

three everest passes trekking adventure



trip highlights

Trip escorted by Sonia Wray, founder of Sterling Results Fitness Club

Experience the best highlights of the Everest region on this challenging trek, crossing three passes over 5000m

Cross the Cho La, Renjo La & Kongma La to gain unsurpassed views of Mount Everest, Makalu and Cho Oyu

Ascend Kala Pattar & Gokyo Ri to gaze upon the world's highest mountains from brilliant vantage points

Experience vibrant Sherpa culture at its capital in Namche Bazaar

Visit the stunningly situated monastery village of Thyangboche

Private helicopter return to Kathmandu

Immerse yourself in Kathmandu



Trip Duration	21 days	Trip Code: SOG8037
Grade	Challenging	
Activities	Trekking	
Summary	21 day trip, 16 day trek, 4 nights hotel, 20 nights in a mix of eco lodges & camping (private eco campsites and wilderness camps)	

welcome to World Expeditions

Thank you for your interest in our Three Everest Passes Trekking Adventure trip. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience.

why travel with World Expeditions?

World Expeditions have been pioneering treks in Nepal since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience. Every trek is accompanied by an experienced local leader trained in remote wilderness first aid, as well as knowledgeable crew that share a passion for the region in which they work, and a desire to share it with you. A highlight of trekking with World Expeditions in the Everest region is the development of our unique eco friendly private permanent campsites. You will enjoy a full service trek including 3 wholesome meals each day prepared to the highest standards of hygiene and served in our heated dining rooms where you are welcome to relax on cushioned seating at the end of each trekking day. Our tented accommodation is in locally made, head high tents with comfortable camp beds, and we supply you with high quality 4 season, down sleeping bags in your trek pack. Bathrooms in our camps comprise of composting toilets and convenient wash basins. In the main villages we stay in handpicked eco lodges, and in Kathmandu we use an excellent centrally located 4 star hotel. You can be sure that when booking a World Expeditions trek in Nepal there will be no hidden costs - our all inclusive treks represent the best value for money. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience. We invite you to read more about our sustainable travel practices and philosophies in these trip notes.

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trip cost

Joining Kathmandu from: \$8400
All prices are per person

options & supplements

meals on trek :

Unlike most companies, World Expeditions includes a full meal service as part of the trip price. We believe in the value of providing you with a full service trek which is to lower the risks to you and to ensure you stay healthy, travel safely and with maximum enjoyment. The cost of meals in tea houses and lodges in the main trekking areas is not cheap, the choices are often limited and a lot of the food is fried. By joining one of our camping treks you'll have a full time personal cook and assistant on hand to prepare a creative menu using almost all fresh ingredients and carefully managing the food preparation and hygiene standards that would otherwise cost you \$45 a day or more. Many of our trekkers write to us to compliment the food they received on trek which is testimony to the quality of our fully serviced treks.

Every day is different but here is a sample of one days menu on the trail:

Breakfast

Tea, coffee served in your tent, hot chocolate, porridge or a grain cereal, toast with spreads, eggs (fried, omelet or boiled) and fried tomatoes, boiled water

Lunch

Lemon drink, tomato, cucumber and carrot salad, cheese and gherkins, chapatis, pizza, canned tuna & meats, fresh oranges and bananas, boiled water

Dinner

Creamed corn soup, steamed vegetables, steamed rice, fried chicken, daal, spaghetti, chocolate cake, fresh apples, tea, coffee or hot chocolate, boiled water

the trip

Join founder of Sterling Results Fitness Club, Sonia Wray on this challenging trek which will more than satisfy the ambitious trekker intent on crossing high passes without the commitment of any technical climbing. Heading towards Everest we cross the Kongma La to the Everest Base Camp and Kala Pattar. After taking in the classic climbing routes to the summit of Everest we complete a spectacular traverse over the Cho La to the alpine pastures and lakes of Gokyo. From Gokyo Ri we gain further outstanding views of Everest before heading over the Renjo La with views into Tibet, to the wild upper Bhote Kosi. This trek traverses the entire Everest region and provides all the highlights you would expect with a mixture of local villages and Sherpa culture. Our nights are spent in a combination of wilderness camps and our exclusive private eco campsites, as well as handpicked eco lodges. If you are highly motivated and want to experience the absolute best of what the Everest region has to offer, then this is the trek for you.

about your leader/escort

In 2013 Sonia left the corporate world and completed her Certificate III and IV in Fitness along with CPR and Wilderness First Aid training with a purpose of helping people become TREKFit. Sonia founded Sterling Results Fitness Club and prepares people for the physical challenge of trekking and specialises in Fitness an hiking, especially for those over 50. She has ventured to many of the famous world landmarks including trekking the Inca Trail to Machu Picchu, climbing Aconcagua in South America, Mt Kilimanjaro in Tanzania, Mera Peak in Nepal, Mt Elbrus in Russia, the Matterhorn in Switzerland, and recently summited Mont Blanc in France. Of course, she has completed the iconic Everest Base Camp & Kala Pattar in Nepal, and is looking forward to showing you this beautiful part of Nepal.

at a glance

DAY 1	ARRIVE KATHMANDU
DAY 2	FREE DAY IN KATHMANDU OR DRIVE TO RAMECHAP (APPROX 5 HOURS)
DAY 3	FLY LUKLA (2800M). TREK TO GHAT (2530M). WALK APPROX 2 HOURS.
DAY 4	TO MONJO (2850M). WALK APPROX 4-5 HOURS.
DAY 5	TO NAMCHE (3440M). WALK APPROX 4-5 HOURS.
DAY 6	TO KYANGJUMA (3550M) VIA KHUMJUNG, WALK APPROX 3-4 HOURS
DAY 7	TO PANGBOCHE (3930M) WALK APPROX 5-6 HOURS
DAY 8	TO DINGBOCHE (4360M). WALK APPROX. 3-4 HOURS
DAY 9	REST DAY IN DINGBOCHE
DAY 10	TO BASE OF KONGMA LA (4800M)
DAY 11	CROSS KONGMA LA (5500M) TO LOBUCHU (4930M). WALK APPROX. 7-8 HOURS
DAY 12	TO GORAK SHEP (5288M) AND KALA PATTAR (5545M). WALK APPROX 7 HOURS
DAY 13	TO DZONGLA (4843M). WALK APPROX. 5-6 HOURS
DAY 14	CROSS CHO LA (5420M) AND TREK TO THAGNAK. WALK APPROX. 5-6 HOURS
DAY 15	TO GOKYO (4800M). WALK APPROX. 2 HOURS
DAY 16	ASCEND GOKYO RI (5483M) OR WALK TO 5TH LAKE VIEWPOINT, WALK APPROX 6-7 HOURS
DAY 17	CROSS RENJO LA (5400M) AND TREK TO LUNGDEN (4300M) APPROX 7-8 HOURS
DAY 18	FINAL TREK DAY TO THE EVEREST VIEW HOTEL. WALK APPROX 5-6 HOURS
DAY 19	RETURN TO KATHMANDU BY HELICOPTER
DAY 20	IN KATHMANDU
DAY 21	TRIP CONCLUDES IN KATHMANDU

what's included

→ Escorted by Sonia Wray, founder of Sterling Results



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trip dates

2024 03 Oct - 23 Oct

fast facts

Countries Visited:

Nepal

Visas:

Yes*

Vaccinations:

Please consult a travel vaccination specialist for up to date information

Leader:

Expert local leader

trip grading Challenging

This trip is graded moderate and is suitable for fit and healthy people. Prior trekking is not necessary, although you would be expected to be comfortable in the outdoors and camping for successive periods. These adventures involve trekking for up to 6 - 8 hours a day at a steady pace. These trips may spend successive days at altitudes not generally exceeding 5,500m and are usually between 10 and 15 days in duration. You will need a good level of fitness and be in good health.

Sterling Results Fitness Club wants to see our clients achieve great goals and unleash fear through completing remarkable treks around the world. Our TREKfit program ensures you complete your journey of lifetime healthy, proud and with a lasting sense of accomplishment. No matter what your adventure, being physically prepared for the challenge will make the experience highly enjoyable and achievable. The team at Sterling Fitness want to ensure you complete your trek of a lifetime being fit, healthy, and with a lasting sense of accomplishment

- Six month TREKfit Preparation Pack including fitness assessment and program, monthly check in calls, Facebook group page and pack preparation planning
- Accommodation in a combination of comfortable eco lodges, our private eco camps with raised camp beds, mattresses and pillows
- Good quality 4 star accommodation in Kathmandu
- Flight to Lukla
- An extra 5kg luggage allowance on Lukla flight, total 20kg
- Helicopter return to Kathmandu **
- 21 breakfasts, 19 lunches and 19 dinners including all meals on trek valued at US\$950
- Expert bilingual guide
- Airport transfers if arriving on day 1 and departing on day 21
- Porters to carry all personal and group equipment
- Souvenir World Expeditions kit bag
- The use of a World Expeditions trek pack including sleeping bag, down or fibre filled jacket and insulated mat
- Private transportation
- Trekking permits
- Group medical kit
- Porter's insurance.

what's not included

- Meals in Kathmandu
- Bottled water, aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc
- Tips
- International flights
- Airport and departure taxes.
- Visa
- Travel Insurance

detailed itinerary

DAY 1 Arrive Kathmandu

You will be met by a representative of World Expeditions and transferred to the Radisson hotel. Remainder of the afternoon at leisure. A pre-trek briefing will be given around 4.30-5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket. This evening we will head out for dinner, this is a great opportunity to get acquainted with your fellow group members.

Overnight: Radisson Hotel, Kathmandu

meals: NIL

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For each trek a 'TREKFit Preparation Pack' will be created for each client based on a fitness assessment conducted through Sterling Results Fitness Club. TREKFit Preparation Packs will include a six month fitness training program ; Fitness assessment ; Regular monthly check-in video calls; personalise Facebook group page with tips and ideas for the trip, plus pack preparation.

When you join a trek with Sterling Results Fitness Club, you are embracing the core values, which are;

Achieve Greatness

Fear Less

Embrace Nature

Live Life

Love Humanity

Be Healthy

Please remember the fitter you are the more you will enjoy your trek.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 2 Free day in Kathmandu or drive to Ramechhap (approx 5 hours)

Depending on the season, you will either have a free day to explore Kathmandu's bustling streets and significant landmarks or embark on a bus ride to Ramechhap, a small town that operates flights to Lukla, the gate way trekking in the Everest region. Overnight: Radisson Hotel or Private eco-camp

*NB: Domestic flights to/from Lukla during Spring and Autumn trekking seasons (March-May and October-December) may operate from Manthali Airport, Ramechhap. This is determined by the Civil Aviation Authority of Nepal and dates are subject to change. Your leader will brief you on flight arrangements locally.

meals: B,L,D

DAY 3 Fly Lukla (2800m). Trek to Ghat (2530m). Walk approx 2 hours.

We transfer to the airport for the short flight to the STOL airstrip at Lukla. This was the airstrip built by Sir Edmund Hillary and his friends to service the Everest Region when he began his work of building schools and hospitals for the Sherpa people. It is a memorable flight, with marvellous views of the Eastern Himalaya. At Lukla we are immediately impressed by the scale of the huge peaks that surround the village but this is only a foretaste of what is to come. Our crew assemble and we head downhill towards the Dudh Kosi, a raging river that flows from the highest peaks. The river earns its name "Dudh" (milk) Kosi (river) because of its colour. The broad and well-marked trail meanders around fields of potatoes and buck-wheat and passes through small villages, as we pass rows of tree dahlia to make our way to our night stop.

Overnight: private eco camp, Ghat

meals: B,L,D

DAY 4 To Monjo (2850m). Walk approx 4-5 hours.

Today we cross and re-cross the thundering glacial river, named "Dudh" (milk) Kosi (river) because of its colour. Sections of today's walk are through pine forest and cleared areas reveal terraced fields and a variety of crops. We pass small groups of donkeys, yaks and dzopko carrying trading goods and trekking gear along the trail. A dzopko is a yak-cow crossbreed while a yak is a full-blood long haired male, more commonly found at higher altitudes. Spectacular mountain peaks unfold above us and seem to hover above the tree-line as they rise above the deep river valley. Shortly after leaving camp we cross the Kusum Khola, a tributary stream to the Dudh Kosi, and the peak of Kusum Kangru (6369 m) can be seen to the East, at the head of the valley. Further along the trail, across the valley to the North-West, Nupla (5885 m) and Kongde Ri (6093 m) rise above the forested ridges. At a turn of the trail, Thamserku (6808 m) rises majestically, seemingly from the river floor. We will see our first Mani walls today. These stone structures are a compilation of many stone tablets, each with the inscription "Om Mani Padme Hum" which translates to "Hail to the jewel in the lotus", and is mantra (chant) venerated by Buddhists and Brahmans alike. buddhists will walk to the left of these Mani Walls and chortens, but you may notice that people of the lowlands who have no knowledge of Buddhism do not follow this practice. The allure of the mountains is hard to resist, but we must be patient, as it is very important to acclimatise slowly and thereby fully appreciate our time at higher altitude. Today's walk is not a long one, slow down, and enjoy every step of the way.

Overnight private eco camp

meals: B,L,D

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DAY 5 To Namche (3440m). Walk approx 4-5 hours.

This morning we cross the green/aqua waters of the Dudh Kosi and pass through the gates of the Sagarmatha National Park. The establishment of this national park is a significant attempt to stem the use of fire-wood in the area. Self-contained trek groups must use only kerosene fuels for cooking, a philosophy we follow everywhere in Nepal, whether we are in a national park or not. Tea-houses and lodges are encouraged to use kerosene, yak dung or electricity but unfortunately continue to use mostly fire-wood for cooking, heating and for hot water for trekker's showers. This practice continues to deplete the forests. We follow the river course to the confluence of the Dudh Kosi and the Bhotse Kosi and cross a spectacular high bridge before commencing our ascent to the village of Namche Bazaar, the Sherpa "capital" of Nepal. It is a tough climb as the trail passes through forest of pine to a vantage point that provides our first view of Mt Everest. The trail continues to climb and meander to Namche and the sight of this prosperous village spread within a horse-shoe shaped valley opposite the beautiful peak of Kongde Ri is worth every step. After lunch you may wish to peruse the Tibetan trader's stalls or the Sherpa shops in search of a bargain.

Overnight: eco-lodge

meals: B,L,D

DAY 6 To Kyangjuma (3550m) via Khumjung, walk approx 3-4 hours

Our trek will start with an incline to Syangboche airstrip and along the ridgeline towards Everest View Hotel. We are welcomed with magnificent views of the surrounding mountains including Everest, Lhotse, Thamserku, Khangtega, Ama Dablam and many more. After a quick break, we continue towards Khumjung and visit Sir Edmond Hillary's famous "Schoolhouse in the clouds." This school was the first in the entire Khumbu region being built in 1961 with the help of the Sir Edmund Hillary and the Himalayan Trust. The school originally opened with only two classrooms but has since expanded to cater for over 350 students. We descend and follow the trail for approx 25 minutes to our new exclusive campsite at Kyangjuma. For those who are feeling the early effects of altitude can opt for a shorter acclimatization walk of around 2 hours directly from Namche to Kyangjuma.

Overnight: Private eco-campsite

meals: B,L,D

DAY 7 To Pangboche (3930m) walk approx 5-6 hours

We descend through splendid rhododendron, Himalayan blue pine and Birch forests to Phungi Tenga. From there we cross the Dudh Kosi and begin the ascent to Thyangboche Monastery. This is one of the largest and oldest monasteries in the region and follows the oldest Njinmapa Sect. This monastery has been standing more than 100 years and has been visited by trekkers and expedition members from all over for good luck and blessings from the lama. We continue and cross Imja River and ascend a wide open trail to Pangboche.

Overnight: private eco-campsite

meals: B,L,D

DAY 8 To Dingboche (4360m). Walk approx. 3-4 hours

Today we gradually ascend through the Pangboche village and pass potato fields and Pangboche Monastery. As we continue our walk toward the second commercial settlement, great landscape and mountain views will be on display including the giant face of Lhotse. We are now completely above the tree line and walk among alpine shrubs and terrain. Before reaching Dingboche we head down the valley

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and cross Pheriche river before climbing to the other side of the meadow. Upon our arrival we finally get a glimpse of Dingboche resting beneath the impressive Ama Dablam. Overnight: private eco-campsite

meals: B,L,D

DAY 9 Rest day in Dingboche

An important acclimatisation/rest day today with the option of hiking high up to the ridge overlooking the village, or perhaps up to Chhukung Village. We spend the day exploring or relaxing and taking in the mountain scenery. Excellent views of Nuptse, Lhotse, Chhukung Peak and Imja Tse (6189 m) are had from both in the valley or from the ridge above the camp. Massive glaciers drape beneath cliffs that soar up to 3,500 metres in this dramatic valley. It is from here that we will prepare to make our first crossing of a high pass, the Kongma La at 5300 meters.

Overnight private eco camp

meals: B,L,D

DAY 10 To base of Kongma La (4800m)

We trek towards the pass, a gentle stroll along the valley at first, followed by a steep ascent into the deep valley between Pokalde Peak and Chhukung. We set camp below the pass, ready for an early start the following day.

Overnight wilderness camp

meals: B,L,D

DAY 11 Cross Kongma La (5500m) to Lobuche (4930m). Walk approx. 7-8 hours

This will be a big day as we ascend to the Kongma La pass amid the crags of this outlying ridge from nearby Nuptse. From the pass we descend steeply to the Khumbu Glacier which we cross, clambering up the moraines on the far side to reach the meadow by the Italian high altitude research pyramid where we plan to camp the night. The difficulty of today's trek should not be underestimated, particularly in snow conditions where the trek across the glacier at the conclusion of the day can be quite exhausting. Our camp is at the village of Lobuche. We enjoy spectacular views of Pumori and Nuptse. The hill above the town affords fine sunset views of Nuptse.

Overnight lodge (please note that single supplements cannot be guaranteed at Lobuche during peak periods).

meals: B,L,D

DAY 12 To Gorak Shep (5288m) and Kala Pattar (5545m). Walk approx 7 hours

We trek over rocky moraine towards the settlement of Gorak Shep. We are high, among the glaciers and peaks of the world's highest mountains. At the junction of two large glaciers and nestled in an amphitheatre of peaks, this location is spectacular. Pumori (7145 m), Lingtren (6697 m), Nuptse (7745 m) and of course Everest (8848 m) surround us. The air is clear and the sun is strong but as the sun sets it becomes very cold. Sunsets here can be stunning. In the afternoon there is the option to trek to Kala Pattar or you may prefer to just sit back, relax and take in the mountain scenery. Kala Pattar is not a Nepali name but a Hindi name and translates to "black rock". From these black rocks atop the hill the views are spectacular. Most eyes are locked on the mass of Everest, its rocky buttresses immediately before us.

Return to Lobuche

Overnight lodge (please note that single supplements cannot be guaranteed at Lobuche during peak periods).

meals: B,L,D

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DAY 13 To Dzongla (4843m). Walk approx. 5-6 hours

Early mornings in the Himalayas generally offers the clearest views. The views of the peaks are excellent all day and words fail to describe the beauty and the sense of achievement. Our camp is beside the steep north face of Cholatse and also offers views of Ama Dablam.

Overnight at private eco camp

meals: B,L,D

DAY 14 Cross Cho La (5420m) and trek to Thagnak. Walk approx. 5-6 hours

The views today are magnificent as we leave the Everest watershed and enter that of Cho Oyu, the sixth highest mountain in the world. The crossing is hard work, involving a steep scramble up rock boulders and then a walk across the gently ascending, snow-covered glacier that caps the pass. However, the views of the route ahead, and of the glacier itself, are breathtaking. We descend steep boulder strewn slopes to the Gokyo valley below. This is a valley of turquoise lakes and great glaciers. For the first (and steepest) part of the descent there are discernible paths that zigzag down the mountainside – slippery in snow! The ground then levels out and the path all but disappears as we hop across a field of boulders. Finally we climb a gentle slope to the top, from where its all downhill (for today at least!), following a narrow river valley all the way to its base where we overnight at Thagnak, a small Sherpa settlement nestled beneath great rock walls, just a stone's throw from the Ngozumba Glacier.

Overnight lodge

meals: B,L,D

DAY 15 To Gokyo (4800m). Walk approx. 2 hours

We cross the glacier and ascend the lateral moraine valley past beautiful lakes with Siberian ducks swimming across the mirror-calm surface to the village of Gokyo. Today is an easy day and for those with the energy levels a sunset walk to the summit of Gokyo Ri (5400m) may be in order, for those not so inclined we will make the climb early the next morning.

Overnight lodge

meals: B,L,D

DAY 16 Ascend Gokyo Ri (5483m) or walk to 5th Lake viewpoint, walk approx 6-7 hours

An early start offers the best opportunities to really appreciate the magnitude and enormity of the surrounding Himalaya. Today there will be an option of either ascending Gokyo Ri (5483m) or walk alongside Nepal's largest glacier, the Ngozumpa glacier to Ngozumba Tsho, known amongst locals as the 5th Lake. Both offer spectacular views with the latter considered as Nepal's best as it looks towards the western cwm of Everest and other 8000m+ peaks. The 5th lake is a local favourite away from other tourists, a truly spectacular experience and viewpoint seen by not many. Gokyo Ri is the classic postcard view of snow capped mountains and vibrant turquoise waters of Gokyo Lake completing a picturesque scene. Just like the 5th lake, you will be surrounded by Cho Oyu (8153m), Gyangchung Kang (7922m), Lghotse (8501m), Makalu (8475m), Cholatse (6440m), Taweche (6542m), Kantega (6685m), Thamserku (6808m), Lobuche (6145m) and Mt Everest (8848m). Although further from Everest than Kala Pattar, the traditional viewing point, we are positioned to see more of the mountains and enjoy a more relaxed environment.

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Your guide will leave it to the group to unanimously decide between Gokyo Ri and the 5th Lake for today's expedition but we assure you that neither will be a compromise.

Overnight: eco-lodge at Gokyo

meals: B,L,D

DAY 17 Cross Renjo La (5400m) and trek to Lungden (4300m) approx 7-8 hours

The crossing of the Renjo La Pass will be exciting and challenging as we descend into remote northern valley where access is restricted and the landscape is progressively that of the Tibetan Valleys beyond the border. This is an ancient trading route once used by Tibetan traders descending from the Nangpa La pass through the Himalayas from Tibet.

Overnight: eco-lodge

meals: B,L,D

DAY 18 Final trek day to the Everest View Hotel. Walk approx 5-6 hours

Venturing south we return to civilization and as we approach the end of our trek. We can start celebrating a challenging yet satisfying and rewarding expedition. We slowly walk to Thame and cross suspension bridges till we see the giant painting of Milereppa on the rock face, known as an ancient magician and scholar of Tibet. The remainder of our walk will be through different villages and rhododendron forests

Overnight: Everest View Hotel, with 360 degree views of the awe inspiring peaks.

meals: B,L,D

DAY 19 Return to Kathmandu by helicopter

An exhilarating end to our tour, returning to Kathmandu by private helicopter which not only reduces our trek duration and need to retrace our steps leaving the region but also offering amazing scenery.

Overnight: Radisson Hotel, Kathmandu

NOTE: ** Each helicopter takes 5 passengers and all seats need to be paid for, hence we aim to have a group that fits a multiple of 5 eg 10 or 15, however a small & sliding supplement will apply if our numbers are not exact as we need to cover the full cost of the helicopter.

meals: B

DAY 20 In Kathmandu

A free day to enjoy the sights of Kathmandu and celebrate the end of your trek. This day is also necessary before any international flights in case we are delayed leaving the Everest region.

Overnight: Radisson Hotel, Kathmandu

meals: B

DAY 21 Trip concludes in Kathmandu

Your incredible trek with Sterling Results concludes after breakfast. We can arrange additional nights in Kathmandu and airport transfers, please contact our team.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

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country information

People from all walks of life are drawn to Nepal to experience the incredible Himalaya. Whether it is witnessing the windswept summits of the world's highest mountains, an early morning visit to a monastery high in the Himalaya, or sipping on a cup of warm Nepali tea with your trekking crew as you watch the sunrise over the mountains, we are sure you will find your adventure in Nepal with World Expeditions inspiring and rewarding. Far from the rush of the modern world, and in the delightful company of our trek crew, you will settle into a daily rhythm in the mountains that is immensely enjoyable. Our dedicated and experienced crew will take excellent care of you, helping you to relax, stay healthy and enjoy the beauty of Nepal. Their warmth and openness will give you an insight into their culture that will add a deeper dimension to your adventure. The camaraderie within your group that gradually develops on the trail, and the unexpected friendships you form with the locals you meet, will be highlights of travelling in this wonderful country.

Nepal's population of around 30 million people practice a blend of Hindu, Buddhist and traditional animist religion. While Nepal is a predominantly rural society, with 90% of the population living outside metropolitan areas, Kathmandu is rapidly urbanizing with a population of around 1 million. With over 100 different ethnic groups and languages, and an unparalleled concentration of World Heritage Sites in the Kathmandu Valley, Nepal offers a fascinating cultural tapestry like few places on earth.

climate

Our trekking season in Nepal extends from mid-September to May. However within this period there are clear seasons in the weather. Trekking in Nepal during winter, from December to February, offers cool to mild and clear days with often very cold nights. Occasionally winter storms can bring snow as low as 2500m. In March the cold, dry winter season begins to give way to warmer, spring conditions. Mornings are usually clear with cloud build-up occasionally bringing afternoon rain. Late spring conditions, in May, are generally hot at low elevations and as the clouds build up to the next monsoon which generally begins in June, daily afternoon rainstorms are common. This is a period that generally has clear weather at the higher altitudes and is traditionally a time when mountaineering expeditions commence their ascents. The monsoon creates a rainy season in Nepal, which lasts from mid-June to mid-September. During this time the Nepal Himalaya is unsuitable for trekking, with the exception of a few remote valleys. World Expeditions offers treks during this period in Tibet, the Indian Himalayan regions of Kulu, Garhwal & Ladakh, Central Asia and Pakistan, places that are at their best during this time.

The post-monsoon period - From early September the monsoon rain starts to decrease. By mid-October through to mid-December the weather is usually stable with mild to warm days, cold nights and clear views. Daytime temperatures can reach 25 - 30 degrees Celsius at lower altitudes and decrease as you gain height. Over 3000 meters the daytime temperatures can vary as much as 10 to 20 degrees Celsius, and may be hotter or colder, depending on whether it is sunny or windy etc. At night at lower altitudes, temperatures do not normally drop much, although as you approach November it does get colder and the days shorter. Up high it can drop sharply at night, from 0 to minus 10 or 15 and more when camped on the ice or snow.

The pre-monsoon period - In March the cold, dry winter season begins to give way to warmer, wetter spring conditions. Mornings are usually clear with cloud build-up bringing occasional afternoon rainstorms. Views of the mountains in the middle of the day and afternoon may often be obscured. Daytime temperatures increase quickly in March with temperatures of up to 30 degrees Celsius and mild nights. At higher altitudes it is similar to the conditions of the post-monsoon period, however there is usually more snow, which has accumulated over the winter period. There are spectacular displays of rhododendrons and wildflowers at this time of year. Late spring conditions ie April and May, are generally hot at low elevations and as the clouds build up to the next monsoon, daily afternoon rainstorms are common.

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meals on trek

Unlike most companies, World Expeditions includes a full meal service as part of the trip price. We believe in the value of providing you with a full service trek which is to lower the risks to you and to ensure you stay healthy, travel safely and with maximum enjoyment. The cost of meals in tea houses and lodges in the main trekking areas is not cheap, the choices are often limited and a lot of the food is fried. By joining one of our camping treks you'll have a full time personal cook and assistant on hand to prepare a creative menu using almost all fresh ingredients and carefully managing the food preparation and hygiene standards that would otherwise cost you \$45 a day or more. Many of our trekkers write to us to compliment the food they received on trek which is testimony to the quality of our fully serviced treks.

Every day is different but here is a sample of one days menu on the trail:

Breakfast

Tea, coffee served in your tent, hot chocolate, porridge or a grain cereal, toast with spreads, eggs (fried, omelet or boiled) and fried tomatoes, boiled water

Lunch

Lemon drink, tomato, cucumber and carrot salad, cheese and gherkins, chapatis, pizza, canned tuna & meats, fresh oranges and bananas, boiled water

Dinner

Creamed corn soup, steamed vegetables, steamed rice, fried chicken, daal, spaghetti, chocolate cake, fresh apples, tea, coffee or hot chocolate, boiled water

mountain flights

Twin Otter aircraft is the usual mode of transport to and from Lukla. This service is fairly dependable, however in case the flights are cancelled due to mountain weather conditions, World Expeditions will charter a helicopter to ensure you are on schedule for your international flight connections. The helicopters can fly if the visibility is 1500m, while the Twin Otter can fly if the visibility is 5000m as per the Civil Aviation Rules. The cost of the helicopter is payable directly to our Kathmandu office in the event that this service is utilised. US cash or credit cards (Visa, Mastercard & American Express only) are accepted. You will be given a receipt upon payment so that you may claim the amount from your travel insurance. The minimum cost will be US\$350 and maximum US\$650 depending on the number of group members. The maximum allowance for checked luggage on these flights is 15kg per person and 5kg for hand luggage. These limits are strictly adhered to so please pack carefully. Please note that approx 5.5kgs of this weight will be taken up by the sleeping bag (2.5kg), down jacket (1.5kg), kit bag (1kg) and sleeping bag liner (0.5kg) that you are provided.

a typical day

You will be woken with a cup of tea brought to your tent around 6:30am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the pack-animals or porters and will not be available to you until you reach camp that afternoon. After a wholesome breakfast we are usually on the trail between 7.30 – 8am, depending upon the duration and nature of the day's walk. We will walk for around 3-4 hours and then generally break for lunch for about 1 hour. Some of our staff will walk ahead and select a suitable place to stop. The afternoon walk is generally a little shorter and camp is usually reached by around 3.30 - 4.30 pm. Once we have reached camp and the kitchen is set up, afternoon tea will be prepared. From then until dinner there is time to rest or explore the surrounding area. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people. Much of the enjoyment of an expedition is in the journey itself.

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exclusive eco-comfort camps

The Everest area is a built up region. It's the homeland of the Sherpa people and the highest mountains on earth. As a result, it is Nepal's most popular tourism region for trekkers. Over time, villages in the area have grown with scores of lodges, restaurants and trekking equipment shops. We have observed many companies change over from camping to lodge/tea house trekking with these developments. These accommodations are reliant on wood from the region for heating, cooking and to generate warm showers. Some have solar technologies which are crude and not consistently functional as they rely on fine weather conditions. World Expeditions has always argued that lodge/tea house trekking is therefore a drain on a natural resource which is becoming increasingly scarce. We cannot consciously contribute to this problem which is now termed as a deforestation crisis. Our exclusive eco-comfort camps provide innumerable benefits. Firstly, we are able to continue our philosophy of offering camping treks which is the most sustainable type of trekking, whilst offering a greater level of comfort as a result of the construction of a permanent dining room structure which will replace the traditional mess tent. Meals will be taken in the dining rooms, and at the end of the trekking day, you may relax with cushioned seating and a pot belly stove that is fuelled by yak dung and not wood, to warm the room. There are no smoke emissions in the room as the chimney carries it outside. An ablution block comprising of several toilets with composting western sit toilets and hand basins are also installed in our camps. Our exclusive eco-comfort camps create an atmosphere of privacy and exclusivity and come with fine views of the mountains - a place where our travellers and staff come together, and where camaraderie and friendships are formed. We know this to be a highlight of our camping treks and consistently receive feedback that overwhelmingly supports this. Finally, our camping treks employ many local people – a workforce of up to 25% more than a lodge trek provides.

Hot shower facilities are available at some locations in the Everest region. These locations are: Ghat, Namche, Deboche, Dingboche, Lobuche, Dole, Machhermo and Gokyo. There will be a small charge of between 300-650rps to utilise this service, and it is subject to availability. Most, but not all, World Expeditions trips in the Everest region visit one of more of these locations.

wilderness camps

Our wilderness campsites function without any permanent infrastructure. These are traditional expedition style camps which are set up when we arrive. These camps consist of a mess tent, kitchen tent, toilet tent and two person tents for sleeping. These sites have been handpicked for their scenic locations and permanent structures are not permitted under the national park rules.

eco lodges

In areas where there are no suitable campsites we chose to stay in carefully selected eco lodges. We have selected these lodges with our responsible tourism practices in mind and they use a mix of cow/yak dung/solar and generators for power. Our cooks will prepare all your meals, which means that we are able to maintain a high level of hygiene and a varied menu.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must

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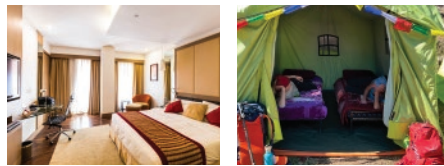
travel with all necessary medications for food allergies and be capable of self-administering these medications.

equipment provided



You will be provided with the use of a World Expeditions trek pack which includes a quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500)

accommodation in Kathmandu



In Kathmandu we stay at the comfortable, well located Radisson Hotel. Whilst trekking we camp at a variety of wilderness camps, our private eco-comfort camps or stay in eco-lodges. Before returning to Kathmandu we stay at The Everest View Hotel, offering 360 degree views of the awe inspiring peaks.

what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters carry all group gear and your trek pack.

equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

acute mountain sickness

When we ascend above 2500 metres our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

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Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

porter initiatives

Porter Welfare in Nepal: the Himalaya

Porters are an integral part of the World Expeditions philosophy and style of travel. We take our travellers off-the-beaten track, avoiding the congested trails, to experience our often remote tent-based adventures ... this style of trekking is enabled by porters. When we trek, the entire group - travellers, guides and porters alike - are a team who share the same needs for safety in the mountain environment. Our Himalaya porters receive the following:

- *A good working wage that is regulated by the Trekking Agents Association of Nepal and the Labour Union of Nepal. We pay per their guidelines, which are unionised.
- *We are one of the only trekking companies in Nepal to provide our porters with three meals a day, prepared by our cooks.
- *We are one of the only trekking companies in Nepal to provide our porters with lodging or tents, sleeping mats and blankets.
- *Porters also receive life insurance and income protection insurance.
- *Access to same first aid care that our travellers receive including emergency helicopter evacuation if required.
- *Porters are provided with wind and waterproof jacket and over-trousers, 2 pairs of woollen socks, 2 pair of leather shoes on long treks and 2 pairs of canvas shoes while on short treks, woollen gloves, warm cap, sunglasses, mattress and blanket and tent / lodge.
- *Porters are not to carry more than 30kgs.
- *The minimum age for a Porter is 16 and the maximum age is 50 years old.

World Expeditions supports the good work of a number of international organisations that operate to ensure the health and education of porters, they are:

International Porter Protection Group >> www.ippg.net

International Mountain Explorers Connection >> www.mountainexplorers.org

Kilimanjaro Guide Scholarship Foundation Inc. >> www.kiliguides.org

visas

All nationalities require a visa for Nepal. For nationals of most countries, multiple entry Nepal tourist visas can be obtained on arrival at Tribhuvan International Airport (Kathmandu), however, to speed up arrival processes, it is easier to obtain your visa prior to departure. The details for the various options available to you are outlined below:

Visa issued by a Nepalese Diplomatic Mission prior to your departure from home -

Queues are common during peak tourist arrival times, especially at the visa application counters. In order to skip the bulk of the queues you are able in many cases to apply for your visa at your nearest Nepalese diplomatic mission. The location and contact details of your nearest mission can be found at <https://nepalembassy.gov.np>. Visa fees are often comparable to that paid on arrival though you will need to consider the courier costs associated in sending your passport to and from the appropriate mission. Please note that THE VISA IS ONLY VALID FOR 6 MONTHS FROM THE DATE OF ISSUE. ie. you must enter and depart

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Nepal within six months of the date of issue of the visa. There is an online form for completion which is then printed and presented with your passport and payment to the relevant mission for visa issuance. The online form can be sourced at <https://nepaliport.immigration.gov.np/onlinevisa-mission/application> and there is a handy user manual which can be downloaded from the site to guide you through the process.

Visa Application submitted Pre-arrival, with visa issued on arrival -

There is an official online application portal (<https://nepaliport.immigration.gov.np/>) that allows you to submit and print your application prior to arrival (note this can only be completed a maximum 15 days prior) which removes the need to carry passport photographs as the electronic versions of your image are supplied as part of the process. Once you've applied, the form can be printed for use on arrival and payment made as outlined below.

Visa Application submitted on arrival -

If you opt to obtain your visa on arrival and have not pre-filled the online form as noted above, join the queues to a row of computers and fill out the online form. Unfortunately, at time of writing, there are no printers attached to the computers so make sure to take screenshot of your final application, then join the queue to pay for your visa (officials will need to sight the screenshot of your application). You will need to pay the application fee for which cash is recommended and will be issued with a receipt. The preferred payment is USD however AUD, CAD and GBP will also be accepted at the exchange rate of the day.

Visa costs are:

US\$30 – 15 days

US\$50 – 30 days

US\$125 – 90 days

Proceed to the immigration desk with your screenshot of the online application, receipt, two passport sized photographs (note these may soon be replaced with electronic versions however carrying passport photos is always advisable) and passport for processing and visa issuance.

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

social networking

Visit the event page - <https://fb.me/e/2Sau0cznP>

trip availability

To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with Sterling Results Fitness Club at your earliest convenience. <https://sterlingfitness.com.au/trekking-adventures/>

email: sonia@sterlingresults.com.au or call 1800 101 737.

how to book

To book this exclusive departure with Sonia Wray, please go to the following booking link to complete the online booking form and pay your non refundable deposit <https://worldexpeditions.com/private/GWWERP>

We can also help you with any additional arrangements that you require, such as competitive airfares to get you to your destination, stopovers, pre or post trip accommodation or any additional tours that you wish to take in conjunction with the main World Expeditions trip.

