

# Everest Three Passes Trekking: 19 Days



## Trek Information

<b>Duration</b>	<b>1 days</b>
Difficulty	Hard
Region	Everest Region
Highest Altitude	3445.0 m
Group Size	1-20+
Season	Autumn & Spring
Individual Cost	\$1.0

## Description

### About the Destination

The **Everest Base Camp (EBC)** trek is one of the world's most celebrated journeys, drawing trekkers from every corner of the globe to witness the grandeur of the Himalayas up close. This legendary trail follows in the footsteps of Sir Edmund Hillary and Tenzing Norgay, beginning with a dramatic flight into Lukla and weaving through the heart of the Khumbu region. As trekkers ascend through Sherpa villages like Phakding, Namche Bazaar, Tengboche, and Dingboche, they are immersed in vibrant local culture, Buddhist monasteries, and unmatched mountain scenery.

The trail offers glimpses of Everest early on, but the full majesty unfolds at Kala Patthar

(5,545m), a vantage point that delivers sunrise views of Everest, Nuptse, and Lhotse in stunning clarity. The final destination, Everest Base Camp (5,364m), sits at the foot of the mighty Khumbu Icefall, where climbers prepare for their summit push. The journey tests one's endurance and altitude adaptability but rewards with unparalleled vistas, spiritual encounters, and a sense of achievement. Whether it's crossing high-suspension bridges or sipping tea with local Sherpas, every step on the EBC trek resonates with adventure and legacy, making it a must-do for anyone passionate about mountains and cultural exploration.

## Trip Overview

The Everest Three Passes Trek is an exciting road trip through the highlands in the Himalayas and through the Sherpa culture. This 19-day adventure is a link between Everest Base Camp and three dramatic passes. It offers a breathtaking scenario with unmatched panoramic mountain views.

The trek starts with a flight to Lukla at an altitude of 2,860 m: the minimum altitude of the trek. Trails lead through suspension bridges, pine forests, and colorful Sherpa villages, a perfect blend of nature and culture.

Daily walks are on average between five and seven hours, with gradual ascents and difficult high altitude crossings. Renjo La, Cho La, and Kongma La pass each rise more than 5000 m, with Kongma La reaching a maximum altitude of 5535 m.

Highlights include the sweeping vistas of Gokyo Ri, the glacier setting of Everest Base Camp at the elevation of 5,364 m, and Kala Patthar boasting the sunrise views at the elevation of 5,545 m. Prayer flags, icy trails, and sacred monasteries give the experience spiritual plus cultural richness.

Accommodation is available in teahouses on the trail as well as in hotels in Kathmandu before and after the trek. Meals are full board with Nepali dal bhat, Sherpa dishes, and tea or coffee every day. Licensed guides, porters, and medical support provide safety with confidence during this challenging trek, but a rewarding one.

## Trip Highlights

- Scenic flight to Lukla, gateway to the Everest region, and trek through Phakding villages.
- Trekking to Namche Bazaar with suspension bridges, pine forests, and vibrant Sherpa settlements.
- Acclimatization day in Namche with a hike to the Everest View Hotel for panoramic Himalayan scenery.
- Trekking to Thame and Lumde, exploring monasteries and traditional Sherpa culture along the trail.
- Crossing Renjo La Pass (5,360 m) to reach Gokyo, with stunning views of Everest and Cho Oyu.
- Acclimatization hike to Gokyo Ri (5,357 m) offering sweeping vistas of turquoise lakes and glaciers.

- Trekking across Cho La Pass (5,420 m) to Dzongla, with icy trails and dramatic mountain backdrops.
- Journey to Lobuche and Gorakshep, leading to the iconic Everest Base Camp (5,364 m) experience.
- Sunrise hike to Kala Patthar (5,545 m) for breathtaking close-up views of Everest and surrounding peaks.
- Crossing Kongma La Pass (5,535 m), the highest of the three passes, with challenging altitude exposure.
- Trekking to Chukung and Tengboche, visiting monasteries, and enjoying spiritual depth in Sherpa culture.
- Return through Namche Bazaar and Lukla, completing the circuit with cultural immersion and scenic descent.

## Detailed Itinerary

### Arrival in Kathmandu (1,324 m / 4,344 ft)

You arrive in Kathmandu and transfer to the hotel for orientation and preparation. Guides give the details of treks, permits, and safety instructions as the group enjoys cultural sightseeing in the capital. On arrival day, no trekking activities are planned, so there is time for rest and checking gear. The evening consists of a briefing of the team and a welcome dinner with fellow trekkers.

### Drive from Kathmandu to Ramechhap, Flight to Lukla (2,860 m), Trek to Phakding (2,610 m)

You leave Kathmandu at an early hour. Then drive to Ramechhap and board a short scenic flight to Lukla. The flight gives breathtaking views of the Himalayan peaks and offers an introduction to the Khumbu region to the trekkers. From Lukla, the trek starts as a gentle descent, with a total distance of around 8 km of trail, and an altitude loss of almost 250 m, all the way to Phakding at 2,610 m. The path passes through pine forests, suspension bridges, and Sherpa villages along the Dudh Koshi River.

### Trek Phakding → Namche Bazaar (3,440 m / 11,286 ft)

The track goes further along the Dudh Koshi river, crossing suspension bridges adorned with prayer flags. You pass Monjo and Jorsalle villages and enter the Sagarmatha National Park checkpoint. The final ascent to Namche Bazaar is steep, with a distance of 10 km of trail with almost an altitude gain of 830 m. The reward consists of the first view of Everest and its surrounding peaks, and the best Sherpa culture in the markets and bakeries of Namche.

### Acclimatization in Namche Bazaar, Hike to Everest View Hotel (3,880 m / 12,730 ft)

This day is reserved for acclimatization to acclimate oneself to higher altitudes in the future. You hike to the Everest View Hotel, a distance of about 3 to 4 km of trail with a gain of 440 m of altitude. The viewpoint provides panoramic vistas of Everest, Ama Dablam, and Lhotse. The walk also passes Khumjung village, where monasteries and Sherpas' traditions enhance the cultural experience. Returning to Namche, you can enjoy the local bakeries, tea houses, and cultural immersion and rest for the next stage.

### Trek Namche Bazaar → Thame (3,800 m / 12,467 ft)

The trail leaves Namche Bazaar and heads west towards Thame, which is a quiet village of Sherpas that is rich in its authentic culture and tradition. You walk around 10 km of trail, gaining nearly 360 m in altitude during the day. The route is through Rhododendron forests, Mani walls, and the traditional monasteries, which give cultural immersion and scenic Himalayan views. Thame is known for its historic monastery and authentic Sherpa lifestyle, making a stop in Thame a memorable experience.

### Trek Thame → Lumde (4,420 m / 14,501 ft)

From Thame, the path slowly climbs to Lumde, passing through yak pastures and alpine terrain. You walk around 11 km and gain nearly 580 m in altitude during the day. The path is quieter, and there are fewer trekkers encountered- it gives you solitude and pristine mountain scenery. Lumde offers very basic teahouse accommodation and helps you to

prepare for the Renjo La Pass ahead, which is a tough pass.

### **Trek Lumde → Gokyo via Renjo La Pass (5,360 m / 17,585 ft)**

This is one of the toughest days of the journey, crossing the high Renjo La Pass at 5,360 m. Here you climb a 14 km walk on a trail, gaining almost 980 meters in altitude before descending 610 meters down to Gokyo Valley. The pass gives breathtaking views of Everest, Cho Oyu, and Makalu, along with the turquoise Gokyo Lakes below. The descent leads to Gokyo village, where there are teahouses offering warmth and comfort after a long day.

### **Acclimatization in Gokyo, Hike to Gokyo Ri (5,357 m / 17,575 ft)**

This day is reserved for acclimatization and exploring the Gokyo Valley. You hike to Gokyo Ri at 5,357 meters with a trail distance of around 4-5 km and a 607 meters ascent. The viewpoint has sweeping panoramas of Everest, Lhotse, Makalu, Cho Oyu, and the shimmering Gokyo Lakes. After enjoying the scenery, you return to Gokyo village, where teahouses serve Sherpa dishes as well as noodles, soups, and Tibetan bread.

### **Trek Gokyo → Thangnak (Dragnag) (4,700 m / 15,420 ft)**

The trail leaves Gokyo and travels east towards Thangnak, passing glacier moraines and rocky paths. You ascend a trail of ~7 km with a slight altitude loss of nearly 50 m. The walk is shorter but has to be done with care due to uneven terrain. Thangnak is a little settlement with necessary teahouses, where you stop to rest before the arduous Cho La Pass crossing.

### **Trek Thangnak → Dzongla via Cho La Pass (5,420 m / 17,782 ft)**

This is one of the toughest days, crossing the icy Cho La Pass at 5,420 m. You walk about 13 km of trail, gaining nearly 720 m in altitude before descending 690 m to Dzongla. The climb is steep and often snow-covered, requiring stamina and caution. The pass rewards you with dramatic views of Ama Dablam, Cholatse, and surrounding glaciers before descending into Dzongla village.

### **Trek Dzongla → Lobuche (4,910 m / 16,109 ft)**

The path from Dzongla to Lobuche is relatively short and easier than on the previous day. You walk around 8 km of trail, gaining an altitude of almost 80 m, along glacial valleys. The route gives views of Pheriche below and the Khumbu glacier ahead. Lobuche offers teahouse lodging and gets you geared for the Everest Base Camp trek ahead.

### **Trek Lobuche → Gorakshep, Hike to Everest Base Camp (5,364 m / 17,598 ft) and Return**

This is one of the most iconic days of the trek - reaching Everest Base Camp at 5364 m. You hike approximately 12 km of trail, gaining almost 454 m in elevation during the trek. The route takes the Khumbu Glacier, with views of Nuptse, Pumori, and Everest itself. After a visit to Base Camp, you return to Gorakshep for an overnight stay. Some teahouses have basic but nice accommodation.

### **Hike Kala Patthar (5,545 m / 18,192 ft), Trek to Lobuche (4,910 m / 16,109 ft)**

This day starts with an early morning hike to Kala Patthar at 5,545 meters, which marks the highest viewpoint of the trek. You travel around 10 km of trail for a nearly 365 m climb to reach Lobuche and then drop back down 635 m to the trail. The climb is rewarded by breathtaking sunrise views over Everest, Nuptse, and Pumori. After enjoying the panorama, the group retraces the trail to Lobuche, where teahouses offer warmth and good hearty meals.

### **Trek Lobuche → Chukung via Kongma La Pass (5,535 m / 18,159 ft)**

This is one of the more difficult days, crossing the high Kongma La Pass at 5,535 m. You cover approximately 12 km of trail while gaining almost 625 m rise and then descending 805 m into Chukung Valley. The pass has wonderful views of the Khumbu Glacier, Makalu, and the peaks around it. The descent is to Chukung village, where you rest in teahouses and experience Sherpa hospitality after a strenuous day.

### **Trek Chukung → Tengboche (3,860 m / 12,664 ft)**

The trail goes down from the Chukung towards Tengboche through alpine meadows and rhododendron forests. Here you walk approximately 15 km of trail and lose nearly 870 m of altitude during the day. Tengboche is well known for its monastery, where you can experience Buddhist rituals and enjoy the spirituality of the place. The village also has great views of Ama Dablam, Everest, and Lhotse, making it a very culturally rich and scenic stop.

### **Trek Tengboche → Namche Bazaar (3,440 m / 11,286 ft)**

The trail goes downhill from Tengboche, over forested trails and suspension bridges on the Dudh Koshi River. About 10 km of trail, in which you descend nearly 420 m in altitude, leads to Namche Bazaar. The lively town has bakeries, cafes, and shops, so it's a comfortable place to rest. Sherpa culture, vibrant markets, and Himalayan views have gone together to make it a rewarding return to Namche.

### **Trek Namche Bazaar → Lukla (2,860 m / 9,383 ft)**

The trail leads down from Namche Bazaar, following footsteps again through pine forests, suspension bridges, and Sherpa villages. You trek around 18 km of trails, losing almost 580 m in altitude during the day. The walk is long but familiar and gives you time to reflect on the journey and immerse yourself in the culture along the way. Lukla is the end of the trek route, where teahouses offer comfort and delicious meals. After the continuous days of trekking, the body experiences fatigue, so hydration and balanced meals are very important, while mentally, you may feel a sense of relief and accomplishment because the hardest sections are behind them.

### **Flight Lukla → Ramechhap, Drive to Kathmandu (1,324 m / 4,344 ft)**

You board a brief flight from Lukla to Ramechhap, where they get to enjoy some last aerial views of the Himalayas. From Ramechhap, it is only a 6-7-hour drive back to reach Kathmandu at 1,324m, falling nearly 1,536m in altitude. Journey changes from mountain landscapes to busy city life had cultural contrast and relaxation. Kathmandu hotels offer modern comforts, hot showers, and a variety of meals after weeks in teahouses. The abrupt change from high altitude to lower altitude reduces the stress on breathing and the body, but in the mind, you may feel a sense of nostalgia for the mountains and a sense of joy at the return to comfort.

## Departure from Kathmandu

On the last day, you are transferred to Tribhuvan International Airport for their departure. The short drive of 5-6 km ends the journey, without any change of altitude. Guides help with formalities in the airports, and you bring back memories of high passes, cultural immersion, and Himalayan panoramas. Physically, the body starts the process of recovery from the exertion of trekking, while the mind begins to process the achievement, and there are feelings of gratitude and closure as they get ready for future adventures.

## What's Included

- Private airport transfers in a comfortable vehicle for hassle-free arrivals and departures
- Accommodation in 3-star hotels in Kathmandu and teahouses along the trekking route (twin-sharing basis)
- Full board meals during the trek (breakfast, lunch, and dinner), with seasonal fruits served after dinner
- Experienced, English-speaking licensed trekking guide providing professional support and cultural insights
- Porter service included (one porter shared between two trekkers)
- Salaries, equipment, and insurance coverage for guides and porters
- Emergency rescue coordination services (rescue costs covered by trekker's travel insurance)
- A basic first-aid kit carried by the guide for safety monitoring
- Trek completion certificate to celebrate your achievement of crossing three passes
- Required permits: Sagarmatha National Park Entry Permit and Khumbu Pasang Lhamu Rural Municipality Permit
- Printed trekking route map for reference during the trek
- All applicable government taxes and official charges

## What's Not Included

- Travel insurance (mandatory for high-altitude trekking and emergency helicopter evacuation)
- Personal expenses during the trek, including hot showers, device charging, and Wi-Fi at teahouses
- Beverages of any kind: tea, coffee, mineral water, soft drinks, alcoholic drinks, etc.
- Personal trekking gear and equipment (boots, jackets, poles, sleeping bags, etc.)
- Tips for guides and porters (at trekkers' discretion)
- Expenses due to unforeseen circumstances such as natural disasters, extreme weather, political unrest, or flight delays (especially Lukla flights)
- Kathmandu hotel and food expenses before/after the trek (outside the package)
- Sightseeing or cultural tours in Kathmandu are not included in the trekking package

## Equipment & Packing List

### Everest Three Passes Trek 19 Days Itinerary Overview

The trek starts in Kathmandu with arrival, orientation, and sightseeing before the preparations for the further trip are completed. A drive to Ramechhap and a short flight to Lukla at 2,860 m introduces the trekkers to the Khumbu region. The first walk to Phakding takes about 3-4 hours, and it follows riverside trails and Sherpa villages.

From Phakding, the trekkers climb to Namche Bazaar at an altitude of 3,440 m. 6-7 hours and 6-7 hours through pine forests and suspension bridges. Namche provides acclimatisation, a hike to Everest View Hotel at 3880m, and fantastic views of Everest, Ama Dablam, and Lhotse. Local bakeries, tea houses, and Sherpa markets add to the cultural experience with both food and tradition.

The trail then continues to Thame and Lumde, with daily walks of 5-6 hours at altitudes above 4,300m. Crossing Renjo La pass (5,360 m) takes you to Gokyo Valley with turquoise lakes and glaciers as the dominant scenery. A hike to acclimatize to the altitude of Gokyo Ri (5,357m) offers sweeping panoramas of Everest, Cho Oyu, and Makalu.

Trekkers then cross Cho La Pass (5,420 m), which is a Challenging day's trek (7-8 hours) with freezing traversal trails and breathtaking backdrops. The path continues to Lobuche at 4,910m, then to Gorakshep at 5,180m, to Everest Base Camp (5,364m). Meals take the form of dal bhat, Sherpa noodles, soups, and Tibetan bread to give energy and customize the culture.

A sunrise hike to Kala Patthar (5,545m) takes 2-3 hours, and rewards trekkers with close-up views of Everest. Crossing Kongma La Pass (5,535m), the highest of the three, takes 7-8 hours of stamina and altitude preparedness. Descending through the monastery of Tengboche, Chanku, Namche Bazaar is a sanctuary of spiritual depth, Sherpas, and the Himalayas.

Accommodation is made in teahouses en route and hotels in Kathmandu before and after. Meals include Nepali dal bhat, Sherpa dishes, thukpa, and momos with tea or coffee three times a day. Licensed guides, porters, and medical support provide safety and confidence during this challenging trek, but a rewarding one.

### Everest Three Passes Trekking – 19 Days Outline

Day

Route

Distance

Duration

Altitude Gain/Loss

1

Arrival in Kathmandu, transfer to hotel

5.8 km

25–30 min drive

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2

Drive Kathmandu → Ramechhap, flight to Lukla (2,860 m), trek to Phakding

~8 km

3–4 hrs

↑ 286 m / ↓ 250 m

3

Trek Phakding → Namche Bazaar

~10 km

6–7 hrs

↑ 830 m

4

Acclimatization in Namche, hike to Everest View Hotel (3,880 m) and return

~3–4 km

4–5 hrs (optional)

↑ 440 m / ↓ 440 m

5

Trek Namche Bazaar → Thame

~10 km

5–6 hrs

↑ 400 m

6

Trek Thame → Lumde

~8 km

5–6 hrs

↑ 620 m

7

Trek Lumde → Gokyo via Renjo La Pass (5,360 m)

~12 km

7–8 hrs

↑ 940 m / ↓ 860 m

8

Acclimatization in Gokyo, hike to Gokyo Ri (5,357 m) and return

~4–5 km

4–5 hrs

↑ 567 m / ↓ 567 m

9

Trek Gokyo → Thangnak (Dragnag)

~6 km

3–4 hrs

↓ 90 m

10

Trek Thangnak → Dzongla via Cho La Pass (5,420 m)

~13 km

7–8 hrs

↑ 720 m / ↓ 690 m

11

Trek Dzongla → Lobuche

~8 km

4–5 hrs

↑ 80 m

12

Trek Lobuche → Gorakshep, hike to Everest Base Camp (5,364 m) and return

~12 km

7–8 hrs

↑ 454 m

13

Hike Kala Patthar (5,545 m), trek to Lobuche

~10 km

6–7 hrs

↑ 365 m / ↓ 430 m

14

Trek Lobuche → Chukung via Kongma La Pass (5,535 m)

~11 km

7–8 hrs

↑ 625 m / ↓ 1,030 m

15

Trek Chukung → Tengboche

~12 km

6–7 hrs

↓ 1,000 m

16

Trek Tengboche → Namche Bazaar

~10 km

5–6 hrs

↓ 420 m

17

Trek Namche Bazaar → Lukla

~18 km

7–8 hrs

↓ 580 m

18

Flight Lukla → Ramechhap, drive to Kathmandu

–

6–7 hrs

↓ 1,536 m

19

Departure from Kathmandu

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What are the Permits and Expenses Needed for the Everest Three Passes Trek?

In order to trek the Everest Three Passes route, you need to get two important permits: the Sagarmatha National Park Entry Permit and the Khumbu Pasang Lhamu Rural Municipality Permit. These fees are used for conservation, safety, and development of the local community.

#### Sagarmatha National Park Entry Permit

To enter the Everest region, every traveler has to obtain the Sagarmatha National Park permit. This fee supports conservation of forests, wildlife, glaciers, and trail infrastructure of the UNESCO World Heritage Site.

- Foreigners: NPR 3,000 per person (approx. USD 23)
- SAARC nationals: NPR 1,500 per person
- Nepali citizens: NPR 100 per person
- Children under 10: Free

Permits can be collected at the Nepal tourism board office located in Kathmandu or at the park entry checkpoint located in Monjo.

#### Khumbu Pasang Lhamu Rural Municipality Permit

Introduced as part of the development of decentralization in Nepal, where this local permit goes directly towards infrastructure, maintaining trails, and community development in the Khumbu region.

- Foreigners: NPR 2,000 per person (approx. USD 15)
- SAARC nationals: Same rate as foreigners
- Children under 10: Free

This permit is issued in Lukla or Monjo and is in place of the old requirement of a TIMS card for the Everest region.

#### TIMS Card (Trekking Information Management System)

Now, unlike the Annapurna Circuit, the Everest region does not require the TIMS card since the Khumbu Pasang Lhamu Rural Municipality permit has taken its place.

#### Summary

For the Everest Three Passes Trek, you need:

- Sagarmatha National Park Entry Permit (NPR 3,000 for foreigners, NPR 1,500 for SAARC nationals).
- Khumbu Pasang Lhamu Rural Municipality Permit (NPR 2,000 for all foreigners and SAARC nationals).
- No TIMS card required.

These permits and fees are paramount to the 19-day trek of the Everest Three Passes trek, and help sustain tourism, conserve natural resources, and go directly to Sherpa communities along the trek.

## Trip Cost of the 19-Day Everest Three Passes Trek Package 2026/2027

Group Size

Price Per Person (USD)

10 persons

10 – 20 persons

21+ persons

Single Supplement

Note: Prices are based on per person. For a group of 10 trekkers, the cost is fixed on a per-capita basis. For larger groups of 21 or more people, a discounted rate applies per person. There is an additional surcharge for private accommodation if you request a single room.

Best Time to Trek Everest Three Passes

The best time to trek the Everest Three Passes is Spring (March-May) and Autumn (September-November) when the skies are clear, temperatures are stable, and high passes are easily accessible. The summer monsoon and winter months are not as good because of heavy downpour or snowbound trails.

Spring (March to May) | Ideal for Trekking

Spring provides crisp mornings to lower valleys with blooming rhododendrons and stable weather at the higher altitudes. March may still bring light snow on the passes, while April and May provide warmer days and excellent visibility of Everest, Lhotse, Makalu, and Cho Oyu.

Month

Day Temp (°C)

Night Temp (°C)

Precipitation

Weather

Snowfall

March

0 to 10

-5 to -12

50–70 mm

Cold mornings, clear days

Light at high passes

April

5 to 12

-2 to -8

70–90 mm

Mild rhododendrons are blooming

Rare

May

8 to 15

0 to -5

90–100 mm

Warm, clear skies, stable trails

Minimal

Autumn (September to November) | Best Season

Autumn is generally considered the best season for the Everest Three Passes Trek. September starts with some rain but is also rapidly cleared, October brings some crisp air and calm weather, while November brings colder nights but unparalleled views over the Himalayas. Summary.

Month

Day Temp (°C)

Night Temp (°C)

Precipitation

Weather

Snowfall

September

8 to 12

-2 to -8

120–150 mm

Clear skies, occasional rain

Light at higher altitudes

October

5 to 12

-5 to -10

70–90 mm

Stable, crisp skies, clear views

Rare

November

0 to 8

-8 to -15

40–60 mm

Cold nights, excellent visibility

Begins at high passes

So, what is the best time to trek the Everest Three Passes?

The Everest Three Passes trek is best in Spring (March-May) and Autumn (September-November). These seasons offer stable weather with clear skies and safer crossing of Kongma La, Cho La, and Renjo La. Summer monsoon (June-August) - It is also the time of heavy rain, slippery trails, and landslides. Winter (December - February) - It is the freezing time with snowbound passes, often making the crossing risky and impassable

Packing List for the Everest Three Passes Trek 19 Days

General Essentials

- Four-season sleeping bag (rated for -20°C, due to high passes)
- Down jacket (heavy-duty for extreme cold)
- Daypack 35–45L with rain cover
- Trekking poles (essential for steep ascents/descents on passes)
- Water purification tablets/filter (for glacier streams)
- Headlamp with spare batteries (for early morning Kala Patthar hike)

Upper Body

- Sun hat or cap (strong UV protection at altitude)
- Warm beanie/knitted hat
- UV-protected sunglasses (category 4 recommended for snow glare)
- Buff/neck gaiter (for dust and wind protection)

## Torso Layers

- Technical base layers (thermal, moisture-wicking)
- 2 short-sleeve trek shirts
- 2 long-sleeve trek shirts
- Fleece jacket/pullover
- Waterproof shell jacket (windproof for passes)
- Insulated mid-layer jacket (for extreme cold above 5,000 m)

## Lower Body

- Thermal leggings/base layer
- 2 hiking pants (quick-dry)
- Hiking shorts (for lower valley days)
- Comfortable teahouse pants
- Rain/snow shell pants (essential for Cho La and Kongma La crossings)

## Hands

- Liner gloves
- Insulated waterproof gloves (critical for high passes and Kala Patthar sunrise)

## Feet

- Warm wool socks (4–5 pairs)
- Hiking socks and liners
- Waterproof trekking boots (broken-in, high ankle support)
- Gaiters for snow/mud (especially for Cho La and Kongma La)
-

Casual shoes/slippers (for teahouse evenings)

Undergarments & Sleepwear

- Quick-dry underwear
- Sports bras (for women)
- Thermal sleepwear (essential for nights above 4,500 m)

Medicals & Personal Care

- First aid kit, altitude medication, pain relievers
- Oral rehydration salts (for hydration at altitude)
- Sunscreen SPF 50+, lip balm SPF (UV is intense at 5,000 m+)
- Menstrual products (for women)
- Hand sanitizer, wet wipes, toiletries
- Personal medications (prescribed)

Electronics

- Power bank (10,000–20,000 mAh, charging is costly at altitude)
- Solar charger (useful in Gokyo and Lobuche)
- Camera/smartphone with extra memory cards
- Adapter plug (Nepal standard: Type C/D/M)

Miscellaneous

- Trekking duffel bag
- Lightweight towel
- Notebook and pen
- Snacks: energy bars, nuts, chocolates (extra calories for pass days)

- Reusable water bottle/hydration bladder (2–3L capacity)
- Small lock (for duffel bag security)
- Lightweight book/Kindle

#### Equipment and Extras Provided by the Company

- Down jacket (loaned for trek)
- Four-season sleeping bag (loaned for trek)
- Trekking duffel bag (70L, for porter use)
- Everest Three Passes trekking route map
- Trekking T-shirt (souvenir)
- Appreciation certificate after trek completion
- First aid kit with oximeter for altitude monitoring
- Basic medical support during the trek

#### Can You Trek the Everest Three Passes Trek Solo?

Trekking the Everest Three Passes route on an independent basis is no longer legally possible for foreign visitors. Since 2023, it has become mandatory for you to hire licensed guides from the registered trekking agencies to ensure safety and to reduce the number of accidents in the high Himalayas.

Therefore, the Everest Three Passes 19-Day Trek package is designed for guided groups so you can experience the trail under proper safety, cultural insights, and logistical support. Trekking with guides and organized groups has been the best way to ensure completion of this challenging adventure.

The trek traverses three major high passes - Kongma La 5,535 m, Cho La, 5,420 m, and Renjo La, 5,360 m - which come with the dangers of altitude sickness, icy trails, and unpredictable weather. Professional guides help with acclimatization schedules, navigation through glaciers and steep ridges, and emergency response, making the journey safer, more enjoyable, and mentally rest assured.

#### What are the Meals and Accommodation Like in the Everest Three Passes Trekking Route?

Meals and accommodation on the Everest Three Passes Trek are all about balancing between basic comforts and experiencing the Himalayas in all its authenticity.

In Kathmandu:

- You stay in 3★ hotels with twin or double occupancy rooms.

- Breakfast is included before departure to the trek and upon return.

Along the Trek:

- Accommodation is in standard Sherpa teahouses. Rooms are simple, with twin sharing beds and basic bedding.

- At lower altitudes (Phakding, Namche), some lodges may offer attached bathrooms and slightly better facilities, and higher altitude lodges in Gokyo, Lobuche, and Gorakshep tend to share. The teahouses offer warmth, cozy ambience, and a nice rest after a day's walk of the day.

Meals

- Meals are full board. Traditional Nepali dishes like dal-bhat are supplemented by Sherpa and Tibetan-inspired dishes - noodles, soups, rice, pasta, momos, thukpa, eggs, and Tibetan bread.

- Tea and coffee are offered three times a day, and fresh seasonal fruit is served after dinner to keep you energized and healthy.

Notes:

- Meals during the trek include both Nepali and Sherpa/Tibetan dishes, along with international options.

- Fresh fruit is served along the trail after dinner.

- Tea and coffee are provided three times daily.

- Accommodation is on a twin/double sharing basis, with attached bathrooms where available in lower villages, and shared bathrooms at higher altitudes.

This arrangement ensures you enjoy reliable meals and comfortable lodging while experiencing the cultural richness of the Khumbu region, with Sherpa hospitality and breathtaking Himalayan views.

Visa and Entry Requirements for the Everest Three Passes Trekking

Nepal Entry Visa

All foreign travelers require a Nepal entry visa to undertake the Everest Three Passes Trek. The visa may be obtained on arrival (from Tribhuvan International Airport at Kathmandu) or in advance from Nepali embassies abroad. A valid passport for at least six months and a passport-sized photo are required for processing.

- 15-day multiple-entry visa: USD 30

- 30-day multiple-entry visa: USD 50

- 90-day multiple-entry visa: USD 125

Cash payments are standard, preferably in US dollars

#### Trekking Permits

In addition to the entry visa, you need to get permits unique to the Everest region.

- Sagarmatha National Park Entry Permit (SNPEP): Supports conservation of forests, glaciers, wildlife, and trail infrastructure in the UNESCO-listed Sagarmatha National Park.

- Khumbu Pasang Lhamu Rural Municipality Permit: Introduced in place of the TIMS card, this fee directly supports local community development, infrastructure, and trail maintenance in the Khumbu region.

#### Local Municipality Fees

The local fee is paid as a Khumbu Pasang Lhamu Rural Municipality Permit. It is gathered at checkpoints like Lukla or Monjo, which ensures that you make a direct contribution to the communities in which the Sherpas live, as well as maintenance of trails and facilities.

#### Provided by Trekking Company

The trekking company handles all the necessary permits and includes them in the package cost. This ensures compliance with Nepal's regulations and offers a hassle-free experience for you on the Everest Three Passes adventure.

#### Travel Insurance Requirements and Emergency Rescue Coverage for the Everest Three Passes Trekking

The trekking company handles all the needed permits and factors them into the package cost. This ensures adherence to the rules and regulations of Nepal and provides a hassle-free experience on the Everest Three Passes adventure.

Travel insurance is required. Every participant must bring a policy covering trekking at extreme altitudes (above 5,500 m) as the route crosses Kongma La (5,535 m), Cho La (5,420 m), and Renjo La (5,360 m), and visits Everest Base Camp (5,364 m) and Kala Patthar (5,545 m). Without this coverage, you are not legally allowed to participate in the trek.

Rescue operations are coordinated mostly from Namche Bazaar, Lukla, or Kathmandu, depending on the severity of the case. In emergencies, helicopters are employed for evacuation from high-altitude villages such as Gorakshep, Lobuche, or Gokyo. Guides organize the rescue process, but costs are incurred through your insurance provider.

Medical kits carried by guides, such as oximeters, which monitor oxygen saturation levels at altitude, help identify early signs of acute mountain sickness (AMS) and help reach a timely medical decision. Guides also observe and monitor your physical and mental functioning and encourage them to properly acclimatize, hydrate, and rest to minimize the risks.

A detailed travel insurance plan is, therefore, essential for safety and compliance as well as peace of mind during the trek. It ensures safety from altitude-related emergencies, logistic difficulties, and unpredictable Himalayan weather.

#### Altitude Sickness and Prevention for the Everest Three Passes Trek

Prevention begins with slow acclimatization, good hydration, and rest days into the trek at

Namche Bazaar, Gokyo, and Lobuche. You should refrain from alcohol and smoking, keep up a steady pace, and eat balanced meals every day. These practices allow sustaining energies and reduce the risks of altitude sickness beyond 5000 m altitude.

Guides carry medical kits including oximeters to check the oxygen saturation. If the AMS symptoms occur, the safest course of action is immediate descent. Evacuation can be organized quickly to prevent complications and ensure safety.

Rescue operations are coordinated from Namche Bazaar, Lukla, or Kathmandu, and helicopters are dispatched to high altitude villages such as Gorakshep, Lobuche, or Gokyo. Patients are transferred to the hospitals in Kathmandu for treatment and recovery. Guides the process to ensure the timely medical support and communicates with insurance providers.

With the right acclimatization, expert advice, and knowledge of altitude risks, you can triumph over challenges. This preparation guarantees a safe, rewarding, and memorable experience in which physical endurance and mental strength are strengthened.

#### Personal Expenses to Budget For on the Everest Three Passes Trekking

You should budget for personal expenses not included in the 19-day package. Typical expenses are for snacks, bottled water, and additional tea or coffee bought on the trail.

Services like Wi-Fi, hot showers, and charging of devices in the teahouses are billed separately, and rates tend to increase with rising altitude. Alcoholic drinks, soft drink and phone calls are also personal expenses. Souvenir shopping in Namche Bazaar, Lukla, or Pangboche requires extra cash, as there are handicrafts, prayer flags, and Sherpa-made items available in these villages.

Guides and porters' tips are traditional and should be planned for. Carry small denominations of Nepalese rupees since ATMs are not available or are not reliable in remote areas such as Gokyo, Lobuche, or Gorakshep.

Budgeting for these incidentals allows for a smoother trek without any financial stress during the middle of the journey, and enables you to enjoy the Everest Three Passes experience to the fullest with a certain level of peace of mind.

#### Why trek the Everest Three Passes Trek with Us?

Trekking the Everest Three Passes with us combines the thrill of high altitude trekking with the cultural experience of Sherpa life, with the guidance of professional trekkers.

We offer a custom-made and carefully designed itinerary covering all 19 days with an emphasis on acclimatization and safety. The trek is guided by the local experts who are licensed and also provide invaluable insights into the Sherpa traditions and the Khumbu way of life.

Guaranteed departures and flexible scheduling make it acceptable for groups of all sizes to join. Our all-inclusive package includes permits (Sagarmatha National Park, Khumbu Municipality), domestic flights, accommodation, meals, guides, and porters so that you can also focus on the trail instead of logistics. Extra activities can be organized, such as a cultural walk in Khumjung or Thame, to make the trek deeper. For those looking for different views, there are helicopter sightseeing flights from above Everest, Lhotse, and Ama Dablam, at additional cost, which offer breathtaking views of Everest and the Himalayas from above.

The Everest Three Passes Trek is a combination of both challenge and cultural immersion, as well as training for resilience, and a perfect trek for both individual trekkers and groups. With us, the trek turns out to be a safe, enriching, and unforgettable journey through the heart of the Everest region.

Our high reputation and favorable reviews make one feel confident in selecting us to undertake this demanding trek. We are well-prepared to take larger groups with assistant

guides and porters who ensure safety, smooth logistics, and personal care throughout the journey.

## Pricing

Group Size	Price per Person (USD)
Individual	\$1.0