



Everest 3 Passes

The Everest High Pass trek is an epic, long and challenging trek crossing over the 3 great high passes in the Everest region. The Everest High Pass trek is considered one of the best treks to explore around Mount Everest. The charming Sherpa villages, old monasteries and super himalaya views are unforgettable and unbeatable life time experience.

This Everest High Pass trek gives you the complete adventure and trekking experience in the Everest region.



Detailed Itinerary

Day 1: Arrival in Kathmandu

Welcome to the Capital of Nepal " KATHMANDU". Upon Arrival our representative will welcome you and drive you to Hotel. Refresh and Relax

Day 2: Explore Kathmandu

"Kathmandu" which has exclusive blend of art, culture, history and religion. It bears varieties from pre-history to modern art, culture and custom. Today we explore some of it most popular UNESCO heritage sites. Afternoon walk around the main tourist hub of Kathmandu and prepare for your trek.

Day 3: Kathmandu – Lukla – Phakding

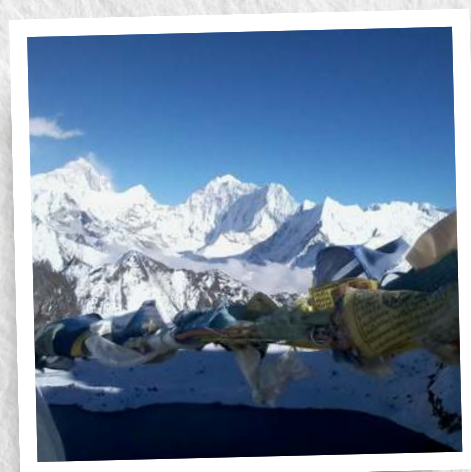
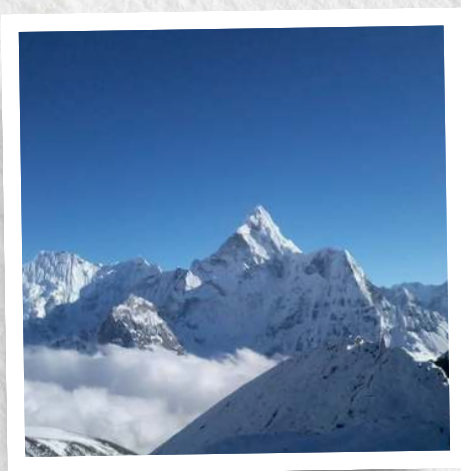
Early in the morning head to the airport for your flight to Lukla. This is an approximately 45 minute's flight with incredible mountain views north to the Himalayan Range. After meeting the crew in Lukla, you head up the Dudh Koshi River Valley on a well-marked trail to Phakding.

Day 4: Phakding – Namche

This morning you continue north following the Dudh Koshi river and on to Jorsale where you enter the Sagarmatha (Everest) National Park. From here it is a short walk to the confluence of two rivers, the Imja Drangpa (Imja Khola) and the Nangpo Tsangpo (Bhote Kosi) where you cross once more on a suspension bridge. This is followed by a steep climb (for about 2hrs) up to Namche Bazaar, the main town in the Khumbu region. Namche is a prosperous Sherpa town and an important trading centre with a weekly Saturday market.

Day 5: Rest day (Hike to Khumjung village)

Namche Bazaar is tucked away between two ridges amongst the giant peaks of the Khumbu. Once named the "Trekking Mecca of Nepal", Namche now boasts an abundance of lodges and souvenir shops. It is an ideal place to spend a rest day, acclimatizing to the new altitude of 3450m before heading off towards Base camp. Options for acclimatization walks include a visit to Khunde Hospital and also to the Everest Hotel above Namche for the view of Ama Dablam, Nuptse, Lhotse and Everest.



Day 6: Namche –Tengboche

From Namche, the trail contours around the side of the valley, high above the river and, as you go, you get great views of the great peaks of the Khumbu including Mt Everest, Lhotse, Nuptse and AmaDablam. After dropping down steeply to the river at Phunki Tenga and having lunch, you have a long steep climb up through beautiful forest to tonight's lodge. Tyangboche is famous for its legendary monastery, the largest in the Khumbu and you will stay near this monastery with Everest, Lhotse and AmaDablam in full view.

Day 7: Tengboche – Dingboche (4320m)

After breakfast we head up to Dingbuche. On the way, the majestic Amadablam overshadows our day. On the way we meet a little Sherpa village called Pangbuche and continue to Dingboche for overnight.

Day 8: Rest day

Today is for letting your bodies rest and acclimatize. If you are feeling good you could go for an acclimatization walk up the valley for a wider variety of photos of the valley and mountains of the Khumbu region.

Day 9: Dingboche – Chhukung

Today you have a great, short walk up the valley to Chhukung. After arriving in chhukung you could take a trip to island peak base camp or to chhukung ri (5550m) for even more amazing mountain views.

Day 10: Chhukung – Khongma La Pass (5535m) – Lobuche

Today is a long day so you make an early start. You head out steeply up for about 5 hours to reach the pass and then you make the journey down to the Khumbhu Glacier. You are tired when you get there so crossing the glacier requires full attention, but you are rewarded once you reach the lodge and can simply crash. Drink lots to rehydrate and reminisce about the stunning views you had during the day.

Day 11: Lobuche – Gorekshep

Today you have a short walk so no need to rush your body as it is busy acclimatizing. You continue along the Khumbu Glacier to Gorak Shep and spend rest of the day for acclimatization and getting ready for tomorrow's big day.

Day 12: Gorekshep – Kalapathar – Everest Base Camp – Gorakshep

This morning you get up early to start the climb up to one of the finest viewpoints in the Everest region, Kala Pattar [5550m]. Enjoying the sunrise over the mountains and the amazing views of Everest and the surrounding mountains you trek back to Gorak Shep. After breakfast you turn your feet towards Everest Base Camp (5300m). The walk to base camp and back would require about 5–6 hours, following the Khumbu glacier, sometimes on moraine and sometimes on the glacier itself.

Day 13: Gorekshep – Dzongla

Today we start coming down to Dzong La very nice and enjoyable walk, camp at Dzong La. Dzong La is also base camp of Cho La pass.

Day 14: Dzongal – Chola pass (5420m) – Dragnak

Today your trail goes up high to the Cho La at 5420m. It will take you about 3 hours to the pass from where, as you'd expect, you have sensational views! From the pass you descend steeply for 1.30 hours and then the descent becomes more gradual and you walk into the welcome haven of Dragnak.

Day 15: Dragnak – Gokyo

From Dragnak your trail heads through the big Nzogomba Glacier, marvel at this landscape. You then have a stunning walk into Gokyo, with its gorgeous glacial lakes and with your first views up to Cho Oyo (8201m). As it's been an easy morning's hike, after lunch if you feel like it, there's a nice 3–4 hour round trip to the fifth lake for a good view of Mt Everest from an alternate perspective.



Day 16: Rest day

Today can be used as a rest day, or you can get out and explore Gokyo. If you feel good, then get up early and head out up Gokyo Ri, 5400m. This peak offer yet more amazing views, in fact considered one of the best for the four highest mountains: Everest, Lhotse, Makalu and Cho Oyu.

Day 17: Gokyo – Arye over the renzo pass (5338m)

Another stunning but long day, so it's good to get out early. The trail begins around the side of the lake until you reach a stream then you began the steep ascent to the Renjo La, stopping to eat your picnic lunch on the way. Having reached the pass you have incredible views around and up to Everest, Lhotse, Makalu and of course many more of the Himalayan giants. After the pass you have a steep descent for an hour or so to a lake where the terrain levels out for a bit before you face the last steep descent into Arye.

Day 18: Arye rest day.

This day is a great chance to explore in an area where not too many trekkers get to. You can walk up toward Tibet along a very nice valley and you may meet Tibetan people with their yak caravans coming down into Nepal for trade. While this is kind of mind blowing for most foreigners that this still actually happens, they bring Tibetan goods down to Namche to sell in the big market there.



Day 19: Arye – Thame

From the amazing little hamlet of Arye, your trail follows the Bhote Koshi river all the way down to Thame. Here you can have the chance to visit the Thame Monastery, which is one of the oldest in this area. In Thame you can also see the Advanced Mountaineering Training School and their hydro power station.

Day 20: Thame – Monzo

From Thame you trek on down into Namche (perhaps seeing some of your Tibetan friends at the market if you get the right day) for lunch and continue back down the main trail to Monjo.

Day 21: Monzo – Lukla

Today you trek your last trails in the Khumbu as you make your way back down along the Dudh Koshi and into Lukla. Tonight you will no doubt have a party with your crew as you will have to bid farewell to most of them here in Lukla – celebrate a truly epic journey in the Khumbu and enjoy the memories!

Day 22: Lukla – Kathmandu, This day we take flight back to Kathmandu

This morning you get up early to catch the morning flight to Kathmandu from Lukla. Arrival in Kathmandu, transfer to hotel and relax.

Day 23: Fly back

Drive to the airport and farewell



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TREKKING
WHERE THE HIMALAYAN SPIRIT LIVES & BREATHES

Thamel, Kathmandu

+977-01-4700563, +977-01-4700066

Whatsapp: +977 9851167070

info@highlandernepal.com

www.highlandernepal.com