Everest Three Pass Trek Itinerary

Day 1: Welcome to Kathmandu

Upon arrival in Kathmandu, you will be greeted by Adventure Club's representative at the airport and transferred to your hotel. You can spend the rest of the day at leisure, exploring the vibrant streets of Thamel, a popular tourist hub in Kathmandu. You can also take a stroll around the nearby Durbar Square, a UNESCO World Heritage site that showcases the rich history and architecture of Kathmandu.

In the evening, you'll meet your trekking guide and have a briefing session where you'll be provided with information about the trek, safety guidelines, and an overview of the itinerary. You can also use this time to ask any questions or address any concerns you may have. Finally, you'll enjoy a welcome dinner with your guide and team, where you can try some authentic Nepali cuisine and get to know your fellow trekkers. Overnight in Kathmandu.

Day 2: Explore Kathmandu Valley

Today, you'll have a full day to explore the cultural and historical landmarks of Kathmandu Valley. After breakfast, your guide will take you on a sightseeing tour of some of the most significant sites in the city, including:

Pashupatinath Temple - A sacred Hindu temple dedicated to Lord Shiva, located on the banks of the Bagmati River.

Boudhanath Stupa - One of the largest stupas in the world and a significant center of Tibetan Buddhism in Nepal.

Swayambhunath Stupa - A UNESCO World Heritage site and an ancient religious complex atop a hill, also known as the "Monkey Temple."

Patan Durbar Square - A UNESCO World Heritage site that showcases the traditional architecture, art, and culture of Nepal's ancient kingdoms.

In the evening, you'll return to your hotel and have some free time to explore the vibrant streets of Thamel or relax and prepare for the start of your trek tomorrow. Overnight in Kathmandu.

Day 3: Fly to Lukla and Trek to Phakding (2,610m) - 3 hours

Today, you'll take a scenic flight from Kathmandu to Lukla, a small town located in the Everest region. The flight takes about 35 minutes and offers stunning views of the Himalayan mountain range, including Mount Everest.

Upon arrival in Lukla, you'll meet the rest of your trekking team and start your trek towards Phakding, a small village situated on the banks of the Dudh Koshi River. The trail descends gradually through the forested hills and offers beautiful views of the surrounding landscape.

You'll pass through several traditional Sherpa villages and cross the famous Hillary Suspension Bridge, one of the highest suspension bridges in the world. Upon reaching Phakding, you'll check into your tea house and have some free time to explore the village or relax and enjoy the scenic surroundings. Overnight in Phakding.

Day 4: Trek to Namche Bazaar (3,440m) - 5.5 hours

After breakfast, you'll continue your trek towards Namche Bazaar, the largest village in the Everest region and the gateway to the Khumbu Valley. The trail follows the banks of the Dudh Koshi River and gradually ascends through beautiful pine and rhododendron forests. You'll cross several suspension bridges and pass through traditional Sherpa villages such as Monjo and Jorsale. As you approach Namche Bazaar, you'll be rewarded with stunning views of Mount Everest and other peaks in the region.

Namche Bazaar is a bustling town with several shops, restaurants, and bakeries. It's also an important trading hub for the local Sherpa community. Upon reaching Namche Bazaar, you'll check into your tea house and have some free time to explore the town or relax and acclimatize to the altitude. Overnight in Namche Bazaar.

Day 5: Acclimatization Day

Acclimatization is crucial to avoid altitude sickness, and Namche Bazaar is an ideal place for it. Today, you'll take a rest day and explore the town and its surroundings. There are several options for acclimatization hikes in the area, including a hike to the Everest View Hotel, which offers stunning views of Mount Everest and other peaks in the region.

Alternatively, you can visit the Sherpa Culture Museum and the Everest Photo Gallery to learn more about the local culture and history of mountaineering in the region. You can also explore the colorful markets in Namche Bazaar and try some local delicacies such as yak cheese and butter tea. In the evening, you'll return to your tea house and have some free time to relax and prepare for the next day's trek. Overnight in Namche Bazaar.

Day 6: Trek to Tengboche (3,870m) - 4 hours

After breakfast, you'll continue your trek towards Tengboche, a picturesque village located on a ridge overlooking the Imja Khola River. The trail gradually ascends through rhododendron and juniper forests and offers stunning views of the surrounding peaks, including Ama Dablam, Thamserku, and Kangtega.

Upon reaching Tengboche, you'll visit the famous Tengboche Monastery, the largest monastery in the Khumbu region. The monastery is a significant religious center for the local Sherpa community and offers stunning views of Mount Everest and other peaks in the region. In the evening, you'll return to your tea house and have some free time to explore the village or relax and enjoy the scenic surroundings. Overnight in Tengboche.

Day 7: Trek to Dingboche (4,410m) - 6 hours

Today's trek will take you through the beautiful Imja Khola Valley, with stunning views of snow-capped peaks and high-altitude landscapes. The trail passes through several small villages and offers a gradual ascent towards Dingboche.

As you reach Dingboche, you'll notice a change in the landscape, with barren hills and a colder climate. The village is surrounded by beautiful peaks such as Lhotse, Nuptse, and Chhukung Ri. In the evening, you'll check into your tea house and have some free time to explore the village or relax and acclimatize to the altitude. Overnight in Dingboche.

Day 8: Acclimatization Day

Another day for acclimatization is necessary to avoid altitude sickness, and Dingboche is an ideal place for it. Today, you'll take a rest day and explore the village and its surroundings. You can take a hike to the nearby Nagarjun Hill, which offers stunning views of the surrounding peaks, including Ama Dablam, Makalu, and Island Peak.

Alternatively, you can explore the village and interact with the locals to learn more about their culture and way of life. You can also visit the Dingboche Monastery, a small but significant religious center for the local Sherpa community. In the evening, you'll return to your tea house and have some free time to relax and prepare for the next day's trek. Overnight in Dingboche.

Day 9: Trek to Chukhung (4,730m) - 3 hours

After breakfast, you'll continue your trek towards Chukhung, a small settlement located at the base of Island Peak. The trail follows the Imja Khola River and offers stunning views of the surrounding peaks, including Ama Dablam and Lhotse.

As you reach Chukhung, you'll be rewarded with stunning views of Island Peak, one of the most popular trekking peaks in Nepal. The village is surrounded by beautiful glaciers and towering peaks, making it an ideal place for photography and exploration. In the evening, you'll check into your tea house and have some free time to explore the village or relax and acclimatize to the altitude. Overnight in Chukhung.

Day 10: Acclimatization Day

As you've already gained significant altitude, another day for acclimatization is crucial before proceeding to higher elevations. Today, you'll take a rest day in Chukhung and explore the village and its surroundings. You can take a hike to the nearby Chukhung Ri, which offers stunning panoramic views of the surrounding peaks, including Makalu, Lhotse, and Ama Dablam.

Alternatively, you can explore the village and interact with the locals to learn more about their culture and way of life. You can also visit the nearby glaciers and lakes, which offer a unique opportunity to witness the high-altitude landscapes of the Khumbu region. In the evening, you'll return to your tea house and have some free time to relax and prepare for the next day's trek. Overnight in Chukhung.

Day 11: Trek to Lobuche (via Kongma La, 5,535m) 4,940 m - 6 hours

Today is one of the most challenging days of the trek as you'll be crossing the Kongma La Pass, which is the highest pass of the trek at 5,535m. You'll start early in the morning and follow a steep ascent towards the pass, which offers stunning views of the surrounding peaks, including Makalu, Cho Oyu, and Everest.

The descent from the pass can be challenging as the trail is steep and rocky. You'll pass through the beautiful Khumbu Glacier and several small villages before reaching Lobuche, a small settlement located in the shadow of the Khumbu Glacier. In the evening, you'll check into your tea house and have some free time to explore the village or relax and acclimatize to the altitude. Overnight in Lobuche.

Day 12: Trek to Gorak Shep (via EBC, 5,380 m) 5,164m - 7 hours

Today is the day you've been waiting for as you'll be reaching the base camp of the highest mountain in the world, Everest Base Camp (EBC). The trail to EBC follows the Khumbu Glacier and offers stunning views of the surrounding peaks, including Nuptse, Pumori, and Khumbutse. As you reach EBC, you'll be surrounded by the towering peaks of the Himalayas, and you'll have a unique opportunity to witness the climbers and their preparations for the ascent of Everest.

You'll spend some time exploring the base camp and taking in the breathtaking scenery before continuing towards Gorak Shep. Gorak Shep is a small settlement located at the base of Kala Patthar, which offers stunning panoramic views of Everest, Lhotse, and Nuptse. In the evening, you'll check into your tea house and have some free time to explore the village or relax and acclimatize to the altitude. Overnight in Gorak Shep.

Day 13: Trek to Dzonglha (via Kala Patthar, 5,545m) 4200 m - 7 hours

Today is another challenging day of the trek as you'll be climbing Kala Patthar, which is a famous vantage point that offers the best panoramic views of Everest and the surrounding peaks. You'll start early in the morning and climb towards Kala Patthar, which takes about 2-3 hours.

As you reach the summit of Kala Patthar, you'll be rewarded with a breathtaking view of the Himalayas. You'll spend some time taking photos and enjoying the view before descending towards Dzonglha. The trail to Dzonglha offers stunning views of the Cholatse and Taboche peaks and passes through several small villages and yak pastures. As you reach Dzonglha, you'll be greeted by the stunning views of the Awi Peak

and the Cholatse Glacier. In the evening, you'll check into your tea house and have some free time to explore the village or relax and acclimatize to the altitude. Overnight in Dzonglha.

Day 14: Trek to Gokyo (via Cho La pass, 5,420m) 4,750m - 8 hours

Today is another challenging day of the trek as you'll be crossing the Cho La Pass, which is another high altitude pass of the trek at 5,420m. You'll start early in the morning and follow a steep ascent towards the pass, which offers stunning views of the surrounding peaks, including Ama Dablam, Cholatse, and Lobuche. The descent from the pass can be challenging as the trail is steep and rocky.

You'll pass through several small villages and yak pastures before reaching Gokyo, a beautiful settlement located on the shore of the Gokyo Lake. Gokyo is famous for its stunning views of the Himalayas and the Gokyo Lakes, and you'll have a unique opportunity to witness the beautiful sunrise and sunset views from Gokyo Ri, a nearby vantage point. In the evening, you'll check into your tea house and have some free time to explore the village or relax and acclimatize to the altitude. Overnight in Gokyo.

Day 15: Hike to Gokyo-Ri and rest in Gokyo

Today is a rest day in Gokyo, and you'll have the opportunity to explore the surrounding area and rest before continuing the trek. In the morning, you'll hike up to Gokyo-Ri, which is a popular vantage point that offers stunning panoramic views of the Himalayas, including Everest, Lhotse, Makalu, and Cho Oyu. The hike to Gokyo-Ri takes about 2-3 hours, and it is a steep climb.

However, the views from the top are well worth the effort, and you'll have plenty of time to take photos and enjoy the scenery. After descending back to Gokyo, you'll have the rest of the day to relax and explore the village. You can take a stroll around the beautiful Gokyo Lakes, visit the nearby monasteries, or simply relax and enjoy the stunning views of the Himalayas. Overnight in Gokyo.

Day 16: Trek to Lungde (via Renjo La, 5,340m) - 6 hours

Today's trek takes you across another high altitude pass, the Renjo La Pass, which stands at an elevation of 5,340m. The trek begins with a steep climb up to the pass, which offers stunning views of the surrounding mountains, including Everest, Makalu, and Cho Oyu. The descent from the pass can be challenging, as the trail is steep and rocky.

However, you'll be rewarded with spectacular views of the Gokyo Lakes and the surrounding landscapes. After reaching the village of Lungde, you'll check into your tea house and have the rest of the day to relax and acclimatize to the altitude. You can take a walk around the village and meet the locals, who are mostly involved in yak herding and agriculture. Overnight in Lungde.

Day 17: Trek to Namche Bazaar (3,440m) - 6 hours

Today, you'll retrace your steps and begin the descent back to Namche Bazaar. The trail follows the Dudh Koshi River and passes through several small villages and lush forests. As you descend, you may notice that the air feels thicker and easier to breathe compared to the higher altitudes.

You'll have plenty of time to enjoy the scenery and take photos along the way. Upon reaching Namche Bazaar, you can take a hot shower and enjoy a warm meal at one of the local restaurants. You'll also have some time to explore the town and do some souvenir shopping before settling in for the night. Overnight in Namche Bazaar.

Day 18: Trek to Lukla (2,850m) -7 hours

Today is the last day of your trek, and you'll be heading back to Lukla. The trail descends steeply from Namche Bazaar to the Dudh Koshi River and follows the river downstream to Phakding. You'll cross several suspension bridges and pass through charming villages and forests.

After a Lunch break in Phakding, you'll continue your trek to Lukla, which will take around 3-4 hours. Upon reaching Lukla, you can relax and celebrate the completion of your trek with your guide and fellow trekkers. In the evening, you can enjoy a farewell dinner with your team and share your experiences of the trek. Overnight in Lukla.

Day 19: Fly to Kathmandu

Today, you'll catch a flight back to Kathmandu from Lukla. The flight is a scenic one, offering stunning views of the Himalayan range from the plane. Upon arriving in Kathmandu, you'll be transferred to your hotel, where you can freshen up and relax after the long trek.

You can spend the rest of the day exploring the city and its vibrant markets, sampling the local cuisine, or simply resting and reflecting on your amazing trekking experience. In the evening, you'll have a farewell dinner with your guide and trekking team, where you can share your memories and stories of the trek. Overnight in Kathmandu.

Day 20: Departure

Today is your departure day from Nepal. Depending on your flight schedule, you may have some free time in the morning to do some last-minute shopping or explore the city further.

Adventure Club's representative will pick you up from your hotel and transfer you to the airport for your flight back home. We hope you had an unforgettable trekking experience in Nepal and look forward to welcoming you back for more adventures in the future. Safe travels!

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