Three Pass Trek

Description

Three Passes Trek is a popular trekking trail, also known as the Gokyo Lakes Trek, which takes you over three passes: Cho La, Kongma La, and Renjo La. The Three Pass Trek lies in the Everest Region of Nepal. This trek is a once-in-a-lifetime opportunity to explore the stunning high-altitude Gokyo lake and the base of Everest and Kalapatthar.

The duration of the Three Pass trek is typically around 15-18 days, depending on the route and the pace of the trekker. The Three Pass Trek is considered to be a challenging trek, and it is recommended for trekkers with good physical fitness and some prior trekking experience. The trek starts and ends in Lukla. The highest elevated point of the trek is at Kalapathar at 5,545m above sea level. The best season to trek the three-pass trek is from September to November and from March to May.

The Three Pass trek has everything the Everest region has to offer, from the mesmerizing Gokyo Lakes to stunning views of Everest from Kalapatthar. Combined with the world's highest peaks, such as Everest (8,848.86 m), Lhotse (8,516 m), Makalu (2,386 m), and Cho Oyu (8,188 m), it offers breathtaking views of the Khumbu glacier. The route passes through hills, lush forests, mountains, and an alpine landscape. Therefore, a variety of terrains are covered.

The trek offers plenty of opportunities for wildlife such as musk deer, jharal, barbary partridge, Danphe, etc as the trek passes through Sagarmatha National Park. The walk-and-talk of the trek is "Yeti," an ape-like intelligent creature that is said to have wandered the snowy Himalayas of this region. The three-pass trek also provides an opportunity to experience the culture and way of life of the Sherpa people.

The trek can be done independently but trekking with a guide is highly recommended, and the cost can vary depending on the route and the services included. It is important to be properly prepared for the trek, including packing appropriately and acclimatizing to the altitude before the trek.

Highlights

- An exhilarating flight to Lukla.
- Stunning views of the Himalayas, including Mount Everest, as well as other peaks such as Makalu, Lhotse, Nuptse, and Cho Oyu.
- Beautiful glacial lakes, including the Gokyo Lakes, are a series of high-altitude freshwater lakes located in the Sagarmatha National Park.
- Opportunities to visit Buddhist monasteries and temples, such as the Tengboche Monastery, which is one of the largest and most important monasteries in the Khumbu region.

- Charming Sherpa villages, where you can learn about the local culture and traditions of the region.
- The challenge and sense of accomplishment of crossing three high passes: Cho La Pass (5,420 meters), Kongma La Pass (5,535 meters), and Renjo La Pass (5,360 meters).
- The opportunity to spot a variety of wildlife, including Himalayan Thar, Himalayan Monal, and various species of birds.

Itinerary

Days	Description	Altitude	Hours
01	Arrival in Kathmandu	1,380 meters	
02	Fly to Lukla and Walk to Phakding	2,850 meters	4 hours
03	Trek from Phakding to Namche Bazaar	3,440 meters/11,286 feet	6-7 hours
04	Acclimatization day in Namche Bazaar	3,440 meters/11,286 feet	
05	Trek from Namche Bazaar to Thame	3,820 meters/12,533 feet	6-7 hours
06	Trek from Thame to Lungden	4,380 meters/14,370 feet	6-7 hours
07	Trek from Renjo La base camp to Gokyo (4,800 meters/15,748 feet) via the Renjo La pass	5,340 meters/17,520 feet	7-8 hours
08	Hike to Gokyo Ri Trek from Gokyo to Thaknak	4,750 meters/15,580 feet	5-6 hours
09	Trek from Thaknak to Dzongla (4,830 meters/15,850 feet) via the Cho La pass	5,330 meters/17,490 feet	7-8 hours
10	Trek from Dzongla to Lobuche	4,928 meters/16,174 feet	6-7 hours
11	Trek from Lobuche to Everest base camp via the Khumbu Glacier	5,364 meters/17,598 feet	6-7 hours
12	Gorak Shep - Kala Patthar	5,545 meters/18,192 feet	7 - 8 hours
13	Lobuche - Kongma La to Chhukung	5,535 meters/18,159 feet	6-7 hours
14	Chhukung to Tyangboche	3,860 meters/12,685 feet	5-6 hours
15	Trek to Tyangboche to Namche	3,440 meters/11,286 feet	6 - 8 hours
16	Trek to Namche to Lukla	3,440 meters/11,286 feet	9-10 hours
17	flight from Lukla to Kathmandu		35 minutes
18	Final Departure		

Detailed Itinerary

Day 1: Arrival in Kathmandu

On your arrival at the TIA, you will be greeted and guided to the designated hotel by one of our Precious Adventures representatives. He/ She will give short information about the time zone, room, money exchange, and welcome dinner. Later you will be visiting one of the finest restaurants for a complimentary welcome dinner. You will be informed in short about the summary of your tour.

Day 2: Arrive in Lukla and trek to Phakding (2652m), 3-4 hours

On the first day of your trek, you will fly from Kathmandu to Lukla, which is a small town in the Solu-Khumbu region of Nepal. From Lukla, you will start your trek to the village of Phakding, which will take around 4 hours. The trail passes through the beautiful forests of the region, with breathtaking views of the surrounding mountains. You will stay overnight in Phakding, where you can relax and prepare for the next day's journey.

Day 3: Trek to Namche Bazaar (3440m) ,6-7 hours

On the 3rd day, you will continue your trek to the bustling town of Namche Bazaar. The trail passes through beautiful forests and small villages, with stunning views of the surrounding mountains. Along the way, you will also have the opportunity to visit the famous suspension bridge of Hillary Bridge. Namche Bazaar is known as the gateway to Mount Everest and is a popular stop for trekkers and climbers. You will spend the night in Namche Bazaar, where you can explore the local markets and enjoy the stunning views of the surrounding peaks. Overnight at Namche Bazaar.

Day 4: Acclimatization day in Namche Bazaar

On this day, you will spend the day in Namche Bazaar, taking the opportunity to acclimatize to the higher altitude. You can take a short hike to the nearby villages or visit the Sagarmatha National Park Museum, which has a collection of artefacts and exhibits about the region. You can also visit the famous Tengboche Monastery, which is located a short distance from Namche Bazaar. In the evening, you can return to your lodge and rest for the next day's journey.

Day 5: Trek from Namche Bazaar to Thame (3800m) ,5-6 hours

On the fifth day of our trek, you will continue your trek to the village of Thame, which is located at an altitude of 3800 meters. The trail passes through beautiful forests and small villages, with stunning views of the surrounding mountains. Thame is a traditional Tibetan village that is home to the famous Thame Monastery, which is known for its beautiful murals and intricate carvings. You will spend the night in Thame, where you can explore the local culture and traditions of the region.

Day 6: Trek from Thame to Lungden (4400m) ,5 -6 hours

On this day, you will continue your trek to the village of Lungden, which is located at an altitude of 4400 meters. The trail passes through beautiful forests and small villages, with stunning views of the surrounding mountains. Lungden is a small village that is home to a few basic lodges and teahouses, where you can rest and enjoy the local hospitality. You will spend the night in Lungden, where you can relax and prepare for the next day's journey.

Day 7: Trek to Gokyo lake (4790m) via Renjo Pass (5360m),7-8 hours

On our 7th day, we will be trekking to Gokyo lake via renjo pass. Renjo pass is one of the underrated trekking routes from where one can explore the serene beauty of the Himalayas. The Gokyo lakes are considered the world's highest freshwater lake system. Gokyo Cho, also known as Dudh Pokhari, is the main lake. Despite the very high altitude, some Hindu sadhus come here barefoot for pilgrim tour. The Gokyo lakes are considered as sacred place by both Buddhists and Hindus. If one wishes, they can opt for one additional day and visit the 5th lake which lies in the lap of Mt Choyu (one of the sixth highest mountains of the 14 eight-thousander mountain peak)

Day 08: Hike to Gokyo Ri Trek from Gokyo to Thaknak (4,750m), 5-6 hours

On this day, we embark on our journey, first, we hike to Gokyo Ri and then trek from Gokyo to Thaknak. Breathtaking views of Mt. Everest and Makalu are observed from the Gokyo Ri. Following our return to Gokyo, we walk past the Ngozumpa Glacier which is quite rocky and passes through ups and downs. Walking through the glacier will be a great lifetime experience. We arrive at Thaknak after completing today's challenging trek. Overnight at Thaknak.

Day 09: Trek from Thaknak to Dzongla (4,830 m), via the Cho La pass (5,330m), 7-8 hours

On the 9th day, traveling from Thaknak to Dzongla our journey is exciting and challenging. The route that we cross today requires full attention and steady steps. Starting from Thaknak, we follow the trail that goes through Nimagauro Goth. the route here is rocky and some part ice crossing. Before we enter the Cho- La, we get to observe magnificent views of the Ama Dablam and Cholatse. The rocky and ice-crossing journey today will reward us with captivating views of the glaciers surrounding us along with excellent views of Mt. Everest, Makalu. Passing through from the Cho-La, we travel yet another part of the trail that will require us to be cautious. Leaving Leisyasa we arrive at Dazongla. Dazongla is a summer yak herding station. The north face of the Cholatse can be observed from here. Overnight at Dazongla.

Day 10: Trek from Dzongla to Lobuche (4,928m), 6-7 hours

An Awe-inspiring Khumbu glacier can be seen on this day. We trek to Lobuche. This is a once-in-a-lifetime opportunity to immerse yourself in the natural beauty of the Himalayas. After breakfast, we start our today’s trek. The trail winds its way through the Khumbu region, surrounded by majestic peaks and glaciers, including Ama Dablam and Tawoche. After crossing the river. you'll take a short break at the Lobuche tea shop to recharge your energy and continue to Labuche where we have Lunch and overnight

Day 11: Trek from Lobuche to Everest base camp via the Khumbu Glacier (5,364m), 6-7 hours

On the 11th day, we begin the trek from Lobuche to Everest Base Camp via the Khumbu Glacier. The glacier is both beautiful and dangerous, and it's important to be cautious and follow the guidance of your guide. The trail will take you through a mix of rocky terrain and snowy landscapes. Today we pass through the Lobuche pass, from here the view is truly serene. After crossing the pass we go through lake camp and Gork Shep tsho. After having lunch, we continue on our journey. On our way to EBC, we come across a dried lake. The glacier view observed from the base camp is truly amazing. The weather at EBC is chilled so make sure you pack accordingly. Overnight at Gorakshep.

Day 12: Gorak Shep - Kala Patthar (5,545m), 7 - 8 hours

On this day we ascend to the magnificent lookout point of Kala Patthar. Today's plan includes witnessing the gorgeous sunrise from Kala Patthar, so we begin early in the morning. From the top, we can observe the spectacular range of the entire mt. Everest range. After enjoying the views we head back down now, returning from the same route. We then head back to Lobuche, where we spend the night.

Day 13: Lobuche - Kongma La to Chhukung, (5,535m), 6-7 hours

Get ready for the most thrilling day of the three-pass trek. Today we cross through the magnificent Khumbu Glacier. This area is known for its breathtaking beauty and rugged terrain. Moving ahead we pass through the Kongma La the views from here are said to be spectacular, with panoramic views of the surrounding peaks and glaciers. We arrive at Dingogma and Lhongbo before arriving at the Chhukung village. Overnight at Chhukhung.

Day 14: Chhukung to Tyangboche (3,860m), 5-6 hours

On the 14th day, we start our trek from the Chhukung village to the Tyangboche. Traversing along with the Imja Khola, we arrive at Dingboche. The Mani stones and stone walls make the trail more beautiful. After following the trail through some bridges and bushes, we make it to Pangboche village. We have lunch at Pangboche. After replenishing our strength we head back on the trail. Traveling through stone steps and Rhododendron forest we reach Deboche village. On the way, we pass through several monasteries and chortens before arriving at Tyangboche. The Tyangboche monastery is the magnificent monastery where yeti artifacts are kept. It is a Buddhist monastery. You can participate in a short prayer with monks in the main prayer hall. Rest at Tyangboche.

Day 15: Trek to Tyangboche to Namche (3,440m), 6 - 8 hours

On this day we head towards the bustling Namche village. The trek from Tyangboche to Namche involves descending through the lush forests of rhododendrons and blue pines, with occasional glimpses of the surrounding peaks. We cross a small bridge near Phunki Tenga, travelling with the Dudh Koshi river we get an excellent view of the Ama Dablam, Lhotse Shar, Taboche, Kangtega, and Thamserku. We will have Lunch at Kyangjuma and we head to Namche with the view of the Himalayas in the background. Overnight at Namche.

Day 16: Trek to Namche to Lukla (3,440m), 9-10 hours

Our today’s journey from Namche to Lukla is the final leg of the popular three-pass trek. Starting from Namche, we cross a suspension bridge over the Dudhkoshi river several times and follow the tides of this river. We have lunch at Pakhding, here trekkers witness the beautiful view of Kongde Ri. The trail takes you through pine forests and bushes. If the weather permits you will be able to sight Everest. Walking past painted mani walls, prayer wheels, chortens, and monasteries we reach today’s destination. Overnight at Lukla.

Day 17: flight from Lukla to Kathmandu 35 minutes

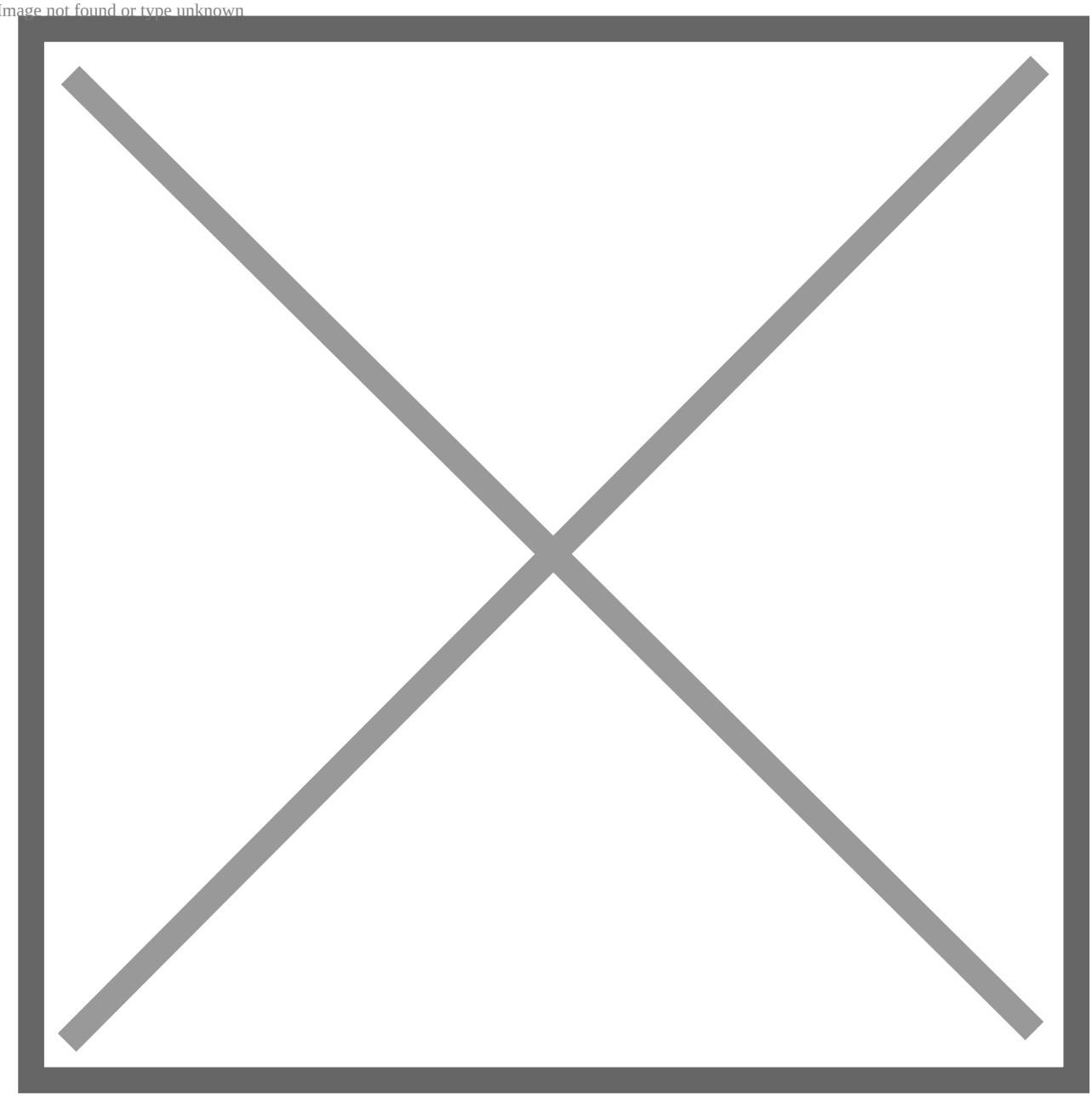
We will fly from Lukla to Kathmandu. However, nowadays because of the busy airport in Kathmandu, we detour and fly to Manthali airport from where we take a short ride to Kathmandu. The long days of pursuing a new destination each day are over now; you can simply relax in your room or perhaps head out to enjoy the remaining of the day in the bustling streets of Kathmandu. Overnight at Kathmandu.

Day 18: Final Departure

With hopes that you enjoyed the experience with us, we bid you goodbye. We will be looking forward for more precious adventures together. Have a safe journey.

Map

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Practical Information

Q. Food and Accommodation
A. Various food options include traditional Nepalese Dal Bhat, Chinese and other cuisines. The ingredients of Nepalese Dal Bhat are rice, lentils, and vegetables. These come with free refills, so you may eat as much as you like. You can choose from various options, especially in Lukla and Namche. Seasonal fruits are also available. Accommodation is often twin beds and is located in tea houses. Most single rooms are furnished with two single beds and a small table and chairs. Beds usually have a cushion, sheet, and blanket. You can also request extra blankets if it's freezing.

Q. Best season for the trek
A. The best seasons are autumn (September - November) and spring (March-May). Autumn has sunny days and clear skies, and you can still see the snow-capped mountains. Springoffers the most beautiful scenery when it comes to mountain vistas. Hiking in winter (December - February) and monsoon season(June – August) is not advised. The monsoon season brings more rain than the snowy and foggy winter. Flights to and from Lukla are frequently canceled or delayed during this period.

Q. Trip Category
A. Trekkers must be in good physical condition to complete it because it is a moderate to difficult grade trek with some steep accents on the marked trail. The trekkers have to walk for 3-9 hours a day. Trekking at such high altitudes can lead to altitude sickness, so giving yourself enough time to adapt is essential.

Q. Health and Safety along the trail
A. During the trek, there is no shortage of water for personal hygiene. We recommend bringing a purification tablet or a LifeStraw for drinking water. Volunteer doctors staff the Himalayan Rescue Association station at the base camp during the peak climbing season of April and May. Altitude sickness may occur due to the altitude of the trek. Therefore, it is advisable to keep alcohol consumption to a minimum and allow sufficient time for acclimatization. There are squat toilets throughout the trek that can be flushed with water and a ladle.

Frequently Asked Questions

Q. How long does the Three Pass Trek, also known as the Gokyo Lakes Trek, take?
A.

The duration of the Three Pass trek can vary depending on the route and the pace of the trekker, but it typically takes around 12-15 days to complete.

Q. What is the best time to do the Three Passes Trek?
A. The best time to do the Three Passes Trek is during the peak trekking seasons of Spring (March to May) and Autumn (September to November), when the weather is clear and the skies are generally free of clouds, offering excellent views of the surrounding mountain ranges.

Q. What is the difficulty level of the Three Passes Trek?
A. The Three Passes Trek is considered to be a challenging trek, and it is recommended for trekkers with good physical fitness and some prior trekking experience. The trek involves some steep and strenuous sections, as well as crossing three high passes at altitudes of over 5,000 meters.

Q. What is the maximum altitude reached during the Three Passes Trek?
A.

The maximum altitude reached during the Three Passes Trek is around 5,545 meters above sea level at Kalapathar

Q. Is it necessary to have a guide for the Three Passes Trek?
A. While it is not required to have a guide for the Three Passes Trek, it is highly recommended for

several reasons. A guide is familiar with the route, can provide valuable information about the local culture and history of the region, and can help you to prepare for any unexpected challenges that may arise during the trek.

Q. Is it possible to do the Three Passes Trek independently?
A. Yes, it is possible to do the Three Passes Trek independently, but it is recommended to hire a guide or join a trekking group for safety and logistical reasons.

Q. What is the accommodation like during the Three Passes Trek?
A. Accommodation during the Three Passes Trek is generally in basic teahouses or lodges, which offer shared facilities and simple rooms with beds and blankets. Some teahouses may offer hot showers for an additional fee.

Q. What should I bring on the Three Passes Trek?
A. Some essential items to bring on the Three Passes Trek include warm and waterproof clothing, good quality hiking boots, a day pack, sunscreen, a hat, sunglasses, a water bottle, a flashlight, and any personal medications. It is also a good idea to bring some snacks, such as energy bars or nuts, to sustain you during the trek.

Q. Can I charge my electronic devices during the Three Passes Trek?
A. Electricity is generally available in the teahouses and lodges along the Three Passes Trek, but it is recommended to bring a portable charger or power bank as a backup. It is also a good idea to bring a charging cable for your device.

Q. Are there any additional activities that can be included in the Three Passes Trek?
A. There are several additional activities that can be included in the Three Passes Trek to enhance your experience. These may include visits to local villages and monasteries, cultural tours, and nature walks. Some trekkers also choose to extend their trek to include additional destinations such as the base camp of Mount Everest or the Annapurna region. It is important to discuss these options with your guide or trekking agency to determine the feasibility and cost of adding these activities to your itinerary.