

Three Passes Trek *Expedition Information Pack*

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Why Choose Earth's Edge

Our mission is to support you in exploring our incredible world and experiencing life-changing adventures in the safest way possible. We are passionate about protecting the planet and improving the lives of those we meet along the way.

- We are a **100% Irish-owned small business**. Our founder, James McManus, is passionate about climbing mountains, and his extensive experience is an invaluable source of support for our office team in our day-to-day operations.
- We're the only company to have a **dedicated expedition doctor** on every high-altitude trek, providing you with peace of mind knowing you're in safe hands from start to finish.
- Our **exceptional expedition leaders** are true experts in their region, passionate about sharing their first-hand knowledge about the local culture, history, and geography while ensuring we consistently deliver unforgettable experiences.
- We keep **group sizes small** to minimise our environmental impact and foster a strong group dynamic. Whether you're travelling solo or with friends or family, our small group sizes provide the perfect opportunity to bond over shared experiences and create lasting friendships.
- We run a **pre-departure training weekend** two months prior to each expedition. It includes a detailed expedition brief, two training hikes and expert advice from an experienced mountain guide. It's also a great opportunity to meet your fellow adventurers!
- We're here to **support you every step of the way**. Our friendly office team is available to answer any questions you have by phone, e-mail or video consultations. Each team member participates in an expedition every year, ensuring they can share up-to-date advice and insights drawn from their own first-hand experiences.

- Booking an Earth's Edge expedition entitles you to a discount from our **equipment partners** at [Great Outdoors](#) to ensure that you get the best gear for your expedition.
- **Responsible travel** is at the core of what we do at Earth's Edge. As a [certified B Corp](#) company, we are committed to using our business as a force for good; to support our communities both locally and worldwide as well as creating more environmental awareness.

We have a number of **environmental programmes and community projects**, including;

- A [yearly scholarship](#) that gives porters the opportunity to become guides on Kilimanjaro.
- We plant 8 trees in Nepal for every person who travels with us in partnership with [Eden: People + Planet](#)
- Our clients in Nepal help to remove waste from Sagarmatha National Park through the [Carry Me Back Program](#).
- We collect [clothing and gear donations](#) for our amazing porters on Kilimanjaro.
- We are striving to increase the number of [female staff](#) across our expeditions.

To read more about our sustainability practises please visit our [responsible travel page](#).

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Description & Detailed Itinerary

Our **21-day Three Passes Trek** takes you on the ultimate circular route through the Khumbu Valley to Everest Base Camp (5,364m), with the added challenge of crossing three of the region's legendary high passes: **Renjo La (5,360m)**, **Cho La (5,420m)**, and **Kongma La (5,535m)**. You'll also have the opportunity to take on three additional, but optional, high passes during the trek: **Gokyo Ri (5,360m)**, **Kala Patthar (5,550m)**, and **Chhukung Ri (5,550m)**. This **level 6 expedition** is considerably more demanding than our "standard" [Everest Base Camp trek](#), but for those with strong fitness and a passion for adventure, it offers the very best of the Himalayas in one unforgettable journey.

From **Namche Bazaar**, the bustling heart of the Khumbu, our route takes us away from the busier trail and into **quieter valleys**, where **timeless villages** like Thame and Lungden reveal the traditional Sherpa way of life. Some of the greatest mountaineers in history, including Apa Sherpa and Tenzing Norgay, were born here, and the **chance to visit monasteries and connect with Sherpa heritage** makes this stretch especially memorable. The climb over Renjo La brings us into the stunning Gokyo Valley, where the **shimmering turquoise lakes** and the chance to summit Gokyo Ri offer some of the most **brehtaking panoramas in the Himalayas**. Continuing onward, we cross the dramatic Cho La pass to rejoin the main Everest trail and reach the legendary Everest Base Camp itself. Here, an optional sunrise climb to Kala Patthar provides what many consider to be the finest view of Mount Everest.

The final test of the journey is Kongma La, the **highest of the three passes** at 5,535m, which leads us into the Imja Valley and the small settlement of Chhukung. Those who still have the energy may also climb Chhukung Ri for far-reaching views that stretch to Makalu and Ama Dablam. We descend through Pangboche and Tengboche, with Ama Dablam still in sight, before returning to Namche, Lukla and finally, Kathmandu.

Each night, we stay in **locally-run tea houses**, where Sherpa hospitality, simple meals, and hot drinks provide a welcome reward after long days on the trail.

Although it is a trek throughout, the Three Passes trek is not to be underestimated. Long days on the trail and the challenge of three high passes make this a serious expedition, but one that **rewards every step** with unparalleled panoramas, from the **turquoise Gokyo lakes** to the **world's highest peaks** stretching endlessly across the horizon. The Three Passes Trek showcases **the very best** the Khumbu region has to offer.

Day 1: Arrive in Kathmandu

Arrive in Kathmandu (KTM). Transfer to the hotel to relax or explore the city. There will be a full expedition briefing in the afternoon. Overnight hotel.

Day 2: Transfer to Ramechhap 5 hrs; Fly Ramechhap to Lukla, 35 minutes; Trek Lukla to Phakding, 3 hrs

Early morning transfer to Ramechhap, where we board the exciting flight to Lukla. The journey on the 14-seater plane offers breathtaking views of the surrounding mountains. Upon arrival in Lukla, we begin our trek to the village of Phakding. The trail initially descends northwest toward Choblung in the picturesque Dudh Kosi Valley. From there, we follow the Dudh Kosi River, aptly named the "Milk River," passing through the village of Ghat before reaching Phakding. Overnight tea house. Altitude 2,610m.

Day 3: Trek Phakding to Namche Bazaar, 8 hrs

After breakfast, we set off along the Dudh Kosi River, enjoying the serene surroundings. Before long, we reach the confluence of the Bhote Kosi and Dudh Kosi rivers and cross a large suspension bridge. The trail then climbs steadily through fragrant pine forests and small meadows to reach the distinctive horse-shoe shaped village of Namche Bazaar. While it's a tough day on the trail, the possibility of stunning views of Everest (8,848m), Lhotse (8,511m), Nuptse (7,879m), Ama Dablam (6,856m), and Taweche (6,542m) make all the effort worthwhile. Overnight tea house. Altitude 3,440m.

Day 4: Acclimatisation Day in Namche Bazaar

As its name suggests, Namche is famous for its vibrant local market. After breakfast, we climb to the ridge above the village, where we're rewarded with stunning panoramic views of the Khumbu peaks, including Everest, Nuptse, and Ama Dablam. If people are feeling strong, we have the option of ascending further to the air strip above the village. We then visit the National

Park museum, with the option of visiting the Sherpa museum too. The rest of the day can be spent exploring this colourful village or relaxing in the tea house. Overnight tea house. Altitude 3,440m.

Day 5: Trek Namche Bazaar to Thame, 5 hrs

Today we head off the beaten path towards Tibet, to the small Sherpa village of Thame. Some of the world's most famous mountaineers grew up here, including Apa Sherpa, who summited Everest 21 times, and Tenzing Norgay, who famously summited Everest alongside Sir Edmund Hillary in 1953. It will become noticeably quieter on this part of the trail, allowing us to really immerse ourselves in the beautiful scenery. For those who still have some energy left on arrival in Thame, there is an option to climb the steep path up to the beautiful Thame monastery, one of the oldest in the region. Overnight tea house. Altitude 3,800m.

Day 6: Trek Thame to Lungden, 6 hrs

We leave Thame and follow the traditional trading route with Tibet along the Bhote Khosi ("River From Tibet") up towards Lungden. The views across the region's incredible snow-capped mountains continue to get better and better as we climb. If we are lucky, we may see the strikingly colourful Danphe, the national bird of Nepal. Overnight tea house. Altitude 4,380m.

Day 7: Acclimatisation Day in Lungden

We spend two nights in Lungden to ensure we are sufficiently acclimatised before our first high pass tomorrow. Overnight tea house. Altitude 4,380m.

Day 8: Trek Lungden to Gokyo via Renjo La Pass, 8 hrs

Today is a big day, as the trail takes us across the first of our three high passes: Renjo La Pass (5,360m). From the top of the pass, you'll be rewarded with what may be the most magnificent mountain views yet, including Everest, Cho Oyu, Lhotse, and Ama Dablam. Our destination is Gokyo village, on the shore of the third Gokyo Lake. These sparkling, turquoise lakes will undoubtedly have you reaching for your camera time and time again over the next couple of days! Overnight tea house. Altitude 4,790m.

Day 9: Acclimatisation Day in Gokyo

Although today is a rest day in Gokyo, there are plenty of options to keep us busy. There are six lakes in total, all interconnected and fed by glacial waters. At nearly 5,000m above sea level, the Gokyo lakes are some of the highest freshwater lakes in the world. You may choose to spend your day in Gokyo itself, perhaps hiking up the short trail behind the village to take in some of the views from there. But, if you have the energy, the trek along Nepal's longest glacier, Ngozumba, to the fourth and fifth Gokyo Lakes is well worth the effort. The elevation gain here is limited as you walk alongside the glacier. But, you will get almost unobstructed views of Mount Everest down the valley. It truly is a spectacular sight, which few visitors experience. Overnight tea house. Altitude 4,790m.

Day 10: Ascend Gokyo Ri and trek to Dragnag, 3-7hrs

An early morning start and a steep 3 hour climb will bring us to the summit of Gokyo Ri (5,360m) for sunrise. Our efforts will be rewarded with expansive views of the surrounding peaks, as well as the Ngozumba glacier, and three of the Gokyo lakes below. Some say the views from the top of Gokyo Ri are even better than those from Kala Patthar - we'll let you be the judge! Alternatively, there's an option to stay in Gokyo and take it easy until the afternoon, when we trek across the Ngozumba Glacier, the largest in the Himalayas, to Dragnag. Overnight tea house. Altitude 4,700m.

Day 11: Trek Dragnag to Dzongla via Cho La Pass, 9hrs

We set off early towards our second high pass - Cho La (5,420m). Today is one of the longest and more challenging days on the trek. Although it won't be technical, the top of the pass may be icy and slippery in places. The top of the Cho La Pass is marked by prayer flags and cairns, and offers breathtaking scenery in all directions. We cross a small glacier before descending to the grazing pastures in the valley below to Dzongla. Overnight tea house. Altitude 4,830m.

Day 12: Trek Dzongla to Lobuche, 4hrs

It's a short and relatively easy day today, to make up for yesterday's efforts. After breakfast, we enjoy the stunning early morning views in Dzongla before leaving the quiet behind for the comparatively busy Lobuche. It's fairly easy going along a mostly flat path as we rejoin the main Everest trail. Relax for the afternoon in Lobuche before another big day tomorrow. Overnight tea house. Altitude 4,940m.

Day 13: Trek Lobuche to Everest Base Camp to Gorakshep, 9 hrs

We start early and climb almost 300m to Gorakshep for lunch. The terrain is rough in places as we pick our way through the Khumbu glacier. From Gorakshep, it's two and half hours to reach Everest Base Camp (5,364m). There is a real sense of achievement upon reaching Base Camp! After taking in the atmosphere and sights, we walk back down to Gorakshep. Overnight tea house. Altitude 5,164m.

Day 14: Ascend Kala Patthar. Trek Gorakshep to Lobuche, 9hrs

Another optional, but worthwhile, early start for those hoping to summit the trekking peak of Kala Patthar (5,550m) in time for sunrise. It's a tough trek to the top, but Kala Patthar offers some of the best views of Everest in the entire region. We'll also be able to spot the coloured tents of Everest Base Camp scattered below the Khumbu Glacier and its infamous icefall. Afterwards, we return to Gorakshep for breakfast before retracing our steps back to Lobuche. Overnight tea house. Altitude 4,940m.

Day 15: Trek Lobuche to Chhukung via Kongma La Pass, 9hrs

We leave Lobuche early, crossing the Khumbu Glacier before we tackle our last high pass, the challenging Kongma La (5,535m). It's a steep climb, zig zagging on scree, but once again we are rewarded with outstanding panoramic views at the top. Crossing yak pastures, we descend into

the beautiful Imja Valley to reach the small settlement of Chhukung. Overnight tea house. Altitude 4,700m

Day 16: Ascend Chhukung Ri. Trek Chhukung to Pangboche, 10hrs

Today marks the final big challenge - the option to trek to the summit of Chhukung Ri (5,550m) early in the morning. The climb is steep, though not technical. We stop regularly to catch our breath and take in the views as we ascend. Although we won't see Mountt Everest from here, it does offer majestic views of Ama Dablam, Imja Tse (Island Peak), Lhotse, Nuptse, Makalu, and more. After we descend back down to Chhukung, we make our way to the village of Pangboche. Overnight tea house. Altitude 3,985m.

Day 17: Trek Pangboche to Namche Bazaar, 8 hrs

Today we start by descending to Tengboche, which sits at the top of a ridge with great views up and down the Khumbu Valley. The route offers amazing close-up views of Ama Dablam (6,856m), widely considered one of the most stunning peaks in the world. From Tengboche, we descend for 1 hour to reach the Dudh Kosi river. We then climb for over an hour and follow the river canyon to Namche Bazaar. In the afternoon, there is time for shopping in the market. Overnight tea house. Altitude 3,440m.

Day 18: Trek Namche Bazaar to Phakding, 4 hrs

Today we descend through lush pine forests and cross multiple suspension bridges on our trail. We then follow the Dudh Kosi river canyon to the quiet picturesque village of Phakding. Altitude 2,610m.

Day 19: Trek Phakding to Lukla, 4 hrs

Our last day of trekking always brings out mixed emotions. The trail follows the Dudh Kosi river before making the last climb into Lukla. There is plenty of time for reflection and to enjoy the last views of the highest mountains in the world. We say goodbye to our support team in Lukla and enjoy our last dinner on the trail. Overnight tea house. Altitude 2,860m.

Day 20: Fly Lukla to Ramechhap, transfer to Kathmandu

In the morning, we fly back to Ramechhap and then transfer to Kathmandu, where we check into our hotel. We then have some free time for resting at the hotel or exploring the surrounding area. In the evening, we enjoy a celebratory meal in one of Kathmandu's best restaurants. Overnight hotel.

Day 21: Depart Kathmandu

Enjoy your last bit of relaxing or do some more exploring in Kathmandu before departing for the airport.

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Expedition Costs:

Total Cost: €4,499

- A **deposit** of EUR/USD/GBP 399 is taken at the time of booking to secure your spot.
- A **part payment** of EUR/USD/GBP 1,000 is due six months prior to departure.
- The **final balance** can be paid in instalments, but is due 90 days prior to departure.

For up-to-date prices in GBP and USD, based on today's exchange rate, please visit [our website](#).

Flights

Please consult us before booking your flights to ensure you arrive in time for the expedition briefing on the first day. It's essential you do not miss this meeting.

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Expedition Inclusions & Exclusions

Expedition Costs Include:

- Internal flights in Nepal
- Training Weekend
- Experienced expedition leader
- Dedicated expedition doctor
- Earth's Edge team of guides and a full support team
- All accommodation based on twin sharing in hotels in Kathmandu and in tea houses elsewhere
- All meals and drinking water (except in Kathmandu and Ramechhap ((where needed)) where accommodation is based on B&B)
- A celebratory dinner at the end of the expedition
- Permit for trekking the Three Passes
- All group gear consisting of a fully stocked med kit including an oxygen tank
- An Earth's Edge buff for all participants

Expedition Costs Exclude:

- International flights
- Training weekend accommodation and food
- Personal travel insurance
- Medical vaccinations
- Tourist visa
- Personal equipment
- Tips
- Expenses of a personal nature like laundry, phone calls, alcohol, WiFi or showers in the tea houses and excess baggage charges.

- Any costs arising out of unforeseen circumstances which affect the itinerary such as bad weather, landslides, road conditions and any other circumstances beyond our control

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Spending Money and Tipping

Spending Money

We recommend that you put aside **USD/EUR450** in spending money for this trip. We recommend that you exchange a small amount of EUR (or GBP/USD) into the local currency, Nepalese Rupees, either at the airport or in Kathmandu, for purchasing small items like snacks on the trail. There are ATMs available in Kathmandu where you can withdraw cash using a credit/debit card.

At the time of writing, EU passport holders are able to obtain a tourist visa upon arrival in Nepal. The visa fee is approximately **USD50** payable in cash. This is included in the amount recommended above.

Our recommended **tip amount is USD/EUR200** per person. Please give your tip to the Earth's Edge Expedition Leader and they will distribute the tip evenly among all of our Earth's Edge team in Nepal. The recommended spending amount above includes the tip for the Earth's Edge Team.

Whilst on the trail, wifi and hot showers are available in some tea houses at a cost of approx USD/EUR 5 each.

Tipping

At Earth's Edge it is important to us that the tipping process is transparent and that all team members are tipped fairly.

Here is an example of how we divide the tip to give you an idea of what share of the tip each person gets on the trek. Our average group size is 13 climbers plus our doctor = 14 people.

We recommend everyone tips **USD/EUR 200**. If everyone tips, that will give us a total tip amount of USD/EUR 2,800 (13 x USD/EUR 200 + USD/EUR 200 as we tip on behalf of our doctor).

With a group of that size, our Earth's Edge team in Nepal will be made up as follows and receive roughly the following share of tips.

Expedition Leader: 1 person	USD/EUR 400 x 1	= USD/EUR 400
Assistant Sherpas: 3 people	USD/EUR 290 x 3	= USD/EUR 870
Porters: 9 people	USD/EUR 166 x 9	= USD/EUR 1494

Driver: 1 person	USD/EUR 35 x 1	= USD/EUR 35
	TOTAL	= USD 2,800

Please note the above figures are a guideline based on an average of 13 trekkers. We ask our clients not to tip any of the Earth's Edge team directly as it's important that all of the team get their fair share of the tips.

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Flights to Lukla & Weather Contingencies:

In the event that your group's flights to or from Lukla are cancelled due to inclement weather, additional spending money will be required. The domestic airline will aim to get us on the next available flight when weather conditions are favourable, either later the same day or on one of the following days. While we visit this region when the weather is most favourable, it's essential to note that adverse weather conditions can occur during the trekking season.

In some cases, the **weather may be too poor for planes to fly but helicopters can often operate**, as they can fly in less favourable conditions. Should the need arise, the cost of helicopter hire must be covered by you as changes due to weather are outside the control of Earth's Edge and as per our [booking conditions](#), we don't cover costs associated with changes outside our control (Force Majeure). The estimated cost of helicopter hire is in the range of €300 - €600 per person per flight, but this is subject to variation. Please ensure you have **access to sufficient additional finances** for potential weather-related disruptions during your trek.

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Training Weekends:

Before every expedition, we organise a training weekend where you'll have the chance to meet your fellow adventurers! Led by experienced guides, these weekends include a comprehensive expedition briefing, two training hikes, and invaluable advice covering everything from equipment to weather conditions. Not only are these events educational, but they're also enjoyable, set against the breathtaking backdrop of Glendalough, Co. Wicklow. Please note that food and accommodation for this weekend is not included.

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Safety Standards:

At Earth's Edge, your safety is our top priority. Each expedition is led by an experienced leader supported by a qualified doctor with a keen interest in adventure travel and expedition medicine.

Our expeditions are further supported by our dedicated Earth's Edge team of Sherpa guides and porters, all selected for their skills, experience, and excellent references.

Our teams are familiar with the locations of local medical facilities and hospitals in each destination. While our doctor carries a comprehensive medical kit, we ask all participants to bring a basic first aid kit as outlined in the equipment list. Always follow the guidance of your expedition leader to ensure a safe and enjoyable experience.

We recommend participants research local laws and customs before travelling to Nepal. Up-to-date travel advice is available on the [DFA website](#).

On expeditions, the most common cause of illness is gastroenteritis (Delhi Belly), often caused by poor personal hygiene. The good news is that it is easily avoided by practising the following:

- Always **wash your hands** and **apply hand sanitiser** after going to the toilet and before touching food.
- Always **use drinking water** to brush your teeth and avoid ingesting water while showering or washing your face.
- Maintain a **healthy diet** and consider taking **multivitamins and probiotics** for one month before and during the expedition to help your body adjust to changes in your diet and keep you healthy throughout the expedition.
- **Drinking water** is provided by Earth's Edge on each day of the trek, this water is boiled and cooled. You may also wish to bring your own water treatment tablets. If you wish to change the flavour of the water it is recommended to use electrolyte tablets/sachets or add a concentrated flavour drink.

To read more about our safety standards please visit our [safety page](#).

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Special Offers:

- **Return Customer Offer** - If you have travelled with us before please visit our [return customer](#) page for details on what discount you are entitled to.
- **Refer a Friend Offer** - If you have a friend who wants to travel with us please visit our [refer a friend](#) page for details on our referral programme.
- **Group Discounts** - If you are booking as part of a group please visit our [group discounts](#) page for details on what discount you are entitled to.
- **Couples Offer** - If you are booking with a friend or partner please visit our [couples offer](#) page for details on what discount you are entitled to.

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Carry Me Back Program

In 2019, 720kg of waste was generated per day in the Khumbu region during the trekking season. At present, most of this is left behind in pits that are dug throughout the valley and the Sagarmatha National Park, where it is then burnt. This is due to the lack of infrastructure in the high regions and the difficulty of transporting it out of the valley.

Through the Carry Me Back Program, run by Sagarmatha Next, we are helping to combat this issue. This is a crowdsourced waste removal system which utilises the movement of tourists to transport waste from this area to places where it can be recycled.

For any clients travelling in Nepal who are willing, we organise for them to carry a bag containing 1kg of segregated and shredded waste material to a pick-up point. From here, this waste is collected and transferred to a recycling facility. You can read more about the project [here](#).

Book Your Consultation

You can now schedule a free trip consultation with a member of the Earth's Edge team! We're happy to talk you through the itinerary, preparation and training, equipment, and anything else you'd like to know. Book your [consultation here](#).

Expedition FAQ:

Do you have a question that wasn't answered in this information pack? If so, please visit our [FAQ page](#) for a full list of frequently asked questions. If you can't find your answer there please [contact us](#).

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