



**SWS Mountain Guides**

110 Alpine St.

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## Everest Three Passes Trek Kathmandu & Khumbu Region, Nepal



**SWS Mountain Guides** provides the adventure of a lifetime with a portered and teahouse trip for backpackers and climbers alike. One of the most exciting regions of the world if you love the mountains. SWS Mountain Guides offers another Nepal adventure, the Everest 3 High Passes trek is a demanding and strenuous journey that requires proper physical fitness, trekking experience, and acclimatization to the high altitudes. It typically takes 20 days to complete the entire circuit, including the ascents and descents of the three passes. Three passes trek is where you would not only reach the Everest Base Camp but also pass through the three highest passes in the Khumbu region. The three passes in the Khumbu region are Kongma La Pass (5535m), Cho La Pass (5420m), and Renjo La Pass(5345m). Trekking with your SWS Mountain Guides professional guide(s) and our local guides & porter, adequately equipped with the proper gear, is highly recommended for a safe and enjoyable experience of a lifetime. *Custom & Private Trips are available with your US Nepal expert with 10 plus years of experience trekking & climbing in Nepal.*

**What to Expect:** A typical day in the Khumbu may be spent hiking within view of the highest mountains in the world. Ama Dablam, Pumori, Nuptse, and Everest are just a few of the big peaks along the way. On rest days we take it easy with an opportunity to visit local Buddhist monasteries, barter in the trader's markets, or spend a relaxed evening in the teahouses learning about the Nepali people. Just a note, we are traveling, trekking, and climbing in a Nepal, and while SWS Mountain Guides makes the best possible plans and tries to account for all possibilities, this is adventure travel and part of the fun and adventure is being flexible, and making changes to the itinerary as needed to account for local customs, culture, holiday and festivals. If you keep this in mind you will have an exciting and unique, adventure in the mountains of Nepal.

**Trek Costs & Dates:** Check our website for [Dates & Prices](#)



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**Includes:** Professional American guide(s), Local Nepal Guide(s), Porters, Complete support in Kathmandu with our local trekking company partner. Information support in the US, land transportation, 3.5-4 star hotels in Kathmandu for 3 nights, tea house fees, Nepal Government permits, Park entrance fees, Guide and Porter Insurance, Sightseeing with local guide(s), Domestic flights from Kathmandu to Lukla and return\*, domestic airport tax, all food while trekking and/or climbing, trekking permits, climbing permits (if needed), local communication, safety equipment, group technical equipment, and beverages, Except as noted under food and beverages, laundry, and personal climbing and trekking equipment.

**Group size:** Limited to 4-8 adventure trekking members

**Food & Beverages:** All meals are provided while climbing and trekking, Clients are responsible for extra beverages and meals while in cities, \* extra beverages while at tea house, on the trek or in village along the way, this includes: **bottled water**, beer, soda, 2 designer water and alcohol. We will provide water purification tablets for water sources, along with coffee, tea, and hot drinks. Most all dietary preferences can be accommodated, please make the office aware of any dietary restrictions in advance.

**Alcohol:** Alcoholic beverages are served at almost all of the teahouses and restaurants along all major trekking systems. Though many trekkers like to enjoy an alcoholic beverage after a long day please keep in mind that drinking at higher altitudes can have very adverse affects. The consequences of a "long night" on the trail may mean that you or the entire party may not reach the intended goal or worse. If you do drink please drink responsibly and you might forgo the drink until you have been fully acclimatized, usually upon our return.

**Not included:** International Flight to Kathmandu, Nepal Visa fees, Food while in Kathmandu, All beverages, Bottled water, mineral water and soft drinks and other beverages noted above\*, Sightseeing entrance fees some sights (optional), Rescue Insurance (contact us if interested), Guide & Porter Tips, Overweight charges, International Airport Departure tax (usually included in airline tickets), Personal expenses & Souvenirs. Extra Transportation options such as Helicopters to Lukla due to bad weather, \$200 - \$400 (credit will be given for Flight cost which is included)

**Level of Experience Needed:** Experience with trekking, hiking or backpacking at altitudes above 10,000 ft. is recommended. If you have questions about the level of experience needed, please give our office a call and we can recommend courses or hikes to prepare you for your trek.

**Physical Conditioning:** Trekking Training; Level III training required 4 times per week for at least 3 days at 30-50 minutes each session, 2 days at 60 minutes each session, in one of the following categories or mixture of each: running, bicycling, swimming, stair master, exercise machines, or other aerobic activities. It is also a good idea to include in your workout some type of flexibility training 3 times a week (stretching for at least 15 minutes). Plan on including weekend training hikes and climbs with your daypack for over all conditioning, this is a very important part of your overall training. Other activities which will improve your conditioning for the expedition include; weight training for strength, versa climber, jogging with a light day pack, and running stairs or hills. The better condition you are in, the more you will enjoy the trek.





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**Acclimatization:** Most trekkers and climbers don't think they need as much time for acclimation as is scheduled during our expeditions. We have found through experience that our schedule is optimum for trekking or climbing at high altitudes to keep you both healthy and give you the best chance to reach your goal. Please give us a call if you have any questions.

**Equipment:** Please follow the enclosed equipment list. It is very important you bring everything on the list. If you have any questions or would like to know about a possible substitution, please give our office a call.

**General Precautions for International Travel:** A complete package of Health Information for travel in Nepal will be sent upon receipt of your deposit. Following the guidelines will the likelihood of keeping you healthy and happy while you are traveling? It is extremely important to maintain your health while trekking and climbing. Call SWS Mountain Guides if you have any questions.

Check our Travel tips links below: [Traveler's Health - Food & Water](#) [Adventure Travel Tips](#)

**Immunizations & General Precautions for International Travel:** Following the guidelines will the likelihood of keeping you healthy and happy while traveling? It is paramount to maintain your health while trekking and climbing. You can get up-to-date information and inexpensive immunizations at your local Public Health Department or the link below for travel advice. If you need immunizations, contact them as soon as possible; some vaccinations must be given over a while. For your health and safety, it is critical to have your immunizations up to date. [CDC Travel Advice: Immunizations, Covid](#)

**Passports, Visa, and other Documentation:** You must have a passport six months before expiration with at least two blank pages for Visa / Exit & Entry stamps for travel in Ecuador and entrance back into the United States. Please check here: [Nepal Travel Requirements, Visa, Covid requirements](#)

**Baggage Restrictions:** Please check with your airline and point of departure for baggage restrictions. Generally you are able to check two bags not exceeding 50 lbs with one additional carry on not to exceed 35 lbs. The equipment on our list is under the weight and size restrictions for domestic airlines leaving from the U.S. However, please check with your airline or travel agent when making your airline reservations, to avoid excess baggage charges, which can be expensive.

**Meeting Location:** We will be contacting you at least 30 days before your departure with the name and phone number(s) of the hotel in Nepal where you will be meeting your guides with instruction on how to get from the airport to the hotel. Depending on the arrival times of your flights, we may meet you at the airport; we will be in contact to discuss the options.

**International Expeditions & Treks:** A 25% deposit is required to book International Expedition or Trek; an additional 25% deposit is required 90 days before departure, with the balance due 60 days before departure. If you cancel your reservation 90 days before your expedition or trek, a \$1,000.00 cancellation fee is required, and your expedition or trek fee balance will be refunded. Between 90-60 days before the course, a 50% cancellation fee is required, with the balance refunded. We are sorry, but NO REFUNDS are made within 60 days before the course starting date **Travel Insurance Highly Recommended: [Global Rescue & Travel Insurance](#)**

**Travel Insurance:** SWS Mountain Guides strongly recommends that all participants purchase travel insurance to protect themselves from unforeseen circumstances. In addition, travel insurance can protect your investment in a trip if you must cancel at the last minute. **Travel Insurance Highly Recommended: [Global Rescue & Travel Insurance](#)** for your adventure travel & rescue insurance choice; they have many options & works with you to get you the best coverage. Additional benefits can include Emergency Accident & Sickness Medical Expenses,



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**Additional Notes:** Airline Scheduling and Planning: Please schedule your flight arrival for morning or afternoon on the first day of the trek schedule start date. Departure Flights: Schedule your departure flights for late afternoon or early evening of the last day of the trek. Unless, you desire to extend your stay to climb or tour around Nepal, we will be happy to help you with extended stays.

## Everest Three Passes Trek Itinerary

April & October

### Travel Day(s):

**Departure Flights** from the United States – In transit – Please schedule 2-3 days for your flights to Kathmandu depending on stopovers and time changes (you will be crossing the international date line and losing one day)

**Return Flights** from Kathmandu - Add 1-2 Days for your departure from Kathmandu depending on your stopovers You will be traveling back across the international dateline and usually arrive the same day of your depart, but plan several days to recover!

Check with SWS Mountain Guides prior to making your final plane reservations. This is very important, as we need to coordinate flight schedules and airport pick-ups.



### Optional Stopovers:

Check with SWS Mountain Guides about the optional stopover in Bangkok, Dubai - UAE, Delhi, India on your flight to Nepal. This will break up the flight and make it for easier travel and adjustment to the time changes. Give us a call if you are interested.

### Travel Day(s) 2-3:

Flight from the US to Kathmandu with Stopovers

### Day 1:

Welcome to **Kathmandu (1300m/4,260 ft.)** Arrive in Kathmandu Airport / transfers to Hotel in Kathmandu.

### Day 2:

**Kathmandu (1300m/4,260 ft.)** Sightseeing in Kathmandu valley with a visit to the Monkey Temple. / Evening in Kathmandu / Hotel

### Day 3:

**Flight to Lukla (2840m/ 9,315 ft.)** about 45 minutes flight & 3 to 4 hours Hike to **Phakding (2610m/ 8,560 ft.)**, a rolling hike up and down with a net loss of 750 ft. Excellent Scenery along the Dudh Koshi River

### Day 4:

**Phakding to Namche Bazaar (3440m/ 11,283 ft.)** A morning flat hike along the river with an afternoon climb up to Namche Bazaar of 2,650 ft.

### Day 5:

**Namche Bazar for Acclimatize (3440m/ 11,283 ft.)** Rest Day exploring Namche Bazar or optional hike to the Everest View Hotel (12,600 ft.) with your first view of Everest, Ama Dablam, Lhotse Shar, and 1,300 ft. climb to the hotel with a visit on the way back to a Sherpa Village.



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- Day 6** **Namche Bazaar → Thame (12,467 ft / 3,800 m)**  
Trek 4–5 hrs west to the traditional Sherpa village of Thame. Overnight in guesthouse.
- Day 7** **Thame → Lunden (14,100 ft / 4,300 m)**  
Gradual ascent up the Bhote Koshi Valley toward Renjo La. 4–5 hrs trekking. Overnight in guesthouse.
- Day 8** **Lunden → Renjo La Pass (17,520 ft / 5,340 m) → Gokyo (15,750 ft / 4,800 m)**  
Cross Renjo La with breathtaking views of Everest, Cho Oyu, and the turquoise Gokyo Lakes. Descend into Gokyo. 7–8 hrs trekking. Overnight in guesthouse.
- Day 9** **Explore Gokyo (15,750 ft / 4,800 m)**  
Morning climb of Gokyo Ri (17,985 ft / 5,483 m) for sweeping views of the 8,000 m peaks. Rest afternoon. Overnight in guesthouse.
- Day 10** **Gokyo → Cho La Pass (17,782 ft / 5,368 m) → Dzongla (15,850 ft / 4,830 m)**  
A long day over Cho La, crossing glaciers and rocky terrain before descending into Dzongla. 8–9 hrs trekking. Overnight in guesthouse.
- Day 11** **Dzongla → Lobuche (16,110 ft / 4,910 m)**  
Short trek of 4–5 hrs along the Khumbu Glacier valley to Lobuche. Overnight in guesthouse.
- Day 12** **Lobuche → Kongma La Pass (18,159 ft / 5,535 m) → Chhukung (15,520 ft / 4,730 m)**  
Cross the highest of the three passes, Kongma La, with rugged alpine views. Descend into Chhukung. 7–8 hrs trekking. Overnight in guesthouse.
- Day 13** **Chhukung → Dingboche (14,470 ft / 4,410 m)**  
Descend gradually to Dingboche (4–5 hrs). Overnight in guesthouse.
- Day 14** **Dingboche → Lobuche (16,110 ft / 4,910 m)**  
Rejoin the classic Everest Base Camp trail with steady ascent to Lobuche. 5–6 hrs trekking. Overnight in guesthouse.
- Day 15:** **Lobuche to Gorak Shep (5140m/16,850)** Again, another slow and steady climb to Gorak Shep, a spectacular village at the base of Everest and the huge Lhotse face, elevation gain of 750 ft. With an afternoon hike to Everest Base Camp on the Khumba Glacier at 17,580 ft. Reaching our goal with a rolling hike of 750 ft. of elevation and view of Everest and Pumori. Returning to Gorak Shep for the evening in the Everest Cirque.



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- Day 16:** **Gorak Shep to Kala Patar (5545m/ 18,200 ft.)** and hike back to Pheriche. Up early for a climb of Kala Patar and the best view in the Everest Region, returning to Gorak Shep for a second breakfast and packing up for our descent to Pheriche dropping 4,350 ft in elevation for some of that thick air.
- Day 17:** **Pheriche\* to Tengboche**
- Day 18:** **Tengboche to Namche Bazar**
- Day 19:** **Namche Bazar to Lukla / Hotel in Lukla**
- Day 20:** Lukla to Kathmandu – Evening / Hotel in Kathmandu or Late evening Flights back to States
- Travel Day:** **Early Morning Flights back to Kathmandu from Lukla / Evening in Kathmandu/ Hotel in Kathmandu**
- Travel Day(s)** Flights back to the States: You will be traveling back across the international dateline and usually arrive the same day of your depart but plan several days to recover! Optional Stopovers maybe available for the return to the US check with SWS Mountain Guides.



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**Note:** This is a general itinerary, and we will attempt to follow this approximate schedule. But due to the nature of international travel, weather, trekking conditions, accommodations availability, please remember to be flexible. We will make decisions based on the best possible way to accomplish our goals making the best relaxing adventure possible.

**Additional Notes:** Airline Scheduling and Planning: Please contact prior to scheduling your flight so we may coordinate your arrival and departure. Please give us a call if you have any questions give us a call at 1-888-797-6867.  
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**Notes:**