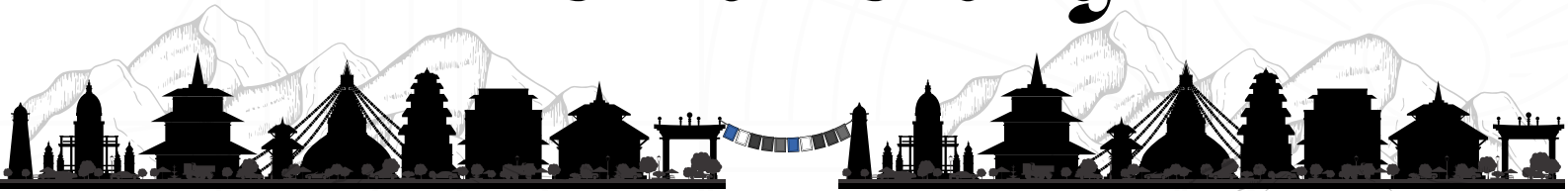


Three Passes Trek Itinerary



Day 1



Day 1: Kathmandu (1,400m) → Lukla (2,840m) → Phakding (2,610m)

- Flight + Trek | Distance: ~8 km | Hiking Time: 3–4 hrs
- Overnight: Phakding
- Begin your adventure with a scenic mountain flight to Lukla, one of the world's most thrilling airstrips. After meeting your guide and porter, set off on a gentle descent along the Dudh Koshi River. Pass chortens and prayer wheels as you walk through pine forests and small Sherpa settlements before reaching the riverside village of Phakding.



Day 2

Day 2: Phakding → Namche Bazaar (3,440m)

- Distance: ~10–11 km | Hiking Time: 6–7 hrs
- Overnight: Namche Bazaar
- Follow the Dudh Koshi upstream, crossing iconic suspension bridges including the famous Hillary Bridge. Enter Sagarmatha National Park and ascend steadily through pine forests. The final stretch is a challenging uphill climb, but you're rewarded with your first views of Everest before arriving at bustling Namche Bazaar.





Day 3

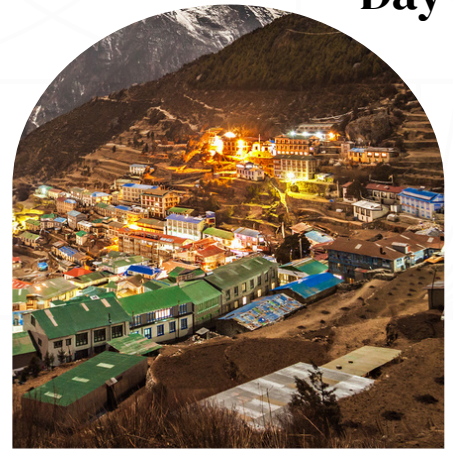


Day 3: Acclimatization in Namche Bazaar

- Acclimatization Hike: Everest View Hotel (3,880m) or Khumjung Village
- Hiking Time: 3–4 hrs
- Overnight: Namche Bazaar
- Spend the day acclimatizing with a hike to the Everest View Hotel or nearby Khumjung village. Enjoy panoramic views of Ama Dablam, Thamserku, and Everest in the distance. Explore Namche's cafes, bakeries, and Sherpa museum before resting up for higher elevations.



Day 4



Day 4: Namche Bazaar → Tengboche (3,860m)

- Distance: ~10 km | Hiking Time: 5–6 hrs
- Overnight: Tengboche
- Traverse ridgelines and descend through forests filled with rhododendron and juniper. Cross the Dudh Koshi again and make a steep climb to the spiritual heart of the Khumbu: Tengboche Monastery. With views of Everest, Lhotse, and Ama Dablam, this peaceful spot offers a perfect setting for evening prayers.



Day 5



Day 5: Tengboche → Dingboche (4,410m)

- Distance: ~11 km | Hiking Time: 5–6 hrs
- Overnight: Dingboche
- Descend through pine forests to Debuche, then cross the Imja Khola on a wooden bridge. Climb gradually past mani walls and stupas as you enter the windswept, alpine valley. Dingboche, surrounded by stone-walled fields, offers dramatic views of Ama Dablam and Island Peak.





Day 6



Day 6: Acclimatization in Dingboche

- Acclimatization Hike: Nangkartshang Peak (5,100m)
- Hiking Time: 3–4 hrs
- Overnight: Dingboche
- To aid acclimatization, hike to Nangkartshang Peak, a rocky viewpoint with striking panoramas of Makalu, Lhotse, and the Imja Valley. Return to Dingboche for a relaxed afternoon, hydrating and resting ahead of the push to higher altitudes.



Day 7

Day 7: Dingboche → Chhukung (4,730m)

- Distance: ~5 km
- Elevation: 4,410m → 4,730m
- Hiking Time: 3–4 hrs
- Overnight: Chhukung
- A short and steady walk toward Chhukung village, located beneath the towering walls of Lhotse and Nuptse. The afternoon is free to rest and prepare for the first high pass.



Day 8



Day 8: Chhukung → Kongma La Pass (5,535m) → Lobuche (4,910m)

- Distance: ~12 km
- Elevation: 4,730m → 5,535m → 4,910m
- Hiking Time: 8–9 hrs
- Overnight: Lobuche
- A challenging day crossing Kongma La Pass. The ascent is steep and remote, with stunning views of glaciers and high peaks. After reaching the pass, descend carefully to Lobuche.





Day 9



Day 9: Lobuche → Gorak Shep (5,164m) → Everest Base Camp (5,364m) → Gorak Shep

- Distance: ~15 km
- Elevation: 4,910m → 5,364m
- Hiking Time: 7–8 hrs
- Overnight: Gorak Shep
- Follow the Khumbu Glacier to Gorak Shep, then continue to Everest Base Camp. Spend time exploring the iconic site before returning to Gorak Shep for the night.



Day 10

Day 10: Gorak Shep → Kala Patthar (5,545m) → Dzongla (4,830m)

- Distance: ~12 km
- Elevation: 5,164m → 5,545m → 4,830m
- Hiking Time: 7–8 hrs
- Overnight: Dzongla
- Early morning hike to Kala Patthar for sunrise views of Everest and the Khumbu Icefall. After descending, continue toward Dzongla with impressive views along the way.





Day 11



Day 11: Dzongla → Cho La Pass (5,420m) → Thagnak (4,700m)

- Distance: ~10 km
- Elevation: 4,830m → 5,420m → 4,700m
- Hiking Time: 7–8 hrs
- Overnight: Thagnak
- Cross Cho La Pass, which includes a glacier section and steep ascent. The reward is a dramatic descent into the Gokyo Valley toward Thagnak.



Day 10



Day 12: Thagnak → Gokyo (4,790m)

- Distance: ~5 km
- Elevation: 4,700m → 4,790m
- Hiking Time: 4–5 hrs
- Overnight: Gokyo
- Walk along the edge of the Ngozumpa Glacier and arrive at Gokyo village, set beside the stunning turquoise lakes.



Day 11



Day 13: Acclimatization & Exploration – Gokyo

- Distance: Optional hikes
- Elevation: 4,790m
- Hiking Time: 3–4 hrs (optional)
- Overnight: Gokyo
- Hike to Gokyo Ri for panoramic views of Everest, Cho Oyu, Makalu, and the entire Gokyo Valley. The rest of the day can be spent relaxing by the lakes.





Day 9



Day 14: Gokyo → Renjo La Pass (5,360m) → Lungden (4,380m)

- Distance: ~13 km
- Elevation: 4,790m → 5,360m → 4,380m
- Hiking Time: 7–8 hrs
- Overnight: Lungden
- Climb steadily to Renjo La Pass, one of the most scenic viewpoints of the trek. Descend into the remote Bhote Koshi Valley toward Lungden.



Day 10



Day 15: Lungden → Thame (3,800m)

- Distance: ~9 km
- Elevation: 4,380m → 3,800m
- Hiking Time: 5–6 hrs
- Overnight: Thame
- Descend through peaceful valleys and traditional Sherpa villages. Visit Thame Monastery, one of the oldest in the region.





Day 16: Thame → Namche Bazaar (3,440m)

- Distance: ~8 km
- Elevation: 3,800m → 3,440m
- Hiking Time: 4–5 hrs
- Overnight: Namche Bazaar
- Rejoin the main Everest trail and return to Namche Bazaar for a comfortable night and final shopping or café visits.



Day 11



Day 9



Day 17: Namche Bazaar → Lukla (2,860m)

- Distance: ~19 km
- Elevation: 3,440m → 2,860m
- Hiking Time: 6–7 hrs
- Overnight: Lukla
- Follow the familiar trail back to Lukla, enjoying the last views of the Khumbu region and celebrating the completion of the trek.



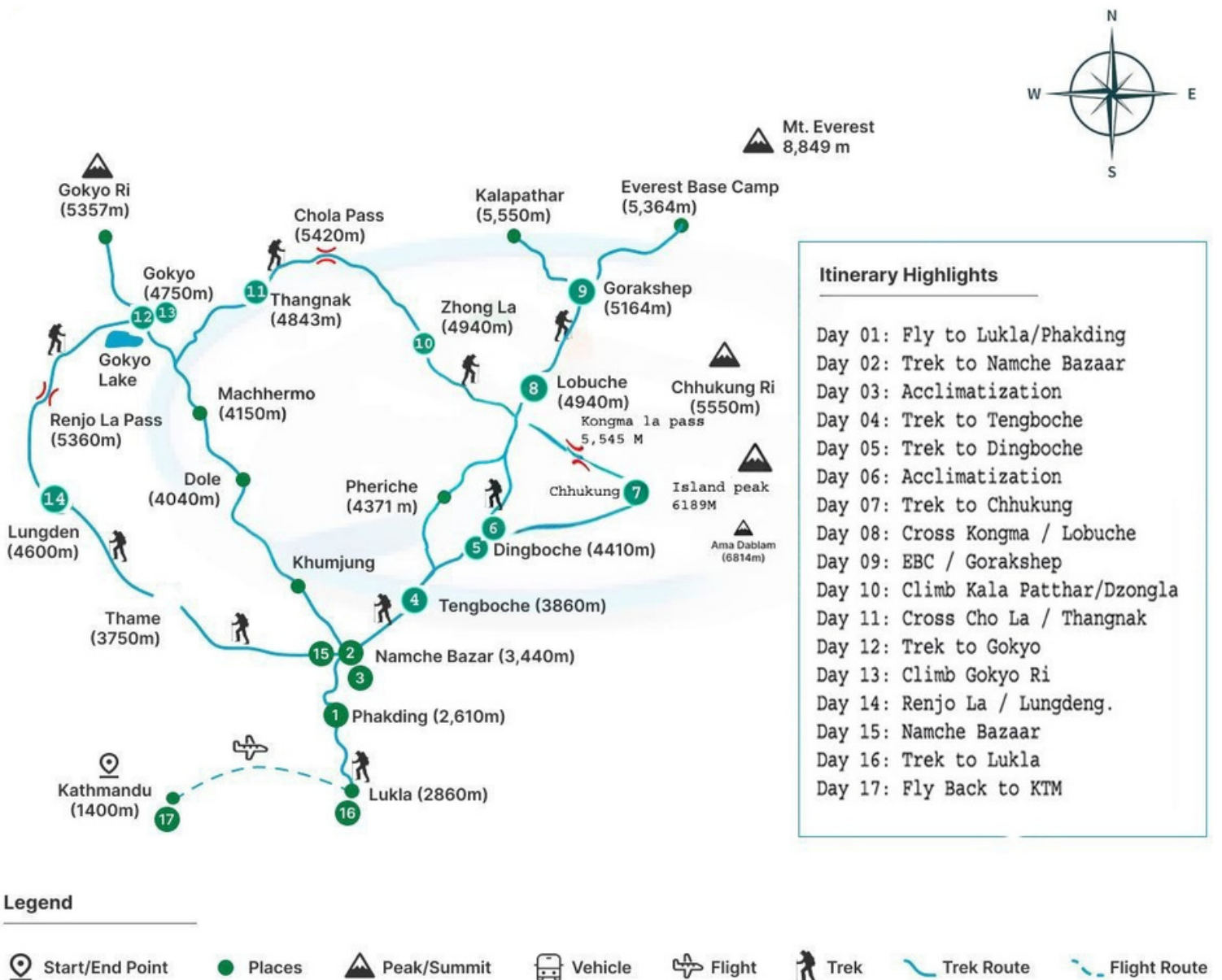


Day 10



Day 18: Lukla → Kathmandu

- Elevation: 2,860m → 1,400m
- Flight Time: ~35 minutes
- Morning flight back to Kathmandu. A buffer day is recommended due to possible weather delays.





Everest Base Camp Trek: More Fun & Fascinating Facts

Q: Why is Mount Everest called “Sagarmatha” and “Chomolungma”?

In Nepal, Everest is called Sagarmatha, meaning “Goddess of the Sky.” In Tibet, it’s known as Chomolungma, or “Mother Goddess of the World.” Both names highlight the mountain’s sacred and spiritual importance to local communities.

Q: What wildlife can I spot along the trek?

The Sagarmatha National Park is home to Himalayan thar, musk deer, and even the elusive snow leopard. Bird lovers can spot pheasants, Himalayan monals (Nepal’s national bird), and snowcocks soaring above the valleys.

Q: What is the highest point on the trek?

The trek usually reaches its peak at Kala Patthar (5,545 m / 18,192 ft), which offers one of the best close-up views of Mount Everest, even better than from base camp itself.

Q: What cultural influences will I experience?

The trail is rich with Sherpa culture. You’ll encounter colorful prayer wheels, mani walls carved with Buddhist mantras, and centuries-old monasteries like the famous Tengboche Monastery, which offers spiritual blessings to climbers.

Q: How does the trek support local communities?

Every cup of tea you sip in a teahouse, every porter or guide you hire, directly supports Sherpa families and communities. And with 8Mountains, your journey goes a step further because a portion of the trek cost is contributed to community projects that uplift local villages, promote education, and preserve culture. Trekking with us means you’re not just exploring the Himalayas, but also giving back to the people who call Himalaya their home.

