

**Lama Adventures Pvt. Ltd.**

# Everest 3 Pass Trek

<b>Difficulty</b>	<b>Duration</b>	<b>Region</b>	<b>Max. Altitude</b>	<b>Type</b>	<b>Group Size</b>	<b>Accommodation</b>
Moderate	20 Days	Everest	5550m	Trekking	2-20 pax	Tea House and Hotel

## Overview

Delve into the serenity of six dazzling glacial fed lakes of Gokyo, which is an alternative option for the Everest Base Camp trek. The pristine blue and green waters of Gokyo Lakes is a memorable sight in this trek. The easygoing Sherpa people in the region will make your trekking experience a special one. The view of the world's highest mountain, Mt. Everest, is best from Gokyo Ri, which is an hour climb from the Gokyo village. You'll get to walk through some of the best off-the-beaten paths in the Everest region before you finally reach the peaceful Gokyo valley.

The Gokyo Lake trek is perfect for people who want to trek in the Everest region, but want more variation in terms of views and fewer nights spent at a very high altitude. Every trek in the Everest region usually starts from Lukla and so does this one. After leaving Lukla, you follow the Dudh Koshi river towards the vibrant village of Namche Bazaar which has an ideal atmosphere for trekkers to acclimatize. Breathtaking views of some of the highest mountains in the world provide an outstanding scenery as you set out further into the Khumbu valley. After Namche Bazaar, the trail gradually ascends to Dole and then passes through Machhermo before reaching Gokyo village. There are six lakes of Gokyo spread across the Gokyo valley and they are namely Gokyo Cho (Dudh Pokhari), Thonak Cho (the largest), Gyazumpa Cho, Tanjung Cho, Ngozumpa Cho, and Longbanga Cho.

If you love sunrise/sunset, an early morning hike or late evening hike to Gokyo Ri (5483 m) is recommended to view the striking Mt. Everest garnished with the beautiful light from the sun. Gokyo Ri is probably the best possible spot for awesome views of Everest. Other than Everest, you see some magnificent mountain peaks like Lhotse, Makalu and Cho Oyu. You can spend a whole day at Gokyo and still feel like you want to take in more from the place. Additionally, there are options to hike up to the other lakes in the valley which also offers rewarding views of the glacial lakes with the mountain peaks in the backdrop. You also witness one of the biggest glaciers in Khumbu region – Ngozumpa Glacier from Gokyo Ri, which is just above the Gokyo village.

The best time to go for this trek is from March to June and September to December. Whatever time you decide to go here, you are sure to have the time of your lives.

## **Itinerary**

### **Days 1: Arrival in Kathmandu**

On your arrival in Kathmandu, Tribhuvan International Airport, our representative will welcome you & drive you to the hotel. It's a free day/evening. You can walk around Thamel for shopping.

### **Days 2: Sightseeing around Kathmandu**

Kathmandu is the historical and cultural heart of Nepal and has been a popular destination for tourists ever since Nepal opened its doors to visitors. The city presents a wonderful mix of Hinduism, Tibetan Buddhism and Western influence. There will be a guided tour to the largest Buddhist stupa in Nepal Boudhanath and after that to the most popular Hindu shrine dedicated to Lord Shiva- Pashupatinath. We take a tour to Patan or Lalitpur (the City of Artisans), which is 5km away from Kathmandu. We walk through Patan Durbar Square, and delight in the architectural wonders of the Malla era. Mahaboudha Temple, Kumbeshwor Temple, Krishna Temple and Golden Temple are the major attractions at the square.

### **Day 3: Fly to Lukla; Trek to Phakding**

Our trip begins early morning with a picturesque flight to Lukla. The trekking guide will see you at the hotel and you drive to the airport and take a 30 min flight to Lukla, which flies over endless rolling hills covered with green terraces. Once we reach Lukla, we will have a short break to organise porters and gear before starting our day's trek. We will trek for about 5 hrs to Phakding.

### **Day 04: Trek to Namche**

From Phakding, we cross and re-cross the river on high suspension bridges. Beyond Monjo is the entrance to the Sagarmatha National Park which was set-up in order to protect and preserve the fragile mountain environment. We then take a steep hike to Namche. If the weather is clear, we get the first glimpse of Mt Everest. Namche is the main trading village in the Khumbu and has a busy Saturday market - a meeting place for the Hindu traders from the lowlands and the Tibetan yak caravans that have crossed the glaciated Nangpa La.

## **Day 05: Rest & Acclimatization**

We will spend an extra day in Namche before trekking higher to allow our bodies to adjust to the lower levels of oxygen in the air. In the morning, we will walk up to the Everest View Hotel to enjoy a panoramic view of Everest, Ama Dablam, Thamserku and many other majestic mountain peaks.

## **Day 06: Trek to Tengboche**

We will walk to Tengboche Monastery which is the most important monastery for the Sherpas of the Khumbu region. It is the tradition that every climbing expedition to Mt. Everest should be blessed by the head Lama of this monastery. You will enjoy the most spectacular mountain scenery on the face of the Earth on this day.

## **Day 07: Trek to Dingboche**

We will walk via Pangboche (3930m), take a moment to look back and enjoy the classic view of Tengboche. It is also the last village before heading right to Ama Dablam base camp, which dominates the scenery from now to Lobuche. We again gradually traverse up the valley, cross the Imja river and briefly walk upwards to Dingboche. The mountains appear distinctly more reachable and glorious.

## **Day 08: Trek to Chhukung**

The walk is pleasant as we leave Dingboche, through stone walled fields and alpine landscape. The views are stupendous as we trek to the head of Imja valley. While walking through the valley, Lhotse towers on our left and Ama Dablam on our right. After walking about 3 km, we reach Bibre at 4570m. Straight ahead, beyond a terminal moraine wall, soars the Island peak (Imja Tse, 6189m), a most popular trekking peak. The pyramidal Imja Tse looks awesome with its step rock and-icy south face. The trail ahead is intersected by icy streams. About 30 min. walk from Bibre finally, we arrive at Chhukung. After Lunch, We might take an opportunity to hike to the rocky knoll of Chhukung Ri at 5546m, which offers stunning views of Lhotse, Island Peak, Ama Dablam, Makalu and several others including Baruntse.

## **Day 9: Cross Kongma La; Trek to Lobuche**

We begin today's trek very early in the morning to reach the highest part of the entire trip which is Kongma La pass. We can either take a trail over a hill which is to the northwest of Chhukung over the Nuptse Glacier moraines or we can walk back to Bibre and trek on the trail above the Niyang Khola. The top of the pass is marked by cairns and Buddhist prayer flags. The final descent from the pass is the most difficult part of today's journey. After climbing the moraine on the far side, the trail turns north through Khumbu Glacier which takes us to Lobuche. Overnight at Lobuche.

## **Day 10: Trek to Gorakh Shep; Explore EBC**

Our trail moves along the lateral moraine of the Khumbu Glacier. Ahead on the trail we see the crest of the north ridge of Everest along with Pumori, Mahalangur, Lingtern, Khumbutse, Nuptse and other mountains. A small ascent takes us to Thangma Riju. From here we admire panoramic views of the Himalayan vista. We ascend on a steep trail up to the top of Changri Glacier. As we reach Gorak Shep, we are surrounded by the Himalayas. After resting for a short while, we continue to Everest Base Camp. We pass through rocky dunes, moraines and streams before reaching the base camp of the world's tallest mountain, Everest. From here we admire Nuptse, Khumbustse and Pumori mountains. We trek back to Gorak Shep and spend the night.

## **Day 11: Early Morning hike to Kalapatthar; Trek to Dzongla**

A very early start is required to reach Kalapatthar at 5,545m. The way to Kalapatthar is steep trail so we will take a comfortable pace to reach on the top. The view from the top of Kalapatthar is one of the finest views of mighty Everest. You can also see Lingtren, Khumbutse and Changtse mountains. We will spend some time on the summit and stroll back to our camp at Gorak Shep. We will have breakfast and move on to Dzongla. Dzongla is the base camp for our second pass of the trek, i.e. Cho La Pass. The trail from Gorakhshep to Lobuche is a straightforward one and after Lobuche, the trail that leads to Dzongla is a picturesque one. Open skies and the mighty Ama Dablam standing tall will make your walk worthwhile. Rest at Dzongla and prepare for crossing the backbreaking trail of Cho La Pass tomorrow.

## **Day 12: Trek to Gokyo via Cho La Pass**

We leave early in the morning as there might be heavy wind in the afternoon in the Pass, so it is better if we cross the Pass early as possible. We will be taking packed breakfast and eat at the summit of the Pass. The trail is a steep uphill filled with small unbalanced rocks and the last part is covered with ice most of the time. While the walk may sound tough, but the views that you see while walking up is what keeps you going. After reaching the top, take a rest and enjoy the scenery around while you have some food. The walk back to Gokyo is a steep downhill and it is recommended you take your steps carefully as the trails are really slippery. We reach Thangnak at the bottom and have lunch there. After that, we walk to Gokyo via the Nzogumpa Glacier, the longest glacier in the Himalayas. Overnight in Gokyo.

## **Day 13: Explore Gokyo Ri/ Cho-Oyu Base Camp**

You will spend the whole day exploring the Gokyo vicinity. You can either just stroll around the village or hike up to Gokyo Ri (5357m) for a mind-blowing vista of Cho Oyu (8188m), Everest (8848m), and the Mahalangur Himalayan Range. You will also be able to see the whole Gokyo Valley and the Gokyo lakes along with Ngozumpa Glacier from the top of Gokyo Ri (5360m).

#### **Day 14: Trek to Lumde**

We gently go uphill over the lush grassy area. The slope progressively becomes steeper and we head for the top. The trek is quite complex as it is very steep. From the top, we can view stunning panorama of Rolwaling, Tengri Ragi Tau Mountains and small Rermo Pokhari Lake to the west and Everest, Lhotse, Makalu, Gyachung Kang and Gokyo lakes to the east. Through Dudh Pokhari lakes, we trek downhill through the beautiful meadow towards the Bhote Koshi Valley to continue beside the river. Luckily, we will come across yak caravans coming from Tibet heading towards Lungdeng. Overnight at Lungdeng.

#### **Day 15: Trek to Thame**

Today, we will hike to Thame. Situated at 3800m, we will also visit the historic Thame monastery and experience spiritual Buddhist practices. We can also witness the lovely culture of Sherpa people at Thame. We will spend the night here and enjoy the much needed rest for our downhill trek to Namche flowing day.

#### **Day 16: Trek to Manjo**

We will continue our trek down the Sherpa villages of Thame, leaving the mountains in the backdrop. We will walk down to the village of Namche bazaar, epitome of Sherpa culture. Then, we head down to Monjo after a delightful lunch at Namche Bazaar.

#### **Day 17: Trek to Lukla**

Today's trek is a really short and sweet one. We will climb up a small hill to reach Lukla. You will probably reach Lukla soon so explore and look around the place and the famous airport in Lukla.

#### **Day 18: Back to Kathmandu**

We pack up early and head for the airstrip to hop a flight back to Kathmandu. On touchdown, the rest of your day is free to do your own things. You could do some last-minute shopping and packing, or send a few postcards home or even go down for a stroll to Thamel, an internationally known hub for tourists in Asia.

## **Day 19: Free Day**

Just relax at your hotel room and travel around the beautiful cultural city of Kathmandu, Patan and Bhaktapur. You have the day to your own, so enjoy your last day in Nepal.

## **Day 20: Final Departure**

It's time to leave Nepal, of course with smiles and many memories to cherish. Depending on your flight time we will drop you at Tribhuvan International airport for your final departure to your destination.

# **Inclusion / Exclusion**

## **Cost Includes**

Arrival in International Airport and Departure.  
Hotel in Kathmandu with Bed & Breakfast.  
Sightseeing in Kathmandu Valley with Guide.  
Entrance fees.  
Conservation Fee.  
Peak Permit and Climbing Guide.  
Round Domestic Flight Ticket.  
Local Transfer.  
Domestic airport departure taxes.  
Tea House Accommodation, breakfast and dinner.  
All camping Equipment, two men tents, Dining tent,  
Kitchen Tent, Toilet Tent, Table & chairs.  
Breakfast, lunch, dinner in trekking and climbing  
period.  
Guide, Cook, sherpa, Kitchen staffs and porters.  
Insurance for trekking staff and Equipments.

## **Cost Excludes**

Personal equipment for Trekking &  
Peak climbing.  
Personal travel Insurance.  
Lunch & dinner in Kathmandu.  
Emergency Rescue evacuation.  
Personal expenses/Bar bills.  
Tipping for trekking staff.