

- Mt Everest is the highest mountain in the world.
- Famous pass Renjo la pass (5360m), Cho La pass (5,420 m) and Kongma La pass (5535m).
- Explore Culture and unique lifestyles of Sherpa people and village, Buddhist monastery,
- World's highest mountain views above 8000 meters Everest, Lhotse, Makalu and Cho-Oyu.

Everest three passes trekking is popular trekking in Nepal. It is situated in Khumbu region. This is suitable for adventure lover's people. This trip gives opportunity cross Renjo la pass (5360m), Cho La pass (5,420 m) and Kongma La pass (5535m). These three passes very famous pass in the Khumbu region. While this trip you will see many mountains in the Khumbu region include Mt Everest, Cho-Oyu, Lhotse, and Makalu. These mountains are more than 8 thousand meters. Khumbu glacier is the longest glacier in the world. On this trip, you can see the different part of the world highest mountain Everest.

Everest three passes trekking scenic view of world highest Mt Everest with neighbor snow-capped mountain, incredible landscapes of rocky hills, glacial lakes and in the lower part of the Khumbu region, you will also explore the unique lifestyles, culture and lifestyles of Sherpa legendary ethnic groups, the ancient Buddhist monastery and diverse flora and fauna. The Glacier Adventure Company has carefully designed the itinerary for Everest three passes trekking with a few rest days special ways to acclimatize safely. We have decades of experience team, learned never to rush a trekking to the high Himalayas.

Trip Facts

Price:

USD 1950

Duration:

20 days

Activities::

Hiking & Trekking, Tours & Sightseeing

Accommodation::

Teahouse(Lodge to Lodge)

Meals::

Breakfast in Kathmandu/All the meals during trekking

Max. Altitude::

Max. Altitude:

Group Size::

Minimum 1

Best Season::

February, March, April, May, September, October, November & December

Daily walking Hour::

5 to 7 hours

Transportation::

Car/ Van/ Plane

Route Map



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Day to Day Itinerary

Day 1: Arrival day in Kathmandu (1300m)

Accommodation: Tourist Standard Hotel | **Meal:** Welcome dinner

When the traveler arrives airport in Kathmandu, Our representative will meet you and transfer to the hotel, then take a rest in the evening time will have welcome dinner at Nepali restaurant.

Day 2: Kathmandu sightseeing (1300m)

Walking hr: 6 hrs | **Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast

After breakfast tour guide pick up you for a tour around Kathmandu valley (Pashupati Temple, Boudhanath, Swayambhu, Kathmandu Durbar square) after that prepare for trekking. Traveler meets trekking guide and team member, they check your equipment as well as advice what you need for trekking.

Day 3: Kathmandu to Phakding (2650m)

Walking hr: 4 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today, Brand new day. Travelers entering Sherpa Land. Early in the morning short flight (40m) from Kathmandu to Lukla with beautiful mountain scenery. After Lukla, the trail descends until Thado Koshi then ascends to Phakding. Explore Amazing Sherpa village with beautiful mountains.

Day 4: Phakding to Namche Bazaar (3450m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the exciting day for the travelers. First-time trekkers see Mt. Everest. After breakfast trekkers start walking for Namche. The trail follows the Dudh Koshi River and cross suspension bridge several times to reach Jorshalle. The Jorshalle is the entrance place to Everest National Park When the cross Hillary Bridge, then trail ascends until Namche. Namche is a beautiful village surrounded by beautiful mountains.

Day 5: Acclimatization day

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is a acclimatized day for adjusting the thin air. Namche is the main center of the Jiri to Everest three passes trekking. There are a government office, Banks, ATM, Shops and Restaurants. After breakfast traveler goes for hiking to Khumjung Village (3840m) through Sangboche airport and Everest view hotel. On the way, the traveler enjoys with the blend of traditional customs of Sherpa indigenous peoples, views of snow-capped Himalayan range like Mt. Everest, Lhotse, Thamserku, and Amadablam.

Day 6: Namche Bazaar to Thame (3800m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking from Namche. The trail is separate from the classical route of Everest Base Camp and walks into the left corner to Thame Village. This is the oldest and popular Sherpa village. In the past time, this trail used to go Tibet/China. Above 150m the village there is the Thame Gompa (Monastery)

Day 7: Thame to Lungdeng (4600m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast starts walking from Thame. The trail ascends north to Thame Teng cross several villages like Chanakpa, Taranga, Marlung and yak fields. Finally, reach Lungdeng. This is a great viewpoint Ngazumpa glacier and snow-capped peaks of Khumbu region.

Day 8: Lungdeng to Renjo- La (5360m) to Gokyo(4750m)

Walking hr: 6 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the final day to cross Renjo la. Early in the morning after breakfast starts the walk. The trail ascends to Renjo la top. This is truly high pass in the Khumbu region. Renjo la top (Pass) amazing viewpoint as a Gokyo RI. Everest itself rising with Neighbor Mountains, then descends through the narrow valley to the Gokyo.

Day 9: Gokyo to Gokyo Ri(5357m) Thangna(4750m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Gokyo RI is one of the best viewpoints to see Mt Everest. Early in the morning after breakfast the trail ascends to Gokyo RI and have amazing views of over eight thousand meter mountains including Mt. Everest, Mt. Lhotse, Cho-Oyu among others. After exploration descends to Gokyo eat Lunch then continue to Thangna through the glacier.

Day 10: Thaknak to Cho-la Pass (5367m) to Dzongla (4850m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the final day to cross Chola. This is a difficult pass. Early in the morning after breakfast start to walk. The trail ascends to the Chola top, then descending to Dzonglha. Enjoy magnificent views of the range of mountains lying around.

Day 11: Dzongla to Gorakshep (5180m)

Walking hr: 5 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

After breakfast, go to Gorekshep. Dzongla to Lobuche takes normal trail, but before Gorek Shep rocks and glacier. When reaching Gorekshep drop bags in the room and eat lunch, then evening time goes to Kalapather for sunset. The trail ascends to Kalapather. Enjoy golden mountain views of Mt Everest, Lhotse, Nuptse, Khumbtse, Lirung, Pumori and Amadablam and many others. Take your time after that back to the Gorek Shep.

Day 12: Gorakshep to Lobuche (4930m)

Walking hr: 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Today is the final day to reach Everest base camp. Convert dream to reality. Early in the morning after breakfast start the walking. Take care, some part of the trail very difficult over Khumbu glacier. The trail follows the rocky moraine and icy glacier pond to the Everest base camp. Enjoy and take your time after that back to Gorek Shep to eat lunch then continue to Lobuche.

Day 13: Lobuche to Kongma La (5535m) to Dingboche (4260m)**Walking hr:** 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning after breakfast starts walking for a Kongma la pass. The trail ascends Lobuche to Kongma la top, then trail descending to Dingboche. The traveler enjoys magnificent views of the range of mountains lying around.

Day 14: Dingboche to Namche (3450m)**Walking hr:** 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Already complete your Dream. Trekkers cross three passes and reach Everest base camp. After breakfast starts the walk. Today cross few suspension bridges, rhododendron forest, and beautiful Sherpa village with amazing mountain scenery. Enjoy in Namche with hot and good shower, good food etc.

Day 15: Namche to Lukla (2850m)**Walking hr:** 7 hrs | **Accommodation:** Guest house | **Meal:** Breakfast, Lunch & Dinner

Early in the morning after breakfast trekkers start to walk. Today is the last day of your adventure Everest base camp trekking. The trail descends to Jorshalle then continue to Thado Koshi after that the trail ascending to Lukla. When reaching Lukla re-confirm ticket and visit around Lukla in the evening time.

Day 16: Lukla to Kathmandu (1300m)**Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast, Lunch

Early in the morning after breakfast walk to Lukla airport, then the short flight to Kathmandu, transfer to hotel in Kathmandu, Your adventures finished take a rest and relax. Enjoy the day.

Day 17: Leisure day in Kathmandu (1300m)**Accommodation:** Tourist Standard Hotel | **Meal:** Breakfast & Farewell dinner

Today is leisure day, in case of bad weather in Lukla. If, Trekkers cannot fly on scheduled date and time from Lukla to Kathmandu. Free time to go shopping, the souvenir to your family members and friends. Enjoy the day.

Day 18: Departure day**Meal:** Breakfast

We dropped you to the international airport for your departure flight to your onward destinations. The Glacier Adventure Company wishes you a wonderful Himalayan adventure in Nepal.

This above Itinerary is a guideline and a standard pattern of what we provide. Our trips can be customized in your interest to accommodate your specific requirements. We also arrange Everest three passes trekking without sightseeing and hotel arrangements.

NOTE: During the trips, weather conditions, local politics, transportation or multiple other factors. They are beyond our control, can change Itinerary. However, Unlikely that Itinerary would be substantially altered, if necessary, Group leader will decide the best alternative, they change the best one of the whole group. Where a change does occur, we do everything best. We minimize its special effects but we cannot be responsible for

the results of delays.

Trip Cost Includes

- Airport / Hotel / Airport pick up & drop by private car / van / bus.
- Standard twin sharing accommodation two/three star hotel in Kathmandu breakfast included (4 nights)
- Welcome and fair well dinner.
- All accommodation and meals during the trek
- A full day sightseeing tour in Kathmandu valley including tour Guide and Entrance fees
- Government license experienced English speaking Guide. Two people 1porter.4 people 1 Sherpa.
- The required number of local staff and Porters to carry your luggage during the trek.
- Food, accommodation, salary, insurance, equipment and medicine for all staff.
- Sagarmatha National Park permits/TIMS.
- Down Jacket and sleeping bag (which needs to be returned after the trek.)
- Free duffle Bag/T- shirt/trekking map
- Surface transfer from and to Kathmandu
- Flight from Kathmandu to Lukla to Kathmandu airport tax
- All our government taxes.
- Official expense.

Trip Cost Excludes

- Your travel and rescue insurance
- International airfare and airport departure tax.
- Nepal entry visa, you can obtain a visa easily upon your arrival at Tribhuvan International Airport in Kathmandu.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, Mineral or boiled water, shower and Personal trekking Equipment.
- Tips for staff.
- Others expenses which not in Price Includes.
- Excess baggage charges
- Lunch and dinner in Kathmandu (and also in the case of Early return from the mountain than the scheduled itinerary)
- Extra night accommodation in Kathmandu because of early arrival, late departure, and Early return from the mountain (due to any reason) than the scheduled.

IMPORTANT NOTE

Trekker's safety is our paramount concern while trekking with Glacier Adventure. Every effort will be made to keep to the above the itinerary. Everest three Pass Trekking located the remote area in the Khumbu region. Glacier Adventure can't guarantee it such as weather condition, availability of porter and the health of team members can all contribute to change. Guide and Sherpa will try to ensure that the trip runs according to plan but please be prepared to be flexible if necessary.

Pre-trip meeting

Glacier Adventure hosts the Pre-trip meeting in Kathmandu 2nd day of the itinerary. Trekkers introduce with trek leader. We will provide an opportunity for individuals to ask questions about Everest three Pass Trekking. The pre-trip meeting covers personal equipment, acclimatization and to introduce you to another team member. Glacier Adventure hopes pre-trip meeting have excellent, informative, supportive and fun.

Acclimatization

Glacier Adventure's Everest three pass Trekking itinerary is focus rules AMS (Acute Mountain Sickness) when going up too fast causes a medical condition serious enough to kill. Higher mountains area is less oxygen in the air. If, trekkers are wanted safe Everest three Pass Trekking. Their body needs some days to rest in the less air environment. Especially, travelers need to know the heart, lungs/blood diseases to consult their doctor before leaving home. Glacier Adventure's itinerary designed to try to prevent AMS as much as possible. It is important to remember that some people are more susceptible than others.

Physical Condition & Experience Requirements

Normally, Everest three Pass Trekking is a remote mountain in the Khumbu region. This is suitable for physical fit walkers. The traveler must be in good health and physical condition. Most parts of treks five to six hours walk but some days are seven hours. It is a good idea; prepare yourself in the lead-up to your trip with some regular exercise. The best form of which is long walking in the hill area. Technical experience is not required, hiking experience is an advantage, but the most important thing is a positive attitude and a generous amount of determination. If you have any pre-existing medical conditions, it is vital you let us know the details of these before setting. Also, before coming to Nepal it's important to consult your doctor regarding vaccination and any other medical concerns the trip may raise. "Medical and emigration expenses are your responsibility."

Insurance

When traveling with Glacier Adventure. Trekkers must be fully insured, including Air rescue, Air ambulance, and treatment service. Have an accident? Trekkers should be careful in choosing a policy; however, as some make special exceptions for adventure travel. Please note that Glacier Adventure doesn't arrange any insurance.

Staff Arrangements

Glacier Adventure staffs try to make successful, enjoyable and memorable in your Everest three Pass Trekking. They are innocent, helpful, experienced and Careful. Your trip leads by the best and most professional leader. He had a long experience. He has knowledge of Culture, Ecosystem, flora and fauna, geography and history of Nepal. Glacier Adventure's leader trained following things

English Language.

Trekking guide training.

First aid course.

Conservation & Biodiversity

Porter care

Trekking is adventures. Porter's job is the hard working job. They carry trekker supplies and baggage that

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makes a journey easy and comfortable into the remote mountains of the Khumbu region. We ensure all our porters are well trained and well paid. Porters who become sick are treated with the same care and attention as team members and we have previously used helicopters at Tour expense to rescue porters from dangerous situations. The porter's sake, we require all trekkers keep their bag weight 15 to 20kg. We support the work of the International Porter Protection Group (IPPG), Provides help and advice to those organizations to improve the working conditions of the porters on whom we depend.

Accommodations

All accommodations for Everest three Pass Trekking are twin sharing basic included in trip cost. The trip based on, standard service and Standard hygiene food. There are two types of accommodations on the trip. Standard tourist hotel in Kathmandu and during the treks, Trekkers spends standard Guest house which one normal room with wooden beds and foam mattress. Glacier Adventure also provides the attached bathroom where is possible. Some places are only having shared shower/washing and toilet facilities. We always try to provide good rooms in all places.

