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NEPAL · EVEREST, KHUMBU

Everest Three High Pass Trek

Everest High Pass Trek is an unforgettable Himalayan adventure crossing the three spectacular passes of Kongma La, Cho La, and Renjo La.

TRIP PRICE
$2,500

COST / PRICE $2,500	**REGION** Everest, Khumbu	**DURATION** 20 days	**MAXIMUM ALTITUDE** 5,535 m
BEST SEASON Spring & Autumn	**DIFFICULTY** Challenging	**ACCOMMODATION** Teahouse / Lodge	**TRIP TYPE** trekking

HIGHLIGHTS

What makes this trip special

01 **Cross Three Iconic High Passes: Experience the ultimate Everest adventure by crossing Kongma La, Cho La, and Renjo La, with breathtaking views of Everest, Lhotse, Makalu, Cho Oyu, and Ama Dablam.**

02 **Gokyo Lakes & Himalayan Glaciers: Discover the stunning turquoise Gokyo Lakes, dramatic Gokyo Valley, and vast glacial landscapes, including the spectacular Ngozumpa Glacier.**

03 **Authentic Sherpa Culture & Mountain Villages: Walk through traditional Sherpa communities, visit Buddhist monasteries, and experience the warm hospitality, culture, and spiritual traditions of the Everest region.**

04 **Unforgettable Everest Mountain Views: Trek through Sagarmatha National Park and enjoy constantly changing Himalayan panoramas, from lush mountain forests to dramatic high-altitude landscapes surrounding the world's highest peaks.**

OVERVIEW

Journey overview

The Everest High Pass Trek is an exhilarating adventure that challenges trekkers with the three iconic high passes of the Everest region: Kongma La Pass (5,540m), Cho La Pass (5,335m), and the newly explored Renjo La Pass (5,400m). Ideal for ambitious trekkers, this route offers the thrill of crossing high-altitude passes without requiring technical climbing skills. As you navigate these passes, you'll be rewarded with spectacular views of towering peaks like Mount Everest (8,848m), Cho Oyu (the world's sixth-highest mountain), Makalu, Ama Dablam, Lhotse, and more. The trek also offers breathtaking vistas of glaciers such as Ngozumpa and Khumbu, as well as panoramic views of the Gokyo Valley and its stunning turquoise lakes. Additionally, the journey allows you to immerse yourself in the rich culture and lifestyle of the Sherpa people, who are renowned worldwide for their mountaineering prowess.

Starting with a scenic flight from Kathmandu to Lukla, the Everest High Pass Trek takes you through the heart of the Himalayas, following the Dudh Koshi River Valley. As you trek, you'll pass through lush forests of rhododendron and pine, traverse the Sagarmatha National Park, and visit picturesque Sherpa villages like Phakding, Namche Bazaar, and Tengboche. The journey is filled with unforgettable sights, including terraced farms, cascading waterfalls, and the majestic Himalayan panorama. Along the way, you'll also have the opportunity to explore the UNESCO-listed Sagarmatha National Park, home to diverse flora and fauna, including the elusive snow leopard, red panda, and Himalayan tahr. The warm hospitality of the Sherpa people and the vibrant culture of the region will leave a lasting impression.

Is this Everest Base Camp Trek trek suitable for you?

This trek program is designed with a strong focus on acclimatization, offering a comfortable pace with strategically placed stops to ensure your safety and well-being. If you're physically fit and have experience with multi-day treks, and you're seeking a challenging high-altitude adventure, then the Everest High Trek is highly recommended for an unforgettable Himalayan experience! Expect to walk an average of 5 to 7 hours per day. You'll only need to carry a daypack, as porters will manage the rest of your gear.

Best Time to Go

The best time to trek to Everest High Pass Trek is during the spring (March-May) or autumn (September-November) seasons. These periods offer stable weather, clear skies, and minimal rainfall, providing optimal conditions for trekking. However, remember that these are peak seasons, so expect more crowds and higher prices.

DAY-BY-DAY ROUTE

Itinerary

A clear breakdown of each day of the trip.

DAY 1

Fly to Lukla, Trek to Phakding 2,610m

Your Himalayan adventure begins with a scenic flight to Lukla. From the mountain airstrip, trek through beautiful Sherpa villages, pine forests, and along the Dudh Koshi River to Phakding, where you spend your first night in the Everest region.

DAY 2

Trek to Namche Bazar 3,410m.

Follow the Dudh Koshi River through forests and traditional villages before entering Sagarmatha National Park. Cross several suspension bridges and gradually climb toward Namche Bazaar, the vibrant gateway to the Everest region.

DAY 3

Acclimatization Day in Namche Bazar

Take a well-deserved acclimatization day in Namche. A short hike to the Everest View Hotel offers spectacular views of Everest, Ama Dablam, Lhotse, Nuptse, and surrounding peaks. Explore the Sherpa town and allow your body to adjust to the increasing altitude.

DAY 4

Trek to Tengbuche 3,855m.

The trail climbs gradually above the Dudh Koshi Valley with magnificent mountain views throughout the day. Continue through rhododendron and pine forests to Tengboche, home to the famous Tengboche Monastery and one of the region's most beautiful mountain panoramas.

DAY 5

Trek to Dingbuche 4,410m.

Descend through the forest toward Deboche before crossing the Imja Khola. The trail then climbs gradually toward Dingboche, a beautiful high-altitude settlement surrounded by spectacular peaks including Ama Dablam, Lhotse, and Island Peak.

DAY 6

Acclimatization in Dingbuche

Another important acclimatization day helps prepare you for the high passes ahead. Take a gradual hike toward Nagarjun Hill or Chhukung Valley for impressive views of the surrounding Himalayan giants before returning to Dingboche.

DAY 7

Trek to Chhukung 4,700m.

Leave Dingboche and follow the Imja Valley toward Chhukung. The landscape becomes increasingly rugged as you enter the high Himalayas, with dramatic views of Ama Dablam, Lhotse, Nuptse, and Island Peak.

DAY 8

Trek to Labuche 4,940m. via Khongma La Pass 5,550m.

Today is one of the most challenging and rewarding days of the trek. Ascend toward Kongma La, the first of the three high passes, at approximately 5,535 m. After crossing the pass, descend across the rugged high-altitude landscape toward Lobuche.

DAY 9

Trek to Gorakshep 5,164m. and Sunset walk to Kalapatthar 5,643m.

Continue toward Gorakshep along the glacial landscape beneath towering peaks. After reaching Gorakshep, make the demanding climb to Kala Patthar for an unforgettable sunset over Everest, Nuptse, Pumori, and the surrounding Himalayan range.

DAY 10

Trek to EBC 5,364m. and back to Labuche 4,940m.

Walk along the Khumbu Glacier toward Everest Base Camp, one of the defining moments of the journey. Explore the legendary base camp and surrounding glacial landscape before retracing the trail back to Lobuche for the night.

DAY 11

Trek to Dzong La 4,830m.

Leave the main Everest Base Camp trail and head toward Dzongla. The route passes through dramatic alpine terrain beneath the towering faces of Cholatse and Taboche, with increasingly spectacular views as you approach this remote mountain settlement.

DAY 12

Trek to Thangnak 4,690m. via Chola Pass 5,420m.

Begin early for the second major challenge of the trek: Cho La Pass at approximately 5,420 m. The crossing involves steep and rugged terrain but rewards you with magnificent Himalayan scenery. Descend toward the peaceful settlement of Thangnak beside the Ngozumpa Glacier.

DAY 13

Trek to Gokyo 4,780m.

Continue across the spectacular high-altitude landscape toward Gokyo. Walk beside the Ngozumpa Glacier and turquoise glacial lakes before reaching Gokyo, beautifully situated beside the third Gokyo Lake with Cho Oyu and surrounding peaks towering above.

DAY 14

Trek to Lungden 4,300m. via Renjola Pass 5,360m.

The third and final high pass awaits. Climb steadily toward Renjo La at approximately 5,360 m, where an extraordinary panorama unfolds across Everest, Lhotse, Makalu, Cho Oyu, and the surrounding mountains. Descend toward the remote village of Lungden.

DAY 15

Trek to Thame 3,750m.

Descend gradually through the beautiful Bhote Koshi Valley toward Thame, one of the most historic Sherpa villages in the Everest region. The quieter surroundings offer a wonderful opportunity to experience traditional Himalayan culture away from the main trekking route.

DAY 16

Trek to Namche Bazar 3,440m.

Continue along the valley and gradually descend toward Namche Bazaar. After completing the three high passes, enjoy the easier trail and take time to relax, celebrate, and experience the lively atmosphere of Namche.

DAY 17

Trek to Lukla 2,800m.

The final trekking day follows the Dudh Koshi River through familiar villages, forests, and suspension bridges. Continue to Lukla, where you celebrate the completion of your challenging and unforgettable Everest Three High Pass adventure.

DAY 18

Fly to Manthali and drive to Kathmandu

Take a short morning flight from Lukla to Manthali. From Manthali, enjoy a scenic drive through the hills back to Kathmandu. Arrive at your hotel and conclude your extraordinary journey through the Everest Himalayas.

SERVICES

Included and not included

Included

- √ Arrival & Departure: Airport (Pick Up and Drop)
- √ Hotel Accommodation in Kathmandu: 2 nights hotel in Kathmandu on bed & breakfast Basis- Twin Bedroom
- √ Permit: All necessary paper works
- √ Lodging & Food: Food 3 meals a day (BDL; including black tea) Breakfast, lunch, and dinner from the guesthouses you are staying at. You could pick anything on the menu, which had Western options or Nepali options.
- √ Guide and Porter: Porters (2 trekkers: 1 porter, Max 20kg) during the trek

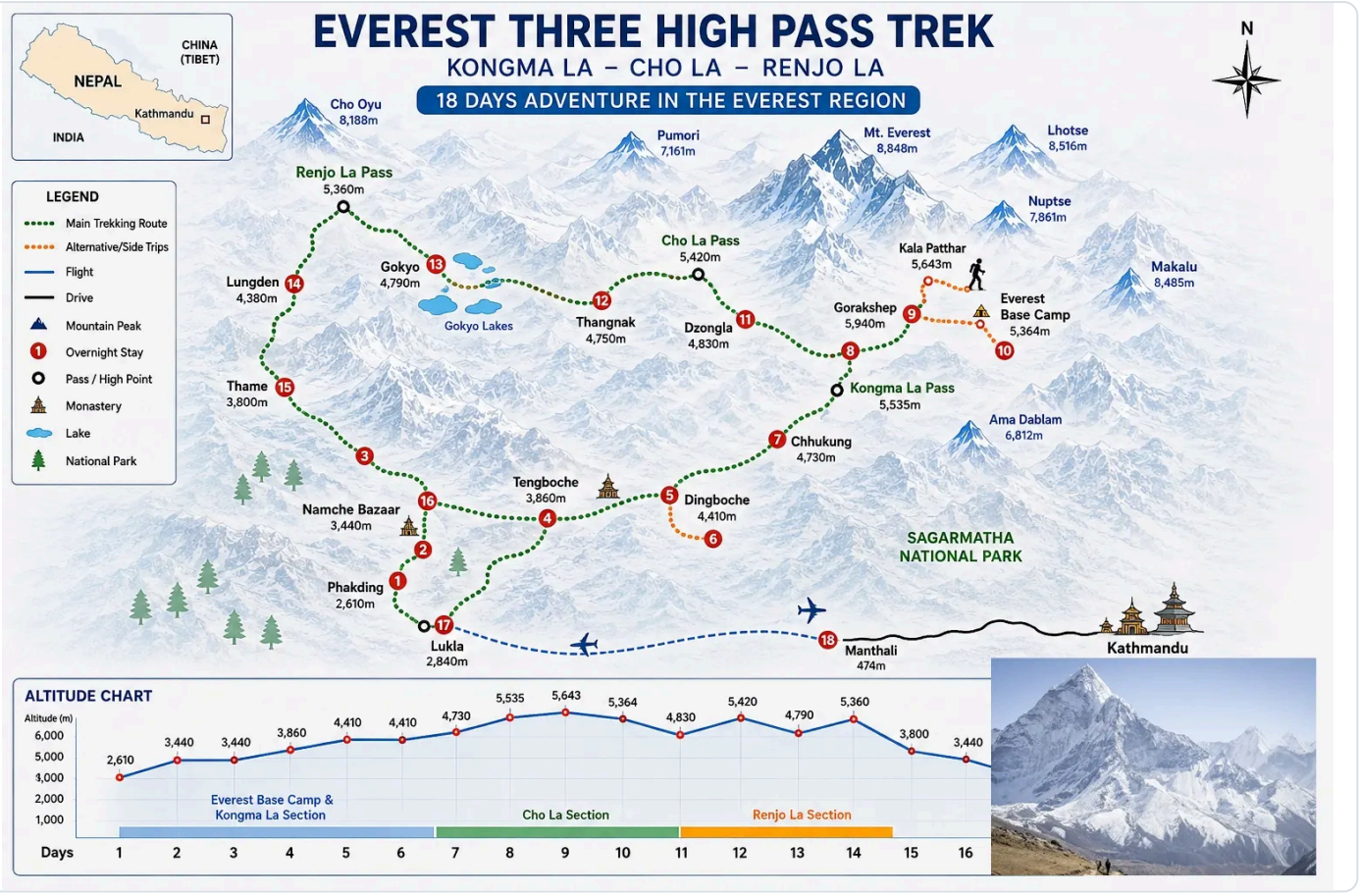
Not included

- – Air Fare: International flight fare (to/from Kathmandu)
- – Nepal entry Visa fee
- – Lunch & Dinner: Lunch & dinner during the stay in Kathmandu and Manthali (also in case of early return from Trekking than the scheduled itinerary)
- – Extra night in Kathmandu: Extra nights' accommodation in Kathmandu. In case of early arrival or late departure, early return from Trekking (due to any reason) than the scheduled itinerary
- – Rescue Evacuation: Medical Insurance and emergency rescue evacuation costs if required. (Rescue, Repatriation, Medication, Medical Tests, and Hospitalization costs.)
- – Personal Expenses: Telephone, Internet, battery recharge, shower, Laundry, any Alcoholic beverages, Boiled, water, beer, coke, and Clothing, Packing Items or Bags, Personal Medical Kit, Insurance, Personal Trekking Gears, and equipment.
- – USD 25 for extra porter per day (If extra porter demanded)
- – Tips: Tips for Guide, porter (Avg. US 12$ per day per person)
- – At times Trekkers have been delayed in Lukla awaiting return to KTM. During these times when airplanes cannot fly, Helicopter flights can be arranged (subject to their availability). The cost is approximately $500-600 paid by the trekker.
- – Any other item not listed in the "Price Includes" section

ROUTE MAP

Trekking & tour route

Key stops, checkpoints, and route trajectory.



PLANNING

Frequently asked questions

How difficult is the Everest Three High Pass Trek?

The Everest Three High Pass Trek is a challenging high-altitude adventure designed for trekkers with good physical fitness and preferably some previous trekking experience. The journey involves long walking days, steep ascents and descents, rugged trails, and three high passes above 5,000 meters. Good preparation, a steady pace, and proper acclimatization are essential.

What is the highest altitude reached during the trek?

The trek reaches some of the highest elevations in the Everest region. The three passes are approximately Kongma La 5,535 m, Cho La 5,420 m, and Renjo La 5,360 m, while Kala Patthar reaches around 5,643 m. Spending several days at high altitude makes gradual acclimatization especially important.

What are the accommodation facilities like?

Accommodation is provided mainly in local teahouses and lodges along the trekking route. Rooms are generally simple, clean, and comfortable, with beds and blankets. Bathrooms are usually shared, and facilities become more basic at higher elevations. Twin-sharing rooms are the standard arrangement, while private rooms may be available in some villages depending on availability.

What kind of food is available during the trek?

Teahouses offer a variety of nutritious meals, including dal bhat, noodles, rice, pasta, potatoes, soups, eggs, vegetables, Tibetan bread, porridge, and momos. Vegetarian options are widely available. Dal bhat is especially popular among trekkers because it provides a filling and energy-rich meal for long trekking days.

Is safe drinking water available during the trek?

Yes. Water can be obtained from teahouses, local water stations, and natural mountain sources. We recommend carrying a reusable water bottle or hydration system and treating the water with purification tablets, a filter, or another reliable purification method before drinking. Bottled water is available in many villages but becomes more expensive at higher elevations.

What is the weather like, and when is the best time to trek?

The best seasons for the Three High Pass Trek are generally spring (March–May) and autumn (September–November), when conditions are usually more favorable and mountain views are excellent.

Mountain weather can change quickly. Temperatures are cold at high elevations, and snow, strong winds, clouds, or icy trails can occur, particularly around the passes. Flexibility is important because conditions can affect the itinerary.

Do I need to worry about altitude sickness?

Altitude sickness is a serious consideration on this trek because much of the route is above 4,000 meters. The itinerary includes acclimatization days in Namche Bazaar and Dingboche to help your body adjust gradually.

Walk slowly, stay hydrated, eat properly, and immediately inform your guide if you develop symptoms such as headache, dizziness, unusual tiredness, or nausea. The guide may recommend rest, descent, or changes to the itinerary when necessary.

How much money should I carry, and are ATMs available?

The official currency of Nepal is the Nepalese Rupee (NPR). ATMs and card facilities are available in Kathmandu and some larger villages such as Namche Bazaar, but they become limited or unavailable in the more remote sections.

It is therefore best to withdraw enough cash before heading toward the high passes. Carry extra money for personal expenses such as snacks, drinks, hot showers, Wi-Fi, charging, and other services not included in your package.

Is tipping expected for guides and porters?

Tipping is customary but not compulsory in Nepal's trekking industry. It is a personal way of showing appreciation for the guides, porters, and support crew who help make your journey possible.

Many trekkers budget around 10-15% of the trekking cost for the entire trekking crew, then distribute it according to the team's roles and responsibilities. The amount is ultimately your personal choice and should reflect the quality of service you received.

What happens if weather or trail conditions make a high pass unsafe?

Safety always comes first. Snow, ice, strong winds, storms, or other mountain conditions can occasionally make one of the high passes unsafe.

If this happens, your experienced guide will assess the conditions and may recommend an alternative route or itinerary adjustment. The Three High Pass Trek requires flexibility because mountain conditions can change quickly, and reaching every pass should never come at the expense of safety.

GALLERY

A glimpse of the journey















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Bookings & Custom Dates

Contact our local team in Kathmandu to reserve your spot or tailor this itinerary.

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