Sherpa Nomad Trek
Thamel Marg, Kathmandu, Nepal
Tel: +977-9851433082 | Email: info@sherpanomadtrek.com

Everest Two Pass Trek - 20 Days

EVEREST TWO PASS TREK: CHO LA & RENJO LA PASS

The **Everest Two Pass Trek** is a renowned high-pass trek in the Everest region of Nepal. It serves as a challenging alternative to the **Everest Three Pass Trek**, which is known for its breathtaking scenery and thrilling trail leading to Everest Base Camp. This trek features two significant high passes: the Chola Pass, which connects Everest Base Camp to Gokyo Valley, and the Renjo La Pass, linking Gokyo Valley to Thame Village. The 20-day Everest Two Pass trek is ideal for those who wish to immerse themselves in the entire Everest region and explore its pristine natural beauty alongside traditional Sherpa villages. If you are considering the Three Pass trek but are short on time, this trek allows you to experience a similar route while omitting the Kongma La Pass. Discover the world's highest terrain, including the majestic Himalayan views of five of the tallest mountains, glaciers, glacial lakes, and other impressive sights. The journey begins in Lukla and proceeds to Deboche village, passing through charming Sherpa villages and pine forests. As you continue, the trail becomes rugged, transitioning from lush greenery to arid, rocky paths, yet the mountain views at every step of the journey remain stunning and magnificent. You will have the opportunity to rest and acclimatize in Namche Bazaar and Dingboche village. From there, you can visit Everest Base Camp and Kalapatthar before summiting the Chola Pass to reach Gokyo Valley. After exploring Gokyo Valley, you will ascend the Renjo La Pass before returning to Namche Bazaar. The Everest Two Pass trek concludes in Lukla, where you will take a scenic flight back to Kathmandu.

COST OF THE EVEREST TWO PASS TREK FOR 2026-2027

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DETAILED ITINERARY

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

Day 2: **Free Day in Kathmandu : Spend your time for preparation**

Day 3: **Kathmandu to Lukla via flight and Trek to Phakding (2610m): 4 hours**

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

Day 5: **Free Day in Namche Bazar : Hike to Everest View Hotel (3838m): 6 hours**

Day 6: **Trek from Namche Bazar to Tengboche (3870m): 6 hours**

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

Day 8: **Free Day in Dingboche: Hike to Nangkartshang Peak (5,083m): 5 hours**

Day 9: **Trek from Dingboche to Lobuche (4900m): 6 hours**

Day 10: **Trek from Lobuche to Gorakshep (5170m) and Hike to Everest Base Camp (5364m): 7 hours**

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Day 11: Hike to Kalapather (5545m): and Trek to Dzong La (4843m): 7 hours

Day 12: Trek from Dzong La to Gokyo Lake Via Cho La Pass (5360m): 7 hours

Day 13: Free Day in Gokyo and Hike to Gokyo Ri- 5357m

Day 14: Trek from Gokyo to Lungden (4350m): 7 hours

Day 15: Trek from Lungden to Thame (3850m): 6 hours

Day 16: Trek from Thame to Namche (3440m): 6 hours

Day 17: Trek from Namche to Lukla (2860m): 7 hours

Day 18: Lukla to Kathmandu flight

Day 19: Free day in Kathmandu

Day 20: Departure

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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
- 15 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)

- 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 expenses; suggest having proper travel insurance for evacuation.

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EQUIPMENT & GEAR

Backpack

- 30–40 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)/Thermoses
- 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

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