Everest Three Pass Trek

Itinerary & costs · 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

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

Ready to book or have a question?

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

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