



## Everest Three Passes Trekking

<b>Trip code</b>	0
<b>Package name</b>	Everest Three Passes Trekking
<b>Duration</b>	20
<b>Max. elevation</b>	5545 m
<b>Level</b>	MODERATE
<b>Transportation</b>	Domestic flight from Kathmandu to Lukla and return.
<b>Accommodation</b>	3***Hotel + Logde accommodation on twin sharing bed basis during the Trekking.
<b>Starts at</b>	Kathmandu
<b>Ends at</b>	Kathmandu
<b>Trip route</b>	kathmandu - Lukla - Phakding - Namche Bazar - Tengbuche - Dingbuche - Chhukung - Kongma la pass - Lobuche - Gorakshep - Everest Base Camp - Kala pattar - Zongla - Chola pass - thagnak - Gokyo - Gokyo ri - Renjo pass - Lungden - Thame - Namche - Phakding - Lukla - Kathmandu.
<b>Cost</b>	USD 1,960 per person

### Highlights

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Kongma la Pass 5540m.

Chola Pass 5420m.

Renjo Pass 5345m.

Explore Gokyo Lake and fifth lake with Ngazumba Glacier .

The Everest three passes Trek offers breathtaking views of the world's highest mountain, Mount Everest, as well as other towering peaks like Lhotse, Nuptse, and Ama Dablam.

The panoramic vistas of snow-capped mountains, deep valleys, and glaciers are truly awe-inspiring.

A popular side trip during the Everest Trek is to Kala Patthar, a viewpoint offering stunning panoramic views of Everest, Nuptse, and other Himalayan giants.

The Everest three passes Trek is a physically demanding journey that requires proper preparation and acclimatization.

The Everest three passes Trek is the adventure of a lifetime, leaving you with memories that will last forever.

## Overview

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**Everest Three Passes Trek takes us to the Everest Base Camp, Kalapatthar, Gokyo Valley, and its tranquil Lakes, and Gokyo Ri for amazing views of the landscape.**

**More importantly, this route introduces trekkers to the remote and untouched Nangpa La Valley, the Sherpa village of Marlung, and the monastery village of Thame. Moreover, trekkers tread on world-famous routes while crossing three high passes Kongma La (5,535/18,159 ft), Cho La (5420m), and Renjo La(5,445m/17,520ft).**

Everest three Passes Trekking is a challenging and famous trekking trail in the [Everest region](#) with the most scenically stunning areas. Everest Three Passes Trekking will include the crossing of the Kongma La Pass (5535m), Cho La Pass (5330m), and Renjo La Passes (5445m) linking the five major valleys in the Everest region. This is the ultimate high-altitude trek, in the world's most spectacular mountain terrain.

## More about the Everest Three Passes Trek

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It is undoubtedly tough but the scenery provides more than ample rewards. This [Trekking in Nepal](#) is combined with the ascents of Kalapatthar (5545m) and Gokyo Ri (5357 m.), it is perhaps the [ultimate Everest experience](#) in the Khumbu Himalaya range. Think of this not just as a trek but more as one of the finest mountain journeys you are ever likely to undertake in your lifetime.

You traverse the glaciated Cho La (54200m) pass to Gokyo, where we explore the valley and climb Gokyo Ri to enjoy more excellent mountain views including another angle of Mt. Everest, and Cho Oyu on the Tibetan border to the north then bear west to scramble across the Renjo La, dramatically back-dropped by the Everest range.

To enter the Bhote Kosi valley, where you walk along grazing pastures and a trading route used by yak trains from Tibet to Thame. It is a short day from Thame to Namche Bazaar, where you will re-trace your earlier steps to Lukla and then fly back to Katmandu.

## Everest Three Pass Trekking Route: Where to Begin?

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From Katmandu, you will fly to Lukla and follow the classic Everest trail through Namche Bazaar, Tyangboche, and Dingboche to the Kongma La pass surrounded by dramatic views of Ama Dablam,

Makalu and the Lhotse, Nuptse face. From the Kongma La pass, you will descend to the Khumbu glacier and then ascend Kalapatthar for breathtaking close-up views of Mt. Everest.

The Everest Three Passes Trek begins the day after your arrival. You first fly to Lukla, viewing beautiful scenarios, and then trek to Phakding crossing several suspension bridges. From there, you head to Namche, enter the Sagarmatha National Park, and acclimatize there. The first village to essentially stop by from Lukla Airport is Manjo. During the rest day, you explore the nearby villages, and the next day trek to Tengboche to visit the famous monastery.

Then ascending the trails, you head to Dingboche and later to Chhukung for your second acclimatization. This time you hike around the hills and explore the Imja valley. You cross the first high pass Khogma-la and head to Lobuche the following day. From Lobuche, you walk uphill to Gorak Shep, have your lunch there, and hike to [Everest Base Camp](#) .

You spend some time there reaching the base and later descend to Gorak Shep. You hike to Kala Patthar for a sunrise view and later drop back to Lobuche the following day. From Lobuche, you trek to Zhonglha and next day head to Thangma crossing the second high pass Cho-La. Then continuing the trip, you move towards Gokyo and have your third acclimatization there.

On this day, you explore the valley and visit the lakes. The following day you cross the final pass Renjo La and descend to Marlung. From here, you hike back to Namche while descending the trail, and the next day head to Lukla. From Lukla, you fly back to Kathmandu and end the trekking journey.

## **Best season for Everest Three Passes Trekking :**

The Everest Three Passes Trekking is doable in all the months in Nepal. But for a less challenging trek, it is better to trek the Everest Three Passes trek in the Autumn and Spring seasons.

### **Autumn season (September, October, November)**

Autumn is the festive season for trekkers from around the world in Nepal. The [weather conditions](#) in September, October, and November are mostly suitable for trekking the Everest Three Passes trek.

Autumn is one of the peak seasons in Nepal for trekking. The temperature during this season is neither too hot nor too cold which fits for trekking. If you wish to trek the Everest 3 High Pass Trek in Autumn, you can also celebrate some of the major festivals in Nepal that fall during Autumn.

### **Spring Season (March, April, May)**

Spring is one of the best times of the year when beautiful flowers bloom and new leaves start to grow. The whole environment becomes green which gives you fresh air and pleases your eyes.

During spring, Nepal looks ever more beautiful. You will have clearer scenic mountain views during Spring. The temperature and weather conditions of the Everest Region are also favorable.

You may expect some light rainfall in late May. But, don't worry, the view you get to explore the next morning is splendid.

## Trip Itinerary

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### **Day 1 : Transfer to airport for Kathmandu / Lukla flight (45 minute flight). Arrive Lukla and start trek to Phakding (2610 m.) – approx. 2 to 3 hrs walk.**

Early in the morning, we will be escorted to the domestic terminal of Kathmandu Airport for an early morning flight to Lukla (2,800m/9,186ft), a gateway destination from where our trek begins. After an adventurous 45 minutes flight above the breathtaking green and white mountains, we reach the Ten zing-Hillary Airport at Lukla. This is one of the most beautiful air routes in the world culminating in a dramatic landing on a hillside surrounded by high mountains peaks. Upon arrival at Lukla, we meet our other crew members and after some packing and arrangements, we start our trek through the prosperous village of Lukla until we reach Phakding. To assist in acclimatization, we only have a short hike today. However, if interested in additional activities we can take a side trip to a nearby monastery. Overnight in lodge in Phakding.

### **Day 2 : Trek from Phakding to Namche Bazaar (3446 m.) – approx. 5 to 6 hrs walk.**

Today's our trek starts in the morning after breakfast. The walk today is pleasant with few short uphill and downhill with multiple crossings over Dudh Koshi River and magnificent view of Mt. Thamserku (6,608m/21,675ft) from the Benkar village. We cross more bridges and reach entrance of Sagarmatha National Park at Monjo, where our trekking permits are checked in order to keep record of trekkers and local trekking staffs as well. A descend and a gradual walk brings us to Jorsale, the last village until Namche Bazaar. The walk is enjoyable through the river bed and we reach Hillary Suspension Bridge. Now, as we climb up hill towards Namche Bazaar, closer and magnificent sight of Kwangde Peak, its sister peaks, Kusum Kangaru, Mt. Everest, Lhotse, Tawache, and many other fabulous mountains will be viewed closely. We stop at Chautara to admire the view. Finally, we reach the colorful village of Namche Bazaar, the main gateway of Khumbu region. Overnight in Namche Bazaar.

### **Day 3 : Rest/ acclimatization in Namche Bazaar.**

Today we will take a rest at Namche Bazaar for acclimatization. Health experts always recommend us to stay active and moving during the rest days instead of being idle. We either spend the day taking a day hike to Thame or visiting Khunde or relaxing and exploring Namche Bazaar itself. Namche Bazaar is the main centre of the Everest (Khumbu) region and has government offices, ATMs, Internet cafes, shops, restaurants, a bakery and a colorful market each Friday evening and Saturday. If we trek a few hundred vertical feet during the day, it will help us to properly acclimatize. Our guides will take us to the Tourist Visitor Center near the headquarter of the Sagarmatha National Park where we can observe an assortment of things related to the first Everest ascenders, Sherpa culture and learn about the various plant and animal life of the Everest region. Overnight in Namche Bazaar.

#### **Day 4 : Trek from Namche Bazaar to Tyangboche (3867 m.) – approx. 4 to 5 hrs walk.**

Upon breakfast in Namche, we set out towards Tyangboche, enjoying superb view of Mt. Everest, Mt. Nuptse, Mt. Lhotse, Mt. Ama Dablam and close up view of Thamserku. Our trek follows more or less smooth trail with few ups and downs which will not bother us as the magnificent view of the Himalayas keeps our company all through the journey. Along the way, we can spot wildlife musk deer, a herd of Himalayan Thar and multicolored pheasants. The trail goes gradually down up to Kayangjuma. The path eventually reaches Sansa, which is the major trail junction to Gokyo valley and Everest Base Camp. The track then follows through the pine forests and after we cross the prayer flags festooned bridge over the Dudh Koshi River, we reach Phunki Thenga, a small settlement with a couple of teahouses and a small army post amidst the alpine woods. After having a relaxed lunch at Phunki Thenga, we gear up for a slightly tougher climb through the pine forests before we reach Tyangboche. Tyangboche is a great place for close up views of Mt Ama Dablam, Mt Nuptse, and Mt Everest, and it has the biggest Buddhist Monastery of the Khumbu region. We pay our visit to the monastery the same day at around 3 pm to witness the ceremony in the principal and popular monastery of Everest region. Overnight stay at a lodge at Tyangboche.

#### **Day 5 : Trek from Tyangboche to Dingboche (4410 m.) – approx. 4 to 5 hrs walk.**

Early morning fabled scenic beauty of Tyangboche takes our breath away. The mountain panorama includes ranges of Kangtega, Thamserku, Ama Dablam, Taboche, Kwangde, Tengboche, Lhotse and Nuptse. After snapping pictures, we start the day journey through the trail that follows through Imja Khola upstream. Descending rapidly from the Tyangboche meadow to the river bank, the track traverses a deep forest of birch and rhododendron with magnificent views of Ama Dablam, Lhotse-Nuptse ridge. As we reach Deboche, a charming place amidst the woods. Upon reaching at this juncture, we pay our visit to Buddhist nunnery. Upon climbing up we come across few Chortens. Upon reaching Pangboche we are amazed at the dramatic views. We further might visit Upper Pangboche to best view the mountains. The trail eventually climbs to Shomare. We notice decrease in tree line after Pangboche and upon reaching Shomare the terrain changes dramatically to rolling arid stretch and an alpine terrain with patches of scrub and isolated pastures. As we reach Orsho the pyramidal peak of Pumori emerges above the mountains ahead. We finally reach cold and windy settlement of Dingboche overlooked by Chortens and prayer flags finally for the night's rest. Overnight at tea house lodge in Dingboche.

### **Day 6 : Rest/ acclimatization Dingboche 4410m.**

With the ever-rising altitude, it is important to take another day to acclimatize. There are several options available for short hikes today.

Such as visiting the base of Nangkar Tshang Peak, with its sacred sites and views of Mt Makalu. This trip is a 3.5 to 5 hours round trip, and the ascending altitude on this hike will help our bodies prepare for the high altitudes ahead.

### **Day 7 : Trek from Dingboche to Chhukung (4730 m) – approx. 2 to 3 hrs walk.**

The walk is pleasant as we leave Dingboche through stone walled fields and alpine landscape. We take the trail from Dingboche through Imja Khola valley to land raven by glacier moraines amidst towering formidable mountains. We walk leisurely as our schedule for today is only 3 – 4 hours trek. While walking through the valley, Lhotse towers on our left and Ama Dablam on our right. After walking about 3 km, we reach at yak herdsman's place called Bibre. Straight ahead, beyond a terminal moraine wall, soars the Island peak (Imja Tse), a most popular trekking peak. The pyramidal Imja Tse looks awesome with its step rock and-icy south face. The trail ahead is intersected by icy streams. We reach Chhukung in about half an hour from Bibre. There are glaciers and massive snowy mountains all around the place. We might choose to hike to the rocky knoll of Chhukung Ri which offers stunning views of Lhotse, Island Peak, Ama Dablam, Makalu and several others including Baruntse. Overnight at Chhukung.

### **Day 8 : Trek from Chhukung to Cross Kongma La pass (5535 m) and trek to Lobuche (4930m) – approx. 8 to 9 hrs walk.**

This morning, we start at first light from Chhukung as we have to conquer highest pass of the trip today. We carry plenty of water and some snacks and a packed lunch as there is no tea shops on the way. We really enjoy the remoteness of the area and absolute nature!! We can select to go via any of the possible trails – either taking a climb over the hill northwest of

Chhukung over the moraine of The Nuptse Glacier or we might walk back down the valley to Bire and follow a high trail above the Niyang Khola. Just after some walk there are great views of Island peak valley and jagged ridge of Amphu Lapcha. Ascending along the east side of Niyang Khola valley, we turn west and walk through the sloppy stony trail. We enter a wide basin dotted with small frozen lakes. The trail rises over loose scree gaining the Kongma La after about five hours we leave Chhukung. Upon reaching the top, we encounter with cairn wrapped in prayer flags, marks of the pass. Behind us is the landscape of icy lakes ahead down of which is the Khumbu Glacier. The final descent is the most difficult stage of the trek today. Upon climbing the moraine on the far side, the trail turns north through Khumbu Glacier which takes us to Lobuche. Overnight at Lobuche.

### **Day 9 : Trek from Lobuche to Everest Base Camp / Gorak Shep (5140 m.) – approx. 7 to 8 hrs walk.**

The trail to Gorak Shep goes ahead through the lateral moraine of the Khumbu Glacier. We pass through the pyramid sign post. Ahead on the trail we see crest of north ridge of Everest along with Mt. Pumori, Mt. Mahalangur, Mt. Lingtren, Mt. Khumbutse, Mt. Nuptse, etc. A small ascent would take us to Thangma Riju from where we perceive 360 degree vista of snowy mountains. Climbing steeply up to the top through the torrent of Changri Glacier, we catch our first glimpse of Kala Patthar, a grey-green knoll beneath the Mt. Pumori. As we reach Gorak Shep, we will find snow-capped mountains looming all around us including the top of the world – Mt. Everest. 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. Mountaineer's tents stand out in bright colors against the monotony of gray surroundings (especially in the Spring). Nuptse, Khumbutse and Pumori are the mountains we can view from the base camp. Everest actually is not visible from here. By now we have met the ultimate objective of our trip. Overnight at normal tea house lodge at Gorak shep.

### **Day 10 : Excursion to Kalapatthar (5545 m.) return to Gorak shep – approx. 4 to 5 hrs walk.**

Today is the climax of our trip. We start early in the morning to catch the dramatic views from Kala Patthar witnessing the first light of day shining on Mt. Everest. However, we need to get prepared for an early morning, dark and cold temperature (-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 Kala Patthar we can pause to catch our breath at several outstanding view points to snap pictures. After several hours of ascent, we will be 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 Kala Patthar where our eyes rook taking in the unbelievable Himalayan Panorama, wandering from one mighty massif to another. Overnight at Gorak shep.

### **Day 11 : Trek from Gorak Shep / Lobuche (4930m) to Zongla 4830m – approx. 4-5 hrs walk.**

Moving from Gorak Shep, we descend down to reach Lobuche which will take about 2 to 3 hours. Then we are following Chola pass trail .

The path to Dzongla branches off from the main trail some distance from Lobuche. 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 prominently ahead. Pheriche village is visible down in the distance. We will also have visibility of mound 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 at Dzongla).

### **Day 12 : Trek from zongla to Cross Cho-La pass (5330 m.) descend to Thagnag Kharka (5025 m.) – approx 7 to 8 hrs walk.**

Early morning as we get out of lodge, we will be greeted by the mesmerizing sight of Cholatse looming over. Today is going to be one of the toughest 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 Cho-La. As we gain height, the view back gets increasingly more captivating; the Cho-La Lake begins to appear and the Ama Dablam in its pyramidal incarnation 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 Cho-La 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 majestic peaks in all directions is breathtaking. Although long, the path leading down to Thangnak 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 Thangnak, a rather more substantial hamlet with a small village. Overnight at Thagnag Kharka.

### **Day 13 : Trek from Thagnag Kharka to Gokyo (4790 m) – approx 3 hrs walk.**

Stepping out of the Thagnag Kharka, 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 view 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 Gokyo Village where we finally give rest to our tired body. Overnight at Gokyo.

#### **Day 14 : Excursion to Gokyo Ri (5357 m.) and back to Gokyo – approx 5 hrs walk.**

Rest day in Gokyo Valley is an exceptional opportunity. This acclimatization day is grasped as an opportunity to climb Gokyo Ri to enjoy the scene from the best viewpoint of Everest Region. Or, as we know Gokyo is not only popular for its grand view from Gokyo Peak but also for the six lakes which it hosts, definitely we would not miss the chance to observe the fourth lake (Thonak Tsho) and fifth lake (Ngozuma Tsho). About 3 km north of Gokyo is the fourth lake with its high cliffs and peaks rising above it. The trail continues to fifth lake and we get mesmerized by the shimmering turquoise blue sheet of water. If interested, we climb on a hill at the edge of the Lakes to get astounding views of Cho-Oyu, Gyachung Kang, Everest, Lhotse, Nuptse, and Makulu. We can see a lot more from here – the spot is called Scoundrel's Viewpoint. Beyond the fifth Lakes is the Cho Oyu Base Camp. Scenery here is breathtaking with Cho Oyu and Gyachung Kang seeming just a stone's throw away. Northern part of the fifth lake provides fabulous views of Cho-Oyu Base Camp and biggest glacier of the world- the Ngazumpa Glacier. Moved by the charm, we may even try to go sixth lake too but depends upon our own interest and time. Back to Gokyo village. Overnight at Gokyo.

#### **Day 15 : Trek from Gokyo to Cross the Renjo La (5345 m) and trek to Langden in the Thame valley – approx 7 to 8 hrs walk.**

We need to start at dawn today as we have to trace our trail up to Langden after conquest of Renjo La. 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 scramble over loose scree to reach the south bank of a small lake, Angladumba Tsho. Presence of ice on the trail while descending down can make our descend a bit hazardous. Along the way we see Relama Tsho and Renjo Lake. However, we walk down through narrow valley clogged with giant boulders to Lumde where there is a support Lodge but it can be closed often. We walk almost for an hour from Lumde to get to Marlung on the east bank of the Bhothe Kosi. Overnight at Langden.

#### **Day 16 : Trek from Langden to Thame (3820 m)- approx 4 hrs walk.**

Today we descend down, where we explore the valley and enjoy more excellent mountain views including another angle of Mt. Everest, and Cho Oyu on the Tibetan border to the north, dramatically back-dropped by the Everest range, to enter the Bhote Kosi valley, where we walk along grazing pastures and a trading route used by yak trains from Tibet to Thame. Overnight stay at Thame.

### **Day 17 : Trek from Thame to Namche Bazaar (3446m) – approx 4 to 5 hrs walk.**

It is a short day from Thame to Namche Bazaar taking about 4 to 5 hours walk. We snap a mixture of open plains, rhododendron and pine forests, and in the distance snow covered peaks. We walk through the Sherpa villages' noticing impressive faith in Buddhism and culture of prayer stones and prayers flag while we walk through the villages. Overnight at lodge at Namche Bazaar.

### **Day 18 : Trek from Namche to Phakding (2610 m) – approx 3 to 4 hrs walk.**

The trail descends steeply downward so we need to walk slowly and under control as our shaky legs continuously battle the rocky terrain. After crossing the suspension bridges over the fast flowing Dudh Koshi and its tributaries the trail becomes more level and natural. By today we start to get warmed up by the light breeze. Any remaining sore throats and colds will be gone by today as we pass through this charming mountain air. Although we are travelling the same route down, we feel completely different views.

### **Day 19 : Trek from Phakding to Lukla (2840 m) – approx 3 to 4 hrs walk.**

After 3 to 4 hours walk we will reach Lukla. Upon arrival in Lukla, we stretch those sore legs and recall the experiences of the last couple of weeks. We experience the culmination of a fantastic trek on a happy note with everyone back safe and sound with smile on faces! Overnight at Lukla.

### **Day 20 : Fly back to Kathmandu and transfer to hotel..**

Flights to Kathmandu are usually scheduled for morning because wind can create problem to fly the aircraft in the afternoon. But sometime the flight time can be delayed due to bad weather and other unprecedented reasons that are beyond our control. We fly back to Kathmandu after our long mountain journey. After reaching Kathmandu we have the rest of the day off to rest or do some souvenir shopping. Overnight in Kathmandu.

## **Inclusions**

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### **What is included?**

Airport transfers in Kathmandu.

Accommodation in teahouses or lodges Twin sharing bed basis during the trek.  
All meals (breakfast, lunch, and dinner) with cup of hot drinks during the trek.  
Flight ticket to Lukla from Kathmandu or Ramechhap and return to Kathmandu including airport transfer to domestic airport.  
Trekking permits and TIMS (Trekking Information Management System) card.  
Experienced and licensed trekking guide or Mountain leader.  
Porter service to carry your luggage (one porter for every two trekkers).  
Sagarmatha National Park entrance fee & Khumbu Rural municipality fee.  
Airfare for Guide (kathmandu - Lukla - kathmandu).  
Basic first aid kit.  
Staff insurance, Salary, Lodging and fooding during the trekking.  
Government taxes and service charges.  
Farewell dinner in Nepali restaurant in Thamel with Cultural dance.

### **What isn't included?**

International airfare to and from Kathmandu.  
Nepal entry visa fees.  
Personal travel insurance (covering medical, evacuation, and trip cancellation).  
Accommodation and meals in Kathmandu (beyond the itinerary).  
Extra activities or sightseeing not mentioned in the itinerary.  
Personal expenses, such as laundry, phone calls, internet access, etc.  
Cold beverage , such as Beer, coke, Fanta, Bottle of water etc.  
Additional porters or services if needed.  
Tips for guides, porters, and other staff (tipping is customary in Nepal).  
Any expenses arising due to unforeseen circumstances, such as flight delays, natural disasters, political unrest, etc.

### **Complimentary**