

Everest High Pass Trek - 18 Days

Destination: Nepal

Trip Difficulty: Moderate - Strenuous

Best Season: March-May, Sep-Nov

Max Elevation: 5545 m

The **Everest High Pass Trek: Three Passes**, which includes **Kongma La**, **Chola**, and **Renjo La**, is a popular choice among trekkers who seek a challenging journey. Being one of the most popular routes, the three high passes guarantee an unparalleled experience of hiking through the entirety of the Everest region.

Highlights

- Conquering the three renowned high passes of the Everest region, **Kongma La Pass (5540 m)**, **Chola Pass (5335 m)**, and **Renjo La Pass (5400 m)**,.
- Adrenaline-pumping flight to Lukla Airport.
- Crossing the iconic landmark, Hillary Bridge.
- Enter the UNESCO World Heritage Site, Sagarmatha National Park.
- Encounter **wild and rare flora and fauna**.
- Explore the magical Namche Bazaar and interact with the **lovely Sherpa community**.
- Hike to the rustic Syangboche airport and get the best panoramic shot of Mt. Everest from **Hotel Everest View**.
- Absorb the mystical aura of the **Khumjung Village**.
- Dive back into history at Tengboche Monastery as you look at **Yeti Scalp**.
- The sparkling lakes of Gokyo and Gokyo Ri.

- Get the **best views of the highest mountains**: Mt. Everest (8848.86 meters), Cho Oyu (8,201 m), Lhotse (8516 m), Makalu (8,481 m), Ama Dablam (6,812 m), and other lesser but equally beautiful mountains from **different angles** and **perspectives** throughout the trek.
- Summit to Gorak Shep, Everest Base Camp, and Kala Patthar.
- Find **peace and tranquility** as you walk through the trails filled with **chortens**, **stupas**, **prayer-inscribed stone walls**, and **prayer flags** fluttering in the wind.
- Feel the warmth of the kind Sherpa hospitality.

ADDITIONAL BENEFITS OF THIS TREK WITH ART 2024 AND 2025

- Free transfers to and from Tribhuvan International Airport upon arrival and departure.
- Complimentary use of any necessary trekking equipment, such as sleeping bags, down jackets, duffle bags, walkie-talkies, trekking poles, and an oximeter to monitor your oxygen and pulse.
- Fun souvenirs of your Himalayan adventure: a trekking route map, a t-shirt emblazoned with the Alpine Ramble Treks logo, and a hat!

This trek encompasses **Everest Base Camp, Khumbu Glacier, Gokyo, Ngozumpa Glacier**, four of the 8000-meter mountains, Mt. Everest (8848.86 meters), Cho Oyu (8,201 m), Lhotse (8516 m), and Makalu (8,481 m). It is definitely the best option for those who want to trek for longer days and get the same experience of summiting a mountain but without the added technicality of a mountain expedition.

The three high passes, **Kongma La Pass (5540 m), Chola Pass (5335 m), and Renjo La Pass (5400 m)**, take you through variations of landscapes, weather, vegetation, glaciers, lakes, mountains, and communities.

If you are looking for a trek that will push you to your limits, get your blood rushing, and challenge you, then this is for you. This trek will satisfy your hunger for a challenging trek.

Your journey begins with a flight to Lukla's **Tenzing Hillary Airport (2,840 m)**. An exhilarating flight that sets the stage for the adventurous trekking journey ahead. It is a short flight, so you will begin your hike to **Phakding** on the same day. The trail follows the sparkling river of Dudh Koshi through the deep green alpine forest.

On the second day, you will finally enter the Sagarmatha National Park and trek to the famous Sherpa village, Namche Bazaar (3,440 m). An additional day at Namche Bazaar for acclimatization, where you will hike to the Hotel Everest View and Syangboche Airport at Syangboche, then make a round trip to Khumjung village, finally making your way back to Namche again.

Enjoy your remaining time by taking a stroll around the village, doing last-minute shopping, or enjoying baked goods at a local bakery.

Then, the next day, from Namche Bazaar, we follow the classic route of the Everest Base Camp and trek to **Tengboche**. The trail is a bit demanding, as you will have to walk mostly on an uphill path until you reach your destination.

Tengboche is a renowned place in the entire region of Khumbu for housing the biggest monastery in the region. Tengboche, otherwise known as Dawa Choling Gompa, holds great importance among the Sherpas and Buddhist followers. It is also a sight to behold under the golden rays of the sun against the backdrop of Ama Dablam.

From Tengboche, we trek to **Dingboche**, another quaint Sherpa village filled with stone walls and surrounded by mountains. From here on out, we leave the classic trail to the base camp and head towards **Chukung village**, where we will stay for the night.

We will stay one more day at Chukkung as a part of our acclimatization because we will soon reach 5000 meters. Then, the next day, we will finally summit one of the most-awaited passes called **Kongma La** and make our way to **Lobuche**.

From Lobuche, we will hike to the **Everest Base Camp** (<https://www.alpineramble.com/mount-everest-base-camp-trek-14-days>), then come back and stay at **Gorak Shep**. The trekking you have done till now will truly manifest into something otherworldly. But our trek is far from over, as after exploring the base camp and Gorak Shep, we move towards our next destination, Dzongla.

Our next milestone is when we cross the **Cho La Pass** from Dzongla and trek to **Gokyo**. Till now, we have transitioned from **Khumbu Glacier** in the Everest region to **Ngozumpa Glacier** in the Gokyo region.

Another day for acclimatization in Gokyo, where you will summit the **Gokyo Ri** and explore the nearest **Gokyo Lakes**, making it a beautiful experience. It's a good way for your body to adjust to the high altitude and prepare for the next day's adventure.

On the fourteenth day, we will leave Gokyo and conquer the third and final pass of this trek, the coveted **Renjo La Pass**. The view from Renjo La is said to be the best of the entire trek.

You will be blessed with the absolute best panoramic view of Mt. Everest, Lhotse, Tabuche, and many more. Then, after crossing the final high pass, we will arrive at a village called Marulung, where we will stop for the night.

The following day, we will be trekking back to Namche Bazaar, enjoying the beautiful views of **Thamserku**, **Kangtega**, **Ama Dablam**, and other lesser peaks. After reaching Namche Bazaar, you are free to let loose and relax as the trek's end is near.

On the sixteenth day, we will retrace our steps back to Lukla village, which will be the end of our trek, and the next morning, we will board the flight back to Kathmandu and transfer you to your hotel. Then, on the eighteenth day, our staff will escort you to the TIA as per your flight schedule and bid you farewell.

Note: While our itinerary follows the anti-clockwise route for this trek, you can also trek the clockwise route. The decision is entirely yours.

Why should you do the Everest Three-High Pass Trek?

The Three-High Pass Trek of Everest is well-known among trekkers and mountaineers alike. The challenging nature of the trek attracts people in the first place. But if you are still wondering why you should do this trek, then here is a list of reasons why!

The Three High Passes: Kongma La, Cho La, and Renjo La

The title alone can be reason enough. Conquering these three passes is the biggest achievement of this trek. It is quite formidable and pushes your physical and mental strength to the limit. Moreover, if you are planning an expedition to any mountains, then this can be a good way to train yourself.

The unparalleled vistas of the majestic mountains and landscape from the elevations of Kongma La Pass (5540 m), Chola Pass (5335 m), and Renjo La Pass (5400 m) are unmatched and unlike anything you have ever seen.

Classic Everest Base Camp Route, Gorak Shep, and Kala Patthar

This trek will also give you the opportunity to trek the classic route to Everest Base Camp. You will simultaneously do the High Passes Trek along with the classic Everest Base Camp Trek.

In other words, you will indefinitely hike through Namche Bazaar, Khumjung, Syangboche, Tengboche, Dingboche, and Lobuche, which is the route for the EBC Trek.

And, of course, the cherry on top with base camp, Gorak Shep, and Kala Patthar. You will, however, divert to Chhukung from Dingboche and cross to Lobuche via Kongma La Pass.

Chhukung Ri Acclimatization

At an altitude of 5,546 meters, Chhukung Ri is a trekking peak that falls right on the path of the Kongma La Pass of the Three Passes Trek. It is an important stop for those who are planning for the pass or even the Imja Tse (Island Peak) expedition. It is a non-technical uphill climb of 3–4 hours that is sure to make you out of breath.

The summit offers tranquility and awe-inspiring views of the Imja Tse and Imja Tso, as well as the surrounding landscapes.

Trekking to Gokyo Lakes and Gokyo Ri

Another perk of choosing this trek is that you can also do the Gokyo Trek. This part of the trek takes you through an entirely different region. You will traverse from the Everest region to the Gokyo region via Cho La Pass.

Gokyo isn't any less than a paradise, with beautiful views of the gigantic mountains from Everest to Makalu. And not to mention the five pristine lakes of Gokyo: Gokyo Cho, Thonak Cho, Gyazumpa Cho, Tanjung Cho, and Ngozumba Cho. The perfect blend of nature and Sherpa culture will give you an amazing experience.

View of the Gigantic Mountains from Multiple Perspectives

Mountains are the core part of the trek to the Everest region. No matter what trek you choose, mountains will always stand tall before you, and the three-high-pass trek is no exception. In fact, this trek allows you to see the verdant mountains from different angles and places throughout the entire trek.

The mountains you can see during this trek are Mt. Everest (8848.86 meters), Cho Oyu (8,201 meters), Lhotse (8516 meters), Makalu (8,481 meters), Ama Dablam (6,812 meters), Thamserku (6,623 meters), Kangtega (6,782 meters), Nuptse (7,861 meters), Lobuche (6,119 meters), Imja Tse (6,160 meters), Pumori (7,161 meters), and many more. You will get to view these mountains from different places, which allows you to take in the different angles of the mountains.

A. Quiet and Off-Beat Trail

Despite a section of the trail being one of the most commercial routes, most parts of the trek are quite peaceful, with fewer people. So, if you wish to get away from all the hustle and bustle of the city and even the crowded trail, then this trek is for you. You can enjoy nature, culture, and mountains in a tranquil state without any outside disturbances.

For the 18-day Everest High Pass Trek, when is the best time to go?

There are two seasons in [Nepal \(https://www.alpineramble.com/nepal-at-glance\)](https://www.alpineramble.com/nepal-at-glance) that are ideal for trekking: April–May for spring trekking and September–November for fall trekking.

While the autumn also offers a pleasant, mild temperature and a clear, crisp view of the mountains, the spring offers a clear sky, sunny days, and a moderate temperature, making it ideal for trekking. Trekking is, therefore, appropriate in all seasons.

Winter (December–February) and summer (June–August) can also be accomplished with the correct planning. It will be very cold, especially in the winter, so you need to be ready with the right clothing, accessories, and equipment to withstand the extreme temperatures. It is challenging but not impossible.

What is the difficulty level of the Everest High Pass Trek?

This trek can be regarded as quite challenging, taking into account the number of days it requires and the elevation gain while crossing the three passes. The three high passes require crossing at an **altitude above 5000 meters**, which contributes to the difficulty of the trek.

The rugged terrain, steep path, and slopey trail make the route somewhat difficult to navigate. Therefore, one must have **impeccable physical fitness** and a **strong mental resolve** to successfully complete this trek. Having prior trekking experience can come in very handy.

Beginners can also do this trek but have to do heavy preparation and training at least 5–6 weeks before the trek with exercises that boost your **cardiovascular strength**.

Acute mountain sickness (AMS) (<https://www.alpineramble.com/altitude-tips>) , (<https://www.alpineramble.com/altitude-tips>) or **altitude sickness**, is another factor that makes this trek difficult. With a significant amount of elevation gain, getting some AMS symptoms is common, but if not taken care of right away, it can cause severe damage. Therefore, our guides will be there every step of the way to prevent this from happening.

Flight status to Lukla, the Three High Passes Trek (2024–2025)

Any trek to the Everest region begins with a flight to Lukla. However, the flight depends on the season. The direct flight from Kathmandu to Lukla will only be available during the off-season, summer (June–August), and winter (December–February). So, during peak season, spring (March–May) and autumn (September–November), the flight to Lukla will be directed from Manthali, Ramechhap, which is about a four-hour drive from Kathmandu.

The reason why the flight to Lukla is directed from Manthali is because of the high air traffic at the Tribhuvan International Airport in Kathmandu.

Information on Guide, Porter, Flight, and Permit Costs for the Everest High Pass Trek

Vehicle Cost from Kathmandu to Manthali for the Everest High Pass Trek

Local Bus: \$15 (Included in Package)

Private Jeep (one-way): \$150 / Jeep (ADD-ON)

Flight Cost to Lukla for the Everest High Pass Trek

Kathmandu to Lukla: \$216

Manthali to Lukla: \$180

Cost of Helicopter ride to Lukla (One Way, Sharing) (ADD-ON)

Kathmandu to Lukla: \$500–\$700

Manthali to Lukla: \$400-\$500

Gokyo to Lukla: \$1700

Gokyo to Kathmandu: \$5000

TIMS Card and Permit Cost for the Everest High Pass Trek

Every trekking destination in Nepal requires a certain permit before you embark on a journey. For the Everest High Pass trek, you will require the following permits:

Trekker's Information Management System (TIMS): US\$20

Pasang Lhamu Municipality Fee: US\$20

Sagarmatha National Park Fee: US\$30

Guide and Porter Cost for the Everest High Pass Trek for 2024–2025

As per Nepal's regulations, you cannot go on a trek without hiring a registered trekking guide. However, hiring a porter completely depends on your decision. There is already a set wage price for both trekking guides and porters. For trekking guides, it is US\$35 per day, and for porters, it is US\$25 per day.

The charge for the trekking guide will already be included in the package, but you will have to pay the porter charge upon hiring. Furthermore, you can tip our humble staff for their hard work there.

How much does one spend each day on the trek?

The majority of the typical expenses, including lodging, three meals per day, first aid, and so forth, are included in your trekking package. However, you will be responsible for paying for any additional food or drinks you choose to purchase.

Additional expenses will also be needed for WiFi facilities, hot water, mineral water, and device charging. All things considered, budgeting \$25 USD per day would be appropriate for the trek.

Gear and Equipment Facilities with Complimentary Services

We at Alpine Ramble Treks provide you with some gear and equipment, such as trekking poles, sleeping bags, and down jackets, so that you will not have to go through the trouble of buying it and save some money while you're at it. We also offer complimentary services like free pick-up and drop-off at the airport, free Kathmandu sightseeing, and a farewell dinner.

15% Discount for YouTubers and Social Media Influencers

If you are a YouTuber or a social media influencer with a good audience, we offer a 15% discount based on your following. For more details, contact us on WhatsApp at +977 9851175531 or email us at info@alpineramble.com.

Day to Day Itinerary

Day 1: Arrival at Kathmandu

Day 2: Fly from Kathmandu to Lukla (35 min) and trek to Phakding (3 hours)

Day 3: Trek from Phakding to Namche Bazaar (5 hours)

Day 4: Acclimatization day in Namche Bazaar

- Day 5: Trek from Namche Bazaar to Tengboche (5 hours)
- Day 6: Trek from Tengboche to Dingboche (5 hours)
- Day 7: Trek from Dingboche to Chhukung (3 hours)
- Day 8: Acclimatize day at Chhukung
- Day 9: Trek from Chhukung to Kongma La (4 hours), then trek to Lobuche (4 hours)
- Day 10: Trek from Lobuche to Everest Base Camp (4-5 hours), then trek to Gorak Shep (3 hours)
- Day 11: Trek from Gorak Shep to Kala Patthar (2 hours), then trek to Dzongla (4-5 hours)
- Day 12: Trek from Dzongla to Cho La (3 hours), then trek to Gokyo (5 hours)
- Day 13: Trek from Gokyo to Gokyo Ri (3-4 hours)
- Day 14: Trek from Gokyo to Renjo La (3 hours), then trek to Marulung (3 hours)
- Day 15: Trek from Marulung to Namche Bazaar (6 hours)
- Day 16: Trek from Namche Bazaar to Lukla (5-6 hours)
- Day 17: Fly from Lukla to Kathmandu (35 minutes) and transfer to hotel
- Day 18: Final Departure

Cost Includes

- Free airport transfer on arrival and departure by private vehicles
- **Meals** on a full-board basis (**Breakfast, Lunch, and Dinner/ the main course**) during the trek in the mountain.
- Alpine Ramble's experienced, government-licensed, English-speaking trekking guide.
- All salary, food, drinks, accommodation, transport, and insurance for the guide.
- All necessary papers including Everest national park **permit** and **TIMS card** (Trekking Information Management System)
- **Trekking equipment** such as the Sleeping bag, and down jacket on request (optional)
- Trekking lodges (**Tea House**) throughout the trek

- Assistant guide for the group 6 or above
- Airfare from Kathmandu – Lukla - Kathmandu including airport departure tax in the both Kathmandu and Lukla airport
- Supplementary snacks: energy bars, crackers, cookies, etc.
- Seasonal fresh fruits dessert every evening after dinner.
- Appreciation of certificate after the successful trek.
- Farewell Dinner at a typical Nepalese restaurant with traditional music and dance
- **Alpine Ramble's** complimentary free T-shirt/ route map and a duffel bag (if required)
- An oximeter to measure your oxygen and Pulse level during the trek in the mountain, it's very useful for all the trekkers to be aware of the high altitude sickness.
- Compressive first aid box (Guide will carry it throughout the trek).
- **Emergency rescue** operation assistance is arranged in case of complex health conditions (funded by your Travel Insurance)
- All government, Local taxes/ vat, and official Expenses
- **10% OF ALL PROCEEDS GO TO SUPPORT OUR [SOCIAL IMPACTS INITIATIVE](https://www.alpineramble.com/mission)**
[\(<https://www.alpineramble.com/mission>\)](https://www.alpineramble.com/mission)

Cost Excludes

- Nepal entry visa fees (you can easily issue the visa on arrival at Tribhuvan International Airport, Kathmandu). \$25 USD for 15 days Visa.
- Extra accommodation and meals behind schedule (Foods and accommodations before and after the trek)
- All kinds of beverages (tea/coffee, coke, beers, water, etc).
- Additional costs by out of management control due to the landscape, weather conditions, illness, change of government policies, strikes, physical conditions, etc.
- Surplus luggage charges for domestic airport
- Personal expenses such as snacks, laundry, telephone, WIFI, hot shower, etc at tea houses on a trek.

- Travel insurance has to cover emergency rescue evacuation from high-altitude up to 5000 m.
- Personal [trekking equipment \(https://www.alpineramble.com/trekking-equipment.html\)](https://www.alpineramble.com/trekking-equipment.html) for this trek
- Gratitude to guides and staff (Recommended by the culture)
- Any other expenses that are not mentioned in the Price Include section of this trek.