Everest Three High Passes Trekking : A Bold Women's Journey

Everest Region

Trip Facts

REGION	DURATION
Everest	**22 Days**
DIFFICULTY	ACTIVITY
Moderate	**Trekking**
MAX. ALTITUDE	BEST SEASON
5,643m	**March, April, May, September, October, November**
ACCOMMODATION	MEALS
Tea-House (Lodges)	**Breakfast/Lunch/Dinner**
START/END POINT	GROUP SIZE
Kathmandu - Kathmandu	**2-30**
TOTAL DISTANCE	TRANSPORTATION
166 km/103 miles	**Private vehicle**

Group Prices and Discounts

USD 1,685 per person

No. of travellers	Price per person
1 Pax	USD 2,050
2–4 Pax	USD 1,750
6–12 Pax	USD 1,685
14–20 Pax	USD 1,620

Overview

Everest Three High Passes Trekking is an unforgettable adventure to experience with Women Adventures' expert guides and staff. A journey of enjoyable and exciting walks from the main popular trekking routes to off-the-beaten trails. The treks lead

you to traditional villages steeped with age-old heritage cultures, as you will come across many religious monuments like prayer stone walls and spinning wheels, which make the walk quite interesting throughout the treks. The **Everest three passes trek** can be a perfect **adventure for women** of all ages whether you are travelling solo or with your fellow **female explorers**. Sherpa women in the Everest region lead busy lives, balancing household duties like cooking and farming with roles in tourism, such as managing teahouses for trekkers. Their hard work and leadership empower local communities and preserve Sherpa cultural heritage.

The adventure begins with an easy gradual path from Lukla, the starting and ending point of the journey. The great **three passes of Nepal Himalayas** enter the famous *Sagarmatha National Park* which is listed in World Heritage Sites, enriched with exotic flora/ fauna. The name Sagarmatha is for Everest in Nepal. It is also called *Chomolungma* by the native **Sherpa of Khumbu**. In both languages it means a Great Mother as big as the Ocean. The adventure then heads towards a higher zone reaching the famed Namche Bazaar, the capital and hub of Khumbu.

You will be spending an extra day for acclimatization and exploring the scenic points and local cultures. The walk follows the scenic trail to high and beautiful Tengboche amidst lovely woods of rhododendrons and pines. A spectacular spot for **views of Everest** and the panorama of surrounding giant snow peaks with an impressive monastery. From here, the journey continues towards the sheer mountain wilderness, heading high above the tree lines and approaching the three high passes —a defining feature of the Everest high pass trek. Upon reaching the Dingboche settlement located in the high and scenic Imjatse Valley, the trek then traverse over the first high Khongma-La Pass. The pass is hidden behind towering high walls of Nuptse, Khongma or Mehara, and Pokalde peaks. The journey then slowly takes us to the **Everest base camp**, passing through the small settlements of Lobuche and Gorakshep.

After enjoying the dramatic scenery of remorseless fields of ice, snow, and glaciers with massif Khumbu Ice Fall, the adventure leads to a steep climb on top of Kalapathar, the vantage point for the closest looks of Mt. Everest. After achieving one of the main highlights of the trip, then head towards the base of Cho-La, the second pass. Climb on steep slope ridges to reach **Cho-La pass**, adorned with prayer flags and rock cairns. Next, long downhill to enter the picturesque Gokyo Valley of serene glacial lakes, with Nepal's Himalayas' longest Ngozumpa glacier. At Gokyo, we have ample time to explore its scenic surroundings and then we climb high Gokyo-Ri for a tremendous panorama. You will overlook the views of the world's four highest peaks namely Everest, Lhotse, Makalu, and Cho-Oyu , reinforcing why this is a top **ebc three passes trek** . After enjoying a marvelous experience at Gokyo, then getting ready for the last pass to cross over Renjo-La.

A steep and strenuous climb to the top of **Renjo-La Pass**, rewards stupendous views of Everest and arrays of peaks. On completing the last final pass we then head on a pleasant downhill trail to a nice quant village of Thame. It is situated west of Khumbu and Namche Bazaar with an old monastery perched atop Thame village. After a delightful feeling of crossing all the Everest 3 high passes, a scenic and pleasant walk leads us to Namche Bazaar. Finally, the adventurous walks complete following a long downhill to reach Lukla for overnight stops before flying to Kathmandu. After a marvelous adventure of amazing experience on Everest Three High Passes Trekking with the excellent services of Woman Adventures, you will take a return flight to Kathmandu.

Highlights

- Adventure of great memorable experiences crossing Everest three high passes.
- From the main trail to off-the-beaten tracks around the hidden corners of Khumbu.
- Jaw-dropping views on crossing from each three high scenic passes of Everest.
- Walking from the main lovely traditional villages to the complete mountain wilderness.
- Covering all the main highlights of Khumbu Everest base camp to Gokyo Lakes.
- Head on an empowering journey to Everest Three High Passes with your female friends creating a safe and inspiring environment pushing your limits and enjoying the beauty of the trek.
- Connect with local women of different areas and traditions.

Route Overview

Trekkers joining for Everest Three High Passes or other **adventures around Nepal Himalayas** must be aware beforehand. Nepal is a country with the world's highest mountain range from foothills to the world's tallest peaks with rugged mountainous landscapes and terrains. The walk leads to many ups and downhill with few gradual sections to enjoy. The only flatland is the low sub-tropical Terai belt around southern Nepal. En route to the Everest Three High Passes, the trek starts with a pleasant, gradual path with few short, steep ups till Jorsalle. After crossing the high bridge on leaving Jorsalle village and Dudh Koshi River Valley, the path takes us to a steep undulating climb for a few hours to **Namche Bazaar**.

From Namche onwards, the trail continues with wide, scenic, and gradually ascending paths. A few hour's climb into the lovely forested path takes us to **Tengboche Monastery**, and then a slow climb to Pangboche village. The walk gets easier with gentle ups to Dingboche, but the rise in altitude makes the walks longer. From Dingboche to Lobuche crosses the highest **Khongma-La Pass** of steep ups with gradual winding up till Lobuche and to Everest Base Camp. The walk leads on a moraine of rocks, ice, and glaciers with some steep descent after crossing the high passes. The trek involves a steep climb with some sections of icy path and snow to negotiate on traversing the high passes of Khongma-La, Cho-La, and Renjo-La. After completing all three high passes, the journey continues with an easy downhill to end the trek in Lukla.

Fixed Departures

Departure	Duration	Availability
November 20th – December 11th	22 Days	Available
November 23rd – December 14th	22 Days	Available

The next 2 departures. See every date on the website.

Itineraries

Day 01: Arrival in Kathmandu 1,340 m and transfer to hotel.

On arrival at Kathmandu International Airport, you will be received by our team of ladies staff and guide. After checking the NST (Nepal Standard Time) which is 5 hours and 45 minutes ahead of GMT, a short drive takes you in the hub of Kathmandu city around Thamel area to your hotels. After checking into your lovely rooms, get refreshed from the Jet Lag. The refreshments will energize you after which you can join the other members of the Everest Three High Passes Trekking team in the meeting room for a briefing. The briefing will be provided by our lady guide and staff or Group Leader. She will provide information about the treks, local lodge, and food. The wide range of information about trek makes your holiday meaningful and enjoyable. Overnight at Hotel.

Day 02: In Kathmandu with sightseeing tour and trek preparations.

The day begins with breakfast, followed by visits to two significant sites: Pashupatinath Temple and Boudhanath Stupa. The tour is escorted by a government certified female tour guide.

Pashupatinath Temple, a UNESCO World Cultural Heritage site, is a revered Hindu temple dedicated to Lord Shiva. Located by the Bagmati River, it hosts Hindu cremation ceremonies and is especially important during Shivaratri, attracting numerous pilgrims.

After breakfast, we'll visit Boudhanath Stupa, one of Nepal's largest stupas, positioned east of Kathmandu. It's notable for its significant size and height, as well as its four pairs of eyes representing Mahayana Buddhist principles. Following a quick city tour, we'll return to the hotel to prepare for tomorrow's trek. The overnight stay will be at the hotel.

Day 03: Fly to Lukla 2,860 m and trek to Phakding 2,610 m-04 hrs.

You will have your breakfast at Hotel, and after having early breakfast and refreshments, the Woman Adventures guide, and staff receives you for short drive to domestic airport. You then check in with respective airlines, get on board in a small aircraft of 15 to 18 seats. Twin Otter, Dornier or similar STOL aircraft can only fly to mountainous smaller

Airport and runways. The flight to Lukla's amazing Tenzing-Hillary Airport is an enchanting experience, with its remarkable airstrip. During this short flight enjoy sweeping panorama of the Himalayan range of peaks with Mt. Everest towards North-East.

Then the plane lands at Lukla's short runways, reaching the parking space on landing at Tenzing-Hillary Airport. After getting organized with the baggage, you'll have time to take a refreshing break. Then follow our lady expert guide heading through the market areas on the main streets of Lukla town.

Enjoy a pleasant walk downhill, passing farm villages and continuing through several charming settlements along the way. We then reached Phakding for the first overnight around the Khumbu area of Everest.

The lodge offers lovely rooms and warm hospitality, providing a comfortable place to enjoy the night in Phakding, near the Dudh Koshi River. The flight to Lukla takes about 30 minutes and covers a distance of approximately 135 km (84 miles) while the walking distance from Lukla to Phakding covers an approximate distance of 8 km (5 miles).

Day 04: Trek to Namche Bazaar 3,440 m-06 hrs.

After a hearty breakfast in the morning, follow our female guide and trekking staff for a pleasant walk to start the day. After short hour of good walk cross over a long bridge above Dudh Koshi River. Then a short climb to lovely Monjo village and then enter Sagarmatha National Park. Sagarmatha, a name for Everest in Nepal, the native Sherpa calls Chomolungma similar to Tibetan. In both languages it means great Mother as large as an ocean. From the park, we walk down to cross the same river once again. (Sagarmatha National Park is in the list of UNESCO World Heritage Sites).

We then reach the settlement of Jorsalle before Namche Bazaar, possible lunch stops, and then walk on river bed amidst dense forest. We take a short climb to cross a high bridge, with a long undulating uphill walk of a few hours takes us to Namche Bazaar. A large settlement, a size of a moderate town with colorful and well built houses serving as lodge, and hotels. Enjoy a nice comfort in one of the best lodge rooms, with a grand view of Kwangde Himal range; with Thamersarkhu peaks. The total distance from Phakding to Namche Bazaar is approximately 12 km (7.5 miles), taking more than 5-6 hours due to the increase in altitude.

Day 05: Rest day in Namche Bazaar for acclimatization with short hike.

Namche Bazaar is a perfect place and ideal height for rest and acclimatization, before heading higher ground. Sleeping and resting low is best, taking short hike above Namche Bazaar heights for better acclimatization. It is best to sleep and rest at lower altitude. We also take a short hike above Namche Bazaar to aid in better acclimatization. In Namche, immerse yourself in exploring the lifestyle of Sherpa women, appreciating their dedication, resilience, and the unique cultural roles they uphold in the community.

Possible short hiking around Namche Bazaar and viewpoints are as follows:

After breakfast climb uphill to near Park Headquarters, a top ridge with an interesting museum. Enjoy the grand vista of Mt. Everest, Lhotse, and Nuptse with beautiful Mt. Ama Dablam, Khangtiaga, Tharmasarku, and Kwangde Himal range of peaks. You then visit the museum which offers good information about the Sherpa culture and history as well as local flora/fauna and mountaineering expeditions history around Khumbu and Everest.

The other interesting hike is climb above Namche Bazaar to a small old airstrip at Syangboche. Then on slow gradual ups to Everest View Hotel, the first luxury hotels of Khumbu and Everest region. It is designated in the Guinness Book of World Record, as the highest hotels in the world at 3,962 m/ 13,000 feet. It is located in a serene surrounding amidst pines and rhododendrons small forest. Enjoy the glorious views of Mt. Everest, Lhotse, Nuptse with Ama Dablam while having refreshing hot drinks. We then return to Namche Bazaar for lunch. The rest of the day is free to leisurely explore the fascinating streets of Namche Bazaar. Namche Bazaar is also famous for its weekly Saturday Market, hence the name tagged as Namche Bazaar due to the colorful busy bazaar/ market held every Saturday.

Day 06: Trek to Tengboche Monastery 3,867 m-05 hrs.

After enjoying a pleasant stop for two overnights in Namche Bazaar, the walk leads on a pleasant gradual wide trail. Next, a steep short climb to start the morning walk to Tengboche. The walk follows along with superb views of towering snow peaks with downhill to Imjatse River at Phunki Tenga. It is a small settlement and a popular lunch stop for trekkers before heading to Tengboche and beyond.

After lunch we climb for two hours on average, heading uphill on winding up through dense woods. The trail is covered in tall rhododendrons, pines, oaks, and firs trees. We then reached an open wide area at Tengboche. It is a beautiful location surrounded by towering snow-clad peaks amidst a beautiful forest with a colorful majestic monastery. After checking into a nice room and having afternoon refreshments, enjoy a tour of the monastery enriched with ancient artifacts and colorful decorations of vivid religious arts and paintings inside the monastery interiors.

Tengboche Monastery is famous for a colorful religious festival called Mani Rimdu. This event is held for three days during late October or first week of November, as per Buddhist Lunar calendar. Interested people can contact Woman Adventures for the exact date for the trek to coincide with Mani Rimdu Festival.The walking distance from Namche Bazaar to Tengboche is approximately 10 km (6.5 miles), taking 5 to 6 hours due to the steep climb.

Please note: Sometimes the guide can lead you further down to Deboche for an overnight stop after the tour of the monastery, in another serene environment with good lodge accommodation.

Day 07: Trek to Dingboche 4,410 m -05 hrs.

From Tengboche or Deboche, enjoy a good breakfast before heading down to a river to cross a strong steel bridge. The tall tree lines drop for short alpine shrubs and bushes from the Tengboche. We continue the walk following on gradual ups which face the stunning views of Ama Dablam peak, then reaching Pangboche. Pangboche is the last permanent village en route to Everest base camp. The other places for overnights are temporary settlements to cater the trekkers, like Dingboche, Pheriche, Lobuche and Gorakshep.

After a short rest, continue walking past Pangboche village, with a short ascent to the small settlement of Somare. A popular lunch spot before Dingboche, offers grand views of Ama Dablam that towers above Somare settlement. After lunch, enjoy a pleasant afternoon walk with gradual ascents. However, be aware that it can get cold and windy around noon. The walk continues with short down to a stream and then climb for an hour to Dingboche. A beautiful place, located within scenic Imjatse Valley, facing tremendous views of Lhotse, Nuptse, Ama Dablam and Island Peak. On arrival, the guide will take you to one of the best lodges for two overnights stops. The walking distance from Tengboche or Deboche is approx. 12 km / 7.5 miles of average 5 hours treks with lunch stop.

Day 08: At Dingboche rest day for acclimatization and short hike.

Today, we will enjoy another leisure and rest day for better acclimatization, Dingboche offers a few good hiking spots, for grand mountain panorama. The best option is to climb to Nnagkartshang also called Nakarjung walk up to 5,510 m or 18,077 feet high. Climbing an additional 700 meters above the height of Dingboche will greatly aid in acclimatization. It is a 2-3 hours climb above from the lodge heading northeast, on reaching the top. The top offers fascinating views of surrounding Snow-Mountain range with views of Mt. Makalu in the east.

After a scenic morning climb, with a grand vista of the surrounding peaks,we return back down to Dingboche for lunch. In the afternoon, enjoy a leisurely stroll around Dingboche and marvel at the beautiful scenery. You will also have the opportunity to explore the lives of local women, whose hard work and determination beautifully illustrate the essence of women's empowerment in this mountainous region.

Day 09: Trek to Chukung 4, 740 m-04 hrs.

After a pleasant time in Dingboche, our walk heads east to the end of Imjatse Valley with a close look of Island Peak, one of the popular trekking peaks. As the trail follows on an easy path with few ups we then reach Chukung. Enjoy the dramatic scenery of towering peaks that surround the small settlement of Chukung.

At Chukung we stop for lunch and overnight halt, before crossing the first pass of the adventure. Interested people can climb up to Chukung-Ri 5,546 m/18,196 feet for the best views of the towering snow-capped peaks. You will have the rest of the day to relax and prepare for an early start for a long and challenging tough day.

Day 10: Trek to Lobuche 4,960 m via Khongma-La Pass 5,535 m-08 hrs.

Today, we rise early and, after having a good breakfast, carry a packed lunch for the long day trek. We will follow our expert lady guide heading above Imjatse Valley. After a few minutes walk, the route diverts heading into a gully between the high rocky walls of Nuptse Peak and Nakarjung ridge. The walk then leads on a rocky faint path.

The climb begins with the steep trail to reach on top of Khongma-La, the highest and the main pass of the journey. This pass, nestled between Pokalde, Nuptse, and Mehara or Khongma peaks, is marked with prayer flags and piles of rocks.

From the pass, we slowly descend to Khumbu glacier, the walk can be quite tricky on the glaciated path. After crossing the Khumbu glacier, a steep short climb takes us to a wide valley where the Lobuche settlement is situated. At Lobuche, we check into a nice room with views of Nuptse and Lobuche Peak. Lobuche is a nice spot, well hidden from the gusty cold wind.

Day 11: Trek to Everest base camp 5,364 m via Gorakshep 5,180 m and back to Gorakshep.

We start early after having a good breakfast to reach the main goal and highlight of Everest Three High Passes. We will carry a packed lunch for the long day. The path starts with a gradual, and then a short climb towards rocky section. You can enjoy stunning views as you walk above the Khumbu Glacier on your way to Gorakshep. A nice small settlement with nice lodges, situated beneath Mt. Pumori and Kalapathar scenic hill.

In the early days, Gorakshep served as the original Everest Base Camp. However, as the glaciers receded over the years, the base camp was relocated further to its present site in the 1970s. The walk follows east, on the gradual winding path, after some hours of steady walks, we then reach Everest Base Camp, stand at the foot of number one Mount Everest. It is also the base camp of Mt. Lhotse, the world's 4 th highest peaks. Enjoy the incredible stupendous scenery similar to Arctic like landscapes, covered in moraine of rocks, snow, ice and glaciers. In the mountaineering seasons of April and May, base camp is flooded with tents of various wide-world expeditions. After a wonderful day hike and achieving the goals of the adventures, return walk to Gorakshep for overnight halt. Celebrate the incredible achievement of reaching Everest Base Camp with your female friends, guide, and porter, sharing the joy of this unforgettable moment together.

Day 12: Climb Kalapathar 5,643 m / 18,514 feet, trek to Dzongla 4, 750 m-05 hrs.

We rise early morning and before breakfast, we take an exciting climb to the top of Kalapathar, a famous and popular viewpoint. A steep climb of a few hours takes us to reach the rocky high ridge, as well as the highest spot of the adventure. For every hard efforts, the adventure rewards you with a mind-blowing panorama of towering Snow Mountains that encircle the top of Kalapathar. The top offers a grand close views of Mt. Everest at a stone throw distance with Mt. Pumori in front. After a mesmerizing views, we descend to Gorakshep for breakfast, and then downhill past Lobuche to Dzongla. As the walk heads near above Thugla Ridge, our route diverts west on winding down to an isolated corner at Dzongla. It is a small settlement with few good huts for a lodge. We will stop here for lunch as well as for an overnight stop. You can enjoy the afternoon by having a good rest for the big climb the next morning to cross Cho-La Pass. Also, you can enjoy close-up views of Cholatse and Taboche peaks in the south direction.

Day 13: Cross Cho-La pass 5,420 m, descend to Thagnak 4,760 m-08 hrs.

We start the morning with an early breakfast and follow the lady expert guide on a pleasant winding path for a short while. Upon reaching the base of the Cho-La pass, we then head for the long strenuous climb, taking care on slipper icy sections. After a steep haul of more than an hour, we then reach on top of Cho-La Pass. The high ridge is festooned with Buddhist prayer flags and rock cairns. From the pass enjoy the views of Cholatse, and Lobuche East/ West peaks which include Nirekha peak and as far as Mt. Cho-Oyu. After a refreshing rest, we then descend to the bottom at Thagnak which is located on the eastern rim of Gokyo Valley beneath the moraine of rocky rubbles of Nepal's longest Ngozumpa Glacier. We spend overnight in the comfort of a nice simple lodge accommodation, after a long day of trekking.

Day 14: Trek to Gokyo Third Lakes 4,800 m-04 hrs.

From Thagnak, we take a short and pleasant hike to reach Gokyo and the third lakes, where all good lodges are located. The walk follows to a small place of Na, a yak herder's shelter, then reaches the first and second lakes. We then end the morning treks reaching the third and main lakes of Gokyo Valley. On arrival, we take a short up to the lodge for lunch and an overnight halt. In the afternoon, you can relax and marvel at the stunning views of the surrounding peaks with Mt. Cho-Oyu towards the North.

Day 15: At Gokyo rest day and hike to Gokyo-Ri at 5,357 m high.

Today is a free day in Gokyo after crossing two high passes, with an option for a good hike and climb to the Gokyo-Ri viewpoint. We rise early and start the hike before breakfast, walking past the shore of Gokyo third lake. Then, we take a steep haul for a few hours to reach on top of the scenic Gokyo-Ri. From the top, you can witness the spectacular panorama of the world's four tallest peaks including Everest, Lhotse, Makalu, and Cho-Oyu. You can also enjoy the grand scenery of the wide Gokyo Valley and its emerald- olored lakes. After a refreshing morning climb, we then return downhill to the lodge for breakfast and lunch. Enjoy the rest of the day relaxing in the harmony of beautiful scenery.

Day 16: Cross Renjo-La 5,360 m, descend to Lungden 4,340m-07 hrs.

Last and final high pass to cross over Renjo-La, start the morning as early as possible for better views. The early start of the trek also helps to escape from the cold strong winds. The walk follows past the third lake and upon reaching the bottom of Renjo-La Pass, we take a rest. After a short rest, we then climb for a few hours to the top. On reaching Renjo-La Pass, you can enjoy the stunning views of Everest, Lhotse, and Makalu with a series of peaks that surround you. Also, enjoy the glorious morning panorama of beautiful mountain scenery. and then return downhill to Lungden. A small and nice settlement with few good and simple lodges for overnight stops. You can relax after an enjoyable and exciting day walk and achieving the goal of crossing all of Everest's three high passes.

Day 17: Trek to Thame 3,880 m-06 hrs.

From Lungden, the rest of the trek is much easier on downhill with a few small ups to reach Thame. The walk follows close to a spot where route to Tibet and Nepal borders separate where Tibetan traders with yak caravans sometimes cross over Nangpa-La to reach Namche Bazaar for trading goods. From here a long descent past a smaller farm and yak herder's settlement to Marlung village. After a short break with possible lunch stop, our walk continues with a short climb across the river to reach Thame village. It is located west of Khumbu on the windswept valley with views of Kwangde range of peaks. It also serves as a route to Rolwaling via Tashi Labtsa-La Pass and towards Tibet border via high Nangpa-La Pass. At Thame, we check into a nice lodge, having time for a tour of an old monastery, located atop a high windblown hill. The monastery is more than 500 years old.

Day 18: Trek to Monjo 2,880 m via Namche Bazaar- 05 hrs.

The morning after a pleasant overnight in Thame, a short walk takes us down to the bridge. After the bridge, the walk continues within a small river gorge, painted with religious art of saints and Gurus of Tibetan Buddhism. Next, we take a short climb and then walk on a pleasant winding path to Thamo village, from here entering back into green tree lines. Our walk then leads to Namche Bazaar for late lunch, followed by an afternoon downhill to Dudh Koshi River valley. We then walk past Jorsalle, and after crossing the bridge, take a short steep climb to the national park post. From here, we reach Monjo for an overnight halt before Lukla.

Day 19: Trek to Lukla and transfer to a lodge-04 hrs.

Today is the last day walk of the adventure, enjoy the pleasant walk towards Phakding for a short rest. From here, we take a few hours of good walks with last hour climb to Lukla.

We arrive by the afternoon, just in time for lunch and an overnight stop, with ample time to hang around and enjoy the last dinner celebration with fellow members and trekking staff. Celebrate the success of the Everest Three High Passes trek with your female friends, guide, and porter by sharing stories, laughter, and a warm meal. Toast to the incredible journey, teamwork, and the empowering spirit of women adventurers.

Day 20: Fly to Kathmandu and transfer to hotel.

In the morning, you will be transferred to Lukla's Tenzing-Hillary Airport for a smooth, short flight back to Kathmandu. After a great adventure and wonderful experience on Everest Three High Passs Trekking, we then return to the hustle and bustle of city life of Kathmandu. Spend the rest of the day at leisure with fond memories of Everest Three High Passes Trekking. Also, you can join in for a short tour around places of great interest. A total distance covered 160 km/80 miles, round trip from Lukla to Lukla and it does not cover the rest day optional hikes.

Day 21: In Kathmandu free day, for individual activities with options for tours.

Today is a free day in Kathmandu for individual activities with options for tours. Enjoy a free day in Kathmandu, perfect for relaxing, engaging in personal activities, or going on a shopping spree. You can shop for souvenirs from Nepal from handicrafts to jewelers etc. Interested people can opt for another exciting tour of Patan and Bhaktapur cities on request.

Day 22: International departure for homeward bound.

Last day in Kathmandu and Nepal, after an overwhelming adventure and experience around high hills of Khumbu with trek to Everest Three High Passes. As time for your international flight, our lady guide and staff will transfer you to the airport. Then bid farewell to Nepal, guide, and staff; as you enter the air terminal for homeward bound or to the next port of call.

The schedule may change because of the weather and other conditions outside our control.

Cost Includes & Excludes

Cost Includes

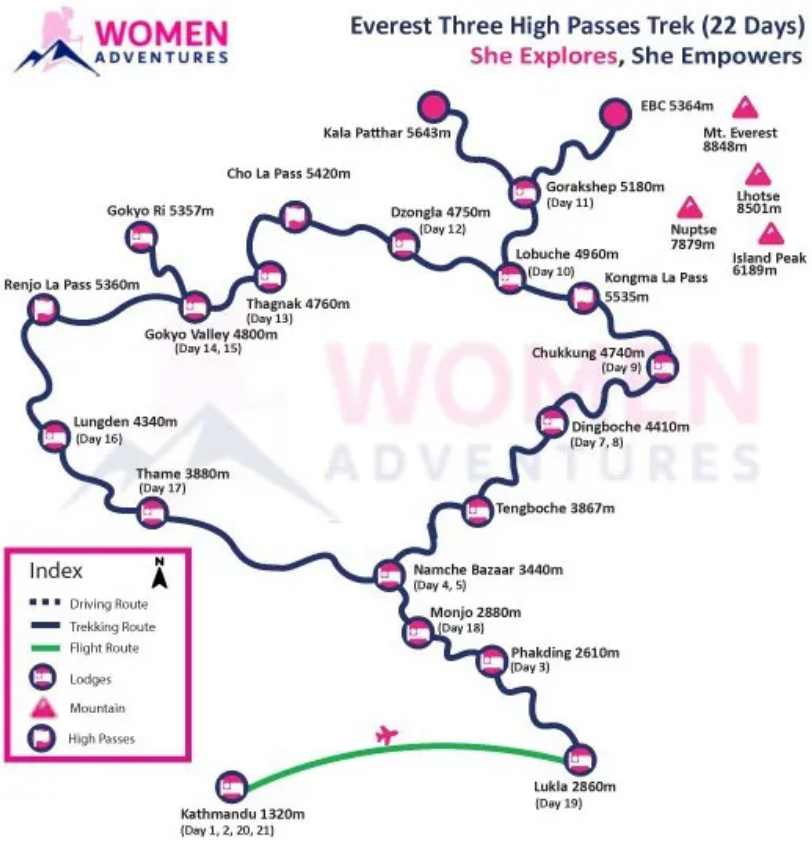
- Airport Pick up and Drop.

- 3 star standard (Nepal's standard) hotels with breakfast in Kathmandu.
- Tea house (Lodge) accommodation
- All meals (Breakfast, Lunch & Dinner) three times a day
- Tea Coffee (3 times a day).
- Certified A graded female trekking guide, potter (helper), and assistant guide for groups consisting of more than 5 trekkers
- All expenses for the female trekking staff, including food, drinks, lodging, salary, insurance, medical equipment, and transportation.
- Air ticket (Kathmandu- Lukla –Kathmandu)
- Kathmandu Cultural and Historical sightseeing with a certified female Tour guide, Private transportation, and entrance fees.
- Trekking Permit (TIMS).
- Sagarmatha National Park Entry Permit.
- Down Jacket, a sleeping bag, Fleece liner and a duffel bag.
- All government taxes

Cost Excludes

- Any bar bills (alcoholic drinks, mineral water, and cold drinks), cigarettes, client's personal insurance, and any kind of unforeseen expenses.
- Lunch and Dinner in Kathmandu.
- Tips for Guide Porter & Driver (Tips are not compulsory but expected)
- Anything that is not mentioned in Inclusion

Trip Map



Food and Culture

The food and lodge accommodations on the Everest three passes trek around Khumbu region of Everest region are available at designated overnight stops. Overnight accommodation and meals will be served as per the itinerary set by the Woman Adventures. We provide the best lodge accommodation wherever possible. The foods are available according to those listed on the menu, from breakfast, lunch, dinner, or main courses. We also provide side snacks with warm and cold refreshment drinks, serving you in a nice and cozy dining room, with a fireplace.

In Nepal, the most favorite and popular meal is Nepali Dal Bhat, boiled or steamed rice served with a mild curry of seasonal vegetables, including Dal, a lentil bean soup with homemade pickles, and hot sauce as options. The food menu lists from breakfast, lunch, and dinner to snack items. Breakfast from oats porridge, and cereals to cornflakes with toast/ chapattis, and pancakes includes a choice of egg variation. Lunch and dinner options include a variety of main courses from Continental, Chinese, Indian, Nepali, and Tibetan cuisines, along with a selection of soups.

The lodge accommodation and food are best in the Khumbu areas en route to Everest Three High Passes. The lodge accommodations from Namche Bazaar onwards, are simple and nice rooms. From Namche Bazaar till Tengboche and few places like Dingboche, most lodges provides common bathrooms and toilets. But they serve with a good food menu of limited varieties, also some villages offer fresh homemade bakery items. In most places, the rooms are on a shared basis with common bathrooms and toilets due to harsh terrain conditions encountered on all **Everest three passes routes**.. The plumbing systems for running water freeze in the morning, evening, and nighttime. Due to freezing temperatures from Namche Bazaar onward, using hot showers is at an extra cost.

All lodges have electricity to light the large dining room powered by local hydro or solar power. For charging electronic items, you have to pay an extra cost per hour and for each gadget. **Internet and Wi-Fi** are available, but it is slow and disturbing in some places due to weather conditions. In a large group with more than 4 people, it is best to order a set meal for all. It saves time and fuels energy, which is important around remote areas of the Himalayas as highlighted in **three passes trek itinerary** tips. Following the norms and rules as **Responsible Trekkers** is a good practice for **Eco-Tourism** and involves properly managing garbage and litter throughout the trek.

Trekkers must be aware that the Khumbu region from Lukla to Namche Bazaar offers various standard of Lodge accommodations. From budget to tourist standard and luxury lodges, interested people can upgrade the standard of accommodation on booking with **Woman Adventure (P) Ltd.** It is important to know that alcohol drinks is not healthy and good while going up to higher altitude. But can enjoy after completing the main highlights, on return journey to Lukla, and losing altitude to safe heights.

Nepal is a country of great diversity of landscape and people with their age-old religions, cultures, and heritage. The mid-hill people around the high Khumbu of North Mid-East Nepal, populated by the Sherpa. The highlanders of eastern Himalayas, the Sherpa menfolk are famous and renowned, as the world's best mountaineers and guides. The Sherpa's follows strong Buddhist religion, similar to their early Tibetan predecessors. The walk leads across many Buddhist monuments and shrines, as well the famous monastery of Tengboche and Pangboche —landmarks of the everest three high passes trek. The religious monuments include a series of prayer walls and spinning wheels with impressive monasteries of great religious and cultural interest.

Equipment List

General

- Down sleeping bag (you can borrow with us if required).
- Duffel or Rucksack bag (you can borrow with us if required).

Daypack

- Down Jacket (you can borrow with us if required).
- Fleece liner (you can borrow with us if required).
- Walking poles (Walking poles are optional but recommended, and you can borrow with us if required).
- Water bottle with purification tablets.
- Hand wash liquids.
- Lip guard.
- Sun-block cream.
- Toiletry kit. Be sure to include toilet paper stored in a plastic bag, hand wipes, and liquid hand sanitizer, towel, soap, etc.

Upper Body - Head / Ears / Eyes

- Cap and ears covering hat.
- Glacier glasses
- Head torch.
- Ear-muffs and neck warmer is another piece of gear for extra warmth (optional)

Hand

- Hand gloves (One light pair and One warmer pair)

Body

- T-shirts – few.
- Light and weight thermal tops and warm thermal top.
- Light jacket and vest.
- Wind and rain jacket.
- Shirts and warm shirts.

Lower Body – Legs

- Long and short hiking pants.
- Lightweight and warm long underwear.
- Rain and windproof trousers and warm trekking trousers.

Feet

- Thin and thick socks.
- Trekking boots, light shoes, and sandal.
- Trekking Gaiters.

Medicines and First Aid Kits

(Our guide will carry first aid kit bag during the trek. We still recommend you to bring your personal first aid kit as you feel it necessary).

- Headache and fever medicine.
- Ibuprofen for general aches and pains.
- Burnt cream.
- Imodium or Pepto Bismol capsules for upset stomach and diarrhea.
- Diamox (commonly prescribed as Acetazolamide). Please discuss with us before starting to take this medicine.

Antibiotics.

- Blister treatments such as moleskin, hand plants and-aids, some waterproof tape, anti-infection ointments, etc.

Miscellaneous

- Passport and extra passport photos (2 copies).
- Durable wallet/pouch for travel documents, money and passport.
- Pocket knife.
- Bandanas.
- Favorite snack foods and energy bars
- Paperback books, cards, mp3 player. Avoid players with moving hardware as it may not function. Remember, keep these items lightweights
- Binoculars.
- Camera.

Women's Health Essentials

- Sanitary pads / tampons / menstrual cup
- Biodegradable disposal bags
- Extra underwear
- Pain relief medication (for cramps)

For more about this trip, see https://www.womanadventures.com/packages/everest-three-high-passes-trekking

Call us at +977 9747508926 or email info@womanadventures.com

Privacy Policy | Terms and Conditions

Copyright © 2026 Women Adventures. All rights reserved.