

Everest Three High Pass Trek

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Everest Three High Pass Trek

URL: <https://ascendhikes.com/package/everest-three-high-pass-trek-2026/>

Destination

Nepal

Activity

Trekking

Start / End Point

Kathmandu / Kathmandu

Duration

17

Region

Everest Region Treks

Max. Altitude

5,360 m

Nature Of Trek

Lodge to Lodge

Best Season

Autumn - Spring

Activity Per Day

5-9 hours

Transportation

Drive & Flight

Per Person From

USD 1,475

Group Size

1 - 14

Challenging

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s

Accommodation

Guest house

BLD

Breakfast, Lunch and Dinner

Welcome to the Adventure destination

The Everest Three High Pass Trek is a challenging & adventurous trekking in Nepal. This trek takes you through three high passes in the Everest region. Renjo La Pass, Cho La Pass, and Kongma La Pass, of course breathtaking views of the Himalayas.

The Everest trek starts with a flight from Kathmandu to Lukla. From [Lukla](#), you begin your trek towards Namche Bazaar. The vibrant Sherpa town. The trail then continues to Thame, Renjo La, which stands at an altitude of 5,360 meters. Moreover, ascent to the pass can be steep and challenging, but the stunning panoramic view of the surrounding peaks. After crossing Renjo La Pass, the trail descends to the beautiful Gokyo Valley, known for its pristine lakes. From Gokyo, the trek continues towards Thagnak and then Cho La Pass, which stands at an elevation of 5,420 meters.

The Three Passes Trek is a thrilling adventure that takes trekkers through the Everest Region, specifically Sagarmatha National Park, crossing three high passes: Kongma La Pass, Cho La Pass, and Renjo La Pass. This challenging and rewarding trek offers an ultimate Everest experience, combining incredible scenery with high-altitude trekking. Along the way, trekkers will interact with the Sherpa people and learn about their unique culture.

Namche Bazaar, a hub for trekkers, is explored, and acclimatization days are provided to help adjust to the altitude. The trek offers stunning views of high peaks like Mount Everest, Lhotse, Makalu, and Cho Oyu, as well as the beauty of the Gokyo Valley and its pristine lakes. Hidden monasteries are also explored along the trail. The trek concludes back in Lukla, leaving lifelong memories of this remarkable adventure. Whether an experienced trekker or embarking on their first high-altitude trek, the Three Passes Trek promises an unforgettable experience in the Khumbu Himalaya range.

Best time for High three pass trek:

The Three Passes Trek, a challenging and rewarding adventure in Nepal's Everest region, is best experienced during the autumn and spring seasons. Autumn offers stable weather, moderate temperatures, and clear views, making it ideal for trekking. The trail is also adorned with rhododendron forests, providing color and high visibility. The trek offers an unforgettable experience with cultural encounters with local communities. The best time to embark on the Three Passes Trek depends on favorable weather conditions and trail accessibility. Choose the season that aligns with your preferences and availability to experience the best of the Everest region.

Itinerary

Day 01: Arrival in Kathmandu

Arrive in Kathmandu, the capital city of Nepal. Transfer to your hotel, rest, and prepare for the trek. In the evening, you can explore the vibrant streets of Thamel, a popular tourist area in Kathmandu.

Drive Distance

5-6 km

Drive Duration

an hour

Highest Altitude:

1400m

Meals:

BB

Place:

Kathmandu

Accommodation:

Comfortable hotel

Day 02: Flight to Lukla, Trek to Phakding (2,652m/8,700ft)

Take an early morning flight from Kathmandu to Lukla (2,800m/9,184ft), a scenic mountain airstrip. Begin the trek by descending to the Dudh Koshi River and trekking through lush forests to reach Phakding.

Trek Distance:

9 km

Trek Duration

4-5 hours

Highest Altitude:

2,800m

Flight Hours:

30 minutes

Place:

Phakding

Day 03: Trek to Namche Bazar (3,440m/11,286ft)

Continue along the banks of the Dudh Koshi River, crossing suspension bridges and enjoying the views of the snow-capped peaks. After a steep ascent, you'll reach Namche Bazaar, a bustling town and the gateway to the Everest region.

Trek Distance:

10 km

Trek Duration

5-6 hours

Highest Altitude:

3440 m

Meals:

BLD

Place:

Namche Bazar

Accommodation:

Comfortable guest house

Day 04: Acclimatization Day in Namche Bazaar

Spend the day acclimatizing in Namche Bazaar. You can explore the town, visit the local market, and hike to the nearby Everest View Hotel for stunning panoramic views of Mt. Everest, Mt. Lhotse, and other peaks.

Highest Altitude:

3840m

Meals:

BLD

Place:

Namche Bazar

Accommodation:

Comfortable guest house

Day 05: Trek to Thame

Leave Namche Bazaar and follow a scenic trail that offers views of Ama Dablam and other Himalayan peaks. Trek through forests and traditional Sherpa villages to reach Thame, a picturesque village with a monastery.

Trek Distance:

12 km

Trek Duration

5-6 hours

Highest Altitude:

3,800m

Meals:

BLD

Place:

Thame village

Accommodation:

Basic guest house

Day 06: Trek to Lungden

Continue the trek, passing through alpine meadows and crossing the Bhote Koshi River. The trail gradually ascends to Lungden, a small settlement located near the Nangpa La Pass.

Trek Distance:

10 km

Trek Duration

4-5 hours

Highest Altitude:

4,380m

Meals:

BLD

Place:

Lungden

Accommodation:

Basic guest house

Day 07: Trek to Gokyo 4790 m

Today is a challenging day as you cross the first high pass, Renjo La Pass. The climb to the pass offers breathtaking views of the Everest region. Descend to the stunning Gokyo Valley, home to the Gokyo Lakes.

Trek Distance:

12 km

Trek Duration

6-7 hours

Highest Altitude:

5,360m Renja-La

Meals:

BLD

Place:

Gokyo

Accommodation:

Basic guest house

Day 08: Acclimatization Day in Gokyo Spend the day acclimatizing in Gokyo

You can hike up to Gokyo Ri (5,357m/17,575ft) for panoramic views of Cho Oyu, Everest, Lhotse, and Makalu. Explore the Gokyo Lakes and enjoy the serene beauty of the surroundings.

Highest Altitude:

4,790m

Meals:

BLD

Place:

Gokyo Lake

Accommodation:

Guest house

Day 09: Trek to Thagnak

Leave Gokyo and trek towards Thagnak. The trail takes you alongside the Ngozumpa Glacier, the longest glacier in Nepal. Enjoy the views of Cholatse and other peaks as you reach Thagnak.

Trek Distance:

7 km

Trek Duration

4-5 hours

Highest Altitude:

4,700m

Meals:

BLD

Place:

Thangnak

Accommodation:

Guest house

Day 10: Trek to Dzongla (4,830m/15,850ft) via Cho La Pass (5,420m/17,782ft)

Today is another challenging day as you cross the second high pass, Cho La Pass. The pass is steep and requires careful navigation. Descend to Dzongla, a small village surrounded by towering mountains.

Trek Distance:

10 km

Highest Altitude:

5,420m Chola pass

Meals:

BLD

Place:

Zongla

Accommodation:

Guest house

Day 11: Trek to Lobuche (4,910m/16,108ft)

Continue the trek towards Lobuche, following the trail that offers views of Mt. Pumori and other peaks. Reach Lobuche, a popular stopover for trekkers heading to Everest Base Camp.

Trek Distance:

7 km

Trek Duration

3-4 hours

Highest Altitude:

4,910m

Meals:

BLD

Place:

Lobuche

Accommodation:

guest house

Day 12: Trek to Everest Base Camp (5,364m/17,598ft) and return to Gorak Shep (5,164m/16,942ft)

Today is a highlight of the trek as you hike to Everest Base Camp. Trek through the Khumbu Glacier and enjoy close-up views of the icefall. After spending some time at the base camp, return to Gorak Shep for the night.

Trek Distance:

13 km

Trek Duration

6-8 hours

Highest Altitude:

5,364m EBC

Meals:

BLD

Place:

Gorakshep

Accommodation:

Guest house

Day 13: Hike to Kala Patthar (5,545m/18,192ft) and Trek to Lobuche

Early in the morning, hike to Kala Patthar, a famous viewpoint known for its spectacular sunrise views over Mt. Everest, Nuptse, and other peaks. Descend to Lobuche for an overnight stay.

Trek Distance:

9 km

Trek Duration

6-7 hours

Highest Altitude:

5,545m

Meals:

BLD

Place:

Lobuche

Accommodation:

Guest house

Day 14: Trek to Chhukung (4,730m/15,518ft) via Kongma La Pass (5,535m/18,159ft)

Today is the final challenge of the trek as you cross the third high pass, Kongma La Pass. The pass requires technical skills and careful navigation. Descend to Chhukung, a small village in the Imja Valley.

Trek Distance:

12 km

Trek Duration

8-9 hours

Highest Altitude:

5535m Khom-la pass

Meals:

BLD

Place:

Chukung

Accommodation:

Guest house

Day 15: Trek to Namche Bazaar (3,440m/11,286ft)

From Chhukung, trek back to Namche Bazaar, retracing your steps through Tengboche and the Dudh Koshi River valley. Enjoy the final views of the Everest region as you reach Namche Bazaar.

Trek Distance:

27 km

Trek Duration

7-8 hours

Highest Altitude:

3,440m

Meals:

BLD

Place:

Namche

Accommodation:

Comfortable guest house

Day 16: Trek to Lukla

Continue the descent from Namche Bazaar, crossing suspension bridges and passing through villages. Reach Lukla and celebrate the completion of the trek with your guide and fellow trekkers.

Trek Distance:

19 km

Trek Duration

7-8 hours

Highest Altitude:

2,800m

Meals:

BLD

Place:

Lukla

Accommodation:

Comfortable guest house

Day 17: Flight from Lukla to Kathmandu

Take an early morning flight from Lukla to Kathmandu. Transfer to your hotel and spend the rest of the day at leisure. You can relax, explore the city, or shop for souvenirs.

Flight Hours:

30 minutes

Meals:

BLD

Place:

Kathmandu

Accommodation:

hotel

Day 18: Departure from Kathmandu

Depart from Kathmandu, carrying unforgettable memories of the Everest Three High Pass Trek and the majestic Himalayas.

Cost Includes:

- **Airport Pick up and drop.**
- **All the accommodation and meal (3 times a day with one main course) during the trek.**
- **All the official expenses and paperwork (like Permit for peak climbing).**
- **All the domestic Flights and tickets (Ktm - Lukla - Ktm).**
- **Government license holder Ascend Hikes Experience English speaking Guide.**
- **A Porter for 2 Trekkers and Maximum 20 Kg weight of Luggage.**
- **All the Government Taxes.**
- **All the Insurance of Guide and Porters.**

- Farwell dinner in Kathmandu.

Cost Excludes:

- Travel Insurance and Entry visa fees.
- International Flight tickets.
- All trekking gear and other expenses.
- Hot & cold, Bar and Beverages bills, like hot water, tea, coffee, etc.
- All the accommodation and food before and after Trekking.
- Excess Baggage charge.
- Personal expenses: wi-fi, Battery charge etc....
- Staff tips
- All other things are Exclude which is not in the list of Include

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 2,175
2 - 2	USD 1,595
3 - 3	USD 1,555
4 - 4	USD 1,475
5 - 5	USD 1,425
6 - 6	USD 1,355
7 - 7	USD 1,325

Useful information

Clothing:

- Thermal base layers (tops and bottoms)
- Trekking pants
- Fleece or down jacket
- Waterproof and windproof jacket
- Insulated trekking pants
- Waterproof and breathable trekking pants
- Warm hat or beanie

- Buff or neck gaiter
- Gloves or mittens (insulated and waterproof)
- Hiking socks (wool or synthetic)
- Insulated and waterproof hiking boots
- Gaiters (optional, but helpful in snowy conditions)
- Trekking sandals or comfortable camp shoes

Gear and Accessories:

- Backpack (40-50 liters)
- Sleeping bag (rated for cold temperatures)
- Sleeping pad or inflatable mattress
- Trekking poles
- Headlamp with extra batteries
- Sunglasses with UV protection
- Sunscreen (high SPF)
- Lip balm with SPF
- Water bottle or hydration bladder
- Water purification tablets or filter
- Personal first aid kit
- Trekking map and guidebook
- Duffel bag or waterproof backpack cover
- Plastic bags or dry sacks for organizing and waterproofing your gear
- Camera or smartphone for capturing memories

Miscellaneous:

- Toiletries (toothbrush, toothpaste, biodegradable soap, wet wipes)
- Quick-dry travel towel
- Power bank or portable charger
- Adapter plugs for charging electronics
- Snacks and energy bars
- Trekking snacks (chocolates, nuts, dried fruits)
- Cash (Nepalese Rupees) for purchases along the way
- Passport, permits, and other necessary travel documents

FAQs

How difficult is the Everest Three High Pass Trek?

The Everest Three High Pass Trek is considered a challenging trek that requires a good level of physical fitness and previous trekking experience. The high passes involve steep ascents and descents, and the altitude can be demanding. Proper acclimatization and preparation are essential.

What is the best time to do the Everest Three High Pass Trek?

The best time to undertake the Everest Three High Pass Trek is during the spring (March to May) and autumn (September to November) seasons. These months offer stable weather, clear skies, and comfortable temperatures. Winter (December to February) and monsoon season (June to August) are less favorable due to cold temperatures, snowfall, and increased risks.

Do I need a permit for the Everest Three High Pass Trek?

Yes, you will need permits to trek in the Everest region. The required permits are the Sagarmatha National Park Permit and the TIMS (Trekkers' Information Management System) card. These permits can be obtained through a registered trekking agency in Nepal.

Is it necessary to hire a guide and porter for the trek?

While it's not mandatory, it is highly recommended to hire a guide and porter for the Everest Three High Pass Trek. A guide can provide valuable assistance with navigation, safety, and cultural insights, while a porter can carry your heavy backpack, allowing you to trek with less weight and enjoy the journey more comfortably.

What kind of accommodation is available during the trek?

Teahouses or lodges are available along the Everest Three High Pass Trek route. These are basic accommodations with shared rooms and common dining areas. The facilities may vary, but you can expect a bed with a mattress, blankets, and a simple menu offering local and international food.

How do I prepare for the altitude during the trek?

Proper acclimatization is crucial during the Everest Three High Pass Trek. Gradual ascent, staying hydrated, and allowing rest days for acclimatization are essential. It's recommended to consult with a medical professional and undertake physical training to improve your fitness before the trek.

Is travel insurance necessary for the trek?

Yes, having travel insurance that covers emergency evacuation, medical expenses, and trip cancellation is highly recommended. It's important to carefully review the policy to ensure it covers high-altitude trekking activities and provides adequate coverage for your needs.

What should I pack for the Everest Three High Pass Trek?

Some essential items to pack include trekking boots, warm clothing layers, a good quality sleeping bag, a down jacket, a hat, gloves, sunglasses, sunscreen, a water bottle, a headlamp, toiletries, and basic medical supplies. A comprehensive packing list can be obtained from your trekking agency.

Address

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