

Everest Three Passes Trek

17 Days Challenging Trek



The Everest Three Passes Trek is the ultimate circuit in the Khumbu region, combining the highlights of Everest Base Camp, Gokyo Lakes, and remote valleys linked by three challenging high-altitude passes: Kongma La (5,535m), Cho La (5,420m), and Renjo La (5,360m). This adventurous journey offers trekkers an unparalleled 360° experience of the Everest region, with dramatic crossings over glaciated passes, visits to iconic viewpoints, and encounters with local culture.

Spanning 18 days, the trek takes you through lush forests, bustling Sherpa villages, high alpine valleys, and icy wilderness, culminating in legendary spots such as Everest Base Camp, Kala Patthar, Gokyo Ri, and the sparkling turquoise Gokyo Lakes. Compared to the classic Everest Base Camp route, the Three Passes Trek is more challenging but rewards adventurers with quieter trails, diverse landscapes, and panoramic views of the world's highest peaks, including Everest, Lhotse, Makalu, Cho Oyu, Ama Dablam, and more.



About the Everest Region

The Khumbu region lies in northeastern Nepal within the Sagarmatha National Park, a UNESCO World Heritage Site known for its stunning landscapes, unique wildlife, and resilient mountain communities. With three of the world's tallest mountains, Mt Everest, Mt Lhotse, and Cho Oy, located in the region, the Everest Region is the heart and pulse of the Himalayan belt, where tens of thousands arrive each year to fulfil their dream of either simply admiring or conquering the world's highest peaks. The Khumbu area is also home to the Sherpa people, whose culture, spiritual heritage, and mountaineering legacy are deeply entwined with the Himalayas.

While the EBC Trek is the crown jewel of the Everest Region, other routes such as the Gokyo Lakes Trek and the Three Passes Trek offer equally rewarding adventures for those seeking quieter trails or more technical challenges. The Khumbu region is also home to several trekking peaks such as Island Peak (Imja Tse) and Lobuche East, for those looking to go beyond trekking without committing to a full-scale expedition

TRIP OVERVIEW

Duration: 17 Days

Difficulty: Challenging

Max Elevation: Kongma La Pass (5,535m)

Best Season: Spring (March–May) and Autumn (September–November)

TRIP HIGHLIGHTS

- Cross three iconic high passes: Kongma La, Cho La, and Renjo La.
- Visit Everest Base Camp (5,364m) and climb Kala Patthar (5,545m) for sunrise views of Everest.
- Explore the stunning turquoise Gokyo Lakes and climb Gokyo Ri (5,357m).
- Trek through Namche Bazaar, Tengboche, Dingboche, and remote alpine valleys.
- Enjoy diverse landscapes, from rhododendron forests to vast glaciers and icy passes

OUTLINE ITINERARY

Day 1-2: Arrive in Kathmandu; sightseeing and trek preparation

Day 3-4: Fly to Lukla, trek to Phakding, then Namche Bazaar.

Day 5: Acclimatisation in Namche; optional hike to Everest View Hotel/Khumjung.

Day 6-8: Trek to Tengboche, Dingboche then to Lobuche via Kongma La Pass and Everest Memorials

Day 9 - 10: Trek to Everest Base Camp; and sunrise climb to Kala Patthar, and trek to Dzongla.

Day 11-12: Cross Cho La Pass to Gokyo; explore Gokyo Lakes and climb Gokyo Ri.

Day 13 - 14: Cross Renjo La Pass to Lungden, and trek onward to Thame.

Day 15-16: Return via Namche to Lukla.

Day 17: Fly back to Kathmandu.

WHAT TO EXPECT

Physical Challenge: High-altitude trekking with demanding pass crossings; requires stamina and acclimatisation.

Accommodation: Teahouses along the trail – basic but warm and welcoming.

Food: Dal bhat, Sherpa stews, noodles, momos, and occasional Western dishes.

Weather: Cold nights above 4,500m; clear skies and stable conditions in autumn/spring.



Detailed Itinerary

DAY 1: ARRIVAL IN KATHMANDU (1,400M)

Activities: Arrive in Kathmandu, transfer to hotel, rest.

Accommodation: Overnight in Hotel

DAY 2: KATHMANDU SIGHTSEEING AND TREK PREPARATION

Activities: (Optional) Explore Kathmandu's UNESCO World Heritage Sites such as the Swayambhunath, Bouddhanath, and Pashupatinath Temples. Make necessary preparations for the trek such as permits, gears.

Accommodation: Overnight in Hotel

DAY 3: FLY TO LUKLA (2,840M), TREK TO PHAKDING (2,610M) – 3/4 hours trek

Activities: Take a short, scenic Mountain flight to Lukla, and begin your trek via a gentle descent through pine forests to Phakding.

Accommodation: Teahouse in Phakding.

DAY 4: PHAKDING TO NAMCHE BAZAAR (3,440M) – 6/7 hours trek

Activities: Trek along the Dudh Koshi River, cross multiple suspension bridges, and ascend steeply to Namche Bazaar, a vibrant Himalayan town in the Everest region.

Accommodation: Teahouse in Namche.

DAY 5: ACCLIMATISATION IN NAMCHE BAZAAR

Activities: Optional hike to Everest View Hotel or Khumjung village; rest and acclimatise.

Accommodation: Teahouse in Namche.

DAY 6: NAMCHE TO TENGBOCHE (3,870M) – 5/6 hours trek

Activities: Resume the trek, and follow the trail as it ascends to Tengboche, home to the region's most revered monastery.

Accommodation: Teahouse in Tengboche.

DAY 7: TENGBOCHE TO DINGBOCHE (4,410M) – 5/6 hours trek

Activities: Walk through pleasant meadows and rhododendron forests to cross the Imja Khola through a suspension bridge and pass through Pangboche. Walking ahead, notice the change in vegetation as we make our way towards the rugged alpine terrain.

Accommodation: Teahouse in Dingboche.

DAY 8: DINGBOCHE TO LOBUCH (4,940M) – 5/6 hours trek

Activities: Now in the high-Himalayas, we trek past our first of the three passes, the Kongma La Pass, which offers stunning and panoramic views of Makalu, Ama Dablam, and Lhotse.

Accommodation: Teahouse in Lobuche.

DAY 9: LOBUCH TO EVEREST BASE CAMP (5,364M), RETURN TO GORAK SHEP (5,140M) – 7/8 hours trek

Activities: On the 9th day, we arrive at Everest Base Camp following a trail along the lateral moraine of the Khumbu Glacier. We return to Gorak Shep for the night.

Accommodation: Teahouse in Gorak Shep.

DAY 10: KALA PATTHAR (5,545M) SUNRISE & TREK TO DZONGLA (4,830M) – 6/7 hrs

Activities: Early climb to Kala Patthar; descend to Dzongla.

Accommodation: Teahouse in Dzongla.

DAY 11: CROSS CHO LA PASS (5,420M) TO GOKYO (4,790M) – 7/8 hrs

Activities: Cross the Cho La Pass, a glacier crossing, and the second of the three passes before descending to Gokyo Lakes.

Accommodation: Teahouse in Gokyo.

DAY 12: GOKYO RI (5,357M) & LAKES EXPLORATION – 5/6 hrs

Activities: Early morning climb to the summit of Gokyo Ri for stunning views of the Everest region, and enjoy a panoramic view of the Gokyo lakes system.

Accommodation: Teahouse in Gokyo.

DAY 13: CROSS RENJO LA PASS (5,360M) TO LUNGDEN (4,380M) – 7/8 hrs

Activities: Final pass – the Renjo La Pass which offers panoramic views of Everest, Rolwaling, and Gokyo Valley.

Accommodation: Teahouse in Lungden.

DAY 14: LUNGDEN TO THAME (3,800M) – 5/6 hrs

Activities: Trek from Lungden to Thame, a traditional Sherpa village, following an ancient trade route once used by Tibetan merchants.

Accommodation: Teahouse in Thame.

DAY 15: THAME TO NAMCHE (3,440M) – 5/6 hrs

Activities: An easy and light walk through yak pastures and monasteries.

Accommodation: Teahouse in Namche.

DAY 16: NAMCHE TO LUKLA – 6/7 hrs

Activities: Final trek along Dudh Koshi.

Accommodation: Teahouse in Lukla.

DAY 17: FLY TO KATHMANDU

Activities: Return flight; rest in Kathmandu.

Accommodation: Overnight in Hotel

