



Everest High Passes Trek

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

Duration

20 Days

Per Person Cost

USD 2300

Difficulty

Strenuous

Group Size

1-16

Maximum Elevation

5555 meters

Accommodation

3-4 star hotels in Kathmandu and teahouses during the trek

arrival_on

Kathmandu

Meals

All meals during the trek and breakfast in Kathmandu

Departure

Kathmandu

Trip Route

Nepal

Highlights Of Everest High Passes Trek

Trek to Everest base camp, which takes you to the foot of the tallest mountain in the world

Enjoy views of Mt Everest from Kalapathhar.

Explore the stunning Gokyo Valley and Gokyo Lakes.

Hike the three highest passes in Nepal: Renjo La Ma, Cho La, and KongMa La Pass.

Get the stunning view of the mountains, like Mount Everest, Ama Dablam, Lhotse, Nuptse, and Cho-Oyu.

Stroll Namche Bazaar and visit attractions like the Sherpa Museum and the Everest View Hotel.

Overview Of Everest High Passes Trek

The Everest High Passes trek is an arduous trek for adventure enthusiasts. It is a prototypical trek that offers picturesque views of mountains such as Cho Oyu, Mount Everest, Lhotse, Mt Makalu, and Ngomzumpa Glacier- the largest Himalayas in Nepal.

The appealing Gokyo Lake is pleasurable to your eyes beyond measure. *As we trek towards Namche Bazar, Mt Everest- the tallest mountain in the world, gets taller with every step we take.* One of the exceptional features is the sight of the gigantic ice ridge between Cho Oyu and **Gyachung (2922m)**, located in the Khumbu region. We can also hike up to Everest View Hotel, the highest-placed hotel in the world.

The 21-day long trip begins right after you land at Tribhuvan International Airport, followed by the Welcome Dinner that Naata Trek organizes. It continues with sightseeing of UNESCO world heritage sites (Pashupatinath Temple, Boudhanath, and Patan Durbar Square).

The Journey to Everest High Passes Trek

The Everest High Passes Trek begins long before the trek starts. After a **35-minute flight** from Kathmandu, we land at Lukla Airport, which is an adventure in itself. We spend the next few days trekking and merging with the Sherpas. We stay at local lodges and trek into the astonishing Sherpa villages.

Sherpas-the Mountain people who pioneered climbing—mainly inhabit the trek route. We will spend our break days in the villages of Namche bazaar. That will give us time to explore the region and adjust, which is pivotal. Our primary quests will be crossing the three passes and the base camp. We return to Namche at a comfortable pace. We finally returned to Lukla to board our flight back to Kathmandu.

Everest High Passes trek is for those urged to trek in the Everest region by crossing high passes in the turf. Nonetheless, [Everest Base Camp Trek](#) is perfect for trekkers who want to keep their foot on the base camp of the world's tallest mountain. The Everest Classic Trek is the other option for those who wish to conquer high mountain passes in the [Everest region](#).

Trip Itinerary

Day : Arrival in Kathmandu

Upon your arrival at the Tribhuvan International Airport, a representative from Naata Trek and Tours will be waiting for you at the airport, displaying a playing card imprinted with your name. They will then transfer you to the designated hotel. In the evening, we can enjoy a welcome dinner hosted by Naata Trek and Tours. We can enjoy Nepalese cuisine during dinner, which introduces us to the country's food culture.

Accommodation

3- star hotel

Meals:

Dinner

Altitude:

1350 meters

Day : Kathmandu sightseeing

After breakfast, we will have a pre-trip meeting to introduce you to your Guide. During the meeting, you can provide any queries regarding the trip.

We visit Boudhanath Stupa, one of the most significant Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa, we visit Pashupatinath Temple, the most famous Hindu temple in the country. It is located on the banks of the holy Bagmati River.

Here, we see Hindu holy men (sadhus) meditating, pilgrims bathing, and occasionally funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, a collection of pagoda and shikhara-style temples grouped around a fifty-five-window palace of brick and wood. The attractions of the Bhaktapur Durbar Square are the Lion Gate, the Golden Gate, the Palace of Fifty-Five Windows, art galleries, and the Statue of King Bhupatindra Malla.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

1350 meters

Day : Fly to Lukla and trek to Phakding

We take an early morning flight to Lukla, where all Everest treks begin. After landing in Lukla, we meet the rest of the team, including our porters, and get set for the trek. We walk on a trail that gradually descends to Cheplung village, where we can get a brief view of Mt. Khumbila. It is a sacred mountain that has never been climbed. From here on, we gradually descend to Phakding.

Time:

3-4 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

2651 meters

Day : Phakding to Namche Bazaar

After breakfast, we continued our trail, passing through a pine forest and Benkar Valley. We cross the Dudh Koshi River, and after passing through the villages of Chumoa and Monjo, we reach the entrance of Everest National Park. The trail then ascends steeply, and after ascending for a while, we reach Namche Bazaar, the biggest town in the Everest region. We stayed the night in Namche Bazaar.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

3438 meters

Day : Namche Bazaar: acclimatization

We have one of the best days today. We spend a day or two in Bazaadays to acclimate to acclimatization and the thinning air. We tour the town with everything in its locker, like ATMs, internet cafes, restaurants, government offices, etc. We also tour Sagarmatha National Park and enjoy the views of Mt. Everest, Lhotse, Nuptse, Ama Dablam, Thamserku, Kongde, and many more. We also visited the Hillary School and monastery, which houses a yeti scalp. We can also hike to Khumjung village if time permits. We stayed the night in Namche bazaar.

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

3438 meters

Day : Namche bazaar to Tengboche

We have an early morning breakfast and start the trek with the well-known descent to Dudh Koshi River and the equally impressive ascent through rhododendron forests to Tengboche. We can get clear [views of Mount Everest](#), Lhotse, Nuptse, Ama Dablam, and Thamserku while descending the Dudh Koshi River. Once we reach Tengboche, we will visit Tengboche Monastery, the largest monastery in the Everest region. We stayed the night in Tengboche. We stayed the night in Tengboche.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

3870 meters

Day : Tengboche to Dingboche

In today's trek, we descend through a forest of birch, conifers, and rhododendrons with views of Mt. Everest, Lhotse, and Ama Dablam to give us company. The trail then dives into Imja River and takes us to Pangboche. We ascend to upper Pangboche, where there is Pangboche Monastery. The trail leads us to Imja Valley, Lobuche River, and Dingboche. We stayed the night in Dingboche.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

4360 meters

Day : Dingboche acclimatization

Dingboche is a small Sherpa village with around 200 inhabitants as of the 2011 census. It is also a usual

stop for trekkers and climbers headed to Mt. Everest, Ama Dablam, or Imja Tse. There is also a helipad and an internet café (using satellite technology). Just an hour's walk from Dingboche is Nagarjung Hill, from where we can get great views of the Himalayan range. We stayed the night in Dingboche.

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

4360 meters

Day : Dingboche to Chhukung (4750m), climb Chhukung Ri (5,546m)

Today's trail is an even mixture of ups and downs and passes through stone-walled fields, Imja Khola Valley. We then enter into glacier moraines amid the colossal Himalayas and walk further to Bibre, a yak herdsman place. We continue forward, and icy streams intersect the trail in some sections. We walk for around half an hour from there and reach Chhukung. We have lunch and resume our trek towards Chhukung Ri and the trail, which is comparatively easy. It's the first of the three passes that we have to cross. Once we reach the top, we will be pleased by the views of Ama Dablam and Amphu Labcha peaks, which we can spot directly across the valley. We descend back to Chhukung for a night halt.

Time:

6-7 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

5546 meters

Day : Cross Kongma La pass (5,535m), Trek to Lobuche (4,940m)

We have a long day ahead today, so we begin early. We climbed for 8 hours to reach the highest point of our trip, Kongma La Pass. There are two trails; one is the trail over a hill northwest of Chhukung over the Nuptse Glacier moraines, and the other is back to Bibre and trek on the trail above the Niyang Khola. Depending upon the circumstances, we take one of those trails and reach Kongma La pass, marked by cairns and Buddhist prayer flags. The descent from the pass is the hardest part of the trail today. We climb a moraine, and the trail turns north through Khumbu Glacier, which takes us to Lobuche. We stayed the night in Lobuche.

Time:

7-8 hours

Accommodation

Tea houses

Meals:

Breakfast, Lunch and Dinner

Altitude:

5535 meters

Day : Lobuche to Gorak Shep (5,170m), visit Everest Base Camp (5,364m)

We take the trail to Everest Base Camp through the once-vast Gorak Shep Lake. Continuing straight

ahead, we come across Indian army mountaineers' memorials. We must follow our guide as the trail from here can be misleading. The walk is rather laborious due to the thin air. We walk through rocky dunes, moraines streams, and along the Khumbu Glacier, after which we reach Everest Base camp. This is the closest you can get to Mount Everest without actually doing expeditions. We trek to the Everest base camp and enjoy the scenery up there. During the springtime, we can see colorful tents of expedition teams against the grey surroundings. The view of the Khumbu Icefall and the surrounding mou

Time:

6-7 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

5364 meters

Day : Gorak Shep to Kala Patthar (5,555m), then trek to Lobuche (4,940m)

We embark on our trek to Kala Patthar before dawn to catch the astounding views of the first ray of sun shining on Mt. Everest. The trek today is challenging as we have to walk in the dark in cold temperatures, but the close-up views of Mt. Everest and other peaks from Kala Patthar are always worth it. After spending some time in Kala Patthar, we descend towards Lobuche, a small village surrounded by the Rocky Mountains and the Himalayas. We stayed the night in Lobuche.

Time:

8-9 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

5555 meters

Day : Lobuche to Dzongla

From Lobuche, we trek downhill on a trail along the Khumbu Glacier. After walking for a few hours, the trail divides into two, and we take the trail on our right. We pass through a stupa and tombstones in the distance and get good views of Awi Peak. We ascend for a while and come across Chola Tsho Lake nearby. We cross the Chola Khola on a bridge before reaching Dzongla, where we stay the night.

Time:

4-5 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

4830 meters

Day : Trek to Gokyo (4,800m) via Cho La Pass (5,368m)

We must start our trek early to dodge the cold, solid winds of midday time and cross Cho La pass. As we gain elevation, Cho La Lake begins to appear. Today's trail will be difficult due to the steep ascent, high elevation, and loose rocks. The final climb to the pass can be tricky as the windy trail rounds off a fissure. Cairns and prayer flags sign on the top of the pass. The scenery of the majestic peaks surrounding us is a sight to behold. After spending some time there, we descend on the long but easy trail to Thangnak. After we cross the Cho La Pass, the trail brings us to the fringes of the Ngozumpa glacier, Nepal's longest glacier. We come across the 2nd lake of the total six, the Gokyo Lake. A short distance away is the third Gokyo Lake. On the edge of this lake lies the Gokyo village, where we stay the night.

Time:

7-8 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

5368 meters

Day : Climb to Gokyo Ri

We start the day with a steep ascent up to the top of Gokyo Ri, standing at 5,483m. The views of the incredible mountain vistas from Gokyo Ri are mesmerizing. We can also tour the 4th Gokyo Lake, just 3 kilometers north of the village of Gokyo. We then continue our trek to the 5th lake and reach the 'Scoundre's Viewpoint' at the lake's edge. The views of Cho-Oyu, Gyachung Kang, Everest, Lhotse, Nuptse, and Makalu mountains and the enormous Ngozumba Glacier are marvelous. We stayed the night in Gokyo.

Time:

3-4 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

5483 meters

Day : Gokyo to Marlung (4,210m) via Renjo La Pass (5,360m)

We have a long trek ahead today, so we set off early in the morning. Our trail runs alongside Dudh Pokhari Lake for a while, and we walk for around two hours before descending towards the Renjo La pass. On the way, we are greeted by splendid views of the Himalayan and Rolwaling ranges. Once we reach the top of the pass, we will see the opinions of M.t. Everest and Gokyo Lakes are certainly willing. Continuing from the pass, the trail curves down to a stone staircase and reaches the south bank of ANgladumba Tsho Lake.

Along the way, we will also come across Relama Tso and Renjo Lake. We then walk down a narrow valley engulfed with giant boulders to Lumde, and walking further for an hour or so; we reach Marlung on the east bank of Bhote Koshi River. We stayed the night in Marlung.

Time:

7-8 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

5360 meters

Day : Marlung to Namche Bazaar

We descend on a traditional Tibetan Traders route from Marlung to Thame. Then, we cross the Bhote Koshi River and then descend to Taranga. We continue our descent and cross two bridges before reaching Thame. A famous Gumpa is situated on a hill to the west overlooking Thame. We continue on a trail through a few small villages before reaching Namche Bazaar. We stayed the night in Namche Bazaar.

Time:

5-6 hours

Accommodation

Tea house or Guest house

Meals:

Breakfast, Lunch and Dinner

Altitude:

3448 meters

Day : Trek to Lukla (2804m)

Today marks the end of our trek, and we finally return to Lukla, which was the starting point of our trek. We have plenty of time today to roam around and appreciate personal and our team's achievements in accomplishing the strenuous trek. Nonetheless, the celebration can be prolonged with a few drinks in the evening. We stayed the night in Lukla.

Time:

5-6 hours

Accommodation

Tea house

Meals:

Breakfast, Lunch and Dinner

Altitude:

2804 meters

Day : Flight from Lukla to Kathmandu

We board the earliest possible flight to Kathmandu, giving us the last glimpse of the splendid mountain ranges. It takes us about 35 minutes to reach Kathmandu.

You also have the option to extend the trip by doing tours and going on a jungle safari.

Accommodation

3-4 star hotel

Meals:

Breakfast

Day : Leisure Day and Farewell dinner in Kathmandu

We have an extra day to buy souvenirs or do or see anything that you feel you have missed. We also have taken this day off in case the flight from Lukla to Kathmandu gets canceled due to bad weather. Tonight Naata Trek and Tours will also organize a THANK YOU farewell dinner program where we can recollect all the fond memories of our trip.

Accommodation

3-4 star hotel

Meals:

Breakfast and Dinner

Altitude:

1350 meters

Day : Departure to the International airport

Our trip concludes today, and a representative from Naata Trek and Tours will escort you to the international airport for your departure.

Trip Includes

- Airport pickups and drops in a private vehicle
- 3-star hotel accommodation in Kathmandu with breakfast
- Teahouse accommodation during the trek
- All meals (breakfast, lunch and dinner) during the trek
- Welcome and farewell dinners
- All ground transportation on a comfortable private vehicle as per the itinerary
- Domestic flights (Kathmandu- Lukla -Kathmandu)
- Guided city tour in Kathmandu by private vehicle
- Entrance fees for sightseeing/monument visits as per the itinerary
- An experienced, English-speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide)
- Porter service (2 trekkers: 1 porter)
- Staff costs including their salary, insurance, equipment, domestic airfare, food and accommodation
- Down jacket and sleeping bag (to be returned after trip completion)
- Naata Travel & Adventures's trekking bag/duffel bag, t-shirt and trekking map are yours to take
- All necessary paperwork and trekking permits (National Park Permit, TIMS)
- Medical kit (carried by your trek leader)
- All government and local taxes

Trip Excludes

- Nepalese visa fee

- Excess baggage charge(s)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Travel and rescue insurance
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guide(s), porter(s) and driver(s)
- All other not mentioned in cost includes section

Additional Trip Information

Scenery During the Trek

Be it any trek in the Everest region, you are guaranteed views. *The views you get throughout the trek are amazing.* The views of the broad Gokyo Valley, Ngozumpa glacier, and the turquoise waters of Gokyo Lake are incredible. We also visited Tengboche monastery, the biggest and arguably the most prominent monastery in the Khumbu region. We also cross beautiful Everest 3 passes in Kongma La Pass, Cho La Pass, and Renjo La Pass. However, we get splendid views of Everest, Ama Dablam, Nuptse, and Lhotse, among other mountains.

What to Expect on the Everest High Pass Trek

The Everest High Passes Trek, a thrilling odyssey in Nepal, leads you to the three highest passes in the country. This trek is not just an adventure but a pulse-quickenning thrill ride amidst the awe-inspiring Khumbu moraines. Let's explore the Everest High Pass Trek and the excitement it holds.

1. The EBC High Passes trek goes further than the simple EBC trek and offers the adventure of a lifetime as you climb the peaks of three high passes.
2. You will stroll through astonishing Sherpa villages, meet new people, and learn about their culture.
3. During your Everest High Pass trek, you will explore places with different terrains and vegetation. From sub-tropical barren lands to hilly rhododendron forests to rocky peaks and valleys to snowy mountains, everything is in store in this trek.
4. Throughout the trek, you can witness majestic and breathtaking views of the different terrains. You will also see amazing views of mountains like Mount Everest, Ama Dablam, Lhotse, Nuptse, Cho-Oyu, etc.
5. After departing from Gokyo Ri, you must cross the Renjo-La pass (5360 m) to reach High Camp. Like Gokyo Ri, the Renjo-La Pass offers even more stunning views of the Himalayan Mountains.

Trek Route

The Everest High Pass Trek route is fascinating and beautiful. *It takes you to the depths of the Khumbu region, and it is one of the most beautiful routes not only in the area but also in Nepal.* The route takes you to the majestic high passes of the Khumbu region, where you will sense the thrill and adventure of the Himalayan trekking.

The tour first starts with the majestic mountain flights to Lukla. After landing in Lukla, we'll walk from Lukla to **Phakding (2,650m)** to adjust to the higher altitude. We'll trek from Phakding to Namche via Sagarmatha National Park the next day. Once in Namche (3,440m), we'll take a day to acclimate and have the option to visit Khumjung, the Hillary School, and Syanboche Airport. At Namche Bazaar, you'll find everything you need, from gear for the trek to various food and drinks.

From Namche, our route takes us towards Thame, then to Lungden. We'll cross the **Renjo La Pass (5,360m)** and enter the Gokyo Lakes region. A pause in Gokyo Village allows us to acclimate, during which we'll hike to **Gokyo Ri (5,350m)** for awe-inspiring views of Everest, Chalotse, and Taboche mountains. The Gokyo region is home to some of the most stunning oligotrophic lakes, which we'll have the opportunity to visit and admire, leaving you amazed at the beauty of nature.

Now, it's time to leave the amazing Gokyo behind us and continue to Thangnak, which leads us to Dzongla. This route allows you to explore the exhilarating **Cho La Pass (5,420m)**, the second-highest pass in the Everest region. *Reach the top of Cho La Pass and witness majestic mountain peaks like Mount Lingtren, Pumori, Nuptse, and Lhotse, feeling the rush of adventure and the thrill of conquering the past.* Now it's time to move from Cho La Pass and reach Lobuche, which means you are back on the EBC trek route and then head towards exploring Everest Base Camp.

After spending some time in the base camp, you will return to Gorakhshep and continue to the third pass in Kongma La Pass. You will now retrace your steps and return to the route you came from via Chukkung and Tengboche. Next, you will reach Namche and then drop by Monjo. From there, you will Phakding, Lukla, and then board a flight to Kathmandu, concluding your amazing Everest Three Pass Trek.

Best Time for the Trek

Spring season (March to May)

Spring is one of the best seasons to undertake any trek or expedition in Nepal. As it falls in the pre-monsoon time of the year, the weather is neither too hot nor too cold. The daytime is excellent, with only a much-needed evening chill for a sense of adventure.

Autumn season (September to November)

The autumn season is probably the busiest time in the Himalayas. This time of the year also coincides with the festive season in Nepal, and you will also get a taste of Nepalese festivals. During the post-monsoon time of the year, you get unobstructed views of the mountains, and the colors around the trail are vibrant, too.

Renjo La Pass

Renjo La is the most accessible pass among the three on the Three Passes Trek in Sagarmatha National Park, Nepal. It connects the Gokyo Lakes area to a lesser-visited western valley. **At 17,560 ft / 5,360 m**, it is the lowest of the three passes and does not require crossing a glacier. Among the three passes, Renjo La Pass is considered the easiest. However, it doesn't mean that it is not challenging. Renjo La Pass has a lower altitude than the three passes, so you don't have to climb higher than the other two.

Cho La Pass

Cho La Pass is another viral pass you will explore during your Everest Three Pass Trek. The second pass you visit in your treks connects Everest Base Camp with [Gokyo Valley Trek](#). The terrains around the Cho La Pass are covered with ice and glaciers, so you must be wary of the slippery path and rugged terrain.

Regarded as the hidden jewel of the Khumbu region, Cho La Pass has become a significant attraction due to its terrific adventure and stunning mountain views. The trekkers visiting the Khumbu region and trekking through the Gokyo Valley are more familiar with the Cho La Pass.

Khongma La Pass

Among the three passes, Kong La Ma is the most difficult compared to the other two. *It lies in the easternmost part of Nepal, and despite being quite challenging to scale, keep in mind that it is not impossible.* In some cases, the trekkers trek the Everest Three Passes counterclockwise, which means Kong La Ma Pass is visited first, but there are instances where it is the last pass on the line for the trekkers.

The highest pass makes Kong La Ma the most challenging trek. At over **5,550 m**, the Kong-La Ma is even higher than the Everest Base Camp, and the trails to reach it are more demanding than you have to pass through glacial terrains and quick ascents. Often, due to its reputation of being the most challenging pass, the trekkers skip this pass, but we highly recommend that you keep this trek a try.

Imja Khola

Imja Khola is another major attraction of the Everest Three Pass trek. *It is a small river in eastern Nepal that flows into the Dudh Kosi River. Snow melting from the Khumbu glacier mixes with the Lobuche River, which flows as the Imja Khola in the southern area.* The majestic white river of Imja flows towards the Terai region and mixes with the Dudh Koshi River.

On their way to the Everest trek, trekkers will get their first glimpse of Imja Khola. The Imja Khola lies between two Sherpa villages, Tengboche and Dingboche. Trekkers will pass through the suspension bridge over Imja Khola as they move past Tengboche. Dingboche, also known as the 'Summer Valley' of the Khumbu, has a long wall that protects the village's crops from the cold winds in the Imja Valley.

Food and Accommodation

You will get the customary Nepali dish (dal, bhat) everywhere. Besides that, there will be options for other Nepalese dishes such as dumplings, roti tarkari (bread and curry), momo (dumplings), and Thukpa (Tibetan noodle soup) at every stop you make. There will also be options for Western dishes such as

pasta, pizza, omelets, oatmeal, macaroni, etc. However, you will be taking a packed lunch on your summit day.

The accommodation during the trek will be rather basic, and we will stay in teahouses. The rooms will be shared between **2-4 people**, and the bathrooms will also be shared. The teahouses will be reasonably clean and offer decent food choices. The lack of amenities is made up for by the hospitality of the Sherpa people, though. Once you reach Lobuche base camp, you will stay in tented camps.

Permit Required For Everest High Passes Trek

You will need two types of permits for this trek. You will require a Sagarmatha National Park and a local area to perform this task. You can get a license for the local area near Namche Bazaar in the Khumbu region. You can get the Sagarmatha National Park permit either from the Tourism Board in Kathmandu or at the entry point of the National Park.

Travel Insurance

It would be best to be insured before taking any trekking expedition tour in Nepal. However, Naata Travel & Adventures doesn't provide insurance, and you would have to take insurance before your trip commences. Please note that you must take insurance with all coverages, including high-altitude evacuation, thefts, loss, and trip cancellation, which is required for expeditions and trekking.

Transportation Facilities

During your Everest Three-Pass Trek, you will board two modes of transportation, and they are:

Flight

The primary mode of transportation you will board is flight. You will board the flight either from Kathmandu or Ramechhap to Lukla. Lukla is among the most dangerous airports in the world. The runway of the Lukla airport is relatively small, and since the geographical location is also in a remote area.

Jeep

Another common way of transportation that you will use during your Everest Three Pass Trek is the Jeep. The shared jeep is the best travel method since the terrain is much more challenging in the rugged Khumbu region. They are more expensive, but if you don't have an issue with finances, you can also hire private jeeps, which are a bit more expensive.

A Typical Day in Trek

The typical day in Everest High Passes Trek begins around **6 AM**. **From 6: 30 to 7**, you will have a delicious breakfast at the teahouse where you are staying. After breakfast, your trek begins at 7 AM, and you will continue at about noon for about five hours. From 12 PM to 1 PM, you will generally stop at some location for lunch.

From 1 PM to 4 PM, after lunch, you will continue trekking to the day's destination. Sometimes, there

might be some changes in your trek so that you might reach your teahouse around 5 PM. From **5 PM to 8 PM**, stroll the local areas and villages, explore monasteries, and get familiar with the local people. At 8 PM, enjoy dinner in the teahouse where you are staying. Finally, starting at 9 PM, it is wise to go to bed. Going to bed early will give you plenty of rest from the hard day trek and will prepare you for the next day.

Guide/Porter

You will be provided with a licensed trekking guide for the trip who will be well-versed trekking in the Everest region. Depending upon the group size, you will also be provided with an assistant guide if the number exceeds seven. As for the porters, every porter there to assist you will only carry **20 kg**.

Equipment and Gear

The equipment required for the Everest three-pass trek is as follows,

Clothing

- Head: Sun Hat, Head Lamp, Glacier Sunglasses, Head Scarf.
- Hand: Light Liner gloves, Fleece gloves, and Expedition Mittens.
- Lower Body: Lightweight pants, waterproof shell pants, Fleece or woolen trousers, Hiking Shorts
- Feet: Lightweight socks, woolen socks, Cotton socks, Gaiters

Miscellaneous:

Sleeping bag, Inflatable sleeping mat, water bottle, small travel bag, duffel bag, small padlocks, Pee Bottle, Pee funnel for women, Swiss knife, Toiletry bag

Medical:

First-aid kit, water purification tablets, anti-mosquito cream, anti-altitude sickness pills such as Diamox or Acetazolamide, Earplugs, Anti-Diarrhea pills, Blister repair kits, Antibiotics for a chest infection, and sunscreen.

Frequently Asked Questions

What is the best time of the year to trek the three passes?

The best trekking season for the three-passes trek is spring (march to May) and autumn (September to November). In both these seasons, the weather and climate are appropriate for trekking, and you will also get to see the clear views of the skies and mountains.

How challenging is the Everest three-pass trek?

It's one of the most challenging treks in the Everest region. The long duration, exposure to high altitudes throughout your trek, and the area's varied terrain make the Everest three passes a challenging trek. Moreover, the three high passes demand good fitness to complete this trek.

Do you need special permits for the Everest High Passes trek?

You do not need any special permits to trek through the passes. However, you will require a Sagarmatha National Park permit, which you can get from the Tourism Board in Kathmandu or at the national park's entrance. The local area permit can only be issued from the national park's entrance.

What is the highest elevation in the Everest three-pass trek?

The highest elevation gain is Kalapatthar, 5,555 meters above sea level. During your Everest Three-pass trek, you will also explore the EBC trek routes, including the amazing Kala Patthar, where you can see stunning mountain views, beautiful sunrises, and sunsets.

What kind of physical fitness is required for the Everest three-pass trek?

It would help if you were in good physical shape to accomplish your goals efficiently and make your trekking experience worth it. The three high passes pose an excellent difficulty, and you should stay in shape before embarking on this trip.

What should I pack for Everest High Passes Trek?

First, pack appropriate clothing for all climates, from warm to extremely cold. Second, you must pack the equipment to trek in the snowy peaks and valleys. Remember that the Everest High Pass Trek is challenging in remote areas, so you must pack lightly but don't miss out on the essentials.

Is KongMa La Pass higher than Thorong La Pass?

Yes. KongMa La Pass is higher than Thorong La Pass. KongMa La Pass's highest elevation is 5,550m, whereas Thorong La Pass's is 5,416m. Cho La Pass is also higher than Thorong la Pass, whereas Renjo La is lower.

How long does an Everest High Pass trek take?

The Everest High Passes trek is one of the most extended treks in Nepal. On average, it takes about 20 to 21 days to go from Kathmandu to explore three passes, such as Everest Base Camp, and then return to Kathmandu.

Will I need crampons for the Everest High Pass Trek?

You need crampons for Everest High Pass Trek if you are trekking during winter or monsoon season. Due to rain and snow, the trails become challenging to walk in those seasons, and steep ascents are slippery. However, you don't need to carry crampons if you trek in ideal seasons like Spring and Autumn.

How long until I show altitude sickness symptoms during my Everest High Passes Trek?

Generally, 12 to 14 hours after arriving at an altitude of over 4000m, your body starts showing the symptoms of altitude sickness. The severity of the altitude sickness symptoms depends on how mildly you are affected. Altitude sickness symptoms range from coughing, fever, and vomiting to difficulty

breathing, swollen heart and brain, etc.

Can you get electricity and Wifi access during your Everest High Passes Trek?

Yes, you will have access to electricity to charge your electronic devices as the Khumbu region has solar panels and hydropower sources to generate electricity. On the other hand, the WIFI access is limited, and you may have to use a hotspot. You may have to pay extra for Wi-Fi or internet services in some teahouses.

What is the elevation of Camp 3 on Everest?

The elevation of Camp 3 on Everest is situated over an altitude of 7163m. The camp is the resting spot for the trekkers just below the death zone, where you can't stop and must keep moving.

Can I go to Everest Base Camp without training?

Technically, you can go to EBC with training; however, it may not be a good idea. For the EBC trek, you must hike for several days and hours each day. Without training, you will get tired and fall sick due to fatigue, high altitude, and dynamic weather. Hence, improving your physical stamina is wise before venturing into the EBC trek.

What are the three best treks in the Everest region?

The three best treks in the Everest region are the Everest Base Camp Trek, Everest High Passes Trek, and Everest Base Camp with Gokyo Lake Treks. All these treks will give you a fantastic adventure in the mountains as you pass through majestic mountain peaks, lakes, and Sherpa villages.

How did altitude sickness improve during the Everest High Pass Trek?

To improve your altitude sickness during any high altitude trek, first, you must figure out the symptoms; second, take medicines like Diamox; and finally, lower the altitude. You don't have a previous medical history. As soon as you lower your altitude, you will feel better immediately.

Address

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