**Sherpa Nomad Trek**
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# Everest Three Pass Trek - 21 Days

## EVEREST THREE PASS TREK: 21-DAY ITINERARY & PACKAGE

The Everest Three Pass Trek is a challenging yet rewarding trekking route that encircles the entire Khumbu region. It is one of the world's premier trekking paths, featuring renowned trails such as Everest Base Camp, Imja Valley, and Gokyo, along with three high passes exceeding 5000 meters. The journey begins in Lukla, the gateway to the Khumbu region, and leads to Everest Base Camp via Kongma La Pass (5535m). From there, trekkers proceed to Gokyo Valley through Cho La Pass (5420m) and return to Lukla via Renjola Pass (5360m). This trek typically takes between 17 and 21 days, depending on the pace, flexibility, and the trek's distance of 160 to 170 kilometers. The Three Pass Trek is ideal for seasoned trekkers, though novice trekkers with adequate physical endurance and mental resilience can also participate. This trek offers a unique opportunity to experience the cultural and natural diversity of the Khumbu region, bringing you to the foothills of the world's highest mountain, along with breathtaking landscapes, glaciers, snow-capped peaks, rich local culture, Tibetan monasteries, rugged terrain, and diverse flora and fauna. Book the Three Pass Trek with Sherpa Nomad Trek Pvt. Ltd for a premium package, flexible itinerary, and top-notch service at a reasonable price. Join now and travel with local Sherpas to discover Nepal's hidden gems.

The **Everest Three Pass trek** begins with a flight from Kathmandu to Lukla; the trek continues to Namche Bazar, the capital of the Sherpa people. From there, the journey continues to Everest Base Camp and Kalapathar, where trekkers can enjoy close-up views of the majestic Himalayas, including Everest, Nuptse, Lhotse, Lobuche Peak, Pumori, and numerous other peaks, as well as the Khumbu Glacier and the Khumbu Icefall. After visiting Everest Base Camp, the trek proceeds to Gokyo Valley via the Cho La Pass, showcasing stunning glaciers and breathtaking mountain vistas. Each step of the journey offers spectacular views of the world's highest peaks from various perspectives. From Gokyo Valley, trekkers return to Namche Bazar via the Renjo La Pass, which provides different views of the glaciers, mountains, and Himalayan terrain. The Three Pass trek offers a comprehensive

experience of adventure, nature, and culture, making it a must-do trek in Nepal. **Sherpa Nomad Trek Pvt. Ltd** highly recommends the 21-day itinerary for the Three Pass trek, designed for a lifetime experience with maximum flexibility and comfort.

## THE COST OF THE 21-DAY EVEREST THREE PASS TREK FOR 2026-2027

The 21-day Everest Three Pass trek is an extensive package designed for those who are excited to embark on the challenging yet exhilarating journey to the Everest region. This comprehensive adventure includes traversing the three high passes: Renjola, Chola, and Kongma La, as well as exploring the Gokyo Lakes Valley, Everest Base Camp, and Kalapathar. The cost for the three passes ranges from USD 1500 to USD 2200 per person, depending on the size of the group. Specifically, the cost of the Three Pass Trek varies based on group size, duration, services, facilities, expertise, and logistical standards. Sherpa Nomad Trek is the premier local trekking company, offering exceptional care, accommodation, security, and guidance from local experts, along with assistance from Sherpas for your luggage. You can expect comprehensive accommodation, mountain meals, necessary permits, flights, and airport transfers included in our packages. We welcome solo travelers, couples, families, friends, and both small and large groups for the Three Pass Trek, tailored to your preferences. Please note that our services, care, impeccable hospitality, and reasonable pricing from our expert team are unmatched by any other organization. We proudly offer a 21-day Three Pass Trek designed for adventure seekers and nature lovers. The cost breakdown for the Three Pass Trek varies according to group size as outlined below. Traveling in a group allows you to save money and share the trekking experience with your partner.

- The cost for the Everest Three Pass Trek is $2200 for solo travelers.
- For groups of 2-6 participants, the cost is $2000 per person
- For groups of 7 to 10 participants, the cost is $1900 per person.

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## EVEREST THREE PASS TREK HIGHLIGHTS

- Discover the Sherpa Village and experience their warm hospitality and rich culture.
- Enjoy the exhilarating flight between Kathmandu and Lukla.
- Visit Lukla, the traditional gateway to the Everest region.
- Uncover the untouched Sherpa way of life and the history of climbing, where tragedy intertwines with history.
- Explore Namche Bazar, the capital of the Sherpas and the heart of the Khumbu region.
- Visit the ancient Tengboche monastery, established in 1916 by Lama Gulu, which has strong ties to its mother monastery, Rongbuk Monastery in Tibet.
- Reach the summits of Kongma La Pass (5535m), Chola Pass (5420m), and Renjola Pass (5360m).
- Hike to Everest Base Camp (5364m) and Kalapathar (5545m) for breathtaking aerial views of Everest.
- Explore Gokyo Lake and Gokyo Ri for stunning views of the lake and surrounding mountains.
- Explore the rich flora and fauna of the world's highest terrain
- Embark on a challenging yet rewarding trek in the Everest region.

## IMPORTANT NOTES

- The Everest Three Pass Trek presents a formidable challenge for novice trekkers; however, with appropriate preparation and training, completion is achievable.
- This trek is widely regarded as Nepal's premier trekking experience, offering exceptional opportunities to witness the Himalayan mountain range and breathtaking panoramic vistas of high-altitude terrain.

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- Air travel between Kathmandu and Lukla is susceptible to disruption due to adverse weather conditions and congested air traffic patterns.
- In the event of unfavorable weather, trekkers may need to wait for improved conditions or alternatively arrange helicopter transportation.
- Engage experienced local guides, such as those from Sherpa Nomad Trek, to navigate this demanding route with confidence and professional support.
- Avoid smoking and limit alcohol consumption throughout your journey to maintain optimal physical performance.
- If taking Diamox as altitude medication, ensure consistent and adequate water intake to support acclimatization.
- When possible, refrain from consuming hot chocolate, meat, and cheese products during the trek, as these foods may contribute to gastrointestinal distress.
- The trek demands both physical conditioning and mental fortitude to successfully complete the challenging route.
- Acquire sufficient trekking equipment and appropriate clothing layers for the duration of your expedition.

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## DETAILED ITINERARY

**Day 1:** **Arrival in Kathmandu (1350m): Transfer to Hotel in Kathmandu**

**Day 2:** **Trek Preparation Day- Free Day in Kathmandu**

**Day 3:** **Flight from Kathmandu to Lukla and Trek to Phakding (2610m): 4-5 hours**

**Day 4:** **Trek from Phakding to Namche Bazar (3440m): 5-6 hours**

**Day 5:** **Rest Day in Namche Bazar: Option for Everest View Hotel Hike for 4-5 hours**

**Day 6:** **Trek from Namche Bazar to Tengboche (3820m): 6 hours**

**Day 7:** **Trek from Tengboche to Dingboche (4410m): 6 hours**

**Day 8:** **Rest Day in Dingboche: Option for Hiking: 5-6 hours**

**Day 9:** **Trek from Dingboche to Chhukung (4730m) and Hike to Chhukung Ri (5546m)**

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**Day 10:** **Trek from Chhukung to Lobuche (4940m) via Kongma La Pass- 5535m: 6 /7 hours**

**Day 11:** **Trek from Lobuche to Gorakshep (5170m) and Hike to EBC (5364m): 6-7 hours**

**Day 12:** **Sunrise Hike to Kalapather (5545m) and Trek to Lobuche (4940m): 6-7 hours**

**Day 13:** **Trek from Lobuche to Dzongla (4830m): 5-6 hours**

**Day 14:** **Trek from Dzong La to Gokyo Lake (4800m) via Cho La Pass- 5368m, 6-7 hours Trek**

**Day 15:** **Rest Day in Gokyo : Option for the Gokyo Ri (5357m) hike to witness majestic Mountains**

**Day 16:** **Trek from Gokyo to Marlung (4210m) via Renjo La Pass- 5360m, 6-7 hours**

**Day 17:** **Trek from Marlung to Namche Bazar (3440m): 6-7 hours**

**Day 18:** **Trek from Namche Bazar to Lukla (2860m): 6-7 hours**

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**Day 19:** **Flight from Lukla to Kathmandu (1350m)**

**Day 20:** **Free Day in Kathmandu**

**Day 21:** **Departure/ Next Destination**

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## PRICE INCLUDES

- International Airport Pick-up & Drop-off service
- 4 Nights Kathmandu Accommodation (Ramada Encore) with complimentary breakfast
- Kathmandu/ Ramechhap- Lukla - Ramechhap/ Kathmandu by plane
- Domestic Pick-up and Drop-off by Private/shared Jeep
- 16 nights' mountain accommodation at a lodge
- All the Trekking Permits (National Park Fees and Pasang Lhamu Rural Municipality Fees)
- A professional English-speaking Local Guide
- Two guests: One porter is available for your heavy luggage; please be aware that the maximum weight allowed is 20kg in total.
- Guide and porter-related expenses such as Salary, meals, insurance, gear, and accommodations.
- 3 cups of Tea or coffee every day
- Mountain Meals (breakfast, Lunch, & Dinner)
- Organic fresh fruit, nuts, and energy bars
- Gear such as a sleeping bag, map, and a duffel bag
- Baggage storage facility and first Aid service.
- Farewell Dinner after the trip completion.

## PRICE EXCLUDES

- Nepal Visa Fees
- Travel Insurance for clients
- Meals in Kathmandu (Lunch & Dinner)

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- Drinks (Drinking Water, Soft & Hard Drinks, Extra Hot Drinks)
- Wi-Fi, a hot shower, and personal expenses
- Kathmandu -Ramechha-Kathmandu by Car: 200$ per Car
- Kathmandu to Lukla Shared Helicopter- USD 350 per person
- Gorakshep to Lukla by shared helicopter- USD 600 per person
- Lukla to Kathmandu by shared helicopter- USD 350 per person
- Tips for Driver, Guide, and Porter
- Kathmandu sightseeing with entrance, car, and Guide: USD 80 per person
- Extra Day in trek: USD 70 per person per day
- Extra Night in Kathmandu: USD 90 per night for single and USD 110 per night for Double/ Twin.
- Trekking Gears and personal equipments
- Extra Days due to adverse weather conditions.
- Rescue fees and medical-related expenses - suggest having proper travel insurance for the evacuation.

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# EQUIPMENT & GEAR

### Backpack

- 20–30 L daypack and Rain cover
- Dry bags or zip-lock bags for electronics and clothes

### Clothing

- 3–4 moisture-wicking T-shirts
- 2–3 long-sleeve hiking shirts
- 3 -4 pieces of trekking pants
- Thermal top and bottom (for cold mornings/nights)
- Fleece jacket & Lightweight down jacket
- Waterproof and windproof jacket
- Waterproof pants (especially during the monsoon)
- 3–4 Pieces of quick-dry underwear
- 3–4 pairs of trekking socks
- Warm sleeping socks

### Footwear

- Broken-in waterproof trekking boots
- Lightweight sandals or camp shoes
- Optional gaiters (rainy or snowy season)

### Head & Hands

- Sun hat or cap, & Warm beanie

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- Buff or neck gaiter & Lightweight and warm gloves

**Sun Protection**

- UV-protection sunglasses
- Sunscreen (SPF 30+)
- Lip balm with SPF

**Sleeping**

- Sleeping bag (-10°C to -20°C is sufficient for most seasons; many teahouses provide blankets)
- Sleeping bag liner (optional)

**Water & Food**

- Reusable water bottles (1.5–2 L total)/ Tharmas
- Water purification tablets or a filter
- Energy bars, nuts, or trail snacks

**First Aid & Toiletries**

- Personal medications, Blister treatment (e.g., Compeed or moleskin)
- Pain reliever, Bandages, and antiseptic wipes
- Toothbrush and toothpaste, Hand sanitizer
- Wet wipes, Quick-dry towel & toilet paper

**Electronics**

- Headlamp with spare batteries
- Power bank (10,000–20,000 mAh)
- Phone charger & Camera (optional)

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**Trekking Accessories**

- Trekking poles (highly recommended for the long stair sections)
- Pocket knife (optional)
- Notebook or guidebook (optional)
- Micro Spikes

## ADDITIONAL INFORMATION

## EVEREST THREE PASSES TREK OVERVIEW

The Everest Three Passes Trek is an exceptional trekking route designed for adventure enthusiasts in Nepal's Everest region. This trek offers an unforgettable experience across high Himalayan terrain, featuring glaciers, authentic Sherpa culture, breathtaking scenery, and close-up views of the world's highest mountains. The journey follows the established Everest Base Camp Trek route to Namche Bazaar, then continues to Dingboche before ascending the first major pass, Kongma La (5535m). From there, trekkers reach Lobuche and explore both Everest Base Camp (5364m) and Kala Patthar (5545m) before descending to Chola Pass (5368m) and entering Gokyo Valley. The trek showcases the stunning Gokyo Valley with its impressive chain of glacier-fed lakes. Hikers then ascend Gokyo Ri to witness the world's highest peak and its neighboring summits, along with the surrounding glaciers. The final major pass, Renjo La (5360m), leads back to Namche Bazaar, followed by a continuous trek to Lukla (2860m) and concluding in Kathmandu. This challenging yet exhilarating trek provides exceptional views of the world's highest mountains, including Mt. Everest (8848.68m), Makalu (8463m), Cho Oyu (8188m), Lhotse (8516m), and numerous other peaks. Book your Everest Three Pass Trek with Sherpa Nomad Trek Pvt. Ltd. to enjoy maximum flexibility and comfort, with guaranteed quality service, rigorous safety protocols, authentic experiences, and reasonable pricing.

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## How Difficult is the Three Pass Trek?

The Everest Three Passes Trek is one of the most demanding treks in the Everest region, surpassing the difficulty of both the Gokyo Valley and Everest Base Camp treks. This expedition is ideally suited for experienced trekkers; however, beginners can participate if they undertake adequate preparation and build sufficient physical fitness for the demanding challenge ahead. The trek requires crossing three high passes, each exceeding 5,300 meters, which reduces oxygen availability and increases the risk of Acute Mountain Sickness (AMS). With a difficulty rating of 9 out of 10, this trek demands considerable endurance. Daily trekking involves navigating rocky, icy, and uneven terrain for extended periods, with certain days requiring 7 to 9 hours of continuous walking. The combination of high altitude and challenging terrain tests both physical stamina and mental resilience, necessitating proper acclimatization and psychological fortitude. To successfully complete this trek, you must be adequately conditioned for rugged mountain trails, capable of walking 6 to 9 hours daily, and experienced with high-elevation trekking. Success requires maintaining a measured pace, consuming adequate water throughout the day, and carrying appropriate Trekking gear.

## What passes are involved in the Three Passes Trek?

The Three Passes Trek encompasses three significant mountain crossings that form the core of this challenging high-altitude expedition. The first pass encountered on this route is the Kongma La, which stands at an elevation of approximately 5,535 meters and serves as an important gateway between the Khumbu and Makalu regions. The second major crossing is the Cho La, situated at roughly 5,420 meters, which presents considerable technical difficulty and requires careful navigation through steep terrain and potential snow conditions. The final pass on this trek is the Kangma La, positioned at approximately 5,535 meters, which completes the circuit and offers stunning panoramic views of the surrounding Himalayan peaks. Together, these three passes create a demanding but rewarding trekking experience that showcases the dramatic alpine landscape and requires proper acclimatization and mountaineering skills from participants.

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### What permits are required for the Three Pass Trek?

The Everest Three Pass Trek is situated in the Khumbu region, which is located within Sagarmatha National Park. Consequently, trekkers must obtain both National Park fees and Pasang Lhamu Rural Municipality fees. The National Park fee costs Rs 3,000 per person, while the Pasang Lhamu Rural Municipality fee is also Rs 3,000 per person. These permit fees contribute to nature conservation and trail maintenance efforts. Currently, TIMS (Trekkers' Information Management System) is not actively required for the Everest region. You can acquire the permits in Lukla, which requires only a passport copy for processing. For Everest region treks, there is no need to obtain permits in Kathmandu. When booking a trekking package, your permits are typically included in the arrangement.

### How many days does the Everest Three Passes Trek require?

The Everest Three Passes Trek typically requires a minimum of 15 to 21 days for completion. If you are a beginner, you may want to allocate additional days for proper acclimatization. However, our 21-day itinerary for the Three Passes Trek is more suitable for everyone, as it provides greater confidence and allows you to trek even if unfavorable weather conditions arise, since you will have buffer days available. It is advisable to maintain a slower pace and fully appreciate the experience while ensuring you can complete the trip without complications. Book our package today and enjoy the flexibility that comes with this major adventure.

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## FREQUENTLY ASKED QUESTIONS

### 1. What is Everest Three Pass Trek?

The Everest Three Pass Trek stands out as one of the most demanding and breathtaking trekking experiences in Nepal's Everest region. This solo trek encircles the entire Everest area, traversing three high mountain passes: Renjo La (5,360m), Cho La (5,420m), and Kongma La (5,535m). Along the way, trekkers will visit renowned sites such as Namche Bazaar, Everest Base Camp, and Gokyo Lakes. The journey provides stunning views of Mount Everest, Lhotse, Makalu, Cho Oyu, and various other Himalayan peaks. It is best suited for seasoned trekkers who possess strong physical fitness and acclimatization skills. Typically lasting between 18 to 22 days, the trek features remote trails, glaciers, high passes, traditional Sherpa villages, and unforgettable Himalayan landscapes. For those interested in customizing their trip, please reach out to Sherpa Nomad Tre Pvt. Ltd.

### 2. How Difficult is the Everest Three Pass Trek?

The Everest Three Pass Trek is regarded as a strenuous and demanding journey, ideal for seasoned trekkers who possess strong physical fitness and prior experience in high-altitude trekking. The primary challenge lies in traversing three high passes: Renjo La, Cho La, and Kongma La, each exceeding 5,300 meters in elevation. Trekkers must navigate steep, rocky, icy, and occasionally snowy paths for several hours each day. The high altitude and potential for altitude sickness further complicate the trek. Effective acclimatization, thorough preparation, and appropriate trekking gear are crucial. Despite its challenges, the trek is attainable with the assistance of a professional guide, a carefully crafted itinerary, and adequate physical and mental readiness. Consider joining Sherpa Nomad Trek Pvt. Ltd for a professional trekking experience with local experts.

### 3. Is the Everest Three Pass Trek suitable for beginners?

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The Everest Three Pass Trek is typically not advised for novices, as it ranks among the most demanding trekking routes in the Everest region. This trek requires crossing three high-altitude passes: Renjo La, Cho La, and Kongma La, all situated above 5,300 meters. Trekkers should be ready for extended walking days, steep climbs, rocky paths, snow, cold weather, and difficult high-altitude conditions. Nevertheless, beginners who possess excellent fitness levels, undergo proper training, and prepare adequately may successfully complete the trek with the assistance of a professional guide and a well-structured itinerary. For those new to trekking, the Everest Base Camp or Gokyo Trek is generally a more appropriate option. If you are a beginner considering the Three Pass Trek, it is advisable to walk slowly and allocate extra days for acclimatization. Additionally, prior to the trip, you should engage in training for 2-3 months, which may include running, hiking, swimming, and rock climbing.

### 4. Can I do Everest Three Pass Trek without guide?

While it is feasible to undertake the Everest Three Pass Trek without a guide, it is generally not advisable. The trek presents significant challenges, is situated in a remote area, and requires traversing three high mountain passes: Renjo La, Cho La, and Kongma La. Weather conditions can shift rapidly, and certain sections may prove difficult to navigate, particularly in snowy or low-visibility situations. Having a guide offers essential assistance with navigation, accommodation, altitude acclimatization, and handling emergencies. Independent trekkers must also manage their own permits, lodging, meals, and transportation. For enhanced safety and a more seamless experience, it is highly recommended to trek with a licensed guide, especially for those visiting for the first time. If you only require a guide and porter, you can reach out to Sherpa Nomad Trek Pvt. Ltd. Additionally, you may explore our comprehensive package options that could suit your needs.

### 5. Can I hire a guide for my Everest Three Pass trek?

Indeed, you can engage a professional guide for the Everest Three Pass Trek through Sherpa Nomad Trek Pvt. Ltd. It is strongly advised to hire an experienced guide due to the trek's challenging terrain, high-altitude passes, unpredictable weather, and remote areas. A licensed guide can assist with navigation, accommodations, permits, altitude acclimatization, and emergency situations. Additionally, your guide can share valuable insights about Sherpa culture, local villages, mountains, and the surrounding landscapes. You have the option to hire a guide through a registered trekking agency in Kathmandu or arrange one prior to your arrival in Nepal. A professional guide enhances the safety, comfort, and enjoyment of the journey, particularly for those attempting the Three Pass route for the first time. We offer professional guides for Lukla, with costs ranging from USD 25 to USD 30 per guide.

### 6. How to reach Lukla from Kathmandu?

The Classical Way to travel from Kathmandu to Lukla is via a brief domestic flight. These flights typically last between 30 and 40 minutes and provide breathtaking views of the Himalayan range. During peak trekking seasons, flights may occasionally depart from Ramechhap Airport instead of Kathmandu due to congestion in air traffic. In such instances, travelers must first drive from Kathmandu to Ramechhap, which takes about 5 to 6 hours, before continuing their journey to Lukla by air. Flights are usually scheduled for early morning to avoid changing weather conditions later in the day. Once in Lukla, trekkers can commence their Everest Three Pass Trek. Alternatively, overland transportation is now available up to Surke Khola, located below Lukla. This journey may take around 12 hours, but it is heavily dependent on the weather conditions.

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