

TREKKING

EVEREST THREE HIGH PASSES TREK

The challenging trek through the Khumbu Valley, much more than just the Everest Base Camp.



B4Experience

NÉPAL



Reach Everest Base Camp and Kala Patthar but by leaving the usual route.
Discover the best corners of Khumbu region by crossing the three high passes
on a more demanding route with fewer people.

Voir le programme sur le web

<https://b4experience.com/everest-three-high-passes-trek>



MOIS RECOMMANDÉS

MARCH, APRIL, MAY, SEPTEMBER, OCTOBER, NOVEMBER,
DECEMBER



PRIX

Dès 2.225€ / pers.

Réductions pour groupes





Highlights

- REACH THE EBC BY LEAVING THE NORMAL ROUTE.
- DISCOVER ALL THE KHUMBU VALLEYS
- CROSS RENJO LA (5415 M) , CHO LA (5367 M) & KONGMA LA PASS (5535 M)
- TREKKING IN SMALL PRIVATE GROUPS

Groupe privé

100% personnalisable

À partir de (personnes)	Catégorie	Disponibilité	Nb. Jours	Prix/pers.
4	Standard	01 sept. 2025 - 08 déc. 2025	22	2.190€
2	Standard	01 sept. 2025 - 08 déc. 2025	22	2.475€
4	Standard	01 mars 2026 - 31 mai 2026	22	2.225€
2	Standard	01 mars 2026 - 31 mai 2026	22	2.560€
4	Standard	01 sept. 2026 - 08 déc. 2026	22	2.225€
2	Standard	15 sept. 2026 - 08 déc. 2026	22	2.560€

Voyagez avec votre famille ou vos amis.

*Contactez-nous pour vérifier la disponibilité via info@b4experience.com / +34 613 03 77 00 / www.b4experience.com

Groupe ouvert

Partagez l'expérience avec d'autres voyageurs

Catégorie	Dates	Nb. jours	Places dispo.	Point de départ	Prix / pers.
✕ Pas de groupes ouverts disponibles, uniquement des groupes privés.					

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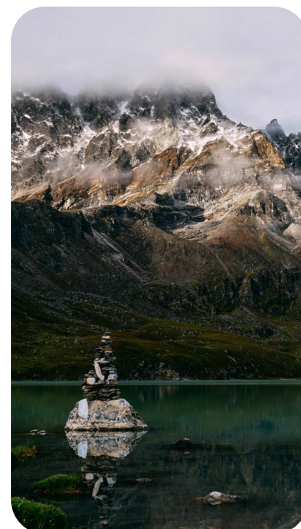
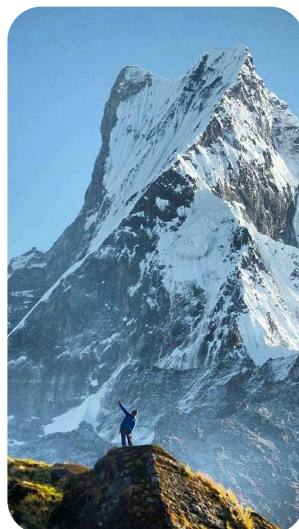
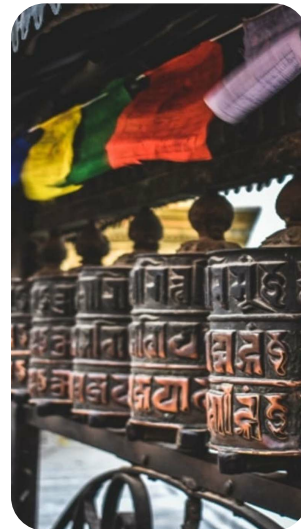


Inclus

- Private transfer to and from the airport
- Hotel in Kathmandu (tourist class) with breakfast included (shared room)
- Transport and flight to Lukla
- Accommodation in available lodges during the trekking (tea house-based trekking) (shared room)
- 3 fixed meals (breakfast, lunch, and dinner) suggested by the guide during the hike
- National park fees and TIMS charges
- An English-speaking trekking guide (Sirdar)
- Porter (one per every 2 people). Carry a maximum total weight of 20 kg, although it is suggested to carry a maximum of 8-10 kg per person
- Daily salary for Nepali staff, food, and accommodation
- Insurance for guides and porters
- Technical advice and equipment

Non inclus

- Flights and visas to Nepal (we can arrange them)
- Drinks during the trek
- Lunch and dinner in Kathmandu
- Travel/medical/cancellation and rescue insurance (we can arrange it)
- Costs due to roadblocks/landslides/natural disasters/strikes
- Anything not included in the "INCLUDED" section



Itinéraire

DAY 1: ARRIVAL IN KATHMANDU

Arrival in Kathmandu. Transfer to the hotel. Free afternoon: we can visit the Swayambhu Stupa (Monkey Temple), wander through the streets of Thamel, or have our first Dal Bhat dinner (the most traditional dish of Nepalese cuisine).

Accommodation: 3-star hotel

DAY 2: FREE DAY IN KATHMANDU

Free day in Kathmandu to process permits and make last-minute purchases for the trek. You can take advantage of some of our extra services: a morning flight to Everest or a cultural day tour of the Kathmandu Valley (can be booked at the time of reservation or later).

Accommodation: 3-star hotel

Meals: breakfast

DAY 3: FLIGHT TO LUKLA

Early in the morning, transfer to Ramechap airport (4 hours by car) to take the flight to Lukla. The flight to Lukla is a unique experience in itself. The airstrip is on a slope, with only a 60-meter difference between the two ends of the runway. Trekking to Phakding (2600 m) through impressive green landscapes with views of Kusum Kangharu.

Approx.: 3 hours, 7.5 km, +300/-500 m

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 4: TREKKING TO NAMCHE BAZAAR

We follow the Dudh Koshi, ascending through forests of Himalayan pine and cedar trees, to the famous village of Namche Bazaar (3440 m). Namche is a historic trading post where Nepalese and Tibetan traders exchange salt, dried meat, and textiles. Besides being a splendid destination to buy traditional handicrafts, Namche remains the central trading hub in the Khumbu region, attracting traders from the Himalayas and lowlands. You will spend two days in Namche to acclimatize, visit local markets, and spend time with your team.

Approx.: 5 hours, 10.6 km, +1250/-450 m

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 5: NAMCHE BAZAAR AND HOTEL WITH EVEREST VIEW

This day is specially designed for acclimatization. We will walk to Syangboche Airport (3,700 m), considered to be the highest airport in the world, and then continue to the Everest View Hotel to enjoy excellent panoramic views of Everest, Lhotse, Amadablam, Tawache, etc. On the way back, we will visit the Sherpa Museum of Everest Culture and the Photography Gallery.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 6: TREK TO THAME (3,750 M)

The trail leads you to the historic village of Thamo, an easy walk through a picturesque valley. Thamo, a small Sherpa village, offers insight into local life. After exploring, the trek continues to Thame, where you'll stop for lunch. This village provides ample time to explore Sherpa culture, including a visit to a small hydroelectric plant. Overnight in a teahouse. Trek from Namche Bazaar to Thame (3750 m).

Aprox.: 5 h, 8,7 km +650/-250

Accommodation: Teahouse

Meals: breakfast + lunch + dinner

DAY 7 : ACCLIMATIZATION DAY IN THAME

The day is dedicated to acclimatization, allowing you to explore the valley and prepare for the upcoming Renjo La pass. You can visit the local monastery or venture to Tashi Lapcha Tal, a 5 to 6-hour round trip that requires a packed lunch.

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DÍA 8 : CAMINATA A LUNGDEN (4.500 M)

The trek continues with an easy walk to Marlung along the Bhote Koshi River. After a short break, the trail ascends through a dry valley to Lungden. The trek offers stunning views of snow-capped peaks. As Thame is the last Sherpa village, today you will experience the solitude of the mountains. Upon arrival, consider a short walk above the lodge to aid acclimatization. Lungden (4500 m).

Aprox.: 5 h, 9 km +650/-100

Accommodation: Tea House

Meals: breakfast + Lunch + dinner

DAY 9: TREK TO GOKYO (4,800 M) VIA RENJO LA PASS (5,415 M)

Begin with an uphill hike, followed by an easier walk, before tackling a challenging ascent to the summit of Renjo La Pass. From here, enjoy stunning views of Mount Everest, Mount Nuptse, and the impressive Gokyo Lake. Descend to the Third Lake and settle into your lodge in Gokyo for the night.

Aprox.: 6 h, 11,3 km +1050/-640

Accommodation: Tea House

Meals: breakfast + lunch + dinner

DAY 10: HIKE TO GOKYO RI (5,330 M) AND TREK TO THAKNAK (4,750 M)

Early in the morning, hike up to Gokyo Ri to witness an unforgettable sunrise and panoramic views of Everest and the Himalayas. After enjoying the views, return to Gokyo for breakfast and then descend to Thaknak, passing by the Second Lake and crossing the glacier.

Aprox: 4 h, 4 km +100/-150 (opcional Gokyo Ri)

Accommodation: Tea House

Meals: breakfast + lunch + dinner

DAY 11: CROSS THE CHO-LA PASS (5,367 M) TO DZONGLA (4,850 M)

Prepare for a challenging day crossing the Cho-La Pass. Although the pass itself is not too difficult, the steep ascent and glacier crossing require caution. After crossing, descend to Dzongla to spend the night, enjoying the stunning high-altitude scenery.

Aprox.: 6 h, 8,7 km +800/-650

Accommodation: Tea House

Meals: breakfast + lunch + dinner

DAY 12: TREK TO LOBUCHE (4,900 M)

After a hot breakfast, descend along a relatively easy trail to Lobuche. The short walk aims to allow acclimatization as you gain altitude. After settling in, explore the nearby Everest glacier.

Aprox.: 2 h, 6,7 km +250/-170

Accommodation: Tea House

Meals: breakfast + lunch + dinner

DAY 13: TREK TO GORAK SHEP AND KALAPATTHAR (5,160 M)

Caminata hacia Gorak Shep por un sendero rocoso, con vistas al monte Everest, el monte Nuptse y el monte Pumori. Después de llegar a Gorak Shep, sube a Kalapatthar, un mirador privilegiado para ver el Everest y los picos circundantes. Captura fotos impresionantes antes de descender de regreso a Gorak Shep para pasar la noche.

Aprox.: 2 h 5 km +330/-100 (subida a Kalapattar +3 h, 4,8 km +470/-470)

Alojamiento: Casa de té

Comida: desayuno + almuerzo + cena.

DAY 14: TREK TO LOBUCHE

Descent back to Lobuche for a short trek, allowing you to rest and prepare for the next stage. Take your time to relax and enjoy the surroundings.

Aprox.: 2 h, 5 km +100/-330

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 15: TREK TO CHUKUNG VIA KONGMA LA PASS (5,530 M)

Start the day with a hike on the Khumbu Glacier heading east. Cross the glacier and river, then ascend to Kongma La Pass, the highest pass on the trek. There are no water sources along the route, so it is recommended to carry plenty of water. The summit offers stunning 360-degree views of the surrounding peaks. Descend steeply to the Chukung valley for overnight.

Aprox.: 7 h, 9,8 km +720/-910

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 16: ASCENT TO CHUKKUNG RI (5,550 M) AND NIGHT IN DINGBOCHE (4,410 M)

After breakfast, ascend Chukkung Ri, a classic viewpoint offering views of Lhotse, Makalu, Island Peak, Amadablam, and the Himalayas. Return to Chukkung for lunch, then hike to Dingboche for the night.

Aprox.: 2 h, 4,6 km +20/-420 (opcional Chukkung Ri +3 h 4,7 km +660-660)

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 17: TREK TO TENGBOCHE (3,867 M)

Enjoy a relatively easy downhill walk through the valley. The landscape changes as you pass through Sherpa villages. After Pangboche, descend to the river, cross the bridge, and ascend to Tengboche, home to the region's oldest monastery. In the afternoon, visit the monastery to attend a Buddhist chanting ceremony.

Aprox.: 4 h, 10,5 km +320/-800

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 18: TREK TO MONJO (2,680 M)

Start with a descent to Phunkethanga, a small settlement with tea houses. Continue downhill along a forested trail, cross the Dudh Koshi River, and ascend steeply to Sanasa, then continue to Namche Bazaar. Finally, walk to Monjo for an overnight stay. Night at the lodge.

Aprox.: 6 h, 14,3 km +690/-1700

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 19: TREK TO LUKLA (2,800 M)

The hike continues along the Dudh Kosi River to the small mountain airstrip in Lukla, where you will take your flight back to Kathmandu.

Aprox: 5h, 12,8km +760/-750

Accommodation: Tea house

Meals: breakfast + lunch + dinner

DAY 20 : FLIGHT BACK TO KATHMANDU

Incredible 30-minute scenic flight back and arrival in Kathmandu.

Accommodation: 3-star hotel

Meals: breakfast

DAY 21/22 : FREE DAYS IN KATHMANDU

Free day in Kathmandu. Final departure, transfer to the airport.

Accommodation: 3-star hotel

Meals: breakfast.

Extra Services :

Morning Everest flight: approximately a 1-hour flight to see/touch Mount Everest (we will fly just 8 km from the summit). Includes round-trip transfer to your hotel. (Departure at 5:15 a.m. and return at breakfast time)

KTM Cultural Tour 1: 1-day tour to visit 3 UNESCO World Heritage sites: Pashupatinath Temple + Boudhanath Stupa + Bhaktapur City. (Includes cultural guide speaking English, Spanish...), additional hotel night and meals not included.

KTM Cultural Tour 2: 1-day tour to visit 3 UNESCO World Heritage sites: Patan City + Kathmandu Durbar Square + Swayambhu Nath Stupa. (Includes cultural guide speaking English, Spanish...), additional hotel night and meals not included.

Extra night: An additional night in KTM (includes breakfast in shared or single room).

You can book additional services at the time of booking your trip or later.

Payment and cancellation policy

Initial Reservation: To secure your spot, a deposit of 30% of the total trip cost is required at the time of booking.

Final Payment: The remaining amount, equivalent to 70% of the total, must be paid no later than 60 days before the departure date.

Extras: Additional trip costs, such as insurance, flights, or other optional services, must be paid in full at the time of booking.

Cancellation Insurance: The client may purchase trip cancellation insurance to recover the full amount paid (according to the policy conditions).

The end user may cancel the contracted trip, having the right to a refund of the amounts paid, except for the penalties indicated. Additionally, the client must pay the Agency the amounts specified below once the trip is confirmed. If the trip is not carried out due to insufficient minimum participants, the client can keep the credit for future trips or request a full refund of the reservation.

Política de cancelación 3.

REEMBOLSO COMPLETO HASTA 24H DESPUÉS DE LA COMPRA.

Hasta 60 días antes del viaje devolución del 100% del importe del viaje.

Hasta 45 días antes del viaje devolución del 50% del importe del viaje.

Para plazos inferiores a los descritos en la política de cancelación, no se abonará el importe ya abonado.

*A management fee of €250 applies.

*Cancellation fees will not be refunded for bookings already issued. If there are other non-refundable expenses already issued, these will also not be refunded and will be deducted from the amount to be paid.

*The cancellation cost of issued flights is 100% of the amount.

Packing List

FUNCTIONAL CLOTHING

- Softshell jacket (windproof, water-repellent, lightweight) for normal activities or Hardshell (waterproof Gore Tex) only when very bad weather is forecast
- Light waterproof pants
- Warm jacket: down jacket or preferably primaloft (as they can withstand water)
- Light fleece
- Thermal pants and shirt for sleeping in the shelter
- Shorts and technical shirts (quick-dry)
- Swimsuits
- Underwear (cotton not recommended)

HEAD

- Light running cap
- Wool hat
- Neck gaiter
- Sunglasses

HANDS

- Light fleece gloves
- Trekking poles

FEET

- Socks (non-cotton recommended)
- Trail running shoes or trekking boots
- Trekking sandals with heel strap (optional)

BACKPACKS

- Trail running vest or lightweight backpack
- Rain cover for backpack
- Duffle bag

SHELTER EQUIPMENT

- Sleeping bag
- Earplugs

ACCESSORIES

- Headlamp and spare battery or batteries
- Sunscreen, lip balm and after sun

FOOD/DRINK

- Hydration system minimum 1L (Camelbak, water bottle or flexible bottle)
- Thermos (optional)
- Snacks, nuts, gels, hydration and enough energy bars, protein bars, mixed nuts, magnesium tablets and recovery supplements

TRAVEL GEAR

- Casual clothes
- Passport, Visa, cash, insurance documents, vaccination card
- Microfiber towel
- Thermal blanket
- Thermal blanket
- Mobile phone and watch with route track
- Powerbank, camera, charging cables, headphones, selfie stick...

FAQs

What physical and technical level is required?

A minimum level is required to complete a mountain route with an elevation gain of 1250 m in one day. It is not a demanding route, and short walking days are interspersed to ensure good acclimatization and proper recovery from trekking days. During the route, we can carry a small backpack with the items we will use during the day. Porters will carry our backpacks to the next lodge.

How to organize the bag with the material that the porter will carry?

The porter carries the equipment for 2 people (maximum 12 kg per person). You should share one bag between every two people and hand it to the porter. Ideally, this is a duffel bag of about 80 liters. The other suitcase will remain at the hotel in Kathmandu.

Backpack during the route:

Carry a small backpack that allows you to bring a jacket, water bottle, and some energy bars or nuts. All the equipment you don't use during the day will be carried by the porters.

Crampons

In the high-altitude areas of the trek, there may be snow or ice, although this is not common. Conditions can change quickly, especially on passes over 5,000 meters. Some people carry chain crampons to improve grip on slippery surfaces; point crampons are not necessary for trekking.

Cash money:

In Kathmandu, you can usually pay by card (in restaurants, taxis, souvenir shops... not common). Beyond that, there will be no ATMs. It is essential to carry local currency. You can bring euros or dollars and exchange them directly for rupees at the airport or in Thamel on the day of arrival.

Recommended amount of cash:

It is recommended to carry a minimum of €250 in cash for expenses not included, such as drinks or meals in Kathmandu and for tips.

Tips

It is customary to give a tip at the end of the trip (not mandatory, but highly recommended), in cash (no card readers available). Guides: 5 to 10 USD per person per day. On longer treks (such as the Annapurna Circuit or Everest Base Camp), tips may increase, reaching 10-15 USD per person per day. Porters: 3 to 5 USD per day per person. On longer or more demanding treks, you might consider increasing to 5-7 USD.

Hygiene conditions in the lodges:

As you gain altitude, accommodations become much more basic. It is recommended to bring wet wipes and a sleeping bag to avoid using the blankets.

Showers and hot water:

In the higher altitude areas, hot water showers are very scarce. It is VERY easy to catch a cold, which exacerbates altitude sickness issues. WE RECOMMEND avoiding showers. Wet wipes are a good alternative to maintain hygiene.

Which hotel will we stay at?

The first and last night we will stay at the International Guest House hotel in Kathmandu. The other nights we will sleep in various lodges found along the way. The program offers accommodation in shared rooms. If you want a single room, please indicate it at the time of booking.

Medications for altitude:

The routes are progressive to avoid (as much as possible) altitude sickness. The guides carry a complete first aid kit, including an oxygen saturation monitor. For medications like Edemox or similar, consult your doctor, although they are not necessary.

Mobile phone and SIM:

You can buy a SIM card upon arrival. Each area in Nepal has a different operator. Check with our team which one works in each area. With a recharge of €15-20, you will have enough data to use WhatsApp when there is coverage. Regular calls are much more expensive.

Supplements and Recovery Aids: Is it necessary to bring any kind of supplement or recovery aid?

Supplements can be helpful but are not essential. It is advisable to take iron in the days prior to starting a high-altitude activity. You can consult your doctor or nutritionist.

Water purification tablets

Always buy bottled or boiled water at the lodges.

Mosquito repellent

The repellent can be useful during the first few days, but it is not necessary (optional) in the high altitude areas.

Vaccination card:

There is no mandatory vaccine required to travel to Nepal.

Plug adapters

They are the same as those in Europe.

What are the passport and visa requirements?

It is important to have a valid passport with at least 6 months validity. Nepal offers visa on arrival for most countries, which can speed up the process and avoid queues upon landing if you submit your application online through this official web link. Upon arrival, proceed to the bank counter at Tribhuvan International Airport with the submission ID (confirmation page) you received after completing the visa application form for Nepal. Pay the corresponding fee in cash, and after payment, proceed to the immigration officer's counter with your original passport to process the visa. Regarding the visa, stay updated as immigration policies often change. Therefore, it is recommended to check the information closer to your planned travel date. Currently, as of February 2025, the costs for Nepal tourist visas are as follows: 15 Days: USD 30 30 Days: USD 50 90 Days: USD 125.



Contact

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[Voir le programme sur le web](#)

Trekking

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