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Talk to an Expert

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Everest High Pass Trek - 15 Days

15 days. Grade: Challenging.

5.0 2295+ reviews on TripAdvisor

US$ 1490
per person, for 2 to 3 people

Made on 26 November 2026

https://dev.discoveryworldtrekking.com/trips/everest-high-pass-trek







The 15-day trek to Everest Base Camp conquering two high passes - Ranjo La Pass and Cho La Pass - is full of high altitude thrills. If you want to get a greater perspective of the incredible landscapes that surround Everest Base Camp, this adventurous trek is for you.

TRIP FACTS

Destination	Nepal
Grade	Challenging
Accomodation	Hotel/Lodge/ Tea House during the trek
Best season	Feb, Mar, Apri, May, June, Sep, Oct, Nov & Dec
Activity	Everest Treks
Max. altitude	5,555m at Kalapatthar
Activity per day	Approximately 4-6 hrs walking
Meals included	All Meals (Breakfast, Lunch & Dinner) during the trek
Start / end point	Kathmandu / Kathmandu

PRICE

US$ 1490

per person, for 2 to 3 people

The full price is US$ 1900. You save US$ 410 per person.

Group-size discounts

People	Price per person
2 to 3	US$ 1490
4 to 7	US$ 1460
8 to 13	US$ 1430
14 to 25	US$ 1280

Group discounts are exclusive to your group size only. We do not merge groups.

Highlights of Everest High Passes Trek

- The most thrilling yet beautiful flight from Kathmandu to Lukla and vice-a-versa
- One of the world's highest airports at Syangboche
- Sherpa culture and lifestyles
- World-famous monasteries and museums
- Mt. Everest (8,848m), Mt. Lhotse (8,516m), Cho Oyu (8,201m), and Mt. Makalu (8,463m)
- UNESCO World Heritage Site - Sagarmatha National Park
- High altitude wildlife like musk deer, colorful peasants, snow leopard, and Himalayan tahr
- Traverse through the highest glacier on Earth - Khumbu Glacier
- Astounding panoramic view of the Himalayas from Kala Patthar
- Highest glacier on Earth- Khumbu Glacier (4900 m)
- Gokyo Valley and Gokyo Lakes
- Stone houses and meadows around Gokyo Valley
- Ngozumpa Glacier, the longest glacier in the world
- Protected floras and faunas at Sagarmatha National Park
- Astounding panoramic view from Gokyo Ri
- Two of the three most famous passes in the Everest region - Renjo La Pass and Cho La Pass

Everest High Passes Trek Overview

The Everest High Pass Trek is the ultimate challenge for experienced trekkers, taking you through many corners of the Everest region. This expedition pushes your limits as you cross two major high passes—Renjo La (5,360 m) and Cho La (5,420 m) —while exploring remote, less-visited Khumbu and Gokyo valleys.

Your journey begins with a flight from Kathmandu/Manthali to Lukla, followed by a gradual ascent through Namche Bazaar toward Thame. This first leg includes a challenging crossing of Renjo La Pass and a trek through landscapes woven with dense forests, traditional villages, and the unique charm of glacial moraines. The trail then leads to the sacred Gokyo Lakes, where a well-timed acclimatization stop sets the stage for an early-morning summit of Gokyo Ri, offering spectacular 360° views of Everest, Lhotse, Makalu, and Cho Oyu.

Next, the trek tackles the technical crossing of Cho La Pass, merging with the main Everest trail and paving the way to the iconic Everest Base Camp and the celebrated viewpoint at Kala Patthar. You will return via the classic route from Gorak Shep, Lobuche, Pheriche, ultimately to Lukla through Namche Bazaar and Phakding.

This trek offers a once-in-a-lifetime opportunity to experience the Himalayas from many angles, making it one of the most challenging and rewarding adventures.

Day to Day Short Itinerary

Day 1 Flight from Kathmandu/Manthali to Lukla (2,850m / 9,350ft) Trek to Phakding (2650m / 8562ft)

Day 2 Trek from Phakding (2,650m / 8,562ft) to Namche Bazaar (3,440m / 11,285ft)

Day 3 Rest day to acclimatize at Namche Bazaar

Day 4 Trek from Namche Bazaar (3,440m / 11,285ft) to Thame (3750m / 12,303ft)

Day 5 Trek from Thame (3,750m / 12,303ft) to Lungden (4,500m / 14,764ft)

Day 6 Trek from Lungden (4,500m / 14,764ft) to Gokyo Lake (4,750m / 15,583ft) via Renjola Pass (5,446m / 17,867ft))

Day 7 Rest day to acclimatize at Gokyo. Early morning summit of Gokyo Ri (5,400m / 17,814ft)

Day 8 Trek from Gokyo (4,790m / 15,584ft) to Thangnak (4,700m /15,400ft)

Day 9 Trek from Thangnak (4,700m / 15,400ft) to Dzongla (4,855m / 15,930ft) via Cho La Pass (5420m / 17,783ft)

Day 10 Trek from Dzongla (4,855m / 15,930ft) to Lobuche (4,910m / 16,175ft)

Day 11 Trek from Lobuche (4,930m / 16,175ft) to Everest Base Camp (5,364m / 17,598ft) and back to Gorak Shep (5,185m / 17,010ft)

Day 12 Hike to Kala Patthar (5,555m / 18,208ft)-viewpoint, trek to Gorak Shep to Pheriche (4,250m / 13,945ft)

Day 13 Trek from Pheriche (4,250m / 13,945ft) to Namche Bazaar (3,440m / 11,285ft)

Day 14 Trek from Namche Bazaar (3,440m / 11,285ft) to Lukla (2,850m / 9,350ft)

Day 15 Fly back to Kathmandu/Manthali from Lukla (2,850m / 9,350ft)

Everest High Two Passes Trek Itinerary

DAY 1

Flight from Kathmandu/Manthali to Lukla (2,850m / 9,350ft) Trek to Phakding (2650m / 8562ft)

Trek Distance 6.2km / 3.8miles Flight hours 40/20 minutes Highest Altitude 2,850m / 9,350ft

Trek Duration 3 hours

Your trek begins from Lukla in the Khumbu region. During the peak trekking periods (March, April, May, September, October, and November), flights from Kathmandu to Lukla may be rerouted through Manthali Airport. To catch the early morning Lukla flight, we'll pick you up at your hotel around 12:30 am, initiating a 5-hour drive to Manthali Airport. The subsequent 20-minute flight from Manthali will take you to Lukla.

From December to August (excluding March, April, May, September, October, and November), the flight from Kathmandu to Lukla takes a direct route. After breakfast, we'll take you to Tribhuvan International Airport (TIA) for a 40-minute flight to Tenzing Hillary Airport in Lukla.

If you prefer a direct route from Kathmandu to Lukla, even in busy trek seasons, **you can book a helicopter,** avoiding the Kathmandu-Manthali-Lukla route. The cost is approximately 550 USD per person, provided five individuals share the helicopter costs.

After reaching Lukla, we start the trek past Chaurikharka village to Phakding, where we halt for our first night in the Khumbu region. The crisp and comforting trek day also helps in acclimatization. In your spare time, you are free to explore places in and around Phakding.

Phakding is the starting point for most Everest treks, and it is full of shops, hotels, pools, and restaurants. Moreover, there are a few famous local monasteries here. Among them, we recommend you to visit Rimishung Monastery.

Overnight stay at Khumbu Travel Lodge (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 2

Trek from Phakding (2,650m / 8,562ft) to Namche Bazaar (3,440m / 11,285ft)

Trek Distance 7.4km / 4.6miles Highest Altitude 3,440m / 11,285ft Trek Duration 6 hours

A full day of trek starts from this day. We continue along the northern bank of the Dudh Koshi River, enjoying majestic views. The suspension bridges, embellished beautifully with prayer flags, add excitement to the hike.

After a few hours of the walk, we reach **Monjo village,** from where the Sagarmatha National Park begins. A challenging climb inside the dense Sagarmatha National Park forest will provide you with the **first glimpses of Mt. Everest.** Continuing forward through the woods and stone-paved path, you will finally reach **Namche Bazaar**. We will stay at Namche for the night.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 3

Rest day to acclimatize at Namche Bazaar

We will spend one day acclimatizing at Namche Bazaar to adjust to the thinning air. However, we will not just be sitting idle today. You can wander through the alleys of Namche while adjusting to the altitude. There are several things that you can do on this day.

You can hike to **Sagarmatha National Park** and include a hike to **Khumjung (3,790m)**. On the way to Khumjung, you can visit **Hillary School** and other old monasteries. People believe that Khumjung Monastery houses a **yeti-scalp.** You can also **hike to Khunde.** If you love Everest, you can get to **Everest View Hotel** to catch the stunning views of Everest. A must-not-miss place is the **Syangboche Airport (3,780m)**, one of the highest airports in the world.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 4

Trek from Namche Bazaar (3,440m / 11,285ft) to Thame (3750m / 12,303ft)

Trek Distance 6.8km / 4.2miles Highest Altitude 3750m / 12,303ft Trek Duration 6 hrs

Today's trek will be short and comforting. After a good day acclimatizing, we hike to **Thame,** home to many famous Sherpa mountaineers- including Apa Sherpa. We walk past **Thamo Gumba** before reaching Thame.

The tranquil trek provides exceptional views of the Himalayas. As we walk past the ancient Sherpa villages, we get a chance to savor the beauty of the place. Thame is home to one of the oldest monasteries in the Everest region, known as **Thame Dechen Chokhorling Monastery.** We can explore Thame enjoying the panoramic views of the snow-capped mountains.

Overnight stay at the best possible lodge/hotel
Included standard meals (Breakfast + Lunch + Dinner)

DAY 5

Trek from Thame (3,750m / 12,303ft) to Lungden (4,500m / 14,764ft)

Trek Distance 8.2km / 5miles Highest Altitude 4,500m / 14,764ft Trek Duration 6 hrs

We head north to **Lungden,** passing through dry lands, rocky peaks, stone houses, and walls. The trail moves along the Bhote Koshi River. You might get to spot occasional yaks grazing on the meadows. The path to Lungden is gentle and comfortable. We move ahead through **Marlung** - a larger village in Thame Valley - to Lungden. We halt at Lungden a day before attempting the strenuous ascend to Renjo La Pass.

Overnight stay at the best possible lodge/hotel
Included standard meals (Breakfast + Lunch + Dinner)

DAY 6

Trek from Lungden (4,500m / 14,764ft) to Gokyo Lake (4,750m / 15,583ft) via Renjola Pass (5,446m / 17,867ft))

Trek Distance 9km / 5.6miles Highest Altitude 5,446m / 17,867ft Trek Duration 8 hrs

We climb a steep sandy ridge to reach the top of the **Renjo La Pass (5,446m).** The trail is moderately challenging as we cover a huge elevation. Once we reach the top, the view will compensate for the effort. You will get a fabulous view of peaks above 7000m - including **Everest, Lhotse, Chalotse,** and **Taboche.** Surrounded by the sparkling mountains and the fresh breeze of the mountain air, you will almost forget your climb. Walking for about 2 to 3 hours, you reach a small yet beautiful place, **Gokyo Village,** where we will spend our night.

Overnight stay at Thanka Inn
Included standard meals (Breakfast + Lunch + Dinner)

DAY 7

Rest day to acclimatize at Gokyo. Early morning summit of Gokyo Ri (5,400m / 17,814ft)

Trek Distance 1.5km / 0.9miles Highest Altitude 5,400m / 17,814ft Trek Duration 1 & ½ hrs

It is time to acclimatize for one more day. We explore the village of Gokyo as we acclimatize. Gokyo village is full of surprises and mysteries. We hike to Gokyo Ri (5,430m) to see excellent panoramic views of various mountains - including **Everest, Lhotse,** and **Makalu.** The scenery is unquestionably stunning. After lunch, we will take you to beautiful **turquoise Gokyo lakes** and **glaciers.** We are sure that **you will remember the Gokyo region** throughout your life.

Overnight stay at Thanka Inn
Included standard meals (Breakfast + Lunch + Dinner)

DAY 8

Trek from Gokyo (4,790m / 15,584ft) to Thangnak (4,700m /15,400ft)

Trek Distance 3.7km / 2.3miles Highest Altitude 4,790m / 15,584ft Trek Duration 5 hrs

After a spectacular day walking around the Gokyo valley and witnessing the turquoise lakes surrounded by a blanket of snow-capped mountains, we move ahead to Thangnak. We walk past a few glaciers and through steep rock trails. Due to the land structure, **vegetation is absent.** The distinct difference in the landscape will probably surprise you. When you reach Thangnak, you will notice that **Thangnak** has only a few teahouses, but it serves as **a perfect place to spend the night before facing the mighty Cho La Pass.**

Overnight stay at Hotel Khumbi-la
Included standard meals (Breakfast + Lunch + Dinner)

DAY 9

Trek from Thangnak (4,700m / 15,400ft) to Dzongla (4,855m / 15,930ft) via Cho La Pass (5420m / 17,783ft)

Trek Distance 16km / 9.9miles Highest Altitude 5420m / 17,783ft Trek Duration 6-7 hrs

This day will prove to be one of the most intense days of the entire trek. We hike up a small valley where we witness the beauty of a rocky trail surrounded by spectacular mountains. After walking for a few hours, you get the view of **Cho La Pass** across a small moraine. Soon you will realize the intense steepness of the trail. The steep path is short, but the elevation makes it difficult to traverse. As you cross the Cho La Pass, you need to take proper care as **this pass often gets snowy and icy.** After walking for about an hour, you will reach **Dzongla,** where we will be staying for the night.

Overnight stay at Maison Sherpa Hotel
Included standard meals (Breakfast + Lunch + Dinner)

DAY 10

Trek from Dzongla (4,855m / 15,930ft) to Lobuche (4,910m / 16,175ft)

Trek Distance 8.3km / 5.2miles Highest Altitude 4,910m / 16,175ft Trek Duration 4 hrs

The journey from Dzongla to Lobuche offers you more stunning views. With no more glacier crossing and steep uphills, the path should be more pleasant. First, we follow the moraine and then hike down to Chola Lake, bidding farewell to Dongla.

We continue to follow the wave-like trails to Lobuche. As you move ahead, on one side, you can get glimpses of **Everest Base Camp,** and on the other side, you will see the **Khumbu Glacier** with the rubble of ice floating. The path gets appealing as we get close to the foothills of Mount Everest. You can also visit some famous bakeries at Lobuche. Lobuche also provides panoramic views of several snow peaks - including **Mount Pumori (7,161m), Mount Lingtren (6,749m),** and **Mount Nuptse (7,861m).** However, Everest hides behind Mount Lhotse.

Overnight stay at Himalayan Eco Resort
Included standard meals (Breakfast + Lunch + Dinner)

DAY 11

Trek from Lobuche (4,930m / 16,175ft) to Everest Base Camp (5,364m / 17,598ft) and back to Gorak Shep (5,185m / 17,010ft)

Trek Distance 15km / 9.32miles Highest Altitude 5,364m / 17,598ft Trek Duration 6-8 hours

This is **the day you will ascend to Everest Base Camp.** We will begin our walk to the Everest Base Camp from Lobuche early morning. You will pass through many glaciers, including the famous **Khumbu Glacier.** Beyond this glacier, you can see **Khumbu Icefall (5,486m).** Soon, you will be leaving **Army Mountaineers Memorial** behind and finally reach Gorak Shep. We leave our belongings at Gorak Shep and ascend to Everest Base Camp.

The final ascent to **Everest Base Camp(5,364m)** might be challenging due to the increasing altitude involving rocky dunes and moraine and accumulated glacial debris. As you find yourself surrounded by snow-capped mountains and Mount Everest standing right ahead, you might feel overwhelmed by its sparkling beauty. Reaching the Everest Base Camp is a dream come true for many. It is the closest you will get to Everest unless you want to climb it. After immersing ourselves fully in the beauty of the base camp, **we walk back to Gorak Shep (5,185m),** where we will be spending the night.

Overnight stay at Buddha Lodge
Included standard meals (Breakfast + Lunch + Dinner)

DAY 12

Hike to Kala Patthar (5,555m / 18,208ft)-viewpoint, trek to Gorak Shep to Pheriche (4,250m / 13,945ft)

Trek Distance 9.6km / 6miles Highest Altitude 5,555m / 18,208ft Trek Duration 5 hours

Our journey is not complete without a hike to **Kala Patthar(5,555m).** Mount Everest hides behind Mount Lhotse, so climb to Kala Patthar to enjoy stunning views of Everest. We start early morning from Gorak Shep to reach **Kala Patthar to view the sunrise on Everest** and other high peaks. The views from Kala Patthar are other-worldly, providing a 360-degree view of the Himalayan giants. It is also the highest altitude of your trek.

After enjoying the views from Kala Patthar, we return to Gorak Shep and then further descend to **Pheriche (4,250m)**. The trail to Pheriche should be enjoyable, with forest and meadows by the side.

Overnight stay at Himalayan Hotel
Included standard meals (Breakfast + Lunch + Dinner)

DAY 13

Trek from Pheriche (4,250m / 13,945ft) to Namche Bazaar (3,440m / 11,285ft)

Trek Distance 14.3km / 8.8miles Highest Altitude 4,250m / 13,945ft Trek Duration 6-7 hrs

Through the rhododendron forest, we hike from Pheriche to the **hilltop village of Tengboche.** The trail is relatively relaxed, with a steady downhill followed by a gentle uphill. We cross the beautiful bridge over **Imja Khola** on the way.

As you head into the juniper forests, you might spot high-altitude animals. With the views of vibrantly colored prayer flags and elegant stupas, the **tip of Mount Everest,** and the **backside of Mount Lhotse,** you will enjoy the whole experience on the way back to Namche.

Overnight stay at Sun Shower Hotel (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 14

Trek from Namche Bazaar (3,440m / 11,285ft) to Lukla (2,850m / 9,350ft)

Trek Distance 13.5km / 8.3miles Highest Altitude 3,440m / 11,285ft Trek Duration 6-7 hrs

Today will be your last day on the trail. First, we leave Namche for **Phakding**, through mostly downhill trails. You will be passing several small villages, narrow forests, and thrilling suspension bridges. You will pass a small village called **Benkar** before reaching Phakding. From Phakding, you will continue your trek to **Toktok** and then to **Lukla,** where you will be spending your last night in the trek region. You are free to enjoy the niceties Lukla offers.

Overnight stay at Hikers Inn (room with attached bathroom)
Included standard meals (Breakfast + Lunch + Dinner)

DAY 15

Fly back to Kathmandu/Manthali from Lukla (2,850m / 9,350ft)

Flight hours 40/20 Minutes

After you return to Lukla after completing your EBC trek. It is time to return to Kathmandu. You will fly to Manthali or Kathmandu, depending on the trekking season. Chances are, if your trek is in March, April, May, September, October, or November, you'll fly to Manthali, and we will then drive you to Kathmandu. In the remaining months (December, January, February, June, July, and August), you will probably fly from Lukla to Kathmandu directly.

If you want to fly from Lukla to Kathmandu directly (even in busy seasons), you can team up with four others to **book a helicopter,** incurring an additional cost of around 550 USD per person.

We hope your journey back to Kathmandu will be a relaxing one. You might be overwhelmed with memories that you created during the trek. Your trek ends in Kathmandu, and you can spend the remaining time exploring the streets of Kathmandu.

Included standard meal (Breakfast)

What is included in this trek package?

Transportation

- Round-trip flight tickets for Kathmandu/Manthali and Lukla (Kathmandu–Manthali–Kathmandu travel via shared vehicle)
- Private transportation to and from Kathmandu Airport and your hotel

Accommodation

- Total 14 nights. Five nights at Lukla, Phakding, and Namche (3N), room with private attached bathroom, Nine nights standard room at Thame, Lungden, Gokyo (2N), Dzongla, Lobuche (2N), Gorak shep, Pheriche (twin sharing)

Food

- Standard full-board meals (15 Breakfasts, 14 Lunches, and 14 Dinners) with one main course per meal
- Water purification tablets for safe drinking water
- Seasonal fresh fruits every day

Guide and Porter

- Nepal Government licensed, experienced English Speaking Discovery World Trekking trek lead. For a group of 12 or more, we add an assistant guide. One porter for every two trekkers. Per trekker luggage weight limit is 9 kg.
- Guide and porter costs, their meals, insurance, salary, lodging, transportation, flight, and other necessary equipment costs

Trek Permit and Expenses

- Sagarmatha National Park entry permit fee
- Khumbu Pashang Lhamu Rural Municipality fees.
- All government, local taxes, and official expenses

Medical Assistance

- Rescue operations arrangement in case of complicated health conditions (funded by travel insurance)
- Medical kits, including an oximeter to monitor blood oxygen saturation levels in high altitudes

Souvenir

- Souvenir - a company's T-shirt & cap

Farewell

- Discovery World Trekking trek appreciation after the successful trek
- Farewell dinner in Kathmandu at the end of the trek

Benefits

- Sleeping bags and down jackets, duffle bag (one for every two trekkers) if you do not have your own
- Free excess luggage storage at the Discovery World Trekking store for the duration of the trek

What is excluded in this trek package?

International Flight

- International flight airfare

Accommodation

- All accommodations in Kathmandu, before and after the journey
- Extra night accommodation in Kathmandu due to early arrival or late departure or early return from the trek.

Food

- All meals in Kathmandu, before and after the journey
- Extra night meals in Kathmandu due to early arrival or late departure or early return from the trek.

Guide and Porter

- Tips for guide and porters

Visa

- On-arrival Nepal entry visa fees at Tribhuwan International Airport

Travel Insurance

- Travel insurance, which has to cover emergency high-altitude rescue and evacuation in addition to medical treatment (compulsory)

Personal Expenses

- Personal expenses (shopping, snacks, boil bottle water, hot (tea/coffee) and cold drinks, hot shower, alcohol, Wi-Fi, telephone call, battery re-charge, extra porters, etc
- Personal clothing and gear

Planning Your Trek Schedule

Our trips have flexible departure dates. You can select a travel date that fits your schedule and easily confirm your booking through our website at any time.

Packing List

We recommend you bring the basic clothing and accessories to the trek. You can store the excess luggage at the Discovery World Trekking store while trekking. Though we will assign porters to carry your main luggage, we expect you to bring a regular backpack with your valuables and important documents. **Your luggage weight limit is 9 kg,** and we assign one porter for every two trekkers. Hence, we advise you to find a fellow traveler and pack your things together in a duffle bag of over sixty liters.

Though your preferences might differ, we recommend you use this list while packing for the trek. You can also buy equipment in Kathmandu at a reasonable price.

Head and Face

- Sun hat or cap (wide-brimmed)
- Ear-covering warm hat or knitted beanie
- Scarf, buff, or neck gaiter
- UV-protection sunglasses
- High SPF sunscreen and lip balm
- Lightweight headlamp with spare batteries

Upper Body

- Moisture-wicking short or long-sleeved t-shirts
- Thermal base layers (light for warm months/heavy for cold)
- Fleece and puffy/insulated jacket
- Down jacket for colder elevations
- Waterproof and windproof outer jacket
- Lightweight long-sleeve breathable trekking shirt
- Synthetic bra for women
- Waterproof nylon raincoat or poncho

Handwear

- Warm insulated gloves or mittens
- Lightweight liner gloves
- Waterproof outer gloves for snow or wet conditions

Lower Body

- Quick-drying trekking pants and underwears
- Convertible or full-length trousers
- Quick Drying Underwear
- Thermal leggings or base layers
- Warm trekking trousers (insulated pants) for colder sections
- Lightweight cotton pants for evenings/ inside teahouses

Footwear

- Broken-in trekking boots with ankle support and good grip
- Warm wool or synthetic trekking socks
- Lightweight camp shoes or sandals for river crossings
- Gaiters for protection against mud, water, and debris
- Microspikes/crampons (seasonal) for better grip while crossing snowy and icy high passes

Backpack/Support/Sleeping Gear

- Duffle bag/Rucksack (50-60 liters, shared between two trekkers)
- Day backpack (20–30 liters) with rain cover
- Adjustable and lightweight trekking poles (preferably collapsible)
- Reusable water bottles or hydration bladder (minimum 2 liters)
- Water purification tablets, a filter, or a UV purifier
- Sleeping bag (rated -5°C to -10°C)
- Earplugs

Toiletries

- Toothbrush and toothpaste
- Medium-sized quick-dry towel
- Biodegradable soap or shampoo
- Toilet paper (in a Ziplock bag)
- Nail Clipper
- Body wipes/wet tissues
- Feminine hygiene products
- Hand sanitizer

Electronics and Documents

- Camera/Smartphone
- Power bank and charging cable
- Two-pin charging adapter
- Passport photocopies and passport-sized photos in waterproof bags

Medications

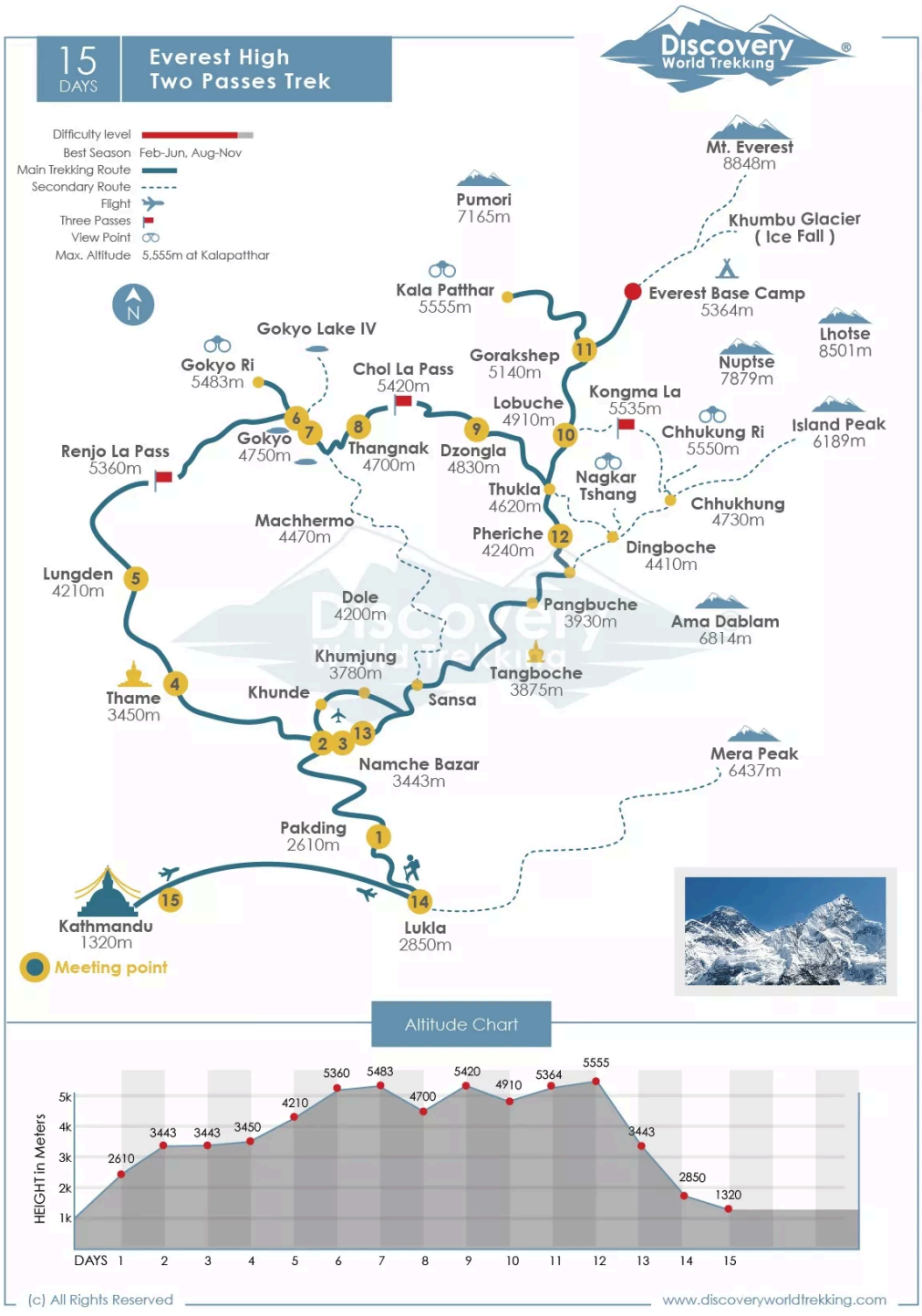
- Personal kits and medications (inhalers, allergy medicine, etc.) are highly recommended
- Blister care kit (Compeed/moleskin)
- Cough drops or throat lozenges (very useful in dry air)
- Basic first aid supplies (band-aids, antiseptic wipes, pain relievers, Diamox)

Optional Items

- Snacks and energy bars
- Notebook or pen for journaling your experience
- Book or e-book
- Binoculars Small multi-tool
- Pee-bottle/pee-funnel for women
- Comb

We can provide a used duffle bag (non-waterproof), down jacket, and sleeping bag if you don’t have your own

Official Everest High Passes Trek Map & Route



Trip Notes

Arrival, Welcome, and Trek Start

Our representative will be present at the Tribhuvan International Airport, holding a pamphlet with your name on it. They will present you with a marigold garland and then take you to your hotel in a private vehicle. This ensures you do not feel alone in a foreign country.

On trek departure day, early morning, you will take a 40-minute domestic flight to Lukla.

During peak trek seasons (March, April, May, October, and November), the flight to Lukla will be from Ramechhap/Manthali instead of Kathmandu due to traffic congestion. At other times, the flight will be from Kathmandu. To catch a flight from Ramechhap, we must leave Kathmandu and head to Manthali around 12:30 a.m. on the scheduled departure date. The drive will take around five hours.

Accommodations

Everest High Passes Trek is a long trek with 14-night stays in the trek regions at the best possible lodge accommodations. You will stay five nights in rooms with attached bathrooms at Lukla, Phakding, and Namche (3N). Nine nights stay in standard rooms at Thame, Lungden, Gokyo (2N), Dzongla, Lobuche (2N), Gorak Shep, and Pheriche. All rooms are on a shared basis. You can use hot showers and Wi-Fi at lodges/teahouses by paying a small service fee.

Meals

We will provide you with 15 breakfasts, 14 lunches, and 14 dinners during the trek. All meals in the trek regions are on a full-board basis (breakfast, lunch, and dinner / main course). Meals on the trek usually feature local dishes like dal bhat (rice and lentils) and options such as noodles, soups, momos, and some Western dishes.

All meals are provided on a full-board basis, covering the main course. Ingredients are often fresh and locally sourced. If you have dietary preferences, such as vegetarian or vegan, please inform us in advance to ensure we can accommodate your needs.

Luggage

Porters will carry luggage, with a weight limit of 9 kg per person. Our porters will only carry a maximum of 18 kg and two trekkers will share a porter. Hence, please partner with a fellow trekker and pack your things in a duffle bag of over sixty liters. Please bring only the essentials. You can store your excess luggage at your hotel or our store for free.

Facilities and Essentials

- **Water**

You can buy bottled water from en-route shops. However, we suggest you bring a water bottle and fill it with boiled/filtered water to reduce environmental impact. Further, you should use water purification tablets or drops before drinking. Do not drink directly from local water sources, such as taps, wells, or rivers.

- **Communication**

You can purchase a local SIM card in Kathmandu, though signal strength may not be strong enough at higher altitudes depending on the network provider. Our head office maintains daily contact with each trekking team through your trek leader to ensure consistent communication and support throughout your journey.

Travel Essentials

- **Visa**

All foreigners, except Indians, need a visa to enter Nepal. You can get an on-arrival visa at Tribhuvan International Airport in Kathmandu. To apply for this visa, you will need a passport with at least six months of validity, a passport-size photo, and an application fee. The application fee depends on your intended length of stay. Currently, the fee is USD 50 for a 30-day stay. For details, you can visit -https://www.immigration.gov.np/en

- **Travel Insurance**

Travel insurance is compulsory for this trek. All trekkers must provide a copy of their comprehensive travel insurance policy certificate to Discovery World Trekking before starting the trip. The policy must cover medical and emergency repatriation- including helicopter rescue and evacuation expenses at high altitudes (up to 5,550m).

- **Currency Exchange**

Nepali Rupee (NPR) is the local currency. (1 USD = ~ NPR 133). Only Nepali Rupees are legal in Nepal. You can exchange most foreign currencies through local banks and legitimate money exchanges in Kathmandu and all over Thamel. Despite the security advantage of traveler's cheques, we recommend cash exchange in legal currency exchanges. You can withdraw cash (in Rupees only) from one of the many ATMs in Kathmandu and Thamel. However, there are some restrictions and fees associated.

- **Extra Expenses**

Discovery World Trekking covers most expenses during the trek. However, meals and accommodations in Kathmandu are up to our valuable clients themselves. In addition, you will need to bring personal spending money to cover the visa process fees, travel insurance policy purchase, snacks for the trek, hot (tea/coffee) and cold drinks, tips for the trekking crew, souvenirs, etc. We estimate you will need around USD 15 per trek day.

Trek Season and Weather Conditions

The ideal trekking seasons are spring (March-May) and autumn (September-November), offering clear skies, pleasant temperatures, and breathtaking views. In spring, daytime temperatures at high altitudes can reach up to 20°C, dipping to -5°C at night. During autumn, daytime highs can rise to 25°C, with nighttime lows around -10°C.

We also operate treks in summer (June-August) and winter (December-February). Summer temperatures at high altitudes can climb to 27°C during the day and drop to 5°C at night, though monsoon rains make lower trails slippery, and flights may experience delays. In winter, daytime temperatures can reach 15°C, while nighttime temperatures can fall as low as -20°C. Heavy snow in winter often covers high-elevation trails, making the trek more challenging. The in-depth Everest Guide will provide you with all the necessary information you need about weather and trails.

Typical Day

Your trekking day begins early, maximizing daylight hours. After breakfast, you'll hike for 3-4 hours, stopping for lunch and then an hour's rest, before continuing to the next lodge. Afternoon treks will be shorter. After you arrive at that day's destination, you can explore the vicinity. In the evening, dinner is served around seven, followed by a briefing from your guide on the next day's journey. You'll have time to rest, chat, or reflect on the day before turning in for the night.

Feedback and Trip Conclusion

- **Farewell Dinner and Feedback**

At the end of your trek, DWT hosts a farewell dinner in Kathmandu as a chance to celebrate your adventure. This is also an opportunity to share feedback with us, helping us continue to provide outstanding service to future trekkers. After dinner, we will present you trek achievement certificate. If you are happy with your trek experience, we encourage you to leave reviews on travel portals.

Departure

We will take care of your hotel-to-airport transfer on departure day, allowing you to relax and enjoy your stay in Nepal. Your guide or driver will ensure you reach the airport comfortably, with ample time to catch your flight home.

Trek Bookings

- **Private Treks**

We offer private treks only and do not add anyone to the trek. You can customize the itinerary, services, and preferences. We can handle all group sizes and add an assistant guide for a group of 12 or more.

- **Safe Trek Bookings**

We are a Nepal government-authorized, licensed, and bonded trek and tour operator, providing service for over a decade. We are members of the Trekking Agency Association of Nepal (TAAN) and the Nepal Mountaineering Association (NMA). We require 10% of the trip cost as advance to confirm the booking. You can pay by bank transfer, Western Union, or through this website. The rest of the trip is due after arriving in Kathmandu. You can pay in cash, using a bank transfer or credit card In addition, we will email you the payment details, including the modes of payment available.

- **Last-Minute Bookings**

We also accommodate last-minute bookings whenever possible. Under this provision, you must clear 100% of the trek payment 24 hours before the trek departure date. However, please note that, in case of last-minute booking, you cannot hold us responsible for delays due to circumstances beyond our control, such as bad weather, lodging unavailability, etc.

- **Flexible Schedule**

Though trip departure dates are fixed, in case, they do not suit you, let us know, and we will conduct the trek at your convenience.

- **Trip Extension**

Nepal offers endless exploration opportunities, and we can provide options for extending your stay, such as Chitwan Jungle Safari, paragliding, rafting, or even another trek.

DWT Family

Our skilled, government-licensed guides and Sherpas will accompany you throughout the journey, making your trek both safe and unforgettable. With years of trekking expertise, they're trained in wilderness first aid and environmental conservation. Our crew come from the high Himalayas, and have an in-depth knowledge of the terrain. We prioritize their well-being with fair pay, insurance, meals, and accommodations covered during the trek. We believe that when our team is cared for, they bring their best energy to create an exceptional experience for you.

Ecotourism Practices

We are committed to responsible tourism, prioritizing eco-friendly practices and sustainability. The team encourages minimal waste, respects local cultures and wildlife, and takes measures to reduce the trek's environmental impact, preserving the beauty of the Himalayas.

Tipping Culture

Tipping is customary in Nepal and is a meaningful way to show appreciation to your guide, porters, and support staff. We advise you to tip as a group at the end of the trek. The trip amount should be based on the service quality, length of trek, and trek cost.

FAQs For Everest High Pass Trek

GENERAL INFORMATION

Where is the Everest High Pass Trek located?

The Everest High Pass Trek is located in the Khumbu region of Nepal, home to Mount Everest and other iconic Himalayan peaks.

How long does the Everest High Pass Trek take?

The trek takes 15 days, with days allotted for acclimatization.

What are the main highlights of the Everest High Pass Trek?

The main highlights of this trek include Cho La and Renjo La passes, stunning views of Everest, Lhotse, and Ama Dablam, and immersion into Sherpa culture.

Is the Everest High Pass Trek suitable for all levels of trekkers?

The trek is physically demanding, making it ideal for experienced trekkers with prior high-altitude trekking experience. However, you can complete this trek if you are fit enough and determined.

What makes the Everest High Pass Trek unique compared to other treks in Nepal?

This trek combines thrilling high-altitude passes with less-trodden paths, offering secluded landscapes, diverse terrains, and panoramic views in the Everest region. It is more adventurous than the classic Everest Base Camp route.

Do you offer a private Everest High Passes Trek?

Yes, a private Everest High Passes Trek is available.

What makes a private High Passes trek unique?

A private trek ensures greater flexibility, personalized guidance, and the ability to take acclimatization breaks as needed for a safer and more enjoyable journey.

PREPARATION & FITNESS

How fit do I need to be for the Everest High Pass Trek?

A normal fitness level is essential due to challenging terrains and altitudes. Cardiovascular endurance, leg strength, and stamina are crucial.

Can beginners with previous trekking experience undertake this trek?

Beginners may attempt it with adequate preparation but should be aware of the trek's demanding nature. However, please remember that the fitter you are, the more you will enjoy the trek.

What kind of physical and technical preparation is recommended?

Regular cardio, strength training, hiking on uneven terrains, and altitude acclimatization hikes are recommended.

PERMITS

What permits are required for the Everest High Pass Trek?

You'll need the Sagarmatha National Park Entry Permit and the Khumbu Pasang Lhamu Rural Municipality Permit.

Are the necessary permits included in the trekking package?

Yes, our trekking packages include permit costs.

Where can I obtain the permits for the Everest High Pass Trek?

Permits are issued in Kathmandu or at the trek entry points in the Everest region. However, we will get these permits on your behalf.

INSURANCE & VISA

Is travel insurance necessary for the Everest High Pass Trek?

Yes, comprehensive travel insurance covering health care costs and emergency helicopter evacuation up to the highest trek altitude (5,500 m) is mandatory.

What should my insurance cover for this trek?

Insurance must cover helicopter evacuation up to 5,500 m, in addition to the health care costs.

Do I need a visa to visit Nepal, and how can I obtain one?

Foreigners, except Indians, need a tourist visa to visit Nepal. Most nationals can acquire an on-arrival visa at Tribhuvan International Airport. To apply for this visa, you will need a passport with at least six months of validity, a passport-size photo, and a visa application fee. The application fee depends on your intended length of stay. The current rate is USD 50 for a 30-day use.

GUIDES & PORTERS

Is a guide included in the Everest High Pass Trek package?

Yes. Our package includes a Nepal-government licensed guide experienced in high-altitude trekking.

What roles do guides and support staff play during the trek?

Guides offer navigation, cultural insights, safety guidance, and logistics management, while porters help carry your belongings.

Can I undertake the Everest High Pass Trek independently without a guide?

As of April 2023, the Nepal government has banned solo treks in the Sagarmatha National Park.

ACCOMMODATION

What type of accommodation is available during the trek?

You'll mostly stay in cozy teahouses or lodges in twin-sharing rooms. We provide five nights in rooms with attached bathrooms at Lukla, Phakding, and Namche (3N). At other locations, we will provide standard rooms.

Are teahouses or lodges equipped with modern facilities like electricity and hot showers?

Lodges have electricity and hot showers. However, you might have to pay for hot showers and electricity to charge your devices.

Will I have access to Wi-Fi or charging points during the trek?

Yes, but Wi-Fi and charging come at an additional cost, especially at higher altitudes.

FOOD & DRINKS

What kind of meals are provided during the trek?

We provide three meals per trek day, primarily traditional Nepali and Tibetan cuisine, with some Western options.

Are there vegetarian or vegan food options available?

Yes, we can arrange vegetarian and vegan foods. Please let us know your dietary preferences before starting the trek.

Is safe drinking water available, or should I bring purification tablets?

You can buy bottled water along the route. However, we advise you to carry a water bottle and fill it with boiled/filtered water for ecological reasons. For added safety, please use purification tablets before drinking. You can request our staff if you do not have water purification tablets.

WEATHER

What is the best time of year to undertake the Everest High Pass Trek?

The ideal seasons are spring (March-May) and autumn (September-November), with stable weather and clearer skies. Autumn is also a festive season in Nepal, and if you love festivities, autumn is much preferable.

How does the weather affect the trekking experience?

Weather impacts visibility, trekking conditions, and safety. The clearest and most stable weather is during autumn and spring. Please note that bad weather can cause flight delays from and to Lukla Airport.

Is it advisable to trek during the monsoon or winter seasons?

You can trek in the monsoon and winter seasons. However, monsoon rain brings heavy rain in the lower trek regions, making paths wet and slippery. In winter, heavy snow can cover the trails, making it difficult to trek.

HEALTH & SAFETY

What health risks should I be aware of during the trek?

Altitude sickness, dehydration, and indigestion are some health risks.

Is altitude sickness a concern, and how can it be managed?

Yes, it's a significant concern. Gradual acclimatization, trekking at your own pace, staying hydrated, and recognizing the symptoms early, are key. Our guide will also advise you on other additional methods.

What emergency procedures are in place during the trek?

Guides are trained in emergency response, and helicopter evacuation will be arranged in coordination with your insurance provider.

PACKING & GEAR

What essential items should I pack for the Everest High Pass Trek?

Essentials include trekking boots, layered clothing, a warm sleeping bag, sunscreen, and a first-aid kit. Please see our equipment section for more details.

Is a sleeping bag necessary for this trek?

The lodges provide blankets, but for additional warmth, you can bring a sleeping bag rated for freezing temperatures.

Are trekking poles or other gear recommended?

Yes, trekking poles are recommended for stability on rugged terrains.

BOOKING & PAYMENTS

How far in advance should I book the Everest High Pass Trek?

We recommend you book this trek at least one month earlier.

What is the payment process for booking the trek?

We need ten percent of the trek package as advance to confirm the booking. You can pay by credit card, bank transfer, Wise, or Western Union. The rest of the amount is due when you arrive in Kathmandu.

Are there any cancellation or refund policies for the trek?

Yes. We have cancellation and refund policies. Please visit our terms and conditions page.

TRANSPORTATION

How do I get to the starting point of the Everest High Pass Trek?

We will fly to Lukla either from Kathmandu or from Manthali, depending on the trekking season. If you are flying from Manthali, we will pick you up at your hotel in Kathmandu and drive you to Manthali. The road travel will last around five hours.

Are domestic flights required to reach the trek's starting point?

Yes, a flight to Lukla is necessary.

What transportation options are available after completing the trek?

At the end of the trek, you will fly back to Kathmandu or Manthali, depending on the trekking season. If you fly back to Manthali, we will drive you back to Kathmandu.

Discovery World Trekking

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