Kathmandu Holiday
Tours & Travels Pvt. Ltd.

Everest Three Pass Trek

Duration: 20 Days

Tour Plan

Day	Details
Day 1	**Kathmandu Arrival** Kathmandu Arrival. Transfer to the Hotel. Overnight
Day 2	**Preparation for the trip** Preparation for the trip and shopping. Overnight at Hotel.
Day 3	**Kathmandu-Lukla-Phakding** Transfer to Domestic Airport/fly to Lukla and trek to Phakding. Overnight at Tea House.
Day 4	**Phasing to Namche Bazar** Trek to Namche (3440m) about 5-6 hours. Overnight.
Day 5	**Acclimatization day at Namche** Free day for Acclimatize.
Day 6	**Trek from Namche to Thame** Trek to Thame (3800m) about 4 hours. Overnight.
Day 7	**Trek from Thame to Lumde** Trek to Lumde (4140m) about 5 hours trek. Overnight.
Day 8	**Lumde to Gokyo Lake** Trek to Gokya (4800m) via Ranjo-La Pass (5465m) about 7 hours. Overnight.

Day	Details
Day 9	**Acclimatization day at Gokyo** Rest and acclimatize day at Gokyo.
Day 10	**Gokyo to Thaknak** Trek to Thaknak (4750m) about 3-4 hours. Overnight.
Day 11	**Thaknak to Zungla** Trek to Zungla via Chola Pass (5367m) about 7 hours. Overnight.
Day 12	**Zungla to Gorekshep** Trek to Gorekshep (5160m) about 6 hours. Overnight.
Day 13	**Gorekshep to Everest Base Camp** Hike up to the Base Camp (5357m) about 6 hours. Overnight.
Day 14	**Hike Kalapatthar and trek to Lobuche** Hike up to Kalapatthar and trek to Lobuche. Overnight.
Day 15	**Lobuche to Chukung** Trek to Chukung (4730m) via Kongma la pass (5535m) about 07 hours. Overnight.
Day 16	**Chukung to Tengboche** Trek to Tengboche (3867m) about 5-6 hours. Overnight.
Day 17	**Tengboche to Namche** Trek to Namce (3440m) about 5 hours. Overnight.
Day 18	**Namche to Lukla** Trek to Lukla (2800m) about 6 hours. Overnight.
Day 19	**Lukla to Kathmandu** Fly to Kathmandu. Rest of the time is free. Overnight at Hotel.

Day	Details
Day 20	**Final Departure** Last day of the trip, transfer to Airport for onward journey.