Everest High Pass Trek -22 Days (all-inclusive)

3 Star Hotel Package

2900USD per person

*Including healthy meals

5 Star Hotel Package

3199USD per person

*Including healthy meals

Trip Style: City Tour & Trekking

Trip Difficulty: Hard

Experience the best of Nepal Three Passes Trek with best Sherpa Guide

The **Three Passes Trek** is renowned as one of the toughest and most sought-after high pass adventures in Nepal's **Everest region**. Known for its challenging terrain and incredible rewards, this trek takes you through three major passes: Kongma La at 18,159 feet, Cho La at 17,782 feet, and Renjo La at 17,520 feet.

Embark on the exhilarating **Everest Three Passes Trek**, a journey blending adventure and Sherpa heritage. This thrilling adventure demands meticulous planning for a safe and triumphant experience. Opt for a reputable Sherpa company to guarantee a successful trek. Choose an experienced local Sherpa guide with over 25 years of expertise to lead the way with confidence. In the majestic Himalayas, Sherpa hospitality, refined over decades, promises a secure and culturally immersive journey. This expedition is the perfect fusion of your adventurous spirit and the enduring Sherpa legacy, offering a shared celebration of the awe-inspiring Everest region.

Everest Three Passes Trek: Conquering High Lands with rich Sherpa Culture

The thrilling Everest Three High Passes Trek, showcasing Nepal's stunning Everest region. Conquer three towering mountain passes, each revealing incredible views of Mount Everest and other iconic peaks.

Begin your adventure with a scenic flight from Kathmandu to Lukla, then trek to vibrant Namche Bazaar. Pass through beautiful Sherpa villages and ascend Kongma La Pass at 5,535 meters, offering breathtaking vistas of Ama Dablam and Lhotse. Continue to Lobuche and Gorak Shep, visiting Everest Base Camp at 5,364 meters and ascending Kala Patthar at 5,545 meters for stunning views. Next, journey to Cho La Pass at 5,420 meters, leading to the enchanting Gokyo Valley with its beautiful lakes and Gokyo Ri at 5,357 meters, boasting incredible views of Everest and Cho Oyu. Finally, conquer Renjo La Pass at 5,360 meters, surrounded by breathtaking landscapes.

Best enjoyed in spring and autumn for clear, dry weather, this trek ensures an unforgettable adventure. Conclude your journey with a scenic hike back to Lukla and a flight to Kathmandu.

Advantages of booking with Mountain Sherpa Trekking

1. **Exceptional Accommodations:** Enjoy unparalleled comfort throughout our 21-night, 22-day Everest Three High Pass Trek.
2. **Premium City Hotels:** Stay in top-notch city hotels for 4 nights—2 pre and 2 post-adventure—for a luxurious start and finish to your journey.
3. **Thoughtfully Selected Lodges:** Experience comfort in the heart of the Himalayas for 17 nights, carefully chosen for your relaxation and enjoyment.
4. **Luxurious Attached Bathrooms:** Indulge in 11 nights with attached bathrooms, allowing for hot showers amidst breathtaking landscapes.
5. **Rejuvenating Experience:** Our commitment is to make every aspect of your journey unforgettable,

prioritizing high-quality accommodations to ensure your comfort.

6. **Expert Guidance:** Trek with experienced local Sherpa guides, each with 20+ years of Himalayan expertise, ensuring a safe and successful journey.
7. **Personalized Dining:** Enjoy abundant and personalized meals tailored to your taste, with hygienic and ample meal options from the lodge menu, along with unlimited food and hot drinks provided by our friendly Sherpa guides

DURATION: 22 days

ITINERARY

Day 01:: Arrival in Kathmandu [1,300m /4,264 ft] and transfer to hotel by Private Car

If it's a clear day when you are flying into Kathmandu, then your tour begins right from the skies itself. The sights from the windows of our jet shows us glimmering snow-capped mountain peaks spread out down below us, giving us the first thrills of our just begun vacation, sparking off a whole reaction of unforgettable experiences that stay with us for some time to come. As soon as your plane hits the tarmac of Tribhuwan International Airport, Mountain Sherpa Trekking and expeditions office representative and driver will be on standby to meet and greet you at the airport and escort you to your hotel. The rep will help you check into your designated hotel, and after going to our rooms and refreshing ourselves we will be briefed about our daily activities. The rest of your time is free to move around the neighborhood and get familiar with your surroundings. In the evening we will meet our senior trek guide who will brief the group about details related to our trek. Your first overnight in the ancient city of temples, probably the most in the world. **Breakfast**

Day 02:: Half Day city tour of Kathmandu and Trek Preparation- Overnight stay in Hotel

After a good night's sleep and enjoying a hearty breakfast, we proceed for our tour of Swayambhunath (popularly known as Monkey Temple) "Swayambhu" means "self-created" and refers to the myth that the hill sprung up suddenly from a vast lake that once covered Kathmandu Valley. After this tour, we drive for a visit to the famous Boudhanath Stupa (said to be the largest in the world) and a significant center of Tibetan culture in Kathmandu. The stupa is designed to be like a giant mandala (a representation of the Buddhist cosmos). After lunch, we return to our hotel to get refreshed then we take our time to prepare for trek.

Day 03:: Transfer to Airport & Fly to Lukla then trek to Phakding (2,652m/8,700ft)

After being well rested after a solid night's sleep, we wake up fresh the next morning, have an early breakfast, and get into our vehicle for a drive to the domestic terminal of Kathmandu airport for an early morning flight to Hillary's Lukla (2,800m/9,186ft), a gateway destination from where our trip commences. After an adventurous scenic 40 minute flight above the stunning green and white mountains, we reach the Tenzing-Hillary Airport at Lukla. Arguably, this is one of the most beautiful sky routes in the world which concludes in a remarkable landing on a hillside surrounded by high mountains peaks. Upon arrival at Lukla, we meet the other crew members and after some sorting and packing and arrangements, we start our trek through the pretty wealthy village of Lukla until we reach Phakding. To assist in acclimatization, we only have a short hike today. However, if you are interested in additional activities we can take a side trip to a nearby monastery. This is our first Overnight in Phakding.

Day 04:: Trek from Phakding to Namche Bazaar [3,440m/11,280 ft]- Approx. 6 hrs (Lodge)

Walking through a beautiful pine forest, the track leads us along the Dudh Koshi River through many suspension bridges, one of which is the famous Hillary Suspension Bridge. First, we catch superb scenes of the glistening Mt. Thamserku (6618m). Through the settlement of Benkar, Chumoa, Monjo, we come to the check post and entrance to Sagarmatha National Park. We pass through the last village of Jorsale before reaching Namche Bazaar. The trail climbs through the forests and bridges until we reach the confluence of the Dudh Koshi and Bhote Koshi rivers. After a final steep ascent of about two hours we get first sight of Mt. Everest peering over the Lhotse-Nuptse ridge.

At this juncture, we stop at Chautara to admire the views. We still need to hike about 1.5 hours to reach Namche Bazaar, a gateway to Mt. Everest and the main trading centre of this region. **Overnight in Namche [Las Vegas of the Khumbu] – B. L. D**

Day 05:: Hike to Sherpa villages of Khumjung & Khunde then back to Namche.

If we are to hike a few hundred feet upwards during the day, this gives us some useful acclimatization. We go for a stroll down to the Tourist Visitor Center near the Sagarmatha National Park headquarters and observe a lot of history related to the first Everest ascenders, Sherpa culture and get some interesting insights into the plant and animal life of the Everest region.

For your information, Today Our Sherpa guide will take you on a beautiful excursion to the wonderful Sherpa villages Khumjung & Khunde to get better acclimatize in high altitude. Khumjung and Khunde village are located at the altitude of 3900m and are home to the largest community of Sherpa. If time permits, our guide will also take you to Everest View Hotel. which is a Japanese design to build a deluxe hotel with great views of the highest mountains on the planet. You will return to Namche Bazzar in the late afternoon. you will acclimatize better if you expose yourself to higher altitudes but return to a lower altitude to sleep.

The Khumjung valley is encompassed by the snowy peaks of Kongde and Thamserku and the holy peak of Khumbila hosts a well known monastery that is also home to the yeti scalp. We visit Hillary School which is at the same site. After enjoying lunch and spending some time in Syangboche, we trot back down to Namche Bazaar.

Day 06:: TREK TO PHORTSE VILLAGE | Less-Traveled Route

After enjoying a hearty breakfast at our lodge in Namche, we set out on our trek between 7:00 and 7:30 AM. Guided by our experienced Sherpa, we choose a quieter, less-traveled path toward our next destination. The day's trek covers a distance of 7 to 9 kilometers, typically taking 4 to 6 hours.

Leaving Namche Bazaar, the trail gradually ascends through vibrant rhododendron forests and charming Sherpa villages. As we progress, we're rewarded with awe-inspiring views of Ama Dablam, Thamserku, and the mighty Everest.

Our journey culminates in the peaceful village of **Phortse**, nestled in the heart of the Himalayas at around 3,810 meters. This serene Sherpa village offers breathtaking panoramas of Ama Dablam and Thamserku, making it an ideal spot to relax and take in the stunning surroundings after a day of trekking.

Day 07:: HIKE TO AMA DABLAM B.C & RETURN TO PANGBOCHE

Your beautiful day begins after a restful night at our local Sherpa lodge in Phortse Village. We'll start our trek at 7:30 AM, heading from Phortse to Pangboche, where you'll be treated to stunning views of the Khumbu Valley. Along the way, you'll enjoy sights like the Imja Khola river, Tengboche Monastery, and the impressive Thamserku, which rises majestically from the valley at 6,608 meters (21,680 feet).

After approximately three hours of hiking, we'll reach the charming Sherpa village of Pangboche. After taking a break for lunch, we'll embark on a hike to Ama Dablam Base Camp. We'll take our time to soak in the breathtaking scenery at the base camp before we begin our return journey to Pangboche for the night. Though we'll say goodbye to this spectacular location, the memories of this extraordinary day will stay with us, adding to our excitement for the adventures yet to come on this remarkable journey.

Day 08:: TREK TO DINGBOCHE | High-altitude acclimatization hike and back to Dingboche

After a hearty breakfast and a refreshing rest in Pangboche, we're ready to hit the trail once again, this time heading toward Dingboche. This segment of our trek typically lasts about three hours as we ascend to an elevation of 4,410

meters (14,469 feet). Along the way, we'll pass through the lovely village of Shomare, where you can enjoy stunning views of the surrounding peaks, particularly the breathtaking Ama Dablam. Be sure to take a moment to appreciate the scenery, capture some photos, and immerse yourself in the beauty of the Himalayas.

Upon reaching Dingboche, we'll enjoy a warm and satisfying lunch to recharge our energy. Following our meal, our knowledgeable Sherpa guide will take us on a brief hike around the village to help us acclimatize to the higher altitude. It's essential to pace ourselves and allow our bodies to adjust, ensuring a safe and enjoyable trekking experience as we continue our adventure.

Day 09:: Trek to Chhukung [4,743m/15,562ft] hike to Chhukung ri & back to Chhukung- Lodge

Our acclimatizing gets a further boost with our hike to Chhukung village. we then do a steep climb up to Chhukung Ri at 5550m and as we top it with gasping breath we soon realize the gritty climb was worth the go; the rewards are as lovely as it comes with the natural beauty that greets us for our efforts, the jaw-dropping vistas of Cho Oyu at 8201m, Pumori at 7161m, the gigantic Lhotse wall at 8400m, Amadablam at 6812m, Makalu at 8481m & Baruntse at 7129m all put together put our hearts on top gear as it skips a beat while watching these massive peaks, and to think and wonder our fellow beings have peaked at these mountains is more than enough to prepare us for our own challenges in the days ahead…we literally savor the might and love of God in his master creations he made for us to enjoy, and we thank him for his blessings.

Day 10:: Trek over Khongma La Pass [5,535 m/18,159 ft] & to Lobuche (4,930m/16175 ft)

On our way from Chhukung, our trail goes up over loose scree as we make a beeline for the Khongma La; on reaching the top, we encounter cairns bound in prayer flags whispering odes of prayers for those who lost their lives, marks of the pass. Behind us is the landscape of icy lakes ahead down which is the Khumbu Glacier. Our final descent is a tough phase which tests our patience in the trek today. After passing some teahouses on our way to Lobuche, we climb higher onto the terminal moraine of the Khumbu glacier, passing a row of stone monuments built in memory of Sherpas who have died on mountaineering expeditions to Mt Everest. From here the trail drops and follows the west side of the valley to Lobuche. The sunset on Nuptse from here is a breathless experience. As we climb the moraine on the far side, the trail turns north through Khumbu Glacier and takes us to Lobuche for a well earned rest tonight. **B. L. D**

Day 11:: Trek to Everest base camp (5400m) and back to Gorakshep (5170m) - 7/8 hrs

A real early start is required to reach the Everest Base Camp. It takes several hours as the trail weaves its way through ice pinnacles and past the crevasses of the Khumbu Glacier. After a brief lunch and rest, we take the trail to Everest Base Camp through the once vast Gorak Shep Lake. Continuing straight ahead, we come through the Indian army mountaineers' memorials. Only upon reaching the Everest Base Camp do we really appreciate the Everest climbers who brave the risky route through the Khumbu icefall. Mountaineer's tents stand out in bright colors against the monotony of gray surroundings (especially in the spring). Nuptse, Khumbuste and Pumori are the mountains we can view from the base camp. On the return leg, we can take a higher route to get a grand view of the Khumbu icefall and the route to the South Col. We return to Gorakshep for a restful night. B. L. D

Day 12:: Morning hike to Kalapattar [5,545 M/18,193 ft] & trek to Dzongla- Lodge [B/L/D]

Today is the pinnacle point of our trip. We start early in the morning after some cuppers to catch the dramatic views from Kalapattar witnessing the first light of day shining on Mt. Everest. However, we need to get prepared for an early morning, dark and cold temperature of approx (-10 to -14 C) departure beforehand. Further, there is always the potential for chilly winds which are quite common. Familiar peaks such as Lingtren, Khumbutse, Changtse tower to the east even as Everest begins to reveal itself emerging between the west shoulder crest and Nuptse. During the ascent to Kalapattar we can pause to catch our breath at several terrific view points to snap pictures. After several hours of ascent, we will peak out at Kala Patthar. From this juncture, we scramble to climb the rocky outcrop near to the summit marked by cairns and prayer flags. As we reach the top, we sit on the Kalapattar where our eyes focus taking in the mind-boggling Himalayan Panorama, wandering from one mighty

massif to another. We click as many pictures as we can and take in views with our mind's eye to last for a lifetime. From here we take the path to Dzongla; after crossing a stream we come through a fork and later curving round to the wide gravelly river bed of the stream. As it flows southwestward, the trail runs across it and climbs the ridge ahead. From the grassy ridge ahead, as the trail runs across to southeast from where we can see soaring heights of Ama Dablam and Kangtega-Thamserku while Taboche looms highly ahead. Pheriche village is visible down in the distance. We will also have visibility of a hillock in Chukpi Lhara and its memorials and the lodges of Dugla. As the ridge veers northward, the vast Chola Lake spreads below Mt. Cholatse. The lake stays with us over a long stretch until we descend to a wide basin. The trail climbs up a spur and descends steeply to another broad basin. After an hour walk transverse from the basin and shortly after crossing a wobbly bridge, we reach Dzongla. We spend the night in one of the local lodges at Dzongla (only very basic lodges are available hereabouts). B. L. D

Day 13:: Trek over Chola Pass [5,420m/17,782 ft]/ trek to Thangnag (4700 m] - 6/7 hrs: Lodge [B/L/D]

We get up early in the morning to get out of our lodge to be greeted by the mesmerizing sight of Cholatse looming over. Today is going to be one of the gritty days of our trip. The walk begins as we transverse through a spur extending westward from Dzongla. The path descends to a basin across which meanders a murmuring stream crusted with ice at places. In about an hour, we reach the top of the basin readying for the triumph on ChoLa. As we gain height, the view back gets increasingly more captivating; the Chola Lake begins to appear and the Ama Dablam in its pyramidal manifestation presides over a range of mountains on the south as Cholatse soars on the west. Climbing the incline is not easy; it is steep, but made worse by boulders over some of which we will have to scramble. We need to be alert as rocks can be glazed by ice. The final climb to the ChoLa can be a little tricky as the trail curves round the bergschrund. Upon reaching the top, we see prayer flags, strung across cairns, flapping in the strong wind. Scenery of imposing peaks in all directions is breathtaking. Although long, the path leading down to Dragnak can be easily made out from the pass because it is just decent but can be hazardous if rocks are glazed by ice, a bit of cautiousness is needed. We reach Dragnak, a rather more considerable hamlet with a small village. Stepping out of the settlement, we are greeted by fabulous mountain views. The trail brings us to the Ngozumpa glacier edge after short walk, which is longest glacier in Nepal. Reaching the other side of the glacier, we get views of the second of the Gokyo lakes on the series of six lakes. A short distance away is the third Gokyo Lake. On the edge of this lake stands the village of Gokyo but before this, we finally give rest to our weary bodies in Thangnag for the **night. B. L. D**

Day 14:: Trek to Gokyo(4,750M/15,584 ft)-Approx. 4-5 hrs walk overnight stay in Lodge.

After enjoying blissful night of rest, we leave Dragnak and head for the lakes at Gokyo. We follow a very scenic path to Pangka and then descend slightly, following one of the melting rivers which flow down the west side of the Ngozumpa Glacier. We climb a steep rocky incline into the valley by the side of the glacier, passing the first of the holy lakes. We soon arrive at the second lake, crossing the path which heads across the glacier to Cho La - our route to Thame and Namche, later in the trek. The third lake is known as Dudh Pokhari (Milk Lake) and on its eastern shore is the settlement of Gokyo. Walking by the side of the lake, the scenery is splendid with the summits of Cho Oyu and Gyachung Kang reflected in its emerald green waters. Overnight by the side of the Gokyo lakes - **B. L. D**

Day 15:: Hike to Gokyo Ri (5,483M/17,989 ft) and back to Gokyo - approx. 4/5 hrs Lodge [B/L/D]

Heady Gokyo Ri looms above the village on the northern edge of the lake. We leave camp just after first light, following a steep path up the hillside. As we climb, the summits of Everest, Lhotse and Makalu slowly come into view and the sight from the summit of Gokyo Ri itself, is said to be one of the premium sights to behold in the Everest region - some say it is even better than that from Kala Pattar. After lunch it is a short walk back to Gokyo for our overnight. **B. L. D**

Day 16:: Trek over Renjo La pass (5,340 m/ 17,520 ft) & trek to Lungden. Approx. 7-8 hrs

Its important that we make a break at dawn today as we have to trace our trail up to Lunde after conquering of Renjo La. As there is no alternative to Lunde for overnight today, we need to start early. Down from the Gokyo

Valley, we leave the main trail and turn to Renjo La trail by Dudh Pokhari. After about 3 hours, we gain the Renjo La where a dazzling vista awaits. The Everest itself, Lhotse, Cholatse and Taboche can be seen shining in the sun. Views from Renjo La are much like that from Gokyo Ri with third Gokyo Lake and Gokyo Village beneath the gray smear of Ngozumpa Glacier. Continuing on from the pass, the trail winds down a stone staircase and then scrambles over loose scree to reach the south bank of a small lake called the Angladumba Tsho. The presence of ice on the trail while descending down can make our descent a bit dangerous. Along the way we see Relama Tsho and Renjo Lake. However, we walk down through narrow valley clogged with giant boulders to Lunde where there is a support Lodge but it can be closed often. If this turns out to be the case, We walk further for another hour from Lunde to get to Marlung on the east bank of the Bhote Kosi. Overnight at Lunde or Marlung - **B. L. D**

Day 17:: Trek to Thame (3,820 meters /12,533 feet)-approx. 4-5 hrs Stay at Lodge

From Lungden, the route turns west and the trail is almost level as we head up the Bhote Kosi Valley, once a popular trading route into Tibet. Along the way we pass many prayer flags and mani stones, all pinpointing to the Tibetan Buddhist culture of this area. After descending to the Bhote Kosi the trail climbs steeply to Thame. From here there are good views of the peaks of Teng Kangpoche and Kwangde. To the north is the Nangpa La, the pass leading to Tibet. Thame Gompa is situated above the village overlooking the valley and is the site for the famous spring celebrations of the Mani Rimdu festival. We crash out in Thame for the night. **B. L. D**

Day 18:: Trek to Namche (3,440 meters/11,286 feet))-approx. 4-5 hrs Stay at Lodge

Today, we embark on a picturesque journey from Thame village to **Namche Bazaar,** where every step reveals the grandeur of the Himalayas. The trail starts with a gentle ascent through lush pine and rhododendron forests, offering a refreshing introduction to the trek. As the path unfolds, be prepared for awe-inspiring panoramas of Ama Dablam, Thamserku, and Kangtega.

Traversing through Sherpa hamlets like Thamo and Samde, connect with the warmth of the locals and find rest amidst the tranquility of the mountains. A highlight of the trek is the visit to Thame Gompa, an ancient Buddhist monastery steeped in history dating back to the 16th century.

Navigate suspension bridges and conquer steep hills, and soon, the vibrant hub of Namche Bazaar unveils itself. This bustling market town is not just a gateway to the Khumbu region; it's a vibrant tapestry of culture and commerce. Immerse yourself in the lively markets, explore local museums, or simply savor moments of relaxation while soaking in the unparalleled mountain views. The trek from Thame village to Namche Bazaar promises a harmonious blend of natural splendor, cultural enrichment, and exhilarating adventure. Stay in the best lodge in Namche and enjoy the hot shower, hot chocolate, and cakes.

Day 19:: Trek to Lukla (2,860 meters/9,383 feet). Approximately, a 6-7 hrs trek-lodge.

The trek from Namche Bazaar to Lukla unfolds in the mesmerizing landscapes of the Himalayan mountain range. Starting from Namche Bazaar, the descent winds through dense rhododendron and pine forests, introducing trekkers to charming villages and the unique culture of the locals.

Crossing suspension bridges over the Dudh Koshi River provides breathtaking views of the surroundings, with Mount Everest and other peaks as constant companions. The journey offers moments of tranquility amidst open plains, vibrant forests, and distant snow-covered peaks, creating lasting memories.

Walking at your own pace allows appreciation of Sherpa villages adorned with Buddhist symbols, showcasing a deep connection to spirituality. Upon reaching Lukla, a sense of pride sets in, acknowledging the tested endurance throughout the trek. Your local Sherpa guide ensures a smooth journey home, confirming flight tickets and concluding the day with a celebratory dinner. Retire to a cozy lodge, a contented smile accompanying a well-deserved rest. Though the trek concludes, the indelible memories linger, ensuring this adventure remains etched in your heart. **Overnight at our Lodge - B. L. D**

Day 20:: Fly to Kathmandu & Transfer to hotel, relax after Long Trek-Best deluxe Hotel

After indulging in a hale and hearty breakfast, we take to the skies for our return flight to Kathmandu, marking the culmination of our epic mountain journey. The early morning flight provides a scenic descent into the vibrant city. Upon landing, the day is ours to unwind and recharge at our luxurious hotel.

For those eager to share the spirit of Nepal with loved ones, the day offers the perfect opportunity to pick up unique gifts and souvenirs. Explore the nearby shops or venture into the bustling streets of Thamel, known for its eclectic array of Nepalese treasures. Whether guided by Mountain Sherpa's experts or exploring independently, the choices are as diverse as the goods on display.

Should the curiosity to explore more of Kathmandu beckon, today is the day to seize the moment! Manage time for additional adventures or visits to places that pique your interest. As the sun sets, join us for an exhilarating celebration dinner—an ode to the successful completion of our Everest **Three Passes trek**—hosted by Mountain Sherpa Treks and Expeditions! It's an evening of shared triumphs, laughter, and reflections on the incredible journey.

As night falls, settle into the comfort of a deluxe hotel centrally located in the valley of the gods, as they say. The allure of Kathmandu's cultural richness and the memories of Everest will undoubtedly linger, creating a perfect ending to an unforgettable adventure. (B, D)

Day 21:: A contingency day is allocated in case of flight delays due to bad weather

This extra night in Kathmandu serves as a safety precaution, providing reassurance in case of potential flight delays from Lukla. It ensures your travel plans remain undisturbed, offering flexibility and peace of mind.

Take advantage of this additional night to tailor activities to your preferences. Explore vibrant markets, delve into cultural heritage, or leisurely stroll through bustling streets at your own pace. Breakfast is included, ensuring you start the day with energy.

We recommend visiting beautiful **Bhaktapur and Patan city** to experience Nepal's rich culture. This thoughtful addition to your itinerary is designed to make your trekking experience seamless, accommodating potential delays while allowing you the freedom to enjoy Kathmandu on your terms. **Breakfast Include**

Day 22:: Drive to the Airport to head back to that lovely place we call ‘home’’

After b/fast, our rep and office vehicle will be on standby at our hotel to transfer us to the airport for our connecting flight home. Serving you was a wonderful joy and pleasure, we at Mountain Sherpa Treks will cherish the bonds of our relationship created over the time you spent with us and we thank you for choosing us as your travel partner and for visiting this amazing country Nepal. We are sure that trekking in this beautiful region of the Khumbu [Everest region] will give you lifetime memories of a vacation well enjoyed. Sayonara friends! Till we meet again. Breakfast

Cost Includes

Transports & Accommodations

- We provide on-time airport pickup and drop-off services using a private car, welcoming you with a warm smile and handmade scarf/garland for a friendly beginning and conclusion to your journey.
- Kathmandu-Lukla-Kathmandu round-trip flight, including airport drop-off and pickup service.
- Enjoy four comfortable nights in a centrally located city hotel with free local guide services to explore tourist and local markets.

- We accommodate you for 17 nights in Sherpa lodges during trek, including 11 nights in rooms equipped with attached bathrooms and hot showers for added comfort.

Meals & Drinks Included As Per Below

- Four hygienic breakfasts in the city are included as per the itinerary.
- Three meals per day—breakfast, lunch, and dinner—will be provided throughout the entire trek, offering self-choice options for a delightful and nourishing trekking experience.
- 5–6 cups of warm beverages, such as tea or hot lemon, will be provided daily to keep you cozy throughout your journey.
- We offer a warm welcome dinner with two options: you can either join dinner at our home with a Sherpa family, or you can choose to dine at a typical Nepali restaurant with a cultural dinner show.

Complimentary Gear & Equipment

- Complimentary T-shirt, Water bottle and walking pole
- Warm sleeping bags and down jackets will be provided if required.
- A waterproof duffel bag, trek map, and a group medical kit will be provided.
- Pulse oximeter for oxygen saturation as well as heart rates

Best Sherpa Guide & Porters Will Be Provided

- Responsible, truthful, friendly, and flexible Sherpa guides will be provided for the entire trek, ensuring your safety and an enjoyable trekking experience.
- Hardworking and trustworthy porters will be provided (1 porter for 2 people) who will carry your luggage and take care of it throughout the entire trek.

Staff Pay, Insurance & Required Permits

- Pay and insurance for guide and support staff
- Sagarmatha National Park entry permit fee & Khumbu Pasang Lhamu Rural Municipality Entrance Permit
- Enjoy a half-day cultural tour in Kathmandu, inclusive of a tour guide and driver. Immerse yourself in the local culture, gaining familiarity with the local environment before your trek.
- Entrance fees to historic sites, temples, and monuments during the city tour are included.

Value Added Service (VAS) By MSTE

- We provide a complimentary Local Market Guiding Service for our valued clients to purchase souvenirs at both wholesale and local prices.
- We offer free storage service for any extra luggage and provide assistance in obtaining a SIM card, as well as renting or buying necessary gears.
- One hour of free special Ayurvedic massage will be provided at the end of the trek.

FAQS

How Fit Do I Need to Be to Do the Everest high pass trek

Everest High Pass Trek is a challenging trek, involving three high-altitude passes commonly known as Kongma La Pass, Chola Pass (5,368 meters), and Renjo La Pass. You should be reasonably physically fit to fully enjoy this trek. If you are moderately fit both physically and mentally, you can join this trek. Due to steep ascents and descents, rocky paths, rock steps, and some moraine walking, this trek isn't suitable for anyone with knee problems or weak ankles. Individuals with heart trouble or lung problems should check with their doctor. We suggest engaging in physical fitness programs such as running, swimming, and hiking before embarking on your journey.

What sort of accommodation can I expect in in city and trek

Our package price includes accommodation for you in deluxe rooms at the best three-star or five-star category hotels in Kathmandu, with a healthy breakfast included. Along the Everest High Pass trek routes, wherever available, we provide rooms with attached baths, including hot showers, in quality mountain lodges.

Our all-inclusive 3-star hotel Everest High Pass trek package costs US$ 2870 per person. This package includes 4 nights in a deluxe room at a three-star hotel in Kathmandu **(Hotel Lo Mustang),** including a healthy breakfast. During the trekking route, we will accommodate you in quality Sherpa lodges where the rooms will have attached bathrooms with hot water for showers.

Alternatively, our all-inclusive 5-star hotel Everest High Pass trek package costs USD$ 3170 per person. This package includes 4 nights in a deluxe room at a 5-star hotel in Kathmandu **(Kathmandu Marriott Hotel/Yak and Yeti**), including a healthy breakfast. During the trekking route, we will accommodate you in quality Sherpa lodges where the rooms will have attached bathrooms with hot water for showers.

Will My Travel Insurance Cover Me for the high pass trek

Before embarking on the Everest High Pass trek, we strongly recommend a thorough review of the terms and conditions outlined in your travel insurance policy. The altitudes on this trek exceed 5,535 m/18,159 ft, and it's important to note that many insurance companies may not provide coverage for elevations at such heights. For information on reliable insurance providers, please visit our suggested link: Nepal Travel Insurance

Ensuring coverage for helicopter evacuation from the mountains is crucial in case of emergencies. Occasionally, weather conditions may cause flight delays from Lukla to Kathmandu. In such instances, arranging a helicopter flight back to Kathmandu for your international connection might be necessary. Therefore, your insurance policy should encompass the expenses related to a helicopter transfer from Lukla to Kathmandu if the need arises. Rest assured, we are committed to providing support and assistance to our valued clients in emergency situations.

Are your guides licensed trekking guides and do they have first aid training for high altitudes

Certainly, all our guides have successfully completed a comprehensive 45-day training program at the Hotel Management and Tourism Center in Nepal. In addition to this, they have received specialized high-altitude first aid training through the Kathmandu Environmental Education Project (KEEP). We understand the importance of trust and transparency, which is why you have the option to verify the profiles and training certificates of our trekking guides.

It's noteworthy that our guides are not only extensively trained professionals but also 100% local Sherpas from the Khumbu Region. What sets them apart is their wealth of experience, with the majority boasting over 20 years in the field. Rest assured, your trek will be led by seasoned, knowledgeable guides who have an intimate understanding of the region and a commitment to ensuring a safe and enjoyable journey for you.

Is Mountain Sherpa trekking staff insured and well equipped

Yes, our commitment to excellence extends to the well-being of our entire team, from Sherpa guides and cooks to porters and drivers. Rest assured, all our staff members are fully insured and equipped with the necessary gear for their roles. We prioritize their comfort and safety, providing high-quality clothing to ensure they are well-prepared for the journey. What sets us apart is not just our dedication to our clients but also our values as a 100% local Sherpa-owned company. Caring for our staff and contributing to the local community is at the heart of our ethos. We believe that a well-supported team ensures a seamless and enjoyable experience for our trekkers.

Should I Buy My Gear at Home or in Nepal

That very much depends on how much use you intend to get out of it. Reasonable quality gear is available in Kathmandu for a fraction of the price of the real deal. We will help out you to find good standards gears in Kathmandu. You also rent out down gear and sleeping bags, which are the most sensible option if you don’t think you’ll be using them again for a while.