

Everest Three Pass Trek - 21 Days

EVEREST THREE PASS TREK: 21 DAYS 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 to 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 seize the opportunity to travel with local Sherpas to discover the hidden gems of Nepal.

The Everest Three Pass trek begins with a flight from Kathmandu to Lukla, followed by a trek 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.

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.

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)

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

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

Day 20: Free Day in Kathmandu

Day 21: Departure/ Next Destination



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

- 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)

Trekking Accessories

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



