Destination Unlimited Treks & Expedition Pvt. Ltd Pvt. Ltd.

Everest Three Passes Trek

Duration: 20 Days

Itinerary (Plan)

Day 1 Arrival in Kathmandu (1300 m)

- Time : Null
- Max Altitude : 1350m

Accommodation: Hotel/Cottage

Meal: BLD

Upon arrival after airport representative showing your good name in front of airport then transfer to the Hotel in Kathmandu. Over night at Kathmandu.

Day 2 Kathmandu: sightseeing and trek preparation

- Time : Null
- Max Altitude : 1350m

Accommodation: Hotel

Meal: BLD

Guided by our licensed guide, you'll be taken to visit some of the UNESCO World Heritage sites of Kathmandu which includes Durbar Square, Swayambhunath (monkey temple). Sightseeing is optional, you can do it after trekking as well. Over night at Kathmandu.

Day 3 Fly to Lukla, trek to Phakding (2,651m): 40 minutes flight; 3 - 4 hours trek

- Time : 4 hours
- Max Altitude : 2600m

Accommodation: Hotel

Meal: BLD

From Kathmandu or Mathali airport Ramechhap(4 hours drive from Kathmandu), we will have the scenic flight over to the beautiful region of Lukla. The flight will goes for 35 minutes to reach at the Lukla Tengzing Hillary airport viewing the wonderful view of the surrounding. Then after landing at the Lukla, we will trek towards the beautiful region of Phakding. The trekking goes for about 3 to 4 hours through the main trail. Overnight at Phakding at the altitude of 2640m.

Day 4 Phakding to Namche Bazaar (3,440m): 5 - 6 hours

- Time : 6 hours
- Max Altitude : 3340m

Accommodation: Hotel/Cottage

Meal: BLD

Leaving the Phakding village behind, we move forward to Namche Bazaar. It takes about 5-6 hours for us to reach Namche Bazaar, otherwise known as Gateway to Everest. Over night at Kathmandu.

Day 5 Namche Bazaar: Acclimatization Day

- Time : Null
- Max Altitude : 3400m

Accommodation: Hotel

Meal: BLD

We take this day off from the trek and settle in Namche Bazaar itself for acclimatization. While here, you can go to weekly Tibetan wholesale market nearby selling cheap Chinese good and clothes. We will go got short hiking to Everest View Hotel and Khumjung then back to Namche. Over night at Kathmandu.

Day 6 Namche Bazaar to Tengboche (3860m): 5 - 6 hours

- Time : 6 hours
- Max Altitude : 3860m

Accommodation: Hotel/Cottage

Meal: BLD

Moving on, we trek for about 5-6 hours from Namche Bazaar to reach Tengboche. Tengboche monastery itself is a culture rich site for visitors. Another place to look out for is the school in Khumjung Village established by Sir Edmund Hillary himself. Over night at Lodge.

Day 7 Tengboche to Dingboche (4,360 m): 5 - 6 hours

- Time : 6 hours

- Max Altitude : 4360m

Accommodation: Hotel/Cottage

Meal: BLD

We trek for almost 5-6 hours today to reach our destination Dingboche from Tengboche. Dingboche lies alongside river Imja and the walking through today's trail itself makes you appreciate the beauty of this region even more. Over night at Lodge.

Day 8 Dingboche: acclimatization and rest

- Time : null
- Max Altitude : 4360m

Accommodation: Hotel/Cottage

Meal: BLD

We take the day off again in Dingboche for acclimatization as we have reached an elevation of 4360 m. Dingboche has unique stone walls spreading kilometers covering entire Imja valley. You can expect absolute scenic beauty as we spend the day in the Himalayan (snow-capped mountain) landscape. Guide will arrange day hiking close to 5000m. Over night at Lodge.

Day 9 Dingboche to Chhukung (4750m), climb Chhukung Ri (5,546m): 6 – 7 hours

- Time : 7 hours
- Max Altitude : 4750m

Accommodation: Hotel/Cottage

Meal: BLD

For today, we trek from Dingboche to Chhukung which approximately takes us 6-7 hours. We further climb Chhukung Ri reaching an altitude of 5,546 meters.Over night at Lodge.

Day 10 Cross to Kongma La pass (5535m), trek to Lobuche (4940m): 6 - 7 hours

- Time : 7 hours
- Max Altitude : 5532m

Accommodation: Hotel/Cottage

Meal: BLD

We cross to the Kongma La pass but you need to be ready that in this trek, "pass" is considered challenging. After that, we trek to Lobuche with beautiful scenes which take about 6-7 hours. Over night at Lodge.

Day 11 Lobuche to Gorak Shep (5170 m), visit Everest Base Camp (5364 m): 6-7 hours

- Time : 7 hours
- Max Altitude : 5170m

Accommodation: Hotel/Cottage

Meal: BLD

We move ahead from Lobuche trekking for 6-7 hours visiting Everest Base Camp by the end of the day making a stop at Gorak Shep. As we get closer to Mount Everest, other peaks like Nuptse, Cholatse, Lobuche, and Pumori can be seen in the background of Lobuche village. Over night at Lodge.

Day 12 Gorak Shep to Kala Patthar (5545 m), then to Lobuche (4940 m): 6 hours

- Time : 6 hours
- Max Altitude : 5545m

Accommodation: Hotel/Cottage

Meal: BLD

Kala Patthar is the closest viewpoint to witness the soaring Mount Everest itself surrounded by more Himalayan Ranges. Today, we go from Gorakshep to Kalapatthar and make Lobuche our last destination for the day by trekking for 8-9 hours. Over night at Lodge.

Day 13 Lobuche to Dzongla (4830m): 3 - 4 hours

- Time : 4 hours
- Max Altitude : 4830m

Accommodation: Hotel/Cottage

Meal: BLD

We trek for 3-4 hours from Lobuche to reach Dzongla. You can see the Cholatse Tsho lake along the way accompanied by clear blue and rocky trails among the mountains.Over night at Lodge.

Day 14 Trek to Gokyo (4800m) via Cho La pass (5368m): 7 - 8 hours

- Time : 8 hours
- Max Altitude : 4800

Accommodation: Hotel/Cottage

Meal: BLD

We make it through second pass today as we trek to Gokyo from Dzongla via Cho La pass. This trek takes us 7-8 hours. Over night at Lodge.

Day 15 Another day at Gokyo: Climb Gokyo Ri (5357m), tour 4th and 5th Gokyo lakes: 3 - 4 hours

- Time : 4 hours
- Max Altitude : 5357m

Accommodation: Hotel/Cottage

Meal: BLD

It’s our rest day in Gokyo. We climb Gokyo Ri and tour 4th and 5th Gokyo lakes reflecting mighty mountains. We trek only for about 3-4 hours today. Over night at Lodge.

Day 16 Gokyo to Marlung (4210m) via Renjo La Pass (5360m): 7 - 8 hours

- Time : 8 hours
- Max Altitude : 5360m

Accommodation: Hotel/Cottage

Meal: BLD

Today includes a trek from Gokyo to Marlung via our final pass, Renjo La passes at an altitude of 5360m. This takes us just about 7-8 hours. Over night at Lodge.

Day 17 Marlung to Namche Bazaar: 5 - 6 hours

- Time : 6 hours
- Max Altitude : 4400m

Accommodation: Hotel/Cottage

Meal: BLD

We are now on our way back to Namche Bazaar from Marlung. We need to trek for 5-6 hours making it back to the homeland of Sherpas. Over night at Lodge.

Day 18 Namche Bazaar to Lukla: 6 - 7 hours

- Time : 7 hours
- Max Altitude : 4400m

Accommodation: Hotel/Cottage

Meal: BLD

This is our final trek day which requires us to trek for 6-7 hours to get back to Lukla from Namche Bazaar. Filling our minds with final glimpses of stunning mountains and local villages, we make it back to Lukla. Over night at Lodge.

Day 19 Lukla to Kathmandu: 40 minutes flight

- Time : 40min
- Max Altitude : 1350m

Accommodation: Hotel/Cottage

Meal: BLD

Taking our flight from Lukla airport located between vibrant green hills, we return back to the busy city of Kathmandu within 40 minutes. Evening farewell Dinner. Over night at Lodge.

Day 20 Final Departure

- Time : Null
- Max Altitude : Null

Accommodation: Null

Meal: Null

Hoping that you enjoyed this long trip to Nepal, we escort you back to the airport as you bid farewell to this culturally and naturally rich country.

Cost Include

- All airport transfers
- Accommodation in Kathmandu
- Farewell Dinner
- Tea-house Lodge during the Trekking
- Experience, Government Licensed English-speaking Guide
- Beautiful Finisher Medals for every trekkers
- Porters : 2 Member one porter
- Domestic Airfare/ Ktm-Luckla-Ktm. Airport Tax
- All your standard Meals (breakfast, lunch and dinner) during the trekking.
- All Trekking permits and Necessary documents
- Sleeping bag, Duffle bag by company
- Staff insurance, medication and equipment,
- First Aid Kit and Special Care
- Rescue arrangements for our clients
- All Govt. and Local Taxes
- Trekking Certificate from Destination Unlimited Treks

Equipment List & Gear Guide

Hello Worlds

Cost Exclude

- International airfares
- Travel/trekking insurance
- Kathmandu sightseeing Entrance fees
- Nepal entry visa fees.
- Mountain rescue charges or insurance
- Bottled drinks on trek (cold and alcoholic) and Hot Drinks
- Lunch and dinner during your stay in Kathmandu.
- Additional food or drink on trek in addition to three standard meals
- Personal expenses, Emergency Expenses, road blocked, snakes, desert.etc
- Tips, Hot Showers
- Which is not mentions in Cost Included Section.
