

## 3 PASSES TREK / EVEREST HIGH PASS TREK 19 DAYS



### Day Wise Itinerary

**Day 1: Arrival in Kathmandu (1,400 m / 4,593 ft).**

**Day 2: Fly to Lukla (2,800 m / 9,184 ft) and trek to Phakding (2,651 m / 8,700 ft): 3 hours.**

**Day 3: Phakding to Namche Bazaar (3,438 m / 11,280 ft): 6-7 hours.**

**Day 4: Namche Bazaar to Khumjung (3,790 m / 12,434 ft): 1 - 2 hour.**

**Day 5: Khumjung to Thame (3,800 m / 12,467 ft): 4 - 5 hours.**

**Day 6: Thame to Lumde (4,137 m / 13,573 ft): 5 - 6 hours.**

**Day 7: Lumde to Gokyo (4,800 m / 15,748 ft) via Renjola Pass (5,465 m/17,929 ft): 7 – 8 hours.**

**Day 8: Gokyo and visit the 5th Gokyo lakes.**

**Day 9: Thangnak (4,750 m / 15,580 ft) after hiking Gokyo Ri (5,357 m / 17,575 ft): 7 – 8 hours.**

**Day 10: Thangnak to Zongla (4,830 m / 15,850 ft) via Chola Pass (5,368 m / 17,611 ft): 7 to 8 hours.**

**Day 11: Zongla to Lobuche (4,940 m / 16,207 ft) 4 – 5 hours.**

**Day 12: Lobuche to Gorakshap (5,170 m / 16,962 ft) and visit Everest Base Camp (5,364 m / 17,598 ft): 8 – 9 hours.**

**Day 13: Lobuche after Kala Patthar Hike (5,645 m / 18,519 ft): 6 – 7 hours.**

**Day 14: Lobuche to Chukung village (4,750 m / 15,580 ft) via Kongma La pass (5,535 m / 18,159 ft): 7 – 8 hours.**

**Day 15: Summit to Chukung Ri (5,546 m / 18,192 ft) and descend to Dingboche (4,410 m / 14,468 ft): 7 to 8 hours.**

**Day 16: Dingboche to Namche Bazaar.**

**Day 17: Namche Bazaar to Lukla.**

**Day 18: Fly to Kathmandu.**

**Day 19: Departure.**

### ***Inclusions***

- Accommodation in Kathmandu on twin share basis (2 nights).
- Accommodation during the trekking period, in local mountain lodges called tea house on twin share basis (16 nights).
- Domestic return flight tickets (Kathmandu- Lukla – Kathmandu, or Ramechhap – Lukla - Ramechhap).
- Transportation to and from Ramechhap airport if Lukla flights are operational from Ramechhap.
- Airport pick up and drop.
- All necessary paperwork and trekking permits (National Park Permit, Khumbu Permit).
- Certified guide.
- Assistance guide (for 5 or more people).

- Porter service (2 trekkers: 1 porter).
- Staff costs including their salary, insurance, equipment, domestic airfare, food, and accommodation.
- Medical kit (carried by your trek leader).
- All government and local taxes.
- Trek Completion certificate from Sagarmatha National Park Authority (Nepal Govt).

### ***Exclusions***

- Travel expenses to reach and return from Kathmandu.
- Food and drinking water throughout the trip.
- Anything not specifically mentioned under inclusions section.
- Additional accommodation and food expenses if trek gets delayed due to weather, flight cancellation, health, or any other reason.
- Personal expenses (phone calls, laundry, bar bills, battery recharge, extra porters, bottle, or boiled water, shower, etc.).
- Health Insurance, Personal Insurance, and other travel insurance.
- Expenses for evacuation and rescue operations due to natural calamity, mishaps, injury, or any health problem.
- Nepal visa fee (if applicable).
- Tips for guide(s), porter(s).

### ***Cancellation charges***

- 25 or more days before the date of departure: 30% of total cost.
- 18 – 24 days before the date of departure: 40% of total cost.
- 10 – 17 days before the date of departure: 50 % of total cost.
- Less than 10 days from the trek start date: 80% of total cost.
- No refund if trek/tour get started.
- No charges if you reschedule the trek / tour to any future date (you need to tell us minimum 15 days before the start date).

**Please Note:** Due to air traffic, Lukla flights may operate from Ramechhap Airport (Manthalli) rather than Kathmandu at times during the season. Ramechhap Airport is located 150 kilometres from Kathmandu. In this case, we provide transportation for our customers. It takes approximately 4 to 5 hours to travel to/from Ramechhap.

***For any queries, please contact +91 8884883555, or email us at [trip@weramblers.com](mailto:trip@weramblers.com)***