

# Everest circuit trek



**Cost per person: \$2,480**

## Description

The Everest Circuit Trek, also known as the Everest Three Passes Trek, is an exhilarating adventure in the Himalayas that offers trekkers the opportunity to explore the region's remote valleys, high mountain passes, and iconic peaks. This trek is a comprehensive journey through the Khumbu region, taking in the famous Everest Base Camp as well as the challenging Renjo La, Cho La, and Kongma La passes, which are each over 5,000 meters (16,404 feet) in elevation.

The trek typically begins with a scenic flight from Kathmandu to Lukla, a small town nestled in the mountains. From Lukla, the trail winds through charming Sherpa villages like Namche Bazaar, Tengboche, and Dingboche, each offering unique cultural experiences and breathtaking views. As trekkers ascend, they pass through diverse landscapes, from lush forests of rhododendron and pine to barren, rocky terrain above the tree line.

The highlights of the Everest Circuit Trek include the panoramic views of some of the world's highest peaks, including Mount Everest, Lhotse, Nuptse, and Ama Dablam. The trek also includes a visit to the iconic Everest Base Camp, where climbers prepare for their ascent of the world's tallest mountain, and the stunning Gokyo Lakes, known for their turquoise waters.

The Everest Circuit Trek is known for its physical challenges due to the high altitude and steep ascents, making it suitable for experienced trekkers looking for an adventurous and rewarding experience. Along the way, trekkers are treated to the warm hospitality of the Sherpa people, who live in this rugged and beautiful region.

The journey typically takes around 18 to 21 days, depending on the itinerary and acclimatization needs. The trek offers a unique combination of adventure, culture, and natural beauty, making it one of the most sought-after trekking experiences in the world.

## Trip Information

**Duration:** 23 Days

**Activities:** Trekking, Hiking, Cultural Observation

**Arrival City:** Kathmandu

**Departure City:** Kathmandu

**Best Season:** Autumn/Spring

**Max Altitude:** 5545m

## Gallery



## Itinerary

**Day 1 : Arrival at Tribhuban International Airport and pick up you by our private vehicle and transfer to the Hotel.**

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**Day 2 : Full day guided Sightseeing in Pashupatinath, Boudhanath and Patan Durbar Square**

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### **Day 3 : Kathmandu to Jiri (1955m) 5 hours drive by bus 149 km and overnight in Hotel**

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### **Day 4 : After breakfast commence trek to Deurali (2735m) 5 hrs**

No description available.

### **Day 5 : Deurali trek to Sete (2645m) 5 hrs**

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### **Day 6 : Sete trek to Junbensi (2640m) 5 hrs**

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### **Day 7 : Junbesi to Nunthala (2440m) 5 hrs**

Junbesi to Nunthala (2440m) 5 hrs

### **Day 8 : Nunthala to Kharikhola (2020m) 5 ½ hrs**

Nunthala to Kharikhola (2020m) 5 ½ hrs

### **Day 9 : Kharikhola trek to Payun (2700m) 6 hrs**

Kharikhola trek to Payun (2700m) 6 hrs

### **Day 10 : Payun trek to Phakding (2640m) 5 ½ hrs**

Payun trek to Phakding (2640m) 5 ½ hrs

### **Day 11 : Phakding trek to Namche Bazaar (3440m) 5 hrs**

Phakding trek to Namche Bazaar (3440m) 5 hrs

### **Day 12 : Rest day in Namche Bazaar**

Rest day in Namche Bazaar

### **Day 13 : Namche Bazaar trek to Tengbuche (3850m) 5 hrs**

Namche Bazaar trek to Tengbuche (3850m) 5 hrs

### **Day 14 : Tengbuche trek to Dingbuche (4350m) 5 ½ hrs**

Tengbuche trek to Dingbuche (4350m) 5 ½ hrs

### **Day 15 : Dingbuche trek to Lobuche (4930m) 5 ½ hrs**

Dingbuche trek to Lobuche (4930m) 5 ½ hrs

### **Day 16 : Lobuche trek to Gorakshep (5154m)**

Lobuche trek to Gorakshep (5154m)

### **Day 17 : Early in the morning climb to Kalapathar (5545m)**

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### **Day 18 : Lobuche trek to Dzongla (4830m) 5 ½ hrs**

Lobuche trek to Dzongla (4830m) 5 ½ hrs

### **Day 19 : Dzongla cross (Chola Pass) 5420m trek to Tagnag (4500m) 5 hrs**

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### **Day 20 : Tagnag trek to Gokyo (4730m) 5 ½ hrs**

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### **Day 21 : Morning climb to Gokyo peak then return back to Gokyo (5430m) 5 ½ hrs**

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### **Day 22 : Gokyo trek to Lungden (4500m) 5 ½ hrs**

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### **Day 23 : Lungden trek to Namche Bazaar (3440) 5 ½ hrs**

Lungden trek to Namche Bazaar (3440) 5 ½ hrs

**Day 24 : Namche Bazzar trek to Lukla (2840m) 6 hrs**

Namche Bazzar trek to Lukla (2840m) 6 hrs

**Day 25 : 40 minutes fly back to Kathmandu (1300m), Than transfer to the Hotel. And rest of the time for shopping**

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**Day 26 : Final departure to your country**

Departure

**Equipment**

**Equipment Item**

**Cost Inclusion**

- International/Domestic Airport Pick up and drop off by our private vehicle
- Kathmandu hotel room on bed and breakfast (B) basis
- Fluent English speaking license holder sightseeing tour guide and his fee
- Sightseeing entrance fee
- Domestic air fare from Lukla-Kathmandu
- Sagarmatha National Park entry permits fee
- Trekkers Information Management System (TIMS) permit fee.
- Accommodation and 3 meals a day while on the trek in Lodge (Tea House)

- Fully escorted trek with English speaking license holder local Sherpa trekking Guide & each 2 persons 1 Porter provided
- All program according to itineraries on full board.

## Cost Exclusion

- Nepal entry visa fee per person US\$ 40 only.
- Kathmandu Hotel Lunch and Dinner (L, D)
- Travel insurance and medical evacuation in case of emergency
- Personal spending money and all bar bill, i.e. Soft/hard drinks, tips etc.

## Frequently Asked Questions

### 1. What is the best time to do the Everest Circuit Trek?

The best times are during the pre-monsoon (March to May) and post-monsoon (September to November) seasons. During these periods, the weather is relatively stable, and the views are spectacular.

### 2. Do I need prior trekking experience for the Everest Circuit Trek?

Yes, prior trekking experience is highly recommended. The trek involves crossing high passes over 5,000 meters, requiring good physical condition and acclimatization.

### 3. What permits do I need for the Everest Circuit Trek?

You need the Sagarmatha National Park Entry Permit and the Khumbu Pasang Lhamu Rural Municipality Permit. These can be obtained in Kathmandu or at the entry points of the trek.

## Map



