

Everest Three Passes Trek

The [Everest Three Passes Trek](#) is one of Nepal's most challenging and rewarding high-altitude adventures, perfect for experienced trekkers seeking a complete circuit of the Everest region. This trek crosses three major mountain passes—Kongma La (5,535 m), Cho La (5,420 m), and Renjo La (5,340 m)—each offering stunning panoramic views of Everest, Lhotse, Makalu, and other Himalayan giants.



The journey begins with a flight to Lukla, then follows the classic Everest Base Camp route through Namche Bazaar and Tengboche. After visiting Everest Base Camp and ascending Kala Patthar for breathtaking views, the trail veers off the main path, taking trekkers over the high passes and into remote valleys like Gokyo, known for its pristine turquoise lakes and views from Gokyo Ri.

Throughout the trek, you'll experience dramatic landscapes, glacial valleys, alpine forests, and vibrant Sherpa culture. It typically takes around 18 to 21 days to complete and requires excellent fitness, proper acclimatization, and a spirit of adventure. The Everest Three Passes Trek is ideal for those looking to go beyond Everest Base Camp and truly explore the heart of the Himalayas.

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