



## Everest Three Pass Trek

**Duration:** 20 Days

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### Tour Plan

Day	Details
Day 1	<b>Kathmandu Arrival</b> Kathmandu Arrival. Transfer to the Hotel. Overnight
Day 2	<b>Preparation for the trip</b> Preparation for the trip and shopping. Overnight at Hotel.
Day 3	<b>Kathmandu-Lukla-Phakding</b> Transfer to Domestic Airport/fly to Lukla and trek to Phakding. Overnight at Tea House.
Day 4	<b>Phasing to Namche Bazar</b> Trek to Namche (3440m) about 5-6 hours. Overnight.
Day 5	<b>Acclimatization day at Namche</b> Free day for Acclimatize.
Day 6	<b>Trek from Namche to Thame</b> Trek to Thame (3800m) about 4 hours. Overnight.
Day 7	<b>Trek from Thame to Lumde</b> Trek to Lumde (4140m) about 5 hours trek. Overnight.
Day 8	<b>Lumde to Gokyo Lake</b> Trek to Gokya (4800m) via Ranjo-La Pass (5465m) about 7 hours. Overnight.

Day	Details
Day 9	<b>Acclimatization day at Gokyo</b> Rest and acclimatize day at Gokyo.
Day 10	<b>Gokyo to Thaknak</b> Trek to Thaknak (4750m) about 3-4 hours. Overnight.
Day 11	<b>Thaknak to Zungla</b> Trek to Zungla via Chola Pass (5367m) about 7 hours. Overnight.
Day 12	<b>Zungla to Gorekshep</b> Trek to Gorekshep (5160m) about 6 hours. Overnight.
Day 13	<b>Gorekshep to Everest Base Camp</b> Hike up to the Base Camp (5357m) about 6 hours. Overnight.
Day 14	<b>Hike Kalapatthar and trek to Lobuche</b> Hike up to Kalapatthar and trek to Lobuche. Overnight.
Day 15	<b>Lobuche to Chukung</b> Trek to Chukung (4730m) via Kongma la pass (5535m) about 07 hours. Overnight.
Day 16	<b>Chukung to Tengboche</b> Trek to Tengboche (3867m) about 5-6 hours. Overnight.
Day 17	<b>Tengboche to Namche</b> Trek to Namce (3440m) about 5 hours. Overnight.
Day 18	<b>Namche to Lukla</b> Trek to Lukla (2800m) about 6 hours. Overnight.
Day 19	<b>Lukla to Kathmandu</b> Fly to Kathmandu. Rest of the time is free. Overnight at Hotel.

Day	Details
Day 20	<b>Final Departure</b> Last day of the trip, transfer to Airport for onward journey.