

High Passes of Everest Trek | Duration: 20 Days

Days | Cost: \$2199

High Passes of Everest is superb new trekking holiday which makes a complete high-level circuit of all the major valleys of the Khumbu. This trek includes three high passes (Renjo La (5,388m/17,513ft), Cho La (5,380m/17,650ft) and Kongma La (5,535m/18,159ft) which link the valleys of Thame, Gokyo, Khumbu and Chukung. In each of these valleys we have the option to make an ascent of a walk-up peak for classic views of Everest and other Himalayan giants. Visiting the major sights of the Everest trail, villages and valleys which are off the beaten track, this trek goes way beyond the normal experience of an Everest base camp trek. For those who like a challenge and those who just have to see everything, this trek really does have it all. Come and explore with us High Passes of Everest Trek.

At a Glance:

- **Tour code:** NHPE001
- **Style:** Trekking | Hiking Holidays
- **Grading:** ▲▲▲▲▲
- **Suitable for:** 5,550m
- **Duration:** 20 Days
- **Start in:** Kathmandu |Airport
- **End in:** Kathmandu |Airport
- **Transport:** Air+Overland
- **Price:** 2199

Highlights of the tour:

- Trek via high passes to Everest Base Camp
- A high level circuit trek of the Khumbu Himalaya
- Trekking over Renjo La Pass, Cho La Pass and Kongma La Pass
- Magnificent Himalayan sceneries of four of the world's eight highest peaks
- Unique Sherpa culture and generous hospitalities of the people living in this region

What's Included:

- Kathmandu Airport transfers.
- 3 meals during trek.
- An experienced insured and equipped English speaking Guide.
- Guided sightseeing and entry fee in Kathmandu.
- Internal flights and land transport involved in the itinerary.
- Flights of guide.
- 3-4* accommodation in Kathmandu with breakfast.
- Teahouse accommodation twin sharing basic.
- Tims permit.
- Insured and equipped porter as on IPPG rules.
- Ascents of Kala Patar (5545m) .
- Crossing the high passes Renjo La (5340m), Cho La (5420m) & Kongma La (5400m).
- Acclimatize day to explore in Namche and Thame.

What's Not Included:

- Travel Insurance.
- Nepalese Visa.
- Tips for Guide and other trek staff.
- Lunch & Dinner in the city.
- Additional costs due to illness, rescue.
- Additional cost due to force majeure, changes of flight and itinerary.
- Personal drinks and Bar Bill.

Join Kathmandu

Arrival at Tribhuvan International Airport, Kathmandu. A traditional warm welcome by our airport representative. Short briefing about the package in the hotel. Typical welcome dinner in the evening.

Kathmandu sightseeing

Your first day begins with breakfast at your Hotel. You will be taken for sightseeing of Kathmandu Valley to explore the vibrant city after breakfast at your hotel. Drive to famous Buddhist Stupa Swayambunath, also known as Monkey temple, on the hill of Kathmandu Valley where you can see stunning view of mountains and Kathmandu valley. This temple attracts Buddhists and tourists from around the world. Swayambhunath Stupa is the most ancient and enigmatic of all the holy shrines in Kathmandu valley. Its lofty white dome and glittering golden spire are visible from far and wide. Next is Pashupatinath, the temple of Lord Shiva. This is probably the

most famous temple for Hindu in Indian Sub-continent. There is crematorium beside the temple where dead bodies are burnt to ashes. After exploring Pashupatinath you will visit fascinating sights of Patan Durbar Square, one of the most glorious examples of traditional Nepalese architecture, full of centuries old temples and palaces.

Fly to Lukla & trek to Phakding

You will take stunning flight to Lukla from Kathmandu. You will meet with the trekking crew upon arrival. Following a short tea break you will trek northwards up to the valley of Dudhkoshi. Descend from the small plateau into the forested valley. The trek is very easy and short today. However, the difference in altitude, in comparison with Kathmandu, can make you feel a bit difficult. After lunch you trek north towards Phakding. The trail crosses several streams and you finally reach to Phakding (2650m). You will spend your first night in this settlement from where you will have tantalizing views.

Phakding - Namche Bazaar

Hike to Namche Bazaar through farmland and settlements. You will follow the Dudh Kosi northwards. This day's walk takes you through magnificent forests of rhododendron, giant fir and magnolia trees. You will cross the west fork of the river, the Bhote Kosi, and start the steep climb to Namche Bazaar. Namche is the largest Sherpa village which is called as Gateway to Mount Everest. Namche is a prosperous Sherpa village and an important trading center as well. Locals from various villages gather during the weekly bazaar and sell fresh foodstuffs.

Acclimatization day/explore around Thamo or Synboche

You will take rest in Namcha and explore the village Thamo or Synboche. Make yourself fit, physically and mentally, for the further journey. This day is for acclimatisation. We suggest you to stay active even in the rest day so that it will help you for the trekking.

Trek to the Sherpa settlement of Thame (3820m)

You will start your trek from Namcha Bazar to Thame after breakfast. It is the settlement of Sherpas where most of the famous climbers and mountaineers were born. Thame is the largest village in the valley and it is better known as the home of Tenzing Norgay, the first Sherpa to scale Mount Everest with Sir Edmund Hillary in 1953. Appa Sherpa, the man who holds the record for climbing Mount Everest most of the times (21), was also born here. You will meet Sherpa and try to know about them, their culture and traditional mores. You will spend time at the village of Thame with its spectacular Monastery.

Trek to Lumde

From the Sherpa village of Thame, you will trek to Lumde. On the way you will see the spectacular view of Himalaya. You can enjoy and capture the beautiful scene or moment by the camera for the life time memory. Overnight at Lumde.

Crossing the Renjo La (5340m) & Descend to Gokyo (4790m)

Crossing the Ranjo la pass will be exciting and challenging. Descend steep slope at first into a remote northern valley where the landscape is progressively that of the Tibetan Valleys beyond the border. There is a chance to meet Tibetan traders descending from the Nangpa La pass. This is an ancient trading route that leads through the Himalayas from Tibet. Renjo la pass is very popular and challenging trekking trail in the Everest region. Descend to Gokyo.

Morning ascend Gokyo Ri - Ngozumpa Glacier -Dragang (4700m)

Early in the morning after breakfast ascend to Gokyo Ri. It is a peak in the Khumbu region. It is located on the western side of the Ngozumpa glacier, which is the largest glacier in Nepal and reputed to be the largest in the whole Himalayas. You will explore the classic view of Everest, cross the Nogozungpa glacier to reach Dragang.

Cross the Cho La (5420m) and trek to Dzongla (4830m)

Your day begins with the breakfast in the morning. You will start trekking early today to take advantage of the stable early morning weather pattern that prevails in the Himalayas. Depending on the snow conditions, it will take you approximately two hours to reach the saddle of the pass. Cho La is a summit pass located 5,420 meters above sea level in the Solukhumbu District in northeastern Nepal. It connects the village of Dzongla to the east and the village of Thagnak to the west. After visiting Cho la pass and its spectacular view, you will trek to Dzongla.

Trek to Gorak Shep (5140m)

Today you will trek over rocky moraine towards the settlement of Gorak Shep. Gorakshep is a frozen lakebed covered with sand in Nepal. It lies in a dry lake bed of the same name. There is no vegetation in Gorak Shep, The land is not suitable for any kind of cultivation. So it is named Gorak Shep which means 'Dead Raven'. From Gorak Shep, most tours go for day excursions to Kala Pattar and Everest Base Camp.

Trek to Everest Base Camp and Back

Everest Base Camp is reach within about 3 hours from Gorak Shep. Camping there requires a special permission. Therefore most of the trekkers only go for a day trip to the camp. From here you can explore the highest Mt.Everest and view of spectacular himalayyas with taking beautiful picture.

Early Morning ascend Kala Pattar and trek down to Lobuche

Your condition will be checked today before you move on. If the condition is found good then hike to Kala Patthar. Enjoy an early morning hike to an excellent viewpoint of the Everest region, with panoramic vistas of the front of Mt. Everest and Pumori. Kala Patthar is a notable landmark located on the south ridge of Pumori. After ascending Kala Patthar you will decent down to Lobuche and prepare for your next journey

Start early morning to Cross the Kongma La (5400m) & trek to Chukung (4730m)

You start the day very early as the day is long. The trail is challenging off the beaten trekking trail in the Everest region. The day offers you outstanding view of Mount Everest, Cho-oyu, Lhotse, Nuptse, Pumori, Amadablam, Lobuche and many others. Among the three high passes of the Everest trek, Kongma La pass is one of the most picturesque areas. After crossing the pass, trek to Chukung which located in Sagarmatha National Park area.

Trek down through Dingboche, Pangboche to Deboche (3700m)

Dingboche is a village in the Khumbu region of north eastern Nepal in the Chukung Valley. Dingboche is a relatively large village in Khumbu, located between Pangboche and Chukung. It is above the tree line, so lacks the greenery of the villages below. Then you will visit Pangboche to Deboche.

Trek down to Tyangboche, Namche to Jorsale

Tyangboche is a village in Khumjung in the Khumbu region of northeastern Nepal, located at 3,867 metres. There is an important Buddhist monastery, Tengboche Monastery, which is the largest gumba in the Khumbu region. You will trek down to Tyangboche and then Namcha to Jorsale.

Trek to Lukla

Hike down a steep trail to the Dudh Kosi and trek down. You'll have a long and leisurely trek back to Lukla. Celebrate your trek at a local tea house and gaze back at the jagged peaks of the mountains you've just climbed. Bid adieu tonight to your trekking crew.

Fly back to Kathmandu/Hotel

Fly from Lukla to Kathmandu, enjoy panoramic mountain views. Spend the rest of the day sightseeing, exploring, shopping or just relaxing in Kathmandu's numerous cafés and roof-top restaurants before spending the evening celebrating your achievements!

Day at leisure also spare day in case of flight cancel

It's a leisure time in Kathmandu, where the rest of the day is free for shopping, sightseeing or relaxing. This is an extra day in case of bad weather. Free time to explore Kathmandu before transferring to the airport for flight back.

Transfer to Airport for return flight back home

Your final day in Kathmandu is a free day. You do as you like. Many people take the time for shopping others enjoy exploring the cultural sites of the city. Our local guide can advise you on the best shops in the area. Farewells! Our airport representative will travel with you to the airport.

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