

# Everest Three Passes Trek



## Trip Overview

The Everest Three Passes Trek is the most comprehensive and challenging trekking route in the Khumbu (Everest) region, designed for experienced trekkers seeking a complete circuit of high mountain passes, glacial lakes, and world-class Himalayan views. This high-altitude adventure crosses three of Nepal's most iconic passes—Kongma La (5,535 m), Cho La (5,420 m), and Renjo La (5,360 m)—connecting the Everest Base Camp, Gokyo Lakes, and remote valleys rarely visited by standard trekking groups.

The journey begins with a thrilling flight to Lukla, followed by a gradual ascent through Sherpa villages such as Namche Bazaar, Tengboche, and Dingboche. The first pass, Kongma La, leads into the Everest Base Camp route via Lobuche. After visiting Everest Base Camp and Kala Patthar, the route diverges west over Cho La Pass into the stunning Gokyo Valley, home to turquoise lakes and the massive Ngozumpa Glacier. From here, trekkers climb Gokyo Ri (5,357 m) and cross Renjo La for panoramic views of Everest, Lhotse, Makalu, and Cho Oyu before looping back to Namche and ending the circuit.

With its combination of remote trails, alpine passes, glacial basins, and cultural immersion, the Everest Three Passes Trek is considered one of the most scenic and technically rewarding high-altitude trekking adventures in the world.

**Total Trip Days:** 16 Days

**Region:** Khumbu (Everest) region

**Max Altitude:** 5,545 m

**Activity:** Trekking

## Trip Highlights

- Cross three of the highest trekking passes in Nepal: Kongma La (5,535 m), Cho La (5,420 m), and Renjo La (5,360 m)
- Visit both Everest Base Camp (5,364 m) and Gokyo Lakes, creating a full Khumbu circuit
- Climb Kala Patthar (5,545 m) and Gokyo Ri (5,357 m) for the best panoramic views of Mount Everest and neighboring 8,000-meter peaks
- Traverse dramatic landscapes, including the Khumbu Glacier, Ngozumpa Glacier, and high alpine valleys
- Experience authentic Sherpa culture in villages such as Namche Bazaar, Thame, Lobuche, and Gokyo
- Explore iconic Buddhist monasteries like Tengboche, nestled beneath Ama Dablam
- Perfect for seasoned trekkers looking for a challenging, remote, and photogenic Himalayan route

## Itinerary

### Day 1:

Fly from Kathmandu to Lukla early in the morning, enjoying stunning views of the Himalayas. From Lukla, trek gently downhill alongside the Dudh Koshi River to the village of Phakding (2,610 m). This short walk helps you adjust to the altitude and introduces you to the natural beauty of the Khumbu region.

### Day 2:

Today's trail ascends steadily through rhododendron forests and suspension

bridges crossing the roaring Dudh Koshi River. You will pass several traditional Sherpa villages before reaching Namche Bazaar (3,440 m), the vibrant trading hub and cultural center of the Khumbu. The bustling market town offers shops, cafes, and stunning mountain views.

### **Day 3:**

Spend the day acclimatizing in Namche Bazaar by exploring the local village or taking short hikes to nearby viewpoints such as Everest View Hotel or the Sherpa Culture Museum. This day helps your body adjust to the altitude while offering a chance to experience Sherpa culture and spectacular vistas of Everest, Ama Dablam, and other peaks.

### **Day 4:**

Leaving the main trail, the trek heads west to the quieter Sherpa village of Thame (3,800 m), which is rich in traditional culture and home to one of the oldest monasteries in the region. The trail passes through forests and open meadows, providing peaceful scenery away from the busier routes.

### **Day 5:**

From Thame, you trek further into the high alpine environment towards Lungden (4,380 m), crossing moraine landscapes and passing yak pastures. This less frequented trail offers spectacular views of towering peaks and is a crucial staging area before crossing the first high pass.

### **Day 6:**

This challenging day begins with a steep ascent over **Renjo La Pass (5,360 m)**, offering breathtaking panoramic views of Everest, Makalu, and Cho Oyu. After the pass, you descend into the stunning Gokyo Valley to reach Gokyo village (4,790 m), famed for its tranquil turquoise lakes and peaceful atmosphere.

### **Day 7:**

Spend the day resting or hiking up **Gokyo Ri (5,357 m)**, a nearby peak that provides arguably the best views of four 8,000-meter mountains: Everest, Lhotse, Makalu, and Cho Oyu. The surrounding Gokyo Lakes are considered sacred and offer spectacular photo opportunities.

### **Day 8:**

Cross the technical and icy **Cho La Pass (5,420 m)**, the most demanding of the three passes. The ascent requires careful navigation over snow and ice, but the rewarding views and sense of achievement are immense. After the

pass, descend to the village of Dzongla (4,830 m) for an overnight stay.

### **Day 9:**

From Dzongla, the trail descends into the Khumbu Valley, passing through small villages until reaching Lobuche (4,910 m). The landscape opens up with views of glaciers and dramatic peaks, setting the stage for the final push to Everest Base Camp.

### **Day 10:**

Begin early for the trek to [Everest Base Camp \(5,364 m\)](#), passing the Khumbu Icefall and other iconic landmarks. After soaking in the atmosphere and taking photos, descend to Gorak Shep (5,140 m) to overnight, the last permanent settlement before the highest viewpoints.

### **Day 11:**

Wake early for the climb to **Kala Patthar (5,545 m)**, the best vantage point for sunrise views of Mount Everest and its neighboring giants. After the descent, trek down to Dingboche (4,350 m), a charming village nestled in the Imja Valley.

### **Day 12:**

Cross the third and highest pass, **Kongma La (5,535 m)**, offering stunning panoramic views of the Everest region. After the pass, descend to the village of Chhukung (4,730 m), known for its peaceful setting and proximity to Imja Tse (Island Peak).

### **Day 13:**

Descend from Chhukung through alpine meadows and traditional Sherpa settlements to Pangboche (3,930 m), home to one of the oldest monasteries in the Khumbu region. Enjoy warm hospitality and panoramic views of Ama Dablam and other peaks.

### **Day 14:**

Continue descending through forests and small villages until reaching Namche Bazaar once again. Use this opportunity for rest, resupply, or exploration of local markets and cafés.

### **Day 15:**

The final trekking day takes you downhill through rhododendron and pine forests, crossing multiple suspension bridges as you return to Lukla.

Celebrate the completion of the trek with your team in this lively mountain town.

**Day 16:**

Fly from Lukla to Kathmandu, enjoying final aerial views of the Himalayas. Transfer to your hotel and relax or explore the city before departure.