3 High Pass Trek

Duration: 20 Days | Location: Everest Region, Nepal



Trip at a glance

Category: Everest Region

Location: Everest Region, Nepal

Duration: 20 Days

Difficulty: 7/10

Trip Style: 3 High Pass Trek

Best Time: Autumn (Sep-Nov) and Spring (Mar-May)

Transportation: Private Vehicle, Domestic Flight

Accommodation: Semi Lodge/ or fully Camping

Max Altitude: 5545 m

Group: Min-1, Max 20

Summary

3 High Pass Trek/3 High Pass Trek is one of the most popular and challenging trek in Evrest region. Kongmola, Chola and Renjola are the 3 high Passes trek /

Overview

Trip Introduction

3 High Pass Trek is one of the most popular and challenging trek in Evrest region. Kongmola, Chola and Renjola are the 3 high Passes trek in Everest region. This is the most popular and crowded trekking route in Nepal. The trekking starts from Lukla where the domestic flight touch the ground after flying for about 28 min. This trekking route is the crowded trail in peak season. Three High Passes trek gives you complete trekking experience in Nepal in Everest region trekking. 3 High pass trekking is the complete full package for the trekkers. Our 20 days trekking itinerary gives you full and complete wilderness trekking experience. The Everest High Pass trek combines the three high passes of the Everest Region. Everest High Pass. Kanchenjunga Circuit Trek

The trek starts at the Hillary Airport in Lukla and the Tibetan trading center of Namche bazaar and continues up to the remote Chhukhung valley, with an optional crossing of the Kongma La pass to reach Kala Pattar and Everest Base Camp in the snow-capped Khumbu Valley, with the Khumbu glacier along side us. From here, we climb up and over the glaciated Cho La pass to reach the turquoise Gokyo lakes, Gokyo Ri (peak) and the surrounding 8000m peaks of the Gokyo valley. We conclude our heroic trek by crossing the awesome Renjo La to the traditional grazing region of the Thame valley, which leads up to the Nangpa La and Tibet. that stretches for miles.

Kongmo La, Chola and Renjola are the most challenging and wilderness trekking region in Everest region. After enjoying grand views from Gokyo Ri, we make our way to the next great pass, the Renjo.

Everest Base Camp Trek, Gokyo Ri Trek, Everest view trek is another option to trek in this region. Annapurna Circuit Trek

View photo on the trip page

Day by day itinerary

Trip Itinerary

Day 01: Arrival in Kathmandu (1300 m/4264 ft).

Day 02: Kathmandu: sightseeing and trek preparation.

Day 03: Fly to Lukla, trek to Phakding (2,651m/8,700ft): 40 minutes flight; 8km, 3 – 4 hours trek.

Day 04: Phakding to Namche Bazaar (3,438m/11,280 ft): 11km, 5 – 6 hours.

Day 05: Namche Bazaar: Rest and acclimatization.

Day 06: Namche Bazaar to Tengboche (3860m/12,660 ft): 10km, 5 – 6 hours.

Day 07: Tengboche to Dingboche (4,360 m/14,300 ft): 9km, 5 – 6 hours.

Day 08: Dingboche: acclimatization and rest.

Day 09: Dingboche to Chhukung (4750m/15,580 ft), climb Chhukung Ri (5,546m): 14km, 6 – 7 hours.

Day 10: Cross to Kongma La pass (5535m/18,159ft), trek to Lobuche (4940m/16,210ft): 10km, 6 – 7 hours.

Day 11: Lobuche to Gorak Shep (5170 m/16,961ft), visit Everest Base Camp (5364 m/17,594 ft): 13km, 6-7 hours.

Day 12: Gorak Shep to Kala Patthar (5545 m/18,192 ft), then to Lobuche (4940 m/16,207 ft): 7km, 8 – 9 hours.

Day 13: Lobuche to Dzongla (4830m/15,850 ft): 6km, 3 – 4 hours.

Day 14: Trek to Gokyo (4800m/15,580 ft) via Cho La pass (5368m/17,611 ft): 6km, 7 – 8 hours.

Day 15: Rest day in Gokyo: Climb Gokyo Ri (5357m/17,575 ft), tour 4th and 5th Gokyo lakes: 3 – 4 hours.

Day 16: Gokyo to Marlung (4210m/13,810 ft) via Renjo La Pass (5360m/17585 ft): 11km, 7 – 8 hours.

Day 17: Marling to Namche Bazaar: 15km, 5 – 6 hours.

Day 18: Namche Bazaar to Lukla: 19km, 6 – 7 hours.

Day 19: Lukla to Kathmandu: 40 minutes flight.

Day 20: Final DepartureAccommodationsWe will be accommodated in Yatri Suites.

Package: Standard Package

Contact for pricing

Pricing depends on dates and group size. Contact us for a quote.

Inclusions

- Airport pickups and drops in a private vehicle Teahouse accommodation during the trek.
- All meals (breakfast, lunch, and dinner) during the trek.
- All ground transportation on a comfortable private vehicle as per the itinerary.
- Domestic flights (Kathmandu- Lukla -Kathmandu) Guided city tour in Kathmandu by private vehicle Entrance fees for sightseeing/monument visits as per the itinerary.
- An experienced, English-speaking and government-licensed trek leader and assistant trek leader (4 trekkers: 1 assistant guide) Porter service (2 trekkers: 1 porter) Staff costs including their salary, insurance, equipment, domestic airfare, food, and accommodation.
- All necessary paperwork and trekking permits (National Park Permit, TIMS) Medical kit (carried by your trek leader).
- All government and local taxes.

Exclusions

- Nepalese visa fee Excess baggage charge(s).
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from

mountain (due to any reason) than the scheduled itinerary.

- Lunch and evening meals in Kathmandu International flights.
- Travel and rescue insurance Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.).
- Tips for guide(s), porter(s) and driver(s).

Gear checklist

Equipments List

EQUIPMENT LIST

Nepal Trekking Equipment List

This piece info is creating data on consumer goods and equipment needs, For those that would love an extra detailed discussion for equipment for Nepalese Himalayan Trek.

The following equipment list is required for Nepal Trekking and climbing and a list, you have to have suggested equipment just have with you, however, that you just might have your own personal first choice equipment which can be equally as appropriate

Footwear

- Walking boots with suitable ankle support that have been worn-in prior to the trek, and which are waterproof.
- Trainer or casual shoes, for trekking and/or for travelling.
- Warm socks for colder areas.
- Gaiters, in case of rain or snow

Legwear

- Loose, casual trousers for trekking.
- Thermal leggings for colder areas.
- Long skirt for women as an alternative to trousers.

- Waterproof trousers

Body

- Selection of T-shirts, and long sleeved shirts, preferably not cotton.
- Thermal shirt for colder areas.
- Warm shirt, possibly fleeces, for colder areas.
- Fleece jacket or warm wool jumper.
- Windproof, waterproof outer shell garment for higher altitudes.
- Down jacket (optional for cold nights & mornings; can be hired in Kathmandu cheaply)

Head/Hands

- Wool or fleece hat, or balaclava.
- Hat or cap for sun protection while trekking.
- Sunglasses or goggles.
- Warm gloves

Other items

- Strong rucksack or large hold all to be carried by porters.
- Daysack to be carried personally.
- Plastic bags or stuff sacks to store/separate trekking gear inside your main bag.
- One litre water bottle.
- Personal first aid kit to include essential items.
- Sleeping bag, 4 seasons.
- Torch, ideally head torch.
- Digital Camera and spare battery and battery charger! – For those not to be forgotten shots of the Himalaya.

- Toilet items and towel.
- Large handkerchief/bandana for neck

Optional items

- Binoculars
- Books (see Recommended Reading)
- Altimeter
- Compass
- Playing cards / backgammon / chess set

Recommended Mountaineering Kit

In addition to the items mentioned above for trekking, the following is a list of the additional specialist items which are required for the trekking peaks.

Plastic or leather mountaineering boots, with gaiters and crampons that have been tested for a good fit.

Peak Climbing

- fleece trousers
- Additional mitts and gloves suitable for climbing
- Ice axe, and ski poles (note – ice axe can be hired in Kathmandu)
- Climbing harness
- 2 x tape slings
- 2 x screw gate karabiners
- Descended/abseil device
- Ascender

Trip notes

Trip Highlights

Trip Details:

Total Duration: 20 Days.

Group Size: Min-1, Max 20.

Trekking Region: Everest Region.

Trip Type Name: 3 High Pass Trek.

Highest Altitude of the trek: 5545 m.

Highest Point: 3 High Pass Trek (65545 m)

Grade: Difficult.

Transportation: Private Vehicle, Domestic Flight.

Accommodation: Semi Lodge/ or fully Camping.

Type of Tour: Trekking, Hiking, Walking, Culture

Trekking Hour: Approximately 6-7 hours each day.

Best Season: Autumn (Sep-Nov) and Spring (Mar-May).

Starting from: Kathmandu.

Ending at: Kathmandu.

3 High Pass Trek is one of the most popular and challenging trek in Evrest region. Kongmola, Chola and Renjola are the 3 high Passes trek in Everest region. This is the most popular and crowded trekking route in Nepal. The trekking starts from Lukla where the domestic flight touch the ground after flying for about 28 min. This trekking route is the crowded trail in peak season. Three High Passes trek gives you complete trekking experience in Nepal in Everest region trekking. 3 High pass trekking is the complete full package for the trekkers. Our 20 days trekking itinerary gives you full and complete wilderness trekking experience.

Departure

Departure

Review

Trip gallery

View photo on the trip page



3 High Pass Trek - photo 2

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3 High Pass Trek - photo 5

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Plan your journey with our team

Thamel, Kathmandu, Nepal | +977-9745232234
megamounttreks@gmail.com | megamounttreks.com

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