Everest Three High Pass Trek

Standard Iterinary

Everest Three High Pass Trek Itinerary:

Day 01: Kathmandu

Arrival in Kathmandu 1350m | 4428ft. Airport pickup by a representative from Himalayan Nepal Trek and transfer to hotel on BB plan.

Highlights:

- Airport Pickup by our staff with our (Place card) Company Logo and your name on it.
- Hotel check-in at Thamel (tourist city).
- Briefing related to the Everest Base Camp Trek.
- Staff's introduction Guide and Porters.
- Shopping for the necessary items if needed.
- Welcome dinner program.
- Overnight at a hotel on BB plan.

Day 02: Phakding

Flight from Kathmandu to Lukla and Trek to Phakding 2650m/ 8695ft 4/5 hours. Overnight at Lodge.

Highlights:

- Airport drops by private vehicle (Kathmandu domestic airport).
- Mountain flight to Lukla with an amazing view of Himalayan settlements, waterfalls, rivers, hills, Mountain ranges, and valleys.
- Check in at Lukla (Tourist Check Post) Khumbu Pasang Lhamu municipality.
- Yaks and Mule Caravan along the trail.
- 3 hours Trek observing typical villages, traditional farming, Mani walls, stupas, and Monastery.
- View of a general mountain peak.

Day 03: Namche Bazaar

Trek from Phakding to Namche Bazaar 3440m | 11287ft, 6/7 hours. Overnight at Lodge.

Highlights:

- Initial crossing of a metallic suspension bridge.
- Trek via the temperate and subalpine forests.
- Yaks and Mule Caravan.
- Check in to the Sagarmatha National Park.
- Trek along the Bhote Koshi river with its buzzing sound.
- Lunch at the beautiful riverside restaurant.
- View of Mt Thamsherku, Kusumkhang and Tawache.
- Encounter view of double suspension bridges with hung prayer flags.
- Stiff climb to reach Namche.
- View hiked the trail from a beautiful cliff between lunch camp and Namche Bazaar.

Day 04: Namche Bazaar

Acclimatization day and Hiking Everest View Hotel viewpoint, 2 hours climb. Overnight at Lodge.

Highlights:

- Visit the sunrise viewpoint at Namche.
- View of majestic Everest, Lhotse, Nuptse, Thamsherku, Kusumkhang, Khangtega, Tawache, Amadablam, Khumbila, and Kwangde
- Visit the community museum of Sagarmatha National Park.
- Hike to the Everest Viewpoint Hotel (2900m) for 2 hours for altitude adoption.
- Drink tea or coffee at the viewpoint with one of the best viewpoints throughout the trek.
- Visit the Khumjung valley and Khumjung school
- Acclimatize 600m

Day 05: Thame

Trek from Namche Bazar to Thame 3610m 5/6 hours. Overnight at Lodge.

Highlights:

- Unique view of Kwangde peak.
- Encounter Himalayan pheasant and musk deer.
- Hike via Sherpa traditional farming and typical village.

- Visit Thame Monastery.
- Visit the village of great Sherpa climbers.

Day 06: Lungdhen

Trek from Thame to Lungdhen 4380m 5-6 hours. Overnight at Lodge.

Highlights:

- View of Rolwaling mountains.
- Hike in the open subalpine landscape.
- Preparation for 1st pass Renjo La Pass 5415m.

Day 07: Gokyo Lake

Trek from Lungdhen to Gokyo Lake 4790m Renjo La Pass 5360m 6-7 hours. Overnight at Lodge.

Highlights:

- Trek via sub-alpine and alpine landscapes.
- Trek via Renjo La Pass 5360m, the best viewpoints of the Everest region.
- View of four eight-thousand-meter peaks Everest, Lhotse, Makalu, and Cho-Oyu.
- Visit around most beautiful Gokyo Lake.

Day 08: Gokyo Lake

Rest and Exploration climb to Gokyo Ri 5357m/17575ft 5 hours. Overnight at Lodge

Highlights:

- Hike to one of the best viewpoints in the Everest region.
- View of Everest 8848m, Lhotse 8516m, Makalu 8481m, and Choyou 8188m (four 8000m peaks).
- View of the enormous Ngozumpa glacier to meet Khumbu glacier.
- Exposure to maximum peaks of Everest.
- View of the complete Gokyo lake.

Day 09: Thangna

Trek from Gokyo to Thangna 4700m/15419fit 3 hours. Overnight at Lodge.

Highlights:

- View of Rolwaling mountain range.
- Crossing the Ngozumpa glacier.
- Preparation for the 2nd pass Chola Pass 5420m.

Day 10: Dzonglha

Trek from Thangna to Dzonglha 4845m/15895ft via Chola Pass 5420m/17782ft. Overnight at Lodge.

Highlights:

- Climb to Chola Pass 5420m.
- Magnificent view of Amadablam and Pheruche village.
- View of Rolwaling mountain range.
- View of Ngozumpa glacier.

Day 11: Lobuche

Trek from Dzonglha to Lobuche 4940m/ 16207ft 4 hours. Overnight at Lodge

Highlights:

- Trek toward Everest base camp.
- View of Lobuche peak 6119m and its Base Camp.
- Visit the Memorial viewpoint.
- Visit the Khumbu glacier viewpoint.
- View of Mt. Pomari.

Day 12: Gorakshep

Trek from Lobuche to Gorakshep 5170m | 16962ft 4 hours Lunch and hike to Everest Base Camp 5364m | 17598ft back to Gorakshep. Overnight at Lodge

Highlights:

- Trek via 360degree mountain view.
- Trek across the Ngozumpa glacier.
- View of Khumbu Icefall.

- Close view of Everest.
- Visit Everest Base Camp.
- Group picture with company staff and banner.
- View of next morning's objective to climb the viewpoint, Kalapatther 5545m.
- Last settlement at Sagarmatha National Park (Gorakshep 5170m).

Day 13: Lobuche

Early morning hike from Gorakshep to Kala Patthar 5545m | 18192 ft and trek back to Lobuche 4940m | 16207ft total 7/8 hours. Overnight at Lodge.

Highlights:

- Main objective Kalapather 5545m.
- Hike a stiff 400m climb to the viewpoint.
- Beautiful sunrise view with a close view of Everest, Lhotse, and other mountains.
- View of 360 views of Everest ranges.
- View of Khumbu icefall and the Khumbu glacier.
- View of Tibet Mountain and Tibetan snowcocks.
- Preparation for the Khongma La pass.

Day 14: Chhukung

Trek from Lobuche to via Kongma La 5535m/18,159ft Chhukung 4750m/15,580ft 6/7 hours. Overnight at Lodge.

Highlights:

- Cross Khumbu glacier.
- Trek via Kongma La Pass 5535m.
- Trek via close view of Lhotse's face.
- View of the most popular Island Peak.
- Close view of the most demanding peak Island peak 6189m.
- Close view of Amadablam.

Day 15: Tangboche

Trek from Chhukung to Tangboche 3860m | 12665ft 6/7 hours. Overnight at Lodge.

Highlights:

- Trek down to sub-alpine geography.
- Cross via Pangbioche village, the biggest settlement of the Everest region.
- Traditional farming sites.
- Visit Tyangboche for evening rituals in the monastery.

Day 16: Namche Bazaar

Trek from Tengboche to Namche Bazaar 3440m | 11287ft 5/6 hours. Overnight at Lodge.

Highlights:

- Visit Namche Bazaar.
- Buy some Souvenirs at Namche.

Day 17: Lukla

Trek from Namche Bazaar to Lukla 2860m | 9383ft hours. Overnight at Lodge.

Highlights:

- Enjoy the last day with all staff at Lukla.
- Gift exchange, if have any.
- Farewell cake and dinner together with all of the staff.
- Group Picture.

Day 18: Kathmandu

Early morning flight to Kathmandu and transfer to hotel. Evening farewell with cultural dance and in a typical Nepali restaurant. Overnight at Hotel on BB plan.

Highlights:

- Hotel drops in a private vehicle.
- Further program discussion.
- Employee feedback and company review.
- Suggestions and recommendations for the company.
- Farewell dinner with cultural dance in a typical Nepali restaurant.

Day 19: Departure

Departure from Kathmandu to your onward destination our representative will assist you to the airport for your further destination.

Includes and Excludes

Includes

- 4 Times airport pick up and drops (domestic and international) Car, Van, Hi-ace, or Coaster in a standard private vehicle.
- 3 Times food per day during the trek. Breakfast, Lunch, and dinner including tea or coffee.
- 2 Night 3* star label hotel in Kathmandu on BB plan (on twin sharing basis)
- Sightseeing in world heritage sites in Kathmandu Valley with a private vehicle and experienced cultural guide
- Flight fare Kathmandu/Lukla/Kathmandu guest and guide
- Twin-sharing accommodation during the trek (guest house/Tea house and lodge)
- Proffered language-speaking local guide as per your preference (Trained and licensed holder by the government of Nepal)
- Necessary Porter 1: 2 (one porter for two guests) porter carries 25kg only
- All Government local Taxes (National Park, airport, and municipality)
- National Park fees (Sagarmatha national park, Monjo)
- Municipality entry fee for participants (Khumbu Pasang Lhamu municipality)
- First aid and equipment for a porter for the extreme adventure route
- Guide and porter salary as per the company policy and government rules
- Duffel bag during the trek
- Company t-shirt (trekking fabric)
- Route map
- Staffs medical insurance during the trek

Excludes

- Lunch and Dinner in Kathmandu
- Participants trek equipment and any personal expenses such as alcoholic beverages, phone, battery charging, hot shower, hot/mineral water and laundry.
- Emergency rescue and travel Insurance (most required insurance policy in high altitude trek)

- Trip cancellation cost, loss, damage, and personal effects.
- Entrance fees for temples, monasteries, and museums during sightseeing and during trekking.
- Tips and gratuities for the staff.
- Additional overnight stays cost at any place (due to any reason) except for mentioned itinerary.