Everest Three Pass Trek

Trip information · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**21 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**5545m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,990 per person**

Trip overview

The Everest Three Pass Trek is one of the most challenging and rewarding trekking routes in the Himalayas, designed for experienced trekkers seeking a complete and adventurous exploration of the Everest region. This epic journey crosses three high mountain passes—Kongma La, Cho La, and Renjo La—linking the main Everest Base Camp trail with the Gokyo Valley and remote Khumbu landscapes.

The trek offers a comprehensive Himalayan experience, combining dramatic high-altitude passes, glacier crossings, remote valleys, and iconic viewpoints such as Everest Base Camp, Kala Patthar, Gokyo Ri, and the stunning Gokyo Lakes. Throughout the journey, trekkers are rewarded with spectacular views of Mount Everest, Lhotse, Makalu, and Ama Dablam.

This trek is considered the ultimate Everest circuit, offering the most diverse landscapes, highest challenges, and richest mountain experiences in the region.

Geography and Landscape

The Everest Three Pass Trek takes place in the Khumbu region of northeastern Nepal within Sagarmatha National Park. The route begins with a flight to Lukla and follows an extensive network of trails connecting major valleys, including the Khumbu Valley, Imja Valley, and Gokyo Valley.

The landscape is extremely diverse and dramatic, featuring lush forests, deep river gorges, alpine meadows, and vast glacial systems. As trekkers ascend, the environment becomes increasingly rugged, with moraines, icy ridges, and high-altitude deserts dominating the terrain.

The trek’s defining features are its three high passes:

- Kongma La (5,535 m) – the highest and most demanding pass, offering raw alpine wilderness and glacier crossings.
- Cho La (5,420 m) – a challenging icy pass connecting the Everest Base Camp and Gokyo regions.
- Renjo La (5,360 m) – a scenic pass with one of the most beautiful panoramic views in the entire Everest region.

Additional highlights include Everest Base Camp, Gokyo Lakes, Gokyo Ri, and Kala Patthar, each offering world-class mountain views and unique perspectives of the Himalayas.

Climate and Best Time to Trek

The best seasons for the Everest Three Pass Trek are spring (March–May) and autumn (September–November). These months offer the most stable weather conditions, clear skies, and safe crossing conditions for high passes.

Spring provides moderate temperatures and blooming rhododendrons, while autumn offers exceptional clarity after the monsoon, making it ideal for panoramic mountain views. Winter (December–February) is extremely cold, and heavy snow can block high passes, making the route suitable only for highly experienced trekkers. The monsoon season (June–August) is generally not recommended due to rain, poor visibility, and slippery trails.

Overall, autumn is considered the safest and most favorable season for completing all three passes.

People and Culture

The Everest Three Pass Trek passes through the homeland of the Sherpa people, whose culture is deeply influenced by Tibetan Buddhism and high-altitude mountain life. Throughout the journey, trekkers encounter prayer flags, mani walls, chortens, and ancient monasteries that reflect the spiritual essence of the Khumbu region.

Key villages along the route include Namche Bazaar, Thame, Dingboche, Lobuche, Gokyo, and Pangboche, each offering unique cultural experiences and traditional Himalayan hospitality. A major cultural highlight is Tengboche Monastery, the spiritual center of the Everest region, surrounded by dramatic views of Ama Dablam and Everest.

The combination of extreme mountain adventure, remote wilderness, and deep cultural immersion makes the Everest Three Pass Trek the ultimate and most complete trekking experience in the Everest region.

Highlights

- Three high passes – Kongma La, Cho La, and Renjo La
- Everest Base Camp & Khumbu Icefall – iconic Himalayan experience Mount Everest Base Camp
- Gokyo Lakes & Gokyo Ri – turquoise lakes with epic viewpoints Gokyo Lakes
- Everest panorama – views of Everest, Lhotse, Makalu, Cho Oyu, Ama Dablam
- Sherpa culture – monasteries and traditional villages in Namche Bazaar region
- Diverse terrain – forests, glaciers, alpine valleys, and rocky passes
- Less crowded route – quieter, more remote trekking experience
- Glacier & snow crossings – challenging adventure terrain

Day-by-day itinerary

Day 1 : Arrive in Kathmandu (1,400m)

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

Welcome to Nepal’s bustling capital! Upon arrival at Tribhuvan International Airport, you’ll be transferred to your hotel. Take the rest of the day to relax after your journey or explore Kathmandu’s vibrant streets, local markets, and traditional temples.

Day 2 : Trek & Permit Preparation in Kathmandu (1,400m)

Altitude: 1400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

Today is dedicated to trek preparation and permit arrangements before beginning your Himalayan adventure. You will meet your trekking guide for a comprehensive briefing covering the itinerary, altitude awareness, safety procedures, and trekking essentials. This day also provides time to organize and check your trekking gear, complete permit formalities, and purchase any last-minute supplies if needed. You may also explore the lively streets of Thamel and enjoy the cultural atmosphere of Kathmandu.

Day 3 : Fly Kathmandu -> Lukla (2,860m), Trek to Phakding (2,610m)

Altitude: 1400m - 2860m - 2610m

Walk: 3-4 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Begin with a thrilling early morning flight to Lukla, famous for its short mountain runway and stunning aerial views of the Himalayas. From Lukla, the trek starts gently along the banks of the Dudh Koshi River, passing pine forests and small villages like Chaurikharka. The trail is mostly downhill or flat, helping your body gradually adjust to the altitude while enjoying scenic river valleys.

Day 4 : Trek to Namche Bazaar (3,440m)

Altitude: 2610m - 3440m

Walk: 5-6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

A moderately challenging day awaits as you cross several suspension bridges, including the iconic Hillary Suspension Bridge, spanning the roaring Dudh Koshi River. The trail ascends steeply through rhododendron and pine forests before reaching Namche Bazaar, the vibrant Sherpa trading hub and gateway to the high Himalayas.

Day 5 : Acclimatization Day in Namche Bazaar

Altitude: 3440m - 3880m - 3440m

Walk: 4-5 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Rest is crucial at this stage of the trek. You may spend the day hiking to Everest View Hotel or visiting nearby Sherpa villages such as Khumjung and Khunde for breathtaking views of Everest, Ama Dablam, and surrounding peaks. The day also offers an opportunity to experience Sherpa culture, monasteries, cafes, and local markets in Namche Bazaar.

Day 6 : Namche Bazaar -> Tengboche

Altitude: ~3,860 m

Walk: 5–6 hours · Stay: Tengboche · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Leave Namche and follow the beautiful trail along the hillside above the Dudh Koshi Valley.

The route provides some of the finest early views of Ama Dablam, one of the most recognizable mountains in the Himalayas. The trail gradually descends toward Phunki Tenga before climbing through rhododendron and pine forests toward Tengboche. Tengboche is famous for its historic Buddhist monastery and panoramic mountain setting.

If conditions permit, visit Tengboche Monastery and experience the peaceful atmosphere of this important spiritual centre.

Day 7 : Tengboche -> Dingboche

Altitude: ~4,410 m

Walk: 5–6 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Leave Tengboche and descend through beautiful forests toward Deboche before crossing the Imja Khola. From here, the trail gradually climbs toward Pangboche, one of the oldest permanent settlements in the Khumbu region.

As you continue higher, the landscape becomes increasingly rugged and alpine, with spectacular views of Ama Dablam, Lhotse and other surrounding peaks. The trail eventually enters the wide Imja Valley before reaching Dingboche.

Dingboche is an important acclimatization stop and one of the main settlements before entering the high-altitude sections of the Three Passes route.

Overnight: Dingboche

Day 8 : Acclimatization Day in Dingboche

Altitude: ~4,410 m

Walk: 4–5 hours · Stay: Dingboche · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Spend the day acclimatizing in Dingboche before heading toward the higher elevations of the Three Passes. After breakfast, take a gradual hike toward Nangkartshang Ridge, gaining additional altitude while enjoying spectacular views of the surrounding mountains.

From higher points along the ridge, you can see Ama Dablam, Lhotse, Makalu and the dramatic peaks surrounding the Imja Valley.

After the hike, return to Dingboche and spend the afternoon resting, hydrating and preparing for the challenging days ahead.

Day 9 : Dingboche – Chhukung

Altitude: ~4,730 m

Walk: 3–4 hours · Stay: Chhukung · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Leave Dingboche and follow the trail deeper into the Imja Valley toward Chhukung. The relatively short walking day allows you to gradually gain altitude before attempting the first major high pass.

As you move farther into the valley, the surrounding mountains become increasingly dramatic. You will have excellent views of Ama Dablam, Lhotse, Nuptse and Island Peak.

Chhukung is the final settlement before crossing Kongma La and provides an ideal location to rest and prepare for the demanding pass crossing.

Day 10 : Acclimatization Day in Chhukung

Altitude: ~4,730 m

Walk: 4–5 hours · Stay: Chhukung · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Spend another acclimatization day in Chhukung before tackling the first of the three high passes. A gradual hike toward Chhukung Ri provides an opportunity to gain additional altitude while enjoying spectacular views of the surrounding Himalayan peaks.

From higher elevations, you can admire Lhotse, Nuptse, Ama Dablam, Island Peak and the rugged landscape leading toward Kongma La.

After returning to Chhukung, spend the remainder of the day resting and preparing your equipment for the first major pass crossing.

Day 11 : Chhukung – Kongma La Pass – Lobuche

Altitude: ~5,535 m

Walk: 8–10 hours · Stay: Lobuche · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Begin early from Chhukung for the challenging ascent toward Kongma La, the highest of the three major passes on the trek.

The trail climbs through rugged and remote terrain, with steep sections and changing surfaces depending on the season. As you approach the pass, the landscape becomes increasingly barren and alpine.

Reach the summit of Kongma La at approximately 5,535 metres and take in spectacular panoramic views of the surrounding Himalayan peaks. After crossing the pass, begin the long descent toward the Khumbu Glacier and continue onward to Lobuche.

This is one of the most physically demanding days of the trek, so a slow and steady pace is essential.

Day 12 : Lobuche – Gorak Shep – Everest Base Camp – Gorak Shep

Altitude: ~5,364 m

Walk: 7–9 hours · Stay: Gorak Shep · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Leave Lobuche and continue along the rugged trail toward Gorak Shep. The landscape becomes increasingly dramatic as you enter the high-altitude zone surrounding the Khumbu Glacier.

After reaching Gorak Shep and taking a short break, continue toward Everest Base Camp. The trail follows the glacier and rocky moraine while providing impressive views of the Khumbu Icefall, Nuptse, Pumori and surrounding peaks.

Reach Everest Base Camp and take time to appreciate this iconic Himalayan destination before retracing the trail back to Gorak Shep for the night.

Day 13 : Gorak Shep – Kala Patthar – Dzongla

Altitude: ~5,545 m

Walk: 7–9 hours · Stay: Dzongla · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Begin early in the morning for the climb to Kala Patthar, one of the most famous viewpoints in the Everest region.

The ascent is steep but rewarding, with magnificent views of Mount Everest, Nuptse, Pumori and the surrounding Himalayan peaks. Reaching the viewpoint around sunrise offers an unforgettable panorama across the Khumbu.

After spending time at Kala Patthar, descend back toward Gorak Shep for breakfast before continuing toward Dzongla. The trail leaves the main Everest Base Camp route and crosses rugged alpine terrain toward the remote settlement of Dzongla.

Day 14 : Dzongla – Cho La Pass – Thangnak

Altitude: ~5,420 m

Walk: 7–9 hours · Stay: Thangnak · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Begin early from Dzongla for the challenging ascent toward Cho La, the second high pass of the Three

Passes Trek.

The trail climbs through rugged mountain terrain toward the pass, with steep sections and potentially icy or snowy conditions depending on the season. Careful footing and a steady pace are important during the ascent.

Reach Cho La at approximately 5,420 metres and enjoy spectacular views across the surrounding Himalayan landscape. After crossing the pass, descend carefully toward the Gokyo Valley and continue to the small settlement of Thangnak.

Day 15 : Thangnak – Gokyo

Altitude: ~4,790 m

Walk: 3–5 hours · Stay: Gokyo · Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Leave Thangnak and continue toward the beautiful Gokyo Valley. The trail crosses sections of the Ngozumpa Glacier, the longest glacier in the Himalayas, before gradually approaching the turquoise Gokyo Lakes.

As you near Gokyo, the landscape opens into a spectacular mountain basin surrounded by some of the highest peaks in the region.

Arrive at Gokyo village beside the main lake and spend the afternoon relaxing after the previous day's challenging pass crossing.

Day 16 : Acclimatization Day in Gokyo – Gokyo Ri

Altitude: ~5,357 m

Walk: 4–5 hours · Stay: Gokyo · Visit: Nepal · Meals: Breakfast

Start early in the morning for the climb to Gokyo Ri, one of the finest viewpoints in the Everest region.

The trail climbs steadily above Gokyo, rewarding you with increasingly impressive views of the surrounding mountains and Gokyo Lakes below. From the summit, enjoy panoramic views of Everest, Lhotse, Makalu, Cho Oyu and the vast Ngozumpa Glacier.

After enjoying the mountain panorama, descend back to Gokyo and spend the afternoon relaxing beside the lakes or exploring the surrounding valley.

Day 17 : Gokyo – Renjo La Pass – Lungden

Altitude: ~5,360 m

Walk: 7–9 hours · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Begin early from Gokyo for the final and third high pass of the trek, Renjo La.

The trail climbs gradually through rugged Himalayan terrain before becoming steeper as you approach the pass. After reaching the summit at approximately 5,360 metres, enjoy spectacular views across the Gokyo Valley and surrounding Himalayan peaks.

Renjo La marks the completion of all three major passes. From the pass, begin the long descent toward the remote Bhote Koshi Valley and continue to Lungden.

Overnight: Lungden

Day 18 : Lungden – Namche Bazaar

Altitude: ~3,440 m

Walk: 4–6 hoursLeave Lungden and descend through the remote Bhote Koshi Valley toward thame to Namche Bazaar. Continue toward Thame, a historic Sherpa village known for its strong mountaineering heritage and beautiful surrounding mountains. If time permits, visit the historic Thame Monastery before settling in for the evening. · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

As you approach Namche, the landscape becomes greener and the altitude decreases noticeably. Arrive in Namche in the afternoon and enjoy some well-earned rest after completing all three high passes.Overnight: Namche

Day 19 : Namche Bazaar – Lukla

Altitude: ~2,860 m

Walk: 6–8 hours · Stay: Lukla · Stay: Tea House · Visit: Everest Region · Meals: Breakfast Lunch Dinner

Begin the final trekking day by descending from Namche toward the Dudh Koshi Valley.

Follow the familiar trail through forests and Sherpa villages, crossing suspension bridges and passing through Phakding before continuing toward Lukla.

After reaching Lukla, check into your accommodation and spend the evening celebrating the completion of your Everest Three Passes adventure with your trekking team.

Day 20 : Lukla – Kathmandu

Altitude: ~1,400 m

Stay: Kathmandu · Stay: Hotel · Visit: Nepal · Meals: Breakfast

Flight Duration: Approximately 30–40 minutes

After breakfast, head to Lukla Airport for your scenic flight back to Kathmandu.

The flight offers one final opportunity to enjoy views of the Himalayan landscape before returning to the capital. After arriving in Kathmandu, transfer to your hotel and spend the remainder of the day relaxing or exploring the city.

Day 21 : Departure from Kathmandu

Altitude: ~1,400 m

Enjoy your final breakfast in Kathmandu before transferring to Tribhuvan International Airport for your onward journey.

Your Everest Three Passes Trek officially comes to an end, taking with you memories of three spectacular high passes, Everest Base Camp, Kala Patthar, Gokyo Lakes and the remote valleys of the Khumbu.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrive in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 2 · Trek & Permit Preparation in Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 3 · Fly Kathmandu -> Lukla, Trek to Phakding · 1,400 m · day 21°C / night 11°C
- Day 4 · Trek to Namche Bazaar · 2,610 m · day 15°C / night 3°C
- Day 5 · Acclimatization Day in Namche Bazaar · 3,440 m · day 11°C / night -2°C
- Day 6 · Namche Bazaar -> Tengboche · 3,860 m · day 8°C / night -5°C

- Day 7 · Tengboche -> Dingboche · 4,410 m · day 6°C / night -8°C
- Day 8 · Acclimatization Day in Dingboche · 4,410 m · day 6°C / night -8°C
- Day 9 · Dingboche – Chhukung · 4,730 m · day 4°C / night -10°C
- Day 10 · Acclimatization Day in Chhukung · 4,730 m · day 4°C / night -10°C
- Day 11 · Chhukung – Kongma La Pass – Lobuche · 5,535 m · day 0°C / night -16°C
- Day 12 · Lobuche – Gorak Shep – Everest Base Camp – Gorak Shep · 5,364 m · day 1°C / night -15°C
- Day 13 · Gorak Shep – Kala Patthar – Dzongla · 5,545 m · day 0°C / night -16°C
- Day 14 · Dzongla – Cho La Pass – Thangnak · 5,420 m · day 1°C / night -15°C
- Day 15 · Thangnak – Gokyo · 4,790 m · day 4°C / night -11°C
- Day 16 · Acclimatization Day in Gokyo – Gokyo Ri · 5,357 m · day 1°C / night -14°C
- Day 17 · Gokyo – Renjo La Pass – Lungden · 5,360 m · day 1°C / night -14°C
- Day 18 · Lungden – Namche Bazaar · 3,440 m · day 11°C / night -2°C
- Day 19 · Namche Bazaar – Lukla · 2,860 m · day 13°C / night 2°C
- Day 20 · Lukla – Kathmandu · 1,400 m · day 21°C / night 11°C
- Day 21 · Departure from Kathmandu · 1,400 m · day 21°C / night 11°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 3 Night 3-star hotel in Kathmandu with bed & breakfast basis.
- Breakfast, lunch & dinner with tea & coffee during the trekking Period.

3. Permits

- Sagarmatha National Park Entry Permit. (Permit required for the Everest region)
- Local Government Entry Permit. (Khumbu Pasang Lhamu Rural Munacipality)
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipment’s & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).

- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Dates & prices

- 02 Mar 2027 – 22 Mar 2027 · USD 1,990 · Available
- 16 Mar 2027 – 05 Apr 2027 · USD 1,990 · Available
- 06 Apr 2027 – 26 Apr 2027 · USD 1,990 · Available
- 20 Apr 2027 – 10 May 2027 · USD 1,990 · Available
- 04 May 2027 – 24 May 2027 · USD 1,990 · Available

Best time to visit

Best months: March–April and October–November. Autumn (October–November) brings the clearest mountain views and stable weather; spring (March–May) is warmer, with rhododendrons in bloom and the Everest climbing season at base camp. Winter is quiet and very cold at night, while the June–August monsoon brings cloud, rain and frequent Lukla flight delays.

What to bring — packing checklist

Clothing

- [ ] Moisture-wicking base layers (top and bottom)
- [ ] Fleece or light insulated mid-layer
- [ ] Down jacket (–10 °C rated for high trails)
- [ ] Waterproof, breathable shell jacket and trousers
- [ ] 2–3 trekking shirts and 2 pairs of trekking trousers
- [ ] Warm hat, sun hat or cap and buff
- [ ] Light liner gloves and warm insulated gloves
- [ ] Underwear and sports bras

Footwear

- [ ] Broken-in waterproof trekking boots with ankle support
- [ ] Camp shoes or sandals for teahouse evenings
- [ ] Hiking socks (4–5 pairs) and warm wool socks for nights

Equipment

- [ ] Daypack 30–35 L with rain cover
- [ ] Sleeping bag rated to –10 °C (we can provide one)
- [ ] Trekking poles
- [ ] Sunglasses with UV protection
- [ ] Duffel bag for the porter (provided by Nord Extreme)

Health & personal

- [ ] Personal medication and a small first-aid kit
- [ ] Altitude medicine (Diamox) after consulting your doctor
- [ ] Water bottles or a 2–3 L hydration bladder, purification tablets or filter
- [ ] Sunscreen SPF 50, lip balm with SPF
- [ ] Hand sanitiser, wet wipes, quick-dry towel
- [ ] Headlamp with spare batteries, power bank

Documents & money

- [ ] Passport valid for 6+ months, plus copies
- [ ] Travel insurance policy (covering helicopter evacuation)
- [ ] 4 passport photos for permits
- [ ] Cash in USD / Nepali rupees for tips, snacks and extras
- [ ] Credit or debit card

Down jackets and sleeping bags can also be rented in Kathmandu.

Essential information

Accommodation

Accommodation is provided in basic teahouses and mountain lodges throughout the route. Facilities are simple, offering twin-sharing rooms with limited amenities and shared bathroom facilities.

In lower villages such as Lukla, Phakding, and Namche Bazaar, lodges are relatively more developed. At higher and remote settlements including Lobuche, Dzongla, Gokyo, and Thagnak, accommodation becomes very basic due to altitude and isolation.

Meals

A full-board meal system (Breakfast, Lunch, and Dinner) is provided during the trek. Meals are freshly prepared and designed to meet the high energy demands of continuous high-altitude trekking.

Typical menu options include:

- Traditional Dal Bhat set meals
- Noodles, pasta, and fried rice
- Soups, potatoes, and seasonal vegetables
- Eggs, bread, and pancakes
- Tea, coffee, and hot drinks

Food variety becomes limited at higher elevations but remains sufficient for endurance trekking.

Difficulty & Physical Requirements

The Everest Three Passes Trek is classified as very strenuous and is suitable only for experienced trekkers with excellent physical fitness and prior high-altitude trekking experience.

Daily trekking ranges from 6 to 9 hours, with significant elevation gain and repeated high-pass crossings:

- Kongma La Pass (5,535m)
- Cho La Pass (5,420m)
- Renjo La Pass (5,360m)

This trek requires strong endurance, mental resilience, and proper acclimatization.

Permits

Required permits include:

- Sagarmatha National Park Entry Permit
- Khumbu Pasang Lhamu Rural Municipality Permit
- TIMS Card (Trekkers' Information Management System)

All permits are arranged in advance by the trekking operator.

Best Season

- Spring (March–May): Stable weather, clear mountain views, and blooming rhododendrons
- Autumn (September–November): Best visibility and safest trekking conditions
- Winter (December–February): Extremely cold but clear skies and fewer trekkers
- Monsoon (June–August): Not recommended due to heavy rainfall, snow risk, and poor visibility

Transportation & Access

The trek begins with a scenic mountain flight from Kathmandu to Lukla, the main gateway to the Everest region.

From Lukla, the route follows a long circular circuit covering both Everest Base Camp and Gokyo Valley before returning to Lukla.

Safety & Acclimatization

This trek reaches extreme altitudes above 5,500 meters and requires careful acclimatization planning.

Key acclimatization stops include Namche Bazaar, Dingboche, and Gokyo. Proper rest days are essential to reduce the risk of Acute Mountain Sickness (AMS).

Experienced guides closely monitor trekkers' health, weather conditions, and route safety. Emergency helicopter evacuation is available if required.

Travel Insurance

Comprehensive travel insurance is mandatory and must include:

- High-altitude trekking coverage (minimum up to 6,000m)
- Emergency helicopter evacuation and rescue
- Medical treatment and hospitalization

- Accidental injury and repatriation coverage

Additional information

Guide & Porter Services

The trek is led by highly experienced licensed guides who ensure navigation, safety, and high-altitude management. Porters assist with luggage, allowing trekkers to carry only a light daypack.

Guide support is essential, especially during technical and high-risk sections such as the three passes.

Technical Preparation

No technical climbing is required, but strong alpine preparedness is essential:

- Walking with crampons on snow and ice
- Trekking pole usage on steep ascents and descents
- Glacier crossing awareness
- High-altitude pacing and endurance management

Essential Equipment

Recommended gear includes:

- High-quality, broken-in trekking boots
- Layered alpine clothing system
- Expedition-grade down jacket (-20°C to -30°C)
- Waterproof jacket and trousers
- Gloves, thermal hat, buff, and UV sunglasses
- Trekking poles and 30–40L daypack
- Sleeping bag rated for extreme cold
- Personal first aid kit and medications

Communication & Connectivity

Mobile network coverage (Nepal Telecom and Ncell) is intermittent and often unavailable in high passes and remote valleys.

Wi-Fi is available in some teahouses at lower elevations, but connectivity becomes very limited in high-altitude sections such as Kongma La, Cho La, and Renjo La.

Why Choose the Everest Three Passes Trek?

This trek is considered the ultimate Everest region adventure, offering unmatched diversity and challenge:

- Complete circuit of the Everest region in one trek
- Crossing of all three major high passes (Kongma La, Cho La, Renjo La)
- Combined experience of Everest Base Camp and Gokyo Lakes
- Exceptional panoramic Himalayan views of Everest, Makalu, Lhotse, and Cho Oyu
- Remote and less crowded trekking routes
- Highly challenging and rewarding adventure

- Ideal for experienced high-altitude trekkers
- Ultimate Himalayan expedition in the Khumbu region

Frequently asked questions

How difficult is the Everest Three Pass Trek?

The Everest Three Pass Trek is graded Moderate — suitable for most active travellers. Expect 5–7 hours of walking on most days on mountain trails with plenty of ascents and descents. Regular cardio training — hiking, running, cycling or stair climbing — for 6–8 weeks before departure makes the trip far more enjoyable.

What is the best time for the Everest Three Pass Trek?

For the Everest & Khumbu region the best months are March–April and October–November. Autumn (October–November) brings the clearest mountain views and stable weather; spring (March–May) is warmer, with rhododendrons in bloom and the Everest climbing season at base camp. Winter is quiet and very cold at night, while the June–August monsoon brings cloud, rain and frequent Lukla flight delays.

What permits do I need for the Everest Three Pass Trek?

You need the Sagarmatha National Park entry permit and the Khumbu Pasang Lhamu Rural Municipality permit. Nord Extreme arranges every permit for you before the trip starts — check the "Includes" section above for exactly what is covered in the price. Just bring your passport and a few passport-size photos.

What is the accommodation like on the Everest Three Pass Trek?

In Kathmandu you stay in a comfortable hotel; on the trail we use the best available family-run teahouses and lodges with twin-share rooms, shared or attached bathrooms and a warm dining room. Upgrades to luxury lodges are possible on popular routes such as Everest and Annapurna.

Can I book the Everest Three Pass Trek as a private trip or join a group?

Both. You can join one of the fixed departures listed under "Dates & Prices", or book a private trip for just you, your family or friends on any date. Solo travellers are welcome — you will always have your own licensed guide.

Do I need travel insurance for the Everest Three Pass Trek?

Yes, travel insurance is compulsory. It must cover medical treatment and emergency helicopter evacuation up to the trip's highest altitude, plus trip cancellation. Please send us your policy details before departure.

What should I pack for the Everest Three Pass Trek?

See the "What to bring" checklist on this page for the full list. The essentials are broken-in boots, warm layers, a down jacket, a waterproof shell, sun protection and a daypack. Down jackets and sleeping bags can be rented cheaply in Kathmandu, and a porter carries your main bag (up to 10–12 kg).

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/everest-three-pass-trek/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com