

Everest High Pass Trek Key Info

Trekking Destination: Kongma La, Cho La and Renjo La Pass, Everest Base Camp, Kalapathar, Chhukung Ri and Gokyo Ri

Activities : Trekking, Cultural Tour

Difficulty : Moderate, Adventurous, Strenuous

Max Elevation: (5,550m) Kalapathar

Start: Lukla

Meals : Full board on trek

Group Size: 2 - 10

Transport: private vehicle, Airplane

Best Time: Sept - Nov and Mar - May

Trip Length: 21 Days

Trek/Tour Style: Tea House

End: Lukla

Trip Highlight

- Strenuous adventures trekking trail in Everest.
- Including three High passes Kongma La (5,535m), Cho La (5,420m) and Renjo La (5,360m).
- You must have a guide and proper equipment and need acclimatization in Namche.
- Picturesque mountains view, Mt. Everest (8,848m), Makalu (8,463m), Cho Oyo (8,153m), Lhotse etc.
- Wildlife like; musk deer, snow-leopard, bear, wild goat (Jharal), Himalayan cock, impeyan pheasant.
- Short mountain scenic flight to Lukla (2,800m) by small aircraft.

Everest High Pass Trek Suggested Itinerary -21 Days

Day 01:

Upon arrival at international airport, our waiting support team will meet and greet you at the airport assist and transfer to the Hotel.

Day 02:

Trekking preparation and permit organize day. Please, check your insurance details and have a copy of your travel medical insurance policy with you.



Day 03: Fly from Kathmandu to Lukla (2,800m) -30 minutes, trek to Phakding (2,640m) -3 to 4 hours

Early in the morning fly Kathmandu to Lukla (30 to 40 minutes) then make final preparations for the trek. From Lukla you'll pass Chaurikharka village and make a descent towards the Ghat (2,530m). The trail follows the bank of the

Dudhkosi River. To assist acclimatization, this first day Treks is only 3 to 4 hrs. But if people are still interested to do more activities they will have the opportunity to go on a side trip to monastery around in Phakding. Stay overnight at Lodge.

Day 04: Phakding to Namche Bazaar (3,430m) - 5 to 6 hours

The trail follows the Dodh Kosi River banks and arrives in Tok Tok. You can see excellent views of Thamserku peak from here. The trail climbs to Chomoa, the site of an agricultural project farm. Then the trail climbs to Monju (2,840m) and enters the Sagarmatha National Park Area (1,148 sq km, established in 1976). Walking some distance up you will be at Jorsale (2830m) and after crossing the last (fifth) bridge; there is another long climb from where you can have a view of Mt. Everest, over the right Nupste (7,879m). After 5 to 6 hrs walking the trail reaches the street of Namche Bazaar at last. Stay overnight in Namche Bazaar and witness the snow capped mountains and Sherpa heritage.



Day 05: Acclimatization in Namche Bazaar and visit Khumjung Village (3,790m)

After having a late breakfast, take a walk for sightseeing around Namche Bazaar then hike to the Everest View Hotel. This is the ideal place to view outstanding mountains such as Mt. Everest, Nupste, Ama Dablam, Kangtegha, Thamserku, kusum khangru, khongde and Khumbi yu La etc. While watching the spectacular view of mountains, the trail leads you in khumjung valley, where can see Hillary School, an ancient Monastery with a yeti skull, and khunde Hospital, and then return back to Namche. If you are still willing to go, you can visit the mountaineering museum and visit the Sagarmatha Pollution Control Committee (SPCC) in Namche Bazaar. Otherwise you can spend some time interacting with the fun-loving Sherpa and Rai people in here. Above the police check post you will see Sagarmatha National Park headquarters and visitor center; it is open



8 am to 4 pm except Saturdays and government holidays. Stay overnight at Lodge.

Day 06: Namche Bazaar to Tengboche (3,867m) -5 to 6 hours

After breakfast we start our trek with a pleasant walk on a trail through the forest with magnificent views of mountains until Kenjoma, where the trail joins from Khumjung. After passing the small settlement Sanasa, the trail drops towards Phunki Thanga (3,250m). Then it climbs steeply through forests on the Tengboche monastery, situated at 3,867m. The view from here is rightly deemed to be one of the world's most magnificent. Kwangde, Tawachee, Everest, Nuptse, Lhotse Ama Dablam, Kantega and Thamskeru provide a stimulating panorama of Himalayan view. Stay overnight in Tengboche.



Day 07: Tyangboche to Dingboche (4,300m) -5 to 6 hours

After breakfast, the trail descends down from Tengboche, through the rhododendron forest to Deboche. Crossing a bridge over the raging Imja Khol River, the trail for Dingboche follows the climbing route of Island peak and Phokalde peak. It is a gateway to Chukung and farther beyond for the most challenging traverses towards Makalu area and Hinko Valley via Sherpani col (6,100m) and Amphu Laptsa pass (5,780m).

Day 08: Acclimatization day at Dingboche

On this day you may have full day's rest but there are also some places where you can go for a day hike: up to Chhukung(4,730m) for acclimatization (point of climbing famous Island peak) or climb up to Nagarjun Peak which offers view of Imjatse Valley with Dingboche village and Mt.Makalu (8,463m), Ama Dablam, Island peak etc. Stay in Dingboche overnight.



Day 09: Dingboche to Chukung (4,730m)

explore around

This is important acclimatization/rest day today with the option of hiking high up to Chhukung Ri (5,546m) for 360 degree mountain view or visiting Island peak base camp. We will spend the day relaxing or exploring the tremendous mountain scenery of Lhotse (8,501m), Makalu (8,463m), Nuptse (7879m), and Imja Tse/ Island peak (6189 m), Barunche (7,220m), Amadablam (6,814m), Thamskerku (6,608m), Kawangde etc. There are more two dozen snow capped mountains from the ridge above the Chhukung valley! We will have to prepare for our first high pass, the Kongma La Pass at 5,535 meters.



Day 10: Chhukung via Kongma La (5,535m) to Lobuche (4,930m) – 7 to 8 Hours

After a very early morning breakfast with pack lunch, the rocky small trail leads you ascent up to Kongma La (5,535m). You will probably find this pass a bit harder than previous days trekking. We head down directly west out of Chhukung on a small, rocky trail and contour around many hillsides, usually not very steep, until we reach the Pokalden Base Camp. After a few other steeper hills, we will reach another Base Camp for Pokalden and a clear blue lake which sits just below the pass. The trail still leads us for another half hour with great view but impossibly built trails into the cliff-side. After few hours later, we have reached the Kongma La, our highest pass at 5,546 meters. Then the trail descends steeply and get in Lobuche crossing Khumbu glacier. Stay overnight here.

Day 11: Lobuche to Gorakshep (5,140m) - 3 hours & Everest Base Camp (5,360m) - 2 to 3 hours

After breakfast, the trek continues its gentle and sometime direct ascent to a nearby glacier. The trail goes to Gorakshep is rocky and windy but it offers good views of Mt. Pumori. There are also beautiful views of the Everest Base camp and glacier. After lunch, we will be ready for our adventure to the targeted destination and



continue our trek towards the Everest Base Camp and to the Khumbu Ice-fall. The path from there can be misleading. Follow the lead Sherpa since every year the trail changes due to the movements of the glacier. The walk is quite strenuous due to the high altitude and thin air and passes over rocky dunes, moraine, and streams, till you reach the base camp. If you are trekking during the high expedition season it may feel like city up there. It takes 2-3 hrs to get to base camp and after a grand time here, we go back over to Gorekshep to stay overnight at a lodge.



Day 12: Gorakshep to Kalapathar (5,550m) -2 hours & Stroll back to Dzongla (4,830m) -5 to 6 hours

Very early in morning we will have to climb up 2 hours to Kalapathar for 360 degree view of the mountain peaks. When reaching the top, you will feel joyful as you achieve the moment that you have been dreaming of since the beginning of your journey. A small rocky peak “Kalapattar” offers you beyond imagination views. The panoramic view from this spot is something to cherish and you feel it’s worth the hard climb up to here to feel at the top of the world. You can also see the Everest Base camp down below on the moraine of Khumbu glacier and many mountainous scenery such as: Pumari (7,145m), Lingtren (6,695m), Khumbutse (6,623m), Changtse (7,550m), Nupse (7879m), and even Everest itself. After breakfast in Gorakshep, we trek down to Dhugla then continue staying high above the valley floor in Imja valley. It is the only place in Khumbu where barley is grown. Enjoy the scenery and stay overnight in the hotel.

Day13: Dzongla via Chola La (5,420m) to Tangnank (4,700m) -6 to7 hours

The views today are magnificent even though we have left Everest behind us. However we can still glimpse Mt. Cho Oyu (8,153m), the sixth highest mountain in the world. The trail goes up to Cho La Pass and the trek is hard work indeed, involving a steep scramble up rock boulders and then a walk across the gently ascending, snow-covered glacier on the pass. Even though, the views of the route ahead of the glacier itself are



breathtaking you might feel exhausted. For the first part of the descent there are discernible paths that zigzag down the mountainside - slippery in snowy rocky trail. After this we descend through steep boulder scattered slopes to the Gokyo valley; turquoise lakes and great glaciers. Finally we climb up a gentle slope to the top. From here it's all downhill following a narrow river valley all the way to its base where we stay overnight at Thangnak (4,700m), a small Sherpa settlement beneath huge rock.



Day 14: Thangnak to Gokyo (4,790m) -2 to 3 hours.

After late breakfast the trail leads us through the Nagjumba glacier (biggest glacier of the Nepal Himalayas) and ascend a trail which catches the main route of Gokyo. Here there are beautiful lakes with Siberian ducks swimming across the mirror-calm surface. The rest of the day you can relax in hotel or climb up to Gokyo Peak (5,350m) to explore. This trek is a once in a lifetime opportunity to enjoy the beautiful isolated Himalayan scenes by exploring around. Stay overnight here.

Day 15: Rest Day in Gokyo (4790m)/ Explore day in Gokyo Peak (5,360m) -2 hours

Very early in the morning, about a 2 hours hike up to the Gokyo Ri (5,360m) for the breathtaking view of a sunrise atop the mountain with view of the four highest mountains including Mt. Everest. This will be an unforgettable memory and enjoy around the top. We have a great memories and stroll back an hour to Gokyo for breakfast then take a rest and relax all the day.

Day 16: Gokyo via Renjo La (5,360m) to Marulung (4,150m) – 7 to 8 hours

Today is big day of trekking over the Renjo La (5,360m). You leave your camp following an early breakfast and climb into a wide curie making for the ridge line ahead of you. This is our last challenging pass, when you come over the pass



you are greeted with an incredible panorama looking out over the turquoise lakes at Gokyo and across the Mt. Everest. You descend over rough glacial slabs and moraine to your campsite in a secluded location on the western shore of Gokyo. Probably, we need ropes to descend into remote northern valley about 100 meters down during Nov-Feb. There is a chance we will meet Tibetan Traders descending from the Nangpa La pass that leads through the Himalayas from Tibet with their caravans of woolly yaks laden with goods.



Day 17: Marulung to Thame (3,800m) – 4 to 5 hours

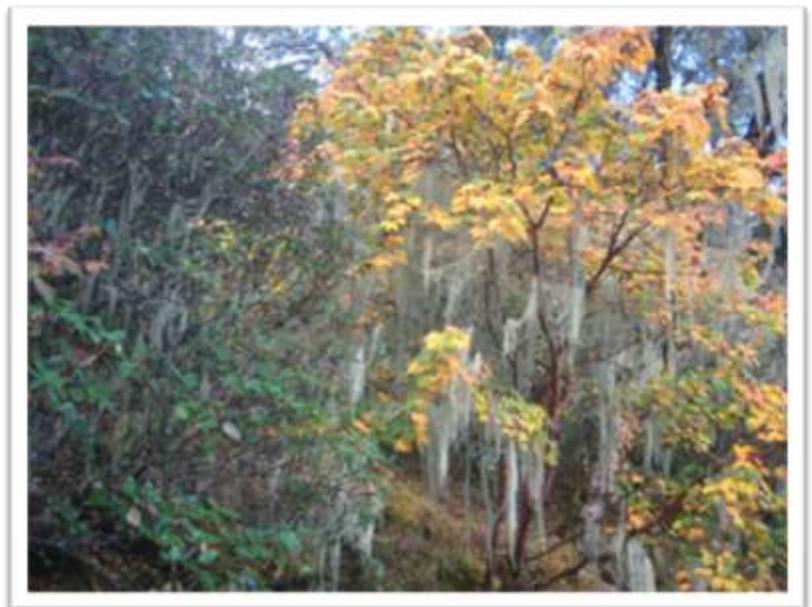
We are heading down into Nangpa Valley. Until 2005 this valley was off limits to trekkers because it was a main access route to the pass linking Nepal and Tibet. For decades, many Tibetan traders have traveled this route, bringing a variety of Chinese goods on the backs of their yaks to sell in Namche Bazaar. The Thame monastery which is attached with the rock famous ancient monetary was built in the fourteenth century. Trek back to the lodge. You have great chance to talk with Everest Hero, Mr. Appa Sherpa, about his experience of climbing Everest twenty times.

Day 18: Thame to Namche Bazar (3,430m) -3 to 4 hours

After breakfast the treks leads us down the river then goes gradual down and kind of flat turn south down valley towards Namche Bazaar through rhododendron and juniper forest with isolated Sherpa village. The rest of day we enjoying with tremendous mountains scenery in Namche Bazaar.

Day 19: Namche Bazaar to Lukla (2,800m) -6 to 7 hours

After a long walk we'll have long last trek back to Lukla today. We descend a long ways before crossing the bridge. After a further walk to Monju we stop in Phakding for lunch. We will remind ourselves again to enjoy the lush green



scenery around us as we pass through the incredible mountain scenery and local Sherpa villages until Lukla. You'll have time to wander around the areas and the guide will reconfirm your flight ticket. Enjoy the last dinner and celebrate with your crew before heading back to stay overnight at the hotel.



Day 20: Fly back to Kathmandu -30 minutes

Normally, the flight for Kathmandu is in the morning due to the wind in the afternoon; sometime the flight time can be delayed due to bad weather and other reason beyond our control. Anyway we will fly back to Kathmandu and your guide will transfer to hotel. Then you may have time to relax after long journey and catch your breath . Relax at your hotel the rest of day.

Day 21:

In this pleasant day you may have full day at leisure either relax at hotel or explore the around Thamel. Today is day of ending your journey, so we would like offer you farewell dinner in Nepali typical Restaurant and hand over you Trip Certificate, Trekking Permit and TIMS Card for memory of Nepal trip. Today is free or last minute shopping for souvenirs or gift to your family, friends or relatives for you until departure flight/drive. Our assist will be transfer to the International Airport for your departure flight to your onwards destination, taking with you the memory of a life time.

**Note: Some time we could face problem of internal flights to/from Lukla delayed by few hours or cancelled for a day because of bad weather. It is happen very rarely, but it could even in best trekking season also as you know how climate change is effecting our globe. Therefore, we always recommend you to add one supplement night in Kathmandu after your base camp trek if possible (just for incase). If everything runs smoothly, you can enjoy other activities like sightseeing, rafting, shopping, as you wish in those additional day overnight at hotel.*

Following things are included:

- Free Airport picks up and drops all transportation (airport to Hotel to airport).
- Star level 3 nights' Accommodation in Kathmandu twin bed sharing with BB Plan.
- Necessary paperwork and Trekking permit for Sagarmatha National Park.

- TIMS (Trekking Information Management System) Card for the Trekking.
- Air ticket Kathmandu to Lukla and Lukla to Kathmandu & Airport Tax (Weight limit: 10 kg main baggage and 5 kg hand per passenger/flight).
- Trekking equipments (worm down jackets, sleeping bag & Duffle Bag) during the trekking if you needed.
- Nepal Mother House T-shirt /Cap and Appreciation Card of Mount Everest Base Camp Trip.
- Three times meals (breakfast, Lunch, Dinner), tea coffee in a cup each meal during trek.
- Soft & comfort private accommodation entire Mountain twin bed sharing with share toilet.
- English speaking friendly a Guide (Government license holder) his/her food, accommodation, transportation, salary, equipment.
- A porter (between every 2 person basic) carries max.20-25 kg. Plus their food, accommodation, wage, insurance, all transportation.
- Guide & porters insurance for their happy journey.
- A Trekking Map of Everest Base Camp Trip for a Group.
- Supplementary snacks (cookies, fresh fruits) on The Trek.
- One Sherpa (assistance guide) if group size more than 6 people. Plus their food, accommodation, wage, insurance and equipments.
- First Aid medical kit during trip & welcome and Fare well program.
- Tourist service charge, vat, Governments Tax and official expanse if necessary.

These things are not Include:

- All kind of beverage including mineral water, Chocolate, Cookies, desert, Phone calls, Wi-Fi, laundry, hot shower during Trek.
- Clients travel Insurance and evacuation (compulsory).
- If incase, flight cancel and charter helicopter or plane.
- Tipping for Guide & porter, yours meals at Kathmandu.
- Personal expenses like Shopping, souvenirs or gift, personal mountaineering gears.
- Optional trips and sightseeing if extend.
- International airfare, airport departure tax and Visa fee.
- Things which not mention above our services.
- Visa fee, you obtain a visa easily upon your arrival at Tribhuwan International Airport Kathmandu.

BOOK TRIP >

CONTACT US >

Optional Additional Trip



If you would like to extend some more days after or before your trip, then we are glad to organize your trip following the area or glad to offer you according to your desire, holiday period and interest with reasonable price.

[I] Jungle Safari in Chitwan National Park

We arrange for 1 night 2 days to 2 nights 3 days Jungle Safari trip in Chitwan National Park either by airplane from Kathmandu to Bharatpur and back to Kathmandu or regular tourist bus. In this package will include all accommodation and activities such as Elephant safari, Canoe ride, Bird watching, Jungle walk, village walk, visit to the Gharial (A rare type of crocodile) Breeding Center and a cultural show of the indigenous people of Chitwan. [Read more.....](#)

[II] Everest Mountain Flight

People who have short time and physically unfit, those people won't be able to get in Himalaya explore around in their life time. But now do not need to worry about, Everest Mountain Flight would be the best way to explore around Himalaya range at once glance. Nepal Mountain Flight conducts every morning regular flights by Yeti, Simrik, Guna and Buddha Airlines craft towards the Himalayan range. This is the quickest way to get a close look at Mt. Everest, the highest mountains in the world. And other mountains that can be viewed at close range are Nuptse (7,879 m), Lhotse (8,501 m), Cho Oyu (8,210m), Makalu (8,475 m) and Kanchenjunga (8,584 m). Aircraft have large and clear windows and provide superlative sights of the Great Himalayan Range. You are provided by the window seat to enjoy the whole flight viewing the snowy peaks, and from the cockpit it is even a superb and undisturbed view. It begins North East of Kathmandu offers you eye-level sun rising views of the snow capped peaks and bring you back to Kathmandu within an hour. [Read more....](#)

[III] Kathmandu Sightseeing Tour

It is possible 1 day to 2 days sightseeing around Kathmandu valley with our professional tour Guide. Having explored historical and spiritual attractions; including the historic Durbar Square, Bouddhanath; one of the largest stupas in Nepal, Swayambhunath; top on the hill in the city known as the Monkey Temple, Pashupatinath; Hindu's holy place, Sadhus and pilgrims bathing at occasionally, funeral pyres burning on the ghats, located on the holy Bagmati River. [Read more.....](#)

[IV] White River Rafting

White River Rafting is another option for your additional day trip. Nepal Mother House offer you Trishuli River Rafting /Kayaking for 1 day to 3 days trip, which will be starting at Charaudi on the way to Pokhara Prithivi Highway and taking out at before Narayanghat. During this trip you will get full satisfying exciting adventure experience, you run all the



major rapids watch the river grow as its tributaries join, awesome sight as it cuts its way through impressive gorges, and then leave it when it spreads out over the great plain of the Ganges. This rafting is the best including for training purpose, Kayaking and Rafting as well. [Read more.....](#)

[V] Bungee Jumping

Bungee Jumping could be another optional trip for your additional day; it is situated 160m over the Bhote Koshi River, near to the Nepal-Tibet border, 3/4 hours bus ride from Kathmandu and can back to Kathmandu same day. It was designed by one of New Zealand's leading bungee consultants, and operated by some of the most experienced jump masters. Bungee Jumping here is probably best in the world as it is not only the highest but also provides the most wonderful view in the world. The thrill and excitement of bungee is absolutely a once in life time experience. [Read more.....](#)

[VI] Paragliding and Jeep Flyer

If you are looking for adventure experience during additional day, it would be best do Paragliding and Jeep flyer in Pokhara. In 2to 3 days period you participate for this activities, you can get in Pokhara either by plane scenic 20 munities flight or comfort tourist bus. We take a 20 min jeep ride from Pokhara to Sarangkot (1,592m), which offers great panoramic mountain views and tranquil Fewa Lake, where the sunrise and sunset rays land in amazingly. For the paragliding, you do not need to have experience, Nepal Mother House provides you qualified pilots will provide you full briefing before your trip launch. If you want to have funs with gliding and Jeep flyer in beautiful city Pokhara why don't let us serve you. [Read more.....](#)