



● Trekking at a Glance

DURATION

18 Days

MAX ALTITUDE

5530m

BEST TIME

Mar-May & Sep-Nov

ACCOMMODATION

Hotel, Tea Houses, Lodge

THE OVERVIEW

The Three Pass Trek is the ultimate Everest circuit, offering trekkers an adventurous journey through the Khumbu region of Nepal. This challenging trek involves crossing three high-altitude passes: Kongma La (5530m), Cho La (5430m), and Renjo La (5344m). The trek begins with a scenic flight from Kathmandu to Lukla, followed by trekking through Namche Bazaar, Tengboche, and Dingboche. From there, trekkers cross the high passes and reach Everest Base Camp and Gokyo Lake while also ascending to Gokyo Ri for panoramic views of the world's highest peaks. The trek involves spectacular views of Mount Everest, Lhotse, Makalu, and Cho Oyu,...

01

Arrival in Kathmandu / Transfer to Hotel

Arrive in Kathmandu, the capital city of Nepal. After clearing immigration, you will be transferred to your hotel, where you can relax and prepare for the trek. In the evening, you may have a briefing session with your guide.

ALT: 1,400m

02

Fly to Lukla (2850m), Trek to Phakding (2650m)

After an early flight to Lukla, the starting point of the trek, you will begin trekking to Phakding, a small Sherpa village along the Dudh Koshi River. This is an easy and beautiful first day of trekking, giving you time to adjust to the surroundings.

ALT: 2,650m HIKE: 3-4 hrs MEAL: Breakfast, Lunch, Dinner

03

Phakding to Namche Bazaar

This day is a more strenuous hike that takes you through dense forests and across suspension bridges. You will be walking along the Dudh Koshi River, and as you approach Namche Bazaar, the first views of Mount Everest and Ama Dablam will appear.

ALT: 3,440m HIKE: 6 hrs MEAL: Breakfast, Lunch, Dinner

04

Acclimatization Day at Namche

Today is a rest day to help your body adjust to the higher altitude. You will visit Khumjung, a Sherpa village, and hike to the Everest View Hotel for stunning panoramic views of Mount Everest and other peaks in the region.

ALT: 3,440m HIKE: 3-4 hrs MEAL: Breakfast, Lunch, Dinner

05

Namche to Tengboche

Trek to Tengboche, famous for its Tengboche Monastery. The route offers fantastic views of Ama Dablam, Lhotse, and Everest. The monastery is a spiritual center for the Sherpas, and you will visit it during your stop.

ALT: 3,800m HIKE: 5 hrs MEAL: Breakfast, Lunch, Dinner

06

Tengboche to Dingboche

Continue trekking towards Dingboche, passing through beautiful forests and traditional Sherpa villages. Along the way, enjoy stunning views of Ama Dablam, Nuptse, and Lhotse.

ALT: 4,410m HIKE: 5 hrs MEAL: Breakfast, Lunch, Dinner

07

Acclimatization Day at Dingboche

Acclimatization day in Dingboche. You will have the option to hike to a nearby ridge for panoramic views of Makalu, Lhotse, and Ama Dablam. This hike helps adjust to higher altitudes before continuing the trek.

ALT: 4,410m HIKE: 3-4 hrs MEAL: Breakfast, Lunch, Dinner

08

Dingboche to Chhukung

Trek to Chhukung, a small village that offers incredible views of Ama Dablam and the surrounding peaks. Chhukung is the base for those climbing Island Peak and Ama Dablam.

ALT: 4,730m HIKE: 4-5 hrs MEAL: Breakfast, Lunch, Dinner

09

Chhukung to Kongma La Pass (5530m), Trek to Lobuche

Cross the challenging Kongma La Pass, one of the highest passes of the trek at 5,530m. The pass offers stunning views of Everest, Lhotse, and the Makalu region. After crossing the pass, continue to Lobuche for the night.

ALT: 5,530m HIKE: 7 hrs MEAL: Breakfast, Lunch, Dinner

10

Lobuche to Everest Base Camp (5360m) / O/N at Gorak Shep

Trek to Everest Base Camp, the ultimate highlight of this trek. After visiting the base camp, return to Gorak Shep for an overnight stay. The views of Everest, Lhotse, and Nuptse are spectacular.

ALT: 5,360m HIKE: 7 hrs MEAL: Breakfast, Lunch, Dinner

11

Gorak Shep to Zangla

Trek towards Zangla, passing through scenic routes with incredible views of surrounding peaks.

ALT: 4,830m HIKE: 5 hrs MEAL: Breakfast, Lunch, Dinner

12

Zangla to Cho La Pass (5430m), Trek to Taga Nag (4700m)

Cross the iconic Cho La Pass at 5,430m, which is one of the most scenic passes in the Khumbu region. After crossing, trek towards Taga Nag.

ALT: 5,430m (HIKE: 7 hrs MEAL: Breakfast, Lunch, Dinner

13

Taga Nag to Gokyo (4790m)

Continue trekking to Gokyo Lake, one of the most beautiful and high-altitude lakes in the region.

ALT: 4,790m HIKE: 6 hrs MEAL: Breakfast, Lunch, Dinner

14

Gokyo to Renjo La Pass (5,400m), Trek to Lungden

Today you cross the final high pass of the Three Pass Trek, Renjo La Pass. The climb rewards you with breathtaking views of Gokyo Lakes, Everest, Lhotse, and Makalu. After crossing the pass, descend to the quiet village of Lungden for an overnight stay.

ALT: 5,400m HIKE: 6–7 hrs MEAL: Breakfast, Lunch, Dinner

15

Lungden to Namche Bazaar

Descend through remote valleys and alpine landscapes, passing through Thame village, known for its traditional Sherpa culture and monastery. The trail gradually rejoins the main Everest route as you trek back to the lively town of Namche Bazaar.

ALT: 3,440m HIKE: 6–7 hrs MEAL: Breakfast, Lunch, Dinner

16

Namche Bazaar to Lukla

Your final trekking day takes you downhill through forests, suspension bridges, and Sherpa villages. Enjoy the last views of the Himalayan giants as you make your way back to Lukla, celebrating the successful completion of the trek.

ALT: 2,850m HIKE: 6–7 hrs MEAL: Breakfast, Lunch, Dinner

17

Fly from Lukla to Kathmandu

Early morning flight from Lukla back to Kathmandu with stunning aerial views of the Himalayas. Upon arrival, transfer to your hotel and enjoy the rest of the day at leisure or explore the city.

ALT: 1,400m MEAL: Breakfast

Final Departure

After breakfast, you will be transferred to the international airport for your onward journey. This marks the end of your unforgettable Three Pass Trek adventure in the Himalayas.

ALT: 1,400m MEAL: Breakfast

END OF SERVICES

- What's Included

- All Airport Arrival – Departures. Transfers as per schedule – in Nepal
- Hotel Accommodations in Kathmandu with Breakfast (twin sharing)
- Teahouse / Lodge Accommodations During Trek (twin sharing) as per schedule
- Meals During trek – Breakfast / Lunch / Dinner / Tea or Coffee a day
- Kathmandu – Lukla – Lukla Kathmandu flight ticket and Airport Departure local government taxes
- Porters to carry your personal Luggage (2 trekkers = 1 porter)
- Guide and porter insurance fee
- Khumbu Pasang Lhamu Entrance charge fee
- Government Khumbu National Park fee
- Farewell Group Dinner
- Sightseeing tour of Kathmandu city

- What's Not Included

- International Airfare
- Nepalese Visa fee
- Travel and Rescue insurance
- Personal expenses (phone calls, laundry, bar bills, Battery recharge)
- Lunch and dinner in Kathmandu
- Tips for Guide, porter, and Driver

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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