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Everest Three Pass Trek

- Duration: 17 Days Days
- Max Altitude: 5,545 m
- Destination: Nepal
- Trip Grade: Moderate
- Best Season: Autumn, Spring

Highlights

- A Scenic Flight From Kathmandu to Lukla.
- Namche Bazaar and Khumjung Valley.
- Tengboche monastery.
- Kongma La Pass (5535 meters).
- World's highest Mt. Everest base camp.
- Kalapatthar- majestic viewpoint.
- Cho La Pass (5420 meters).
- Explore the five lakes of the Gokyo valley.
- Region- Renjo La Pass (5464 meters).

Overview

The Everest Three Passes Trek covers the three high passes in the Everest region. It is one of the most challenging treks with [Everest Base camp](#). Thus one of the most exciting ways to try trekking in Nepal. Take you through the four distinct valleys of the Khumbu region; Gokyo, Khumbu - Imja Tse - crossing the Renjo La, Cho La, and Kongma La passes. It is an all-encompassing adventure that pushes travelers to the region's limits and their ability.

Everest Three Passes Trek Itinerary

The 17-day [Everest Three Passes Trek](#) takes you on a journey that begins with a flight to Lukla. You will cross the Kongma La Pass, Cho La Pass, and the Gokyo Lakes. Later you will cross Renjo La Pass on your journey to Everest Base Camp and [Kalapatthar](#). En route, you will pass through glaciers, moraines, Chortens, and Sagarmatha National Park. You are hosting a wealth of flora and fauna, such as the Himalayan black bear, snow leopards, deer, and wild boar.

Why Everest Three Pass Trek?

The Everest Three Pass Trek treats our trekkers to some of the most captivating views of the region's famous mountains. Such as Mount Everest (8848m), Mount Lhotse (8516m), Cho Oyu (8201m), Ama Dablam (6812m), and Makalu (8481m) along with the other Himalayas in the Khumbu region. The Everest region is rich in natural scenery, and this trek will also explore cultural and spiritual aspects.

The trekkers will pass through different Sherpa villages along the way. You can experience the Sherpa people's daily lifestyle, culture, language, and tradition—a trip to Namche Bazaar, one of the most significant local settlements in the area. You will also visit numerous monasteries along your journey and be welcomed to share in the traditions of the Buddhist community.

Embark on the ultimate adventure with the Everest Three Pass Trek. Traverse through breathtaking landscapes and challenge your limits as you conquer three high mountain passes amidst the majestic Himalayas. This iconic trek offers a thrilling and unforgettable experience for avid adventurers and nature enthusiasts alike. Join us on this extraordinary journey to discover the grandeur of Everest Three Pass Trek.

Best time for Everest Three Pass Trek?

My Everest Trip is one of the leading [Everest Trekking](#) companies based in Kathmandu, offering a wide range of EBC treks. We provide qualified and experienced guides throughout your adventure to ensure that it is fun, memorable, and, above all, safe. We recommend that you enjoy this trek between March and May or September to mid-December to make the most of the optimum weather these seasons offer for trekking.

Everest Three passes Trek cost

The cost of the Everest Three Passes Trek can vary depending on several factors such as the trekking company, itinerary, and inclusions. On average, the trek may range from \$1800 to \$3500, including permits, guides, accommodation, meals, and transportation. Choosing a reputable trekking agency that provides a transparent breakdown of costs is crucial to ensure a safe and memorable experience in the breathtaking Everest region.

For further details, such as the Everest Three Pass trek cost or difficulty, please don't hesitate to contact our friendly team. Or, if you would like to read about what it is like to join us on this adventure, feel free to check out our [Three Passes Trek Blog](#) and review it below.

Day 01

Fly to Lukla, trek to Phakding [2,651 m/8,700 ft]: 40 min flight, 3-4 hr trek. O/N at Tea Hotel (A, B, L, D)

In the morning, we take a beautiful flight to Lukla. Upon reaching Lukla, we head towards Phakding for our first-day trek. We pass through the Sherpa village of Cheplung and move alongside the Dudh Koshi valley before arriving at Phakding. Overnight in Lodge.

Day 02

Phakding to Namche Bazaar [3,438 m/11,280 ft]: 5-6 hr, O/N at Tea Hotel (A, B, L, D)

We start the day by trekking through Sagarmatha National Park. From there, we will go up to Namche Bazaar, crossing several suspension bridges and passing scenic villages. Overnight at a Guest House in Namche Bazaar.

Day 03

Namche Bazaar: Rest and acclimatization, O/N at Tea Hotel (A, B, L, D)

Today we take a short hike to Hotel Everest View (3,926 m), from where we can enjoy a mesmerizing view of the Himalayas, including Everest (8848 m) and Ama Dablam (6812 m). We will visit Khumjung village, Khunde Twin historical village, and Hillary School on our way back. Overnight at Namche Bazaar.

Day 04

Namche Bazaar to Tengboche [3,860 m/12,660 ft]: 5-6hr, O/N at Tea Hotel (A, B, L, D)

Whilst relishing views of Mt. Everest (8848 m), Nuptse (7861 m), Lhotse (8516 m), Ama Dablam (6812 m), Thamserku (6623 m), and Kangtega (6782 m), we make our way further up to Tengboche, through the flat and forested trail. Tengboche is a beautiful village and home to the largest monastery in the Everest region, Tengboche Monastery. Overnight in Lodge.

Day 05

Tengboche to Dingboche [4,360m/14,300 ft]: 5-6hr, O/N at Tea Hotel (A, B, L, D)

We continue our trek towards Dingboche, passing through dense forests of birch, oaks, conifers, and rhododendrons. Crossing the Imja River, we arrive at the village of Pangboche. Followed by Imja Valley and, ultimately, a climb up to Dingboche. Overnight at Lodge.

Day 06

Dingboche to Chhukung [4,750m/15,580 ft]: 3 hr, O/N at Tea Hotel (A, B, L, D)

Leaving behind Dingboche, we trek through stone-walled fields and alpine landscapes. The trail leads us to the Bible (4570 m), a yak herdsman place. Accompanied by Island Peak (Imja Tse, 6189m) and Ama Dablam (6812m), we continue our walk to Chhukung overnight at Lodge.

Day 07

Climb Chhukung Ri [5,546 m] and trek back to Chhukung: 4-5 hr, O/N at Tea Hotel (A, B, L, D)

Today, we take a short hike to Chhukung Ri, which involves easy climbing over rocky terrain. Upon reaching the top, we are rewarded with the most spectacular views of Lhotse (8516 m), Island Peak (6189 m), Ama Dablam (6812 m), and Makalu (8481 m). Then we will descend back to Chhukung for an overnight stay.

Day 08

Cross to Kongma La pass [5,535 m/18,159 ft], trek to Lobuche [4,940 m/16,210 ft]: 6-7hr, O/N at Tea Hotel (A, B, L, D)

Today, we cross the highest pass of the trip - the Kongma La pass. Here we have two route options: hike over the hill northwest of Chhukung and Nuptse Glacier moraine, or go back to Bible and take a trail above the Niyang Khola. Upon reaching the top, we can see the cairns and Buddhist prayer flags before we descend towards Lobuche through Khumbu Glacier. Overnight at Lobuche.

Day 09

Lobuche to Gorak Shep [5,170 m/16,961 ft], visit Everest Base Camp [5,364 m/17,594 ft]: 6-7 hr, O/N at Tea Hotel (A, B, L, D)

Following the rocky path along the crest of the north ridge to Everest, we continue our trek to Gorak Shep. Upon reaching Gorak Shep, we will visit Everest Base Camp, where we can enjoy a splendid view of Khumbu Icefall and the colorful campsite, Everest Expedition. We will then walk back to Gorak Shep. Overnight at Gorak Shep.

Day 10

Gorak Shep to Kala Patthar [5,545 m/18,192 ft], then to Lobuche [4,940 m/16,207 ft]: 8-9 hr, O/N at Tea Hotel (A, B, L, D)

To catch the view of the first light of the sunrise above Mount Everest, we set out early in the morning to trek to Kala Patthar. After watching the sunrise, we descend back to Gorak Shep and relish in the beautiful Himalayan view as we walk toward Lobuche. Overnight at Lobuche.

Day 11

Lobuche to Dzongla [4,830 m/15,850 ft]: 3-4 hrs, O/N at Tea Hotel (A, B, L, D)

Leaving behind Lobuche, we follow the trail alongside the Khumbu Glacier - passing through several Stupas and Tombstones. While ascending towards Dzongla, we come across Chola Tsho Lake, amongst many other small lakes. After crossing a bridge over Chola Khola, we finally arrive at Dzongla. Overnight at Lodge.

Day 12

Trek to Gokyo [4,800 m/15,580 ft] via Cho La Pass [5,368 m/17,611 ft]: 7-8 hrs, O/N at Tea Hotel (A, B, L, D)

We climb up a steep trail with boulders on our way and reach Cho La Pass, marked by cairns and prayer flags. We can see a 360-degree view of mountain peaks from the top before descending to Gokyo through the Ngozumpa glacier. Before reaching the Gokyo village, we will cross the 2nd and 3rd Gokyo Lakes overnight at Lodge.

Day 13

Rest day in Gokyo: Climb Gokyo Ri [5,357 m/17,575 ft], tour 4th and 5th Gokyo lakes: 3- 4 hr O/N at Tea Hotel (A, B, L, D)

We briefly hike to Gokyo Ri and tour the 4th and 5th Gokyo Lakes, 3km north of the Gokyo village. From the Scoundrel's Viewpoint, located at the edge of the 5th lake, we can get a fantastic view of Cho-Oyu (8201 m), Gyachung Kang (7952 m), Everest (8848 m), Lhotse (8516 m), and Makalu (8481 m) mountains. We return to Gokyo village for an overnight stay.

Day 14

Gokyo to Marlung [4,210 m/13,810 ft] via Renjo La Pass [5,360 m/17,585 ft]: 7-8 hrs O/N at Tea Hotel (A, B, L, D)

Today we cross over our last pass of the trip - the Renjo La Pass. The climb to Renjo La is easy compared to the other two keys. We can see the view of Everest (8848m), Makalu (8481 m), and Lhotse(8516 m), along with the Sherpa settlement around the 3rd Gokyo Lake. After exploring, we descend to Marlung for an overnight stay.

Day 15

Marlung to Namche Bazaar: 5-6 hrs O/N at Tea Hotel (A, B, L, D)

After crossing the Bhote Koshi River, we pass through the valley of Langmuche Khola. We then cross two bridges before reaching Thame, where a famous Gompa is situated on a hill to the west. The trail then passes through several small villages before arriving at Namche Bazaar. Overnight at Lodge.

Day 16

Namche Bazaar to Lukla: 6-7 hrs O/N at Tea Hotel (A, B, L, D)

Walking through forests filled with pine, oaks, and rhododendron trees, we pass several Sherpa villages. We also come across Chortens, prayer flags, and monasteries on our way to Lukla, overnight at Lodge.

Day 17

Lukla to Kathmandu: 40 min flight O/N at 3-Star Hotel (A, B, L, D)

D)

We take an early morning flight to Kathmandu, enjoying scenic views. After reaching Kathmandu, you can rest or spend the day exploring the capital. A farewell dinner will be held to celebrate the completion of your journey. Overnight in Kathmandu.

What To Expect?

What's included

- Meals on the entire board (breakfast, lunch, and dinner) during the whole trekking
- Domestic flights (KTM-Lukla-KTM or Ramechep - Lukla - Ramechep) with all surcharges and airport Taxes
- Trekking map
- An experienced Government license holder guide
- A porter/Sherpa will carry bags during trekking (2 people per porter)
- Insurance, salary, equipment, transportation, local tax for guide.
- Group medical supplies (first aid kit will be available)
- All necessary paper works and national park entry permits
- Travel and rescue arrangement
- TIMS (Trekking Information Management System)
- All government taxes and tourist service charges

What's not included

- Meals in Kathmandu before and after trekking, allowing US\$ 15 - US\$ 20 per day
- Your travel insurance (Rescue)
- Nepal entry visa fee.
- Tips for trekking staff and driver
- Drinks (hot, cold, and alcoholic)
- Personal shopping and laundry etc
- Personal trekking equipment.

FAQs

What is the Best Time for Three Passes Trek

Best Time for Three Passes Trek

When considering trekking the Everest three-pass Trek route, it's important to keep in mind the weather conditions. Throughout most of the year, the route experiences low precipitation and temperatures, high winds, and snowfall. Therefore, it's recommended to plan your trip during the spring or autumn seasons when the weather is more favorable. During this time, you will be able to witness the breathtaking views

of the Everest area along with the diverse wildflowers. However, trekking the three passes during the winter season is nearly impossible due to the extreme cold temperatures that can drop as low as -19°C. Nonetheless, if you're looking for a great place to visit, Kathmandu is always a fantastic option.

Can We Do the Everest Three-Pass Trek Solo

Everest Three-Pass Trek Solo

The Everest Three High Pass offers a lifetime experience that many seek, particularly a thrilling solo trek. However, for the Three Passes Trek, it is advised not to trek alone due to various factors. The unpredictable weather conditions and snowy terrain can cause one to get lost without a guide. The trek requires passing through different peaks with glaciers, and any mistake can lead to significant issues. Therefore, we recommend not taking a solo trip for the Three Pass Trek.

Do We Need Trekking Gear For Everest 3-Pass Trek

If there is snow in the high passes, it may be necessary to use trekking gear such as axes, ropes, and crampons. Your guide will provide you with this equipment before the trip if needed. However, if the weather is good, this gear may not be necessary, and mountain climbing skills are not required.

Book Your Everest Three Pass Trek, Visit [MyEveretTrek](#).

Additional Information

Everest Three Passes Trek Route

The Everest Three Pass Trek through three passes route is an adventurous hiking trail covering the wide mountainous range and typical Sherpa culture. On this trek, You have to cross three passes, i.e. Renjo La Pass, Chola Pass, and Kongma La Pass, which are prime attractions of this trek. Read the Full [Everest Trek Guide](#).

Everest High Pass Trek in Lukla is the entry point of tours in the Everest region. A 45-minute flight from Kathmandu to Lukla drops you before the Mountain. After arriving at the Lukla, you will trek towards Phakding and Namche Bazaar by crossing the scenic beauty of villages and several suspension bridges. We visit many historic places on the Namche, such as Khumjung village, Khunde twin village, and Hillary School.



After Namche, you will have to trek towards, i.e. Renjo la pass (5420 meters), the first among three passes we cross. We get here by Thame, Marulung, and Lungden. You can reach Thame by following the Bhote Koshi River, where you spend the night. To reach Lungden From Thame, we cross a more complex and challenging trail. From Renjo La Pass, you can see, The Gokyo Lake system and panoramic view of numerous Himalayan peaks, including Everest, Lhotse, Makalu, Cho Oyu, and Ama Dablam.

The next destination will be [Gokyo Ri](#) (5,483m) which is famous for viewing the highest mountains in the world - Everest (8,848m), Lhotse (8,516m), Makalu (8,485m), and Cho Oyu (8,188m). The further trek takes you to the Cho La Pass (5420m), bypassing the Ngozumpa Glacier, the largest glacier in the Himalayas of Nepal. To reach Cho La Pass, you have to cross several crevices.

You can reach Kongma La Pass after passing Lobuche, joining the classic EBC trek route. During this trek, there will be many glaciers, mountains, and moraines to face. Following the spectacular views from the Kongma-La, the path descends to Dingboche, where you may either go up to Chhukung-Island Peak or descend to Tengboche and continue your trip to Lukla.

Everest 3 High Pass Trekking Difficulty

Everest three-pass trek takes you to face different challenges. These passes are among the most rugged and physically demanding peaks in the Everest area. One must have robust physical and mental health to cross the high passes. A few months of cardio before the trip prepares you to walk 6 to 7 hours daily. Since the entire route is over 150 km, we walk 10 to 15 km daily. And that too with a backpack (if you don't hire a porter). And that's not a joke.

Another major challenge of the Everest 3 high pass trek is its altitude. Right from Namche, you start to walk at 4,000 meters. The highest passes are at 5,500 meters above sea level. You may experience breathing difficulties as you ascend to a greater altitude. The amount of oxygen becomes thinner at higher altitudes. As a result, Acute Mountain Sickness may be a possibility. Symptoms like headaches, nausea, diarrhea, shortness of breath, etc., are expected at a much higher altitude. It would be best if you were accompanied by an expert at MyEveresrTrip and had a very wisely planned Everest 3 high pass Trek itinerary.

If you are looking for an easier option, go for [Everest Short Trek](#)

Views From Everest Three High Pass Trek

During your trek, you must face Kalapatthar, a small mountain peak. As the monsoon begins, the surroundings may become more slippery and murky due to heavy rainfall, limiting your trek.

Trekking during winter is drastically challenging due to heavy snowfall, which blocks the route. So we recommend you not to go there during winter. The difficulty level is minimal during the spring; this season, you will get the opportunity to please your eyes with the scenic beauty of blooming wildflowers.



Everest Base Camp Trek vs Three Passes Trek

Everest Base Camp and Three Passes are famous for their breathtaking views, versatile landscapes, and distinctive geological characteristics. However, despite their hundreds of Pros, trekkers face several obstacles to the finish line.

Three Passes Trek vs Everest Base Camp Trek - Weather

Both treks are high-altitude hikes, and the weather is unpredictable due to severe changes in a short period. The three-pass tour has a restricted weather window most of the time, so you may only be able to walk during the transparent season, but The classic EBC trek is open almost any time of the year. You can see Everest in the off-season on an [Everest Helicopter Tour](#).

Everest Base Camp Trek vs Three Passes Trek-Cost

The average cost for both the trek depends upon many factors. In comparison, the three-pass trek cost more than the EBC trek. Around 1500\$ to 2000\$ for three passes trek and 1300\$ for an EBC trek everywhere. MyEverestTrek Three Pass trek package is \$1875, and Everest Base Camp is \$1320. If you trek in larger groups, your trek cost may be below. As you have to trek towards higher altitudes in the peak season (Spring and Autumn), fewer accommodation options are available, which may cost more.

Many discounts are available in the off-season.

Everest Base Camp vs Three Passes Trek-Difficulty

The difficulty level is high in the three passes trek as you have to face moving glaciers, but not in the EBC trek. Chances of an avalanche may affect your hike in a three-pass trek. Traveling to remote areas with steep mountains during your hike would be best. The trekking route consists of various zigzagged and snow-covered peaks and may limit your trail to three-pass treks.

Everest Base Camp vs Three Passes Trek-Crowd

Everest base camp is the most visited place around the Everest area and is more crowded than Everest Three Pass Trek. Trekkers from around the world visit Everest base camp, thus making it crowded. Accommodation and food may be a problem in EBC due to more trekkers on the journey. The pass route is undoubtedly the best option if you need a peaceful space.

Why US

[MyEverestTrip](#) is a **Nepalese Travel and Trekking Agency** based in Kathmandu. We have been operating in different trekking regions for over a decade, traveling with hundreds of travelers worldwide.

With the pure intention to bring trekkers to Nepal's safety and comfort, we have an entire team of travel planners, guides, and porters. We also have connections to hotels and restaurant lines all over Nepal to ensure that our trekkers get the best possible facilities.

So, here is the reason why you should travel with MyEverestTrip.



Customize Your Itinerary:

We have designed a well-planned Itinerary for all travel destinations around Nepal. However, this Itinerary is customizable as per the needs and requests of our trekkers. Just let us know when and how long you are staying so we can arrange the rest.



Our Expert Guide:

Although all travel agencies claim to have a good guide, many are not informed about the place you are traveling to. However, MyEverestTrip has its licensed guide in Nepal. They have been working in this field for over three decades, collecting all the information about the place/ culture and learning to keep

the travelers safe. Also, our guide is good at the English language. We can even hire a guide who can speak Chinese and other European languages for trekking in Nepal upon special request.



Fair and reasonable Cost:

MyEverestTrip has been known for its very economic trek packages in Nepal. You can compare the price we offer with any other travel agency in Nepal and only book with us if you are satisfied with our cost. We try to include all needed expenses during the tour so that you will not be overwhelmed with hidden expenses after the packages are booked.



Your safety is our priority:

Obviously, the safety of our trekkers and team is the utmost priority of MyEverestTrip. Our guide and porters who shall accompany you for the trip will have their insurance. We also encourage Travel insurance for our trekkers. Our treks and trips have been so designed that you only walk an appropriate distance. In any case of emergency, you will always have our back.



Responsible and Eco-Friendly

MyEverestTrip operates with the belief in responsible tourism. This includes

- We are transparent about the services covered on the trip. There shall be no hidden cost (informed in advance if there's any)
- We cover all the places promised before the trek (the trend of skipping places once you book the package has to be discouraged).
- All our guides and porters are above 18yrs. We highly discourage child labor in the tourism industry
- We do not leave any wastage behind on the trekking routes. We either dispose of the waste appropriately or carry it back with us and send it to the municipality
- We do not engage in any activities that affect the people in the trek places of Nepal where we stay.

Map



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