



THREE PASSES TREK



2026 TRIP NOTES





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2026 TREK DETAILS

Dates: Trip 1: April 24 to May 19
Trip 2: September 14 to October 9
Trip 3: November 2–27
Duration: 26 days
Departure: ex Kathmandu, Nepal
Price: From US\$5,990 per person

▲ Taking in the spectacular views on the Kongma La. Photo: Suze Kelly

The trek through Nepal's 'Three Passes' takes in some of the most exciting and picturesque scenery in the Himalaya. The landscape is varied and spectacular; the lodgings and tracks range from the time-worn paths of the Khumbu to the isolated and less frequented Renjo Pass region.

Sometimes strenuous trekking is continuously rewarded with dramatic Himalayan scenes, including four of the world's eight highest peaks—Cho Oyu (8,201m/26,900ft), Makalu (8,463m/27,765ft), Lhotse (8,516m/27,940ft) and Everest (8,850m/29,035ft).

Time spent admiring breathtaking mountain vistas are complemented by visits to Sherpa villages, homes and monasteries offering you an insight into the quiet but, culturally vibrant Sherpa way of life. This trek visits Everest Base Camp and our April departure is unique in that we have the privilege of visiting Everest Base Camp during the Adventure Consultants Everest Expedition, giving an appreciation of the inner workings of expedition life.

OUTLINE OF THE TREK

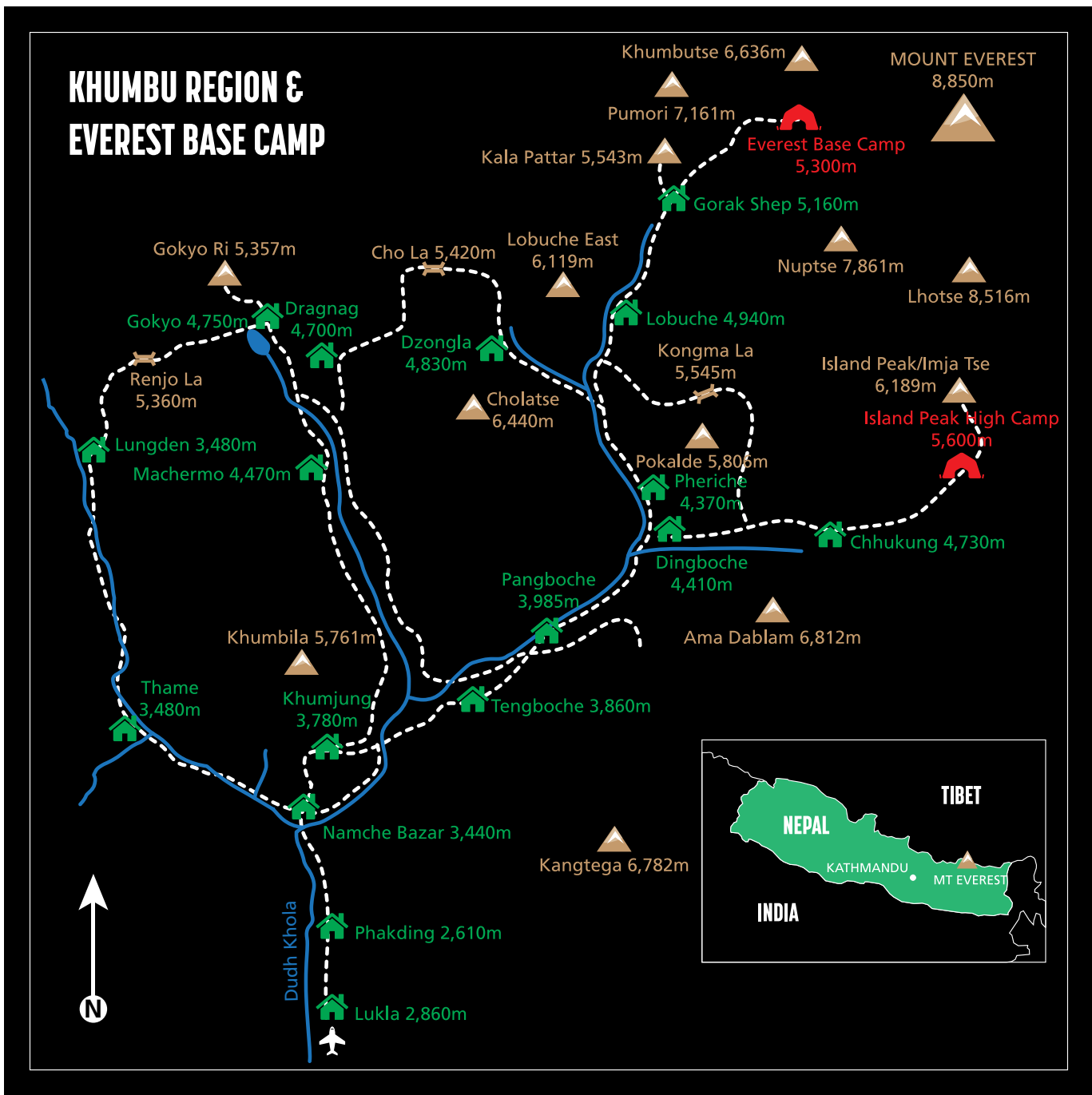
The trek members meet in Kathmandu, capital of the Kingdom of Nepal. You are greeted at the

airport by our Kathmandu staff, who whisk us through the thriving city to your hotel.

Once everybody has arrived we have a team meeting where introductions and the trip outline are completed. You will be briefed on the trip preparations and we can sort out any queries you have.

Your guide will advise you on good shopping and the better restaurants to visit while you are in the city. There are plenty of shops and entertainment to suit all tastes. From excellent bookshops, to mountain bike hire, souvenir shops and bars; Kathmandu's retail fraternity is waiting to meet you! We use a full day in Kathmandu sorting out any equipment problems you may have, but don't worry if you have forgotten anything, there are plenty of good outdoor shops in the city.

Next morning, we fly by helicopter into the village of Lukla at 2,808m/9000ft, the beginning of our trek. The trek takes 21 days after our departure from Lukla until we return to that point. The



walking is mostly over gentle terrain, but there are some decent hill climbs required to get over our '3 Passes'. The trekking days are moderately strenuous and involve walking between 4 and 6 hours duration with plenty of scenic places to stop along the way. We place a lot of emphasis on maintaining health to enhance our trekking experience.

The trek has been especially planned to avoid the pitfalls of altitude illnesses and our experience in this field allows us to plan the best possible itinerary to avoid most of the associated issues. We have included rest days at the relevant elevations to allow our bodies to adjust to the thin air and we carry sufficient medication to deal with most altitude related problems. Experience has shown

us that good hydration, rest days at significant elevations and good base fitness help avoid any significant problems during this trek.

From Lukla the trail contours the valley walls of the lower Khumbu Valley with fine views through the stands of Himalayan Pines, up to the high mountains above. We spend a night in the cosy Sherpa village of Phakding that is perched above the mighty Dudh Koshi River. The Dudh Koshi is the drainage for all the glaciers and mountains in the region, including Mt Everest; therefore, it carries a large volume of water. The following day we trek to the base of the Namche Hill and after a solid climb up the zigzagging path we arrive in the cultural hub of the region; Namche Bazaar.



▲ Ornately painted prayer wheels at Namche Bazaar. Photo: Suze Kelly



▲ Namche Bazaar. Photo: Charley Mace



▲ High on the Renjo La. Photo: Kami Tenzing Sherpa

Namche Bazaar is the centre of trade for the Sherpa people as it has been for hundreds of years. There are many sights to delight in Namche Bazaar and there is always a level of hubbub with all the traders offering bargains from their stalls, shops selling every imaginable piece of copied climbing equipment, as well as the legitimate. There are bakeries, cafes, bars and much more. It is as if one has transcended back to the days of old and there is an honest magic and charm about the busy streets. When you can catch your breath and lift your eyes up from the bustling throngs, you can enjoy a reality check by viewing the dramatic views across the valley to Mt Kwonde, a wonderful backdrop to the unique Sherpa architecture of the houses and lodges here.

After an active rest day exploring the surrounding area we head to Khumjung via the Hillary view point. We spend the afternoon exploring some of the many cultural sites in Khumjung, the monastery, the new Hillary visitors centre at the school and Sagarmatha NEXT sustainability centre. On the way back to the lodge you can enjoy a freshly brewed coffee and a hot croissant at the bakery.

The Sherpa people are of Tibetan origin, having travelled over the high Tibetan passes including the Nangpa La to settle in the Nepalese highlands.

They developed trade between the two countries bringing gems, wool and salt from Tibet in exchange for the plentiful Nepalese products. The Sherpas brought their Buddhist religion with them, which they evolved to develop their own sect of the faith. They are very generous and spiritual people with a colourful lifestyle, and our trek allows us to spend time with them in their homeland.

The next stage of our trek takes us further up towards the head of the Khumbu Valley, from Khumjung we descend back onto the main trail to Everest Base Camp and make our way through the rhododendron forest to Tengboche, home to the largest monastery in the area. It's not uncommon in this area to see Himalayan Thar, musk deer and Danphe, the Himalayan Pheasant near the trail.

The following morning our trail takes us down to the almighty Imja Khola River on a bridge high above a cascading gorge where we are likely to have to stand aside as Yak drivers herd their laden beasts along the valley trails and over the bridge. These quiet yet deft footed animals are an essential component of the transportation system in the Khumbu Valley and their passage is always foretold by echoes from melodious yak bells they wear around their necks.



Trekkers crossing the Kongma La. Photo: Mike Roberts

The trail continues into the ancient village of Pangboche where we may visit the monastery in upper Pangboche, reportedly the very first monastery in the region built by Lamas after they moved into the region from Tibet some 900 years ago. Above Pangboche we say goodbye to the trees as we continue through to Pheriche or Dingboche and open mountainous country. Small stone walled fields protect potato crops that provide the staple diet for the regions people while Yaks wander and graze at will on meagre forage. Small lodges and huts provide reference to the arid landscape giving scale to the backdrop of massive peaks behind. A rest day is had here to aid acclimatisation and gentle walks can be done to stretch the legs.

After the welcome rest we now continue up the Imja valley to the town of Chhukung. A slow hike up 5,500m/18,045ft Chhukung Ri ('Ri' means hillock, although some of their 'hillocks' are over 7,000m/22,965ft!) enhances our acclimatisation whilst it also provides incredible views of the Himalayan giants in the valley. The wall of Lhotse rises some 3,000m/9,840ft above while across the valley the views of the steep ice faces on Ama Dablam's north side are equally as compelling.

Next morning, we leave early to embark on the first of the high passes, the Kongma La. Grassy slopes lead into green meadows before giving way to stony trails culminating in the pass that we cross into the upper Khumbu Valley. It's worth spending time here soaking up the views that are apt to leave one spellbound. An inclined descent brings us to the lower Khumbu glacier and on to the welcome lodge in Lobuche. We rest again here in Lobuche.

Mount Everest is hidden from us at Lobuche by the precipitous ridges and slopes of Mount Nuptse even though we are very close, but Pumori,

Nuptse, Lobuche and Taweche provide a classic Himalayan backdrop.

We follow the true right flank of the Khumbu on the same trails as used by the intrepid climbers that come to Everest every year, arriving into the last village in the Khumbu called Gorak Shep. Above Gorak Shep is the small peak of Kala Patar which has outstanding views of Everest from its summit. At sunrise or sunset, the views of Everest can be even more magical, and we hope to enjoy a photographic session with you there!

Our last hike in this region takes us to Everest Base Camp for lunch. It is here that the Everest climbers rest and recuperate when not actually up on the mountain. There is always plenty of activity as the Sherpas and climbers prepare for their next phase of climbing on the mountain. After our lunch, we descend back to Lobuche and the relative low altitude.

A short day then takes us to Dzongla where we prep for our crossing of the Cho La. We start early, taking our ascent rate steadily, following the main trail up rolling grassy slopes and then moraine to the glaciated Cho La, where we are rewarded with expansive views such as the near vertical north aspects of Cholatse and Taweche, Ama Dablam, Makalu off in the distance and Lobuche East rearing up to our north. After we cross the pass we descend steeply as we enter the Gokyo Valley and a whole new vista of peaks open up. We descend to Dragnag for the night on the flank of the Gokyo Glacier.

Next, we have a short day from Dragnag across the Gokyo Glacier to the village of Gokyo. Here you will see a succession of azure blue glacial lakes set



Visit Everest Base Camp. Photo: Suze Kelly

beneath towering, rugged peaks sometimes dusted in snow. A day is set aside to make a side trip up Gokyo Ri. The one and a half hour climb up Gokyo Ri takes us above the village and the Gokyo Lakes, and is well worth the effort for an unsurpassed panoramic Himalayan view. In clear weather there are good views across to the 8,000m/26,245ft peaks of Mount Everest, Lhotse, Makalu and close by, Cho Oyu. If possible, we may time our visit for the sunset.

Our final pass, the crossing of the Renjo La will be one of the more enjoyable days of the trip now that your body is conditioned to the altitude. From the pass there are excellent views of Everest and other 8,000m/26,245ft peaks to the east. As you descend into the valley on the far side of the pass, you will be going back in time. The small village of Lungden was once frequently visited by traveller's crossing over the Nangpa La from Tibet to peddle their goods at the Namche Bazaar market held every Saturday, however today with little traffic crossing the pass, the villagers focus primarily on agriculture.

We descend through Marlung and on to Taranga. Sherpas consider Taranga to be the homeland of the Yeti and Taranga potatoes are reputed to

be the best in the world. Soon we pass through Chanakpa and on to Thame. We lodge the night in Thame which is situated in a large valley with good views of the snowy peaks of Teng Kangpoche and Kwangde to the south. About 150m/490ft above the town, there is the Thame Gompa; a picturesque monastery set amongst the many homes of lamas and lay people. This is the site for the spring celebration of the Mani Rimdo Festival which is held around the middle of May each year.

We are now descending along the Bhote Koshi River, a tributary to the Dudh Koshi River that we initially travelled up two weeks ago. We arrive into the thriving and vibrant Namche Bazaar for some 'creature comforts' and a night in the relative luxury of the Khumbu Lodge. In the morning we continue the descent of the Khumbu Valley with its many tea houses and trekkers, enjoying some re-discovered luxuries like the fresh bakeries, cafés, laundries and hot showers. We finish back in Lukla for the flight back to Kathmandu and dinner out celebrating our fine trip!



▲ On Kala Patar. Photo: Kami Tenzing Sherpa



▲ Crossing the Cho La. Photo: Kami Tenzing Sherpa



▲ Looking across the lake to Gokyo and Cho Oyu. Photo: Caroline Ogle

ITINERARY

PRE-MONSOON

Trip 1: April 24 to May 19, 2026 (Visits the AC Everest Expedition at Base Camp)

POST MONSOON

Trip 2: September 14 to October 9, 2026

Trip 3: November 2–27, 2026

Day 1	Arrive Kathmandu
Day 2	Gear checks and sightseeing
Day 3	Fly to Lukla (2,860m/9,383ft), trek to Phakding (2,610m/8,563ft), 8km/5mi
Day 4	Trek to Namche Bazaar (3,440m/11,286ft), 10km/6mi
Day 5	Rest day and sightseeing Namche Bazaar
Day 6	Trek to Khumjung (3,780m/12,402ft) via Hillary View point
Day 7	Trek to Tengboche (3,870m/12,696ft)
Day 8	Trek to Pheriche (4,270m/14,009ft) or Dingboche (4,410m/14,469ft)

Day 9	Rest day
Day 10	Trek to Chhukung (4,730m/15,518ft), 5km/3mi
Day 11	Climb Chhukung Ri, (5,550m/18,209ft)
Day 12	Trek over Kongma La (5,535m/18,159ft) to Lobuche (4,940m/16,207ft), 10km/6mi
Day 13	Rest day
Day 14	Trek to Gorak Shep (5,165m/18,209ft), climb Kala Patar (5,554m/18,222ft) for world's best view of Everest!
Day 15	Trek to Everest Base Camp for lunch, descend to Lobuche
Day 16	Trek to Dzongla (4,830m/15,846ft)
Day 17	9hr trek over Cho La (5,420m/17,780ft) to Dragnag (4,700m/15,420ft)
Day 18	Dragnag to Gokyo (4,790m/15,715ft), 5.5km/3.5mi
Day 19	Rest day or climb Gokyo Ri (5,357m/17,575ft) for views of sunset on Everest
Day 20	Gokyo to Lungden, cross the Renjo La (5,465m/17,930ft), 5.5km/3.5mi
Day 21	Lungden to Thame (3,844m/12,612ft), 10km/6mi.



Trekkers rest high on the Kongma La. Photo: Kami Tenzing Sherpa

Day 22 Thame to Namche Bazaar, 8.5km/5mi

Day 23 Namche Bazaar to Phakding,
18.5km/11mi

Day 24 Contingency day

Day 25 Fly Lukla to Kathmandu

Day 26 Depart Kathmandu, end of trek

TEAM SIZE

We will take a maximum of 12 trekkers with each departure, hence spaces are limited.

THE ADVANTAGES OF TREKKING WITH ADVENTURE CONSULTANTS

Adventure Consultants is renowned for the quality of its service and strategy applied to their expeditions and treks. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our trekkers the best possible experience.

We employ strong and specialised Expedition Leaders and Sherpa staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the best back-up and support available. This includes nutritious and ample quantities of food, comfortable base camp facilities, reliable communications systems and the necessary medical back up.

Many of our team members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions and treks safe and successful.

FOOD

Food will be of the highest standard possible, given the remoteness of the situation. Please inform us if you have any special dietary requirements. During the trek we will be dining in lodges for breakfast and dinner with packed lunches on the trail.



▲ Stunning vistas from Pangboche Monastery. Photo: Rob Smith



▲ The Danphe, Himalayan Pheasant. Photo: Mark Austin



▲ Mount Everest from the Renjo La. Photo: Dave Wainwright

EQUIPMENT LIST

Trek members will be sent a list detailing all necessary clothing and equipment required for the trip.

MEDICAL INFORMATION

Trek members will be provided with pre-trip medical advice and a medical questionnaire. This information will be sighted only by the trek leader and our medical adviser and treated with full confidentiality.

DOCUMENTATION & PHOTOGRAPHS

Trek members will need to provide a digital passport photograph for trekking permits and a copy of their passport biodata page.

THE TREK FEE

The cost of the trek ex Kathmandu is US\$5,990 for Trip 1 and US\$6,200 for Trips 2 and 3.

This is an inclusive cost and covers the following:

- Kathmandu Airport Transfers
- Nepalese government royalty fees
- All trek organisational requirements
- All trekking permits
- Helicopter air transport within Nepal
- Accommodation in lodges or tents ex Kathmandu
- All group equipment for trek and emergency medical supplies
- All trek staff, including Western and Sherpa guides, porter support
- Transport of 15kg of personal equipment
- Breakfast, lunch and dinner ex Kathmandu

The trek fee **does not** include the following:

- Air travel to and from Nepal
- Hotel accommodation and meals in Kathmandu
- Purchases of bottled water, gifts or alcohol
- Personal expenses such as laundry, battery



- charging internet access and showers at lodges
- Entry visas for Nepal (suggest getting 30-day tourist visa for Nepal on arrival into Kathmandu)
- Personal clothing and equipment including sleeping bag for lodge use
- Excess baggage charges for the trek over 15kg
- Excess baggage charges for the flights to/from Lukla
- Personal travel/trip cancellation insurance
- Any rescue costs or costs of early departure from the trek
- Gratuities to guides and Sherpa staff

DEPOSIT

A deposit of US\$750 will secure a place on the trek.

BALANCE

The balance of payment is payable 90 days prior to your trip start date.

PAYMENTS

All payments should be made by bank transfer to the following bank and account:

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington
New Zealand

for the account of Adventure Consultants Limited

Account Number: 1000-594771-0000

Account Type: US Dollars

Swift Address: BKNZNZ22

NOTE: All bank transfer charges are for the remitter's account.

We also accept your deposit and balance payment by credit card (Visa, Mastercard and Amex) plus a 3% card charge.

CANCELLATION & REFUND POLICY

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 90 days prior to your trip commencement date. A trek member may then cancel their participation on the following basis:



▲ Trek centuries old trails through the Khumbu. Photo: Suze Kelly

- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 90 days of the trip commencement date, we reserve the right to retain 50% of the full fee.
- For cancellations within 60 days of the departure date a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.

HOW TO JOIN THIS TREK

If you would like to join one of our Three Passes Treks please feel free to book online at <https://adventureconsultants.com/treks/himalayan-treks/three-passes-nepal-trek#DepartureBookingBlock> and return to us with a deposit for the trip.

CONTACT US

If you require more information please contact us at:

Adventure Consultants Ltd
5/12 Frederick Street
PO Box 739
Wanaka 9343
New Zealand

Phone: +64 3 443 8711
Email: info@adventure.co.nz
Web: www.adventureconsultants.com





▲ Trekkers make their way through fresh snow in the Khumbu. Photo: Suze Kelly



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

