DESTINATION: GOKYO LAKES TREK

Everest Three Passes Trek with Gokyo Lakes

18 Days

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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 Passes trek with Gokyo takes an eighteen-day teahouse route through the Khumbu that reaches the Gokyo Lakes country, crossing Renjo La first before Cho La and Kongma La. From the Lukla flight it climbs through Namche Bazaar and the Sherpa village of Thame, then crosses Renjo La at 5,360 metres to the turquoise Gokyo Lakes and the dawn viewpoint of Gokyo Ri. It traverses the glaciated Cho La at 5,420 metres to reach Everest Base Camp at 5,364 metres and Kala Patthar at 5,545 metres, then completes the circuit over Kongma La at 5,535 metres and descends through Tengboche to Lukla. It keeps all three passes but on a lighter schedule than the full loop, with two nights at Gokyo to enjoy the lakes. This is a strenuous, high-altitude trek for fit and experienced walkers, the passes are crossed on foot, with no peak climbing.

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 5 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 panorama of Everest, Lhotse, Ama Dablam and Thamserku
- Second night at Namche to adjust to the altitude

4 Trek to Thame

- Branch west into the quieter Bhote Koshi valley
- Visit the hillside Thame monastery, one of the oldest in the Khumbu
- Overnight at Thame (3,820 m)

5 Trek to Lungden

- Cross the Bhote Koshi valley steadily higher above the tree line
- Quiet trail with wide, open mountain scenery
- Overnight at Lungden (4,380 m)

6 Cross the Renjo La Pass to Gokyo

- Early start for the first pass, Renjo La at 5,360 m
- A superb first view of Everest, Lhotse and the Gokyo Lakes from the top
- Descend to Gokyo village beside the third lake (about 4,750 m)

7 Hike Gokyo Ri and Rest at Gokyo

- Pre-dawn climb of Gokyo Ri (5,357 m) for a panorama of Everest, Lhotse, Makalu and Cho Oyu
- Return to Gokyo to rest and acclimatise beside the lakes
- Second night at Gokyo

8 Explore the Fourth and Fifth Gokyo Lakes

- Walk north along the Ngozumpa Glacier to the fourth and fifth lakes
- Views towards Cho Oyu and the head of the valley from Scoundrel's Viewpoint
- Return for a third night at Gokyo

9 Trek to Thangnak

- Cross the Ngozumpa Glacier, the largest glacier in Nepal
- Short day to position for the Cho La crossing
- Overnight at Thangnak (4,700 m)

10 Cross the Cho La Pass to Dzongla

- 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 Dzongla (4,830 m) for the night

11 Trek to Lobuche

- Join the classic Everest Base Camp trail
- Traverse alpine terrain with views of Pumori and the Khumbu glacier
- Overnight at Lobuche (4,940 m)

12 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

13 Hike Kala Patthar and Trek to Lobuche

- Pre-dawn climb of Kala Patthar (5,545 m) for sunrise on Everest
- Sunrise over Everest, Nuptse and the Khumbu glacier
- Descend to Lobuche (4,940 m) for the night

14 Cross the Kongma La Pass to Chukhung

- Early start for the highest of the three passes, Kongma La at 5,535 m
- A long, demanding day over the Khumbu Glacier moraine and boulder fields
- Descend to Chukhung (4,730 m) for the night

15 Trek to Tengboche

- Descend the triple valley through Dingboche and Pangboche
- Reach Tengboche and its monastery beneath Ama Dablam
- Overnight at Tengboche (3,860 m)

16 Trek to Namche Bazaar

- Descend through rhododendron forest to the Dudh Koshi
- Climb back to Namche Bazaar (3,440 m)
- Easier walking as the altitude drops

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 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

- Return flights, Kathmandu to Lukla
- Airport transfers in Kathmandu
- Licensed guide and the guide's flights
- Teahouse nights with meals on the trail
- Sagarmatha National Park and Khumbu permits

Not included

- Jeep to Ramechhap airport, if needed
- Extra hotel night in Kathmandu if the flight moves
- Lunch on day 18, drinks and snacks
- Travel insurance
- 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	$3,395 / person
2 people	$1,819 / person
3 people	$1,719 / person
4 people	$1,648 / person
5 people	$1,606 / person
6 people	$1,470 / person
7 people	$1,437 / person
8 people	$1,412 / person
9 people	$1,393 / person
10 people	$1,377 / person
11 people	$1,415 / person
12 people	$1,400 / person
13 people	$1,387 / person
14 people	$1,377 / person
15 people	$1,367 / 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 Zela 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 rooms. 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 descents, 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.

How refunds are paid

- Cancellations must reach us in writing at contact@uncovernepal.com. The timeline above runs from the date we receive that email.
- We process your refund within 4 to 7 working days of our acknowledgement.
- Money is returned by the original payment method and in the original currency. Your bank may take a few more days to show it.
- When you cancel, bank and transaction fees on both the original payment and the refund are borne by the traveller. If we cancel on the dates we confirmed with you, we refund every cent you paid, fees included.

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.

uncover nepal

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**
Web: uncovernepal.com

This itinerary is indicative and subject to a final booking agreement. Prices, inclusions and day sequence may change with availability, season and group size. Zela Tours and Travels Pvt. Ltd.