



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.