EBC and 3 high passes

Trip Overview

Everest Base Camp (EBC):

Nestled at the foot of the world's highest peak, Mount Everest, Everest Base Camp is a legendary destination for trekkers and mountaineers alike. Located in the Khumbu region of Nepal, the base camp offers breathtaking panoramic views of surrounding peaks and a unique cultural experience as trekkers pass through Sherpa villages. The journey to EBC is an adventure filled with rugged trails, suspension bridges, and the thrill of reaching an altitude of 5,364 meters (17,598 feet).

Three High Passes in the Everest Region:

Embarking on the Everest Three High Passes trek is a test of endurance and a chance to witness the grandeur of the Himalayas from different perspectives, making it a memorable adventure for those seeking both physical challenge and natural beauty.

Kongma La Pass:

Kongma La is the highest of the three passes, reaching an elevation of 5,535 meters (18,159 feet). Crossing this pass involves a steep ascent and descent, rewarding trekkers with unmatched views of the Everest massif, Lhotse, and Makalu.

Cho La Pass:

Sitting at an altitude of 5,420 meters (17,782 feet), Cho La Pass is a challenging yet rewarding high pass that links the Gokyo Valley with the Everest Base Camp trail. The pass offers striking vistas of Ama Dablam and the Khumbu Glacier.

Renjo La Pass:

Renjo La Pass stands at an elevation of 5,360 meters (17,585 feet) and connects the Gokyo Valley with the Thame Valley. Trekkers crossing Renjo La are treated to awe-inspiring views of Everest, Cho Oyu, and the turquoise Gokyo Lakes.

Gallery

Trip Itinerary

- Day 1 - Arrive at Kathmandu
- Day 2 - Trip briefing and preparation day
- Day 3 - Drive to Dhap Bazaar (2850m.)
- Day 4 - Trek to Japre (2815m.)
- Day 5 - Trek to Pikey Base Camp (3640m.)
- Day 6 - Sunrise hike to Pikey Peak (4065m.) then Trek to Junbesi (2680m.) - Visit Thubtenchoeling Monastery
- Day 7 - Junbesi to Nunthala. (2220m.)
- Day 8 - Nunthala to Bupsa (2360m.)
- Day 9 - Bupsa to Phakding (2610m.)
- Day 10 - Phakding to Namche Bazaar (3440m.)
- Day 11 - Acclimatization Day in Namche Bazaar.
- Day 12 - Namche Bazaar to Tengboche (3870m.)
- Day 13 - Tengboche to Dingboche (4,410m.)
- Day 14 - Acclimatization Day in Dingboche.
- Day 15 - Dingboche to Chhukung(4730m.)
- Day 16 - Cross Kongma La Pass, Trek to Lobuche (4910m.)
- Day 17 - Trek to Everest Base Camp, Return to Gorak Shep (5170m.)
- Day 18 - Hike up to Kalapathar (5551m.) Trek to Dzongla(4830m.)
- Day 19 - Trek over the Cho la – pass 5420m.then to Gokyo.
- Day 20 - Sunrise or Sunset hike to Gokyo ri (5357m.)
- Day 21 - Trek over the Renjo La Pass, 5363m.Trek to Lumden (4380m.)
- Day 22 - Trek to Thame(3820m.)
- Day 23 - Trek to Namche Bazaar.
- Day 24 - Trek to Bazaar to Lukla.
- Day 25 - From Lukla Fly back to Kathmandu
- Day 26 - Departure.

Cost Includes & Excludes
Includes

- All logistic
- Food/Accommodation
- guide & Staffs.

Excludes

- Personal expenses: This includes items such as drinks, snacks, souvenirs, and tips for your guide and porter. Travel insurance: Trekking insurance is not typically included in the cost of the trek, but it is a good idea to purchase it before you arrive to Nepal. Nepal Visa. Flights to and from Nepal are not typically included in the cost of the trek. Souvenirs If you are planning on buying souvenirs, be sure to factor this into your budget.