



Overview

The Everest Three Passes Trek is one of the most spectacular and challenging treks in the world, offering adventurers a combination of high-altitude trekking, breathtaking Himalayan vistas, and a deep immersion into Sherpa culture. This trek connects the Khumbu region's most iconic landscapes, including Everest Base Camp, Gokyo Lakes, and three major high passes – Renjo La, Cho La, and Kongma La.

Trekking through this route, you will experience pristine alpine valleys, glaciers, and traditional Sherpa villages, while enjoying unparalleled views of Everest, Lhotse, Makalu, Cho Oyu, and Ama Dablam. The trek also allows ample time for acclimatization at key villages like Namche Bazaar, Dingboche, and Chhukhung, reducing the risk of altitude sickness and making the challenging high passes manageable for well-prepared trekkers.

This adventure is ideal for those with good physical fitness, a spirit for high-altitude trekking, and a desire to experience the raw beauty of the Himalayas beyond the typical EBC trek. The journey combines physical challenge, cultural encounters, and some of the most breathtaking mountain scenery in the world, making it a once-in-a-lifetime Himalayan experience.

Difficulty: Strenuous Trek

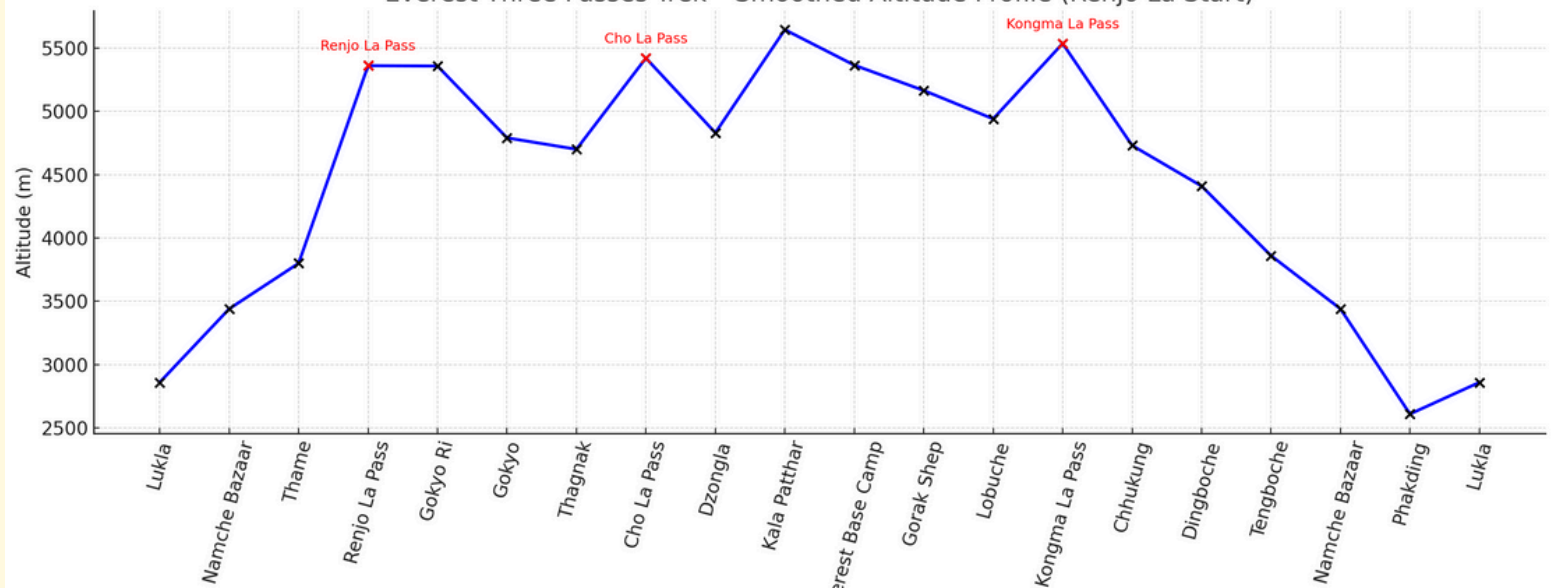
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Everest Three Pass Trek



Everest Three Passes Trek – Smoothed Altitude Profile (Renjo La Start)



Day 1: Arrival in the Kathmandu

After the group's arrival at Tribhuvan International Airport in Kathmandu, our office representative will warmly receive the guests and transfer them to the hotel. Depending on the arrival time, a short walk around the Kathmandu Valley near from the hotel will be arranged to help guests relax and begin to experience the local culture and surroundings.



1.5 hrs

Day 2 : Patan

Enjoy a cultural day hike through the traditional Newar villages of Bungamati and Khokana, known for their rich heritage, ancient temples, and timeless lifestyle. Walk along rural landscapes before heading toward the historic city of Patan, famed for its exquisite architecture and vibrant Durbar Square. This easy hike offers a perfect blend of culture, and history.

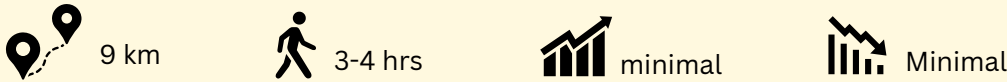
A City guide will accompany the group, sharing insights into the local traditions and craftsmanship along the way.



2-3 hrs

Day 3: `Flight to Lukla Airport - Hike to Phakding

Make sure to wake up and be ready on time to check in at Manthali airport for your flight to Lukla 2805 meters. The Manthali to Lukla flight is about 15 minutes, and we will meet our assistant/porter in Lukla, then start the trek to Phakding 2652 meters. Lukla to Phakding is a very short and easy trek. It takes 3–4 hours to walk through Sherpa village, following the Dudhkoshi river (Milky River) and enjoying the mountain scenery.



Day 4: Phakding to Namche Bazar

After breakfast in the lodge, the trek starts by following the Dudhkoshi river (Milky River), crossing the suspension bridge a few times above Dudhkoshi river. Manzu is the entry gate of Sagarmatha National Park. When you enter Sagarmatha make sure to follow the rules and regulations of the national park while you trek inside the national park. Jorsalle is the best and last option for lunch break. Phakding to Namche bazar is about 5–6 hours. The trail is gradual, and it is quite steps uphill after crossing Hillary Bridge. Namche bazaar is situated at 3440 meters. Explore Namche bazar if you reach there in the early afternoon.



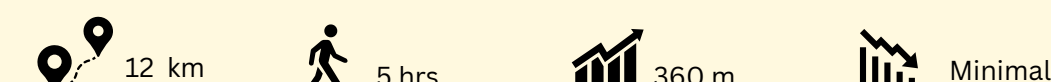
Day 5: Acclimatization day in Namche Bazar

Today is acclimatization day, take a hot breakfast and be ready for a short hike to Everest view point or all the way to Everest view hotel and back to Namche bazar for lunch. After lunch, you can take a rest and explore around Namche bazar in the afternoon. There are some nice bakeries, an ATM, a mountain equipment store and other shops. So, you have a last chance to buy some mountain equipment for your trek in case you forgot in Kathmandu.



Day 6: Namche Bazar to Thame village

After breakfast in your lodge, the trek starts gradually towards Thame Valley, passing some pine and rhododendron forest where you will have a chance to see Himalayan monal, blood pheasant, musk deer, Himalayan Thar and when you reach Thame village you probably make tea break and interested person can visit monastery if it is open. Thame to Thame village is another 1–2 hours. You can visit Thame monastery just above Thame village in the afternoon. Approximately the time from Namche to Thame 3800 meters is 5–6 hours, and it is about 400 meters ascents.



Day 7: Thame to Lungden

Take breakfast as usual and start Trek to Lungden. 4300 meters is gradually 500-meter ascending take 4–5 hours. You can take a tea break or lunch break in Marlung and continue the last 45 minutes to 1 hour’s trek to Lungden. Keep your body warm, drink and eat properly, stay hydrated. If you have any problems or AMS symptoms, share with your friends or guide. Don’t hide the problem and continue.



Day 8: Lungden – Renjo La – Gokiyo Lake

Wake up and be ready at the mentioned time with all the necessary equipment, take some chocolate /energy bars, and enough water. Eat some hot breakfast and start hiking early in the morning to Gokyo 4790 meters via Renjo La pass 5360 meters. Lungden to Renjo la Pass is roughly 1060 meters ascent and Renjo La Pass to Goki is about 570 meters descent, and it takes an average time of 8–10 hours.



Day 9: Gokiyo Lake – Gokiyo Ri Peak – Gokiyo Lake - Thaknak

Gokiyo Ri peak is an amazing view point in the Everest region. You will have incredible views of four mountains above 8000 meters, including Everest (top of the world) from the top of Gokiyo Ri peak. No doubt in an amazing 360 view from the top of Gokiyo Ri peak. Take a hot breakfast and trek up to Gokyo Ri 5357 meters. Gokiyo to gokiyo ri peak normally takes 2–3 hours and the way back might be 1–2 hours. After Gokiyo ri peak, take lunch and continue to Thaknak. 4700 meters takes another 2–3 hours to walk through Ngajumpajumpa glacier. Ngangjumpa glacier is the longest glacier in Nepal. Keep your body warm, drink and eat properly, stay hydrated. If you have any problems or AMS symptoms, share them with your friends or guide. Don't hide problem and continue.



Day 10: Thaknak – Cho La - Dzongla

Wake up and be ready at the mentioned time with all the necessary equipment, take some chocolate /energy bars, and enough water. Eat some hot breakfast and start trekking early in the morning to Dzongla 4800 meters via Cho La pass 5420 meters. Dragnak to Cho La Pass is roughly 720 meters; ascent takes 4–6 hours and Cho La Pass to Dzongla is about 620 meters; descent takes 2–3 hours. Keep your body warm, drink and eat properly, stay hydrated. If you have any problems or AMS symptoms, share them with your friends or guide. Don't hide problem and continue.



Day 11: Dzongla to Gorkshep

Dzongla to Gorkshep 5140 meters is quite an easier day. Just some level walk and gradual uphill takes roughly 4–5 hours. It is about 340 meters ascent in total. The trek can be completed before lunch. Keep your body warm, drink and eat properly, stay hydrated. If you have any problems or AMS symptoms, share them with your friends or guide. Don't hide problem and continue.



Day 12: Gorkshep – Everest base camp - Lobuche

Take hot breakfast and trek to Everest base camp 5364 meters and back to the lodge, finish packing, eat some hot lunch, then trek to Labuche 4910 meters. The total trek is about 6–8 hours. Keep your body warm, drink and eat properly, stay hydrated. If you have any problems or AMS symptoms, share them with your friends or guide. Don't hide problem and continue.



Day 13: Lobuche – Khongma La - Chhukung

Today is another big day to cross the highest pass among three passes. Wake up and be ready at the mentioned time with all the necessary equipment, take some chocolate /energy bars, and enough water. Eat some hot breakfast and start early in the morning to trek to Chhukung 4730 meters via Khongma La 5525 meters. Lobuche to Khongma La pass is 4–5 hours, ascending almost 615 meters and Khongma La Pass to Chhukung is about 3–4 hours, descending about 800 meters. Keep your body warm, drink and eat properly, stay hydrated. If you have any problems or AMS symptoms, share them with your friends or guide. Don't hide problem and continue.



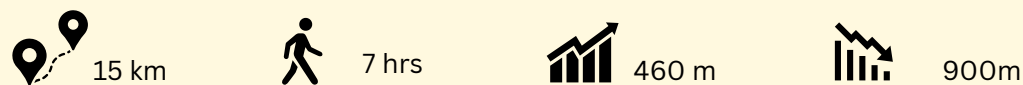
Day 14: Chhukung to Pangbuche village

After all the adventure walking, today's trek is quite easy downhill to Pangbuche 4000 meters passing through dingbuche, where you might have a nice coffee/bakery break and continue to Pangbuche village. Somehow it is about 730 meters descent from Chhukung to Pangbuche.



Day 15: Pangbuche to Namche

Pangbuche to Namche, 3440 meters, is quite a long day, walking some downhill, uphill through Tyangbuche monastery. Pangbuche to Namche is roughly 560 meters descending and a few hundred meters ascending as well, taking almost 6–7 hours.



Day 16: Namche to Lukla

Today is the last day of three pass treks from Namche to Lukla 2805 meters. Take a proper hot breakfast and start your trek as soon as possible. It is the same way back from Namche to Lukla. You might remember walking from Lukla – phakding – Namche on the way up. Normally, Namche to Lukla is 6–8 hours and almost 700 meters descending and a few hundred meters ascending as well. It is your last chance to see/treat/tip/goodbye to your assistant/porter as you like.



Day 17: Flight to Kathmandu

Easy day in kathmandu .

Day 18: Departure day

Accommodation



Hotel in kathmandu : 3 STAR HOTEL



Hotel in Pokhara : 4 STAR HOTEL

Rooms during the Trek



During the trek, tea houses offer basic yet cozy accommodation with twin-sharing rooms, simple bedding, and shared bathrooms. Meals are hearty, featuring Nepali and international dishes. Facilities vary with altitude—lower regions have more amenities, while higher areas are simpler. Tea houses provide a warm, friendly atmosphere, often with communal dining areas and stunning mountain views, making them perfect for rest and cultural exchange along the journey.

Transportation



For: 10 Pax , All road transfers between towns and trekking starting points are provided in air-conditioned vehicles, ensuring a comfortable and cool journey throughout the trip.



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Food:

We will discover delicious Nepali vegetarian food, Asian (Chinese and Indian) and Continental (European) cuisines.



Some important hints :

- Scan VISA cards, passports and other critical documents to phone or email for easy access.
- There will be one porter between two trekkers, carrying a maximum of 20 kg (10 kg max. each) in a supplied soft duffel bag(s).
- Please keep packing to a minimum and & lt; 10 kg if possible.
- Each trekker to carry water, jacket, fleece, camera and daily needs in a small back-pack
- Most toilets on trek will be traditional squat toilets, with no toilet paper because local people wash themselves with their left hand and water, then wash their hands really well afterwards. Having some hard soap or hand-sanitiser is obviously a good idea. It's advisable to bring some wet wipes or toilet paper but discard it in the bin or bring the used paper with you in zip lock bags to be polite as throwing it down the hole is not advised.
- If you can't do without technology, think about bringing a camera or phone (with extra storage/batteries), charging cable (and universal plug adapter), power bank (solar optional), and offline trekking map app (Maps.me, Gaia , GPS).
- You cannot drink water from the tap, anywhere in Nepal, not even brush your teeth with it! Bottled water is universally available, but it is not environmental sustainable (think millions of plastic bottles that are not recycled).
- Money exchange are available in kathmandu and Pokhara. So when you arrived in kathmandu you can easily change the USD in NPR.

Clothing and accessories on trek

- Small back pack with thin packliner and rain-cover
- Beanie
- Sun hat
- Balaclava, buff or neck gaiter
- Fleece or wool gloves
- Windproof outer gloves (optional for High Camp)
- socks
- undies
- polyprop/merino long-sleeved
- top and leggings for walking
- polyprop/merino long-sleeved
- top and leggings for sleeping
- polyprop/merino short-sleeved
- top for walking
- lightweight hiking shorts (lower altitude)
- lightweight trekking trousers (evening)
- polar fleece
- down jacket
- waterproof windproof raincoat
- Boots with ankle support (well-worn-in)
- Ultra-lightweight EVA plastic
- sandals (evenings)

Other

- Headlamp with extra batteries
- Sunglasses (snow)
- Notebook & pen
- Reading glasses

Included:

- All meals are included on the whole itinerary (B,L,D)
- All the accomodation as per the itinerary.
- All legal permits to visit the trekking region
- Professional Guide and porter
- All transportation with a Air conditioned vehicle.
- Two way domestic flights per the itinerary.
- One duffle bag per person for the trek.
- Sleeping bags but need to return after the trek.
- Company T-shirts.
- 1 Porter : 2 Guests.
- 1 Assistant Guide : 4 guests
- Insurance of our guides and Porters



Duffle bag

Not included:

- Personal expenses.
- Shower in the Treks and not included.
- Wifi and battery charge are not included in trekking trails, So better to have a power banks.
- Not included beverages (Alcoholic and Non alcoholic)
- Tips for staff (guides & drivers)
- International flights
- Personal travel and medical insurance that includes rescue evacuation

Min Pax - Max Pax : 4 Pax - 10 Pax

Preis: 4 to 10 Pax : 2340 CHF

Extra 350 CHF for Single Supplement room in Kathmandu and Pokhara

Accommodation:

Hotel accommodation in Kathmandu are in the good hotel but during the trekking the it will be a Basic Tea Lodges with all the basic amenities.

No Single rooms will be available in the Trekking Trails.

Note : During our stay in the Trekking we will be staying in the basic Tea House Lodges with the basic amenities.

SAMSARA OUTDOOR

Who are we?

Samsara Outdoor (<https://samsaraoutdoor.com/>) was established in 2016 to focus on exclusive and personalized trekking itineraries within Nepal. We are based in Kathmandu alongside our partner company, Samsara Garden (<https://www.samsara-garden.com/>) a sanctuary of peace in the bustle of our large city. We offer personalized travel and trekking services in Nepal and work with you to personally tailor your holiday and outdoor adventures. Your safety, comfort, and a wonderful time are our primary concerns. We have a team of dedicated and experienced trekking guides, porters, and other partners who will ensure a memorable trip.

Samsara Outdoor is your one-stop company from which you can explore our beautiful country, experiencing culture, local flavor, walks and treks.

SOCIAL RESPONSIBILITY

Our commitment

We are a dedicated team of young and enthusiastic trekkers, and we love our country and are committed to preserving the natural, physical, and culture beauty of our country and its people, for future generations. We want to ensure that, through our work and services, we provide for our staff, their families, the communities that we pass through, and our clients who become our friends. Protecting the environment – a minimal footprint. The spectacular natural environment in Nepal is our primary resource for prosperity, so we do our part by managing waste and disposing of it carefully. We take the utmost care to maintain biodiversity while traveling around in nature, leaving only out footprints.

Guiding and helping those in need

It is our responsibility as humans to assist anyone in need. We support and guide people while traveling and donate through charities to people and places in remote parts of the country. Honest and fair business. We believe in fair and honest business with our staff, partners and clients. I not just about the money in this business; we are genuinely committed to treating all our staff, our business partners, and clients respectfully, and with gratitude.

Supporting economic growth

Along with the benefits that we receive through our services, we contribute to the economic growth of the communities we collaborate with, and in doing so, we contribute to the total income of Nepal. We are always seeking to support and generate employment opportunities through our services, as it is a team business.

Nurturing the next generation

Making a difference one child at a time

SUNITA DREAMING, established Nima and Padam Shrestha, founders of Samsara Outdoor, Kathmandu, is providing a safe home, education and a future for a young Nepalese girl, Sunita Gurung, Pasang Doma Sherpa and Ang Furba .

The goal of SUNITA DREAMING is to support one child at a time, but momentum is gathering towards the establishment of a vocational guidance workshop to provide training for any vulnerable children and young people so that they can look securely towards a strong, safe, and independent future.

At present we are investing into SUNITA DREAMING through a variety of means such as fund-raising and personal donations from our supporters. Five percent of net profit from Samsara Outdoor treks are being invested into this project.



From the Left Angfurba, Pasang and Sunita