

Trip Notes

Everest Three High Pass Trek



“Trek through the three high passes of the Everest region all above 5000m, & benefit the spectacular mountain views of the Himalaya in a single trip”

www.grandhimalayaexpedition.com

Trek Cost per person USD 3500/-

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Trip Facts

Duration

24 days from Kathmandu to Kathmandu

Physical Grading: 3

This trip is suitable for those with a high level of fitness and endurance. You do not have to be an experienced backpacker or mountaineer. Just relatively fit to walk each day for 6-7 hours with a light backpack.

Trip style: Active

This trip is designed for outdoor adventurers who are ready to experience the new height and explore the vastness of the Himalaya.

Service level: Basic

- ✓ Excellent value, competitive price
- ✓ For travelers preferring flexibility, convenience and the security of small groups
- ✓ Simple and clean accommodations and/or well-maintained campsites
- ✓ Highly experienced and educated Staffs,

who are mainly the Sherpa's from highlands of the Himalaya.

- ✓ Well designed itinerary by our experts, to suit from novice to experienced trekkers/mountaineers for the Himalayan adventure.

Trip type: Private Trip

This will be completely private trip for Judy and Fred Works with a local Sherpa guide and a porter that is it. No stress of splitting team, changing itinerary more possibility/flexibility.

Trek Timing

We recommend you to choose from mid Oct-mid November for best weather and views but this is totally depending on your time availability. April/May also do able but not clear skies as it is in Oct/Nov.

Introduction

The Everest Three High Passes Trek (ETHPT) is arguably the most complete trek in Nepal as it covers most of the Everest region on its circular route. And it is a most admired trek in the Everest region. The views of the incredible high Himalayan peaks are awe-inspiring. The best part of the Everest three high passes trek is that it can be done both clockwise as well as anticlockwise direction. We/ Grand Himalaya have been running this trek continuously both direction and we discovered the clockwise direction offers slightly more flexibility. This trek is much challenging than any other treks in Everest region as it involves traversing the three high passes. The first and recently opened **Renjo La pass 5370m**, between Thame valley and Gokyo Lake/valley. The second is the well-known **Cho La pass 5420m**, between Gokyo valley and Everest Base Camp. And the third (final) is **Kongma La pass 5545m**, between Everest Base Camp and village of Chhukung in Imja valley, each over 5,000m. The trek begins in the popular starting point of Lukla at 2840m elevation before heading north along the classic trek to Namche Bazaar. Here, the route veers west as it splits from the main trek and heads up the **Bhote Koshi valley**, where you will encounter the first of the Three Passes Renjo La. After reaching the high point, the trail descends to the idyllic Gokyo Lakes and further on to the village of Gokyo. The route then turns east as you make your way to Everest Base Camp by crossing the second pass Cho La. After the second pass you will re-join the Everest Base Camp highway at Lobuje to explore the historical Everest Base Camp as well as soaking up some of the best views of Everest and the surrounding peaks when you climb the iconic viewpoint of Kala Patthar 5555m. The inwards leg of

The trek involves traversing the final of the Three Passes Kongma La to join up with the classic Everest Base Camp Trek route that will take you down to Lukla, where the trek ends. Physical fitness and well preparation is required to complete this trek. However, the spectacular views of surrounding mountains located in Khumbu valley, such as Everest, Makalu, Lhotse, Cho Oyu, Pumori, Amadablam, Thamserku, Island peak, Lobuje peak, Taboche peak, Cholatse and many more peak is certainly worth at the end. Exploring such isolated corners of Himalayas is an amazing experience. There are a lot of Buddhist monasteries, Chortens and Mani walls along the Everest high passes trekking route in Khumbu that are really striking. Trekkers can benefit from exploring the homeland of Sherpa, villages and understand its rich culture. Tea house facility available along Everest three high pass trek.

Sagarmatha National Park is also known as Khumbu region and sometimes, Everest region.

Trek Highlight

- ❖ Explore the ancient city of Kathmandu, Nepal:
 - Visit Swayambhunath (the monkey temple), a 2000 year old Buddhist Stupa
 - Visit the Bodhnath Stupa with its' 130 ft. dome
 - Visit the ancient Pashupatinath Temple with a holy cremation site.
- ❖ Scenic flights to/from Kathmandu and Mountain Village of Lukla.
- ❖ Hiking through small Sherpa villages, across rivers, up mountain valleys
- ❖ Close views of Mt. Everest 8848m (Tallest Mountain in the world), Mt. Lhotse 8516m-(4th), Mt. Makalu 8485m (5th) Mt. Cho Oyu 8201m (6th) and many other 7000m peaks surrounding.
- ❖ Hike up Kala Patthar for the best views of Mt. Everest and the Khumbu Glacier
- ❖ Visit historic Mount Everest Base Camp
- ❖ Cross three high passes all are above the height of 5000 meters
- ❖ Follow the path of traditional trading route of Tibetan and Sherpa people.
- ❖ A visit to the Tengboche Monastery, which can be viewed from the top of Mt. Everest.

Grand Himalaya on the trek

Our aim is to provide you with a safe, enjoyable and successful trip to Nepal. We provide all of our guests with a smooth and efficient service to maximize your enjoyment, safety, and your chances of a successful trek/climb.

The benefits of trekking with us in the Everest region are:

A very well planned itinerary and acclimatization schedule based on our experience of leading trekking and expeditions in the Himalaya for more than a 20 years now.

We provide a knowledgeable and helpful guide and a porter. Who have at least trekked in the area few times and will be walking, assisting the members all the time.

Most of our hotels in the Everest region are one among the finest in the area and we have very good relationship with the hotel owners and the staffs.



Travel Insurance



Travel Insurance recommendations

We recommend cancellation insurance to protect your investment.

We require participants to have travel insurance that covers medical expenses, evacuation and repatriation. Please ensure that your chosen policy provides cover for the activities (Trekking with a guide) and localities in which you will travel Nepal, to elevations up to (Altitude 5,555m/18,188ft) above sea level).

Emergency Evacuation

Helicopter rescue services are available. Evidence of insurance will be required by the evacuation services before the helicopter will fly. And it can be landed anywhere in the Everest region. However, emergency evacuation cost is not included in your expedition cost.

Most helicopters struggle above 5000m. Often a helicopter can only take one or two person at the limit of its operating altitude. There is no mountain rescue squad available, the victims have to be evacuated to a safe helicopter landing site preferably below 5000m.

Emergency Contact

Should you need to contact Grand Himalaya during a situation of dire need, here is the contact information furnished below:



1. Office Landline phone: +977 1 4474479 (10am to 5pm/ Saturday off)
2. Wongmu Sherpa (Logistic Operation Director) Cell No.: +977 9851174471 (7/24)
3. Mingma Gyalpo Bhote (Accountant) Cell No: +077 9849508129(7/24)

Flexibility

Whereas every effort will be made to keep to the original itinerary; changes may occur due to snow conditions, electrical storms, or other imponderables of whatever nature whether physical, climatic, human or political.

Passport & visa

A passport with at least 6 months validity beyond the duration of the trip is required and it is your responsibility to obtain your own visa (this can be obtained on the arrival at Kathmandu international airport at a charge of:



- Single Entry Visa for 30 days - US \$50 (**This option is required for this trek**)

*For more details, please check **Travel Tips** on our Website*

Trip specific safety

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. The hotels we use in Kathmandu have a safety deposit box which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

Upon Arrival In Kathmandu

Upon your arrival at the Kathmandu Tribhuvan International Airport (TIA), you will notice our representative holding Grand Himalaya's board.

He/She will welcome you with a garland and a bottle of mineral water, then assists you transfer to your respective hotel in Kathmandu in Grand Himalaya's Van/Coach.

On our every trip, we have all Airport pickup and drop shuttles included in the trip cost to protect you from any kind of hassles and tussles which is quite common to experience when you for the first time visit an alien country.

Please be aware of people wanting to help you with your bags as they will ask for money once you get to your van/coach.

Accommodation in Kathmandu

We are going to provide our valuable guests with necessary accommodation in a 5 star hotel "Hyatt Regency" two nights before the trip and two nights after the trek, this charming historic palace has a peaceful garden with a swimming pool and is just close from both domestic and international airport. Team members will be accommodated on a twin share basis in large en-suite rooms. Single rooms are available if you prefer, for which a supplement is payable. However as Hyatt Regency hotel is one of the most popular and busy hotel in the valley, your early booking the trip along with a deposit of 30% of the total trip cost per person is highly required to make necessary accommodations and domestic flight reservation for your trip.

Accommodation on trek

Lodge accommodation will be provided during the trek up to base camp and on the way back to Lukla, which will be in the best available lodges in the area, team members will be accommodated on a twin share. Single occupancy rooms are really difficult on the trek. Most of the lodges in this area will have hot showers available at the charge of \$5-10 per shower which you will have to pay in cash; they do not accept Credit cards at all on this trek above Namche Bazar. All accommodation in lodges above Namche will be more basic as we are going to be in the remoteness places.

Meals on the Trek

Meals during the teahouse trek should select from the menu according to individual choice, unless the group is large. For large groups you should place a bulk order as the teahouse will find it easier to prepare a bulk order than individual meals. The easiest thing to do is to pick 2 or 3 choices and get a show of hands, the kitchen will thank you!

During a Tea House trek you will usually have breakfast and dinner in the lodge; lunch will be eaten at one of the trail side restaurants. Every Lodge serves the traditional Nepali meal "Dal Bhat" which is comprised of rice, vegetables and lentil soup. There will be a variety of different food items too, such as rice, vegetables, noodles, potatoes and soup. Almost every lodge in the Everest region have Nepali versions of western food such as pizza, pasta, pies and French fries. Soft drinks, snacks and beer are available in all lodges and trail side restaurants. And of course Nepali milk tea is served everywhere.

Electricity Chargers



Electricity

230V

50Hz

Electrical Plugs

European plug with two circular metal pins

Indian-style plug with two circular metal pins above a large circular grounding pin

Electrical Device Charging

Most of our hotels en route on the trek, there will be pay electric devices charging facility.

Time Difference

GMT is less than Nepal by **5 hours 45** minutes (Depends on where you come from)

Mobile phones, Internet and Wi-Fi connectivity

Trekking is a wonderful break from the wireless world, but in the towns and cities out here, it is now your choice whether you disconnect or stay connected.

In-Kathmandu

Grand Himalaya will prepare a SIM cards ready for you on your arrival. And buy refills by scratch cards, very easy and convenient. Wi-Fi Internet available in hotel, restaurant, and cafés litter in Kathmandu and it is free most of the time.

In Everest Region-

In Everest Region

Everest Link's Wireless Internet is available in most of the routes of your incredible Everest Three High Pass Trek.

And Prepaid Cards are available in most of the stores and teahouses en route to Everest region, but at an additional fee, Credit card facilities are not available in the area, but they do accept cash in USD or GBP if you are shortage of local currency. Or you can purchase it in Kathmandu prior to departure. Inform us early in advance if you wish us to help you to purchase these for you in Kathmandu on your arrival. Read more: <http://www.everestlink.com.np>

However for safety reason, Grand Himalaya trip leader/Guide will have a set of Sat phone in case an emergency situation arises. This works everywhere and anytime.

Feedback

After your travels, we want to hear from you! Your feedback information is vital to us to enhance the quality of our services and adventures. Please help us to improve our services by filling the feedback questionnaire, which will be provided to you at the end of the expedition. The best quality service is our foremost priority.

“What is the shortest word in the English language that contains the letters: abcdef?”

Answer: feedback. We believe that feedback is one of the essential elements of progress.”

SHORT ITINERARY

Day 01: Arrive Kathmandu rest and relax.

Day 02: Half day city sightseeing tour of Kathmandu valley

Day 03: Fly to Lukla in a fixed win Twin Otter flight commence trek to Phakding.

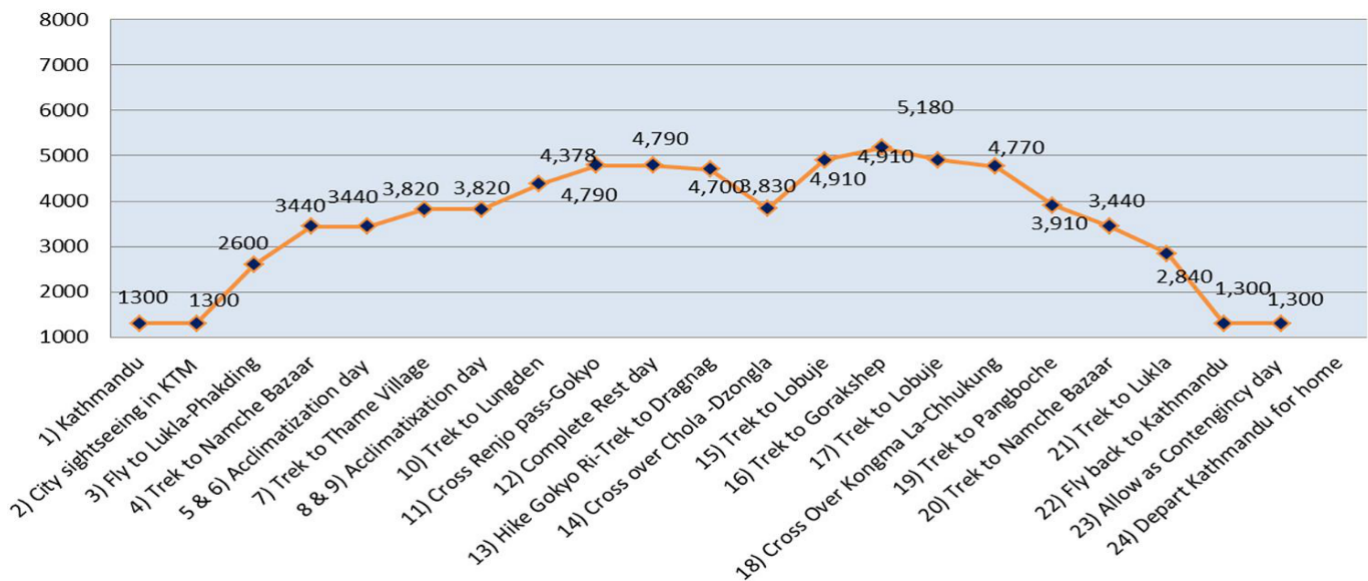
Day 4-21: Trek in the area & return to Lukla

Day 22: Fly from Lukla - Kathmandu in fixed wind Twin Otter flight.

Day 23: Allow as contingency day / Rest and relax (Farewell dinner in the evening)

Day 24: Depart Kathmandu for home

Everest Three High Passes Trek



Itinerary disclaimer

The itinerary is the strongest part of our trip. Stick to it and you will have little altitude related illness problems, go one day harder and you can be in big trouble. In our decade long experience as a guide and leader, we have tested these programs out several times. Sometimes they will seem slow but it's about enjoying the trip not pushing hard and having a headache all day. You need a very good reason to go faster. Going slower is Ok; just watch your overall progress. Shifting up one day instead of having a rest day can mean headaches and you then have to have a rest day later anyway!

Every effort will be made to keep to the above itinerary, but as this is Adventure Travel in a remote mountain region, we cannot guarantee it. Weather conditions and the health of climbers can all contribute to changes. The trek Leader/Guide and cook will try to ensure that the trip runs according to plan, but an easy going nature will be an asset! Issues that result in changes to trip finish dates, hotel or air tickets requirements etc need to be communicated to grand Himalaya HQ ASAP.

Furthermore, our Trip Notes is a general guide to the trek and region we are going to visit.

Any mention of specific destinations or flora and fauna is by no means a guarantee that they will be visited or come across.

INCLUDES AND EXCLUDES

What the price includes

- ☒ Trekking permits, conservation/national park fees and all government taxes.
- ☒ 4 night hotel accommodation in Kathmandu. Accommodation is on twin share basis. Breakfast is included. We provide accommodation in 5star hotel and resort "Hyatt Regency", which is closer from & to airport.
- ☒ Half day guided city sightseeing tour in Kathmandu with tour guide & transportation, (Largest Buddhist Stupa in the world at Bouddha-nath, most important Hindu temple in the valley at Pashupati-nath).
- ☒ Return Domestic flight ticket Kathmandu-Lukla-Kathmandu in a Twin Otter flight (Judy, Fred Works with a local Sherpa guide). Please be advised, an extra cost of US\$1500/- per guest will be applicable for chartering a private Helicopter flight in case of bad weather disturbance on fixed wing Twin Otter flight IN/OUT of Lukla.
- ☒ Domestic airport taxes.
- ☒ All pick up & drop transportation from airport to airport both domestic & international.
- ☒ An experienced local guide who knows the area, local people, mountains and local culture very well.
- ☒ 1 porter between two guests.
- ☒ Meal 3 times a day, Breakfast/ Lunch/Dinner (tea/coffee/hot drinks on the trek).
- ☒ All local staff & porters properly insured & well equipped.
- ☒ An Oxygen, mask & regulator set (only for emergency use).
- ☒ Compressive Fir Aid kit only for crews.
- ☒ Cultural celebration meal at Nepali Chula restaurant after the trek with all local staff.

What the price does not includes

- ☒ International & home country domestic airfares, transfers en route & excess baggage.
- ☒ Your personal insurances. Medical, Mountain rescue & repatriation cover is obligatory.
- ☒ Personal expenses e.g. phone calls, laundry, alcoholic beverage, bottled water, Wi - Fi Internet, any electronic device charging fee in tea houses, and main meals (lunch & dinner) in Kathmandu apart from celebration meal Kathmandu.
- ☒ Your Nepal entry visa fee (**USD \$50** available on entry) Valid for 30 days.
- ☒ Tipping to the guide & local porters (allow up to \$350 per guest)
- ☒ Excess baggage above 15 kg will be extra charged of US \$1.5 per kg by the domestic flight agencies.
- ☒ Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary.
- ☒ Personal Trekking gear
- ☒ All our guests are kindly requested to bring your own First Aid Kit with sufficient supplies according to the prescription given by your private Doctor for the trip.

Booking Conditions

A deposit of 30% of the total trip cost is payable at the time of booking and the final balance due 6 weeks before the start of the trip. The act of booking implies that you have accepted the ethos of the trip and any objective or subjective risks associated with it.

Cancellation

Should you wish to cancel your booking please inform us immediately in writing by email or letter. The following charges will apply, as a percentage of the trip: More than 42 days before departure – loss of deposit, 42 to 29 days – 50% of total cost, 28 days to 15 days – 75% of total cost and 14 days or less 100% of total cost. These cancellation charges go to paying, amongst other things, outside Guides that have been contracted in, hotel or airline deposits, staff wages, setting up costs etc.

Note

No refund if any member breaking from the group due to illness or otherwise and not utilized any services. Medical evacuation costs, extra accommodation or any other fees associated with early departure, change of itinerary, or breaking from the group due to illness or otherwise. The cost may need to be paid by clients at the time and may be able to be claimed back from your travel insurance company.

What to take

This is a very active trip, meaning you will be on the move most of the time, so pack as lightly as possible. Our trek cost based on 1 porter between two guests ratio. Please inform us early in advance if you prefer to have personal porter at a small additional cost. Your trekking gear will be carried by the porter in a water-proof duffel bag that we will be providing you in Kathmandu. The maximum weight limit per porters in Nepal is 30 Kg/22lbs only, which means the average weight of each member's duffle bag shouldn't exceed 15Kgs max. Besides, the airlines company that flies to the trekking areas of Nepal has a similar policy of allowing 10Kgs of checked luggage and 7Kgs of hand baggage for free, for every passenger. Some of your luggage can be left in Kathmandu (the hotel may charge a storage fee or free), but you will need to take all your trekking gears with you.

Be a safe Trekker

1. Keep your eyes on your team mate while trekking and try to cohere with the group at all times. Trekking tracks in the Himalayas are often connected with caravans and nomads trail, trails to the villages nearby the trekking route, domestic and wild animals trail, etc. These off the trekking track can often mislead you and consequently, people could wander off the track towards the hazardous door.
2. Try not to ascent rapidly especially first few days of the trekking, no matter how physically tough you are. I presume trekking in the Himalayas is entirely different than trekking in the Alps and Andes. Keep your eyes all around you when trekking because there is an utmost possibility of seeing wild lives and some other interesting sites, rather than speeding up towards the next camp and end up holding your heads rest of the day.
3. Drink plenty of plain fluids at least 4 liters a day. Keeping yourself hydrated after day's exhaustion is a must which can prevent you from having AMS (Acute Mountain Sickness). Avoid drinking alcohol once you hit high altitude, which is above the altitude of 3500 meters. Make yourself habit of drinking water, tea, soup, juice and so on, instead of alcohol. Drinking alcohol at high altitude has been scientifically proved to be making your body more susceptible to AMS.
4. Make sure you do not overload your daypack as this could cause pain to your shoulders/back. The heaviest item in your daypack should be your water, so your daypack should get lighter as the day goes on. If your daypack feels uncomfortable at any point, stop and readjust it.
5. Ensure that your feet and other extremities are kept warm and dry at all times. There have been cases of people not adequately dressed getting frost bite at high altitude due to the freezing temperatures. Remember, although the temperatures at the top may not seem cold, wild chill can reduce this temperature even further. Always be prepared with something to cover your face, warm gloves and thick walking socks.

6. We advise that you take some plasters/a blister prevention kit with you to keep your feet in good condition. Don't lace your boots too tightly/loosely and if they feel uncomfortable readjust them and apply plasters when necessary.
7. Keep your head torch in your daypack, always. You never know when and where you end up walking in the dark.
8. Walking poles can aid your trek, providing additional support and balance. Walking poles also helps to significantly reduce knee strain, particular during decent.
9. Your guides and Sherpa's are very much experience about the places you are trekking. So we always recommend you to follow their instructions and help yourselves by helping them to create a magnificent plus successful trip.

We the entire family members of Grand Himalaya would like to wish you safe and successful trips.

Important Notice

- Activities like: Skiing, Climbing Mountain, Trekking, Paragliding, Wing suit, Drone etc. without permit is illegal in Nepal & is strictly prohibited, we kindly request all our guests to inform us before joining for “**Everest Three High Passes Trek**” if you are considering to bring Wing suit, Para glide or Drone for additional fun. We would be delighted to help you with issuing required permits from related government office in Kathmandu prior to the departure for the trip accordingly at an additional permit fees applicable. Grand Himalaya will not be liable for penalties otherwise.
- This is a 24 days trip, please be prepare for additional cost in case of necessary to extend days due to weather and other issues.

Essential gear checklist

Personal Clothing

- ☐ 1 pair of 3 season walking boot must be well fitting, comfortable & previously worn.
- ☐ 1 pair of Trainer (approach) shoes
- ☐ 2+2 pairs of Warm woollen socks plus thin cool max socks
- ☐ A warm woollen base layer
- ☐ 2/3 Cotton or Cool max T-shirts
- ☐ 1 suit of Thermal top & bottoms Icebreaker are recommended
- ☐ 1 suit of Wind proof jacket with hood (Gore-Tex)
- ☐ 1 Suit of Waterproof jacket & trouser
- ☐ A fleece jacket & trouser with side zips
- ☐ 1 Warm hat woollen which covers your ears.
- ☐ Thick Gore-Tex & thin fleece gloves
- ☐ 1+1 Sun & snow Glacier glasses 100% UV protection with side flaps and a hard-sided storage case (i.e. Julbo/Cebe). 1 pair extra sunglasses (Also with UV protection in case your 1st pair breaks or lost)
- ☐ 1 Down jacket (available for hire in Kathmandu at charge of \$ 5 per day) if required.
- ☐ 1-4 season sleeping bag (available for hire in Kathmandu at charge of \$ 10 per day) if required.
- ☐ 1 Rucksack 50 litre
- ☐ 2 Walking trousers must be warm & comfortable
- ☐ 1 pair of Sandal
- ☐ 1 Shade hat or baseball cap
- ☐ 1 Small duffel bag for luggage storage in Kathmandu

- ☐ 1 Fleece scarf or neck gaiter

- ☐ Good quality Camera to capture the memorable moments of your life in the Himalaya.

- ☐ Swim suit while you in Kathmandu hotel

Personal Equipment

4 season sleeping bag -20C

- ☐ Water-proof bag for sleeping bag (e.g. dry bag or robust plastic bag(s))

- ☐ 1 Head lamp with enough spare batteries (Petzl or Black Diamond)

- ☐ 1 pair Gaiters for boots appropriate to type of boot

- ☐ 2 Water bottle (1 litre Nalgene) with wide mouth

- ☐ 1 Hydration bladder with drinking tube for lower

altitude - (optional).

- ☐ 1 pair

warm gloves Fleece or wool

- ☐ 1 pair Foldable Trekking-poles

- ☐ 2 Lip guard. At least SPF 20.

- ☐ Pocket knife (Swiss knife)

- ☐ 1 set - Personal first-aid kit with Ibuprofen, Amoxycillin, Ciprofloxacin, Immodium, Diamox, Stemetil, Paracetamol and any other doctor recommended medications. Blister on the feet are quite common problems during the walking or trekking period. So it might be good idea to have Some appropriate plasters, there are few different shape of Compeeds available now a days

Other Personal Gear

- | | |
|--|---|
| <input type="checkbox"/> Valid Passport and passport size photos | <input type="checkbox"/> Small padlock for duffel bag is also essential during the trek |
| <input type="checkbox"/> Fanny pack or wallet for travel documents, money & passport | <input type="checkbox"/> Towel |
| <input type="checkbox"/> Favourite snack foods not more than 3 kg | <input type="checkbox"/> 2/3 packets wet wipes for cleaning hand and face are useful |
| <input type="checkbox"/> Paperback books, Sudoku book, cards, Walkman, iPod etc | <input type="checkbox"/> 100ml Anti-Bacterial Hand Hygiene (Hand Sanitizer) Gel |
| <input type="checkbox"/> Personal toiletries as necessary | <input type="checkbox"/> Water purification Iodine tablets or Polar-pure crystal |

Equipment supplied by us

- ✓ 1 Kit bag (Kit bag with your name on it will be provided to you in Kathmandu for the trek. This will be included in your trek cost. You're travelling kit bag can remain at the Hotel in Kathmandu with spare clothes for after the trek.)
- ✓ Satellite phone if you are travelling in a remotest part of Nepal (pay for air time used: USD \$5/minute)

NOTE: You must have all of the above personal gear, clothing and equipment. There is great outdoor shop in Namche which have far more selections than outdoor shop in Kathmandu.

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Pull your socks...tie your shoe lace...let's get started!



Boudha-6, Arubari Simaltar,
Kathmandu, Nepal
P.O. Box No.: 9935

Phone Office Phone No.: +977 1 4913610

Mobile Phone Number: +977 9851174471 OR 9841427399

Email: namgyasherpa.grandhimalayatrek@gmail.com OR grandhimalayaexpedition@gmail.com

www.grandhimalayaexpedition.com

EVEREST-THREE HIGH PASS TREK-DETAILED-ITINERARY

Day 01: Arrive in Kathmandu

A very warm welcome to the Kingdom of Himalayas. Upon your arrival at the Tribhuvan International Airport (TIA) our representative welcomes you and assists you transfer in your hotel in Kathmandu. After time to get refreshed, evening you'll meet and transfer for welcome dinner in one of the typical Nepalese restaurant in the heart of Kathmandu i.e. Utsav or Nepali Chula (Kitchen). Here you will not simply experience the traditional Nepalese dish but will be entertained with Nepalese traditional dance and folk songs. After the dinner, you will be transferred back to your respective hotel.

Day 02: Guided City sightseeing tour of...

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence in the Valley.

Bauddhanath: Stupa with its' 130 ft. dome. One of the world's largest Stupa, Bouddha is generally acknowledged to be the most important Tibetan Buddhist monument outside Tibet. Tibetans simply call it CHORTEN CHEMPO "Great Stupa". It has now become the Mecca of Tibetan exiles in Nepal. Walking around Bouddhnath one often finds men wearing long braids wrapped around their heads. Many of these pilgrims carry their own prayer wheels, which they spin incessantly.

Pupshupatinath Temple: Pashupatinath is considered one of the holiest shrines of all the Hindu temples. The temple has remained the presiding deity of ruling Nepalese Royalty. Located on the banks of the Bagmati River, this two-tiered magnificent golden temple with four triple silver doorways is unique example of the Nepalese temple architecture. It is one of the largest Hindu temple complex in South Asia with hundreds of Shiva lingams, shrines icons of various Hindu god and goddess insides. This temple site occupies an area of 281 hectors in total. The main entrance of this temple is in the western side facing a small street of Deopatan market. As non-Hindu are not allowed to enter this temple courtyard. They are advised to go on the other side of the river in the East to have a glimpse of the temple complex. In the middle of the spring (Feb. March) every year there occurs a festival called Shivaratri. The word Shivaratri means the holy night of Lord Shiva. On this day many devotees visit the Pashupati Nath temple and make the ceremonial fire. Most of the devotees spend the night offering prayers to Shiva. This festival attracts tens of thousands of pilgrims from India besides the locals. Historically pre-Christian era this temple seems to have its origin away back to the early Kirat period. Stone sculptures found in the vicinity support the antiquity of this place. This holy site is 6 km. east of downtown Kathmandu. Regular bus and taxi services are easily available from city points.

Day 03: Fly to Lukla 2840m; commence trek –Phakding 2600m/ (8km) 4hrs

It's a panoramic thrill flying into Lukla in a Twin Otter plane on a clear day. The views of snow-capped mountain peaks sprawling around you outside your plane are almost ecstatic, beginning a whole chain of memorable experiences that stay with you for a long, long time.

This is an exciting flight, which should give a glimpse of Everest in the distance.

In Lukla, we will meet our trek staffs and porters and set off straightaway for our first night's stop at Phakding 2610m/8563ft. Situated on the banks of the Dudh Kosi, which drains the whole of the Khumbu Region, this small hamlet is on the main trade route through the area and there are a number of clean, well-built lodges where we can spend the night. Watch the landing and take-off on this link:

Day 04: Trek-Namche Bazaar-3440m-(11km) 7hrs

We will continue up the banks of the Dudh Kosi, crossing it twice by small suspension bridges before reaching the Sagarmatha National Park. We will then cross the confluence of the Dudh Kosi and the Bhote Kosi on a high suspension bridge and climb steeply for about two hours up 'Namche Hill' to reach Namche Bazaar (3,440m/11,286ft). This is a prosperous trading town and the capital of the Khumbu Region. Many Tibetans used to cross the nearby border (Nangpa La Pass) to trade their wares and the local market is a fascinating spectacle. This is a good place to buy genuine Tibetan artefacts. Just across the valley to the east stand the peaks of Thamserku, Kusum Kanguru and Kangtega are very impressive mountains.

Day 5 & 6: Acclimatization hiking day around Namche Bazaar

Namche Bazaar is the highlight of EBC trek and the heart of the Everest (Khumbu) region which has government offices, ATMs, Internet cafes, shops, restaurants, a bakery and a colourful market each Friday evening and Saturday. This is first scheduled 'acclimatization' day for this trek. Health experts always recommend us to stay active and moving during the rest day too instead of being idle. If we trek few hundred meters vertical during the day, it will help us to acclimatize with the alien heights that we are going to confront on the trek. Having been born, guiding and leading trips in the Himalayas, we believe in the natural process of acclimatization, "Climb high, sleep low". We take an interesting side trip up to Khumjung and climb up to famous airstrip at Syangboche. Just above the airstrip is the Everest View Hotel (3800m), a Japanese scheme to build a deluxe hotel with great views of the highest mountains on Earth. The Khumjung valley surrounded by the snowy peaks of Kongde and Thamserku, and the sacred peak the Khumbiyul-lha hosts a well-known monastery that houses a yeti scalp. Visit Hillary School which is at the same site and spending some time in Khumjung after having lunch there, we walk back down to Namche Bazaar, over all (5-6hrs) and 5.5km. Overnight in Namche Bazaar.

Day 07: Trek to Thame 3820m (11km) 5/6hrs

Thame (3,820m/12532ft) is located west of the main Khumbu Valley. It is famous as being the birthplace of Tenzing Norgay, the first person to set his foot on the summit of Mt. Everest with Edmund Hillary in 1953. Today we will take a leisurely walk towards Thame, to further aid our acclimatisation, before continuing the following day up the main Everest Trail. Always stay alert and keep your eyes all around you because walking through the woods en route to Thame is largely inhabited by National bird of Nepal, Impeyan pheasant. The walk to Thame is mostly flat and gentle uphill climbs, and there are superb views of the surrounding peaks. It is a relaxing place to take another essential acclimatisation day. It is not possible to continue tomorrow, as we have a large height gain to reach Lungden and we need our bodies to adjust further to the high altitude.

Day 8 & 9: Acclimatisation day in Thame/Hiking is recommended

Today soon after breakfast we will be setting off for a couple of hours of hike passing a Thame Gompa/Monastery located above the town takes 30-45 minutes, in the Himalaya views are usually clearer in the morning so we continue for the hike but we will visit the monastery in the afternoon on our way down.

The Monastery is 300 years old & was established by Lama Sangwa Dorje. The main deities on display here are the most popular icons in the Khumbu: Chenresig, Guru Rimpoche and Buddha Sakyamuni. The monastery has been substantially renovated in recent years. The Thame Mani Rimdu festival is held in May.

We will then relax and enjoy our rest of afternoon surroundings. There are good views of Teng Kangpoche, Thamserku, Kangtega, Kusum Kangraru and Kwangde to the south.

Day 10: Thame-Lungden 4378m (11 km) 4/5hrs

Trading trail continues left side of Bhote Koshi riverbank on a flat terrain to Marlung (4210m), which should not take more than 2-3hrs max. At Marlung there are two basic Tea houses good to stop for tea/Coffee break. Our long-time friend Dawa Chhiri owns a tea house “Thamserku View Lodge”.

After the break, we cross a small bridge over Bhote Koshi, trail becomes steady ascending and contouring along the valley to Lungden, this may take little over an hour or so. There are only 5 basic Tea Houses at Lungden remains operated during the peak seasons and advance booking of accommodation is absolutely essential. Request your lodge owner at Thame to reserve accommodation for you the days before. We normally use Kondge View Lodge which is the first Lodge on your arrival at Lunden.

Day 11: Lungden-Renjo La Pass (5360m)-Gokyo Lake 4790m (12 km) 6/7hrs

As it is going to be long & hard day, we should leave Lungden at least 6 am in the morning after breakfast, because A: it is long day B: weather patterns in the Himalaya usually remains clearer in the morning than in the afternoon to enjoy views. Approximately an hours of relatively easy ascending on slop of 30 degree angle will bring you at a picturesque ridge to allow you taking a breath, important to stay well hydrated by keep drinking water at every rest period and take some photos of the lower valley we have been walking over last few days or upper valley towards Nangpa La pass trading route, magnificent views. After this ridge trail becomes easier, kind of undulating on a grassy ground for an hour to a small lake at (4800m). If we leave Lungde at 6 am, we would be arriving at this lake by 8 am ish in a good condition and in November sun rises at this spot which will be providing us bit more pleasant for short break before we start ascending steeper slop on moraine. We are now at higher altitude, everyone will find it more difficulty on catching up breathes due thinner oxygen in air. Depending on progress everyone makes, it should not take longer than 2-3 hours max to Renjo La pass from this small lake. On approach to the pass there are nicely built stones steps, which makes easier to walk but still needs of attention if the journey is on fresh snow. The Renjo La pass (5360m) is a great vantage point to conquer. Views are unreal, with Everest and Makalu dominating the eastern panorama, far above Cholatse & Taboche that in turn dwarf Gokyo way below. The ridge is rugged and spires jut skywards. Looking across the Bhote Kosi valley are the peaks from the eastern horizons of Rolwaling. About 570 meters of descend is hard and demanding

to Gokyo Lake but should not take more than 2 hours if you make relatively good progress.
Overnight in Lodge

Day 12: Rest day at Gokyo Lakes

It is time to have rest day today as most of us would have found yesterday's climb pretty hard work and we have a couple more tough days ahead of us. Gokyo Lakes is a really relaxing place to stay and soak up the breath-taking scenery. It's quieter than the main Everest trail and the mountains are less enclosed. We will have a leisurely breakfast and perhaps a wander down to one of the lakes in the afternoon, or take a gentle stroll up onto the moraine at the edge of the vast Ngozumpa Glacier. However, it is important to remember that this is a rest day, so at no point should we exert ourselves too much.

Day 13: Ascent of “Gokyo Ri 5,357m” and trek to Dragnak 4700m (8km) 6/7hrs

The earlier the better for an ascent of Gokyo Ri in the morning particularly for the best sun rise views. It takes between two to three hours to zig-zag our way up to the summit of this famous view point. The summit boulders are draped with prayer flags and the views towards Cho Oyu the 6th highest mountain are particularly fine. We descend back down to Gokyo for breakfast, we will then continue towards Dragnak 4700m. From Gokyo Lake, we trek down the valley to the 'first lake' and then head due east across the Ngozumpa Glacier. The route across the moraine of the glacier is on mostly sandy trails that weave amongst the 'moonscape' of the glacier, before reaching the far side and the small hamlet of Dragnak (2 hours from Gokyo-3 km). We will stay in Chola Resort the new lodge in Dragnak.

Day 14: Cross over “Cho La 5,420m” Trek to “Dzongla 4830m” (11 km) 8/9 hours

This is a big day. We need to set off very early in the morning to ensure that we cross the Cho La and descend to Dzongla in good time. At first we make a very gradual ascent alongside the river up a small valley to eventually reach a sandy ridge line, which gives a great view of the Cho La ahead and to the north east. There are some impressive 6,000m peaks to be viewed from here. To the north-the rocky Nirekha Peak and Kangshung Peaks, and to the south, the icy bulk of Cholatse. We make a long, gradual descent on a pleasant grassy path to reach a lunch stop below the pass. After lunch the ground becomes more technical and it is time to pack away our trekking poles. The route weaves around boulders at first, before climbing up onto rockier ground and a final steep section to reach the top of the pass. This is on loose ground, which can often be icy, so we need to take great care and it might be that we fix a short section of rope and use crampons. Conditions on the pass can vary considerably, so we err on the safe side and bring crampons with us just in case. The top of the pass is glaciated and we walk across a flat section of snow for about 15 minutes before dropping off the side and back onto rock. With Dzongla now in sight, we pick our way down the far side of the pass and descend into a lovely valley. A stream that meanders along the bottom leads us to the lodge at Dzongla and a well-deserved rest.

Day 15: Trek to Lobuche 4910m (6km) 3/4hrs (Possible to directly to Gorakshep)

The trail from Dzongla descends a little, and then contours steadily around Awi Peak, before joining the main Khumbu Valley and reaching Lobuche. There are yet more superb views today, including towards the distinctive north face of Ama Dablam. It will probably feel like something of a 'culture

shock' arriving in Lobuche, as this is a busy village en route to Everest and one in which all trekking and climbing teams stay on their way to base camp. It is possible to trek all the way to Gorakshep if necessary, your trek guide will make decision at the time.

Day 16: Trek to Gorakshep-Hike to “Everest Base Camp 5364 m” then return to “Gorakshep 5180m” (13km) 7/8hrs

About three hours beyond Lobuche we reach Gorakshep, a tiny hamlet at 5,180m, which used to be the site of the 1953 Everest expedition's base camp. We'll take a tea or lunch break at Gorekshep while checking in at the hotel and then move on to Everest Base Camp. Contouring along the valley side, the trail leads on to the moraine of the Khumbu Glacier and becomes quite vague, weaving between mounds of rubble. After about 3 hours easy walk from Gorakshep, we'll eventually reach Base Camp near the foot of the Khumbu Icefall. The view of the Khumbu Icefall from Base Camp is spectacular. This is the closest you can get to Mt. Everest without mountaineering equipment and for those visiting base camp in the spring, it is a chance to meet the Everest expedition teams from all over the world, making an ascent of the mountain.

Base Camp is actually spread over quite a wide area and we will spend some time wandering through it and getting a sense of what it must be like to be camped here for two whole months, whilst attempting the mountain. To go any further than base camp, you will need to be a mountaineer! We return back to Gorakshep for the night.

Day 17: Hike up to “Kala Patthar 5,555m” & trek down to Lobuje 4910m (7km) 5hrs

The ascent is usually demanding but after last few days of walking and crossing over two high passes above 5000m, everyone should be fairly acclimatized; and should not be difficult today. Leaving the lodge around 4am will provide the best sun rise view which is the main goal. By now it should not takes more than 2 hour to the top of Kalapatthar 5555m. . Views are magnificent mountain panorama, "Mt. Everest" the highest point on the planet at 29,028ft (8,848m), towers directly ahead and on all sides loom the other giants, Mt. Lhotse, Nuptse, Pumori, Chagtse, and countless others. We make a quick descent to Gorakshep for breakfast then continue retrace our steps back to Lobuche, rest and relax rest of the afternoon to be ready for the big day tomorrow. Overnight in Lodge.

Day 18: Cross over Kongmala Pass 5545m-Chhukung 4770m (12km) 8-9hrs

You leave the classic base camp route today as you head east through the Khumbu Glacier to reach the third and final pass of the trip – Kongma La Pass at 5545m, ascend is tough but the spectacular views of high Himalayan peaks Makalu, Lhotse, Cho Oyu, Pumori, Amadablam, Thamserku, Island peak, Lobuje paek, Tabuche peak, Cholatse peak and additionally an amazing blue lake near the top of Kongma la is beautiful.

There are no teahouses on the trail today at all; therefore everyone should carry enough supplies of drinking water and snacks estimating for 7-8hrs. 775 meters of big descend into the Chukkung Valley and eventually to the village of Chukkung where you will stay in the lodge overnight. You leave the classic base camp route today as you head east through the Khumbu Glacier to reach the third and final pass of the trip – Kongma La Pass at 5545m, from the top of pass you can see the awesome views of high Himalayan peaks Makalu, Lhotse, Cho Oyu, Pumori, Amadablam, Thamserku, Island peak, Lobuje paek, Tabuche peak, Cholatse peak etc. Additionally an amazing blue lake near the top of Kongma la looks very beautiful.

There are no teahouses along the way, so need to be fully prepared with drinks and snacks lasting for 8-9hrs. After a tiring ascent to the top, descend into the Chukkung Valley and eventually to the village of Chukkung where you will stay in the lodge overnight.

Day 19: Trek to Pangboche 3910m (7km) 5hrs

After a big day of crossing Kongmal La pass the day before, today an option for those whoever still have spare energy to hike up to Chhukung Ri 5548m, otherwise take a pleasure day walk down to Pangboche through Dingboche and Somare village and visit the oldest Monastery at Pangboche in the evening before dinner. There will be no extra view to capture from Chhukung Ri anyway as we witnessed all surrounded scenery from the Kongma La pass day before.

Day 20: Trek to Namche Bazaar 3440m (11km) 5hrs

Depart Pangboche village cross the Imja River before climbing to the monastery at Thyangboche. Here we will no doubt take advantage of enjoyment of picturesque place, as well as spending some time exploring the famous monastery. A circuit of the monastery, with its many prayer wheels is not to be missed, as is an exploration of the inside. From Thyangboche, a steep descent of around 1500ft/500m leads through bird filled rhododendron bushes and fir trees to the Dudh Kosi River at Phunki Tenga (3250m) where we will be stopping for lunch by the river. After lunch we will be crossing the river on a wide suspension bridge, the path climbs relentlessly up. En route are the lodges and lunch stops of lower Teshinga. The path again climbs on and around to Sanasa (3700m), where the route divides for Khumjung and Namche. Take the left fork here for 5 minutes to Kyangjuma (3,550m). The trail climbs and contours around endless corners. Shortly before Namche Bazaar, a new memorial stupa is found on one of these corners. This was built to commemorate the 50th anniversary of the first ascent of Mount Everest. Finally the path contours around just a little more, before reaching a crest by the Sherpa museum at Namche Bazaar (3440m). Overnight in Lodge

Day 21: Trek to Lukla 2840m (15km) 7hrs

A steep descent for 600m/2,000ft down Namche Hill leads to the suspension bridge crossing the Dudh Kosi River and the small village of Jorsalle and Monjo (2,835m/9,300ft). The trail now flattens out and we cross the river twice more before a rising traverse up the hill-side, past numerous tea-houses to Lukla. Our last day of steady trekking will be a real joy as at lower altitudes, with two weeks behind us, and nothing left to prove, we can soak up the atmosphere in each of the villages we amble through. All excess energy is guaranteed to be exhausted at our party this evening with our Nepalese crew.

Day 22: Fly back to Kathmandu

Saying final goodbye to our porters, we fly back to Kathmandu after our long mountain journey. The flight time to Kathmandu are scheduled in the morning normally because Lukla suffers a lot of wind in the afternoon. Sometime the flight time can be delayed due to bad weather and other reasons. The early morning flight drops us at Kathmandu and the Grand Himalaya van or coach will transfer you to the hotel.

You may have time to relax after long journey and take back your breath and rest at your hotel with ending your Himalayan expedition.

Remember, we will be hosting a fantastic celebration dinner together in the finest restaurant in Thamel, in occasion of successfully completing your trip in the Himalayas

Day 23: Allow this as contingency day / otherwise rest and relax day Kathmandu

Rest and relax at the hotel after such long a wonderful trip. The day is also reserved as a contingency day due to flight delays or other unforeseen conditions.

For those eager to see as much of Kathmandu as possible, an early start is worthwhile to visit the temples of Bhaktapur and Patan. Durbar Square is also on the essential list, as is the shopping area of Thamel. In the evening you can have your last night in Nepal, enjoying the Nepali cultural dinner show or go out to Thamel.

Day 24: Farewell departure to your home country

Today is free or last minute shopping for souvenirs or gift to your family, friends or relatives for you until your departure flight/drive or to commence any extra trips or activities you may have booked with us. If departing, you'll be transferred to the International Airport for your departure flight to your onwards destination.

Talk to us if you wish to extend your stay in Kathmandu at the end by a day or two.