

Duration: 20 Days

Grade: Extreme

Max Altitude: 5550m/18209ft

FROM

Group Size: 2 - 15

Trip Code: KCR303

USD \$2140

PER PERSON

Trip Highlights

- Conquer the epic Everest Three High Passes Trek, a clockwise adventure for daring explorers and mountain enthusiasts.
- Enjoy a thrilling 30-minute flight to Lukla, landing at one of the world's most exhilarating airstrips.
- Conquer three legendary high passes, Kongma La (5,535m), Cho La (5,420m), and Renjo La (5,360m).
- Admire the Everest Base Camp (5,364m elevation), nestled amid the mighty Khumbu Glacier and Himalayan giants.
- Climb Kala Patthar (5,545m), and Gokyo Ri (5,357m) for stunning views of Everest, Lhotse, and Cho Oyu.
- Immerse in Sherpa traditions in vibrant Namche Bazaar and tranquil villages like Thame, Lungden, and Gokyo.
- Trek through UNESCO's Sagarmatha National Park, rich with wildlife, sacred monasteries, and shimmering Gokyo Lakes.
- Cross rugged glaciers, wobbly suspension bridges, and vibrant rhododendron forests under towering Himalayan peaks.

Overview

The Everest Three High Passes Trek via the Clockwise route is a thrilling 20-day journey that takes you through the wild Khumbu region in the land of the Himalayas, tackling three iconic and challenging high passes. This challenging route loops clockwise, crossing Kongma La (5,535m elevation), Cho La (5,420m elevation), and Renjo La (5,360m elevation) for an unmatched Himalayan adventure. Perfect for seasoned trekkers seeking high-altitude thrills, it blends jaw-dropping vistas, vibrant Sherpa culture, and the raw beauty of Everest's domain.

Your journey starts with an exhilarating flight to Lukla, guiding you through charming Sherpa villages like Phakding, Namche Bazaar, and Tengboche, alive with prayer flags and ancient monasteries. The clockwise path leads to Everest Base Camp, where you'll stand among climbers' tents, and Kala Patthar for a breathtaking view of sunrise

over Everest, Lhotse, and Nuptse. After conquering Kongma La's rocky heights, you cross the icy Cho La Pass to the serene Gokyo Valley, home to turquoise lakes, and finish with Renjo La's sweeping views of the Ngozumpa Glacier.

This demanding trek requires strong fitness to endure daily hikes that stretch up to 5-8 hours and high-pass crossings, backed by cozy teahouses offering warm dal bhat and heartfelt hospitality. Acclimatization in Namche and Dingboche allows you to explore Sherpa traditions and adapt to the high elevations. Whether captivated by the spiritual Gokyo Lakes, the triumph of scaling passes, or Everest's epic allure, this clockwise three-high-passes circuit delivers a life-changing adventure for bold explorers.

Permits Required for the Everest Three High Passes Trek

Ascending to the Everest Three Passes Trek requires trekkers to obtain some special permits as it traverses through the conserved Sagarmatha National Park and the serene Khumbu Valley.

Here are the permits that you need for the EBC Three Passes Trek:

- Trekkers' Information Management System (TIMS)
- Sagarmatha National Park Entry Permit
- Khumbu Pasang Lhamu Rural Municipality Entrance Permit

Day-by-Day Itinerary

Day 1 Arrival in Kathmandu

Max Altitude: 1400m/4553ft Distance: 6.4 KM Stay: 3-5* Star Hotel Meals: Welcome Dinner/ Breakfast

Your Everest Three High Passes Trek (clockwise) begins as you land at Tribhuvan International Airport in Kathmandu, Nepal's bustling capital and cultural heartbeat, which greets you with a wave of mountain air and excitement. Our team welcomes you and transfers you to the hotel in Thamel.

On the first day, relax over your welcome drink, meet your trekking guide, and settle into the vibe of Kathmandu's adventure culture. The journey to the Three High Passes in Everest is about to begin.

Day 2 Fly to Lukla (2,860m elevation) & Trek to Phakding (2,610m elevation)

Max Altitude: 2860m/9383ft Walking: 3-4 hours Distance: 145 km Stay: Mountain Tea House Meals: Breakfast Lunch & Dinner

On day 2, we go for a thrilling 30-35-minute flight from Kathmandu to Lukla's Tenzing-Hillary Airport, one of the high-altitude airports in the world, which can give you a cold chill during your landing. The plane glides over rugged Himalayan peaks. After landing, you kick off an easy 3-4 hour hike to Phakding. The trail hugs the sparkling Dudh Koshi River. You cross wobbly bridges draped with prayer flags. Phakding greets you with welcoming teahouses and peaceful river views. The village resides in a lush, green valley. The gentle rush of the Dudh Koshi soothes your soul and refreshes your hike. Rhododendrons bloom brightly in spring while green, lush pine forests stand tall throughout the year. You settle into a warm teahouse, digging into fulfilling dal bhat to ease the exhaustion of the hike. Note: We can arrange a direct flight from Kathmandu to Lukla, or from Ramechhap to Lukla, depending on flight availability and weather conditions.

Day 3 Trek to Namche Bazaar (3,440m elevation)

Max Altitude: 3440m/11286ft Walking: 6-7 hours Distance: 11 Km Stay: Mountain Tea House Meals: Breakfast Lunch & Dinner

Today's trail leads deeper into the Himalayas, as you trek for 6 hours from Phakding to Namche Bazaar, the cultural capital of the Khumbu region. You'll cross several suspension bridges, including the famous Hillary Bridge, and enter Sagarmatha National Park, a UNESCO World Heritage Site. As you gain elevation, the trail offers distant views of Mt. Everest and Lhotse, and the forested trail transitions into dramatic mountain terrain.

Namche, a thriving Sherpa town carved into a horseshoe-shaped mountain bowl, is a jewel of the trekking routes in the Everest Region. Bright rooftops, bakeries with scents of delicacies, and outdoor gear shops buzz with energy, surrounded by snowy giants like Thamserku. It's a crucial stop for altitude acclimatization and a great place to soak up the authentic Sherpa culture. Enjoy fresh-baked apple pie or devour the traditional dal bhat as you relax into this high-altitude haven.

Day 4 Acclimatization Day in Namche (Hike to Everest View Hotel or Khumjung)

Max Altitude: 3860m/12664ft Walking: Optional Stay: Mountain Tea House Meals: Breakfast Lunch & Dinner

Today is all about acclimatizing to high altitude while exploring the hills above Namche. A short yet rewarding 3-4 hour hike leads to the iconic Everest View Hotel, where Everest, Ama Dablam, and Thamserku shine against deep blue skies. Alternatively, wander through Khumjung village, home to the Hillary School and a small monastery that claims to house a yeti scalp. These hikes boost your fitness while helping your body adjust to thin air at high altitude.

Day 5 **Trek to Thame (3,800m elevation)**

Max Altitude: 3800m/12467ft **Walking: 4-5 hours** **Distance: 10-12 Km** **Stay: Mountain Tea House** **Meals: Breakfast Lunch & Dinner**

Leaving Namche, you veer off the busy Everest Base Camp trail and enter a quieter, more tranquil part of the Khumbu region. The 5-6 hour trek to Thame village follows the Bhote Koshi River, winding through pine forests, yak pastures, and ancient mani walls. The trail feels meditative, with fewer trekkers and deeper cultural immersion. You'll pass centuries-old stupas and dramatic rock faces as you gain elevation gradually.

Thame, one of the most traditional Sherpa villages in Nepal, is tucked in a broad, peaceful valley beneath soaring peaks. The village is home to an ancient monastery where lamas chant in the morning light. Stone homes and fluttering prayer flags add colour to the remote, rugged landscape. Tonight's teahouse offers hearty local meals and quiet comfort, letting you connect with the slower rhythm of Himalayan life.

Day 6 **Trek to Lungden (4,380m elevation)**

Max Altitude: 4,380 m / 14,370 ft **Walking: 4-5 hours** **Distance: 9-10 km** **Stay: Mountain Tea House** **Meals: Breakfast Lunch & Dinner**

As the trail continues, you enter a more remote stretch of high-altitude trekking in Nepal. Today's 5-6 hour journey from Thame to Lungden climbs steadily through alpine meadows, rocky moraines, and grazing yak fields. You're now walking part of the ancient Nangpa La trade route, once used by Tibetan traders crossing into Nepal. Prayer wheels and lone chortens mark the way as Himalayan giants loom in the distance.

Lungden is a stark and beautiful settlement in a high valley surrounded by wind-swept cliffs and snowy ridges. There are no roads, only footpaths and quiet isolation. Teahouses here are simple but welcoming, offering thick blankets, hot soup, and priceless mountain views. As you sip tea and acclimatise further, the feeling of being deep in the Himalayas becomes thrillingly real; you're well on your way to Renjo La Pass, the first high pass of this trek.

Day 7 **Cross Renjo La Pass (5,360m elevation) and descend to Gokyo (4,790m elevation)**

Max Altitude: 5,360 m / 17,585 ft Walking: 6-8 hours Distance: 11-12km Stay: Mountain Tea House Meals: Breakfast Lunch & Dinner

Today is a major highlight of the trek, a true high-altitude adventure. You set off early from Lungden, climbing gradually through alpine tundra and rocky terrain toward the majestic Renjo La Pass (5,360m). The final ascent is steep and rewarding, with fluttering prayer flags marking the top. From the pass, you're treated to panoramic views of Everest, Lhotse, Cho Oyu, and the sparkling Gokyo Lakes far below; it's one of the best viewpoints in the Khumbu.

The descent winds down through scree slopes and turquoise glacial lakes, finally leading you to the serene village of Gokyo beside Dudh Pokhari. This lakeside settlement feels otherworldly, quiet, sacred, and breathtaking. Reflections of snowy peaks shimmer in the water, and yaks graze beside stone teahouses. The air is thin but peaceful, and the teahouse trekking experience here is unmatched. Tonight, you rest with views you'll remember forever.

Day 8 **Rest/Acclimatization Day in Gokyo - Hike to Gokyo Ri (5,360m elevation)**

Max Altitude: 5,357 m / 17,585 ft Walking: Optional Distance: 3km Stay: Mountain Tea House Meals: Breakfast Lunch & Dinner

After the strenuous hike on the earlier day, you take a day to rest and acclimatise in Gokyo. We recommend an early morning hike to Gokyo Ri for the Sunrise view, as it is worth it. A steep 2-3 hour climb rewards you with a stunning panoramic Himalayan sunrise, lighting up Everest, Makalu, Cho Oyu, and the world's longest glacier, Ngozumpa. If you prefer an easier day, you can stroll along the lakes or hike to the second or fourth Gokyo lakes for a more relaxed adventure.

The spiritual calm of Gokyo Valley offers something rare in the Himalayas: solitude without compromise. Snowy peaks rise in every direction, mirrored in the still waters of Dudh Pokhari. You can spend the afternoon sipping tea in a sunlit teahouse, journaling, or chatting with fellow trekkers. Gokyo's natural beauty and spiritual energy are unforgettable; it's a place that lingers in the heart long after you've left.

Day 9 **Trek to Thagnak (4,700m elevation)**

Max Altitude: 4,700 m / 15,420 ft **Walking:** 3-4 hours **Distance:** 4-5 km **Stay:** Mountain Tea House **Meals:** Breakfast Lunch & Dinner

You leave Gokyo with a sense of awe, continuing your trek by crossing the mighty Ngozumpa Glacier, Nepal's longest and most dramatic ice field. The 3-4 hour trek to Thagnak follows a rugged trail across glacial ridges, moraine hills, and rock-strewn paths. Though the hike is short, the terrain demands careful footing and steady focus. Jagged peaks surround you, making this stretch feel wild and otherworldly.

Thagnak is a remote glacial outpost, located in a stark alpine basin beneath towering ice walls and rock faces. The teahouses here are simple yet welcoming, with warm fires, hearty meals, and thick blankets to ward off the cold. It's a quiet place, perfect for resting before tomorrow's climb to Cho La Pass. As night falls, you feel the remoteness settle in, raw, silent, and spectacular.

Day 10 **Cross Cho La Pass (5,420m elevation) and descend to Dzongla (4,830m elevation)**

Max Altitude: 5,420 m / 17,782 ft **Walking:** 7-8 hour **Distance:** 7-8 Km **Stay:** Mountain Tea House **Meals:** Breakfast Lunch & Dinner

The day begins early, as you are to tackle one of the trek's most challenging yet thrilling sections, the Cho La Pass (5,420m). The trail climbs steeply from Thagnak across rocky ridges, icy fields, and creaking glacial plates. This section may demand your balance and concentration as it requires crossing through icy ridges. The pass unveils jaw-dropping views of Ama Dablam, Cholatse, and the Khumbu Glacier basin, raw and majestic. Descending from Cho La Pass, the path narrows and weaves through alpine cliffs and glacier-fed streams before arriving in the peaceful settlement of Dzongla. Surrounded by towering peaks and steep, rocky slopes, this tiny village feels deeply tucked away from the world. The teahouse trek here is humble yet comforting, with warm meals, soft beds, and welcoming smiles. You rest early tonight, tired but triumphant.

Day 11 **Trek to Lobuche (4,940m elevation)**

Max Altitude: 4,940 m / 16,207 **Walking: 3-4 hours** **Distance: 6 km** **Stay: Mountain Tea House** **Meals: Breakfast
Lunch & Dinner**

Today's trail rejoins the classic Everest Base Camp trail, heading eastward on a 4-5 hour trek from Dzongla to Lobuche. The trail offers a gentler climb today, with sweeping views of the Khumbu Valley, memorial stupas to lost climbers, and snow-capped peaks rising above moraine ridges. As you approach Lobuche, the terrain becomes starker and more lunar, with boulders scattered across high-altitude tundra.

Lobuche village lies beneath the looming shadows of Nuptse and Pumori, quiet, cold, and beautiful in its remoteness. Though the air is thin and temperatures drop, the teahouses are cozy and lively with trekkers swapping stories. Warm dal bhat, crackling fires, and extra blankets help you recover. As you settle in, the reality sinks in: Everest Base Camp is now within reach.

Day 12 **Trek to Gorakshep (5,170m elevation), Visit Everest Base Camp (5,364m elevation)**

Max Altitude: 5,364 m / 17,598 ft **Walking: 7-8 hour** **Distance: 12-13 km** **Stay: Mountain Tea House** **Meals:
Breakfast Lunch & Dinner**

This is the day you've been waiting for. After a hearty breakfast, you begin the 3-hour trek to Gorakshep, weaving through glacial rubble and windswept terrain. After dropping your backpack at the teahouse, you continue for another 2 hours to Everest Base Camp (EBC). The route follows the rim of the Khumbu Glacier, where ice cliffs glisten and stones crunch beneath your boots.

Finally, you stand at Everest Base Camp, surrounded by prayer flags, jagged peaks, and the mighty Khumbu Icefall. Though Everest's summit hides beyond, the atmosphere is electric with history, ambition, and awe. After photos and a quiet moment to soak it all in, you return to Gorakshep. Tonight, you settle into a teahouse located at a high altitude around the mountains of Nepal, feeling joyful and uplifted.

Day 13 **Early Hike to Kala Patthar (5,545m elevation) for Sunrise Views, then Trek to Lobuche**

Max Altitude: 5,545 m / 18,192 ft **Walking: 6-7 hours** **Distance: 10-11 km** **Stay: Mountain Tea House** **Meals: Breakfast Lunch & Dinner**

Before dawn, you head out with headlamps and excitement toward Kala Patthar, the most famous Everest viewpoint. The steep 2-hour ascent rewards your early start with a jaw-dropping sunrise over Everest, Nuptse, and Lhotse. The golden light spills across the summit of the world, making the effort in the cold worthwhile. You descend back to Gorakshep for breakfast, then continue down the familiar trail to Lobuche.

Returning to Lobuche village feels comforting after the high drama of the morning. Here, nestled in a rock-strewn valley, you'll rest and reflect on the incredible experience. The energy of Kala Patthar still hums in your bones. Over hot tea and a hearty meal, you share stories with fellow trekkers and prepare for tomorrow's final and wildest pass, Kongma La.

Day 14 **Cross Kongma La Pass (5,535m elevation) and descend to Chhukung (4,730m elevation)**

Max Altitude: 5,535 m / 18,159 ft **Walking: 7-8 hour** **Distance: 10-11 km** **Stay: Mountain Tea House** **Meals: Breakfast Lunch & Dinner**

Today marks your third and final high pass crossing, the remote and rugged Kongma La Pass (5,535m). The climb is steep, remote, and truly adventurous, cutting across glaciers, icy boulders, and high alpine ridges. Prayer flags mark the top, where silence reigns and panoramic views stretch across Ama Dablam, Makalu, and Island Peak. It's the least travelled of the three passes, offering a rare wilderness experience in the heart of the Khumbu.

You descend through scree slopes and alpine meadows toward the quiet Chhukung Valley, where the tiny Chhukung village offers peaceful shelter. Simple teahouses dot the trail, framed by rolling hills and massive peaks. Tonight, you rest in a calm and less-frequented hamlet, surrounded by raw natural beauty. The trail may be tough, but the reward is a connection to the true soul of the mountains.

Day 15 **Trek to Tengboche (3,867m elevation)**

Max Altitude: 4,730 m / 15,518 ft **Walking:** 5-6 hours **Distance:** 12-13 km **Stay:** Mountain Tea House **Meals:** Breakfast Lunch & Dinner

From Chhukung, the trail gently descends into greener terrain, marking your return from the high alpine world. The 5-6 hour trek leads through stone-walled yak pastures and down into fragrant rhododendron forests, with views of Ama Dablam escorting you the entire way. You pass through Pangboche, one of the oldest Sherpa villages, before continuing to Tengboche, home to the region's most sacred monastery.

Arriving in Tengboche Monastery, you're greeted by chanting monks and panoramic views of Everest and Lhotse. This spiritual stop is a highlight of any trek in the Everest region, blending inner peace with outer majesty. The monastery glows golden at sunset, and you may even witness an evening puja ceremony. Teahouses nearby offer warm hospitality, and you sleep soundly under the watchful gaze of Himalayan giants.

Day 16 **Trek to Namche Bazaar (3,440m elevation)**

Max Altitude: 3,867 m / 12,687 ft **Walking:** 4-5 hours **Distance:** 9-10 km **Stay:** Mountain Tea House **Meals:** Breakfast Lunch & Dinner

After a peaceful breakfast in Tengboche, you begin your descent along one of the most beautiful fragments of the Everest trekking route. The 5-6 hour hike winds through blooming rhododendron forests, across lively streams, and alongside mani walls etched with prayers. You pass small Sherpa villages in Nepal, exchanging friendly "Namaste" greetings as Everest and Ama Dablam slowly fade behind you.

Returning to Namche Bazaar feels like coming home. The vibrant market buzzes with life, trekkers swapping stories, yaks jingling by, and cafes serving cinnamon rolls and fresh coffee with strong Wi-Fi, warm showers, and that signature Sherpa hospitality. This is a well-earned reward. Spend the evening browsing shops or simply gazing out over the amphitheatre of peaks you've just crossed.

Day 17 **Trek back to Lukla (2,860m elevation)**

Max Altitude: 3,440 m / 11,286 ft **Walking: 6-8 hours** **Distance: 18-20 Km** **Stay: Mountain Tea House** **Meals: Breakfast Lunch & Dinner**

On your final day of trekking, you descend through pine forests and cross swaying bridges over the Dudh Koshi River one last time. The 6-7 hour walk retraces your first steps, but now, every bend carries a memory. You pass cheerful children, colourful stupas, and terraced farms that slope gently into the valley. The trail feels familiar, yet sweeter with the weight of completion.

Lukla, the gateway to Everest, welcomes you back with celebratory energy. Trekkers gather in local teahouses, toasting with Everest beer and hot ginger tea. You share a final dinner with your guide and porters, filled with laughter and reflection. The Everest teahouse experience ends here, but the stories you carry will last forever. The next day, you fly once more, this time, with a heart full of wonder.

Day 18 **Fly back to Kathmandu**

Distance: 138km **Stay: 3-5* Star Hotel** **Meals: Breakfast**

You wake early for your scenic Lukla to Kathmandu flight, a 30-minute journey back across the Himalayan spines and green valleys. As you lift off, Everest fades into the horizon, but its imprint stays with you. You arrive in Kathmandu, greeted by the familiar sounds and colours of city life, then transfer to your hotel for rest, celebration, or a final wander through Thamel.

Whether you're sipping masala tea at a rooftop café or exploring temples in Patan or Bhaktapur, the shift from wild mountains to bustling streets feels surreal. The adventure may be ending, but its echo lingers. You've crossed glaciers, conquered high passes, and walked among legends. And now, with the trek behind you, you return changed, stronger, lighter, and forever moved by the Himalayas.

Day 19 **Free Exploration Day**

Stay: 3-5* Star Hotel Meals: Breakfast / Farewell Dinner

Today is yours to enjoy at your own pace, a buffer day to unwind, explore, or absorb the journey. Sleep in, sip coffee in a rooftop café, or dive into Kathmandu sightseeing with a guided tour of ancient heritage sites. Visit Bhaktapur Durbar Square, known for its brick-paved streets, intricate temples, and timeless Newari culture. Or stroll Patan's golden courtyards, where prayer wheels spin slowly in quiet corners.

If you're still chasing mountain magic, you can opt for an early-morning mountain flight over Everest, a one-hour aerial panorama of the world's tallest peaks. Back in Thamel, shop for prayer flags, singing bowls, or yak wool scarves to take home. Tonight, celebrate your journey over a traditional Nepali dinner, reflecting on your unforgettable Everest Three High Passes Trek adventure and the wild beauty you've walked through.

Day 20 **Fly Back Home**

Meals: Breakfast

Your incredible journey through the Everest Three High Passes officially comes to a close. Depending on your flight time, our team will escort you to Tribhuvan International Airport with heartfelt goodbyes and best wishes for safe travels. It's never easy to leave the magic of the mountains, but the memories and the lessons will stay with you for life.

As you look back on glaciers, passes, and starry Himalayan nights, you realise the trek was more than a physical challenge; it was a transformation. From the thrill of Renjo La to the peace of Tengboche, you've experienced something truly rare. Your Nepal trekking farewell is bittersweet, but the adventure lives on in your spirit. You came for the views, but you leave with so much more.

What's Included

Cost Includes

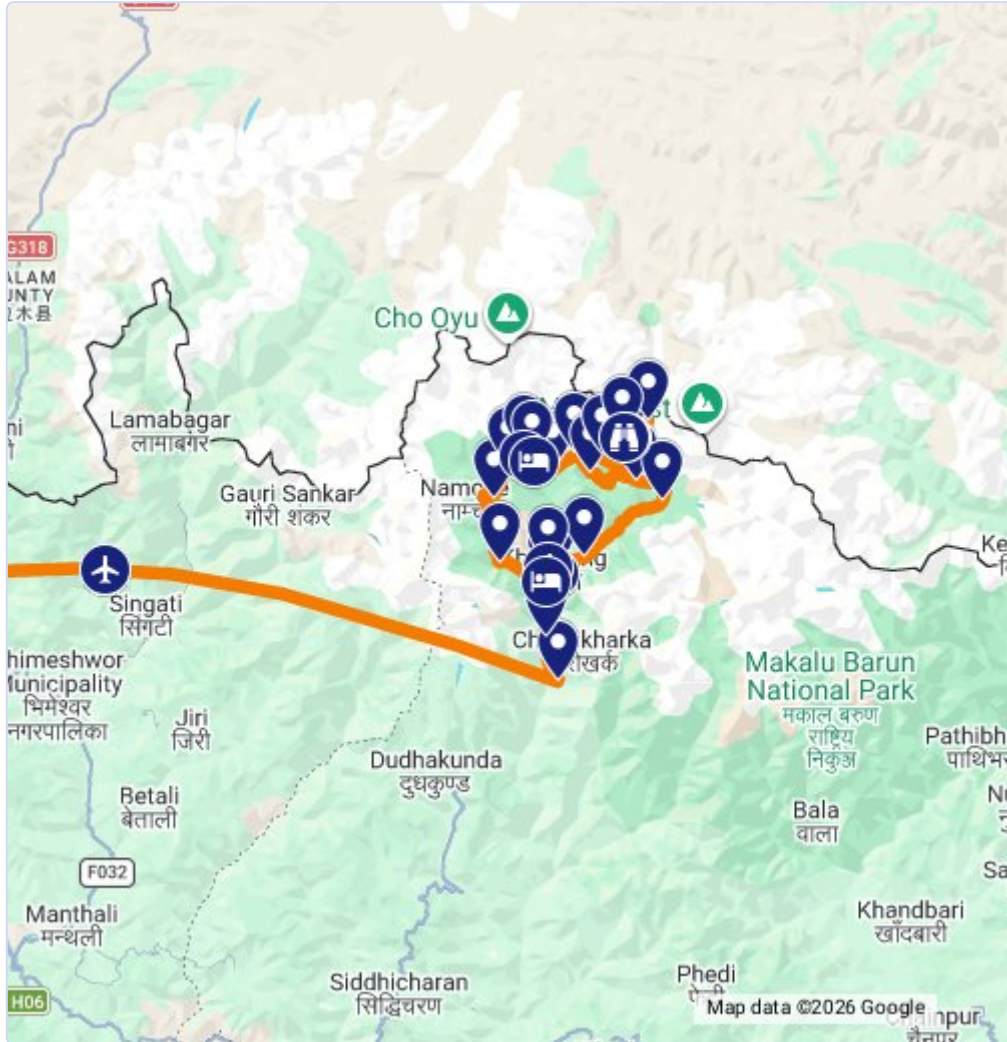
- Airport pickup and drop-off in Kathmandu by private vehicle
- 3 nights' accommodation in Kathmandu (twin-sharing, 3-5★ hotels)
- Round-trip scenic flights between Kathmandu and Lukla (or Ramechhap and Lukla, depending on availability) with shared or private ground transfers.

- Welcome and farewell dinners before and after the trek
- All meals during the trek (breakfast, lunch, and dinner)
- Teahouse accommodation during the trek (twin-sharing rooms)
- 1 licensed, friendly English-speaking trekking guide
- 1 assistant guide provided for every 4 clients
- Porter service (1 porter for every 2 trekkers, carrying up to 15 kg)
- Sagarmatha National Park entry permit and TIMS card
- Trekking map, duffel bag, and trek completion certificate
- First aid kit and emergency oxygen supply
- All government taxes and official service charges

Cost Excludes

- International flights to and from Kathmandu
- Nepal entry visa fees and personal travel insurance
- Personal expenses such as Wi-Fi, hot showers, drinks, and snacks
- Tips for trekking guides, assistant guides, porters, and drivers
- Personal trekking gear and equipment (can be rented in Kathmandu)
- Meals in Kathmandu, except breakfast
- Emergency evacuation by helicopter, horse, or early return due to AMS (Acute Mountain Sickness) or other medical reasons.
- Optional activities such as extra sightseeing tours or mountain flights
- Additional costs due to flight delays, weather conditions, or itinerary changes

Route Map



Trip Notes

When to Go:

- Spring (Mar–May): Clear skies, blooming rhododendrons, mild weather ideal for photography and nature lovers.
- Autumn (late Sep–Nov): Crisp air, best mountain views, Sherpa festivals, safest trekking season.
- Avoid: Monsoon (Jun–Aug) for rain, slippery trails, landslides; Winter (Dec–Feb) for extreme cold, high-pass closures, and limited teahouses.

Stay & Food:

- Teahouses, twin rooms (shared/private bath).
- Dal bhat, bread, momos, pasta, eggs; tea/coffee; simpler at high altitudes.

Transport:

- 30-min flight KTM/Manthali-Lukla; expect delays add buffer day.

Prep:

- Trek crosses 5,500m+ passes requires strong physical fitness and acclimatization.
- Train 6-8 weeks prior: cardio, leg strength, stair climbing, uphill hikes.
- Do multi-day hikes with a backpack; break in boots early.
- Learn and watch for altitude sickness; stay hydrated and eat well.
- Use acclimatization days wisely; pack light, layered clothing.
- Prepare mentally for weather or flight delays.

Pack:

- Clothes: Thermals, warm & waterproof layers, trekking pants, hats, gloves, socks.
- Gear: Sleeping bag (-10°C), towel, toiletries, sunscreen, lip balm.
- Health: Meds, Diamox, blister kit, water filter/tablets.
- Other: Headlamp, power bank, camera/phone, passport, permits, insurance.

Book the Everest Three High Passes Trek via Clockwise with Mercy Holidays!

Trekking the Everest Three High Passes Clockwise isn't just a journey; it's a life-changing adventure. With towering peaks, sacred lakes, and challenging passes, this route offers unforgettable thrills. Mercy Holidays ensures a safe, enriching trek with expert guides and thoughtful planning. Contact us or visit our office in Maharajgunj, Kathmandu, to book today!

FAQ

How long is the Everest Three High Passes Trek via Clockwise?

The trek spans 19-21 days, including arrival, acclimatization, and a buffer for weather delays. This pace ensures safe high-elevation crossings like Kongma La, Cho La, and Renjo La. You'll have time to explore Sherpa culture and stunning vistas. It's a perfect blend for adventure and safety.

Is prior trekking experience required for the Everest Three High Passes Trek?

No experience is required, but it's highly beneficial for this tough trek. High-elevation hikes prep you for physical and mental demands. With training, fit adventurers thrive on the passes. Your guide offers tips to boost confidence.

How difficult is the Everest Three High Passes Trek?

The trek is very challenging, with steep climbs and high elevations up to 5,545m at Kala Patthar. Daily 5-8 hour hikes and three passes demand strong fitness. Proper prep makes it rewarding and achievable. You'll conquer it with grit!

Is the Everest Three High Passes Trek safe?

Yes, it's safe with careful acclimatization, skilled guides, and good planning. Elevation sickness and weather need close monitoring. Guides ensure your health, and teahouses offer cozy rest. Stay alert to your body's signals for safety.

Do I need permits for the Everest Three High Passes Trek?

Yes, you need a Sagarmatha National Park Entry Permit and a TIMS card. Your trekking agency typically arranges these for you. Permits grant access to trails and villages. Confirm with your guide to ensure all is set.

What is the highest point of the Everest Three High Passes Trek?

Kala Patthar, at 5,545m elevation, is the highest point, offering stunning Everest views. Kongma La (5,535m elevation) is a close second. The climb rewards you with epic Himalayan vistas. You'll feel on top of the world!

What type of accommodation is available?

Cozy teahouses offer twin-sharing rooms with shared bathrooms along the trek. Namche Bazaar and Gokyo may have private bathrooms for a fee. Lodges are clean and welcoming, perfect for resting. You'll love the warm mountain hospitality.

Can I charge my devices during the Everest Three High Passes Trek?

Yes, teahouses offer charging for a small fee, but solar power is limited. Pack a power bank for reliable device use. Signals weaken at higher elevations, so plan. Capture stunning pass views without battery worries.

Is Wi-Fi available on the trek?

Wi-Fi is available in Namche Bazaar and Gokyo for a small fee. Signals get spotty at higher elevations, so expect limited access. It's a chance to unplug and soak in the Himalayas. Stay connected sparingly to share your journey.

What's the food like on the Everest Three High Passes Trek?

Meals are hearty, featuring dal bhat with unlimited refills, momos, pasta, and Tibetan bread. Options simplify at higher elevations due to limited supplies. Teahouses serve warm, tasty dishes to fuel your trek. You'll savor local flavors!

What's the risk of elevation sickness on the trek?

Moderate to high risk exists above 3,500m elevation, especially at passes and Kala Patthar. Rest days, hydration, and slow pacing help. Watch for headaches, nausea, or dizziness, and descend if worse. Guides monitor your health closely.

Do I need a guide or porter for the Everest Three High Passes trek?

Solo trekking is possible, but a guide enhances safety and navigation on high passes. Porters lighten your load, carrying 15kg. They support local Sherpa families with their work. You'll enjoy the trek more with their help.

How cold does it get on the trek?

Nights in Gorakshep and Gokyo can drop to -10°C to -15°C in autumn or winter. Pack thermal layers and a four-season sleeping bag. Teahouses offer cozy beds for warmth. Proper gear keeps you comfortable.

Can I do the Everest Three High Passes Trek solo?

Yes, but caution is key on this tough route. Clear trails still demand navigation skills at high elevations. A guide adds safety and local insights for a richer experience. Solo trekkers need strong prep and self-reliance.

What's the emergency evacuation process for the Three High Passes trek?

Helicopter evacuation is the main option for emergencies in remote areas. Ensure insurance covers trekking above 5,000m elevation. Guides coordinate swift airlifts and medical care if needed. Carry insurance details for peace of mind.

