

Khongma Pass - Everest Base Camp - Chola Pass - Gokyo Ri - Renjo Pass



Trip Overview

In this trip, Khongma la (5535 Mtr) is the first and highest pass among three high passes. Your destination on this trip is Everest basecamp via Khongma La Pass first then Gokyo Valley via Chola Pass and the final pass will be Renjo Pass, which is the lowest pass among the three high passes to enter in Thame Valley. Starting from the famous Khumbu Valley, home of the Sherpas, we acclimatize before following the trail taken by many of the great Everest climbers. The Everest Basecamp trek with three high passes trek is one of the most adventurous trips in the Everest region. This is the ultimate trek of the Everest region. During this circular trek, it allows us to explore amazing views of the highest mountains in the world, glacial lakes, and quiet valleys. This trip is suggested for those who are fit and have trekked before in altitude.

Trip Itinerary

- Day 1 - Arrival in Ktm Airport , transfer to Hotel. (1400 Mtr/4592 Ft)

- Day 2 - Sight seeing in Ktm
- Day 3 - Flight to Lukla(2840 Mtr/9315 Ft) and Trek to Phakding(2610 Mtr/8560 Ft)
- Day 4 - Trek to Namche(3440 Mtr/11283 Ft)
- Day 5 - Rest Day in Namche and Acclimatization up to Khunde Peak (4100 Mtr/13448 Ft)
- Day 6 - Trek to Tyangboche (3860 Mtr/12660 Ft)
- Day 7 - Trek to Dingboche(4410 Mtr/14465 Ft)
- Day 8 - Rest Day in Dingboche or hike to Ngangkarsang Peak (5081 Mtr/16665 Ft)
- Day 9 - Trek to Chukkung (4750 Mtr/15580 Ft)
- Day 10 - Trek to Lobuche (4930 Mtr/16170 Ft)through Khongma La pass(5535 mtr/18155 Ft)
- Day 11 - Trek to Gorakshep(5140 Mtr/16859 Ft) and day trip to Everest basecamp(5365 Mtr/17597 Ft)
- Day 12 - To kalapather (5545 Mtr/18188 Ft)and trek to Dzongla(4830 Mtr/15842 Ft)
- Day 13 - Trek to Dragnag (4700 Mtr/15416 Ft)through Chola pass (5330 Mtr/17482 Ft)
- Day 14 - Trek to Gokyo (4790 Mtr/15711 Ft)and Gokyo Ri (5360 Mtr/17580 Ft)
- Day 15 - Trek to Lungden (4350 Mtr/14268 Ft) through Renjo Pass (5340 Mtr/17515 Ft)
- Day 16 - Trek to Thame (3820 Mtr/12530 Ft)
- Day 17 - Trek to Namche (3440 Mtr/11283 Ft)
- Day 18 - Trek to Lukla (2840 Mtr/9315 Ft)
- Day 19 - Flight back to Ktm and transfer to Hotel
- Day 20 - Rest day and free time for shopping & Relaxing
- Day 21 - Departure from Kathmandu

Cost Includes & Excludes

Includes

- All airport/hotel pick ups and drops within Nepal

- Flight Fare for both way (KTM-LUA-KTM)
- All trekking permits , TIMS card, Government and local taxes for the trek
- All Meals (Breakfast , Lunch and Dinner) During the trek
- 3 Star hotel accomodation in Kathmandu with breakfast
- All ground transportation on a comfortable vehicle as per the itenerary
- An experienced English speaking and government licensed trekking guide
- Porter Services(2 Trekkers : 1 Porter)
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- Medical kit incase of Emergency
- Insurance for Nepali Staffs

Excludes

- Nepal Visa Fee
- Personal Trekking gears
- International Flight fare
- Lunch and Dinner in the city , extra night accomodation in Kathmandu in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itenerary
- Any rescue cost
- Tips for Guide and Staffs
- Personal Travel and rescue insurance
- Personal expenses as phone calls, laundry , Bar, Battery charge, extra porter, shower and bottled or boiled water
- Helicopter charter flight
- Excess baggage charges (can be carried only 15 Kg including in Airfare)

Gears and equipment

- Upper Body
 - Warm Hat
 - Cap
 - Face Mask / Muffler

Wind stopper/Waterproof Jacket
Down Jacket
Fleece Jacket/ trousers
Thermal
T-shirts
Woolen gloves/Water/windproof gloves

- Lower Body

Trekking Trousers(lightweight long Pant)
Underwear
wind stopper/waterproof Pant
Fleece or woolen pants
Thin light/heavy poly or wool Socks
Sandals
Trekking Boot
Gaiters
Spare Shoes

- General

Medium Rucksack (50-70 Ltr)
Small Day Pack
Personal Medical Kit
Chapstick/Sunscreen
Water bottle
Large Duffel bag
Trekking Pole
Spare batteries for the Camera and Flash Light
Hand Towel
Headlamp with extra Batteries
Sun Glasses with UV protection

Faqs

1. Why do we do three high pass trek with Everest basecamp trek ?

When you think of Nepal, you will think of the world's highest mountain of the world. Trekking to Everest Basecamp is one of the most popular and adventurous trips in the world. Every year thousands of trekkers come to see Mount Everest and to get to the base camp of Mount Everest which is life lifetime experience trip. Once in your lifetime, you should visit Everest Basecamp and see Mount Everest.

More than that this trek is one of the world's highest pass treks. All passes are above 5000 Mtr. Those who are physically fit can do it easily, The views from all these passes are amazing.

2. What is the best seasons to do three high pass trek ?

In Nepal, there are four different seasons such as Spring, Summer, Autumn and winter. Spring and Autumn are most popular for trekking in Nepal. But the best season of your travel might be differ as per your purpose and your suitable time for travelling in Nepal.

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4. What permit do I need for the Everest basecamp trek ?

*For trekking in the Everest Region, you need the following permits:
Local Government Entry fee instead of TIMS (Trekking Information Management System): The local government is charging Rs 2000 per person in Lukla at the entrance of Everest Basecamp Trek.
Sagarmatha National Park Entry Permit: To enter the Sagarmatha National Park, One has to obtain the permit which costs Rs 3000+ government tax per head. the park that is home to the Mount Everest Region, you need to obtain an entry permit.*

5. How safe is three high pass trek in Everest region ?

Safety is our first concern. As we provide the experienced guides and leaders for the particular trip who are well trained about the high altitude sickness, first aid friendly attitude and ability to provide useful and important instructions. All our itineraries are designed with proper acclimatization days in order to reduce the risk of altitude sickness. In every group we provide the first aid kit bag incase of any injury and emergency.

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7. How is the lodging and fooding facilities in EBC trek?

Along the trail to three pass trek , there are well facilitated lodges are available with various types of foods. We provide you three meals a day with your own choice. We always provide the seasonal fruits as well. We always book in lodges with well management and facilities. Rooms are very nice and attached toilet until Dingboche. if you buy single supplementary package you will get single room.

8. What about the flight from Kathmandu-Lukla and vice versa?

Just about 25 minutes flight from Kathmandu takes us to Tenzing Hillary airstrip in Lukla but the due to some circumstances, these days the flight to Lukla are operated from Ramechap, which is 4 hours drive from Kathmandu and 15 min by flight to lukla. There are options to fly by helicopter directly from Kathmandu to Lukla as well, which is bit expensive than regular flight. Sometimes the weather doesn't permits for the regular flight, then we should be compulsion to hire the helicopter. The airlines companies has operated the first flight to Lukla directly from Kathmandu, so if you book your trip with us prior to 3 months , we can book the seat for direct flight.

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10. Is there any internet wifi facility on the way ?

After your arrival in Kathmandu airport, we recommand to buy One ncell sim card. In Thame valley towards our first pass among three pass, there is neither phone service nor Internet, Only after the Renjo pass you will get good internet facilities. There are varieties of data cards as 10 GB, 20 GB. If you purchased bigger one it works all over the khumbu and if you purchase 20 GB one it it enough for your whole trek and you can enjoy in social media, news and connect with your family friends and loved one.

11. Can I use the foreign currency and Credit cards on the way in any shop or Lodge?

You can pay by foreign currency as well, but the exchange rate will not be same as Kathmandu, so we recommend you to exchange the money in Kathmandu and take Nepalese Rupees. Except in Thame valley, mostly lodges along the way to three high pass trek they accept the credit cards but sometime due to internet problem it will not be 100% guarantee

12. What is the normal temperature in spring and Autumn season?

Spring season starts from March, but until third week of March temperature will still be cold even in day time. But actually temperature depends on weather, if weather is mild temperature ranges from 10-15 Degree Centigrade. If the weather is clear, days will be warm. After April it will be warm with sunny weather. Especially in Morning and Evening time will be little cold.

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15. How hard is three high pass trek?

All high passes are above 5000 Mtr, so after properly acclimatized anyone can do easily the high passes trek, Technically Chola pass is little difficult rest

two are very normal.

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