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# ASIAN EXPEDITION PVT. LTD

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# Adventure Three Pass Everest Trek

## Tour Overview

Everest itself continues to attract many trekkers and climbers day by day. Choosing adventure trek and the challenging passes Kongma La Pass (5,535m), Cho La Pass (5420m) and Renjo La Pass (5,340m) which make your journey more adventourous and amazing. Gokyo Valley, Kalapathar view point, Everest Best camp and Tengboche monastery are the best to experience it. World tallest Mountains Everest, ChoOyu, Nuptse, Lotse, Amadablam and hundres peaks are the ornaments of trek. This trek is known as Everest 3 passes, Everest High Passes or three adventure pass in Everest region.

## Detailed Itinerary

**Day 1: Arrive in Kathmandu the capital of Nepal (1310m).**

You are greeting by our representative at the international Airport then transfer to a nice cozy hotel. You are invited the welcome dinner and same evening will be short brief for next day program. Overnight at Hotel (D).

**Day 2: Kathmandu: sightseeing Tours**

Having breakfast we then begin our tour of the day at  UNESCO World Heritage Sites. Drive by private vehicle to the sacred Hindu temple of Pashupati Nath, the interesting 'Monkey Temple' (Swayambunath) and Bauddha Nath Stupa which is one of the largest stupas in the world. Overnight at Hotel (B) .

**Day 3: Fly to Lukla and trek to Phakding (2651m)-4 hour walking**

An early morning flight will take you to Lukla(2840m), the starting point of the trek. Despite being only 35 minutes, the flight is a memorable one! Try to sit on the right-hand side of the plane for the best views of Everest as you approach Lukla. The trek starts with fairly short descent to Phadking, where you will pass stone walls decorated with prayer inscriptions – called Mani in the local language. You will spend the night in Phadking village. Overnight at Lodge (B,L,D) .

**Day 4: The trek to Namche Bazaar(3438m) -6hrs**

Entering the Sagarmatha National Park, a UNESCO World Heritage Site in Khumbu Region. The village of Namche Bazaar is the central trading post of the region and is always bustling with life. If the weather is clear then enjoy the views of Kongde peaks at the west of Namche. Overnight at Lodge (B,L,D) .

**Day 5: Acclimatization day/Rest day**

Today is an acclimatization day spent in Namche Bazaar. Explore the Sherpa village, hike to Khumjung and Sir Edmund Hillary School. At Namche Bazaar stock up on some much-needed snacks for the trek ahead and be sure to check out the bakery – one of the best! The market on a Saturday is also a major attraction. Overnight at Lodge (B,L,D) .

**Day 6: Trek to Thame (3800m) -5 walking hrs**

Having good views of Kwagnde Himalaya Peaks, the trail now splits from the popular base camp route and heads north-west through the small Sherpa village of Thamo before reaching Thame, where you will be staying the night. Take some time to learn a bit about the local traditions and their intrinsic connection with the mountain on which you are standing. Overnight at Lodge (B,L,D).

**Day 7: Trek to Lumde (4368m) -6 hrs**

Today passing through some Gompas in the small villages on the way, we will cross the Bhote Koshi river before heading up the valley to Lumde. As you start to gain altitude you should get some great views of the snow-capped peaks in the region.Overnight at Lodge (B,L,D).

**Day 8: Trek to Gokyo Lake (4790m) via Renjo-La Pass-7hrs**

Today you will encounter your first of the Three Passes – Renjo La(5340m). The route starts off easy but will soon turn into a hard day of hiking as you near the end of the ascent of Renjo La. Try to think of the magnificent views you will get at the top to motivate you! After the pass, you will descend to the third of the Gokyo Lakes and then trek onto the village of Gokyo for the night. After some rest you can even climb up the ridge to get some amazing views of the lakes, the highest freshwater lake system in the world. Overnight at Lodge (B,L,D) .

**Day 9 : Explore Gokyo Valley**

Breathtaking scenery abounds today as we embark on any number of walks to explore Gokyo Valley. Gaze upon the amazingly azure Thonak Tsho and Ngozumba Tsho lakes, and ascend to Scoundrel’s viewpoint to admire the peaks of Cho-Oyu, Everest, Lhotse, Nuptse, Makalu,

and Gyachung Kang. Overnight at Lodge (B,L,D)

**Day 10 : Climb Gokyo Ri 5357m and trek to Thangnak 4750m : 4 – 5 hours walk**

Our highlight of our trip is the epic ascent to the top of Gokyo Ri today, from where what is said to be the best view in Khumbu region can be beheld.  Amid a host of soaring peaks, gaze down on the beautifully azure Gokyo lakes and the immense Ngozumba glacier. We'll descend for a short hike to our overnight spot at Thaknak near the Ngozumba glacier. Overnight at Lodge (B,L,D).

**Day 11 : Trek from Thangnak to Cho La pass (5420m) and Dzongla 4830m: 7 – 8 hours walk**

A challenging day awaits us as we ascend up steep and icy terrain to Cho La pass via Phedi. We'll negotiate several crevasses and boulder strewn areas on our way to Dzongla, where the peaks of Ama Dablam, Cholatse, and Lobuche await us. Overnight at Lodge (B,L,D)

**Day 12 : Trek from Dzongla to Gorak Shep (5170m) and Everest Base Camp 5364m: 8 – 9 hours walk**

Following a magnificent trail adjacent to the Khumbu Glacier's lateral moraine, we head deeper into frozen terrain with the majestic peaks of Pumori, Lingtern, Khumbutse, Lhotse, and Nuptse before us. The grey rock outcropping of Kala Pattar makes an appearance as we crest a ridge and ascend into Gorak Shep.  After a rest and a good lunch, we follow the boulder-strewn trail to Everest Base Camp at the base of the Khumbu icefall. After celebrating our accomplishment at this famous spot, we return to Gorak Shep as the sun sets over the rugged beauty of our surroundings. Overnight at Lodge (B,L,D)

**Day 13 : Trek to Lobuche,Hike the Kalapatthar(5545m) view point:6hrs**

An early morning start is needed to summit the trekking peak of Kala Patthar – the iconic viewpoint of Everest. After snapping some pictures, head back to Gorak Shep for a quick meal before descending further to Lobuche for the night. Overnight at Lodge (B,L,D).

**Day 14: Trek to Chhukum (4730m) via Kongma La Pass(5535m): 7-9 hrs**

You leave the classic base camp route today as you head east through the Khumbu Glacier to reach the third and final pass of the trip – Kongma La Pass. At ,5535m the pass is the highest of the three and lacks any shops or tea houses along the way. After a tiring ascent to the top, descend into the Chukung Valley and eventually to the village of Chukung where you will stay in the lodge overnight. (B,L,D).

**Day 15 : Climb Chukkung Ri (5,550m) and trek to Dingboche (4,410m)**

This peak is the hardest of the three you can attempt on this treks and involves some easy scrambling near the summit. The views from the top down the Khumbu Valley are superb. You descend to Dingboche where you will stay in a lodge overnight.(B,L,D).

**Day 16: Trek to Tengboche Monastery (3860m):5hrs**

**Day 17: Trek to Phakding: 6hrs**

You now descend the main Everest trail through Namche Bazaar, forest and  cross the Dudh Koshi. You are now sauntering back along familiar paths to Phakding. Overnight lodge.(B,L,D)

**Day 18: Trek to Lukla**

The last day of trekking will take you through some lovely pine scented forests before reaching Lukla where a cold drink and a hot meal await you! Overnight at Lodge (B,L,D)

**Day 19: Flight back to Kathmandu**

Weather permitting, catch the morning flight back to Kathmandu to end off what is sure to be the trip of a lifetime. Overnight at Hotel (B)

**Day 20: Leisure day in Kathmandu**

Leisure day in Kathmandu, in case of bad weather of Lukla. Overnight at hotel,  inclusive of breakfast.(B)

**Day 21: Last night in Nepal**

your last night in Nepal, transfer to Airport, your flight back home, where you can tell all your friends and family about the time you had! Farewell.

## Pricing Information

## Price Details

Prices depends on group size, Services you want and Hotels in Kathmandu.

We offer you a good price, Please email us. Thank you.

## Price Includes

• All airport/hotel transfers
• 4 nights Hotel in Kathmandu with BB plan
• All accommodation and meals:19 x breakfast, 16 x Lunch, 17 x Dinner during the trek
• A full day sightseeing tour in Kathmandu valley including tour guide and entrance fees
• Kathmandu Lukla Kathmandu round airfare and airport TAX
• An experienced English-speaking trek leader or guide and Sherpa porters to carry including their salary, insurance, equipment, flight, food and lodging
• All necessary paper work and permits
• A comprehensive medical kit
• All government and local taxes

## Price Excludes

• Nepal Visa fee $40 for a month (bring small denomination USD cash and two passport photographs)
• International airfare to and from Kathmandu
• Excess baggage charges
• Extra night accommodation in Kathmandu because of early

arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary
- Lunch and evening meals in Kathmandu
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower etc.)
- Tips for guides and porters & Rescue insurance