

# Itinerary for Everest Three High Pass Trek 19 Days Package

## **Day 1:** Arrival to Tribhuvan International Airport. Transfer to hotel

Upon your arrival at Tribhuvan International Airport (TIA), our representatives will warmly welcome you and transfer you to your hotel. After checking in, you can either explore the vibrant city of Kathmandu on your own or rest at your hotel, recovering from your journey.

## **Day 2:** Fly to Lukla (2,830m) & Trek to Phakding (2,610 m) Duration: 5-6 hours

Take a morning flight from Kathmandu to Lukla, enjoying breathtaking views of hills, rivers, and mountains during the 30-minute journey. Upon reaching Lukla, meet your porter, have breakfast, and start a 3-hour hike to Phakding along the Dudh Koshi river. Pass through Chheplung, cross Thado Koshi river via a suspension bridge, and reach the beautiful tribal village of Phakding for an overnight stay.

## **Day 3:** Trek to Namche Bazaar (3,440 m) Duration: 5-6 hours

Embark on a trek to Namche Bazaar, crossing Dudh Koshi River on thrilling suspension bridges with colorful prayer flags. The ascent brings you to Jorsale, and after 5-6 hours of challenging hiking, reach Namche Bazaar, the economic hub and gateway to Everest.

## **Day 4:** Rest day at Namche Bazaar for acclimatization and excursion

Take a day for acclimatization and explore Khunde and Khumjung villages. Visit the Everest View Hotel for panoramic views of Everest, Lhotse, and Ama Dablam. Return to Namche Bazaar for the night.

## **Day 5:** Trek to Tengboche (3,867 m) Duration: 5-6 hours

After breakfast, hike to Tengboche, passing through monasteries, suspension bridges, waterfalls, and rhododendron forests. Visit one of Nepal's oldest monasteries in Tengboche and experience spiritual Buddhist rituals. Stay overnight at a local tea house.

## **Day 6:** Trek to Dingboche (4,260 m) Duration: 4-5 hours

Continue your ascent to Dingboche, a 4-hour trek with thinning air. Enjoy views of Ama Dablam and Tawache. Spend the night in Dingboche.

## **Day 7:** Trek to Chhukung (4,750m) Duration: 3-4 hours

After breakfast, hike to Chhukung, a few hours away, and rest to adapt to the high altitude.

**Day 8:** Cross Kongoma-la (5,535m) and trek to Lobuche (4,928m) Duration: 8-9 hours

Set out to cross the challenging Kongmala Pass, then descend to Lobuche. Explore the largest memorials in the Everest region for fallen heroes.

**Day 9:** Trek to Gorak Shep (5,180m) and Everest Base Camp (5,364m) and return to Gorakshep; Duration: 6-7 hours

Trek to Everest Base Camp via rocky terrain alongside the Khumbu Glacier. Enjoy the heavenly environment, take photographs, and trek back to Gorakshep for an overnight stay.

**Day 10 :** Hike up to Kalapatther (5,545 m) and trek to Dzongla (4,830m) Duration: 6-7 hours

Hike early morning to Kala Patthar for the best sunrise view of Everest. Trek to Dzonghla for the night.

**Day 11:** Cross Cho-la pass (5,367m) and trek to Thagnag (4,750m) Duration: 8-9 hours

Cross the beguiling Chola Pass, enjoy the view, and descend to Dragnag for an overnight stay.

**Day 12:** Trek to Gokyo (4,750 m) Duration: 3-4 hours.

Hike to Gokyo Valley, cross the Ngozumpa glacier, and visit the enchanting Fifth Lake. Return to Gokyo for the night.

**Day 13 :** Hike up to Gokyo Ri (5,357m) & visit fifth Lake.

Hike to Gokyo Valley, cross the Ngozumpa glacier, and visit the enchanting Fifth Lake. Return to Gokyo for the night.

**Day 14 :** Cross Renjo-la (5360m) and trek down to Thame (3880m) Duration: 8-9 hours.

Climb Gokyo Ri for panoramic views, cross Renjo La pass, and descend to Lungden for an overnight stay.

**Day 15 :** Trek to Namche Bazar (3440m) Duration: 5-6 hours

Continue the trek downhill through Sherpa villages, reaching Namche Bazaar. Stay overnight at a guest house.

**Day 16 :** Trek to Lukla (2804m) Duration: 6-7 hours

Walk downhill for about 7 hours from Namche to Lukla, marking the end of your time at Sagarmatha National Park.

### **Day 17 :** Fly back to Kathmandu and transfer to hotels

Take an early morning flight from Lukla to Kathmandu, capturing mesmerizing mountain views. Return to your hotel and spend the rest of the day at your leisure.

### **Day 18:** Rest Day at Kathmandu

On this day you can explore Kathmandu valley and Nepali culture, food, etc. Visit the iconic Pashupatinath, the sacred Hindu temple in Nepal, followed by Bouddha Nath and Swayambhunath, shrines of Lord Buddha with unique stupa-style architecture. In the evening, explore the medieval architecture of Kathmandu Durbar Square.

### **Day 19:** International Departure

Your remarkable Everest High Pass trek concludes. Our representatives will transfer you to the airport for your departure as per your flight schedule. Bid farewell to the Himalayas, knowing you can always return for another adventure. Safe travels!

**Package:** Everest Three High Pass Trek 19 Days

**Email:** [info@masterhimalaya.com](mailto:info@masterhimalaya.com)

**Phone Number:** +977-9801099972 / 75