

Adventure Altitude Treks & Expedition Pvt. Ltd.



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Everest base camp three pass trek

Overview:

Everest Three High Passes Trekking, a great adventure which leads you to experience high altitude traverse to enter from one scenic valley to another within the shade and harmony of high mountains with breathtaking scenery to enjoy.

Everest Three High Passes Trekking, an adventurous and challenging in snow condition this will be a toughest walks, where our expert guides will take care and great precaution.

An adventure for strong and expert trekkers and adventurer who have done immense high altitude walks in Himalayan countries and knows the areas when tough days are ahead, but any interested trekkers can also join in this awesome adventure, as our itinerary days are much flexible with rooms for acclimatization and rest.

Everest Three High Passes Trekking offers superb views of Mt. Everest (8,848m / 29, 028ft) Lhotse (8,516 m-24,940 ft), Nuptse (7,855m-25,772 ft) and Lho - La or Khumbutse peak (6,036 m - 19,992ft) Mt. Lingtren (6,749 m / 22,142 ft) Chnagtse (7,583 m / 25,230 ft) Mt. Pumori (7,161 m / 25,772 ft) Ama Dablam (6,812 m / 22,480 ft) Kangtenga (6,782 m / 22, 380 ft) Tharmarserku (6,623 m / 21, 855 ft) Kwangde (6,011 m / 19,837 ft) Kusum Khanguru (6,373 m / 21,030 ft) holy peak of Khumbi-la (5,761 m / 19,012 ft) and as far towards world's 5th highest Mt. Makalu (8,463 m / 27, 766 ft) with trekking peaks Island Peak / Imjatse (6,160 m / 20,328ft) Lobuche Peak (6,119 m / 20,192 ft) Pokhalde (5,806 m / 19,159 ft) and many other smaller unnamed peaks with world 6th highest Cho-Oyu 8,201 m high.

ITINERARY

Day 1: Arrive in Kathmandu and transfer to hotels.

On reaching Kathmandu via various respective airlines, walk to airport terminal exit, here our guide and staff receives you with warm greeting and then transfer into car or coach (depending upon group size) for short drive into the heart of Kathmandu city.

Day 2: In Kathmandu with sightseeing tour at places of interest.

Morning activities starts after breakfast, where our city guide will accompany you to interesting World Heritage Sites in our wonderful sightseeing tour, which helps you to gain knowledge regarding local culture and traditional life of Nepalese people as it was for many past centuries.

Tour leads around Kathmandu Durbar Square teemed with local life around historical sites and monuments, then heading due west at Swayambhunath Stupa (popularly known as Monkey Temple where large numbers of monkeys found around).

One of the oldest monuments of Nepal dates back more than 2,500 years old overlooking views of Kathmandu valley and the city from this hillock Buddhist Chaitya or Stupa.

After with lunch in local restaurant as the tour continues to holy Hindu Temple of Pashupatinath towards east of the city, one of the holiest Hindu sites, where great festival takes place in the month of February known as Shiva Ratri.

From here visit Bouddhanath huge Stupa, a Buddhist landmark the area also known as 'Little Tibet' due to strong Tibetan influence in religion-culture and traditional way of life.

Our marvelous tour completes and then back into your hotel, afternoon free at leisure with preparation for the trek to Everest Three High Passes Trekking next early morning.

Day 3: Fly to Lukla 2,830 m and walk to Phakding 2,640 m - 04 hrs.

Morning transfer to domestic airport as per your flight time for short panoramic flight to land at Lukla, getting into a smaller aircraft (Twin Otter or Dornier) with 30 minutes on air with great views of Himalayan peaks includes Mt. Everest.

On reaching at Lukla on its unique airstrip known as Tenzing - Hillary airport, from here a slow start with few hours of walks downhill passing many Sherpa farm villages and well tended crops and vegetable fields and terraces with views of Kwangde and Kusum Khanguru peaks.

After 3-4 hours on first day walks reaching our overnight stop in a nice lodge at Phakding, transfer into your rooms with sound of glacial Dudh Kosi River nearby.

Day 4: Trek to Namche Bazaar 3,440 m - 06 hrs.

Today a long day to reach Namche Bazaar, starting with gradual walk following the river upstream and crossing few bridges to reach at Sagarmatha National Park entrance near Monjo village.

Sagarmatha for Everest in Nepalese and Sherpa calls Chomolungma in both languages means 'Great Mother' from here a pleasant walk on river bed and then climb for few hours into forested trail with views of snow capped peaks, as the walk reaches you at exciting town and village at Namche Bazaar.



Day 5: Rest day at Namche Bazaar for acclimatization and excursion.

A rest and a free day at Namche Bazaar for proper and necessary acclimatization at this great height of above 3,440 m high before heading higher ground, at Namche spend the day with scenic hike around and browsing the streets and shops, Namche holds a colorful and busy Saturday Market every week.

Day 6: Trek to Thyangboche Monastery 3,867 m - 05 hrs.

From Namche walk leads on gradual scenic winding path with downhill to Imjatse River to reach at Phunge-Tenga for lunch, afternoon with uphill climb into tall rhododendron, pines, fir forest with grand views of snowcapped peaks.

After few hours of scenic and strenuous climb reaching at Thyangboche Monastery area, here enjoy the marvelous views of Mt. Everest, Nuptse, Lhotse, Kangtenga, Tharmarserku, Kwangde with magnificent Mt. Amadablam, afternoon with time to visit its interesting monastery and observe monks and priest on prayer.

Day 7: Trek to Dingboche 4,260 m - 05hrs.

Morning walk leads to pleasant downhill for an hour to a bridge, where tree lines stops for short juniper and rhododendron bushes known as azalea facing dramatic change in landscapes.

Heading higher up to the last permanent village at Pangboche, from here onwards are temporary settlement to cater the needs of trekkers at Dingboche, Lobuche and Gorakshep areas.

As the trek progress reaching at Somare and then on windswept country to reach a bridge following the Imjatse River, with last climb to enter into beautiful Imjatse valley surrounded with famous peaks

Amadablam-Lhotse with views of Island peaks towards east.

The last leg of the day brings you at Dingboche, a summer settlement with barley and buck wheat field within its patch of stone walls to keep the animals off from grazing

Day 8: Trek to Chhukung 4,750m - 04 hrs afternoon rest and preparations.

At Dingboche with leisure morning after breakfast walk towards Chhukung heading further east of Imjatse Valley with grand views of Island Peak, Ama Dablam, and Lhotse with other adjoining peaks.

Walk is gradual with some short ups and down crossing few smaller icy streams to reach at summer pasture country at Chhukung with few good lodges for overnight stops.

Located at the end of Imjatse Valley with close views of Island Peak-Nuptse-Lhotse and Lhotse Shar includes views of Makalu towards east.

At Chhukung rest with hike to Chhukung Ri of above 5,000 m high with grand views, rest of the afternoon preparation for next day early morning adventure to Lobuche crossing the first high pass over Kongma-La.

Day 9: Cross Kongma-la 5,535 m and trek to Lobuche 4,930 m - 08 hrs.

From Chhukung starting very early morning to cross the first pass of the adventure over Kongma-la our route diverts towards north beneath towering peak of Lhotse and Nuptse.

Climb leads uphill over moraine to reach at Kongma-la and the peak Kongma or Mehra, after a rest in between cross over Kongma-la pass at 5,535 m / 18,159 ft near Nuptse, Mehara and Pokalde peaks. After a hard climb descend to Khumbu glacier and with last steep climb to reach at Lobuche for overnight stop.

Day 10: Trek to Everest Base Camp 5,364 m and return to Gorakshep 5,180 m - 06 hrs.

Today walk leads to our main highlight of the adventure at Everest Base Camp, walk carries on for few hours with short steep climb in between over glacier and moraine, reaching at Gorakshep, beneath lofty peak of Pumori and Kalapathar.

Walk continues towards Everest Base Camp over moraine and ice to reach at base camp, here enjoy the view of tumbling and notorious Khumbu Ice Fall and glaciers.

After a marvelous and exciting time with adventure of a lifetime experience retrace the journey back to Gorakshep for overnight stop.

Day 11: Morning hike to Kalapathar at 5,545 m and walk to Dzong-la 4,830 m - 05 hrs.

Morning a steep uphill hike to reach on top of Kalapathar at 5,545 meters, highest point of the adventure with fabulous and unique views of mountains includes Mt. Everest at its closest.

After a great thrill with sweeping views descend back to Gorakshep and continue walk above Thugla, to reach at the base of Cho-la pass at Dzongla for overnight stop.

Day 12: Cross Cho-la 5,368 m and descend to Dragnak / Thangnag 4,750 m - 07 hrs.

A tough and exciting day, morning to cross our second pass of the adventure over Cho-la pass (Tshola), following a path which leads to a steep up and then crossing the glacier on the eastern side. Finally on reaching at the top of the pass with an altitude of above 5,367 m high, with views of mountains and of Cholatse Glacier, and then descend carefully to Thangnak for overnight stop after a hard climb over Cho-la pass, Thangnak at 4,750m a small isolated place with few Lodges.

Day 13: Trek to Gokyo 4,750 m - 04 hrs.

After a tough climb and descend from Cho-la pass, this morning an easy with gradual walk as the route follows to Gokyo Lake beneath Ngozumba glacier to reach at first lake.

From here walk leads to a climb by the side of a glacier, passing another second lake and reaching at third lake known as Dudh Pokhari or Gokyo Lake, which is a summer settlement offering fantastic views of Mt. Cho Oyo and Gyachung Kang that reflects on emerald green waters of Gokyo Lake. Afternoon relax with short walk around the lake.

Day 14: Cross Renjo-la 5360 m and descend to Lungdhen 4,380m - 06 hrs.

Last and final pass of our adventure, starting early morning towards Renjo-la, walk follows end of Gokyo Lake, with marvelous views of Mt. Everest, Lhotse, Cholatse and Taboche, and then over Renjo La pass at 5,360 m / 17,585 ft, one of the most difficult section of this adventure, on reaching the top with breathtaking panorama of Mt. Cho-Oyu and other high surrounding peaks.

After a nice rest stop walk follows to a frozen ponds beneath Renjo La pass, and then descend reaching a small settlement at Lungdhen for overnight stop, located on route Nangpa-la pass trail to Tibet.

From Lungdhen walk leads further downhill past few cattle and Yak herder temporary shelters and the reach at a small place in Marlung village close to Thame for overnight stop.

Marlung and Thame village located at the western end of Khumbu of Everest region, which is just 5-6 hours walk to Namche Bazaar.

Day 15: Trek to Thame 3,880 m - 06 hrs.

After feeling at tired on finishing all three great high passes of Khumbu and Everest, morning a gradual walk downhill to Marlung village, and continue walk to a sleepy and quiet village at Thame located west of Namche Bazaar. At Thame with time to visit its old and interesting monastery believed to be of more than 500 years old.

Day 16: Trek to Monjo 2,860m via Namche Bazaar - 06 hrs.

After Thame losing much altitude makes you feel much stronger and fresh, as morning walk leads back to Namche Bazaar and then further descend back to National Park entrance at Monjo for overnight stop before Lukla.

Day 17: Trek to Lukla - 04 hrs.

Our last day walk of the great adventure, starting on gentle trail crossing a long bridge to reach at Phakding, and then on the way to Lukla with few ups and downhill with last and final climb of an hour to reach at Lukla for last overnight stop in Khumbu and Everest region.

Day 18: Fly back to Kathmandu and transfer to respective hotels.

Morning as per our flight time transfer to Lukla air terminal and then board in the small plane for exciting half hour flight to reach the hustle and bustle of city life in Kathmandu.

Rest of the day free and relax your body and muscles from the great adventure on Everest Three High passes Trekking.

Day 19: In Kathmandu free and spare day for individual activities.

Reserve this day as spare or contingency in case of flight delay and cancellation at Lukla, which might happen sometimes due to unfavorable bad weather which is quite normal with Himalayan weather pattern.

With a day in Kathmandu, relax and enjoy with individual activities or join in for another sightseeing tour.

Day 20: International departure for homeward bound.

Last day in amazing Nepal the country of Himalaya wonders, depart from the hotel as per your international flight for homeward bound or to your next destination country, our staff transfer you bidding with farewell.

INCLUDES & EXCLUDES

Whats included

- Airport pick up and drop off by a private vehicle
- 3 Nights hotel in Kathmandu at 3-star category hotel with breakfast in twin sharing basis
- Kathmandu Valley sightseeing (Private vehicle and a tour guide)
- Flight (Kathmandu-Lukla and Lukla-Kathmandu)
- Sagarmatha National Park fee and Pasang Lhamu Village entrance fees.
- An experienced English-speaking guide and his all expenses including his insurance
- Porter (1 porter for 2 trekkers) including their all expenses including their insurance
- Food in full board during the trekking with 3 complimentary teas and teahouse accommodation
- Complimentary sleeping bags and down jackets
- Trekking route map
- First aid kit
- All the governmental taxes and service charges

Whats excluded

- International airfare
- Travel insurance
- Nepal visa fees
- Personal expenses (Wifi, bar bills, laundries, hot shower during the trekking, gadget charging fees- US\$ 1- US\$ 5 per gadget, mobile recharge etc)
- Extra nights accommodation in Kathmandu in case of early arrival from the trek due to unforeseen circumstances
- Extra luggage charges (Only 15 kgs- 10kgs+5kgs are included if more you need to pay US\$ 2 per kilogram)
- Emergency evacuation (our company will help to arrange the evacuation if needed)
- Tipping
- Anything does not mention in the inclusion list

ABOUT YOUR LEADER

adventure altitude treks provide the very professional trekking and tour leader arrange the Nepal trekking we have a government license holder many no of leader products. the adventure altitude treks we offering the many different trekking and tour to depend on leader. we arrange for our valuable clients we have the most popular trekking trail, Annapurna, Everest, Manaslu, Mustang, Mardi Himal, Langtang, etc.our trekking leader is very experienced and give to tourist for the family environment to create them during the trekking. a leader is very kind and highly English speaking. adventure altitude trekking always helps to make fun an adventure gives to unbelievable experiences to our value able clients. our leader very kind and what is the duty they know for responsibility. we are offering the best leader ever years quality leader products for adventure altitude treks..