

Everest Three Pass Trek

URL: <https://himalaya-discovery.com/trip/everest-three-pass-trek/>

Destination	Activity	Start / End Point
Nepal	Trekking in Nepal	Kathmandu / Kathmandu
Duration	Region	Max. Altitude
17	Everest	5545m
Best Season	Activity Per Day	Group Size
Spring and Autumn	5 - 7 Hours	10

Strenuous

Everest Three Pass Trek Highlights

- Adventurous flight from Kathmandu to Lukla and back
- Visit historical Tengboche monastery
- Mesmerizing view of the Khumbu Icefall
- Amazing sunrise from Kalapathar
- Witness the unique culture of the Sherpa people
- Cross the enthralling passes (Kongma La 5535 m, Cho La 5360 m, Renjo La 5385 m)

Trip Overview

The Everest three pass trek 17 days is an amazing journey through the Everest-Gokyo region offering you the ultimate trekking experience.

In this trek, you will witness spellbinding mountain views. Along with the glaciers, ancient valleys, and challenging passes. This trek is great for the ambitious trekkers who have the determination to cross three of the highest passes- Kongma La- 5535 meters, Cho La- 5360 meters and Renjo La- 5385 meters.

Moreover, crossing the three high passes while hiking to the three pinnacles of [Gokyo Ri](#), Kalapathar, and [Everest Base Camp](#) makes this trek more unique and appealing.

In this trek, the trekkers fly from Kathmandu to [Lukla](#) before beginning the trek. You will hike through stunning Namche, Tengboche, Dingboche and other equally beautiful places. The locals that are the Sherpas who are famous for climbing the mountains. You will be able to experience their unique culture and lifestyle.

Also, the Sagarmatha National park that aims at protecting the diverse flora and faunas lies under the Khumbu region. Here you will see the different exotic species like Musk deer, mountain goat, snow leopard etc.

On the way you will see many bridges, monasteries, chortens with colorful Buddhist flags which gives life to the rough terrain of the mountains.

The best time to take this trek is from [March](#) to May in Spring and from September to November in Autumn.

This is a physically demanding trek, so you must be physically fit before going for this trek. And, the previous trekking experience is a bonus for this trek.

Overall, this trek is a perfect amalgamation of amazing landscapes, unconventional culture and thrilling adventure that you don't want to miss.

Feel free to [contact us](#) to know more about the trip.

Crossing the Three Passes on the Everest Three Pass Trek

Renjo La Pass (5,360m)

You arrive at the Pass with stunning views of Everest, Lhotse, and Makalu above the pristine Gokyo Lakes, and you descend to the calming ambience of Gokyo Valley, the perfect relief from the busy Everest Base Camp trail.

Cho La Pass (5,420m)

Starting at Gokyo, the path after Cho La is quite a bit steeper and tougher. Involves crossing glacial sections and some rocky terrain, so be careful and be equipped with the right gear. After your efforts enjoying the view from Cho La, the trail begins by descending into a valley leading to Dzongla, also an access point for Everest Base Camp.

Kongma La Pass (5,535m)

Kongma La is the highest of all the high passes, the highest of the 3 passes. it's not as busy as the others, so there is great solitude. The peaceful provides a sense of accomplishment.

The trail is steep and rugged but there is nothing quite like reaching the top and enjoying the 360-degree views of Ama Dablam, Lhotse, and plotting your way off the Khumbu Glacier.

Why the Everest Three Passes Trek is a True Adventure?

If you have been wondering how the Everest Three Passes Trek qualifies as a true adventure, it is because you are trekking into one of the most extreme landscapes on the planet. The trek is approximately 20 days long and you will be climbing three mountain passes (Renjo La, Cho La, and Kongma La) all above 5,300 meters.

The higher you go, the less air you will have, making every step more difficult and increasing the chances of altitude sickness. The trek will take you 6 to 7 hours a day, potentially on difficult and steep trails that will sometimes be icy or snowy.

The conditions can change especially at altitude so the weather can change quickly which could make the trek more challenging, both physically and mentally. The joy of remote mountain trekking is having incredible outdoor experiences with no one around while standing amidst the tallest mountains on earth, including Everest, Lhotse, and Cho Oyu.

The Everest Three Passes Trek has all the characteristics of adventure to push your limit and at the same time will be both satisfying and rewarding to remember.

Everest Base Camp Trek Visit Enroute

You will do Everest Three Passes Trek anti clock wise and will reach the [Everest Base Camp elevation](#) at **5,360 meters** (17,585 feet) after crossing Kongma La Pass. If you trek in an clockwise direction, you will get to there after crossing Chola pass and Renjo La Pass only.

Adding Everest Base Camp to your trip will give you an incredible highlight on this demanding, high altitude trek, give you a chance to be at the foot of the tallest peak on the planet, as well as cross three of the major passes in the Himalaya.

Three Pass High Altitude Trekking With Himalaya Discovery and Sherpa Guides

If you are looking for an adrenaline rush while enjoying a challenging trek, you can take the Everest Three Passes Trek with Himalaya Discovery with guaranteed Sherpa guides. With Sherpa guides you know you are trekking with someone who knows their area, lived it, and dealt with any support issues.

Also, there will be no cultural sensitivity issues to consider if you need assistance. This trek promises to offer peaks of adventure into the new world of high-altitude trekking combined with a genuine Himalayan experience.

Itinerary

The itinerary for the Everest Three Pass Trek was developed by our lead guides who have experience trekking this challenging trail time and time again. The itinerary provides the perfect balance of

acclimatization, adventure and being at a high altitude.

The three passes – Renjo La, Cho La, and Kongma La are all accessible to the highlights on this route, including Gokyo Lakes, Everest Base Camp and Kalapatthar.

Day 01: Arrive in Kathmandu

Welcome to the Himalayas! Your adventure begins when you arrive in Kathmandu. Our representatives will welcome you at the airport and transferred to the hotel.

Depending on your own will, you can rest or discover the Kathmandu. In the evening a briefing session and at the same time introduces your guide.

Highest Altitude:

1,400 meters

Meals:

Breakfast

Accommodations:

Hotel

Day 02: Fly to Lukla from Manthali / Kathmandu and trek to Phakding.

Today early in the morning you will board a 35-minute flight to Lukla from Manthali airport, gateway to Everest. This will be a scenic flight with spectacular mountain views.

Please note: Kathmandu to Lukla flight has been moved to Manthali airport, Ramechhap in peak trekking season Spring (March, April, May) and Autumn (September, October, November) due to increased traffic and since March 2019 renovations at Kathmandu airport. Manthali airport can be reached by road from Kathmandu within 4 to 6 hours drive. This means you need to wake up early in the morning around 2:30 am to take a drive and catch your Lukla flight from Manthali early in the morning.

Once you reach Lukla, you will meet your porter, guide and other teammates. You will then eat a wholesome breakfast after which the trek begins.

You will trek to Phakding to the north at 2651m. This will be an easy 3 hrs trek through the Dudh Kosi valley. You will then proceed from the airstrip to Cheplung and cross the crystal clear Thado Koshi on a suspension bridge.

Once you pass the bridge you will get the view of Kusum Kanguru which is one of the toughest mountains to conquer.

Away from Thado Koshi, you will continue towards the Ghat and cross a ridge marked with painted Mani stones. From here, the trail climbs gently and in about an hour you will reach Phakding. Overnight at a lodge in Phakding.

Trek Distance:

138 km Flying and 6.2 km from
Lukla to Phakding

Trek Duration

3 hrs

Highest Altitude:

2651m

Flight Hours:

30-35 minutes

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Teahouse

Day 03: Phakding to Namche Bazaar.

This is the second day of your trek where you will head to Namche Bazaar, a famous village in the Khumbu region.

On your way to Namche, you will cross through beautiful pine forest, along the Dudh Koshi river. You will cross many suspension bridges via Sherpa villages like Benkar, Chimayo, Monjo, and Jorsale.

At Jorsale you will enter Sagarmatha National park where you will have to verify your permits. The trail then continues through the Dudh Koshi river bed to the confluence of Bhote Koshi and Dudh Koshi rivers.

Later you will climb steadily and cross the high Tenzing Hillary suspension bridge. On the way, you will get an inspiring glimpse of Mt. Everest right up to Nuptse-Lhotse ridge. About 3 hours ascend through the wonderful pine forest you will reach Namche Bazaar, the chief economic hub of the region.

From Jorsale it is a two and a half hour ascends to Namche with two major viewpoints on your way. On a clear day, you will get the magnificent view of the Everest.

Trek Distance:

9.4 to 11.3 km

Trek Duration

5 hrs

Highest Altitude:

3,440 meters

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Teahouse

Day 04: Acclimatization day / Discover Namche.

Today is the scheduled acclimatization day of the trek. As you trek to harsh geography and high altitude region it is important to adjust and adapt before proceeding further.

This will help to avoid altitude sickness and unwanted illness. However, you will not spend the day being lazy. Instead, you will roam around to stay active.

You can also visit the Sagarmatha National park visitor center on the hillock. Here you can observe an assortment of things related to the first Everest ascenders, Sherpa culture. And learn about various plants and animal life of the Everest region.

Or, you can take an acclimatization side trip to large traditional Sherpa villages, Khunde and Khumjung. An hour-long climb to the Syangboche airstrip will steadily ascend towards Khunde.

On the way up, you will see century's old chorten. From there, you will move eastwards to Khumjung, the largest settlement in the whole Khumbu region.

You can enjoy lunch at Khumjung after which you will take a slow climb to the Everest View Hotel. From here you will enjoy the view of the Himalayas. Overnight at a lodge in Namche.

Trek Distance:

Minimal to moderate

Trek Duration

2-4 hours

Highest Altitude:

3,440 meters

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Teahouse

Day 05: Trek to Tengboche.

After your breakfast at Namche, you will start your hike to Tengboche. The estimated distance is about 10km. The trail leads moderately flat with a great view of Mt. Everest, Nuptse, Lhotse, Ama Dablam etc.

By now, you will be familiar to the strong wind and rough terrain. The trail progressively becomes narrower and steep.

You will come across numerous monasteries, suspension bridges, waterfalls and rhododendron forests. And after about 2 hours of walk, you will reach Tengboche. In Tengboche, you can visit one of the oldest monasteries in Nepal. Here you can be a part of the unique and spiritual Buddhist rituals. Overnight at a lodge in Tengboche.

Trek Distance:

Approximately 10 km

Trek Duration

5 hrs

Highest Altitude:

3956m

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Teahouse

Day 06: Trek to Dingboche.

Today's trail descends to Dingboche which is a small village with chortens, Mani stone walls, and nun monastery.

You will cross a suspension bridge over Imja Khola and gradually make your ascent to Pangboche. Here you will get the towering view of Ama Dablam.

The trail then follows up-stream closer to Imja Khola up towards Imja valley. And, you will cross a few Sherpa villages where you will reach Dingboche.

Dingboche is the last Sherpa settlement with the beautiful terraced field enclosed by a stone wall. Overnight at a lodge in Dingboche.

Trek Distance:

Approximately 11.5 km.

Trek Duration

4 - 5 hrs

Highest Altitude:

4440m

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Teahouse

Day 07: Trek to Lobuche via Kongma La Pass, Lobuche, Kongma La Pass.

Today will be a long day as you start your day early. You will continue your ascent, a few hours walk to Chhukung where you can see the beautiful mountains up close.

In Chukung, you will take a short break before you take on the highest pass of the trip today. You can carry water and pack lunch as there are no tea shops on the way. You will really enjoy the remoteness of the area and the absolute nature.

From here you can go via any of the two trails. One by climbing the hill northwest of Chukung over the moraine of the Nuptse Glacier. Or you can walk down the valley to Bire and follow a high trail above the Niyang Khola.

After some walk, you will get great views of the Island peak, valley and jagged ridge of Amphu Lapcha. As you ascend along the east side of Niyang Khola valley, you will turn west and walk through the sloppy stone trail. You will enter a wide basin dotted with small frozen lakes.

The trail then rises over loose scree gaining the Kongma La. After about 5 hrs, you leave Chukung. Upon reaching the top you will see piles of stones wrapped in prayer flags that mark the pass.

Behind is the landscape of icy lakes below which is the Khumbu glacier. The final descent is the toughest part of the trek.

After climbing the moraine on the far side, the trail then turns north through Khumbu glacier which ends at Lobuche. Overnight at a lodge in Lobuche

Trek Distance:	Trek Duration	Highest Altitude:
Approximately 10.5 to 11 km.	8 - 10 hrs	5535m
Meals:	Accommodations:	
Breakfast- Lunch- Dinner	Teahouse	

Day 08: Trek to Gorakshep (Visit EBC), Everest Base Camp.

Today's trail follows the windy and rocky path with the crest of a north ridge to Everest along with Mt. Pumori, Mahalangur, Lingtern, Khumbutse, Nuptse etc.

The trail continues along the side of Khumbu glacier to Gorakshep. Here you will check into the Hotel and have your lunch. During the afternoon you will set out to visit the world's highest base Camp, the Everest Base Camp.

Everest Base Camp offers an amazing view of Khumbu icefall. And the colorful campsite of Everest expedition during expedition season. Later you will trek back to Gorakshep for overnight at lodge.

Trek Distance:	Trek Duration	Highest Altitude:
Approximately 13 km	4 - 5 hrs	5368m
Meals:	Accommodations:	
Breakfast- Lunch- Dinner	Teahouse	

Day 09: Trek to Lobuche (Early Morning Hike to Kala Patthar)

Today early in the morning you will begin your trek. You will get remarkable views of the sunshine gleaming on the face of Everest from Kala Patthar

In the morning, it will be all dark with cold temperature approx 10 to 15 degree Celsius. You will trek to Kala Patthar where you will get unbelievable mountain views that will take your breath away.

Here you can take beautiful pictures from the top of Kala Patthar for memories to take back home. You will then return to Lobuche where you will spend the night.

Trek Distance:	Trek Duration	Highest Altitude:
Approximately 10 to 11 km	6 -7 hrs	5545m

Meals:	Accommodations:
Breakfast- Lunch- Dinner	Teahouse

Day 10: Trek to Dzongla.

Today's trek will be short in comparison to the trek of the other days. The path to Dzongla branches off the main trail before some distance from Lobuche.

You will then cross a stream through a fork and later curve around the wide graveled river bed. The trail runs across the river bed and climbs the ridge ahead. From the grassy ridge ahead, the trails run southeast from where you can see the heights of Ama Dablam and Kangtega to Thamserku.

Pheriche village is also visible down in the distance. As the ridge changes the direction northward, the vast Chola Pass speaks below Mt. Cholatse.

The lakes stay with you over a long stretch until you descend to a wide basin. The trail climbs further to a spur and descends slowly on another basin.

After a traverse from the basin and shortly after crossing a shaky bridge, you will reach Dzongla. Overnight at a lodge in Dzongla.

Trek Distance:	Trek Duration	Highest Altitude:
Approximately 8 to 10 km	4 hrs	4830m

Meals:	Accommodations:
Breakfast- Lunch- Dinner	Teahouse

Day 11: Trek to Gokyo via Cho La Pass.

After having your breakfast early in the morning, you will move out of your lodge where you will get the sight of Cholatse looming over you.

Today's trek is going to be the toughest days of your trip. The walk begins as you walk through a spur extending westward from Dzongla.

The path descends to a basin across which wanders through a stream. In about an hour, you will reach the top of the basin ready to take on the Cho La. As you gain height, the view gets more captivating.

The Cho La begins to appear. Climbing the incline will not be easy. It is steep with boulders over some of which you have to climb. The final climb to the Cho La can be a little tricky.

Upon reaching the top, you will see prayer flags flapping in the strong wind. The scene of majestic peaks from all direction is breathtaking.

From here the path leading to Thragnak is long but you can easily make it out from the Cho La Pass because it is just decent. You will then reach Thragnak, a small village. Stepping out the settlement, the trail takes you to the Ngozumpa glacier's edge after a short walk.

As you reach the other side of the glacier you will get a sight of the second of the Gokyo lakes among a series of six lakes. A little further is the third Gokyo lake.

On the edge of the lake stands the village of Gokyo where you will finally take rest from a tiring day.

Overnight in Gokyo.

Trek Distance:	Trek Duration	Highest Altitude:
Approximately 13 to 16 km	8 hrs	5360m
Meals:	Accomodations:	
Breakfast- Lunch- Dinner	Teahouse	

Day 12: Acclimatization day / Discover Gokyo (Gokyo Ri).

Today is a rest day at Gokyo village. You will love the view of charming sites of Gokyo village. If the day is pleasant you can climb the Gokyo Ri and enjoy the view of the Everest region.

The Gokyo region not only offers a view of Gokyo peak but also gives you wonderful chance to witness the series of six emerald lakes.

Moreover, you can climb on the hill and get amazing views of Mt. Cho Oyu, Gyachung Kang, Everest, Lhotse, Nuptse etc.

Cho Oyu base camp lies beyond the fifth lake from where you can get the view of the Ngozumpa glacier.

Later you will return to Gokyo village and spend overnight at your lodge.

Trek Distance:	Highest Altitude:	Meals:
Approximately 4 km round trip	5367m	Breakfast- Lunch- Dinner
Accomodations:		
Teahouse		

Day 13: Cross Renjo La Pass down to Lungden (Lunden / Renjo L)

Today you have to start the trek at the break of dawn as you have to go up to Marlung after exploring the Renjo La pass. As you won't stay overnight at Marlung, you need to start early.

From the Gokyo valley, you will leave the main trail and turn to Renjo La trail through Dudh Pokhari. After about 3 hrs, you will reach the Renjo La where an amazing vista awaits.

Views of Renjo La are similar to that of Gokyo Ri with third Gokyo lake and Gokyo village beneath the Ngozumpa glacier. As you proceed from the pass, the trail winds down a stone staircase and climb over loose stones to reach the small lake, Angladumba Tsho.

Along the way, you will see Relama Tsho and Renjo lake. From here you will walk down through narrow valley with giant boulders to Lumde. After about an hour from Lumde, you will reach Marlung on the east bank of the Bhote Kosi. Overnight at Lungden.

Trek Distance:	Trek Duration	Highest Altitude:
Approximately 12 to 19 km	5 - 6 hrs	5385m

Meals:	Accommodations:
Breakfast- Lunch- Dinner	Teahouse

Day 14: Trek to Thame village and visit Thame monastery.

We will hike to Thame. Situated at 3800m, we will also visit the historic Thame monastery and experience spiritual Buddhist practices.

We can also witness the lovely culture of Sherpa people at Thame. We will spend the night here and enjoy the much-needed rest for our downhill trek tomorrow. Overnight at a lodge.

Trek Distance:	Trek Duration	Highest Altitude:
Approximately 6 to 8 km	3 - 4 hrs	3800m

Meals:	Accommodations:
Breakfast- Lunch- Dinner	Teahouse

Day 15: Trek to Namche Bazaar.

We will continue our trek down the Sherpa villages of Khumjung, leaving the mountains in the backdrop. We will walk down to the village of Namche bazaar, epitome of Sherpa culture. Overnight at guesthouse.

You will pass through the rhododendron, pine, and oak forest. Overnight at a lodge in Lukla.

Trek Distance:	Trek Duration	Highest Altitude:
Approximately 10.8 to 12 km	4 - 5 hrs	3440m

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Teahouse

Day 16: Trek to Lukla.

It is around 6 hours long walk downhill from Namche to Lukla. On this day, our time at exotic Sagarmatha National Park will come to an end. Following day, we will board a plane to capital. You will bid goodbye to this trek with a memorable walk down to Lukla. Overnight at guesthouse.

Trek Distance:

Approximately 17.7 to 18.2 km

Trek Duration

5 - 6 hrs

Highest Altitude:

2860m

Meals:

Breakfast- Lunch- Dinner

Accommodations:

Teahouse

Day 17: Fly to Kathmandu.

The flights from Lukla to Kathmandu are mostly scheduled early in the morning to avoid strong winds.

It is a scenic flight back to Kathmandu. As you touch down at Kathmandu, you will drive to your hotel.

Please note that the flight can get delayed or canceled sometimes due to the weather. In that case, we expect the guest to be patient.

Trek Distance:

134 to 140 kilometer

Highest Altitude:

1400m

Flight Hours:

Approximately 30 to 40 minutes.

Meals:

Breakfast- Lunch

Accommodations:

Hotel

Day 18: Free day / Fly home.

You can either stay back in Kathmandu today and enjoy a free day or say goodbye to the wonderful journey and head back to home.

Enjoy the delights of Kathmandu, taking a trip to a spa massage or listening to live music. Or simply relax in a quiet café or restaurant with a view of the Kathmandu.

Our representatives will drop you off at the airport according to your flight schedule.

Highest Altitude:

1400m

Meals:

Breakfast

Price Includes

- Airport transfers pick-up and drop-off.
- Airfare both ways Kathmandu – Lukla – Kathmandu.
- Airfare both ways Kathmandu – Lukla – Kathmandu for the guide.
- Everest National Park entry permits.
- Khumbu Pasang Lhamu municipality entrance permit.
- Three meals a day: breakfast, lunch, dinner during the trek.
- Tea/coffee three times a day.
- All accommodations during the trek.
- Porter to carry your luggage during the trek (1 porter for 2 trekkers)
- Transportations, accommodation, wage, food, insurance, equipment for the guide.
- English speaking Sherpa trek guide.
- All necessary paper works and entry permits.
- Himalaya Discovery duffel bag.
- Hiking pole for the trek, if needed.
- Trek map.
- Farewell dinner at typical Nepali restaurant after the trip completion in Kathmandu.

Price Excludes

- International airfares and Nepal visa.
- Any personal medical or evacuation expenses incur.
- International Travel insurance which included rescue.
- Tips for guide and porter (tipping is expected).
- Any others expenses which are not mentioned on the 'Price Includes' section.

Add Ons For Your Trekking

Extra Activities to Enhance Your Journey

Whether you are beginning the very challenging Everest Three Pass Trek or you already started, you may want to add some other exciting things to do to make your trip that much more memorable. These extras are a great opportunity to help squeeze in some amazing mountain views while enjoying the incredible culture of the Everest region.

- [Trishuli River Rafting](#)
- [Heli Sightseeing](#)
- [Kathmandu Food Tour](#)
- [Paragliding in Nepal \(Pokhara\)](#)
- [Ultra-Light Flight](#)

- [Kathmandu Day Tour](#)
- Bardia Jungle Safari
- [Chitwan Jungle Safari](#)
- [Bungee Jumping](#)

Sleeping Bag Rental

You can rent a warm, 4-season sleeping bag for the trek for \$30 USD.

Note: If the sleeping bag is lost or damaged, you will have to pay a replacement cost of \$165 USD.

Personal Porter Services for Your Trek

Easier and more enjoyable trek with our Personal Porter Services on the Everest Three Pass Trek. For only \$20 a day of walking, you have a personal porter who is able to carry 25 kg, which can be shared with 2 trekkers.

You have your porter which means your bags will be carried, allowing you time to relax/ appreciate/ enjoy the stunning views and the adventure of crossing over high mountain passes without thinking about walking with a heavy load. Our porters are all experienced and most importantly they will look after your gear, and they will keep you company.

Trip Information

The Everest Three Pass Trek is demanding, but with some appropriate planning and preparation, it can also be fulfilling and enjoyable.

We have done our best to put together some useful information to prepare you for the altitude and seclusion of the trek, gear recommendations, difficulty, level of safety, accommodation and food whilst on the trek.

Everest Three Pass Trek Weather Considerations, Temperature

Spring (March to May)

- Day-time temperatures: low elevations: 10-20°C (50-68°F)
- high elevations: -5-10°C (23-50°F)
- Weather: Mild, mostly sunny days, with some rain

Spring is a [best time](#) to do the trek when the weather is consistently stable, and the rhododendron is blooming. While the temperatures in the lower elevations will be mild, the higher passes will be cold (especially at night).

Clear skies can provide an amazingly clear view of the mountains, but be sure to pack adequate warm layers and prepare for some rainy days.

Summer/Monsoon (June to August)

- Daytime highs: 15 – 25°C (59 – 77°F) at lower elevations.
- Higher elevations: 5 – 15°C (41 – 59°F).
- Weather: Heavy rain, muddy tracks, and poor visibility.

Rainfall is common during the monsoon, so expect muddy, slippery and wet tracks, and clouds may obscure any views of the mountains. If wet weather gear has not already been purchased, find fleece-lined waterproof gear to keep you warm while trekking.

Walker safety in wet conditions is essential, and keep in mind tracks will be wet in the lower elevations, you will be warm during the trek, but it will be cool again in the higher elevations.

Autumn (September to November)

- Daytime temperatures: 10-20C (50-68F) at lower altitudes
- Higher altitudes: -5 – 10C (23-50F)
- Weather: Clear skies, stable weather, cold air

Fall is also a wonderful time for trekking. Everything is stable, providing clear weather and fabulous mountain views. The high altitude is cool to cold, particularly at night; usually, this time also delivers the best visibility for clear mountain views of Everest and all surrounding peaks, which is fantastic for trekking as well as for photographs.

Winter (December to February)

- Daytime temperatures: 5 – 10C (41 – 50F) at lower altitudes
- Higher altitudes: -10 – -5C (14 – 23F)
- Weather: Cold, snowy trails, icy trails

Winter trekking can be extremely challenging with very cold temperatures and snowy trail conditions. The high altitude will often be layers of ice and require a lot of skill.

It also means you will really need to have the correct winter trekking gear and experience; however, if you are prepared for winter, it can provide a certain amount of solitude, as well as crisp, amazing mountain views.

Everest Three Pass Trek Difficulty

The Everest Three Pass Trek is one of the hardest treks in Nepal. You will cross three high passes over 5000m high – Kongma La, Cho La and Renjo La.

Be ready for long, full days of hiking on steep, rocky, and sometimes snowy trails. Fitness level, hiking ability and good equipment, including gaiters and crampons, are important to have.

Altitude is definitely a big concern, and good acclimatization is needed. This trek is intended for very experienced, fit trekkers, looking to have a true adventure in the Himalaya.

Accommodations

During this trekking, you will usually be sleeping in lodges or teahouses along the way. Teahouses and lodges are dormitory-style accommodations that locals own and operate. However, they are basic and comfortable and always come with a warm bed and the basics.

The accommodation become more basic as you ascend in altitude. Yet, the welcoming hospitality in which you will experience will always be friendly, and is always a good place to recover after a long days trek.

We recommend booking lodges and teahouses through a guide or agency to guarantee that you have a booked room, especially before the spring trekking season and when there will be more trekkers.

Meals

The food included on the Everest Three Pass Trek are hearty meals specifically designed to give the body the best chance to keep energy at the best possible level. The food variety includes good local Nepali based cuisine but also different recognizable familiar Western options.

- **Breakfast:** Typically, we have porridge, eggs, toast, pancakes or noodles-filling food to start the day. Tea or coffee is also offered.
- **Lunch and Dinner:** Expect to see variations of some type of soup, dal bhat (rice and lentils), momos (dumplings), noodles, plus sometimes potatoes or pasta.
- All meals are super filling, tasty, and nutritious in order to refuel you after a day of trekking. Vegetarian meals are always able to be accommodated, and your guides will be happy to help you with any specific dietary needs.

Accessing the Everest Three Pass Trek: Lukla Flight Options and Cancellations

Lukla is where the Everest Three Pass Trek starts. Most trekkers will travel to Lukla from Kathmandu by flight, which sits snow-capped high above in the clouds at an elevation of 2860 meters (9380 feet). Lukla has a notorious runway with dangerous approaches to the airport.

Lukla Flight Cancellations

Flights to reach Lukla may also be delayed because of unexpected weather conditions (fog, turbulence, extreme low-visibility, or just plain bad weather).

Also, if you fly to Lukla during peak times, you may need to wait a day or two or three, depending on how many people are travelling, to get to Lukla.

But, of course, when flights to Lukla are delayed, and you arrive hours after you expected, it can create some lag in your meaning to plan for the Trek.

Alternatives to Lukla Flights

When your flight gets cancelled, you will have choices. Choice A – rebook on the next flight (which is the next day). The airline has no obligation to hold spaces for rebooking. Choice B – take a helicopter ride to Lukla.

The helicopter to Lukla costs more than flying but gets you there quicker. Choice C – drive to Phaplu or Ramechhap airport and trek back to Lukla; it will add a couple of days to your trip but gives you a reason to enjoy more of Nepal.

On the return from Lukla

Not only flights out of Lukla can be canceled, you should expect flight delays on your return. If flights do not go to Lukla, helicopter rides, ground transport (like a jeep to Kathmandu), or trekking back to Kathmandu are available options.

However, still the best approach is to have flexibility in your agenda and buffer days in your itinerary when unknowns pop up.

How to be Prepared for the Everest Three Pass Trek at 5,535 meters, 5,420 meters and 5,360?

Physical Fitness Required

The Everest Three Pass Trek will require a moderate level of cardiovascular fitness, as well as strong legs. You will be covering long distances, sometimes between 6-8 hours of actual hiking time, hiking steep, rocky, uneven ground at a high altitude.

It is best to use aerobic based training methods that last for the duration of trekking, such as running, cycling, swimming, or walking briskly, to truly build your endurance.

You will also want to build leg muscles using exercises such as squats, lunges, step-ups, and calf raises so that you have the power for extended long and steep ascents and descents.

Building up your core strength is also ideal to help you with balance and support for the difficult trails. If you are in shape, you will be less fatigued and have more room to enjoy a great experience safely.

Training

It is best to start your [training](#) 3 or 6 months prior to your trek. Ideally, you should train in a cardio capacity to develop stamina; stair climbing or hill climbing are ways of replicating the experience.

A good approach is also to practice hiking with a loaded backpack; although the starting light is probably okay, you should build it into your total load. If you are able to do some hikes at higher elevations as well your body will acclimatize.

Physical prep is important, but equally important is mental prep to develop patience and resilience on

long, hard, multi-day excursions.

Altitude Sickness and Acclimatization Plan

At altitudes over 3000 meters, you may experience altitude sickness or difficulty acclimatizing, and most of your trekking at high altitudes will be passed over 5300 meters.

We recommend a very strict acclimatization schedule, including several rest days in your plan to minimize the effects of altitude. Follow our suggestions: climb slowly, drink plenty of fluids and avoid alcohol.

Follow your body's signs; if you begin to experience headaches, nausea, dizziness and tiredness it is likely a signal to rest or descend. Many guides in the Everest area will suggest you stop for an extra night at either Namche Bazaar or Dingboche. It is for your body to acclimatize to the elevation.

If necessary, related medications such as Diamox would help; remember to consult your doctor before taking medication.

Packing List suitable for 5000 Meters High Altitude Trekking (Everest Three Pass)

When you're hiking in an isolated area close to 5,000 m, the way you pack is a major factor in comfort, safety and warmth.

Think about how you will layer your clothing: base needs to be three layers: thermal next to skin, fleece/wool mid-layer, down for cold nights, the outer shell can be solo, or if waterproof, you can have windproof downpour layering for both snow and or rain to keep your previous layers dry.

You'll want to generally have well-broken boots or reinforced trekking boots that have high ankle support, as well as warm socks. And gaiters, please don't forget them.

Don't forget to take a hat to keep your warm, gloves, and a buff or scarf to keep your face insulated from the biting winds. You will also want to have a good pair of sunglasses for UV protection and high SPF sunscreen for when the sun's energy is particularly intense.

You will also need to pack a good headlamp, trekking poles for confident footing, and a good number (for your body) backpack to carry what you need for the day. Here is the detailed list for [Nepal trek Packing List](#).

You will want to check that you have water bottles, purification tablets, a personal first aid kit, sleeping bag rated at sub-zero temperatures so you can be comfy at altitude sleeping with two layers of clothing on.

FAQS for Everest Three Pass

Trekking is both a physical and a mental challenge, and you will ultimately need to prepare for both. We have taken some time to answer the most commonly asked questions to assist you in organizing your trip, including questions about its level of difficulty, the best time to trek, whether permits are needed, if a guide is compulsory, etc. Check out the FAQ below to get excited about your trek.

Everest Three Pass FAQS

Do I need a guide and porter?

We highly recommend a professional and experienced guide and Porter. This is recommended for safety, navigation and for using acclimatisation for altitude. Porters can also carry your bags.

Is the trek suitable for beginners?

We suggest having experience when completing this trek due to the high altitude, long days (up to 13 hrs) belly, and one or two challenging sections – glacier crossing. You should have a good level of fitness with previous walking experience recommended too.

Can I use mobile phones and internet on the trek?

Yes, the mobile network is present in the main villages, and many lodges have WiFi for a fee.

Are there medical facilities on the route?

Basic medical care is possible at the larger villages (e.g. Namche Bazaar), but if it was something serious, you would need to be airlifted to Kathmandu.

What should I do in case of emergency?

You would need to contact your guide immediately. There is a chance that you can be airlifted by helicopter, but this is very expensive – which is why we have travel insurance.

Address

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