

Anu Treks International P. Ltd
Thamel, Kathmandu, Nepal

Everest Three High Pass Trek

Detailed Itinerary

Day 1 Kathmandu (1400 m)

Namaste and Welcome to Kathmandu, Nepal. Arrive at Kathmandu airport anytime. Meet your representative from Anu Treks and have a detailed meeting for your trip, please ask the receptionist where the meeting is held if you are unsure. If you have spare time, explore busy Kathmandu. Kathmandu is a capital city of Nepal which holds an ancient and historical architecture and symbols of the 20th century blending with traditional Culture.

Attractions:

- Durbar Square
- Temples/Monkey Temples/Shrines
- Monetary

Accommodation:

- Hotel (1 night)

Meals Included:

- Lunch or Dinner

Day 2: Kathmandu to Phakding (2652 m)

Flight, Kathmandu to Lukla: 45 minute

Walking hours Lukla to Phakding: 3 to 4 hours–6 to 7 Km

Enjoy your adventurous flight from Kathmandu to Lukla with scenic views if the weather is clear and experience an amazing landing at Lukla. Have breakfast in Lukla (2840 m) then get ready to walk the rest. Your trip will be lead by an experienced English speaking local guides with his assistance. The trail follows the Dudh-Koshi river where you will head through pine and

cedar woods along the Dudh-Koshi river, approximately 3 to 4 hours walking then reach Phakding.

Accommodation:

- Tea House (1 night)

Meals Included:

- Breakfast, Lunch & Dinner

Day 3: Phakding to Namche Bazaar (3440m)

Walking Hours: 6 to 7 hours—9 km

After your breakfast at Phakding, you will be walking around 6 to 7 hours to Namche Bazaar which is 9 km from Phakding. You will spend two days in Namche Bazaar acclimatizing the altitude than an excursion to Thame and Khumjung, the green village. Keep your eyes open and get your camera ready as this will be the first opportunity to experience the glance of the Everest. While walking from Phakding to Namche Bazaar, you will cross the river following in the footsteps with blue pine forest and viewing spectacular bright in bloom rhododendron flowers, especially in spring. Cross the Dudh-Koshi river at Benkar then enjoy looking way up above 6000 meters to see snow-capped Kusum Kanguru (6369 m) and Thamserku (6623 m) peaks. Reach at Monjo (2835 m) Bazaar and have your lunch break. From Monjo, your walk becomes a little tougher with a steep ascent to Namche Bazaar. You will now enter the national park and continue upstream crossing the river through the Jorsale village (2805 m). To reach Namche Bazaar cross another spectacular suspension bridge and be ready to first glimpse of the peaks of Everest, Lhotse, Nuptse, and Twache. Sleep your first at Namche Bazaar.

Accommodation:

- Tea House (1 night)

Meals Included:

- Breakfast, Lunch, and Dinner

Day 4: Namche Bazaar (3440 m)

You will spend one more night in Namche Bazaar to acclimatize the altitude properly and is the best way to keep strenuous walking up the high and back down. Namche Bazaar is a historic trading post where Nepalese and Tibetan trade exchange salt, dried meat and textiles. This day you will walk to Syngboche airport (3700m), then continue hiking Everest view hotel for a great panoramic view of the Everest, Lhotse, Ama Dablam, Twache and Khumjung village. On the way back explore the Sherpa culture Museum, lifestyle, and their traditions.

Accommodation:

- Tea House (1 night)

Meals Included:

- Breakfast, Lunch & Dinner

Day 5 Namche Bazaar to Thame (3750 m)

Walking Hours: 5 to 6 Hours in a Day

Thame is a less crowd peaceful trekking route in Everest Region with a scenic view. While keep walking you will pas a village Thamo then you will be passing a bridge and underneath a beautiful stream water flows. After walking off around 5 hours, we will reach at Thame which is a beautiful Sherpa village where Tenzing Norgay spent his childhood and also a hometown of Apa Sherpa who has made it to the summit of Everest 21 times.

Accommodation:

- Tea House (1 night)

Meals Included:

- Breakfast, Lunch & Dinner

Day 6 Thame to Lumde (4369 m)

Walking Hours: 5 to6 Hours

Today we will hike the uphill approximately 5 to 6 hours then reach Lumde. We will start early then end early today in our trek.

Accommodation:

- Tea House (1 night)

Meals Included:

- Breakfast, Lunch & Dinner

Day 7: Lumde to Gokyo (4790 m)

Walking Hours: 7 to 8 Hours

Today we will start our walk early after the breakfast, our aim is to pass the Pass before mid-day to avoid the rising winds. We will walk around 6 to 7 hours today to reach Gokyo. Also, we will cross the strenuous Renjo La Pass (5360 m) and enjoy the amazing views from the Renjo La Pass including an incredible view of Mount Everest and the turquoise Gokyo Lake.

Accommodation:

- Tea House (1 night)

Meals Included:

- Breakfast, Lunch & Dinner

Day 8 Climb Gokyo Ri (5,357 m)

Today we will hike early morning then reach Gokyo Ri, you will have the great opportunity today to see the stunning view of Gokyo Valley, also enjoy the massive Ngozumpa glacier as well as panoramic view of whole Khumbu region including the giants Everest, Lhotse, Nuptse, Makalu, Cho-Oyu and Gychung Kang. We will back to the tea house and have a little rest. We will then hike to Fifth Lake and Base Camp of Choyo.

Accommodation:

- Tea House (1 night)

Meals Included:

- Breakfast, Lunch & Dinner

Day 9: Trek Gokyo to Thangna (4,650m)

Walking Hours: 3 Hours

Today we will hike around 3 hours and it is going to be an easy day, we will hike through the longest glacier of Nepal known as Ngozumpa Glacier. Reach at Thangna (4650 m) then rest and be prepared for the,e Chola Pass (5414 m) next day. We will hike surrounding Thangna which will help you to be prepared for the next day to cross the Chola Pass.

Accommodation:

- Tea House (1 night)

Meals Included:

- Breakfast, Lunch & Dinner

Day 10: Trek Thangna to Dzongla (4,843m)

Walking Hours: 7 to 8 Hours

Today we will have an early breakfast to start our strenuous day hiking. We will do the steep climbing for a while in the beginning then the trail drops down to the bottom of the Chola. Now, the trail goes through the rock toward the top for a steep climbing. You now can imagine the view from the top in the middle of the Himalayas. We will then keep hiking down to Dzongla.

Accommodation:

- Tea House (1 night)

Meals Included:

- Breakfast, Lunch & Dinner

Day 11: Dzongla to Lobuche (4990m)

Walking Hours: 4 Hours

Today we will have the short hiking from Dzongla to climb the Lobuche Peak via Lobuche Base Camp. We could hike up the Goraksherp today but we will be spending a night in Lobuche Base Camp for the next day to climb the Lobuche Peak.

Accommodation:

- Tea House (1 night)

Meals Included:

- Breakfast, Lunch & Dinner

Day 12: Lobuche to Gorakhshep (5,180m)

Walking Hours: 8 Hours

Hike to Everest Base Camp (5,360m)

Today we will try to hike as early as possible to reach the base camp of the highest peak of the earth. The trekking trail is continuously ascending and descending at glacier rocky trail then we will be at Everest Base Camp. After hour 8 hours of walking, we will reach Gorakhshep (5180 m). We will go near the Khumbu Glacier and watch the amazing icefall from the slopes of Mount Everest.

Accommodation:

- Tea House (1 night)

Meals Included:

- Breakfast, Lunch & Dinner

Day 13: Gorakhshep to Kalapatthar (5545 m)

Trek down to Lobuche (4990 m)

Walking Hours: 6 Hours

Today we will hike up the Kalapatthar, one of the most rewarding experience and one of the difficult part of the trekking expedition. Kalapatthar is one of the best places from where you can view the highest peak of the Himalayan region and you can see the clear peak of the Mount Everest. It will take

around 3 hours to reach Kalapatthar from Gorakshep. After the Kala Patthar, our trail goes downhill, we will then go back to Gorekshep then hike back to Lobuche.

Accommodation:

- Tea House (1 night)

Meals Included:

- Breakfast, Lunch & Dinner

Day 14: Lobuche to Chukung (4749 m) via Kongma La pass (5540 m)

Today we will walk Khumbu glacier towards the east, then you will climb a very steep hill before reaching the Kongma La Pass, the trail leads up to the pass which is the highest pass of this trip. The pass consists of many cairns wrapped in prayer flags. The trail descends and you will arrive at Chhukung, a valley full of glaciers including Lhotse Nup glacier, Nuptse glacier, Ama Dablam Glacier and Chhukung glacier. During this trek, there will be no tea shop and water resources are available, you must carry a few bottles of water to drink for yourself. After a hard climb to the top, the trail drops steeply down to the Chukung valley where your day ends.

Accommodation:

- Tea House (1 night)

Meals Included:

- Breakfast, Lunch & Dinner

Day 15: Chukung to Tengboche (3860 m)

Walking Hours: 6 Hours

Today your walk will be much easier as we descend to the lower altitude. The trail continues to lead down to the Dingboche through the wide valley of Khumbu River then we come across a few Sherpa Village or Orsho. We will then cross Pangboche village, the trail drops down to the river and crosses the bridge. Then the trail leads up to the Tengboche where the oldest Monastery is located on the top of the hill. We will visit Monastery in the evening where you will be able to see Buddhist Chanting Ceremony.

Accommodation:

- Tea House (1 night)

Meals Included:

- Breakfast, Lunch & Dinner

Day 16: Tengboche to Jorsalle via Namche

Today we will walk don the Namche Bazaar. We will walk down till Phunki Village when we cross the bridge over the Dudh Koshi River, the trail becomes serious uphill to Sanasa village. You will feel very much at peace in your spectacular surroundings, and at a lower altitude with mostly downhill trekking. It will be a very much enjoyable day for yours. We will have the lunch at Namche Bazaar then hike back to Jorsalle Village.

Accommodation:

- Tea House (1 night)

Meals Included:

- Breakfast, Lunch & Dinner

Day 17: Jorsalle to Lukla

It will be a very easy walk to Lukla, we will be spent a final night at Lukla in the Everest Region. You will the last opportunity to explore Lukla, surroundings, Culture.

Accommodation:

- Tea House (1 night)

Meals Included:

- Breakfast, Lunch & Dinner

Day 18: Lukla to Kathmandu

Flight Lukla to Kathmandu—45 minute

If the weather is happy, we will take the short 45-minute flight from Lukla to Kathmandu. Once again glance through the aircraft window and enjoy the amazing view. Once landing at Kathmandu, return to your accommodation, relax and the rest of the is your own to enjoy.

Accommodation:

- Hotel (1 night)

Meals Included:

- Lunch or dinner

Day 19: Kathmandu

Today is your departure day, according to your next plan schedule, you can departure at any time. We are still with you so feel free to talk to Anu Treks staff for further assistance as we will be so much happy to share our experiences and ideas. If you are not ready to leave and willing to stay in Nepal, Your CEO or tour leader help you with travel arrangement to extend your visas and adventure.

Option: if you would want to wildlife tour in Bardia National Park then there is hotel run by Anu Treks called Bardia Jungle Cottage, so do not hesitate to ask for your special package deal or individual detail.