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Everest Three Pass Circuit Trek - 18 Days

Embark **Everest, Three Pass Circuit Trek**, comprising of three high passes of the Everest region: Kongma La (5,535/18,159 ft), Cho La (5420m/17,782ft), and Renjo La (5,340m/17,520ft), which are also challenging highlights of our trek. Also known as Everest '**Everest Circuit Trek**' or Everest High Passes Trek, it's a great way to enjoy the less-traveled corners of Everest land.

Remote and beautiful landscapes, impressive mountains, narrow ridges, and magnificent villages make the trip a memorable experience for a lifetime. When you go for this trek, you get an opportunity to explore your dream destination: Everest Base Camp, Kala Patthar (5,545m/18,192ft), Gokyo Lakes, Gokyo Ri, besides the three passes of Khumbu (Everest).

We trek initially trek the classic trail through the Sherpa villages of Namche Bazaar, Tengboche, and Dingboche. Leaving the classic Everest trail at Dingboche, we fork to Chhukung.

We climb Chhukung Ri or Nagarjun Hill to enhance acclimatization and for great mountain views. The next day, we cross our first among three high passes, the Kongma La, and reach Lobuche. From here, we spend two days getting to Everest Base Camp and Kala Patthar. Then we march towards Cho La, the second pass. We spend almost two days in Gokyo Valley exploring and climbing Gokyo Ri. Now, we trek down through the third pass, the Renjo La, and eventually trek back to Lukla. We end this Everest Three Pass Circuit adventure with a nice easy relaxed tour of some UNESCO world Heritage sights.

EVEREST THREE PASSES TREK PREREQUISITE

If you carry extreme adventure zeal with longing to see Everest Himalayas, then the Everest High Passes trek is for you! Want to go for this trek and challenge yourself to the limit? Then write or call us today to book your Everest High Passes Trek. If you think 'three passes' is too much for you, we have other programs for you in Everest! Gokyo Lakes and Everest Base Camp Trek, Gokyo Lakes, and Renjo La Pass Trek are less challenging treks than Everest High Passes Trek.

ACCOMMODATION AND FOOD DURING THE TREK

We will have four nights of accommodation with breakfast at a 3-star category hotel in Kathmandu. During trekking, we will spend 15 nights at standard tea houses. All accommodations for Everest High Passes Trek are on twin sharing basis. However, best available twin sharing lodge to lodge accommodation during the trek; we provide private bathrooms with hot showers at Phakding, Namche, and Lukla the Everest Region.

During our Everest High Passes Trek, we can enjoy typical Nepali food, different ethnic cuisines as well as all types of international cuisine (Tibetan, Continental, Italian, and Indian.) from pizza and chips to apple pie. We can even enjoy hot sizeable fruits chocolates, a variety of bread, a variety of drinks, and snacks.

Breakfast of a day will be served from the tea house or lodge menu where we spent the night. Lunch will be served on the way to your destination and dinner and breakfast will be served at the tea house where you spend the night. A

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farewell dinner and breakfast will be served during our stay in Kathmandu.

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PRICE INCLUDES

Transport

- Private vehicle: Hotel and airport transfers
- Private Vehicle: Transfers for Kathmandu City Tour
- Flight: Kathmandu to Lukla and Lukla to Kathmandu flight

Accommodation

- 3 nights' Accommodation (twin sharing) in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- 15 nights' accommodation (twin sharing) during the trek

Food / Drinks

- Breakfast (B), Lunch (L), Dinner (D) during the trek
- Breakfasts while in Kathmandu
- Welcome and farewell dinner in Kathmandu
- Seasonal fruit on the trek

Staff

- English speaking Trekking Guide/leader: One guide for each group. One assistant guide every 6 trekkers including their accommodation, transportation, food, salary, transportation, and insurance
- Porters (ratio of 1:2 clients, carrying up to 15kg of personal gear per client) including their accommodation, transportation, food, salary, transportation, insurance
  English speaking city tour guide for Kathmandu city tour

Permits and Taxes

- Sagarmatha National Park Permit
- Entrance fee/permit for monuments and temples (Boudhanath, Pashupatinath, Monkey Temple, Patan Durbar Square) for Kathmandu City tour (day 2)
- Local village Development charge
- TIMS permit (if applicable)
- All applicable taxes to be paid to the Nepalese government

Others

- Complimentary four seasons down sleeping bag and down jacket provided for the duration of the trek (suggested to bring if you have your own)
- Complimentary 80-liter Duffel bag (to keep personal belongings to be carried by porter), down sleeping bag, and down jacket hire for the duration of the trek
- Complimentary Everest Base Camp Trekking map
- Complimentary Icicles Adventure T-shirt

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- First aid medicine box carried at all times by guide.

PRICE EXCLUDES

Transport

- International airfares to and from Kathmandu
- Any other additional transportation (if needed) outside of the program (such as for shopping, etc)

Accommodation

- Extra night/s of accommodation in Kathmandu because of early arrival, late departure, early return from the mountain (due to any reason) than the scheduled itinerary.

Food / Drinks

- Soft drinks (Coke, Fanta, etc), tea/coffee, and alcoholic beverages are not included and must be purchased separately by the client.
- Drinking water on the trek
- Desserts are not included, so if ordered should be paid separately by the client
- Lunches and Dinners in Kathmandu (and also in the case of early return from mountain than the scheduled itinerary- see meal inclusions for more details)

Others

- Nepalese tourist visa (on-arrival visa is available at Kathmandu International Airport)
- Client's travel insurance
- Personal expenses such as phone calls, laundry, battery recharge, hot shower, extra porters, etc)
- Personal equipment and clothing
- Any optional/ additional activities outside of the program
- Tips/gratuities for the staff (staff expect tips)

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ITINERARY IN DETAIL

Day 1: Arrival in Kathmandu airport (1345m)

A very warm welcome to the capital city of Kathmandu. You shall land at TIA airport in Kathmandu today. After you have completed your airport formalities and step out of the arrival terminals, you will be met by one of our office representatives and then get transferred to your hotel. Later today, if it is your early arrival you can either relax at your hotel or simply take a stroll around the bustling streets of Kathmandu.

Day 2: Fly to Lukla (2,800 m/9,184 ft) and Trek to Phakding (2,652 m/8,700 ft)

After packing our gear and getting ready for the ultimate Everest high passes trek, our office representative will pick you up from your hotel and transfer you to the airport again for domestic departure to Lukla airport. Usually, the weather remains fine during the morning, and it will probably be the early morning flight from Kathmandu to Lukla. It will be an excellent mountain flight above the Himalayas where you can see Mt. Everest and other peaks from the left-hand side of the aircraft. We will have a quick jelling with our porter team and have a cup of tea as porters will arrange our baggage and start to walk towards the same destination of the day i.e Phakding for an overnight stay. We stay overnight at tea house in Phakding with walking times of 3 to 4 hours that include breakfast, lunch and dinner as meals.

Lukla Flights

The primary gateway to the Everest Base Camp Trek is via a flight to Lukla (2840m), which lands at one of the world's most extreme airports: Tenzing-Hillary Airport. Positioned on a narrow plateau above a steep cliff with a short and narrow runway, the flight itself is as thrilling as it is challenging. Weather conditions here are notoriously unpredictable, with visibility shifting rapidly, which adds a layer of excitement to the journey.

Ramechhap Airport

During the busy trekking seasons in spring (March, April) and autumn (October, November), Kathmandu Airport faces significant congestion, leading most flights to Lukla to operate from Manthali Airport in Ramechhap, approximately a 4-5 hour drive from Kathmandu. To avoid this drive, you can opt for a helicopter flight from Kathmandu, though this is an additional expense.

Weather

Flights to Lukla are dependent on clear weather and stable conditions. Delays or cancellations are common due to sudden shifts in weather, which may extend your trekking plans by a few days. We recommend adding buffer days to your itinerary to mitigate any disruptions to your return travel plans.

In the event of prolonged delays, a helicopter transfer to Lukla is an alternative, although this incurs additional costs and is not included in the standard trek package. While helicopters can operate in some conditions that planes cannot, extreme weather can ground them as well. In such cases, we will endeavor to arrange a helicopter charter, subject to availability and weather permitting. Please note, helicopter availability is limited and may lead to delays.

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We ask for your flexibility and understanding in these situations. If weather conditions prevent flights for an extended period, an alternative is to drive to Tham Danda—a challenging 20-hour journey—and begin the trek from there. This route is prone to difficulties, especially in adverse weather, requiring extra days and considerable patience.

Should conditions make the Everest Base Camp Trek unfeasible, we can redirect to other treks such as Annapurna Base Camp or Langtang Gosainkunda. While these treks do not lead to Everest Base Camp, they offer stunning views and rewarding experiences.

Your cooperation and flexibility are crucial in navigating these complexities, ensuring a memorable and enjoyable trekking experience regardless of the route.

Day 3: Phakding - Namche Bazaar (3,440 m/11,283 ft)

We begin our hike today after having our early meal and spending first night between the mountains. Crossing plenty of uphill an downhill paths, we will be trekking across Dudhkosi river quite a few times. And slowly we start to see close views of Thamserku from the village called Bankar. In this way, we enter through Sagarmatha National Park entrance at Monjo encircling huge mani stone. In a short time, we have our lunch at Jorsale at lunch site nearby Dudh Kosi river. Then challenging up-hill walk will be there infront of us. We take up this challenge by first crossing the beautiful Hillary bridge then we get first view of Everest if weather is clear and finally at the end of the day, we reach at our tea house in Namche bazar. At Namche bazar we can find many trekking, peak climbing, mountaineering gears along with bakeries, coffee shops, ATM and mostly lodges and tea houses. We stay overnight at one of the local lodge. Today it will be approximately 5 to 6 hours walking time. Meal includes Breakfast, lunch and dinner.

Day 4: Namche Bazaar: Acclimatization Day

Our first acclimatization day starts at Namche which is an essential site for letting our body adjust according to changing altitude. From today we will be touching nearly 4000m and cross 4000m altitude tomorrow. Therefore, if you feel dizzy, and got caught by symptoms of AMS, then you are recommended to start taking diamox from this point. The case differs from person to person so, always rely on what our professionally trained mountain guide refers at that moment.

Therefore to avoid AMS, we first hike to Sagarmatha National Park museum where we can see large statue of legendary mountaineer, one of the first man to step at Everest Summit, the man renowned as the great Sherpa of all time, Tenjing Norgay Sherpa. Then we, hike up towards Syangboche airport, followed by higher up to Hotel Everest view at 3800m above sea level. Excellent views of Amadablam and surrounding peaks can be seen from the restaurant of Everest view hotel. We enjoy our lunch there and return towards our lodge in Namche in afternoon. Later we stay overnight at same lodge. Today, total walking time would be 3 to 4 hours with breakfast, lunch and dinner included.

Day 5: Namche Bazaar - Tengboche (3860m/12660ft)

Today we shall have a gradual climb following the trail high above the Dudh Koshi River, a further 2 hour steep ascent to Tengboche. Get yourself immersed in the scenery that surrounds the trail as we are literally surrounded by

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mountains and the views of which just will keep getting better as we move ahead. We trek along this section through forests of birch and silver fir trees and possible view of wildlife including musk deer, a herd of Himalayan Thar and colorful pheasants. Passing through the village of Sansa, we drop steeply to Phunkitenga where we relax and have lunch. Everest stays in view most of the day, often recognizable due to cloud surrounding the black rocky summit. The walk ahead is a tough climb through pine forests until we reach up to an exposed ridge which is Tengboche. Tengboche boasts of the biggest monastery in the Khumbu region and the view of lofty peaks of Tawache, Nuptse, Ama Dablam, Lhotse, Thamserku, and star attraction, Mt. Everest. After relaxing, we shall visit Tengboche monastery and witness the ceremony performed by monks there. A resilient monastery, it was destroyed by an earthquake in 1933and was rebuilt and again badly damaged by fire in 1989. The current building was constructed in 1992. Stay overnight in local lodge. Walking time 5 – 6 hrs, Included Meals: B, L, D

Day 6: Tengboche - Dingboche (4410m/14464ft)

It will be our early morning wake up day to witness cultural affluence of Tibetan Buddhism rituals at ancient Tengboche monastery. There will be more of gradual downhill while passing through yak grazing village of Deboche until we cross the Imja Khola. Then after crossing the river, we will be hiking uphill towards Pangboche, where we will have our lunch and further stretch our legs towards Dingboche. We can see very upclose views of Amadablam infront of us with other nearby peaks. It will be mostly rocky, windy and dusty trail with only small shrubs visible across the surroundings. We will be at around 4410m altitude , therefore we might feel the affect of altitude sickness. Walking slowly taking up plenty of water is the key to success. Later we stay overnight at hotel in Dingboche. Meal includes Breakfast, Lunch and Dinner and walking hours will be from 5 to 6 hours.

Day 7: Acclimatization hike to Nagarjun Hill or Chukkung Ri (5546m/18190 ft) and trek to Chhukung (4730m/15514ft)

After crossing 4000m of elevation, it is suggested to take a day as rest day for every 1000m gain in altitude. It won't be complete rest day however, it will be an active day going high up Nagarjun Hill or Chukkung Ri. We can either climb Nagarjun hill (4-5 hours) and then trek to Chhukung Village (5-6 hour) or climb Chukkung Ri and trek to Chhukung (7-8 hours). Overnight stay today will be in Chhukung. We can observe awesome views of Amadablam, Thamserku, Island Peak, Lhotse, Makalu and other nearby snow capped Himalayas from the top of hill. The trail is mostly rocky and unstable with few gradual hikes crossing Imja river once and rewarded by amazing views after reaching the top of the hills. The trail becomes steep at times, resulting in a physically challenging day but the view says – keep going. Taweche (6367m), Cholatste (6335m), Lobuche (6119m), Awi Peak (5245m), Amphu Gyabjen (5630m), Ama Dablam (6856m) seen from a different angle, Lhotse (8516m) 4th highest peak, Nuptse (7861m), Island Peak (6189m), Mt Peak 38 (7590m), Makalu (8481m) 5th highest peak, Thamserku (6608m), Kangtega (6685m) and Chola Tsho a lake at 4590m are just some of the named peaks that surrounded us, there are more peaks but unnamed. The Pheriche Valley looks beautiful as well. Walking time 6 -8 hrs, Included Meals: B, L, D

Day 8: Chhukung to Kongma La to Lobuche (4910m/16105ft)

Among three high passes of Everest region, we will walk through the first high pass on our Everest three passes trek today. We will do the first but highest and hardest one, the Kongma La, 5540m. To reach the Kongma La, we head directly west out of Chhukung on a small, rocky trail and contour around many hillsides, usually not very steeply, until we reach the Pokalde Base Camp. After a few other hills, more steep, we will reach another Camp for Pokalde and a

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clear blue lake which sits just below the pass. We climb the last half hour on a trail which is good but looks impossibly built into the cliff-side, and about 4 hours later we reach the Kongma La, our highest pass at 5540 meters. Walking time 6-7 hrs, Included Meals: B, L, D

Day 9: Lobuche - Everest Base Camp (5364m/17594ft) and back to Gorekshep (5181m/16994ft)

Our day starts today little early as today it will be long walking day with quite a few challenges across the trails at higher altitude. Crossing the Lobuche pass, climbing the very unstable rocky trail to Gorakshep. Here at Gorakshep, we will have our lunch, take rest and push ourselves towards Everest base camp today. The site reflects sunlight from nearby snow capped Himalayas, we enjoy the view saving ourselves from strong wind. Khumbu glacier comes into view after we approach near to base camp. We feel the moment of great achievement as we step at base of highest mountain on the planet. We will then return towards Gorakshep for overnight stay. We will be trekking for around 8 to 9 hours today. Meal includes Breakfast, lunch and dinner.

Day 10: Gorekshep - Kalapatthar (5545m/18188ft) - Dzongla (4830 m /15939 ft)

Today morning, reaching the top of the Kalapatthar is our plan, as we gear up at nearly 4 am in morning to hike up to Kalapatthar. It will be pitch black outside, so a head torch is essential. While making our way to the top, plenty of stopping points will be there from where we will take plenty of pictures, snapshots and suddenly magic happens as the sun rises through snow capped Himalayas in a fascinating way. Standing tall at top of the Kalapatthar at 5545m is achievement in itself from where best views of Nuptse, Everest and other peaks are visible. We will descend to Gorakshep and make our way towards Pheriche village for overnight stay in local lodge. In total we walk for 7 to 8 hours. There wont be much of distance, but higher elevation and ascend to Kalapatthar makes walking a challenge for us. Meals include Breakfast, lunch and dinner.

Day 11: Dzongla - ChoLa (5420 m/17,780 ft)-Thangnak (4750 m/15,580 ft) to Gokyo

Today as we are going to cross the Cho La pass (5370m), we start early. A steep and somewhat difficult ascent of a rocky ridge and glacier a few hours walk from Dzongla. We start by crossing a small glacial stream, and then start climbing up the pass along a ridge with Lobuche West looming above us. From the iron-stained rock at the top of the ridge we climb a rock staircase to reach the bottom of the melting Chola glacier, often icy and requiring Yak Traxs or micro-spikes. The ascent of the Chola glacier is exciting and stunningly beautiful as we trek across the snow, and we soon reach the gaping and usually frozen crevasse just below the pass. We may hang up Buddhist prayer flags at the top of the pass that will send prayers out across the Himalaya. We amaze at the top of Cho La pass at the stunning view of Ama Dablam, Kangtega, Thamserku, Tarboche, Cholatse and Baruntse on the Khumbu side, and of Nangpai Gosain, Pasang Lhamo, Numbur and on the Gokyo side. We scramble back down on the often icy and slippery pass. At the bottom of this first stretch we still have to negotiate a rocky, hilly trail across the valley followed by a long descent to the hamlet of Thangnak! After a break in Thangnak, we trek across the Ngozumpa Glacier, following a rocky trail with spectacular mountain views, and pass the beautiful first and second Gokyo Lakes before reaching Gokyo village beside the third lake, with majestic Cho Oyu in the background. Overnight in local lodge. Walking time 7-8 hrs, Included Meals: B, L, D

Day 12: Rest day in Gokyo - Gokyo Ri (535m) 3 - 4 hrs

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Rest day in Gokyo Valley is an exceptional opportunity. This acclimatization day is grasped as an opportunity to climb Gokyo Ri to enjoy the scene from the best viewpoint of Everest Region. Or, as we know Gokyo is not only popular for its grand view from Gokyo Peak but also for the six lakes which it hosts, definitely we would not miss the chance to observe the fourth lake (Thonak Tsho) and fifth lake (Ngozuma Tsho). About 3 km north of Gokyo is the fourth lake with its high cliffs and peaks rising above it. The trail continues to fifth lake and we get mesmerized by the shimmering turquoise blue sheet of water. If interested, we climb on a hill at the edge of the Lakes to get astounding views of Cho-Oyu, Gyachung Kang, Everest, Lhotse, Nuptse, and Makulu. We can see a lot more from here – the spot is called Scoundrel's Viewpoint. Beyond the fifth Lakes is the Cho Oyu Base Camp. Scenery here is breathtaking with Cho Oyu and Gyachung Kang seeming just a stone's throw away. Northern part of the fifth lake provides fabulous views of Cho-Oyu Base Camp and biggest glacier of the world- the Ngazumpa Glacier. Moved by the charm, we may even try to go sixth lake too but depends upon our own interest and time. Back to Gokyo village. Walking time: 3-4 hours. Included Meals: B,L,D.

Day 13: Gokyo – Cross Renjo La (5360m/17580 ft) and trek to Lungden (4370m/14334 ft)

Starting early we head west of Gokyo lake towards the Renjo La pass. The trail switchbacks very steeply up a sandy ridge, crosses an often-frozen stream, and continues along finally skirting the dramatic rock face below the pass to the top, a climb of about four hours with Makalu looming ever larger on the horizon. Views from the top of Renjo La are some of the best in all of the Himalayas, with a long and impressive panorama of 7000 and 8000 meter peaks all around, and as usual, colorful prayer flags to mark the pass. After snapping plentiful pictures on top of the Renjo La, we begin the even steeper descent down large stone slab steps, often icy, to the lake below. Trekking poles and crampons would be always useful on descending down the slippery icy trails. Continuing past several small meadows, the twin Renjo Lakes and an old lake bed with intertwined streams sparkling in the sun, we finally descend steeply to the Thame valley to Lungden. Overnight in local lodge. Walking time: 7-8 hours. Included Meals: B,L,D.

Day 14: Lungden to Namche Bazzar

The descent from Lungden is comparatively easy as we will be at lower altitude gradually. . We cross an icy stream, jumping from stone to stone, and follow the Bhote Kosi past Marulung (4210m) and then Taranga village, where Sherpa folklore tells of a yeti massacre, and past the pointed, snow-covered Langmuche Ri (6344m). The trail we use from Marulung to Thame follows an ancient that was trade route used by Tibetan traders for centuries. Today as we pass by many old, walled Sherpa villages, seasonal settlements of the Thame, we feel like we are back step in time. We will probably also share the trail with Tibetan yak caravans, Khampas trading en route to and from Namche and Tibet with the villagers. Thame has a sprawling village with a few lodges with stunning views of Thamserku, Katanga, Kusum Kanguru, etc. Overlooking Thame is its famous Gompa situated some the fields, on a hill to the west. Established some 325 years ago, the Gompa has three big images of Chenresig (Avalokiteswara), Guru Rimpoche, Buddha Sakyamuni. The colorful Mani Rimdu festival featuring colorful mask dances is held in this Gompa in May. We climb down after crossing a bridge after then eventually reach Samde. After passing through a check post, we come to the world`s highest hydroelectric power station built on Austrian help. Then after, we reach small village of Phurte where there is Laudo monastery which is run by the Kopan monastery of Bouddhanath in Kathmandu and is popular among the westerners for Buddhist study and meditation centers. We eventually reach Namche again through some Gompas, colorful player flags, Mani stones, and Chortens for the night rest. Overnight local lodge.

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Walking time: 6-7 hours. Included Meals: B,L,D.

Day 15: Trek back - Namche Bazaar to Lukla

While trekking from Namche bazar to Lukla, it will be mostly a downhill trek. And it is suggested to walk with great care while walking down than hiking up as much more balance on shaky leg is needed. We cross the river tributaries, enjoy the landscape views, forest walks and Sherpa culture. In this way keeping the precious memories in our heart we finally arrive at from where all our journey started, at Lukla. We celebrate our successful Everest high passes trek with team members. Later stay overnight at local lodge. We shall walk for 6 to 7 hours today with breakfast lunch and dinner included in a meal.

Day 16: Board a domestic flight from Lukla to Kathmandu

We will be flying from Lukla to Kathmandu today and we will already start missing the Everest Himalayas as soon as we take off from Lukla. In just about 30 minutes of time we land at Kathmandu airport. After arriving at Kathmandu, our office representative will assist you in checking in your hotel and we suggest you to take rest. Or, you can also do some last minute shopping at Thamel and nearby area. We stay overnight at hotel in Kathmandu. Meal includes Breakfast only.

Day 17: Kathmandu city tour: Explore Swoyambhunath, Patan Durbar Square, Bhoudanath and Pashupatinath

Begin your day with a hearty breakfast before embarking on a guided tour of Kathmandu's rich cultural heritage. Start at Swayambhunath Stupa, affectionately known as the Monkey Temple, perched on a hill overlooking the city. This ancient religious complex offers panoramic views and stands as a significant symbol of peace. Next you will visit historic Patan Durbar Square, where you can admire centuries-old architecture and possibly witness a traditional Nepalese ceremony. Next, explore .

In the afternoon, visit the Boudhanath Stupa, one of the largest stupas in the world and a focal point for Tibetan Buddhism in Nepal. Walk around the imposing structure, spin prayer wheels, and soak up the serene atmosphere, punctuated by the rhythmic chants of monks and the scent of incense.

Afterward, head to Pashupatinath Temple, a sacred Hindu shrine located on the banks of the Bagmati River. Here, you can observe Hindu holy men (Sadhus) meditating, pilgrims bathing, and occasionally funeral pyres burning along the ghats, providing a deep insight into Hindu spiritual and cultural practices.

Day 18: Final Departure

Finally, our 19 days of Everest three passes trek concludes today as we will transfer you to TIA airport 3 hours earlier your scheduled international departure time. We presume that we have offered services that you can recommend us to others being happy genuinely. In this way, hoping to see you again, we bid farewell. Meal includes breakfast.