

# NEPAL

## Everest Three Pass Trek- 22 Days

Namaste and Warm Greetings from Ama Adventure - Nepal!

Please note that this itinerary is customizable and can be adjusted to meet all your requirements. If you have any questions or concerns, please do not hesitate to contact us.

### Team Ama Adventure



Cross the three high passes of the Everest region, Kongma La, Cho La, and Renjo La, and take in the stunning views of Gokyo Valley and the Khumbu glaciers.

### Our Team

Extraordinary feats require extraordinary skills and preparation, and the safety and well-being of our expedition members are our principal concern. When you join our accomplished teams at Ama



Adventure, managed by a female team, you are in the most skillful and qualified hands in the mountains. Our real-world experience makes a crucial difference between a successful summit and an attempted one.

## **Our Values**

Ama Adventure has been managed by a female team with combined mountaineering experience since 2009. All our personnel are from the Mountain regions of Nepal, and their care and safety are as important to us as our clients. We do not cut costs but offer competitive rates that do not compromise the safety of the members of the expedition.

We prioritize empowering women and practicing responsible tourism. We do not cater to mass tourism and take pride in the expeditions we commit to each year. We are unwavering in our obligations to provide our clients with a safe, comfortable, and experiential adventure.



## **Overview**

The Everest Three Passes Trek is a thrilling high-altitude journey through the Khumbu region, perfect for trekkers looking for a serious adventure. This 20-day trek takes you across three of the highest and most scenic mountain passes in the Everest area: Kongma La (5,535 m), Cho La (5,380 m), and Renjo La (5,310 m).

Starting with a mountain flight from Kathmandu to Lukla, the route winds through Sherpa villages, alpine valleys, and dramatic Himalayan landscapes. Early acclimatization in Namche Bazaar gives you the chance to rest and enjoy first views of Everest, Ama Dablam, and other nearby peaks.

The trek combines several major highlights. You'll visit Everest Base Camp, hike up to Kala Patthar for close-up views of Everest, and explore the peaceful Gokyo Valley with its turquoise lakes and the vast Ngozumpa Glacier.

Each pass adds its own challenge and reward. Kongma La reveals sweeping views of Makalu and Lhotse. Cho La leads to the icy trails of Gokyo. Renjo La opens up a quiet route with one of the best panoramic scenes of Everest and the Gokyo Lakes.

This trek brings together Everest Base Camp, Gokyo Lakes, high mountain passes, and some of the best viewpoints in Nepal, all in one unforgettable journey.

## Trip Overview

Country: Nepal

Duration: 22 Days

Trek Difficulty: Challenging

Activity: High Altitude Trekking

Maximum Altitude: 5,555 m / 18,225 ft

Best Season: March to May, September to November

Accommodation: Tea House & Hotel

Meals: Included

Start/End Point: Kathmandu

Price: USD 2399

## Trip Highlights

- Enjoy a scenic mountain flight to and from Lukla, the gateway to Everest.
- Immerse yourself in the daily life and culture of the Himalayan communities.
- Reach Everest Base Camp and walk across the dramatic Khumbu Glacier.
- Discover the stunning turquoise waters of Gokyo Lake.
- Hike to Kala Patthar and Gokyo Ri, two of the best viewpoints in the Everest region.
- Soak in breathtaking panoramas of the Gokyo Valley, the vast Ngozumpa Glacier, and the towering peaks of the Khumbu Himalayas.
- Explore Tengboche Monastery, one of the region's most important spiritual centers.
- Experience warm hospitality and simple living in remote mountain villages.
- Conquer all three of Everest's high passes: Kongma La, Cho La, and Renjo La, a true adventure above the clouds.





## Itinerary

Day 1: Arrival in Kathmandu (1,300 m/4,264 ft)

Day 2: Kathmandu Valley Tour & Trip Preparation

Day 3: Kathmandu to Lukla by flight, Trek to Phakding (2610 m/8,563 ft), 3-4 hrs

Day 4: Phakding to Namche Bazaar (3,440 m/11,286 ft), 6-7 hrs

Day 5: Acclimatization Day

Day 6: Namche To Tengboche Village (3,840 m/12,288 ft), 5-6 hrs

Day 7: Tengboche to Dingboche (4,410 m/14,468 ft), 5-6 hrs

Day 8: Acclimatization Day

Day 9: Dingboche to Chhukung (4,750 m/15,580 ft), hike to Chhukung Ri (5,546m), 6-7 hrs

Day 10: Chhukung to Lobuche (4910 m/16,104 ft), via Khongma-La pass (5535m/18159ft), 6-7 hrs

Day 11: Lobuche to Gorakshap (5,170 m/16,961 ft) hike to Everest Base camp (5,364m/17,594ft), 8-9 hrs

Day 12: Gorak Shep to Kala Pathar (5,550 m/18,204 ft) back to Lobuche, 6-7 hrs

Day 13: Lobuche to Dzongla (4,830 m/15,580 ft), 4 hrs

Day 14: Dzongla to Gokyo (4,800 m/15,580 ft), via Cho-La Pass (5,368 m/17,611 ft), 7-8 hrs

Day 15: Acclimatization Day

Day 16: Gokyo to Lunden (4300 m/14,104 ft) via Renjo-La Pass (5,360 m/17,585 ft), 7-8 hrs

Day 17: Lunden to Namche Bazaar, 6-7 hrs

Day 18: Lunden to Thame (3,800 m), 4-5 hrs

Day 19: Namche Bazaar to Lukla, 6-7 hrs

Day 20: Lukla To Kathmandu by flight  
Day 21: Free day in Kathmandu  
Day 22: Departure

### **Important Note on Itinerary and Lukla Flights**

*Our regular itinerary may change slightly due to factors beyond our control, such as weather conditions, flight delays or cancellations, natural events, government regulations, political issues, or health concerns. In such situations, we always work to find the best possible alternatives to keep the trek moving forward. Your patience and flexibility during these times are greatly appreciated.*

*We highly recommend adding at least two extra days to your schedule after the trek. Flights to and from Lukla are often delayed or canceled due to weather, and these buffer days help avoid issues with your international travel plans. You can also choose to customize your trip with extra sightseeing in Kathmandu, adventure activities, or short trips around Nepal before or after the trek.*

### **Lukla Flight Update**

Please note: During peak trekking seasons (March, April, May, September, October, and November), flights to Lukla operate from Ramechhap/Manthali Airport, which requires a 5-6 hour drive from Kathmandu due to heavy air traffic. In non-peak months (January, February, June, July, August, and December), flights usually depart directly from Kathmandu.

The choice of departure point is made by the airline and depends on travel volume at the time. Weather, air traffic, and the challenging terrain around Lukla are the main reasons for flight delays or cancellations. Adding a day or two to your itinerary gives you a cushion in case of such disruptions and helps ensure a smooth return for your international flight.

### **Meals**

Throughout our trek, you'll savor authentic Nepalese dishes alongside international cuisines such as Tibetan, Continental, Italian, and Indian. Breakfast and dinner will be served at the tea houses or lodge menus where we stay overnight, while lunches will be provided en route to our next destination. During the trek, all meals are included. In Kathmandu, breakfast is provided, and special welcome and farewell dinners will be arranged for our guests.

### **Lodging**

We'll be accommodated at Standard Hotel in Kathmandu, and the best available teahouses during our trek. Accommodations are based on twin sharing. For those requesting a single room, there will be an additional cost of USD 150. While we aim for rooms with attached washrooms, please note that some tea houses may only have shared washing and toilet facilities. Single rooms are readily available in Kathmandu, Pokhara, and lower-elevation trekking areas, but availability might be limited at higher elevations.

### **Dates & Prices**

We ensure departures on all published dates. If these dates don't align with your plans, we're happy to assist in setting a customized date. Whether you're a solo traveler, a couple, a family, or a group seeking private trips, you can tailor-make your adventure. Reach out to us for pricing details or any other queries.

## **Nepal Visa Information**

All foreigners require a visa for entry into Nepal (except Indian nationals). It is your responsibility to obtain an entry visa. Visas can be obtained from the Nepalese embassy prior to travel or on arrival at Tribhuvan International Airport in Kathmandu and various international border crossings between Nepal and its neighbors. To make the visa process easier, have a passport-sized photograph for immigration and the correct USD cash - please bring this in your hand luggage. In addition, trips in Nepal require photos for various permits. Please bring a total of 3 passport-sized photographs.

Multiple entry 15 days US\$ 25 or equivalent convertible currency. Multiple entries 30 days US\$ 40 or equivalent convertible currency. Multiple entries 90 days US\$ 100 or equivalent convertible currency.

The visa fee must be paid in cash. (This is payable in any major currency but not traveler's cheques) and you must have passport photos to purchase a Nepal visa on arrival at Kathmandu airport or at any Nepal entry point.

If you plan to obtain your visa in your country, you can download the application form from the website at: [www.nepalimmigration.gov.np](http://www.nepalimmigration.gov.np)

## **Trekking Temperature**

The day temperatures will be about 16° Celsius. At night and early in the morning it can become quite cold, with temperatures that vary from 0° to 1° Celsius.

However, depending on the weather, the temperature can drop to -5° Celsius, so you should be prepared to dress appropriately.

## **Physical Conditioning and Safety Tips**

This trek is 5-6 hours a day. Some days we may have to walk for 9- 10 hours. Walking at a higher altitude is physically more demanding than walking at a lower altitude; However, if you are in good shape and of average physical shape, with a positive attitude towards life and firm determination, you can complete the trek successfully.

Regular exercise and jogging is a good way to increase strength and stability. For the trek, you need to pack essential personal items, which can vary based on your preferences. Preparing for the cold weather in the Himalayas is crucial, so bring sufficient warm clothing.

During a supported trek, porters will carry heavy items, while you are responsible for carrying daily necessities like water bottles, rain gear, a camera, sun cream, and toilet paper.

Remember to pack your belongings in two separate bags for the trek. You can leave non-trek items at the hotel in Kathmandu or Pokhara and retrieve them after completing the trek. This way, you can travel light



and focus on the journey ahead.



## **Price Includes**

### **Accommodation**

- 2 nights in a 4-star hotel in Kathmandu on a twin/double-sharing basis with breakfast
- 11 nights in guesthouses during the trek (twin-sharing), with attached bathrooms in Lukla, Phakding & Namche

### **Meals & Drinking Water**

- All standard meals during the trek (breakfast, lunch, and dinner)
- One hot drink per meal and seasonal fruits
- Farewell dinner on the final night in Nepal
- Purified drinking water throughout the trek (via water filter or purification tablets)

### **Transportation**

- All airport transfers (international & domestic) by tourist vehicle
- Kathmandu to Manthali by shared tourist vehicle
- Shared helicopter from Gorakshap to Lukla, then Lukla to Kathmandu
- One-way flight between Kathmandu/Manthali and Lukla

### **Guide & Support Staff**

- Licensed, experienced, English-speaking trekking guide (2 guides for groups of 8 or more)

- Porter support (1 porter per 2 trekkers)
- All staff's wages, accommodation, meals, insurance, gear, and medication

### Permits & Entry Fees

- Sagarmatha (Everest) National Park entry permit
- Pasang Lhamu Rural Municipality entrance fee
- TIMS (Trekking Information Management System) card

### Health & Safety

- Comprehensive first aid kit
- Daily health checks with a pulse oximeter to monitor altitude-related symptoms

### Extras & Souvenirs

- Trekking map, duffle/kit bag, sun hat, Buff (neck gaiter), and a trip completion certificate

### Administrative

- All government taxes and administrative fees

### Price Does Not Include

- ✗ Meals in Kathmandu - Lunch and dinner while in Kathmandu
- ✗ International airfare and airport departure tax
- ✗ Travel insurance - Must include high-altitude emergency evacuation coverage
- ✗ Alcoholic beverages, cold drinks, and bottled juices
- ✗ Tips - For trekking staff and drivers (at your discretion)
- ✗ Personal trekking gear and equipment
- ✗ Single room supplement - Available on request at an extra cost
- ✗ Any expenses not mentioned in the Price Includes section
- ✗ Nepal Entry Visa

### Trip Departure

We book solo and group to make your holiday lifetime memorable with people from all over the world. As far as when your trip has been confirmed we granted all group departure dates even if there is only a single person sign for trekking. We want to note that before departure we always confirm how many members are recently in your group before final sign up.

### Private Trips

If you prefer a more tailored experience, private trips can be arranged to suit your specific needs and schedule.



## Difficulty Level

This trekking requires a person with average physical fitness no need to have special training therefore beginner hikers also can complete this trek. This trekking leads you to the high altitude gradually within the short period there will be significant change in weather due to the altitude variation.



## Packing List

Here is a list of what you might want to pack for Everest View Trek- 11 Days. Please take this as a starting point. You'll need layers of warmer clothing during the winter.

We provide a 75-liter duffel bag for you to use for the trek. It will be given to you during your pre-trip meeting in Kathmandu. The duffel bag is yours to keep.

### General

- ✓ Four-season sleeping bag (rated to 0°C or lower)
  - Rental available: USD 35
- ✓ Sleeping bag liner
- ✓ Insulated down jacket
  - Rental available: USD 35
- ✓ Daypack (35–45 liters recommended) with rain cover

## Upper Body Essentials

- ✓ Sun hat or cap
  - Complimentary Ama Adventure cap included
- ✓ Warm knitted hat or beanie
- ✓ Scarf or neck gaiter (Buff recommended)
- ✓ Headlamp with extra batteries
- ✓ UV-protection sunglasses

## Torso Clothing Essentials

- ✓ Moisture-wicking base layers – lightweight for warmer seasons, thermal for colder months
- ✓ Two short-sleeve and two long-sleeve trekking shirts made of quick-dry technical fabric
- ✓ Windproof and waterproof outer shell or jacket
- ✓ Warm fleece jacket or pullover for added insulation

## Lower Body Essentials

- ✓ Thermal base layers – lightweight for warm months, heavier for cold conditions
- ✓ Two pairs of durable hiking pants
- ✓ Comfortable pants for relaxing inside teahouses
- ✓ Waterproof and windproof shell pants for protection against rain and wind
- ✓ One pair of hiking shorts (ideal for lower altitudes and warm days)

## Handwear Essentials

- ✓ Liner gloves made of wool or technical fabric for warmth and flexibility
- ✓ Insulated outer gloves with a hard shell – ideal for wind and cold at higher altitudes

## Footwear Essentials

- ✓ Warm socks made of wool or technical fabric
- ✓ Hiking socks (several pairs recommended)
- ✓ Optional liner socks (e.g., silk) for added comfort and blister prevention
- ✓ Waterproof trekking/hiking boots – well broken-in before the trek
- ✓ Ice Cleats or Micro Spikes (recommended from November to March for icy trails)
- ✓ Comfortable casual shoes or sandals for teahouse use
- ✓ Gaiters – lightweight for dust or heavier ones for snow in cold months

## Undergarments & Sleepwear

- ✓ Quick-drying, moisture-wicking underwear (technical fabric recommended) – adjust quantity based on personal preference
- ✓ Sports bras (for women) – supportive and breathable
- ✓ Pajamas or comfortable sleepwear for chilly nights in the mountains

*Note: Laundry opportunities are limited, so pack accordingly.*

## First Aid & Medications

- ✓ Sunscreen (high SPF)
- ✓ Lip balm with SPF
- ✓ Antiseptic or soothing ointment
- ✓ Personal medications (for altitude, allergies, pain relief, etc.)

*Note: Our guides carry a basic first aid kit, but personal supplies are strongly recommended.*

## Optional Items

These can enhance your comfort during the trek and are widely available in Thamel, Kathmandu.



- ✓ Guide Book
- ✓ Power bank or spare batteries
- ✓ Camera and mobile phone (for capturing memories)
- ✓ Cards, books, or lightweight entertainment
- ✓ Pee bottle or pee funnel (especially useful for women at high altitudes)
- ✓ Trekking poles (highly recommended for stability)
- ✓ Whistle (for safety/emergency use)
- ✓ Thermos (to carry hot water/tea during cold days)
- ✓ Basic Medicine (Pepto, Bismol, Advil, Imodium)
- ✓ Bandana for dust and wind
- ✓ Energy Bars
- ✓ Yaktrax especially for fall and early spring season
- ✓ Outlet Adapter

***Tip: Thamel is full of gear shops where you can purchase or rent trekking essentials at a reasonable price once you're in Kathmandu.***

## Other Essential Gear

- ✓ Valid passport
- ✓ Extra passport-sized photos (for permits or emergency use)
- ✓ Airline tickets (leave a copy with our office in Kathmandu)
- ✓ Reusable water bottle or hydration bladder
- ✓ Water purification tablets or UV water purifier
- ✓ Lightweight towel
- ✓ Pillowcase (for hygiene in teahouses)
- ✓ Toiletry kit (toothbrush, toothpaste, wipes, etc.)

- ✓ Toilet paper (2 rolls minimum)
- ✓ High-protein snacks (nuts, energy/protein bars)
- ✓ Waterproof/dry bags to protect documents and valuable

## Documents and Logistics

- Flight Information
- Photocopy of Passport
- Passport size photo for Tims and permit (4)
- Medical Insurance Card
- Valid Passport
- Cash for souvenirs, Incidental costs, and tips for staff

### Notes:

Your safety is always our first priority while traveling with Ama Adventure, Stay flexible if needed;

We would like to pre-inform that sometimes flights to Lukla are often delayed.

If the flight gets canceled due to weather conditions please stay prepared for the next step.

Your trip leader has the authority to change all itineraries based on local conditions and judgments of your leader's.

We also have the right to modify the itinerary due to medical considerations, unexpected weather conditions, Natural Disasters etc.

Your leader and crew always tries to make your trip comfortable to ensure that the trip runs according to plan.

If you have any queries relating to the above please feel free to contact us.

## Weather Information

Mountain weather changes a lot with elevation and landscape. Starting in Lukla, you'll gain height each day, and temperatures will slowly get colder. Days are warmed by the sun, but nights become quite cold. At higher altitudes, nighttime temperatures can drop to the teens or twenties (°F). Mornings usually start with a fleece or jacket, and you can add or remove layers during the day as needed.

Regards,  
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