

## Everest Three High Passes Trek - 20 Days

The Everest Three High Passes Trek is an epic adventure that takes trekkers through some of the most breathtaking landscapes in the Everest region of Nepal. It involves crossing three high mountain passes—Kongma La Pass (5535m), Cho La Pass (5420m), and Renjo La Pass (5340m)—each presenting its own set of challenges including steep ascents, rocky terrain, and occasional snow.

The trek typically starts from Lukla and passes through remote Sherpa villages, ancient monasteries, and rugged valleys, offering glimpses into the traditional mountain way of life. Along the way, trekkers have the opportunity to visit iconic sites such as Everest Base Camp and the turquoise Gokyo Lakes, surrounded by towering peaks.

One of the highlights of the trek is the unparalleled panoramic views of some of the world's highest mountains, including Everest, Lhotse, Nuptse, Makalu, and Cho Oyu. The journey requires physical fitness, acclimatization, and proper preparation due to the high altitude and challenging terrain.

## FAQ

### 1. How difficult is the Everest Three High Passes Trek?

The Everest Three High Passes Trek is considered one of the most challenging treks in Nepal. It requires high physical fitness and endurance, as it involves crossing three high-altitude passes, steep ascents, and descents. Trekkers should be prepared for long walking days and the possibility of facing harsh weather conditions at high altitudes.

### 2. How long does the Everest Three High Passes Trek take?

The Everest Three High Passes Trek typically takes 18 to 21 days to complete, depending on the specific itinerary and pace. This duration includes acclimatization days, visits to Everest Base Camp, and the chance to explore iconic locations like Gokyo Lakes and Kala Patthar.

### 3. What is the best time to do the Everest Three High Passes Trek?

The best time to undertake the Everest Three High Passes Trek is during the spring (March to May) and autumn (September to November) seasons. These months offer stable weather, clear skies, and moderate temperatures, providing the best conditions for crossing the high passes and enjoying spectacular mountain views.

### 4. What kind of accommodation can I expect on the Everest Three High Passes Trek

Accommodation on the Everest Three High Passes Trek typically consists of tea houses or lodges. These provide basic amenities, including a bed, shared bathrooms, and meals. The facilities are basic but sufficient, and it's advisable to bring a sleeping bag for added warmth, especially at higher altitudes where temperatures drop significantly.

### 5. Is the Everest Three Passes Trek clockwise or anticlockwise?

The Everest Three Passes Trek can be done in either direction, but it is most commonly done counterclockwise (anticlockwise). This route typically begins with crossing the Kongma La Pass, followed by the Cho La Pass, and finally, the Renjo La Pass. Many trekkers prefer the counterclockwise direction because it allows for a more gradual ascent and better acclimatization, which can help reduce the risk of altitude sickness.