acclimatization day** planned in Namche Bazaar today. You have the options to choose a few day hikes from the town of Namche. We suggest you go for a short trip to

<b>Time:</b> 9km/ 4-5 hrs	<b>Accommodation</b> Lodge	<b>Meals:</b> B.L.D
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## Day 05: Trek from Namche(3,440m/11,286ft) to Tengboche(3,867m/12,687ft) to Pangboche(4,000m/13,123ft)

From Namche, we will head toward the beautiful village of **Tengboche**. After arriving here at the noon take your lunch and visit the **Tengboche Monastery**. You'll have a spiritual time being on the premises of the largest and most significant monasteries of the Khumbu Region here. We will continue for a couple more hours to make it to **Pangboche** today. Enjoy your dinner and rest for the day after reaching here in the late afternoon. Overnight stay at a teahouse in Pangboche.

<b>Time:</b> 15km/9.3 miles/7 hrs	<b>Accommodation</b> Lodge	<b>Meals:</b> B.L.D
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### Altitude:

3,440m/11,286ft,  
3,867m/12,687ft,  
4,000m/13,123ft

## Day 06: Trek from Pangboche(4,000m/13,123ft) to Dingboche(4410m/14,469ft) to Chukung (4,710m/15,453ft)

Our trail will start to reflect the true alpine essence from Pangboche heading up today. You will find massive snow-covered peaks dominating the skyline and walk in the **barren rocky terrain** to reach **Chukung**. The village of **Dingboche** will be your lunch stop today. You'll leave the primary trail of the [Everest Base Camp trek 14 Days](#) and head towards Chukung. Overnight stay in a teahouse at Chukung after your arrival here today.

<b>Time:</b> 12km/7.4 miles/ 4-5 hrs	<b>Accommodation</b> Lodge	<b>Meals:</b> B.L.D
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### Altitude:

4,000m/13,123ft,  
4410m/14,469ft,  
4,710m/15,453ft

## **Day 07: Acclimatization day in Chukung, Hike to Chukung Ri (5550m/18209ft)**

We'll have a second day for acclimatization in Chukung today. Chukung acts as the base camp for your first mountain pass of the trek, **Kongma La**. We'll also hike to the top of Chukung Ri today. Although not as popular as Kalapathar or Gokyo Ri, this peak is chosen by many peak climbers for better acclimatization results. The view of the surrounding mountain peaks is also sublime from the summit. It'll take around 5 hours to complete the day hike. Rest for the day after returning from the hike. Overnight in **Chukung**.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
3-4hrs	Lodge	B.L.D

**Altitude:**  
5550m/18209ft

## **Day 08: Trek from Chukung(4,710m/15,453ft) to Lobuche (4,900m/16,076ft) via Kongma la Pass (5,540m/18,176ft)**

We will wake up early for doing the first of the three passes on this trek. **Kongma La** pass is a moderately difficult pass but you have to listen to your guide's instructions carefully during the ascend to make sure everything goes well. View the Himalayan sunrise during the first part of the trek. After 5-6 hours of gradual uphill, you will reach the Kongma La pass. Take some photos and enjoy a magical view from the pass. We will start the downhill walk towards **Lobuche** next. Rest for the after arriving at Lobuche in the afternoon. Overnight stay at a teahouse in Lobuche.

<b>Accommodation</b>	<b>Meals:</b>	<b>Altitude:</b>
Lodge	B.L.D	4,710m/15,453ft, 4,900m/16,076ft, 5,540m/18,176ft

## **Day 09: Trek from Lobuche (4,900m/16,076ft) to Everest Base Camp (5,364m/17,598ft) & Trek back to Gorekhshep(5,140m/16,864ft)**

We will return to the primary trail of Everest to visit the base camp and return today. After a couple of hours of trek from Lobuche, we will reach **Gorakshep**. We'll leave our bags here and continue lightly towards the **Everest Base Camp**. The scenic views and surrounding landscape make the walk effortless. You can have the majestic feel of being on the very base camp of Mount Everest after arriving at the location. Spend some time here taking pictures and we will return to Gorakshep. Overnight stay in a teahouse at Gorakshep.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
15km/9.3 miles/7-8 hrs	Lodge	B.L.D

**Altitude:**

4,900m/16,076ft,

5,364m/17,598ft,

5,140m/16,864ft

**Day 10: Early morning climb to Kalapathar(5545m/18192ft) and Trek to zongla( 4830m/15846ft) from Gorekhshep(5140m/16863ft)**

We will hike to the ridge of the **Kalapathar peak**(5545m) for a sunrise view first thing today. You will reach this popular natural viewpoint after 1.5 hours of an easy hike from Gorakshep. From the top enjoy an amazing view of **Everest, Lhotse, Nuptse**, and other snow-capped peaks. We'll return to Gorakshep and head towards **Zongla** after breakfast. You will leave the primary trail and use the classic lesser-chosen path to Zongla. Rest for the day and prepare for the **Cho La Pass** the next day after arriving at Zongla. Overnight stay at a teahouse in Zongla.

**Time:**

16km/9.9 miles/ 7-8 hrs

**Accommodation**

Lodge

**Meals:**

B.L.D

**Altitude:**

5545m/18192ft,

4830m/15846ft, 5140m/16863ft

**Day 11: Trek from Zongla (4,830m/15,846ft) Chola Pass (5420m/17782ft) to Thagnak( 4700m/15420ft)**

We will start the pass-day trek early once more aiming for the **Cho La pass**(5420m) today. Cho La has a somewhat challenging reputation among the three passes for its steep rise and glacial sections. You should reach the pass after 4-5 hours of walking from the village of Zongla. The **prayer flags** will make the pas and you can enjoy a scenic time here viewing a different side of the Mahalangur Range from the top. We will start the return trek to **Thagnak** soon as the mountain passes in the Himalayas and can have heavy winds as the day advances. Rest for the day after arriving at Thagnak. Overnight stay in a teahouse at Thagnak.

**Time:**

9.5km/5.9 miles6-7 hrs

**Accommodation**

Lodge

**Meals:**

B.L.D

**Altitude:**

4,830m/15,846ft,

5420m/17782ft, 4700m/15420ft

## Day 12: Trek from Thagnak(4,700m/15,420ft) to Gokyo Lake (4,790m/15,715ft)

We will explore the **Gokyo Lake Trek** today. Starting from Thagnak the trail is relaxed and beautiful towards Gokyo. There are five beautiful lakes forming the Gokyo Lake complex, one of the **highest Glacial lake** systems in the world. You will go past the second lake and reach Gokyo Cho (also called Dudh Kunda). The village of Gokyo lies on its bank, where you'll be staying for today. Explore the beautiful valley after lunch and rest for the day. Overnight stay in a teahouse at Gokyo.

<b>Time:</b> 4.5km/2.8 miles/ 3 hrs	<b>Accommodation</b> Lodge	<b>Meals:</b> B.L.D
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**Altitude:**  
4,700m/15,420ft,  
4,790m/15,715ft

## Day 13: Acclimatization: Early morning climb to Gokyo Ri(5,360m/17,585ft)

We'll have the third acclimatization day at Gokyo highlighted by the day hike trip to **Gokyo Ri**. The hike will take you to the summit of the peak with a panoramic view of snow-capped mountains. Enjoy the views of **Everest, Makalu, Lhotse, and Cho Oyu** (4 of the top 10 highest peaks) from a single point here. After some time here, return to Gokyo and prepare for the next pass day. Overnight stay in a teahouse at Gokyo.

<b>Time:</b> 4km/2.5miles/ 3-4 hrs	<b>Accommodation</b> Lodge	<b>Meals:</b> B.L.D
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**Altitude:**  
5,360m/17,585ft

## Day 14: Trek from Gokyo(4,790m/15,715ft) to Renjola Pass (5,360m/17,585ft) to Lungden(4,330m/14,206ft)

We will start our trek early to complete the third pass of the Everest Three Pass Trek. Renjo La Pass from Gokyo is the shortest of the three passes but the terrain can get tricky, especially during adverse weather conditions. With the pristine view of Gokyo valley on one side and the majestic Himalayas all around, we will continue down to **Lungden**. Rest for the day there having completed the most challenging trails of Everest. Overnight stay in a teahouse at Lungden.

<b>Time:</b> 12km/7.4 miles/ 6-8 hrs	<b>Accommodation</b> Lodge	<b>Meals:</b> B.L.D
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**Altitude:**  
4,790m/15,715ft,

5,360m/17,585ft,  
4,330m/14206ft

### **Day 15: Trek from Lungden(4,330m/14,206ft) to Thame(3,790m/12,434ft) to Namche Bazar (3,440m/11,286ft)**

Our descent begins from today as we lose elevation swiftly to reach **Namche Bazar**. Enjoy the changing landscape and scenery as you get past small villages and yak pastures to reach Thame. Thame is a traditional Sherpa village in Everest far from the heavy influence of tourism. You can admire the simple lifestyle, traditional art, and much more relaxed way of living during your lunch stop here. From here it is further 2 hours of downhill trek towards Namche Bazaar. Overnight stay in a lodge/teahouse in Namche Bazaar.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
19km/11.8 miles/7 hrs	Lodge	B.L.D

**Altitude:**  
4,330m/14,206ft,  
3,790m/12,434ft,  
3,440m/11,286ft

### **Day 16: Trek from Namche(3,440m/11,286ft) - Lukla( 2,860m/9,383ft)**

On our last leg of the trek, we will retrace our steps from Namche to Lukla. You can still experience new things and admire the scenery while covering the path today. Passing by the settlements and monuments of the EBC trail, we will end the walking part in Lukla. Freshen up and explore Lukla for some souvenir shopping in the evening. Overnight in a teahouse at Namche Bazaar.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
21/13 miles/ km/7 hrs	Lukla Inn	B.L.D

**Altitude:**  
3,440m/11,286ft,  
2,860m/9,383ft

### **Day 17: Fly 35min to Kathmandu (1350m/4429ft) from Tenzing-Hilary Airport( Lukla 2860m/9383ft)**

From Lukla, we'll take the morning flight to Kathmandu. You can enjoy the views of the Himalayas one last time from the plane. After landing in Kathmandu, we will transfer you to your hotel. Join us for a farewell dinner in the evening. You can share your stories and experiences from this trek with us and



provide us with valuable feedback. Overnight in a hotel at Thamel, Kathmandu.

<b>Time:</b>	<b>Accommodation</b>	<b>Meals:</b>
35 min flight	Hotel Thamel Park	B

**Altitude:**  
1350m/4429ft, 2860m/9383ft

## Day 18: Departure to your home

Pack your bags and fill them with memories of the Three Passes Trek. We will drive you to the TIA for your departure flight on time.

<b>Time:</b>	<b>Meals:</b>
30 min to Airport	B

## Includes

### Accommodation

- Two nights accommodation in Kathmandu ( Hotel Thamel Park with Breakfast)
- 15 nights mountain Standard Accommodation during Everest Three high Passes Trek

### Meals

- All the mountain Standard meals( Lunch.Dinner & Breakfast/the main course)

### Transportation

- Pick up/Drop off from to International & Domestic airport by private vehicle
- Both way Kathmandu to Lukla & Lukla to Kathmandu by flight with airport tax

### Extras

- Sagarmatha National Park Fees
- Pasang Lhamu municipality fees
- Trekker's Information Management System (TIMS) card fees
- Professional, Experienced & government licensed holder English Speaking Trekking Guide

- Porter (2 trekkers: 1 porter)
- Staff costs including their salary, insurance, equipment, food and accommodation etc.
- Sleeping bag (if needed)
- Duffle bag
- Trekking Map
- First aid kit
- Seasonal fruits
- All government and Local Tax

## Excludes

- International airfare
- Nepal visa fees at Tribhuvan International Airport (15 Days US\$30, 30 Days US\$50 and 90 Days US\$125)
- Lunch and Dinner in Kathmandu.
- Extra accommodation in Kathmandu due to Early arrive or late departure or early return from the trek
- All the drinks like tea, coffee, Coke, Fanta, mineral water, boiled water, hot shower, battery charge, desert etc
- Your personal trekking gears.
- Your travel insurance which should include the emergency rescue.
- Tips for guide and porters.

## Trekking Information

### Accommodation in Everest Three Pass Trek

Accommodation, such as the Everest Three Pass Trek, is essential in high-altitude trekking. It is where you will spend your acclimatization or resting time and eat your meals. Hence, learning about all the accommodation options from **lower to higher altitudes** is necessary. *You can get luxurious accommodation options in the lower altitude and city areas.* In contrast, as you climb altitude and reach remote areas, the accommodation services become basic, and luxury decreases.

In most of the treks, the trekkers will stay in teahouses. The teahouses are tiny houses with expansive rooms and twin beds. In the teahouses, trekkers have to share the bed, and since it has an attached bathroom, they also have to share the bathroom. The teahouses will give you all the items, like pillows, blankets, bedsheets, etc, to make your sleep warm and cozy. However, it is also wise to carry your sleeping bags to make it more comfortable.

### Meals on the Three Passes Trek

Everest 3 High Passes Trek occurs at high elevations, and your body needs enough nutrition. We ensure

that you get enough nutritious food throughout the trek. During the trek, each day, the trekkers will have three meals: **breakfast, lunch, and dinner**. The guides hand-select the lodges for fresh, hygienic, tasty, and nutritious food.

## Breakfast

Breakfast is an essential meal of the day as it is the first one. There are several menus for breakfast, such as eggs, chapati, bread, soups, toast, etc. During high altitudes, many trekkers often skip breakfast to start the trek early, which is not ideal and should not be considered. In the initial portion of the trek, trekkers have to cover more distance; breakfast is essential for the initial burst of energy.

## Lunch and Dinner

Lunch and dinner are also crucial during trekking, as trekkers need to consume food with carbohydrates and proteins. The menus for lunch and dinner are somewhat similar. When you visit, try Nepali dishes like Dal (lentil), Bhat (rice), Tarkari (curry), Momos (dumplings), and Chowmein (noodles). Drinking plenty of liquids such as green tea, lemon tea, hot lemon, ginger tea, and garlic soup is essential. Eating fresh vegetables is also recommended. In trek regions, non-veg items are available, but we don't recommend them due to hygiene concerns. Dairy items, alcoholic drinks, caffeinated items, and hot chocolates should be avoided. The menu offers traditional, Asian, and Western food, but it becomes shorter as the altitude increases and you reach the remote areas.

## Drinking Water Facilities on Everest Three High Passes Trek

Drinking plenty of water is essential for high-elevation treks like this to provide your body with **adequate fluids and prevent sickness**. You can request a drinking water refill at the tea houses or lunch stops. The primary drinking water sources at high altitudes are taps and hand pumps, which are unsuitable for drinking water. So it is wise to request the teahouses to filter and boil the water before drinking. You may have to pay extra to the teahouse for their services.

Some places might charge extra for hot water. Similarly, you will also find drinking water taps throughout the lower segments of the trail. Similarly, freshwater streams are plenty on the way to refill your bottles. Keep purification tablets with you to be extra safe while drinking water here. Mineral water will be available at every lodge, and the cost will be a minimum of \$1 & maximum of \$4 for a bottle.

## Best Time to Visit Everest Three Passes Trek

Trekking the Everest three-pass trek is fun, and the experience can be challenging. However, if you don't time the trek and experience the ideal trekking conditions, your experience might get more demanding and less fun. In Nepal, there are two best seasons: **spring and autumn**. Similarly, there are two less ideal seasons for trekking: monsoon and winter.

## Spring

Spring is the best season for the Everest trek in Nepal. This season begins in March and ends in May. Everest Three High Passes Trek is one of Nepal's most adventurous treks, so trekking in ideal conditions like spring will be unique. In the Spring, trekkers will feel the clear weather and mild temperature,

making trekking easier. Furthermore, the best attraction for hiking in the Spring season is the flowering trails that will entertain the trekkers throughout the trails.

## Autumn

Another fantastic trekking season other than Spring is the Autumn season. This season starts in the middle of September and ends in November as early September receives rainfall since it falls in the rain shadow area. However, as the days progress and the month of October arrives, the weather and climate become some of the best for trekking. This season offers ideal conditions for outdoor adventures. The country experiences pleasant temperatures, warm days, and cool nights and mornings, perfect for exploration without hassle.

## Off seasons

Like the best time for trekking, there is also a less ideal time for trekking the Three High Passes trek. Monsoon season is unsuitable for hiking due to wet, slippery trails and a high chance of floods, landslides, and soil erosions. During the monsoon season, the trails become infested by insects and mosquitoes, which is not ideal for trekking. Another off-season is the trek in the Khumbu region in the winter. Trekking in the winter is difficult due to the cold temperature, dynamic weather, and the chance of natural disasters like blizzards, snowstorms, and avalanches.

**Read More:** [Restricted and Challenging Treks In Nepal](#)

## Reaching the starting point of Everest Three High Passes Trek

*Lukla is the optimal starting point of the Gokyo Lake trek.* Your domestic flight to Lukla will most likely be in the **morning time from Kathmandu**. It will be a short 45-minute flight. If the flight to Lukla is unavailable, the trekkers must drive from Kathmandu to Manthali via Jeep. After reaching the Ramechhap, you will board the flight to Lukla, which will take about 5 hours. On both flights to Lukla, the trekkers will get stunning panoramic views of the mountains and the Khumbu region.

Leaving the valley, you can enjoy a fantastic view of diverse Nepalese geography and an amazing view of the Himalayas. The landing at Tenzing Hillary Airport in Lukla is infamous for its short runway and extreme geographic location. You will have a nerve-racking experience while landing here. After landing in Lukla, you will first glimpse Mount Everest. You will land at Tenzing Hillary Airport, where the airstream is surrounded by some of the tallest peaks in Nepal. The trek starts from Lukla, where you will start trekking on the side of the Dudh Koshi River.

## Everest Three High Passes Trek Internet connectivity and Phone network

Internet and phone connectivity are essential in high-altitude remote treks like the Three High Passes Trek. Connecting with your loved ones or trekking agency in the country is necessary. Internet is available throughout the Everest trails through Everest Link data cards. You can purchase these at the teahouses on the trail, and they work adequately in most areas.

The phone network is not available at all parts of the trek. You can take the mobile connection network, either **Ncell or NTC**, which works to a decent altitude. Especially during the days, your only communication option will be a GPS signal phone. Ensure poor signals are present in the high-elevation

areas while the rest of the lower sections are fine.

## Guide and Safety during Everest Three High Passes Trek

We highly recommend you do the Everest Three High Passes trek with experienced guides, even if it is not mandatory. The trail leads you to three of the highest mountain passes of the Himalayas, and it is no easy task to complete without one. As for your safety, we at HST make it the top priority.



Our guides are trained for all conditions and have excellent knowledge of the area. So, avoid solo treks to the Everest Three Passes trail for your safety and experience.

## Everest Three High Passes Trekking Route

The Everest Three High Passes Trekking Route takes you to the **challenging and rugged terrains of the Khumbu region**. In this trek, you will explore different types of landscapes throughout the trekking route, from subtropical barren lands, lush jungles, flowering meadows, rocky peaks and valleys, glacial moraines, and snowy mountains.



This trek route takes you to the three highest trekking passes: **Kongla Ma Pass, Cho La Pass, and Renjo La Pass**. As you traverse this route, you will also explore various villages, towns, and settlements and the culture and tradition of the Sherpa village. The route also takes you to some of the biggest attractions of the trek, like Everest Base Camp Trek, Kala Patthar, Gokyo Valley, Gokyo lakes, and the three passes.

### Everest Three High Passes Trek Distance, Duration, and Altitude

Section	Distance (km)	Duration (hours)	Altitude (meters)
Lukla to Phakding	8	3-4	2,650
Phakding to Namche Bazaar	6	3-4	3,440
Namche Bazaar to Thame	5	2-3	3,750
Thame to Kengma La Pass	8	5-6	5,535
Kengma La Pass to Lobuche	8	4-5	4,910
Lobuche to Gorakshep	3	1-2	5,164
Gorakshep to Everest Base Camp	2	1-2	5,364
Everest Base Camp to Kalapatthar	1.5	1	5,545
Kalapatthar to Gorakshep	1.5	1	5,164
Gorakshep to Lobuche	8	4-5	4,910
Lobuche to Cho La Pass	7	4-5	5,420
Cho La Pass to Gokyo Lakes	5	2-3	4,750

Gokyo Lakes to Renjo La Pass	8	4-5	5,360
Renjo La Pass to Thame	10	5-6	3,750
Thame to Namche Bazaar	5	2-3	3,440
Namche Bazaar to Lukla	12	6-7	2,840

**Note: The above table starts from the starting and end points of the actual start of the trek, which is Lukla.**

## Is Everest Three High Passes Trekking for you?

The Everest Three High Passes trek is one of the most challenging treks in Nepal. The trek difficulty ranges from moderate to challenging, even for those with prior trekking experience. However, it is crucial to know if the trek is suitable for you. Here are some factors to consider to know if this trek suits you.

## Budget

The Everest Three High Passes Trek is one of the most expensive treks in Nepal. The trek takes you to the remote area of the Khumbu region, where the trek cost is higher than other regions. So, if you are looking for a budgeted trek in Nepal, the Everest Three High Passes Trek is not for you. However, you can still decrease the overall cost of the trek by avoiding the side treks or trekking in less ideal trekking conditions.

## Prior Medical Condition

The Everest Three High Passes trek is one of Nepal's most challenging but adventurous treks. This trek takes you above an altitude of over 5000m, which might suit some people but not others. Trekking at high altitude is not ideal for those with prior medical lung or heart conditions and difficulty breathing. So, if you have that medical condition, it is wise to consult your doctor first, but this trek might not suit you if the issue is critical.

## Time Commitment

The Everest Three High Pass Trek is one of the most extended treks in Nepal. Naturally, this trek's duration ranges from 15 to 18 days. So, if you don't commit to spending about two weeks on your trekking days, this is not for you. You can decrease the trek duration to 10 to 12 days if you don't take your rest day; however, it is very risky as you can suffer from altitude sickness that will end your trek in a halt.

## What can you expect from the Everest Three High Passes Trek?

Everest Three High Passes Trekking is one of Nepal's **most fun and challenging treks**. However, this trek can be attractive to people with specific personal preferences. Everest Three High Passes Trek may be a mystery for the trekkers who have not experienced it before. Here are some things you can expect from the Everest High Passes Trek.

- Everest Three High Passes Trek is a high altitude challenging but rewarding trek. After all the

challenges and difficulties you face during the trek, you will feel a sense of accomplishment when you climb the high passes.

- In this trek, you can expect the majestic three high passes of the Khumbu region in Renjo La, Cho La, and KongLa Ma.
- Some of the majestic views of the mountains like Mt Everest (8849), Ama Dablam (6856m), Cho Oyu (8201m), Lhotse (8516m), Nuptse(7861m), Pumo Ri (7165m) can be expected in this trek.

## Difficulty Level of Everest Three High Passes Trek

The difficulty level of the Everest Three High Passes Trek is **moderate to challenging**. For the veteran and experienced trekkers, the trekking destination might be a bit less challenging; however, for beginners, this is among the most strenuous treks in Nepal. Several factors influence the difficulty level of the Three High Pass Trek, which are explained below:

### High Altitude

The high altitude is one significant factor influencing the difficulty of the Everest Three High Passes Trek. In this trek, the highest elevation you will be trekking above the **altitude of 5200m for plenty of days**. Trekking in these high elevations will increase the chance of altitude sickness. Any trekkers suffering from altitude sickness will not be able to complete the trek and will need immediate medical attention.

### Long Distance and Duration

The Everest Three High Passes Trek is challenging mainly because of its long-distance and duration. The total duration of this trek ranges from **15 to 18 days, and every day**, trekkers have to trek for 6-7 hours to cover a lot of distance. Since the trekkers must work several hours daily for at least two weeks, it will tire them. Hence, trekkers need to increase their physical stamina.

### Tough Routes

The EBC High Pass trek is one of the most extended treks in Nepal, and when you compound it with the challenging routes that the trekkers have to pass daily, it makes the trekking quite tricky. *In the lower altitude, the trekking route can be more accessible; however, as the altitude increases, trekkers must pass through rocky valleys, steep ascents, glacial moraines, and slippery, snowy mountains.* Naturally, trekkers will find it hard to trek in these trekking conditions easily.

### Dynamic Weather and Temperature

Trekking in the Khumbu region, also known as the Everest region, can be difficult because the weather can be unpredictable. If you're trekking during the off-season, be careful. The weather can make the Everest Three Passes trek more challenging. Even though the weather is usually good during the peak season, it can freeze at night, dropping below freezing. So, it's important to pack lots of layers and warm clothes. Flights from Kathmandu to Lukla might be canceled if the weather is bad because it's essential to have safe conditions for landing. When trekking in the Everest region, it's wise to plan for extra days to allow for possible weather delays and ensure your trek goes smoothly.



## **A Typical Day in Everest Three High Passes Trek**

- **5 AM–6 AM:** You can start your day on the EBC trek by waking up early at the teahouse where you stayed. The trek begins from around 5 AM to 6 AM, and you can enjoy a tasty local breakfast with a breathtaking view of the region's mountains, peaks, and valleys.
- **7 AM–8 AM:** Get ready for the hike after breakfast. Pack essential items and wear layers of clothes suitable for the altitude. Prepare a separate handbag for things you'll need along the way, like snacks, chocolates, water bottles, and sunglasses.
- **8 AM to 12 or 1 PM:** You will start hiking around 8 or 9 AM, depending on when you wake up. This part of the hike usually takes 4-5 hours. After walking for that long, it will be time for lunch, depending on your plan.
- **12 PM to 1 PM:** You'll have an hour-long break for lunch and relaxation. The guide or trekking agency will bring you to a suitable teahouse for lunch, where you can enjoy local dishes like Dal and Bhat and Western options such as pizzas, burgers, and spaghetti at some teahouses.
- **1 PM to 4 PM:** After resting and having lunch, we walk in the afternoon. This walk takes 4-5 hours. Because we might be tired, we will walk a short distance and stroll around. We will visit different villages, old temples, monasteries, etc., and the sun's light cast shadows on the mountain towns when it gets darker.
- **4 PM to 5 PM:** It's evening and time to go to the teahouse. It's best to go before sunset when there's still light outside.
- **5 PM to 7 PM:** You can put your bags in your room when you arrive in the village. Relax by the fire with a hot cup of tea or coffee and chat with the locals. You can also ask for internet access to connect with your loved ones, explore the villages, visit local temples and monasteries, and meet local people.
- **7 PM to 8 PM:** It's time for dinner. You may have local meals, but some teahouses offer Western options, too. Join everyone for dinner, as it's a great time to share stories and socialize.
- **8 PM to 10 PM:** It's essential to head to bed early after dinner. You have a tough day of trekking tomorrow, so getting a good night's rest is wise. Wish your crew goodnight and try to fall asleep quickly to give your body and mind the rest they need.

## **What makes the Everest Three High Passes Trek attractive**

- Stunning high-altitude trek, which consists of fun, thrill, and adventure. Trekking has a particular risk, but the reward is inspiring and motivating.
- One of the significant reasons for trekking the three high passes trek is to explore the amazing Gokyo Valley and get closer to the Gokyo Lakes.
- One of the primary reasons that make the Three Pass term attractive is to visit the Everest Base Camp, Gorakhshep, and hike towards Kala Patthar for the stunning views of the mountains.
- For wildlife lovers, the EBC 3 Passes trek can be attractive as you will pass through Sagarmatha National Park, where you will get the chance to see some of the rare floras and faunas like Himalayan Tahr, Snow Leopard, Red Panda, and others.
- Trekking the Khumbu region and reaching EBC camp is quite an achievement, and when you go further and conquer the three passes, your sense of accomplishment is quite high.

## **Everest Three High Passes Trekking Permit**

To trek in the Everest region, you need a few permits. For every trekker wishing to hike, the EBC needs

at least two permits: **the Sagarmatha National Park and Khumbu Municipality permits**. Trekking the EBC via Jiri also requires another license in the Gaurishankar Conservation Area permit. Before the application for the municipality permit, every trekker must issue the TIMS card, which is now optional, so let's get into them.

## Sagarmatha National Park Permit

Everest Base Camp lies in the middle of one of Nepal's most prestigious national parks, Sagarmatha National Park. First, trekkers must get a Sagarmatha National Park permit from the Nepal Tourism Board or Monjo's Sagarmatha National Park entrance gate. It costs NPR 3000 per person and supports park conservation.

## Khumbu Municipality Permit

To begin your trek in the Khumbu region, you must obtain a permit from Khumbu Pasang Lhamu Municipality. This permit is required for all visitors to the area. You can get the license at the Lukla Checkpoint on your first day of trekking or at the Monjo checkpoint if you are trekking through Jiri or Salleri. The cost of the Khumbu Municipality permit is approximately \$16.

## Gaurishankar Trekking Permit

If you're traveling to Everest Base Camp from Jiri, you may need a permit for the Gaurishankar Conservation Area. To begin your journey, take a bus or private car to Jiri, which is a 7 to 8-hour trip from Kathmandu. Once in Jiri, obtain the permit, and you can start your hike to Everest Base Camp. You can purchase the license in Shivalaya or the Nepal Tourism Board in Kathmandu. The Gaurishankar Conservation Area permit costs \$16 or NPR 2000.

## TIMS Card

When trekking in Nepal, you can get a Trekkers' Information Management System (TIMS) card from the Nepal Tourism Board or a TIMS counter in Kathmandu or Pokhara. This card allows you to track your movements and receive emergency support in some areas of Nepal. If trekking independently, getting permits for the three passes (Renjo La, Cho La, and Kongma La) from the Nepal Tourism Board or the entrance gates to each pass is necessary.

## Altitude Sickness and Remedies for Everest Three High Passes Trek

When you go high up in the mountains, the air gets thinner, and it has less oxygen. This can make you feel sick. You might feel this way if you're trekking to Everest Base Camp. The condition of falling ill during the high altitude trek is called [Altitude Sickness](#). It is also known as the Acute Mountain Sickness. The altitude sickness can be mild or severe. Simple altitude sickness symptoms can be nausea, vomiting, headache, fever, coughing, tiredness, shortness of breath etc. To help your body get used to the high altitude, you'll have some rest days in Namche Bazaar and Dingboche. Some people might get sick, but most don't. Tell your guides if you have a headache, nausea, or trouble breathing. Here are some of the remedies for the altitude sickness:

- Proper acclimatization is the best remedy for acute mountain sickness. Ascend and Descend gradually, and do not rush towards the altitude.

- Make sure you are trekking high, but you are lowering altitude for sleep. This practice will minimize the chance of altitude sickness.
- Keep yourself hydrated all the time. Dehydration is another major cause of altitude sickness. Drink at least 7 to 8 liters of water every day.
- Avoid taking caffeinated products or alcohol during the trek as they cause dehydration.
- Take medicines like Diamox during the high-altitude trek, which can give you instant relief from altitude sickness.
- If the symptoms persist, immediately lower the altitude, and let your guides know if the condition develops serious.

## **Physical Fitness for Everest Three High Passes Trek**

The Everest Three Pass Trek is quite challenging as trekkers have to trek for several days, and each day, they have to trek for 7 hours to cover more distance. Hence, there is a high probability that the trekkers can get fatigued if they are not physically fit. Being physically fit and raising your endurance level of physicality will help you cover more distance and not leave your trekking crew hanging. Here are specific ways to improve your physical fitness.

Cardiovascular exercises are the best way to make your core strong and give you an uplift in your stamina. Exercises like jogging, swimming, running, and hiking with backpacks are the best way to raise your physical fitness.

**Strength Exercises:** Making your body strong before trekking is crucial so you can carry your heavy baggage and trek for a long time.

**Breathing Exercises:** It is important to breathe fresh air during your expedition in the high altitude. These breathing exercises, like yoga, meditation, etc., can also raise physical fitness.

**You Might Be Interested:** [Fitness level required for Everest Base Camp](#)

## **ATM, Banks, and Money Exchange during 18 Days Everest Three High Passes Trek**

In the lower altitude city areas, there are banks, money exchanges, and ATM cards, which you can use to exchange or withdraw cash. However, it is not as accessible in the remote Sherpa villages. Namche is the Sherpa hub where many services are available, so you can withdraw money or exchange cash, but make sure you carry extra cash.

When traveling to rural areas of the trek, please be aware that cards are not accepted. Carrying enough cash with you is recommended, especially in the higher elevation areas of Khumbu. ATMs, banks, and money exchange services are available at Kathmandu, Lukla, and Namche Bazaar. Planning wisely for the upcoming week while you are in Namche is essential.

## **Travel Insurance for Everest Three High Passes Trek**

Travel Insurance is very important for travelers or trekkers, especially those heading to different countries for the adventure in the Himalayas. The main reason for issuing travel insurance for these adventure treks is to prevent the trekkers from incurring additional expenses during the trek. For this

trek, the travel insurance must cover the high-altitude trekking and emergency evacuation, saving them thousands of dollars if anything unforeseen happens.

Travel insurance covers medical expenses, luggage loss, property damage, flight cancellations, personal liability, etc. However, keep in mind there are certain expenses that travel insurance does not cover, and they are prior medical conditions, expensive jewelry, private items, injuries due to risky activities, or drug abuse.

## **Tipping in Nepal**

Tipping is not mandatory in Nepal. However, you can show your appreciation to the guides and porters by rewarding them with some tips. You are helping the local economy and the gesture is nice. You can tip the team on the last day of the trek or when you go your separate ways.

## **Trekking gear pack list**

**Here is a general gear checklist for the trek for on-season trekking.**

### **Upper Body: -**

A long-sleeve thermal base layer

Trekking shirt

Insulation layer

fleece jacket

Warm Down Jacket

Gloves

waterproof jacket

T-Shirt lightweight

### **Head: -**

Beanie and ear warmers

Sunhat & Scarf

Headlights with extra batteries

### **Face: -**

Sunglasses with UV protection

Sunscreen

Dust Masks

Lip Balm

Face /Body wipe

### **legs & Boots: -**

Trekking Pants two pairs

waterproof jacket

Trekking boots

Sport Shoes  
Gaiters  
Crampons (If snow or Ice)  
Slippers  
Thermal Leggins  
Underwear & thick Socks

**Essentials Gear: -**

Trekking pole  
Sleeping bag  
Towels  
Raincoat  
Water bottle  
Backpack or Day pack

**Toiletries: -**

Quick drying towel  
Toilet paper  
Toothbrush  
Toothpaste  
soap  
Shampoo  
Small mirror  
Nail cutter

**Personal accessories: -**

Money  
Camera  
Phone  
Watch  
Power bank  
Extra batteries for the Camera

**Extra: -**

Diary & Pen  
Books  
Extra Passport copy and Photos  
Binocular  
Firsts Aid Kits

**Note: The above list can be customized as per the seasons and necessity of the trekkers.**

## **Benefits of Choosing Hillary Step Treks (HST)**

We are experienced. Our team has managed treks in the Everest region for well over two decades.

\* Our guides are fluent in English, Nepali, and Local Sherpa dialects. They know the terrain, culture,

people, and the Sagarmatha national park through & through.

\* HST will provide you best value services for your money. No hidden cost, every step with HST is transparent and clear. We value our clients over profit any day.

\* Your safety is the top priority while trekking with the HST team.

\* We go the extra mile to assure you of a complete trekking experience in Nepal. HST is your ideal choice for trekking in Nepal.

## **FAQs of Everest Three High Passes Trek**

### **How do you train for the Everest Three High Passes Trek?**

To train for the Three Passes Trek, you should focus on building cardiovascular endurance, strength, and hiking stamina. Incorporate regular aerobic exercises like running, cycling, or swimming combined with strength training for your legs, core, and upper body through exercises like squats, lunges, and planks.

### **Do I need a guide for Everest Three High Passes Trek?**

Yes, you must hire an Everest Three High Passes Trek guide. The trek is challenging due to its high altitude, remote trails, and complex navigation through the three passes - Kongma La, Cho La, and Renjo La.

### **Do I need to do acclimatization during the Everest Three High Passes Trek?**

Yes, acclimatization is important during the Everest Three High Passes Trek. This trek involves crossing three high passes - Kongma La, Cho La, and Renjo La - at altitudes of over 5,000 meters. Proper acclimatization helps your body adjust to high altitudes and reduces the risk of altitude sickness.

### **What is the 3 mountain pass Nepal?**

The Three Passes Trek covers the main attractions of the Khumbu region in Nepal, including Everest Base Camp and three high passes: Renjo La, Cho La, and Kongma La. You will go over 5,000 meters above sea level during the trek.

### **What permit is required for the Everest Three High Passes Trek?**

Two permits are required for the Everest Three High Passes Trek. Pasang Lhamu Rural municipality permit, Sagarmatha National Park Fees & Trekkers Information Management System (TIMS) card. Both permits can be obtained through a registered trekking agency in Nepal.

### **How long does it take to reach Everest Three High Passes Trek?**

Generally, it takes 14-20 Days to reach the trek from Kathmandu. It depends on which route you choose. The trek also includes acclimatization days and side trips to help adjust to the high altitude.

## **Does it take 3 months to climb Mount Everest?**

Climbing Mount Everest typically takes around two months, not three. This includes time for acclimatization, preparation, and the actual ascent. The total time, including travel, obtaining permits, and preparing at base camp, can add up to around 2 to 3 months.

## **Is Cho La Pass difficult?**

Yes, Cho La Pass is considered difficult due to its high altitude and challenging terrain. Located at 5,420 meters, the pass requires trekkers to navigate through steep, rocky, and often icy sections, which can be physically demanding. The pass can be particularly tough in winter when snow and ice cover the trail, increasing the risk of slipping.

## **How many climbers have traversed from one side to another on Mount Everest?**

Only 35 climbers have managed to cross from one side of Everest to the other. Of 5,899 climbers who tried to reach the summit, 39% succeeded. In total, 14,496 climbers attempted the climb. About 62% of all expeditions had at least one person reach the summit. So far, only 668 climbers from Nepal and Tibet have reached the top.

## **Is Everest Three High Pass Trek Challenging?**

Yes, the Everest Three High Pass Trek is challenging. It involves crossing three high-altitude passes. The trek typically lasts 18-22 days with strenuous ascents and descents and the potential for extreme weather conditions.

## **What is the three-pass trek on Mount Everest?**

The Three Passes Trek is an adventurous and challenging route in the Everest region that involves crossing three high mountain passes: Kongma La (5,535m), Cho La (5,420m), and Renjo La (5,465m). This trek offers stunning views of the Everest region.

## **Is the Everest Three passes clockwise or anticlockwise?**

The Everest Three Passes Trek can be done in either direction, but the most common and recommended route is clockwise. This typically involves crossing Kongma La first, then Cho La, and finally Renjo La. Trekking clockwise allows for better acclimatization.

## **What is the highest point of the 3 passes trek?**

The trek's highest point of the 3 passes is Kongma La, which is 5,535 meters. This pass is one of the three high passes on the trek, along with Cho La and Renjo La, and offers stunning panoramic views of the surrounding Himalayan peaks.

## **How much elevation gain is the Three Passes trek?**

The total elevation gain of the Three Passes Trek is approximately 10,000 to 12,000 meters, depending on

the specific route and variations taken during the trek. This makes the trek quite challenging and requires good preparation and acclimatization.

### **What is the weather like in the Three Passes trek?**

The weather on the Three Passes Trek can be highly variable and challenging. At daytime, the temperature at lower altitudes can range from 5 to 10 degrees Celsius, while at higher elevations, it may range from -10 to -5 degrees Celsius or lower.

### **Address**

Nayabazar 16, Kathmandu, Nepal