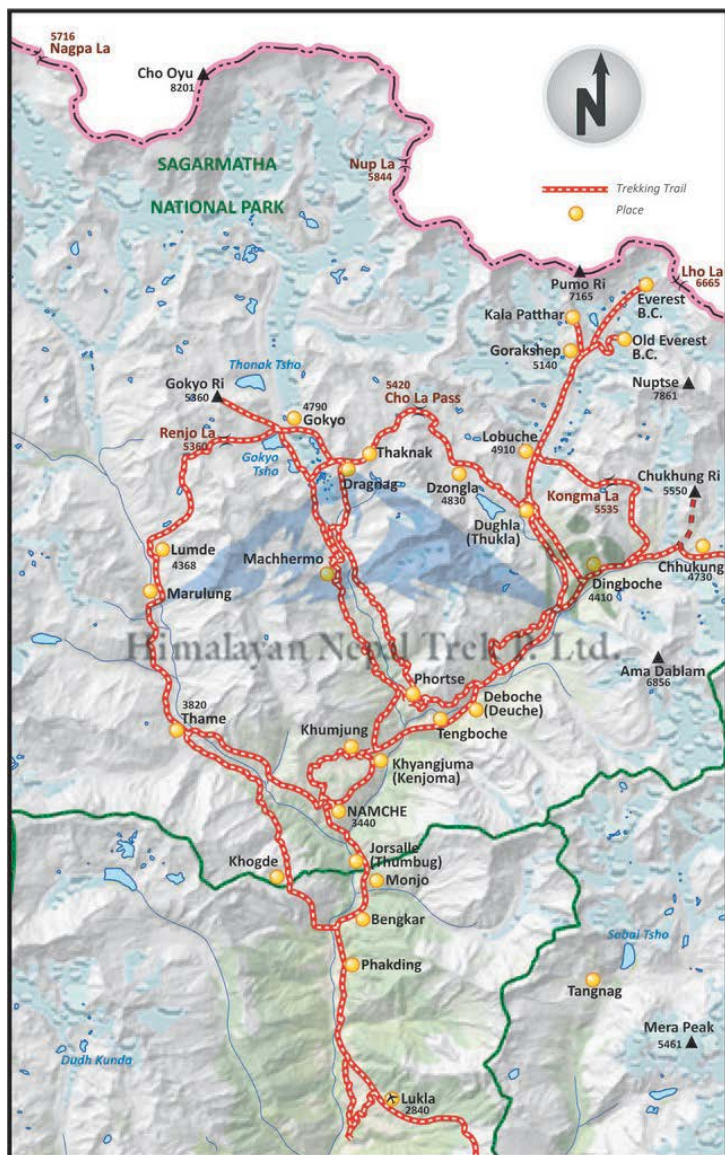


# 3-Passes Everest Base Camp Trek

Renjo La (5,360m), Cho La (5,380m) & Kongma La (5,535m) Passes  
and the Peaks of Gokyo Ri (5,480m), Kala Pattar (5,545m) & Chhukung Ri (5,550m)



## Itinerary

- Day 01.** Arrival in Kathmandu (1,310m)
- Day 02.** Initial day in Kathmandu
- Day 03.** Flight from Kathmandu to Lukla (2,840m) and trek to Phakding (2,610m), 3-4 hours
- Day 04.** Trek from Phakding to Namche Bazaar (3,440m), 5-6 hrs
- Day 05.** Acclimatization day in Namche Bazaar
- Day 06.** Trek from Namche to Thame (3,820 m), 5-6 hrs
- Day 07.** Trek from Thame to Lumde (4,368m) via Marulung, 5-6 hrs
- Day 08.** Trek from Lumde to Gokyo (4,790m) via Renjo La pass (5360m), 7-8 hrs
- Day 09.** Rest day
- Day 10.** Trek from Gokyo to Gokyo Ri (5,360m) to Dragnak (4,700m), 5-6 hrs
- Day 11.** Trek from Dragnak to Dzongla (4,830m) via Cho La pass (5,420m), 7-8 hrs
- Day 12.** Trek from Dzongla to Lobuche (4,910m) to Ghorakshep (5,140m), 6-7 hrs
- Day 13.** Trek to Everest Base Camp (5,364m), then back to Ghorakshep, 5-6 hrs
- Day 14.** Trek from Ghorakshep to Lobuche (4,910m) after an early morning climb to Kala Patthar (5,545m), 5-6 hrs
- Day 15.** Trek from Lobuche to Chhukung (4,730m) via Kongma La pass (5,535m), 5-6 hrs
- Day 16.** Early morning climb from Chhukung to Chhukung Ri (5550m), then trek to Pangboche, 5-6 hrs
- Day 17.** Trek from Pangboche to Namche Bazaar (3,440m), 5-6 hrs
- Day 18.** Trek from Namche Bazaar to Lukla (2,840m), 6-7 hrs
- Day 19.** Fly back to Kathmandu (1,310m)