DESTINATION: EVEREST THREE PASSES TREK

Everest Three Passes *Trek*

19 Days

19 days Duration	**Kathmandu** Starts at	**Kathmandu** Ends at	
March to May and September to November Best season	**5,545 m at Kala Patthar** Max altitude	**Strenuous** Difficulty	
1 to 15 people Group size			

OVERVIEW

The trip

The Everest Three High Passes trek is a nineteen-day teahouse trek that links Kongma La, Cho La and Renjo La, the three great passes of the Khumbu, into one complete high-altitude loop around Everest. From the Lukla flight it climbs through Namche Bazaar, Tengboche and Dingboche, then crosses Kongma La at 5,535 metres to reach Everest Base Camp at 5,364 metres and the sunrise viewpoint of Kala Pathar at 5,545 metres. It then traverses the glaciated Cho La at 5,420 metres to the turquoise Gokyo Lakes and Gokyo Ri, and finishes over Renjo La at 5,360 metres before descending through Thame to Lukla. This is a strenuous route for fit and experienced trekkers, walked on teahouse trails but with long days, three genuine pass crossings and repeated height gains above 4,500 metres. There is no peak climbing on the trek; the passes are crossed on foot.

HIGHLIGHTS

Trip highlights

The moments this trip is built around.

- Max altitude: 5,545 m at Kala Patthar
- Difficulty: Strenuous
- Best season: March to May and September to November
- Walking: about 6 to 8 hours a day

ITINERARY

Day-by-day itinerary

Your day-by-day plan. Everything is customizable — add nights, swap activities, or change hotels.

1 Fly to Lukla and Trek to Phakding

Morning mountain flight from Kathmandu to Lukla
Trek along the Dudh Koshi River through Sherpa settlements
Overnight at Phakding (2,610 m)

2 Trek to Namche Bazaar

Cross several suspension bridges, including the Hillary bridge
Enter Sagarmatha National Park and climb to Namche
Overnight at Namche Bazaar (3,440 m)

3 Acclimatisation Day at Namche Bazaar

Acclimatisation hike to the Everest View Hotel viewpoint
First panoramas of Everest, Lhotse, Ama Dablam and Thamserku
Second night at Namche to adjust to the altitude

4 Trek to Tengboche

Descend to the Dudh Koshi, then climb through forest to Tengboche
Visit Tengboche monastery beneath Ama Dablam
Overnight at Tengboche (3,860 m)

5 Trek to Dingboche

Climb through Pangboche and into the broad Imja valley
Leave the tree line behind for open alpine terrain
Overnight at Dingboche (4,410 m)

6 Acclimatisation Day at Dingboche

Acclimatisation hike up the Nangkartshang ridge above the village
Wide views of Makalu, Lhotse and Ama Dablam
Second night at Dingboche to prepare for the passes

7 Trek to Chukhung

Gentle ascent up the Imja valley towards the Lhotse wall
After arriving, an optional hike towards Chukhung Ri for the views
Overnight at Chukhung (4,730 m)

8 Cross the Kongma La Pass to Lobuche

Early start for the highest of the three passes, Kongma La at 5,535 m
A long, demanding day over boulder fields and the Khumbu Glacier moraine
Descend to Lobuche (4,940 m) for the night

9 Trek to Everest Base Camp and Return to Gorakshep

Follow the glacial trail to Gorakshep, then on to Everest Base Camp
Stand beneath the Khumbu Icefall at 5,364 m
Return to Gorakshep (5,164 m) for the night

10 Hike Kala Patthar and Trek to Dzongla

Pre-dawn climb of Kala Patthar (5,545 m) for sunrise on Everest
Return to Gorakshep, then trek down and across to Dzongla
Overnight at Dzongla (4,830 m)

11 Cross the Cho La Pass to Thangnak

Early start for the glaciated crossing of the Cho La at 5,420 m
Sections of ice and steep rock, one of the toughest days of the trek
Descend to Thangnak (4,700 m) for the night

12 Trek to Gokyo and the Gokyo Lakes

Cross the Ngozumpa Glacier, the largest glacier in Nepal
Reach Gokyo village beside the first lake with its mountain reflections
Overnight at Gokyo (about 4,750 m)

13 Hike Gokyo Ri and Explore the Lakes

Pre-dawn climb of Gokyo Ri (5,357 m) for a panorama of Everest, Lhotse, Makalu and Cho Oyu
Then a walk to the fourth and fifth Gokyo lakes
Second night at Gokyo

14 Cross the Renjo La Pass to Lungden

Climb the last of the three passes, Renjo La at 5,360 m
A final wide view back over the Gokyo Lakes and Everest
Descend to Lungden (4,380 m) for the night

15 Trek to Thame

Follow the Bhote Koshi valley down towards the Thame area
Visit the Hillary Thame memorial, one of the oldest in the Khumbu
Overnight at Thame (3,820 m)

16 Trek to Namche Bazaar

Rejoin the main trail and descend to Namche Bazaar (3,440 m)
Easier walking as the altitude drops
Time to rest in the Sherpa capital

17 Trek to Lukla

Final trekking day along the Dudh Koshi through villages and bridges
Recross the suspension bridges towards Lukla
Celebrate the trek in Lukla (2,860 m)

18 Contingency Day for Weather

A spare day held in Lukla in case cloud delays the flights
Rest, explore the town or use the buffer if an earlier day ran long
Overnight in Lukla

19 Fly from Lukla to Kathmandu

Scenic morning flight from Lukla back to Kathmandu (1,400 m)
Transfer to your hotel on arrival

INCLUSIONS

What's included

Included	Not included
Return flights, Kathmandu to Lukla	Jeep to Ramechhap airport, if needed
Airport transfers in Kathmandu	Extra hotel night in Kathmandu if the flight moves
Licensed guide and the guide's flights	Lunch on day 19, drinks and snacks
Teahouse nights with meals on the trail	Travel insurance
Sagarmatha National Park and Khumbu permits	Tips and personal expenses

PACKAGE PRICING

Package pricing

Price per person for every group size we price. Bigger group? Ask us and we will price it.

GROUP SIZE	PRICE PER PERSON
1 person	$2,355 / person
2 people	$1,910 / person
3 people	$1,768 / person
4 people	$1,694 / person
5 people	$1,650 / person
6 people	$1,737 / person
7 people	$1,682 / person
8 people	$1,634 / person
9 people	$1,634 / person
10 people	$1,620 / person
11 people	$1,609 / person
12 people	$1,644 / person
13 people	$1,631 / person
14 people	$1,619 / person
15 people	$1,610 / person

Prices are per person, in US dollars. No card fee · no hidden costs. What each price includes and excludes is in the What's included section above.

LEGAL & POLICIES

Booking & cancellation

Operated by Data Tours and Travels Pvt. Ltd. · Effective 2 June 2026

PAYMENT SCHEDULE

1. **30% — at booking confirmation**
   This first payment confirms your dates and lets us secure permits, domestic flights, guides, porters and your teahouse or hotel nights. Bookings made 15 days or fewer before the start date are payable in full on confirmation.
2. **40% — 15 days before your trip starts**
   The second instalment is due 15 days before the trip starts. For a group of seven or more travellers it is due 30 days before instead.
3. **Balance — 2–3 days before departure**
   Anything still outstanding is settled 2–3 days before departure, or at your pre-trip meeting in Kathmandu.

REFUND TIMELINE (CANCELLATION)

30 days or more	FULL REFUND
15–29 days	25% FEE
8–14 days	50% FEE
7 days or less	NO REFUND

Introduction

At Uncover Nepal we believe a trip should be stress-free from the very first step. This policy outlines how bookings work, what happens if plans change, and what you can expect from us at every stage of your journey in Nepal.

Bookings are confirmed in writing by email and are subject to availability at the time of payment. We accept bank transfer, credit card and authorised payment gateways. In US dollars or the Nepalese rupee equivalent; international transaction fees are borne by the traveller, and a payment counts as made only once the funds reach our account.

Non-refundable services

Some costs are committed to third parties the moment they are issued and cannot be recovered, regardless of cancellation timing:

- **Trekking permits** — ACAP/national-park entry and restricted-area permits are issued in your name.
- **Domestic flight tickets** — Kathmandu–Lukla, Pokhara and similar sectors, once ticketed.
- **Entrance tickets** to parks, monuments and heritage sites, once issued.
- **Chartered helicopters**, peak-climbing royalties and pre-paid activities.
- **Special hotel rates** booked on non-refundable terms at your request.
- Unused services, early deserters, early departures and voluntary trip curtailments.

Permits & domestic flights

Permits

- Permits are issued by the relevant government authority and in your name; issuing them is not at our discretion.
- Permit and park fees are non-refundable once issued, including if you turn back on the trail.

Domestic flights

- Mountain sectors such as Lukla are weather-dependent. Delays and cancellations are common in cloud and are outside anyone's control.
- All cancellations and changes are subject to the airline's fare rules.
- Where a mountain flight is cancelled we will help you rebook or arrange an alternative, but Uncover Nepal is not liable for the delay itself or for onward connections you have booked separately.

No-show & early departure

- Travellers who do not arrive for the trip are charged the full trip cost.
- Leaving a trip early, and any service you choose not to use, is charged in full and is not refunded.

Liability & disclaimer

Events beyond our control

Uncover Nepal is not liable for delays or cancellations caused by events beyond our control, including weather, landslides and road closures, natural disasters, government actions, strikes or pandemics.

Your own international flights, travel insurance and Nepal entry visa are your responsibility. We strongly recommend insurance that covers trekking to the maximum altitude on your itinerary, including helicopter evacuation.

Talk to us

Questions about a booking or cancellation? Email contact@uncovernepal.com or call +977 9705413894. For urgent queries, WhatsApp us for a faster response.

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Ready to book this trip?

Share your dates and group size. A Uncover Nepal travel expert will build the best plan for you — free, no pressure.

View tour on web → | WhatsApp us

Call / WhatsApp: +977 9705413894
Email: contact@uncovernepal.com · New Baneshwor, Kathmandu, Nepal
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This itinerary is indicative and subject to a final booking agreement. Prices, inclusions and day sequence may change with availability, season and group size. Data Tours and Travels Pvt. Ltd.