



Everest Three High Pass Trekking - Itinerary

1. Arrival in Kathmandu, (1400m/ 4593ft.)

Welcome to Kathmandu, our Sunrise Adventure Trek airport representative will welcome you to the airport then transfer to hotel and will give shortly brief further details of the trip program.

2. Sightseeing in Kathmandu

After breakfast visit World Heritage Sites in the Kathmandu Valley which includes Swayambhunath Stupa / Monkey Temple, Baudhanath Stupa, and Pashupatinath Temple. Each monuments and crafts reflects their own history. Culturally very rich country, with beautiful different ethnic communities offers a chance to observe local people of the country.

3. Flight to Lukla, Trek to Phakding, (2860m/ 9383ft.), 5 to 6 hours

Lukla is a famous as the village of Sherpa's. We arrange loads and commence our journey further ahead. The journey passes through Dudh Koshi ("Milk River"), and finally, after hours of the trek, we reach to Phakding. This trek resembles short and scenic trek with spectacular views of mountains. We get to see the excellent views of Mt.khumbila from Cheplung village. The village is pass by in about 1 hour from Lukla. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

4. Trek to Namche Bazaar, (3440m/ 11286ft.), 5 to 6 hours

Namche Bazar. Namche Bazaar is the main administrative and trading center for the Khumbu region. With the inclusive of magnificent forests of blue pine, fir, juniper, and rhododendron as well as the first view of Everest, it helps you to control the anticipation of the thrilling journey. On the way, first we pass many suspension bridges over Dudhkoshi River. Reaching at Benkar Village we get to observe Mt. Thamserku and then we pass the entrance of Sagarmatha National Park, Jorsale village and reach Namche Bazaar. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

5. Acclimatization Day in Namche Bazaar

To adapt to the altitude and new surrounding we acclimatize in Namche Bazaar. We spend the day by enjoying the scenes of mountains and sunrise and sunset in Khumbu Peak. Besides that, you will either be taken a small hike to explore Thame Monastery or Khumjung village. During this time, you can closely observe the cultures and traditions of Sherpa people along with their ways living lifestyle. Exploration provides beautiful wild habitats as well. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

6. Trek to Thame, (3788m/ 12431ft.)

First to reach Renjo La Pass we have to leave usual Everest trail and take toward north-west toward Tibet to

the village of Thame. Thame is famous as the Tenzing Norgay himself grew up here and is the home town of Apa Sherpa who has made 21 time to the summit of mount Everest. The trail takes us through many gompas, prayer flags, mani walls and chortens. Thame is a traditional village with many Sherpa people. unfortunately villages like Thame. Kunde and Khumjung are damaged by the earthquake of 2015. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

7. Acclimatization Day in Thame

Before moving any further, we acclimatize in Thame. Thame house many famous Sherpa mountaineers, including Apa Sherpa who holds the record for climbing Everest 21 times. Even Tenzing Norgay's childhood was Thame. And you can also see Thame monastery which is also the oldest monastery in Khumbu region. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

8. Trek to Lungden, (4300m/ 14107ft.), 4 – 5 hours

We have an early breakfast and start our trek to Lungden. Here trekking to Lungden is backed by Yaks, farmers, and Sherpas. So, we get to observe the total remote lifestyle of people living in Lungden. On our trail we get to see the stunning views of glorious mountains. Then we pass the water stream to reach Lungden. Lungden is located at 4380m altitude which is 2 to 3 hours far from the stream. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

9. Cross Renjo La Pass, (5360m/ 17585ft.) and Trek to Gokyo Lake, (4800m/ 15748ft.), 8 to 9 hours.

This can be a challenging day of our trek. Renjo La Pass is the last of the three passes and we can see yaks as well on the trail. Once we are on the top we can see a magnificent views of Mt. Everest and Gokyo valleys from there, we descend to Gokyo Lake for overnight. Trekking trail to Gokyo Lake offers the spectacular views of many mountains like: Lhotse, Makalu and Cho-oyu. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

10. Trek to Gokyo Ri, (5357m/ 17575ft.), 5 hours.

Gokyo Lake is at the elevation of 5483m. And early in the morning we steeply trek up there to get the rewarding view of Gokyo valley and Khumbu Himalayas such as Everest, Lhotse, Nuptse, Makalu, Cho-Oyu and Gychung Kang. Gokyo Ri is known for the best views of Everest in the whole Khumbu region. Gokyo Lake views with the background of Mt. Pharilapche is very beautiful. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

11. Trek to Thaknak/Dragnag, (4750m/ 15583ft.), 5 to 6 hours.

Dragnag or Thaknak is our destination for today and we begin the trek through the ridge and Ngozumpa glacier. And descending down takes us to Thaknak, the views of Cho Oyu, Gokyo Ri, and other mountains during trekking make this trip worth taking. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

12. Cross Cho La pass, (5420m/ 17782 ft.) and Trek to Dzongla, (4830m/ 15846ft.), 7 to 8 hours.

The trail to Cho La Pass is bit slippery and said to be strenuous. The trail is on the edge of frozen Lake and we have to ascend through there where the decorations are made with prayer flags. Then we pass through crevasses to reach Dzongla. From here we can see amazing views of Cholatse, Lobuche and Ama Dablam mountains with Pheriche village. This is quite difficult trek with bad weather. Meals included: Breakfast,

lunch and dinner and finally an overnight stay in trekking lodge.

13. Trek to Lobuche. (4940m/ 16207ft.), 4 to 5 hours.

We will be heading to Everest Base Camp. The trail is through Alpine meadows and summer yak pastures which is toward the end of the moraine of the Khumbu Glacier. From here, it is a steep, tough climb. Continue on towards Lobuche, where the view is straight towards Nuptse and the sunset is truly magnificent. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

14. Trek to Gorak Shep, (5170m/ 16961ft.), 6 to 7 hours.

From Lobuche, we trek to Gorak Shep through the flat trail which is quite easy to us for first. This is 5KM trek offering us an excellent time to see glacier named Changri and see other mountains, mostly dominated by Pumori. Mountain views you get to see is very magnificent of, Mt. Pumori, Mt. Nuptse, Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

15. Trek to Lobuche & Hike to Kala Patthar, (5545m/ 18192ft.), 6 to 7 hours.

Today we take a hike to either EBC or to Kalapatthar, basically, Kalapatthar is the best spot to speculate Everest whereas EBC is the base of the Everest where in the season we can meet climbers and take amazing snapshots. After that, we trek to Periche from Gorak Shep. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

16. Cross Kongma La Pass and Trek to Chhukung, (5535m/ 18159ft.), 6 to 7 hours.

In the morning after breakfast, we continue our trail through Khumbu Glacier and ascend uphill to Kongma La (5535m). From Kongma La we can see beautiful views of Cholatse, Pokalde, Nuptse, Lhotse, Makalu and Ama Dablam. Later we descend through the rocky trail and continue walking along Niyang Khola Valley to Chhukung. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

17. Trek to Tengboche, (3860m/ 12664ft.), 5 to 6 hours.

We head toward Tengboche and along the way we visit the monastery believed to be the oldest in Khumbu village. And later from there, we descend from the rocky path and through pine forest to reach Tengboche village (3,860m) after ascending uphill. Walking through the rhododendron forests, crossing the suspension bridge over Imja Khola, we reach at Panbochey. Panbochey is the biggest village of Sherpa people. observe the local culture here and then walking for some hours we reach Tenbochey. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

18. Trek to Namche Bazaar, 5 to 6 hours.

Through the trail that passes through Dudh Koshi river. We will pass through forest and Chorten to arrive at an Army Camp from where we will climb the steep hill to make it to Namche Bazaar. Trek offers the best views of mountains like: AmaDablam, Lhotse, Nuptse, Thamserku and Kwangde. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

19. Trek to Lukla, 5 to 6 hours.

This will be our last trek and today we will be trekking to Lukla to catch our flight to Kathmandu. We will spend the day by sightseeing around Lukla. Meals included: Breakfast, lunch and dinner and finally an overnight stay in trekking lodge.

20. Flight to Kathmandu, 40 to 45 minutes.

In the morning we take the flight back to Kathmandu and once again enjoy the scenic valleys and terrains full of beautiful mountains view and locations. Meals included: Breakfast, and dinner and finally an overnight stay in hotel.

21. Departure from Kathmandu, Farewell!

Last day, you can either safely make the return journey to home or you can join for another exciting adventure. And according to flight schedule, you will be escorted to the airport approximately 3 hours earlier to catch the flight to your next destination.

URL: <https://sunriseadventuretrek.com>