

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



Trip Overview

Exploring the Khumbu Everest region with ascending and crossing from a number of remote high passes to connect to the three valleys. This trip will be clockwise means (West-North-East). The first high pass is Renjo La (5345mtr), with breathtaking views of Mt. Everest, Lhotse, Makalu and Cho Oyu, all above 8000 meters. Following that you will head to the most scenic area, the Gokyo valley that is dominated by Ngozumba Glacier (largest Glacier in the Himalaya of Nepal) and Mt cho Oyu. The next morning is an adventurous ascend to Gokyo Ri (5357mtr) to see the dramatic views of 4 above 8000m peaks and Ngozumba glacier. After Gokyo valley the trails follow to Everest Base Camp valley via Chola pass (5420 Mtr) which is higher pass than Renjo Pass. After trip to Everest Base Camp and Kalpathar to enjoy magnificent views of Mount Makalu, Baruntse, Peak 38 and many more mountains, the trip will follow the trail to Khongma La pass (highest Pass 5535 Mtr) which is our final destination to enter Chukkung Valley. Having done with these all, our trip head down toward Lukla. This trip is suggested for those who are fit and have trekked before in altitude.

Trip Itinerary

- Day 1 - Why to go trekking in Everest Basecamp?
- Day 2 - Sight seeing in Ktm
- Day 3 - Flight to Lukla(2840 Mtr/9315 Ft) , 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 Thamel(3820 Mtr/12530 Ft)
- Day 7 - Trek to Lungden (4350 Mtr/14268 Ft)
- Day 8 - Trek to Gokyo (4790 Mtr/15711 Ft)through Renjo Pass(5340 Mtr/17515 Ft)
- Day 9 - Rest Day at Gokyo and Gokyo Ri(5360 Mtr/17580 Ft)
- Day 10 - Trek to Dragnag(4700 Mtr/15416 Ft)
- Day 11 - Trek to Dzongla (4830 Mtr/15842 Ft)through Chola pass(5330 Mtr/17482 Ft)
- Day 12 - Trek to Lobuche(4930 Mtr/16170 Ft)
- Day 13 - Trek to Gorakshep (5160 Mtr/16925 Ft)Day trip to Everest Base Camp(5365 Mtr/17597 Ft)
- Day 14 - To kalapather(5545 Mtr/18187 Ft) and trek to Lobuche (4930 Mtr/16170 Ft)
- Day 15 - Trek to Chukung (4750 Mtr/15580 Ft) through Khongma La Pass(5535 Mtr/18155 Ft)
- Day 16 - Trek to Tyangboche(3860 Mtr/12660 Ft)
- Day 17 - Trek to Namche(3440 Mtr/11283 Ft) through Khumjung and Khunde
- Day 18 - Trek to Lukla (2840 Mtr/9315 Ft)
- Day 19 - Flight back to Kathmandu and transfer to Hotel
- Day 20 - Rest day and free free day in Kathmandu
- 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 accommodation in Kathmandu with breakfast
- All ground transportation on a comfortable vehicle as per the itinerary
- An experienced English speaking and government licensed trekking guide
- Porter Services(2 Trekkers : 1 Porter)
- Medical kit incase of Emergency
- Insurance for Nepali Staffs
- Sleeping Bag for the trek
- Welcome and farewell dinner
- Staffs Cost including their Salary, food, accomodation and equipments

Excludes

- Nepal Visa Fee
- Personal Trekking gears
- International Flight fare
- Lunch and Dinner in the city , extra night
- Accommodation in Kathmandu in case of early arrival or late departure and early return from the trek due to any reason than the scheduled itinerary
- 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

Thermol

T-shirts

Woolen gloves/Water/wind proof gloves

- Lower Body

Trekking Trousers(light weight long Pant)

Underwear

wind stopper/waterproof Pant

Fleece or woolen pants

Thin Lightwear/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 Camera and Flash Light

Hand Towel

Head lamp 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 Nepal, you will definitely think of world's highest mountain of the world. Trekking to Everest basecamp is one of the most popular and adventures trip in the world. Every year thousands of trekkers come to see Mount Everest and to get to basecamp of Mount Everest which is life time experience trip. Once in your life time, one should visit Everest basecamp and see th Mount Everest.

More than that this trek is one of the worlds highest pass treks. All passes are above 5000 Mtr. Those who are physically fit can do 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. You can read more about the most favorable seasons in our link below <http://www.khumbualpinetravel.com/nepal-travel-guide.html>

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

For trekking in the Everest Region, you need the following permits:

Local Governments Entry fee instead of TIMS (Trekking information management system): The local government is charging Rs 2000 per person in Lukla in the entrance of Everest Basecamp Trek.

Sagarmatha National Park Entry Permit: To entry in the Sagarmatha National Park, One has to obtain the permit which cost Rs 3000+ government tax per head. the park that is home to the Mount Everest Region, you need to obtain an entry permit.

4. 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.

5. 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.

6. 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 due to some circumstances, these days the flight to Lukla are operated from Ramechhap, 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 permit for the regular flight, then we should be compelled to hire the helicopter. The airlines companies have 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.

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

After your arrival in Kathmandu airport, we recommend to buy One ncell sim card. In Thame valley towards our first pass among three passes, 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 is enough for your whole trek and you can enjoy in social media, news and connect with your family friends and loved one.

8. 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% guaranteed.

9. 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.

Autumn season starts from September, September will still be warm even the weather is not good. From October normally in morning and evening will be cold.

10. 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.