

Everest Three Passes Trek Anticlockwise Route - 17 Days

URL: <https://nepalalternativetreks.com/trip/everest-three-passes-trek-anticlockwise-route/>

17 Days Everest Three Pass Trek Anticlockwise Route Quick Information

Weather -20°C to 12°C	Duration 17 Days	Difficulty Strenuous
Accommodation Lodges	Meals Included Breakfast, Lunch, Dinner	Transportation Flight
Daily Activity Approx. 5-6 hours	Religion Buddhism	Ethnic People Sherpa, Rai
Region of Nepal Everest Region, Khumbu	Max Altitude 5,555 m / 18,331 ft	Per Person Cost USD 1550
Best Season Sept, Oct, Nov, Mar, Apr, May	Geographic Terrain Mountain, Forest, Village, Glacier	

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$1,550.00
Group Of 5 - 8	USD \$1,530.00
Group Of 9 - 12	USD \$1,510.00
Group Of 13 - 18	USD \$1,490.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

Everest Three Passes Trek Anticlockwise Route Overview

The **Everest Three Passes Trek Anticlockwise Route** is a thrilling trekking route to experience every legendary corner of the Everest region of Nepal. This route covers three stunning high mountain passes: **Kongma La Pass (5,535 m)**, **Cho La Pass (5,420 m)**, and **Renjo La Pass (5,360 m)**. It also lets us explore the iconic **Everest Base Camp**, **Kala Patthar**, turquoise **Gokyo Lakes**, **Gokyo Ri**, and the remote **Thame Valley**. It's the perfect journey for **experienced trekkers** looking for all the physically demanding challenges that the EBC trek route has to offer while also providing rich cultural immersion.

The Everest Three Passes Trek via the Anticlockwise Route **begins with a flight to Lukla** and **follows the popular Everest Base Camp trek trail** through **Phakding**, **Namche Bazaar**, and **Dingboche**. From Dingboche, we'll head to **Chhukhung** and cross the first and highest pass, **Kongma La Pass**. Then, after visiting Everest Base Camp (5,364 m) and hiking up **Kala Patthar** (5,555 m) for sunrise views of Mt. Everest, the route continues over **Cho La Pass**. From Cho La Pass, the trail takes us to stunning **Gokyo Valley**. We'll climb **Gokyo Ri** (5,480 m) for stunning views of Everest, Lhotse, and Cho Oyu, and Gokyo Lakes. Now, we will descend and we will cross the final pass, **Renjo La Pass**, to reach the quiet Thame Valley and return to Namche.

One significant advantage of doing the Everest High Three Passes trek in Nepal via the anticlockwise route is **better acclimatization**. Unlike the clockwise route, which starts with Renjo La and ends with Kongma La, this counterclockwise route starts with the most challenging pass (Kongma La Pass) first. *This itinerary helps in gradual altitude gain and also gives us more time to acclimatize and get used to the altitude, especially before reaching Everest Base Camp.*

Furthermore, the anticlockwise route of the Everest 3 passes trek provides **a cultural experience on the trail**. We will gain first-hand experience of Sherpa culture by staying in family-run teahouses throughout the trek. What's more? We will visit ancient Buddhist monasteries like Tengboche and witness the mountain culture of Khumbu. The trek takes 17 days to complete, starting and ending at Kathmandu.

Major Attractions of Everest Three High Passes Trek Anticlockwise Route

- Cross the three challenging high passes in the Everest region: **Kongma La**, **Cho La**, and **Renjo La**.
- Stand at the base of the world's highest peak, **Mount Everest**.
- Get surreal views of the Himalayas, including four of the world's tallest peaks, **Mount Everest**, **Lhotse**, **Makalu**, and **Cho Oyu**.
- Trek through three beautiful valleys of the Everest region: **Khumbu Valley**, **Gokyo Valley**, and **Thame Valley**.
- Relax in the tranquil beauty of the **Gokyo Lakes**.
- Walk across the **Ngozumpa Glacier**, **Lobuche Glacier**, and **Khumbu Glacier**.
- Travel through a mix of landscapes, from green forests and riverbanks to high alpine meadows and icy

glacier paths.

- Explore Sherpa villages and learn about their deep-rooted culture and mountain lifestyle.
- Spot varied flora and fauna within **Sagarmatha National Park**.
- Start and end our journey with flights to Lukla airport.

Weather

Best Season to Trek Everest Three Passes Anticlockwise Route

The best season to do the Everest High Passes Trek via the anticlockwise route is in spring (April to May) or autumn (late September to November). These months offer the most reliable weather, with clear skies, stable conditions, and great visibility for crossing all three high passes, Kongma La, Cho La, and Renjo La. In spring, the trails are lined with blooming flowers, and the passes usually become safe to cross by mid-April. Autumn, especially October, brings crisp mountain air and stunning panoramic views without the risk of heavy snow or rain. Both seasons ensure safer trail conditions, magnificent mountain views, and a rewarding experience through Everest's valleys and high passes.

January

-20°C to -5°C

February

-18°C to -4°C

March

-12°C to 0°C

April

-8°C to 5°C

May

-3°C to 8°C

June

0°C to 10°C

July

2°C to 12°C

August

2°C to 12°C

September

0°C to 10°C

October

-5°C to 8°C

November

-10°C to 2°C

December

-18°C to -3°C

Difficulty

How Difficult is the Everest 3 High Passes Trek via the Anticlockwise route?

The Everest three passes trekking anticlockwise route falls in the strenuous trekking category due to its high altitude, long walking days, and tough mountain passes. Compared to the regular EBC trek route, this route is harder to follow. We'll need to cross massive glaciers like Khumbu Glacier and Ngozumpa Glacier, where the trail markers are often unclear and keep changing with the movement of ice.

The highest and hardest section is the Kongma La Pass (5,535 m / 18,100 ft). This part involves a difficult "class 4 scramble" on steep, gravelly slopes, which require careful footing and physical strength. Also, this pass is less traveled. It's not recommended to go without a guide, as some areas see fewer trekkers and are harder to navigate on your own.

Further, we will be walking in extremely high altitudes, which can lead to altitude sickness. Symptoms may include headaches, dizziness, and in serious cases, life-threatening conditions like HAPE (fluid in the lungs) or HACE (swelling in the brain). Other common issues include Khumbu cough, caused by cold, dry air, and dust. Exhaustion and dehydration are also frequent because the thin air makes walking more tiring.

Furthermore, logistics and basic comfort are also tough on this route. Lukla flights are often delayed or canceled due to bad weather, which can affect your travel plans. On the trail, accommodation is simple. Expect cold rooms, limited heating, and basic food. The Everest Three Passes trek trail is also less crowded in some parts after Dzongla, which makes solo trekking risky. Because of all these reasons, this challenging trek is best suited for experienced hikers in good physical shape.

17 Days Everest Three High Passes Trek Anticlockwise Route Itinerary

Day 1: Fly to Lukla - Trek to Phakding

The Everest Three Passes trek anticlockwise route adventure begins with a short 35-minute flight from Kathmandu to Lukla. From above, we can enjoy stunning aerial views of forested hills and Himalayan peaks. After landing at Lukla Airport, we'll get our first feel of the Everest region's mountain atmosphere. Lukla is the gateway to the [Everest region trekking](#).

Once we land, our trek starts immediately. The Lukla to Phakding trek is a gentle walk. The trail follows stone paths and passes through small villages filled with teahouses, local shops, and prayer walls. We will also cross the famous Pasang Lhamu Gate. The route mostly heads downhill at first, then climbs slightly toward Phakding. The route is peaceful and scenic, with the Dudh Koshi River flowing beside you and mountain views appearing along the way. We'll reach Phakding by afternoon. It is a lively village and a popular stop for trekkers on both the Everest Base Camp trek and the Three Passes trek.

Destination:	Accommodation	Altitude:
35 minutes flight, 8 km uphill hike (Avg 3 hours)	Khumbu Traveler's Guest House or Hotel Sherpa	(2,652 m / 8,698 ft.)

Meals

Lunch, Dinner

Day 2: Trek to Namche Bazaar

On the second day, after breakfast in Phakding, we'll start walking towards Namche Bazaar. The Everest Three Passes trek trail goes uphill and passes through villages like Benkar, Monjo, and Jorsale. Before Monjo, there's a checkpoint where the Khumbu Trek Card is checked. Soon after, we will enter Sagarmatha National Park, which protects the Everest region's natural beauty and wildlife. We will enjoy lovely views of rivers, green forests, and mountain cliffs along the way.

The trail crosses several suspension bridges, but the most thrilling is the Hillary Suspension Bridge, hanging 125 meters above the Dudh Koshi River. From here, the trail climbs steeply through a pine

forest. The path can get dusty and crowded, especially with yaks and porters going up and down. The uphill climb to Namche is tough, but rewarding. Along the way, we may spot locals selling snacks, fruits, or drinks, so carry some cash just in case.

Once you arrive in Namche Bazaar, you will feel the energy of this vibrant Sherpa town. It's the biggest village on the EBC trek route, with teahouses, bakeries, cafes, and even a few gear shops. We will spend the night here, resting and adjusting to the higher altitude before continuing our adventure on the Everest 3 Passes trek route.

Destination:	Accommodation	Altitude:
12 km uphill hike (Avg 5 hours)	Sun Shower Hotel or Khumbu Lodge	(3,440 m / 11,283 ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Acclimatization / Exploration Around

Today is a rest and acclimatization day in Namche Bazaar. Though it's a "rest" day, we will stay active by hiking to a higher point and coming back down to sleep at the same elevation following the "climb high, sleep low" practice. This helps our body adjust to the thinner air. Acclimatization is key for the Everest Three Passes trek trail since the upcoming days take you to elevations above 5,000 m. Even if you feel fine, spending a second night at 3,440 m gives your body the chance to adapt and lowers the risk of altitude sickness. Make sure to drink plenty of water and take it easy.

A popular option is to do a short hike to Everest View Hotel (3,880 m), which offers panoramic views of Mt. Everest, Lhotse, and Ama Dablam. It takes about 3 hours to hike up and return, and you can relax with a drink on the hotel's terrace while taking in the sights. On the way, don't miss Sagarmatha Next, a visitor center and art gallery promoting waste management and sustainability in the Khumbu.

For a longer acclimatization hike, you can take a loop through Khumjung village. In Khumjung, you can visit the monastery said to house a yeti scalp, and the school built by Sir Edmund Hillary in 1960, which includes a visitor center.

Destination:	Accommodation	Altitude:
Excursion around	Sun Shower Hotel or Khumbu Lodge	(3,440 m / 11,283 ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Debuche

On Day 4 of the Everest Three Passes trek (anticlockwise route), we leave Namche Bazaar and begin a hike toward Debuche. The trail first climbs gently through rhododendron forests and wraps around the hillside, offering incredible views of Ama Dablam, Everest, and Lhotse. After 1.5 hours, we'll reach Kyangjuma, a great place to rest and enjoy tea. Along the way, we will also see the Tenzing Norgay memorial chorten.

From Kyangjuma, the trail heads downhill through pine forests, crossing Lawi Schyasa and reaching Phunki Thanga, a peaceful village by the river. This is an ideal spot for lunch. After that, we will have to go through the most significant challenge of the day – a steep climb of around 600 m up to Tengboche. Though the switchbacks can feel demanding, the reward is spectacular. Tengboche is home to the region’s largest and most important Buddhist monastery, Tengboche Monastery. We will visit the monastery for a blessing. If we arrive right on time, we can see the monks in maroon robes gather for prayers as the scent of juniper incense drifts through the air.

After soaking in the views and monastery ambiance, the final part of the day is a short 30-minute descent to Debuche. Debuche is less crowded than Tengboche, but still offers warm lodges and lovely mountain views. Debuche also serves as a great stop for acclimatization before you continue higher on the Everest Three High Passes trekking trail.

Destination:	Accommodation	Altitude:
14 km uphill hike (Avg 5 hours)	Hotel Good Luck or Rivendell Lodge	(3,750 m/ 12,705 ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Trek to Dingboche

Following the anticlockwise route of the Everest Three Passes trek itinerary, today, after breakfast in Debuche, we will trek towards Dingboche. The walk begins with a gentle descent through rhododendrons and pine forests. Then we will cross a wooden bridge over the Imja Khola and continue along a flat path through shaded woodlands with wonderful views of the Dudh Koshi River. This section feels peaceful, surrounded by trees draped in lichen (known as Old Man’s Beard), until we begin a steady uphill climb leading toward Pangboche.

At Pangboche (3,985 m), we can stop for a quick rest or even lunch. The views of Ama Dablam are stunning here. From Pangboche, the trail gently ascends past Shomare and reaches the confluence of the Lobuche River and Imja Khola. A small metal bridge marks the start of the final climb toward Dingboche.

As we approach the village, we will get wide panoramic views of Island Peak, Ama Dablam, and other surrounding giants. Dingboche is the gateway to Chhukhung Valley and the Kongma La Pass, one of the most challenging sections of the Everest Three Passes trek trail.

Destination:	Accommodation	Altitude:
14 km uphill hike (Avg 5 hours)	Hotel Good Luck or Similar category	(4,350 m / 14,35 ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: Acclimatization / Nangartshang Peak Climb

Today is another acclimatization day on the Everest 3 High Passes trekking Anticlockwise route itinerary. On this extra day, we will hike up to Nangartshang Peak. The hike is a steady uphill climb. The trail to

Nangartshang Peak is well-defined all the way to the top. We will pass under two white stupas and then reach a ridge with small chortens and prayer flags.

As we gain elevation, we will see stunning views of Ama Dablam, Island Peak, Makalu, and the Imja Valley. The climb takes about 2.5 to 3 hours up and 1 to 1.5 hours back down. The trail is not technical, but it can be steep and exposed near the top. Once at the summit, take time to soak in the Himalayan panorama of Ama Dablam, Lhotse, and Nuptse. There are rocky platforms for sitting and enjoying the peaceful environment. After enjoying the views, we will get back to Dingboche and rest.

Destination:	Accommodation	Altitude:
Excursion around	Hotel Good Luck or Similar category	(4,375 m / 14,355 ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: Trek to Chhukung

On Day 7, we will hike to Chhukung. This is a short, gentle walk. The trail is much quieter than the main Everest Base Camp route. We will walk on a dirt path through a rocky, open landscape to the small village of Chhukung.

As we leave the village of Dingboche, we will walk along a valley with a river on our right. We will see great views of the Ama Dablam and Island Peak mountains as we get closer to Chhukung. Make sure to bring enough water with you, as there are no places to stop for a drink along the way. Your breakfast, lunch, and dinner are included in the trip cost.

Destination:	Accommodation	Altitude:
5 km uphill hike (Avg 3 hours)	Kang Ri Resort or Similar category	(4,730 m / 15,518 ft.)

Meals

Breakfast, Lunch, Dinner

Day 8: Cross Kongma La Pass and Trek to Lobuche

Today is one of the most challenging and rewarding days on the Everest Three Passes trek trail. We will be crossing Kongma La Pass, the highest of the three passes. We will start our day early in the morning, as the weather is usually clearer and less windy during this time. The trail from Chhukung to Lobuche is steep and tough. Reaching the top of Kong Ma La Pass feels like an achievement, with colorful prayer flags and great views of Ama Dablam, Nuptse, including Mount Everest, and the Khumbu Glacier far below.

After resting at the top of the pass, we will begin the difficult descent. The first part is very steep and slippery, so be cautious while walking on the loose rocks and dirt. Once we reach the valley floor, we will need to climb onto the Khumbu Glacier. This part of the trekking route involves crossing uneven trails, large boulders, and small glacial lakes. After crossing the glacier, it's a short walk downhill to Lobuche. Overnight at the New EBC lodge or the National Park Hotel in Lobuche.

Destination:	Accommodation	Altitude:
9.8 km uphill hike (Avg 8 hours)	National Park Hotel or Similiar category	(4,910 m / 16,108 ft.)

Meals

Breakfast, Lunch, Dinner

Day 9: Trek to Gorakshep Excursion to EBC

Today's journey takes us from Lobuche to Gorakshep. Gorakshep is an important stop on the Everest Three Passes trek route and serves as the base for both Everest Base Camp (EBC) and Kala Patthar hikes. The trail consists of some ups and downs through the valley. The path becomes steeper and more challenging as we climb up the moraine-covered glacier. This section requires careful steps due to loose rocks and uneven terrain. Once we reach Gorakshep, we will check into the Himalayan Inn or Buddha Lodge.

After that, we will hike to Everest Base Camp. We will walk along the glacier path to reach EBC. Once we reach the base, we will be greeted by the panoramic views of Nuptse, Ama Dablam, and Lhotse. Later on, we will get back to our lodge in Gorakshep and rest for the night.

Destination:	Accommodation	Altitude:
12 km uphill hike (Avg 8 hours)	Himalaya Inn or Similiar category	(5,100 m / 16,830 ft.)

Meals

Breakfast, Lunch, Dinner

Day 10: Hike to Kallapathar for Sun Rise - Trek to Dzongla

On day 10, we will go for an early morning hike to Kala Patthar for a sunrise view over the Himalayas. While Everest isn't visible from base camp itself due to surrounding ridgelines, the views from the Kala Patthar vantage point make up for it with a full frontal panorama. After soaking in the view, we will retrace the trail from Gorakshep to Lobuche. We will walk across the rocky glacier moraine near Gorakshep. This walk is familiar and mostly downhill. The path levels out and becomes gentler as we reach Lobuche.

From Lobuche, we will leave the classic Everest Base Camp trek route and head southwest towards Dzongla. The trail to Dzongla begins easily, following a clear path with only gentle ups and downs. After about 1.2 km, we will reach a signpost pointing right to Cho La Pass. We will take this turn and continue walking around the hillside. Eventually, we will reach Dzongla. Mountain views are spectacular, especially during sunset when Taboche Peak lights up in golden hues. If you still have energy, you can take a short hike up the hill behind the village for even more stunning views. Overnight at Green Valley Lodge or a Similar Category in Dzongla.

Destination:	Accommodation	Altitude:
10.5 km downhill hike (Avg 6 hours)	Green Valley Lodge or Similar category	(4,830 m / 15,84 ft.)

Meals

Breakfast, Lunch, Dinner

Day 11: Cross Cho La Pass and Trek to Thangna

Day 11 of the Everest Three Passes Trekking anticlockwise route takes us to Thangna (also spelled Thangnak) via Cho La Pass. This is another challenging part of the trek to Everest Three Passes and requires great attention. It is also one of the most beautiful and adventurous parts of the entire route of the High Passes of the Everest. We will start early to avoid bad weather and cross the Cho La Pass in daylight.

The first part of the walk is a gradual ascent through a scenic valley, slowly turning steeper as we climb towards Cho La Pass. The path includes rocky sections and a stretch across the icy Cho La Glacier, which can be tricky. You can use microspikes or a good grip to avoid slipping here. Once we reach the top of Cho La Pass, we will see colorful prayer flags fluttering in the wind and dramatic Himalayan scenery.

After that, we will descend. The descent is initially steep and rocky but becomes easier after a while. A short flat trail leads us across a boulder field before climbing briefly again to a small ridge. From here, the path goes towards a peaceful valley, taking us to the peaceful Thangna, which sits beside the massive Ngozumpa Glacier. Once in Thangna, we will check in at Hotel Khumbila to rest and recover.

Destination:	Accommodation	Altitude:
18 km uphill/downhill hike (Avg 7 hours)	Tashi Friendship or Similar category	(4,70 m / 15,419 ft.)

Meals

Breakfast, Lunch, Dinner

Day 12: Trek to Gokyo

On this day, we will begin the Gokyo Lake trek. This is a short day hike that involves crossing the massive Ngozumpa glacier, the longest glacier in the Himalayas. The route is rocky with many ups and downs, but it does not require walking on ice. Also note that there are no tea houses or villages on the way, so we will have to carry enough water and snacks for the whole walk.

At first, we will trek heading northwest and will climb before reaching the edge of the glacier. From here, we will see the Gokyo Ri towers in the distance and the glacier stretches endlessly below. The trail goes up and down across the glacier for about 2 km. Cairns (rock piles) guide the way, but snowfall or shifting terrain can make the path confusing. The climb off the glacier is steep, but once we reach the top, we will see the first magical sight of turquoise Gokyo Lake.

Gokyo village sits at the northeastern edge of the lake, and snowy peaks surround the village. To be specific, the village lies beside the third Gokyo Lake (Dudh Pokhari) with other lakes to the north and south. We will stay at the Cho We Lodge or Gokyo Resort for the night.

Destination:	Accommodation	Altitude:
4 km downhill hike (3 hours)	Thanka Inn or Similiar category	(4,750 m / 15,675 ft.)

Meals

Breakfast, Lunch, Dinner

Day 13: Gokyo Ri Ascent - Explore around

Today we will go to the top of Gokyo Ri. Gokyo Ri is one of the best viewpoints in the entire Khumbu region. The uphill hike is short and is 1.8 km of zigzag trail. The trail to Gokyo Ri starts from the lakeside of Gokyo Village. We will walk past the helipad and over a bridge of large stones before reaching a clear signpost that marks the trailhead. From there, it is a steady, steep climb all the way up.

From the top of Gokyo Ri, we will see the panoramic views of Gokyo Lakes, the Ngozumpa Glacier, and four 8,000 m peaks: Mount Everest, Khotse, Makalu, and Cho Oyu. Most trekkers aim for a sunrise hike. But if you can't make it in the early morning, we can still do it in a sunny midmorning, which also offers stunning scenery. However, you need to be aware of winds and clouds later in the day.

If you still have energy, Gokyo offers even more exploration. After post-climb rest, you can hike to the 4th Gokyo Lake (Thonak Tsho), which takes about 1.5 hours round trip. Or, you can go further to the 5th lake (Ngozumpa Tsho). It is a longer hike that covers about 12.5 km for a round journey.

Destination:	Accommodation	Altitude:
3.6 km uphill hike (Avg 3 hours)	Thanka Inn or Similiar category	(5,480 m / 17,979 ft.)

Meals

Breakfast, Lunch, Dinner

Day 14: Trek to Lumde via Renjo La Pass

Day 14 of the trek to the Three High Passes of Everest through a counterclockwise route begins with a climb from Gokyo towards Renjo La Pass. Renjo La Pass is the final pass of the three high mountain passes of the Everest region. The trail starts off along the northern side of Gokyo Lake. The ascent has some steep switchbacks, but it's still considered one of the easiest among the three passes, especially in clear weather. Once at the top of Renjo La Pass, we will see the views of Gokyo Lakes, panoramic views of Mount Everest, and the surrounding peaks.

Descending from the Renjo La, we will follow a wide stone staircase that quickly drops in elevation. So, this also makes it one of the easiest descents of the entire 3 high mountain passes trek. We will pass through alpine lakes and scenic stone mounds. We will reach Lumbe by late afternoon, where we will rest for the night.

Destination:	Accommodation	Altitude:
9 km downhill hike (Avg 8 hours)	3 Pass Lodge or Similar category	(4,368 m / 14,33 ft.)

Meals

Breakfast, Lunch, Dinner

Day 15: Trek to Namche

After days of high-altitude trekking, Day 15 brings a sense of return to civilization. It offers rich cultural experiences and stunning scenery. Leaving Lumbe, we will descend through quiet, traditional Sherpa villages set amid terraced fields, prayer walls, and alpine landscapes. The route to Namche is mostly downhill, but it has several uphill stretches that can catch tired legs off guard.

We will follow the Bhote Koshi River, passing through villages like Marulung, Tarangar, and Thame. Beyond Thame, the trail undulates through peaceful settlements like Thamo and Samde, with gompas, mani walls, and prayer flags dotting the trail. The final stretch to Namche Bazaar is uphill. When we reach Namche, you will feel bustling after the quieter days on the trail with the presence of cafes, bakeries, gear shops, and hot showers. We will spend the night at Namche before the final descent towards Lukla.

Destination:	Accommodation	Altitude:
16 km downhill hike (Avg 7 hours)	Sun Shower hotel or Khumbu Lodge	(3,440 m / 11,284 ft.)

Meals

Breakfast, Lunch, Dinner

Day 16: Retrace to Lukla

After breakfast in Namche Bazaar, we will begin our trek with a downhill walk towards Monjo at first. As we descend through forest areas and pass the Sagarmatha National Park checkpoint, we will retrace the scenic Everest Base Camp trail. Expect some traffic along the narrow trail. Along the way, we will cross the Hillary Suspension Bridge and follow the riverbank through Jorsale before making a short uphill climb to Monjo.

From Monjo, we will pass through villages like Benkar, Phakding, and Cheplung to reach Lukla. The trail has a few ups and downs, and we will walk along the beautiful stone-paved paths, crossing several suspension bridges. Depending on the pace, we can reach Lukla in 4 hours, with time for lunch on the way. This section is scenic but emotional, as we will be finishing our Everest Three High Passes adventure. Once in Lukla, we will celebrate the completion of our unforgettable trek. We'll stay overnight here and prepare for our flight to Kathmandu the next morning.

Destination:	Accommodation	Altitude:
19 km downhill hike (Avg 8 hours)	Hotel Ganesh Himal or Similiar category	(2,800 m / 9,240 ft.)

Meals

Breakfast, Lunch, Dinner

Day 17: Fly to Kathmandu

In the morning, we will take a 35-minute flight from Lukla back to Kathmandu. The small aircraft offers amazing aerial views of the Himalayas. Once you land in Kathmandu, you'll be transferred to your hotel, where you can rest. This return to city life might feel surreal after spending over two weeks in the remote

Everest region surrounded by towering peaks and Sherpa culture.

Spend the rest of the day relaxing or exploring Thamel, the tourist hub of Kathmandu. You can shop for souvenirs, enjoy a good meal, or even book a massage to soothe your tired legs. With memories of the EBC trek trail and the high-altitude passes fresh in your mind, Day 17 wraps up your once-in-a-lifetime adventure on the Everest Three Passes trekking route.

Destination:	Altitude:	Meals
25-45 minutes Flight	(2,860 m / 9,383 ft.)	Breakfast

What's Included

- Tribhuwan International Airport Pick Up and Transfer to Hotel in Kathmandu.
- Lodge accommodation (Twin share basis) during the trek
- All meals (Breakfast, Lunch, Dinner) during the trek
- An English-speaking, licensed, and Everest-region expert trekking guide
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide and porter's food, accommodation, salary, insurance, and transportation, etc.
- Sagarmatha National Park Fee and Pashang Lhamu Rural Municipality Entry Fee
- Domestic Round-trip Flights (Kathmandu-Lukla-Kathmandu)
- Trekking map, oxygen saturation check-up every day, water purification, first aid medical, duffle bag, Company T-shirt, and Trekking completion certificate
- Assistance for emergency rescue evacuation
- Government tax and service charge
- Public Liability Insurance

What's Not Included

- Hotel accommodation and meals in Kathmandu
- Hard and soft table drinks, including tea/coffee, Coke, fanta, mineral water, beer, battery charge, hot water, phone bill, laundry, and hot shower.
- Personal Travel Insurance
- Nepal Tourist Visa .
- International Flight Tickets.
- Tips for guides and porters (Highly suggested)

Trekking Gear List

Packing Checklist for Everest Three Passes Trekk via Anticlockwise Route

Clothing:

- Thermal tops and bottoms

- Fleece jackets or pullovers
- Insulated down jacket
- Insulated trekking pants
- Warm wool hat or beanie
- Sun hat or baseball cap
- Insulated, waterproof gloves or mittens
- Buff or neck gaiter

Footwear:

- Trekking boots
- Sandals
- Microspikes
- Trekking socks

Gear & Equipment:

- Backpack (50-70L)
- Daypack (20-30L)
- Sleeping Bag (rated for -15°C or lower)
- Sleeping Bag Liner
- Trekking Poles
- Headlamp with extra batteries
- Water bottles
- Water purification system (tablets, drops, or filter)
- Sunglasses (UV 400 protected)

Health & Hygiene:

- Personal First-Aid Kit
- Altitude Sickness Medication (consult your doctor)
- Small towel
- Travel-sized toiletries
- Toilet paper
- Hand sanitizer and wet wipes
- Sunscreen (SPF 30+)
- Lip balm with SPF

Electronics:

- Power bank
- Camera with spare batteries and memory cards
- Phone and charger
- Universal travel adapter
- Documents & Miscellaneous:
- Passport and multiple photocopies
- Passport-sized photos (4-5)
- Cash (Nepalese Rupees)
- Travel insurance information

Everest Three Pass Trek Anticlockwise Route Map

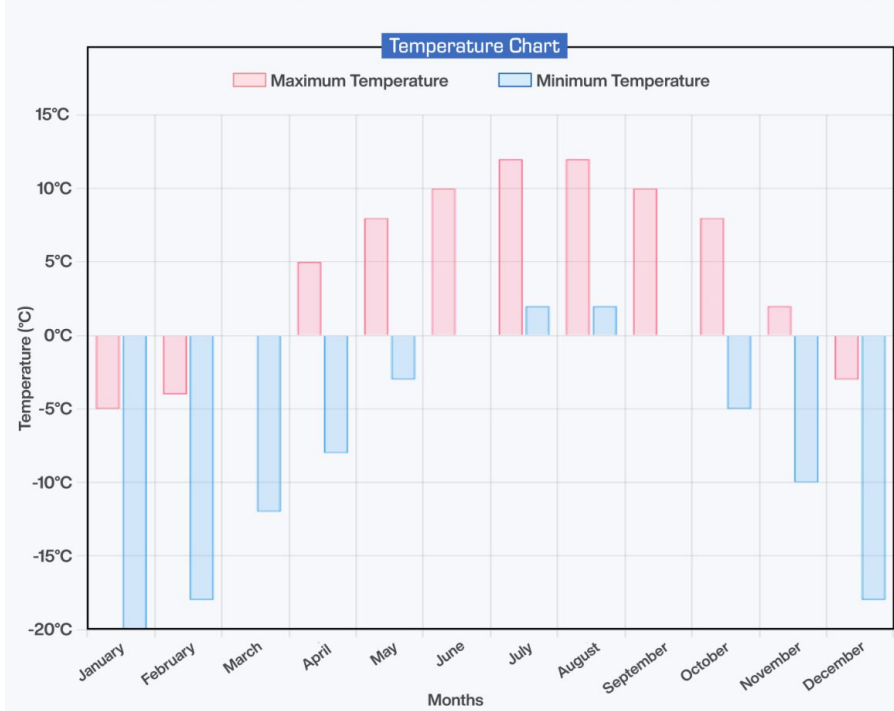
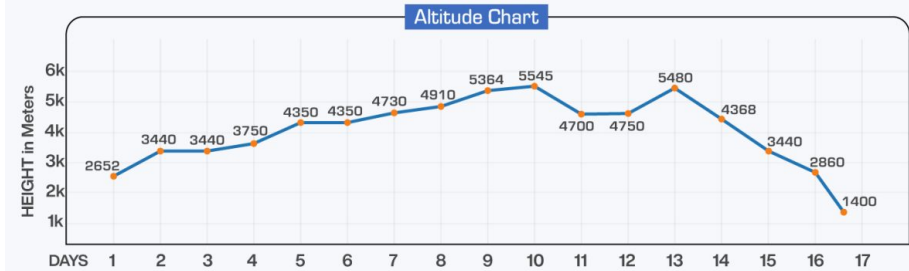
NEPAL ALTERNATIVE
TREKS & EXPEDITION

An alternative way of touring...

EVEREST THREE PASSES TREK

ANTICLOCKWISE ROUTE

17 DAYS



Traveler Reviews

Friendly Team and Excellent Guidance

Friendly Team and Excellent Guidance

This company made the best possible experience for me and my friend. I did a trek and was impressed by their professionalism. The owner was kind and easy to communicate with, and we had an excellent guide and porter. Worth recommending.

Rating: 5/5

Andreas Sebastian Schwaiger

Austria

ABC and 3 passes

ABC and 3 passes

Did both ABC and 3 passes trekk with Nepal Alternative and everything was great. They took care of everything, had quick responses and the porters and guides were very nice and friendly. Great company that i recommend very much

Rating: 5/5

Pedro

Portugal

Additional Trip Information

Everest Three Passes Trek - Daily Elevation Gain/Descent Table

Day	Route	Start Altitude	End Altitude	Elevation Gain	Elevation Loss	Notes
1	Lukla → Phakding	2,800 m	2,652 m	~180 m	~330 m	Mostly downhill; easy warm-up day.
2	Phakding → Namche Bazaar	2,652 m	3,440 m	~900 m	~100 m	Steep climb after the Hillary Bridge; challenging.
3	Acclimatization at Namche	3,440 m	3,440 m	~400 m (day hike)	~400 m	Optional hike to Everest View Hotel or Khumjung.
4	Namche → Debuche	3,440 m	3,750 m	~850 m	~550 m	Includes descent to Phunki Thanga, then climb to Tengboche and Debuche.

Day	Route	Start Altitude	End Altitude	Elevation Gain	Elevation Loss	Notes
5	Debuche → Dingboche	3,750 m	4,350 m	~700 m	~100 m	Gradual but sustained uphill climb.
6	Acclimatization at Dingboche	4,350 m	4,350 m	~500 m (day hike)	~500 m	Optional hike to Nangartshang Peak (5,100 m).
7	Dingboche → Chhukung	4,350 m	4,730 m	~400 m	~50 m	Gentle incline through open valley.
8	Chhukung → Kongma La → Lobuche	4,730 m	4,910 m	~800 m	~650 m	Hardest day: glacier walk and steep descent from Kongma La.
9	Lobuche → Gorakshep → EBC → Gorakshep	4,910 m	5,100 m	~500 m	~300 m	Out-and-back to Everest Base Camp from Gorakshep.
10	Gorakshep → Kala Patthar → Dzongla	5,100 m	4,830 m	~450 m	~700 m	Early climb to Kala Patthar, then long descent and traverse to Dzongla.
11	Dzongla → Cho La → Thangna	4,830 m	4,700 m	~600 m	~750 m	Steep, icy climb; boulder and glacier walk on descent.
12	Thangna → Gokyo	4,700 m	4,750 m	~200 m	~150 m	Short day; crossing Ngozumpa Glacier with ups/downs.
13	Gokyo → Gokyo Ri (side trip)	4,750 m	5,480 m (max)	~730 m	~730 m	Optional day hike to Gokyo Ri and back.
14	Gokyo → Renjo La → Lumde	4,750 m	4,368 m	~700 m	~1,000 m	Final pass day; long descent from Renjo La.
15	Lumde → Namche Bazaar	4,368 m	3,440 m	~200 m	~1,100 m	Gentle descent through Sherpa villages.
16	Namche → Lukla	3,440 m	2,800 m	~100 m	~800 m	Long descent with minor ups/downs along the Dudh Koshi River.
17	Lukla → Kathmandu (Flight)	2,800 m	1,400 m	N/A	N/A	35-minute flight back to Kathmandu.

Why Choose Anticlockwise Route of Everest Three Pass Trek?

The anticlockwise route of the Everest Three Passes trek is the safest and most preferred way to complete this high-altitude journey. Here are the reasons why to choose the counterclockwise route for

the Everest Three Passes trek:

Gradual Altitude Gain with Better Acclimatization Points

One of the major benefits of taking the Everest Three Passes trek anticlockwise route is that it helps our body slowly adapt to high altitudes. We get three rest days before crossing Kongma La, the first and highest pass. There are acclimatization days at Namche (3,440 m), Dingboche (4,410 m), and a half-day rest at Chhukung (4,730 m). This reduces the risk of altitude sickness and helps us enjoy the journey with fewer health issues.

Gentler Climb and Safer Descents Over All Three High Passes

The Everest three passes trek anticlockwise route also makes the physical challenge more manageable. For example, when we go from Chhukung to Lobuche, the ascent to Kongma La is long but gradual. Also, descending Cho La from the Dzongla side is easier and less icy compared to climbing up from Thangna. Likewise, Renjo La is crossed last, when you're best acclimatized and physically prepared. The anticlockwise direction puts less pressure on our knees and joints compared to the steeper climbs of the three passes trek's clockwise path.

Better Views and Scenery Flow (EBC First, Gokyo Lakes Later)

The anticlockwise route of the Everest Three Passes route gives us a perfect flow of adventure. We first visit major highlights like Everest Base Camp and Kala Patthar. The view keeps getting better as we cross Cho La to the Turquoise Gokyo Lakes and massive Ngozumpa Glacier. And as we descend from Renjo La, we see panoramic views of Everest, Lhotse, and the beautiful Gokyo Valley all at once. It's a beautiful visual progression that feels rewarding at every stage.

More Safety, Support, and Better Trail Conditions

Most trekkers and guides follow the counterclockwise route of the Everest Three Passes. So, you will see the trail busier and better maintained. You will find clearer signage and more teahouses and communication along the path. Also, you will meet fellow trekkers and guides on the trail, which adds a layer of safety if anything goes wrong. Plus, rescue or evacuation and emergency medical facilities (if needed) are readily available in commonly trekked areas like Namche, Dingboche, or Lobuche.

Exit Strategy After EBC for Weather or Health-Related Changes

Another big benefit of the anticlockwise trek of the Everest Three High Passes is flexibility. We visit Everest Base Camp and Kala Patthar before tackling the hardest sections of the trek. If you feel unwell, face bad weather, or simply wish to shorten the journey, you can exit via the standard EBC trail after Lobuche. Further, you can opt for a [helicopter return](#). It won't feel like a loss even if you skip the Gokyo section, as you've already covered the trek's iconic highlights. This route gives you multiple points to reassess and adapt based on how you're feeling.

Clockwise vs Anticlockwise Route of Everest Three Passes Trek

Both the clockwise and counterclockwise routes of the Everest Three Passes trek involve crossing three high passes- Renjo La, Cho La, and Kongma La Pass. However, choosing to trek in a clockwise direction or anticlockwise direction can make a big difference in how safe, enjoyable, and manageable your

trekking experience can be. Here's how the two routes compare:

Factors	Anticlockwise Route	Clockwise Route
Pass Order	Kongma La → Cho La → Renjo La	Renjo La → Cho La → Kongma La
Duration	17 days	16 days
Acclimatization and Altitude Gain	Gradual ascent (Namche → Chhukung → Kongma La) allows better acclimatization. Lower risk of AMS.	Quick ascent over Renjo La early on. Higher risk of altitude sickness.
Acclimatization Point	2 acclimatization days. At Namche, Dingboche, and a half day at Chhukung.	2 acclimatization days. At Namche and Everest Base Camp
Difficulty Level	More manageable. The uphill climbs are gentle and not too steep, and easier descent routes.	More physically demanding early in the trek. Steeper climbs and descents.
Trek Flow	First reach Everest Base Camp, then continue to Gokyo.	Starts with scenic Gokyo and Renjo La, and later continues to Everest Base Camp.
Altitude Exposure	Delayed exposure to extreme altitude gives time to adjust.	Early high-altitude exposure can shock the body.
Safety and Evacuation Access	Safer route with easier exits (via EBC trail) and more trekkers/lodges for support.	More remote sections early on. Limited support and difficult emergency exits.
Trail Popularity	More commonly used, well-marked, and supported.	Less crowded. Trails can be confusing and less developed.
Flexibility and Exit Points	Easier to shorten the trek after EBC or Cho La if needed.	Fewer options to exit or reroute once you cross Renjo La
Who is it Suitable For?	Ideal for moderate to experienced trekkers who are seeking experience with better acclimatization.	Better for highly experienced high-altitude trekkers or those seeking a more adventurous and remote journey.

Permits Required for Anticlockwise Everest Three Passes Trek Route

To complete the Everest Three Passes Trek via the anticlockwise route, you'll need two essential permits: **the Sagarmatha National Park Permit and the Pasang Lhamu Rural Municipality Entry Permit**. It is mandatory to obtain the permits required for the trek as the trek passes through protected and locally governed areas in the Everest (Khumbu) region.

The Sagarmatha National Park Permit is required because most of the trek lies inside the boundaries of the Sagarmatha National Park, a UNESCO World Heritage Site. This permit costs NPR 3,000 for foreign nationals and NPR 1,500 for SAARC nationals.

In addition, the Pasang Lhamu Rural Municipality Entry Permit is required to enter and trek through areas under local municipal administration. This permit ensures your contribution goes toward local development and maintenance. It costs NPR 3,000 per person.

You can get the Sagarmatha National Park Permit from the Nepal Tourism Board Office in Kathmandu, where you'll need to submit a valid passport copy and passport-sized photos. The Pasang Lhamu Municipality Permit can be obtained at the checkpoint in Lukla with a passport copy. If you're trekking with us, Nepal Alternative Treks, we will handle all permit arrangements and paperwork for you.

How to Get Prepared For the 3 High Passes Trek in the Everest Region?

To get prepared for the Everest Three High Passes trek, you will need to focus on your fitness, mindset, and trek planning. For fitness, you should train your legs and build body strength. Do exercises like squats, lunges, planks, and step-ups. If you can, try hiking uphill with a backpack to get used to carrying weight over long distances.

Besides this, you also need to engage in cardio exercises. Cardio exercises help your body handle low oxygen levels at high altitudes. Try running, cycling, swimming, jumping jacks, or brisk walking several times a week. These workouts boost your heart health, increase lung capacity, and help you trek for longer without getting tired quickly.

Similarly, being mentally strong is just as important as being physically fit. The trek can get tough, especially in high passes, so stay focused and keep a positive mindset. Remind yourself that it's okay to feel tired or uncomfortable. You can practice yoga, breathing exercises, or meditation before the trek to help reduce stress and improve focus.

Furthermore, don't skip the acclimatization when planning your Everest Three Passes Trekking Anticlockwise route itinerary. Acclimatization gives your body time to adjust to the thinner air at higher elevations. Take it slow, stay hydrated, eat well, and listen to your body.

Frequently Asked Questions

How long does it take to finish the Anticlockwise Everest Three Passes Trek?

It takes 16 to 19 days to complete the Anticlockwise Everest Three Passes trek. The duration depends on the itinerary of the trekking agency. You can even customize the duration as per your needs, as we offer customization benefits.

What kind of accommodation is available on the Everest Three Passes anticlockwise route?

Accommodation during the trek is in locally run tea houses or lodges. These teahouses are simple and offer basic twin-sharing rooms with beds, blankets, and shared toilets. Charging and internet facilities are available at an extra cost.

How risky is altitude sickness on the anticlockwise route of Everest Three

Passes?

Altitude sickness is a real concern on this trek since all three passes exceed 5,000 m. Luckily, the anticlockwise route allows for gradual acclimatization, especially with stops at Namche, Dingboche, Chhukung, and other key points. It's essential to stay hydrated, take rest days, and ascend slowly to reduce the risk of AMS.

Is hiring a local guide necessary for the Anticlockwise Everest High Passes Trek?

It's not legally mandatory to hire a local guide for the anticlockwise Everest High Passes trek. But to ensure safety and support throughout the trek, one should certainly hire a trekking guide. A guide provides navigation, support, and safety in emergencies as they are well-versed with the trail. They also enrich your trek by sharing cultural insights and arranging accommodation or permits.

Are there any age restrictions for trekking Anticlockwise Everest Three Passes Route?

There is no official age limit. But it is best suited for individuals aged 15 to 65 who are physically and mentally fit. That being said, older trekkers can still do it with proper preparation, a slower pace, and guidance. Also, you should consult a doctor before attempting this trek if you have health issues.

Can I charge my electronic devices during the trek?

Definitely, you can charge devices like phones or cameras at most tea houses. It is readily available in lower altitudes without extra costs. However, as you go higher, the facility becomes limited, and the only way to charge electronic devices is via solar-based power, so extra costs are charged.

Is vegetarian food available during the Anticlockwise Everest Three High Passes Trek?

Yes, vegetarian meals are widely available throughout the trek to the anticlockwise Everest Three High Passes. Most tea houses offer dishes like vegetable dal bhat, fried rice, noodles, and soups. You can also carry snacks to supplement your meals.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means **the full amount paid to us will not be refunded after the trip has begun**. Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable***. You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation

expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

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