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## Everest High Passes Trek - 17 Days

Everest High passes Trek is one of the most **challenging treks** which comprises three high passes namely Kongma La (5535 m), Cho la (5420 m) and Renjo La (5340 m). They are the centre of the major attraction of Everest high passes trek. You are suggested to take part in this Everest high pass trek if only you are mentally and physically healthy and sound.

**Trekking** in the **Everest region** is a combination of culture as well as natural aspects of Khumbu region. In the Everest region, we will be observing the splendid views of different mountain ranges including **the highest peak of the world Mount Everest**. We will pass through different Sherpa settlements in which the houses are normally built in Tibetan style.

We will also go through the wonderful **Gokyo Valley, Kalapatthar, Everest Base Camp and the beautiful Gokyo Lake** from where the Everest Expedition begins. The very first day of our trekking begins with the landing on the Lukla Airport.

The best season for this trek is from September to November and March to May when the weather is almost clear and you can easily observe the beautiful views of different peaks and mountains. On the way, you will be needing professional trekking equipment and professional **trekking guides** to lead you the way gently provided by our company.

Besides, **Everest Circuit Trek to Gokyo Chola Pass** would be the best alternatives for those who want to trek with the normally less adventurous trek. This trek includes Gokyo Valley, Pristine glacier lake, Chola Pass and the highest peak of the world Mount Everest.



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## PRICE INCLUDES

- Three times meals a day- Breakfast, Lunch, Dinner and accommodation in teahouse/ lodge during the trek
- Domestic flight from Kathmandu to Lukla to Kathmandu
- Trekking permits and TIMS card
- One experienced (government licensed) and qualified English speaking guide
- One porter for two trekkers
- Guide/ Porters: food, lodge, transportation, salary, insurance, equipment etc
- First aids kit
- All taxes and company service charge

## PRICE EXCLUDES

- International airfare and visa fees
- Lunch and dinner in Kathmandu
- Personal expenses of bar and beverage bills, wifi, hot shower, bottle of water, extra porters, laundry or any other things which are not mentioned by the company
- Your trekking gears and extra nights in a certain destination
- Your travel insurance which should include the emergency rescue
- Tips for your guide and porters
- Extra expenses due to any event such as strikes, weather conditions, or flight delays



## ITINERARY IN DETAIL

### Day 1: Fly from Kathmandu to Lukla and trek to Phakding

Our First day of adventure trip begins with a thrilling 40 minutes flight from Kathmandu to Lukla airport which is geographically one of the extreme airports in the world. After landing, we will be walking for 3 to 4 hours enjoying the scenario of the local village on the way. We will be staying overnight at Phakding.

### Day 2: Trek from Phakding to Namche Bazaar

On the second day of our trekking we will move crossing the suspension bridges over Dudh Koshi River observing the superb view of Mt. Thamserku all the way through Benkar village. We will cross the famous Hillary suspension bridge and climb toward Namche Bazaar and will be observing the close view of Kwangde Peak. Mt. Everest and Lhotse also will be observable on today's trip. We will stay overnight after walking for 5 to 6 hours today at Namche Bazaar.

### Day 3: Acclimatization day at Namche Bazaar

On this day we will have rest and leisurely walk around Namche Bazaar and will interact with the local people. We will be spending a day here for Acclimatization to prepare for our further trekking. Stay overnight at Namche Bazaar.

### Day 4: Trek from Namche Bazaar to Tengboche

On the fourth day, we will be observing the superb view of Mt. Everest, Mt. Nuptse, Mt. Lhotse, Mt. Ama Dablam and close up view of Thamserku on our trekking route. We also will be observing spotted musk deer and pheasants today. The pine forests will accompany us until we reach a suspension bridge over Dudh Koshi River. The major attractions for today are the views of Mt Ama Dablam, Mt Nuptse, and Mt Everest. We will reach Tengboche which also have the largest monastery in Khumbu region after walking for 5 to 6 hours.

### Day 5: Trek from Tengboche to Dingboche

On this day we will walk for 5 to 6 hours from Tengboche to reach Dingboche enjoying the panoramic views of the mountain such as Kangtega, Thamserku, Ama Dablam, Taboche, Kwangde, Tengboche, Lhotse and Nuptse on the way. We will finally reach at Dingboche to stay overnight.

### Day 6: Trek from Dingboche to Chhukung

We hold the track from Dingboche through Imja Khola valley to land raven by glacier moraines amidst towering terrifying mountains. We walk leisurely as our schedule for today is only 3 – 4 hours trek. While walking through the valley, Lhotse towers on our left and Ama Dablam on our right. After Reaching Chhukung, we will be discussing our trip adventures and will stay overnight here.

### Day 7: Rest Day in Chhukung

Our experts, as well as the trekking experts, don't recommend you to move continuously to the higher areas so this day is separated for acclimatization. We will stroll around the Chhukung and will stay overnight here.

### Day 8: Trek from Chhukung to Kongma La to Lobuche



Our today's journey of 6 to 7 hours will include the crossing of the highest as well as the strenuous pass of our voyage which is named as Kongma La pass. We will move down from there slowly to reach Lobuche and will stay overnight here.

#### **Day 9: Trek from Lobuche to Gorak Shep to Everest Base Camp**

Today, we will be reaching our destinations to Everest Base Camp. After observing the finest scenarios of different mountain ranges we will return back to Gorak Shep for the overnight stay.

#### **Day 10: Trek from Gorak Shep to Lobuche**

Today is the last day so we wouldn't be moving to any new destinations. So we will be heading to Kala Patthar after several hours of descent at 5545 meters offering the heavenly views of Himalayas. We will gradually descend to reach Lobuche for the overnight stay after a painstaking walk of 8 to 9 hours today.

#### **Day 11: Trek from Lobuche to Dzongla**

Today's trek is the shortest trek as compared to the other days but it will not be less adventurous and full of thrill. We can observe the mountains like Ama Dablam and Kangtega Thamserku from the route of Taboche. Chola Lake is situated in the lap of Mt. Cholatse which is another finest scenario. We will reach Dzongla after 3-4 hours of the walk where we will be staying overnight.

#### **Day 12: Trek from Dzongla to ChoLa to Gokyo**

From Dzongla we will be moving along the Cho La pass which are the second high pass we will be passing and descend to Thangnak and the trail lead us to Ngozumpa Glacier, the longest glacier in Nepal. We will be staying overnight at Gokyo after 7 to 8 hours of walk.

#### **Day 13: Rest day in Gokyo - Gokyo Ri**

On this acclimatization day, we will be climbing Gokyo Ri for the finest views of Mount Everest after a walk of 3 to 4 hours. We will return back to Gokyo for the overnight stay.

#### **Day 14: Trek from Gokyo to Renjo La and Marlung**

We will be starting our trek early in the morning and will be passing the high pass Renjo La and will reach Marlung after a few descend to Marlung where we will stay overnight too after a journey of 7 to 8 hours.

#### **Day 15: Trek from Marlung to Namche Bazaar**

On this particular day, we will be walking through the traditionally used route for trade by the Tibetans. We will then be reaching Namche Bazaar passing the hydropower on the highest altitude as well as some monasteries where we will stay overnight for today.

#### **Day 16: Trek from Namche Bazaar to Lukla**

The descending steep trail will lead you through the suspension bridges in Dudh Koshi River and through the rhododendron and pine forest as well as observing the views of different snow covered peaks. We will walk through Sherpa villages with cultural Buddhist flags before reaching Lukla on the last day of our trek. We will stay overnight at Namche Bazaar today.



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### **Day 17: Fly from Lukla to Kathmandu**

We will take an early morning flight from Lukla to Kathmandu for about 40 minutes and will stay overnight at a hotel in Kathmandu.