



Everest 3 Peak 3 Passes Trekking



Introduction

The Everest Region as well the most visited place around the world and Nepal's one of the top trekking destinations. Everest Three Passes Three Peak Trekking is an absolute choice for adventure to the trekkers across the world. Stepping into the lap of the top of the world conquering the highest three passes in the world is an awesome adventure in one's life. crossing three passes over 5,000m, each offering amazing scenery and views. This trek was ranked the number 2 on kimkim's list of the best treks in Nepal. The highest three passes that the travelers are to triumph over are Renjo La Pass (5,360 m), Chola-La pass (5,420 m), Kongma-La Pass (5,535 m). Top of these three passes are also known as vantage points for spectacular mountain views of Mt. Everest 8848 m, Mt. Cho-Oyo 8,201 m, (Sixth highest mountain on the planet), Mt. Makalu 8,481 m, Mt. Amadablam 6,812 m, Mt. Lhotse 8,516 m and other major mountain panorama. Adds further pleasure to the trekkers with the view of the glaciers like Ngozumpa glacier, Khumbu glacier etc and view of Gokyo valley and Gokyo Lake from the passes. Also the trekkers will have an opportunity to be familiar with alpine flora and fauna in Sagarmatha National Park as well encounter and wildlife like snow Leopard, Red Panda, Himalayan Thar etc.

Facts

- Altitude: 5345<
- Duration: 18 days
- Grade: Adventure

- Group: 2 - 15
- Country: Nepal
- Best Season: April-May & Oct-Nov
- Start/Ends: Kathmandu (Capital of Nepal)
- Accommodation: Hotel/Tea House
- Transportation: Flight/ Private car or Van as per group size in City
- Meals Includes: Each day 3 times meals B/L/D will be provide as per menu according to itinerary.

Itinerary

- **Day 1** : Arrive at Tribhuvan International Airport (KTM) Kathmandu
- **Day 2** : Kathmandu Valley sightseeing and trek preparation Included meals:Breakfast Dinner
- **Day 3** : Fly Kathmandu – Lukla and trek to Phakding (2,562m/8,700ft): 35 minutes airstrip and 3 hrs trek. Included meals:Breakfast Lunch Dinner
- **Day 4** : Phakding - Namche Bazaar (3,440m/11,280ft): 10km, 6 hrs. Included meals:Breakfast Lunch Dinner
- **Day 5** : Acclimatization Day - Namche Bazaar: (3,440m/11,284ft). Included meals:Breakfast Lunch Dinner
- **Day 6** : Namche Bazaar - Phortse (3,840m/12,694ft): 5-6 hrs. Included meals:Breakfast Lunch Dinner
- **Day 7** : Phortse - Dingboche (4,360 m/14,300 ft): 5-6 hrs. Included meals:Breakfast Lunch Dinner
- **Day 8** : Dingboche – Chhukung (4,730m/14,334ft): 3-4 hrs. Included meals:Breakfast Lunch Dinner
- **Day 9** : Rest day in Chhukung. (Explore Chhukung Ri or Island Peak Base Camp). Included meals:Breakfast Lunch Dinner
- **Day 10** : Chhukung – Kongma La (5,535 m/18,154ft) -Lobuche (4940m/16,204ft): 7-8 hrs. Included meals:Breakfast Lunch Dinner
- **Day 11** : Lobuche - Gorak Shep (5,160m/17,000ft) - Everest Base Camp (5,364 m/17,594 ft): Gorak Shep,8-9 hrs. Included meals:Breakfast Lunch Dinner
- **Day 12** : Gorak Shep - Kala Patthar (5,545m/18,192ft) - Dzongla (4,830m/15,850 ft): 7-8 hrs. Included meals:Breakfast Lunch Dinner
- **Day 13** : Dzongla - Cho La (5,420m/17,778 ft)-Thangnak (4,680m/15,350ft)-Gokyo (4,800m/15,580 ft): 7-8 hrs. Included meals:Breakfast Lunch Dinner
- **Day 14** : Rest day in Gokyo (Explore Gokyo Ri). Included meals:Breakfast Lunch Dinner
- **Day 15** : Gokyo - Renjo La pass (5345m/17532 ft)-Marulung (4,270m/13,810ft): 7-8 hrs. Included meals:Breakfast Lunch Dinner
- **Day 16** : Marulung - Namche Bazaar (3,440m/11,280ft):7-8 hrs. Included meals:Breakfast Lunch Dinner
- **Day 17** : Namche Bazaar - Lukla (2,835m/9,175ft): 6-7 hrs. Included meals:Breakfast Lunch Dinner
- **Day 18** : Lukla – Kathmandu by flight (2,835m/9,175ft): 35 min. Included meals:Breakfast Dinner
- **Day 19** : Final Departure

Note: The above itinerary can be tailor made according to client's request, we can make the itinerary shorter/Longer by cutting or adding days, People who have longer time can add the White Water Rafting, Jungle safari tour in Chitwan National park, Paragliding and Zeep Flyer in Pokhara and other extra activities so feel free to write us on info@xtremeclimbers.com for further details.

Cost Includes

Full Board Service Includes

- Airport Pickup & drop with private vehicle as per group size
- Twin sharing accommodation in Kathmandu first 2 nights up on your arrival and 1 night before departure back to home
- Kathmandu city tour by car/van/Hiace with English speaking guide
- Accommodation in lodges during the trekking days with breakfast
- Highly experienced, licensed and English speaking guide and porters (1 porter for 2 trekkers) or necessary
- Meals, accommodation, insurance, daily wages and other expenses of trekking crew
- Welcome dinner with Cultural program
- First Aid Kit
- Sagarmatha National Park fees and TIMS card
- Airfare Kathmandu - Lukla – Kathmandu
- Airfare for trekking crew
- All government taxes and office expenses

Cost and payment details

The cost is depending on group size, affected due to the requirement of number of guides and porters, requisite of Hotel in Kathmandu, method of land/air transport. The itinerary is changeable and modifiable as per needs and time frame of trekkers. Cost will be re calculated if the itinerary is changed or modified. Additional activities may be added as per trekkers request with appropriate additional cost. For Total Tour cost **EMAIL US**, we will send you within 24 hours as your requirements.

Why we don't include cost in our website?

NOTE: To provide you service in reasonable cost and attempt to address your each requirement **Xtreme Climbers** desired to provide you with some information which directly affects the cost and also helps us breakdown the cost. That is why we have decided to clarify our customers that due to the following reasons mentioned below we have not included the cost of each package in the company website.

1. Climbing season: The climbing permit royalty cost for mountain will be different during Spring and Autumn season. Normally most of the climbers climbs Himalayas in the Spring season. Climbing permit during Autumn will be 50% less than the spring season.
2. The cost of the trip depends on Number of persons joining in group for High expedition or Mountain Climbing including number of climbers, non-climber, base camp supporters, medical doctors, The number of climbing Sherpa guides, high altitude porters, kitchen crew, mode of transport you prefer and many other factors can affect the cost of the trip. Alpine climbing guide as well as the category of the hotel accommodation and the facilities that you aspire in the mountains affect the cost.
3. We operate the High Expeditions, Peak Climbing in full arrangement package and basic arrangement service (full board or base camp service), which directly affects the expedition cost.
4. Request numbers of oxygen, mask regulators and the brands the clients require
5. The itinerary may be changed after reaching an understanding between the agency and the client. Other activities could be added or reduced on client's request before processing the trip. Price for reduced activities could be deducted and additional activities could be added in mutual understanding.
6. Either you want to operate this expedition as international group joining basics of Xtreme Climbers or individual (private arrangement) expedition.
7. Type of high camp food that clients require. Any specialized food that has to be ordered from foreign countries will be costlier compared to the one available here.
8. Either any of the climbers intend to attempt any world records? If so, do they require special services or equipment?

Due to the reasons mentioned above we would like to discuss with our client directly before offering the cost. So please feel free to drop your queries in [CONTACT US](#) or login to [MY ACCOUNT](#) for any information about your selected package.

Cost Excludes

Full Board Service Excludes

- Nepalese visa fee
- International airfare
- Excess baggage charges (if you have more than 15 kg of luggage, a cargo charge is around \$1.5 per kg)
- Extra night accommodation in Kathmandu because of early arrival, late departure, early return from mountain (due to any reason) than the scheduled itinerary

- Lunch and evening meals in Kathmandu (and also in the case of early return from the mountain than the scheduled itinerary)
- Personal climbing equipment
- Optional trips and sightseeing if extended
- Travel and rescue insurance
- Personal expenses (phone calls, internet, laundry, bar bills, battery recharge, extra porters, bottle or boiled water, shower, etc.)
- Tips for guides and porters

