



Three Passes Trek

Trip Facts

Trekking Days	17 Days
Maximum Altitude	5545 m
Group Size	2 to 25 People
Fitness Level	Extreme
Transportation	Flight & Private Transport
Accommodation	Hotel/Tea house/Lodge
Best Season	Spring & Autumn
Meals	Breakfast/Lunch/Dinner
Tour Type	Trekking

Overview

Everest High Passes Trek is an exhilarating Unique Sherpa Trek & Expedition in the Himalayas of Nepal that includes trekking on popular Everest trails while also discovering unique gems of the Khumbu region. On our trekking Trekking company, we cross three high passes in the Everest region – Kongma La Pass (5,535/18,159ft), Cho La Pass (5420m/17,782ft), and Renjo La Pass (5,340m/17,520ft) and set foot on the Everest base camp, climb Kala Patthar and Gokyo Ri; and tour Gokyo Lakes. This route also introduces trekkers to the remote and untouched Nangpa La Valley, the Sherpa village of Marlung, and the monastery village of Thame.



Everest High Passes Trek is an ideal choice for a true adventure seeker looking for a challenging trek in the Everest region of Nepal which also involves crossing high mountain passes. If we are looking to undertake a slightly less adventurous trek than this but which includes Gokyo lakes, Kala Patthar, and Everest Base Camp Trek.

Days of Itinerary

Day 1

Arrival in Kathmandu (1,300m/4,264ft).

On your arrival, you will be warmly welcomed by Unique Sherpa Trek & Expedition representatives and transferred to the hotel where you will be meeting your guide and crew at the pre-meeting ceremony. In the meantime, our trekking experts will double-check out all pieces of the trekking essential gears to make sure everything is done before the trek gets started. In the evening, you may intend to explore the Thamel or walk around for the last minute shopping and preparations of the trip, overnight stay at the hotel,

Day 2

Flight to Lukla (2,835m/9,324ft)- Phakding (2,652m/8,700 ft).

After having our breakfast at the hotel, we will take a short drive to the domestic terminal Airport for the flight to Lukla. The flight itself will be exciting because we are flying to Everest Region the world's highest area, its 35 minutes mountain flight Tenzing Hillary Airport at Lukla, after landing at Lukla we will meet the rest of the staff for this trip who will be walking along entire the trip with us to make a pleasant and easy hike to the team. Our beautiful journey starts after the hot cup of tea at Lukla, in the beginning, we walk 20 minutes downhills to small Sherpa villages and walk gradually up to Ghat then we have another 2 hours of easy and pleasant hike to Phakding, where we stay overnight at the teahouse.



Day 3

Trek to Namche bazar (3,440m./11,280ft).

Our journey will start from Phakding after having our morning breakfast at Hotel, our journey to Namche is quite a long day for today, and we will be following the Dudh Koshi River up to the valley crossing few beautiful suspension bridges and waterfalls walking through the historical Sherpa villages of Manjo (An entry point of Sagarmatha National park) and Jhorsalle (Lunch Camp), we will be walking continually up to Namche after Lunch at Jhorsalle village, it will be 2 hours walking through pine forest before we reach Namche we will enjoy seeing the highest mountain in the world (Everest) if not clouded by the time, after walking 20 minutes from this point finally we will reach to the entry point of the main town of Khumbu region Namche, overnight at lodge.

Day 4

Acclimatization Everest view hotel (3,880m.)

Today we will ascend into the thin air towards twin villages Khumjung and Khunde, this day will be the most charming Sherpa villages in the Khumbu region. Once you reach Everest View Lodge this Lodge built by Japanese people, you will be able to see the majestic landscape and it will be more appreciate the spectacular view of the Himalayas including two mountains above eight thousand meters high Mt.Everett, Lots, and others Taubuche, Cholatse, Thamserku, Kwangde, Khandala and the gorgeous Ama Dablam.

Then we will continue descending to Khumjung and we get a good chance to visit the Hillary School in Khumjung, and 500 years old monastery where "Yeti skull" has been put since 1995. While we are descending to Namche after visiting these places here, we see the big yak farm on the way down to Namche, In Namche, we will visit the Sherpa Museum and traditional customs of Sherpa as well as a mountain photo gallery, Overnight at the lodge.



Day 5

Trek to Tangboche(3,860m./12,860ft).

Today our pleasant hike starts after having our breakfast at Hotel in Namche with beautiful Namche view, after few steps up then we walk on flat level for 1 hour and we descend to PhunkeThata and stop for the lunch and we start to climb up to Tengboche, it's absolutely amazing to observe the view of the mountains of Everest, Lhotse, and Ama-Dablam, this evening, we will visit Tengboche monastery which is one of the largest and popular monasteries of Khumbu region, Overnight at lodge.

Day 6

Trek to Dingboche (4,410m./14,510ft).

Today our journey heads off towards the upper alpine valley route passing through the breathtaking mountain villages of Sherpa, the trails will be following again the ridge bank of Dudkosi River, as we hike the upper valley of the Khumbu region we get a breathtaking mountains view of surrounding snowcapped and legendary scenery. Reaching the Dingboche village we get the spectacular view of many walls, stupas, yak pasture, and outstanding snowcapped of Lhotse, Ama-Dablam, Island Peak, and many other peaks. Dingboche it's a place surrounded by Himalayas Mountains, overnight stay at a lodge.

Day 7

Trek to Chhukum (4,780m./15,540ft).

Our short walk to Chukung will be much more pleasant crossing the water stream and prayer many walls along the Dudkosi River. Today's short hike to Chukung is easy, we will be enjoying the magnificent mountain views of Ama-Dalam and Island peak also will be able to see the great Everest and Lhotse view. As we reaching Chukung we will take our lunch and put the luggage in our room then we might head off to Chhukung – Ri if you are interested. Chukung is a great spot



to observe the spectacular and admirable Himalayas views of Lhotse, Island Peak, Thamserku, Amalapcha, and Ama Dablam. Then we descend to Chhukung have some hot meals, overnight at Lodge.

Day 8

Acclimatization Chhukung-ri (5,380m).

Today we are having our exploration and rest day at Chhukung village for a well cross to Kongma La Pass (5345 m). We will stay here while maintaining our physical structures and well prepared the food for the quite challenging hike tomorrow, it's a place where we have some options to explore and acclimatize to adapt our buddy become much stronger in a way we might visit some places like Base of Ama-dam and ice lake, etc, and come to our lodge and make sure about well prepared for the tomorrow, overnight at the lodge included.

Day 9

Trek to Khongma-la pass (5,345m./18,430ft) to Labuche (4,950m./16,222ft).

Today our exciting hike takes us through the rocky and desert areas with breathtaking views, the first steps will be quite challenging while climbing the uphill but its outstanding views to explore the numerous mountains. Our journey will be a continually upper valley to Kongma La, as we reached the top of Kongma La, we will be enjoying seeing the views of the magnificent mountains of Everest region, Khumbu glacier which is the world's deepest glacier and the landscape, after the few minutes rest and photography on the top then we walk through the rocky path on the downhill to Labuche, which is about 4 hours walk and stay at Labuch overnight at Lobuche.



Day 10

Trek Labuche to Gorakshep (5,160m.)- EBC(5,340m).

Today is our surprise day which we have been waiting for a long time to reach the world' highest base camp, it's a very exciting day that to make me stand at Everest base camp, we will be heading off after our breakfast at the hotel and trail leads us through the moraine of the Khumbu glacier along with the source of Dudkosi River, the views itself amazing no words to express how beautiful it is, about Nepal and fascinating mountain views.

We can feel like touch every mountain from any angle of these areas. Our hiking goes up to the sharp trails to the top of the Khumbu glacier, we could see the spectacular snowcapped and popular Kalapathar peak from our way to Gorakshep. As we reach Gorakshep.

we will be taking our hot meals and resting for a little bit and start continually hike further to Base camp after checking our luggage in our room at the hotel. Our walk goes through the rocky trails and moraine trails over the top of Khumbu glacier, about 2 hours walk to Basecamp it's a great time to celebrate and share our achievement each other, what can be more this achievement in our life it's a point where people want to come across, after few minutes spending the time we head back to Gorakshep. Though the same path and stay overnight at Lodge.

Day 11

Trek to Dzongla (4,840m./15,815ft).

Today we will walk down to Dzongla on the right bank of Dudkosi River. Walking on the different valleys it becomes very peaceful and mind-blowing views around. It's a stunning viewpoint that we could enjoy while walking on this path. We will see some beautiful icy lakes in this valley which makes us more enjoyable, Overnight at Lodge.



Day 12

Trek to cho-la pass (5,368m) - Thangnak (4,680m.) - Gokyo (4,800m).

Today we will take our early breakfast at the hotel and get ready to walk for a long day with the picturesque sight of Cholatse. At the first steps, we climb latterly up on the moraines and streaming little lakes. As we hike further the elevation will be increased more. It's a day again we have really beautiful scenery and mind-blowing views which make more worthy of the dedication and the motivation to carry on. After a few hours of climbing then we reach Cho La, The views are outstanding and breathtaking from the top.

After having a while rest and photography together then we start to descend to the Ngozumpa Glacier; which is well known as the longest glacier of Nepal, continually walk further then we reach Thangnak and another 2/3 hours walk to Gokyo on the glacier and rocky path and we finally reach Gokyo which is a beautiful place village where we could see a breathtaking lake, we will be stayed ad hotel in Gokyo and Overnight stay at lodge seeing a beautiful lake from our lodge.

Day 13

Hiking to Gokyo ri (5,357m./17,575ft.)

Today we have a rest day after doing a pleasant hike to the Gokyo Ri and enjoying the mesmerizing view of the Everest region, it's a brilliant viewpoint to explore the whole Everest region. we will be seeing the beautiful lakes and spectacular mountains view including Cho Oyu, Everest, Lhotse, Nuptse, Makalu, and many other fascinating peaks. After enjoying the stunning view of the Everest region we go back to Gokyo and stay overnight at Lodge.

Day 14

Trek to Renjo-la pass (5,360m./17,580ft.) Marlung (4,210m./13,850ft).

Our final highest cross takes us through the beautiful valley of Gokyo and Renjo. We will start after breakfast at the lodge, our walk will go up to Renjo La, and it takes us to get about 3/4 hours to



reach Renjo La. The view is amazing from here, as we reach the top of Renjo Lawe will see the many breathtaking peaks like Everest, Lhotse Taboche, and other sensational views of the Everest region. after some time on the top, we start the walk downhill and the trails lead us narrower and clogged with gain boulders to Lumde where we get a hotel to buy the things. After a short walk then we will reach Marlung, Overnight stay at the lodge.

Day 15

Trek to Namche bazar (3,440m./11,250ft).

Today we follow the downhill to reach the Namche Bazaar, it's a way that has been used for the trade to Tibet for the traders, the trail will be continually lead us through the valley of Same, Thame and Namche. overnight stay at Namche.

Day 16

Back to Lukla (2,860m./ 9,186ft).

Today we leave Namche bazaar from here the trail descends steeply down along the Dud Kosi River and alpine forest so we need to walk slowly and being under control. We will cross the double bridges. After crossing the suspension bridges over the fast flowing Dudh Koshi and its tributaries the trail becomes more level and natural in the lowland area. We feel completely different views as we walking on downhill.

We snap a mixture of open plains, rhododendron, and pine forests, and in the distance snow-covered peaks. We walk through the many walls and monastery on the way, impressive faith in Buddhism and culture of prayer stones and prayers flag while we walk through the villages and as we reach Lukla we have the final night in the mountain, so may enjoy here shopping or exploring this village, overnight at lodge.



Day 17

Fly to kathmandu 30 minutes.

Today we have the scenic flight back to Kathmandu. Upon arrival at Kathmandu, then the short drive to a hotel. Then take a rest or shopping for family and friends. We have a farewell dinner at Thamel, overnight at hotels.

Gallery





Trip Cost Includes

- ❖ Airport pick-up and drop Transportation.
- ❖ 3-Night Hotel at Kathmandu (3 Start) Hotel.
- ❖ Domestic flight tickets (Kathmandu – Lukla – Kathmandu) and airport departure taxes.
- ❖ (100% Waterproof) Duffle bag to keep your personal belongings and things to be carried by the porter.
- ❖ 3 Time Meals with Tea/Coffee During Trek.
- ❖ Professional English-speaking Guide, Assistance Guide, and Potters (Size of the Groups) During the Trek.
- ❖ Permit, "Tims", National Parks Entry Fee.
- ❖ All wages and medical, Insurance, for the Guide and potters.



- ❖ First-aid Medical Kits for the Group and Staff.
- ❖ Fare-Well dinner in Kathmandu Before Departure.
- ❖ Helicopter stands by for rescue (nominally charge applies).
- ❖ Unique Sherpa trek & Expedition Appreciation Certificate after the successful trek.
- ❖ All taxes are imposed by the government of Nepal.

Trip Cost Excludes

- ❖ Nepal entry visa fee.
- ❖ Lunch and dinner in Kathmandu and also in case of early return than the scheduled itinerary.
- ❖ Extra baggage check-in during the flight (Kathmandu-Lukla-Kathmandu) if more than 15 KG, extra, can pay directly to the airline.
- ❖ Tips for guides, porters, and divers.
- ❖ Any kind of meal During Your Stay in Kathmandu (Except Farewell Dinner).
- ❖ Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek.
- ❖ Rescue, Medicine, Medical Test, Repatriation, Hospitalization Expenses for Climbs.
- ❖ Any Internet, Hot shower, Drinking Water, Alcohol, cold Drinks, Laundry.
- ❖ Additional costs suffered due to causes beyond our control, such as natural disasters, weather conditions, itinerary modifications due to safety concerns, emergency evacuation, changes in government policies, strikes, and so forth.
- ❖ Insurance for Clients.
- ❖ International flight Tickets.
- ❖ Clothing, Packing Items or bag, personal, Medical Kits, and Personal Trekking Gear.
- ❖ any other items, not Included in the Above (Cost Includes) Section.



Terms & Conditions

Unique Sherpa Trek And Expedition :Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

Booking Terms: Booking your trip with Unique Sherpa Trek And Expedition accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 30% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates & profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

Cancellation Policy: If any reason you have to cancel your trip, we Unique Sherpa Trek and expedition require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged.
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged.
- Cancellation more than 18 to 10 days before your departure date: 50% will charged.
- Cancellation more than 9 to 05 days before your departure date: 75% will charged.
- Cancellation less than 4 days before your departure date: 100% of the total will charged.

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor



increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

Physical Condition Requirement: Unique Sherpa Trek & Expedition can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.

Risk & Responsibility: Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

Travel Insurance: You must purchase comprehensive travel insurance package against medical, natural calamity, helicopter evacuation, personal accident, trip cancellation etc with worth of USD 100,000.00 minimum. However travel insurance is not mandatory for those travelers (s) who is intend cultural/city tours or short hike bellow 2500 meters of altitude.. This is strongly suggested to all our esteemed clients, which will greatly help you when there is a need for high altitude sickness or any other. If you have no idea we will help you to find this good one contact us.

Domestic flight Cancellation, delays and changes in the itinerary: The weather conditions especially in Nepal cannot predict perfectly, therefore, develop an alternative mentality in case of



flight cancels and delays. Generally, all trekking route in Nepal are lies on remote areas so, we, Unique Sherpa Treks and Expedition advised you to make an extra reservation day to prepare with some delays and avoid frustrating consequences. In case of cancellation before trip or after trip the accommodation and food cost need to bear by yourself.

In case of incomplete treks or tour: No refund will be made to clients who drop out from the journey regardless of whatever portions remain unused in the itinerary. First of all, we never broke the trekking team in between until our last destination as per our itinerary given to you. If any Clients wants to make single trip or wants to depart with team or wants to make the trek by making own itinerary, on those condition we, Unique Sherpa Treks and Expedition do not accept the condition. In such case, the Clients him/her self-need to bear all the expenses during trek made by yourself and need to make your own risk.

Payment System Advance booking: You can directly transfer or deposit your amount to our company's official bank account number. We will be not responsible if you send your money in any private name like (people account) We will only response when you send your advance payment we will clear you with bank statement.

This is the bank detail:

Bank name: Nepal investment MEGA Bank Limited.

Account no: 13201050044295

SWIFT CODE: NIBLNPKT

Branch: Thamel: Kathmandu Nepal

Account name: Unique Sherpa Trek & Expedition Pvt. Ltd.



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Thank You For Your Time