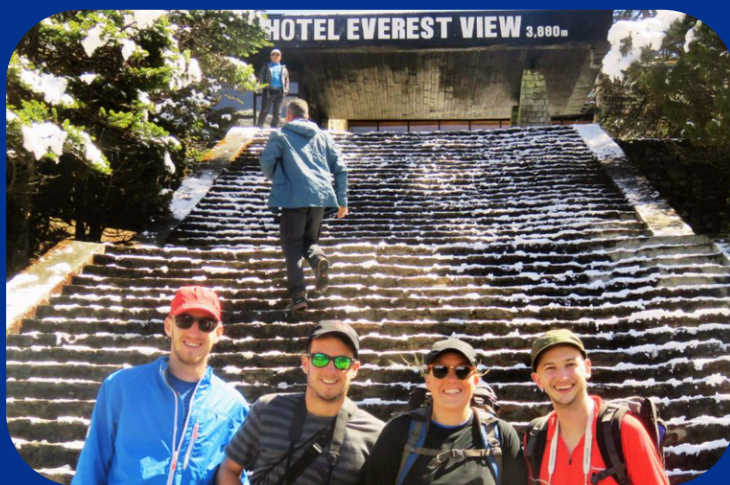
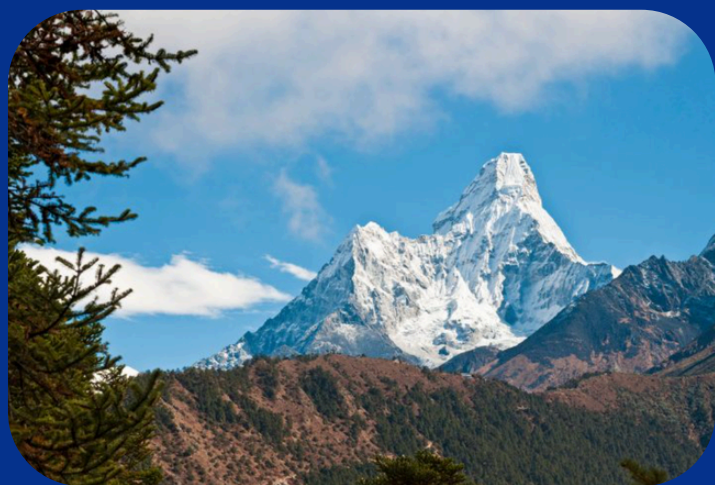




Everest Region Trek Guide

Every Khumbu route we run, compared

Eleven routes compared by duration, altitude, difficulty and season, so you can pick the trek that fits your time and your legs.



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What is inside this guide

Fifteen sections, from choosing a route to packing for it

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Every route in this guide is one we run ourselves. Durations are full package days, from the day you land in Kathmandu to the day you fly out, matching the itineraries on himalayaguidenepal.com.



SECTION 01

Introduction to Everest region treks

Where it is, what makes it special, and who it suits

The Everest region sits in the Solukhumbu district of north-eastern Nepal, along the border with Tibet. Trekkers know it as the Khumbu. Almost every route in this guide runs inside Sagarmatha National Park, a UNESCO World Heritage Site protecting 1,148 square kilometres of glacier, birch forest and high pasture beneath the highest mountain on earth.

What makes Everest region special

- Four of the world's six highest peaks are visible from its trails: Everest (8,849 m), Lhotse, Makalu and Cho Oyu.
- Ama Dablam (6,812 m) dominates the middle section of nearly every Khumbu route, and most trekkers photograph it more than Everest.
- Sherpa villages that have been Buddhist communities for around 500 years, working monasteries at Tengboche and Thame, and mani walls the whole way up.
- The best teahouse network in Nepal, good enough that you never carry a tent and rarely carry more than a day's food.

Who can trek in Everest Region?

You do not need climbing experience for any trekking route in this list. You do need to walk five to seven hours a day on uneven ground, several days in a row, at altitudes where the air holds roughly half the oxygen it does at sea level. Most people who train for two to three months beforehand manage well. Age matters far less than fitness and attitude: we regularly guide trekkers in their sixties and seventies to Base Camp.

Getting to Everest Region

Most itineraries fly 35 minutes from Kathmandu to Lukla (2,860 m). In the peak autumn and spring months many flights leave from Ramechhap (Manthali), a four to five hour drive from Kathmandu. If you would rather not depend on the flight, two walk-in routes in Section 07 start by road from Salleri or Jiri.

A note on altitude

Every trek in this list goes above 3,800 m, and most go above 5,000 m. Altitude, not distance, is what makes these routes demanding. Our itineraries include acclimatisation days as standard, and they are not optional padding. Section 10 explains how to read the altitude profile of any trek before you commit to it.



11 Everest Treks List

Eleven routes, side by side

Use this table to shortlist two or three routes, then read the detailed profiles in the sections that follow. Durations are full package days, from the day you land in Kathmandu to the day you fly out, matching the itineraries on himalayaguidenepal.com.

Trek	Days	Highest point	Difficulty
Everest View Trek	8	about 3,880 m	Moderate
Everest Gokyo Ri Trek	12	Renjo La 5,360 m	Strenuous
Everest Base Camp Trek	13	Kala Patthar 5,545 m	Strenuous
Everest Two Passes Trek	14	Cho La 5,420 m	Challenging
EBC Trek by Drive from Salleri	15	Kala Patthar 5,545 m	Strenuous
Chola Pass Trek (Gokyo and EBC)	16	Kala Patthar 5,545 m	Strenuous
Everest Base Camp Luxury Trek	16	Kala Patthar 5,545 m	Strenuous
Everest Three Passes Trek	18	Kongma La 5,535 m	Challenging
Island Peak with Three Passes	19	Island Peak 6,189 m	Challenging + climb
Jiri to Everest Base Camp Trek	21	Kala Patthar 5,545 m	Strenuous
Lobuche Peak with Three Passes	21	Lobuche East 6,119 m	Challenging + climb

How to read the difficulty column

One grading key runs through every Himalaya Guide Nepal region guide. **Easy**: tops out below 3,500 m. **Moderate**: up to about 4,800 m with no pass above 4,500 m. **Strenuous**: a pass above 4,500 m or time above 5,000 m. **Challenging**: two or more high passes, a trekking peak, or remote camping. Section "Difficulty and altitude guide" explains each grade.

The "highest point" column always shows the highest place you stand on the trek, not where you sleep. On Base Camp routes that is Kala Patthar, the viewpoint above Gorak Shep, rather than Base Camp itself at 5,364 m.



Everest Base Camp Trek

The classic Khumbu route, and still the one most people want

The route flies into Lukla, follows the Dudh Koshi north to Namche Bazaar, then climbs the Khumbu valley through Tengboche, Dingboche and Lobuche to Gorak Shep. From there you walk out onto the Khumbu Glacier to Base Camp, and climb Kala Patthar at dawn for the view Base Camp does not give you: Everest, whole, from summit to foot.

DURATION
13 days

BASE CAMP ALTITUDE
5,364 m

BEST SEASON
Autumn and spring

HIGHEST POINT
Kala Patthar 5,545 m

DIFFICULTY
Strenuous

START AND FINISH
Kathmandu, via Lukla flight



Day by day EBC Trek Breakdown

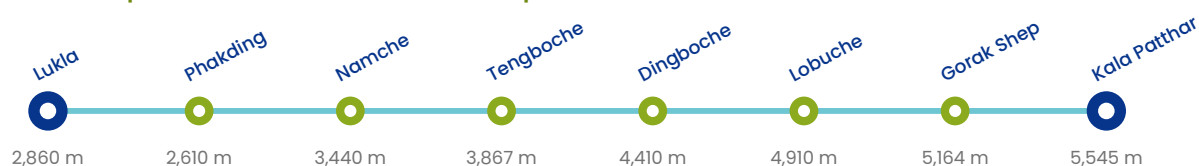
Day	Route	Sleep at	Walking
1	Arrive Kathmandu	1,350 m	–
2	Fly to Lukla, trek to Phakding	2,610 m	3 – 4 hrs
3	Phakding to Namche Bazaar via Monjo	3,440 m	5 – 7 hrs
4	Acclimatisation day in Namche	3,440 m	Short hike
5	Namche to Tengboche	3,867 m	5 – 6 hrs
6	Tengboche to Dingboche	4,410 m	5 – 6 hrs
7	Acclimatisation day in Dingboche	4,410 m	Short hike
8	Dingboche to Lobuche	4,910 m	5 – 6 hrs
9	Lobuche to Gorak Shep, visit Base Camp (5,364 m)	5,164 m	6 – 7 hrs
10	Kala Patthar (5,545 m) at dawn, descend to Pheriche	4,240 m	7 – 9 hrs
11	Pheriche to Namche Bazaar	3,440 m	6 – 7 hrs
12	Namche to Lukla	2,860 m	6 – 8 hrs
13	Fly Lukla to Kathmandu	1,350 m	–



Main attractions During Everest Base Camp Trek

- Namche Bazaar (3,440 m), the Sherpa trading town built into a horseshoe of hillside, with its Saturday market and your first clear Everest view.
- Tengboche Monastery (3,867 m), first built in 1916 and rebuilt after a fire in 1989, on a ridge directly beneath Ama Dablam.
- Everest Base Camp (5,364 m) at the foot of the Khumbu Icefall, and the tent city of the spring climbing season.
- Kala Patthar (5,545 m) at sunrise, the clearest trekking view of Everest's south-west face.
- The climbers' memorial chortens at Thukla Pass, above Dughla.

Altitude profile of Everest Base Camp Trek



Standard ascent profile. The acclimatisation days at Namche and Dingboche are the reason the trek takes thirteen days rather than nine.

Who it suits

First-time Himalayan trekkers with a solid base of fitness and two clear weeks. It is the busiest route in the region, which is a fair criticism in October, but also the reason the teahouses, communications and rescue coverage are the best in Nepal. If this is your first trek above 5,000 m, that infrastructure works in your favour.



Gokyo and Cho La treks

Turquoise lakes, a quieter valley, and arguably the better viewpoint

West of the main Base Camp trail, the Gokyo valley holds a chain of six glacial lakes at around 4,700 to 5,000 m, beside the Ngozumpa, the longest glacier in Nepal. Fewer trekkers come here, and the panorama from Gokyo Ri takes in Everest, Lhotse, Makalu and Cho Oyu in a single sweep.

Everest Gokyo Ri Trek

Lukla to Namche on the standard trail, then north-west through Dole and Machhermo to Gokyo village.

You climb Gokyo Ri (5,357 m) at first light, then leave the valley over Renjo La (5,360 m) and return through Thame, so you never walk the same trail twice above Namche.

DURATION

12 days

DIFFICULTY

Strenuous

HIGHEST POINT

Renjo La 5,360 m

BEST FOR

Views without the crowds



Chola Pass Trek

The combination route and the best value in the Khumbu if you have the time. Gokyo Lakes and Gokyo Ri first, then the Cho La pass (5,420 m) east into the Khumbu valley, then Base Camp and Kala Patthar. Both halves of the region in one trip, with a genuine high pass in the middle.

DURATION

16 days

PASS CROSSED

Cho La 5,420 m

HIGHEST POINT

Kala Patthar 5,545 m

DIFFICULTY

Strenuous



Everest Two Passes Trek

A quieter alternative to Three Passes that crosses Cho La and Renjo La but skips Kongma La. You climb the main Khumbu trail as far as Thukla, cross Cho La into the Gokyo valley, and leave over Renjo La to Thame.

DURATION

14 days

PASSES

Cho La and Renjo La

HIGHEST POINT

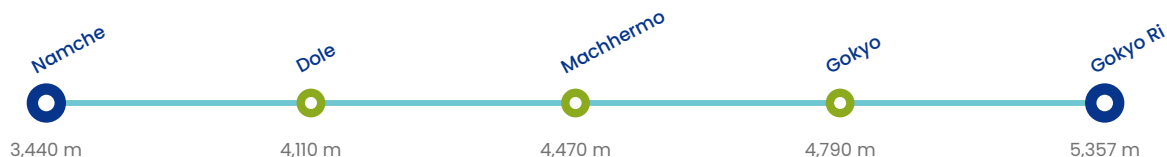
Cho La 5,420 m

DIFFICULTY

Challenging



Gokyo valley, branching north-west at Namche



Cho La is a real pass, not a walk

The eastern side holds snow and ice for most of the year and the crossing includes a short glacier section. Our guides carry crampons, brief you the evening before, and make the go or no-go decision on the morning based on what the pass actually looks like. Prior altitude experience is needed here, not just fitness.



Everest Three Passes Trek

The full circuit of the Khumbu, and the hardest trekking route in this list

Three Passes links the eastern, central and western valleys of the Khumbu into one loop. It takes in Base Camp, Kala Patthar, Gokyo and the lakes along the way, so you see everything the other routes see and a great deal they do not.

Pass	Altitude	Character	Our order
Kongma La	5,535 m	Longest and highest day, boulder field and moraine	First
Cho La	5,420 m	Snow and short glacier crossing, early start essential	Second
Renjo La	5,360 m	Stone staircase, the finest single view of the three	Third

Recommended experience level

This is not a first trek. You should have completed at least one multi-day high-altitude trek before, be comfortable on loose rock and snow, and be ready for ten or more days above 4,000 m. Weather closes the passes with little warning. Crampons, a proper down jacket and a guide who knows current pass conditions are all non-negotiable.



Adding a trekking peak

Two of our itineraries add a guided climb to the Three Passes circuit. Both need a separate peak climbing permit, which we arrange, and include a training session before the summit day.

Itinerary	Days	Summit	What it adds
Island Peak with Three Passes	19	6,189 m	Fixed ropes and a short ladder section above Chhukhung
Lobuche Peak with Three Passes	21	6,119 m (East)	A steeper summit ridge above the Lobuche valley



Build in spare days

If a pass is closed by snow, the choice is waiting or walking back down the valley you came from. One or two contingency days on the longer itineraries are the difference between finishing the circuit and abandoning it.



Short and comfort options

For a week in the mountains, or two weeks with better beds

You do not need two weeks or a 5,000 m day to see Everest. And if you want Base Camp with more comfort at night, there is a version of the classic route built for that.

Everest View Trek

Lukla to Namche, an acclimatisation hike to the Everest View Hotel at about 3,880 m, then on to Tengboche Monastery (3,867 m) for morning prayers with Everest, Lhotse and Ama Dablam visible from the courtyard. Altitude risk is far lower than on the 5,000 m routes, and one acclimatisation day in Namche is enough for most healthy trekkers.

DURATION

8 days

DIFFICULTY

Moderate

HIGHEST POINT

about 3,880 m

BEST FOR

First-timers, families, short timelines

Everest Base Camp Luxury Trek

The classic Base Camp route with the best boutique lodges on the trail, private rooms and hot showers, a four-star hotel in Kathmandu before and after, and a private guide for a group of two. Be clear about what luxury means up high: above Dingboche the best room is still a mountain lodge. The upgrade is real in comfort and service, not a different trek.

DURATION

16 days

DIFFICULTY

Strenuous

HIGHEST POINT

Kala Patthar 5,545 m

GROUP SIZE

Private, 2 people

Everything here depends on the Lukla flight

Short itineraries have the least slack. A single weather day at Lukla can take a big share of your trek. If your schedule is tight, budget one buffer day in Kathmandu at the end, or look at the drive-in option from Salleri in the next section.



Walk-in routes without the Lukla flight

The road approach and the original 1953 approach

Weather at Lukla is the single biggest cause of delays in the Khumbu. These two routes start by road instead, trading a 35-minute flight for longer days that also give your body a slower, gentler climb.

EBC Trek by Drive from Salleri

An 8 to 9 hour drive to Salleri (2,350 m) on a road that turns rough and unpaved after Ghurmi, then a jeep to Tham Danda and a walk up to join the main trail below Lukla. From there the route follows the standard Base Camp itinerary. A good choice if your return date cannot move.

DURATION

15 days

DIFFICULTY

Strenuous

HIGHEST POINT

Kala Patthar 5,545 m

START

Kathmandu by road

Jiri to Everest Base Camp Trek

The route Hillary and Tenzing walked in 1953, before Lukla had an airstrip. A long drive to Jiri (1,940 m), then a week through Sherpa and Rai hill villages via Junbesi before joining the Khumbu trail at Monjo. Quiet, green, and the best-acclimatised way to reach Base Camp.

DURATION

21 days

DIFFICULTY

Strenuous

HIGHEST POINT

Kala Patthar 5,545 m

EXTRA PERMIT

Gaurishankar Conservation Area

Road conditions

Both roads are slow, dusty and occasionally blocked by landslides after rain. We time departures around the season, and for the return leg most trekkers fly out of Lukla.



Trek comparison by category

The short answer, depending on what you want most

BEST FOR FIRST-TIME TREKKERS

Everest Base Camp Trek

The most supported trail in Nepal, with acclimatisation days built in and help never far away.

BEST FOR MOUNTAIN VIEWS

Everest Gokyo Ri Trek

Everest, Lhotse, Makalu and Cho Oyu in one panorama, with the lakes and the Ngozumpa Glacier below.

BEST FOR ADVENTURE

Everest Three Passes

Three crossings above 5,300 m and the full loop of the region. The most complete trek in the Khumbu.

BEST SHORT TREK

Everest View Trek

Eight days, nothing above about 3,880 m, and a real Everest view from Tengboche.

BEST COMBINED TREK

Chola Pass Trek

Gokyo and Base Camp joined by the Cho La crossing, in sixteen days.

BEST WITHOUT A FLIGHT

EBC by Drive from Salleri

The classic route with a road start, for fixed return dates.



Still undecided?

Section 14 turns this into a short decision table. If you know how many days you have, it will get you to a shortlist of one or two routes.

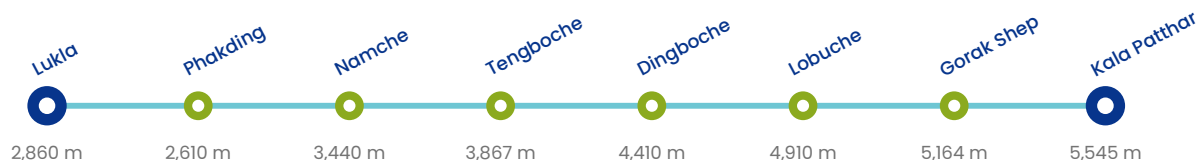


Everest region trek routes

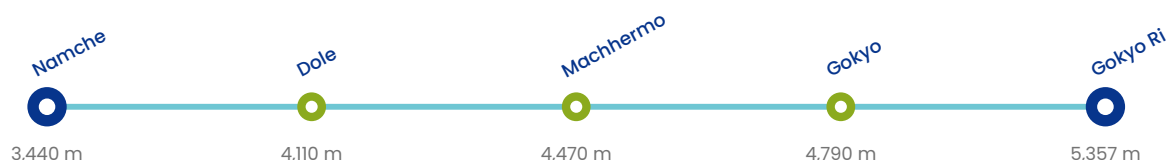
The villages, junctions and passes you will hear named

Almost every Khumbu itinerary is built from the same set of stops. Learning the sequence makes any day-by-day plan easy to read.

Main Khumbu valley, Lukla to Kala Patthar



Gokyo valley



Major junctions and passes

Place	Altitude	Why it matters
Namche Bazaar	3,440 m	The hub. Every route passes through it, and it is the standard first acclimatisation stop
Phortse Thanga	about 3,680 m	Where the Gokyo trail leaves the main Base Camp trail
Dughla / Thukla Pass	4,620 m / 4,830 m	The memorial chortens, and the steep climb onto the Khumbu moraine
Kongma La	5,535 m	Links Chhukhung to Lobuche, the highest of the three passes
Cho La	5,420 m	Links Dzongla to Thagnak, joining the Khumbu and Gokyo valleys
Renjo La	5,360 m	Links Gokyo to Lumde and the Thame valley

Altitudes are the figures in common use on the trail and vary a little between sources and signboards.



Difficulty and altitude guide

What the grades actually mean on the ground

Grade	Daily walking	Top altitude	What it feels like
Easy	4 – 6 hours	Below 3,500 m	Good trail, village nights, no acclimatisation days needed
Moderate	5 – 7 hours	3,500 – 4,800 m, no high pass	Long days, thin air at the top, one acclimatisation stop
Strenuous	5 – 8 hours	A pass above 4,500 m or time above 5,000 m	Cold nights, pre-dawn starts, one or two very long days
Challenging	6 – 9 hours	Two or more high passes, a peak, or remote camping	Snow underfoot, basic facilities, prior altitude experience needed

Daily walking expectations

Distances in the Khumbu are short and the days are still long, because almost none of it is flat. A typical day covers 10 to 14 km and gains 400 to 800 m. Pass days are the exception: expect 12 to 15 km, a climb of around 1,000 m, a long descent, and eight hours or more on your feet.

Why acclimatisation days are not rest days

The rule that works is climb high, sleep low. On the Namche acclimatisation day you walk up to the Everest View Hotel or Khumjung at around 3,880 m and come back down to sleep at 3,440 m. Your body adapts overnight at the lower altitude. Skipping these days to save time is the most common reason trekkers fail to reach Base Camp.

Altitude considerations

- Above 3,000m, keep sleeping—altitude gains to roughly 300 to 500 m per night.
- Plan a full acclimatisation day for about every 1,000 m of altitude gained.
- Drink far more than feels necessary, three to four litres a day.
- Mild headache, poor appetite and broken sleep are common. A worsening headache, breathlessness at rest, confusion or loss of balance are not, and mean descending straight away.
- Talk to a travel doctor about altitude medication before you leave home, and tell your guide about any medication you carry.

Descent is the treatment

No drug, oxygen bottle or rest day replaces going down. Every itinerary we run has descent options identified in advance, and every guide carries a first aid kit and a way to call for help. Helicopter evacuation depends on weather, which is why travel insurance covering evacuation to the maximum altitude of your trek is a condition of joining any trip in this guide.



Best time for Everest region treks

Choosing your season, and what each one costs you

Season	Advantages	Disadvantages
Autumn Late Sep – Nov	The clearest skies of the year, settled weather after the monsoon, every teahouse open and fully staffed	The busiest months on the trail, lodges full at Namche and Dingboche, flights heavily booked
Spring Mar – May	Rhododendron forest in bloom below Namche, longer days, warmer nights, and Base Camp alive with the climbing season	Afternoon haze builds through May, and the high passes hold more snow early in the season
Winter Dec – Feb	Very few trekkers, sharp clear mornings, and the lower routes are genuinely pleasant	Nights well below freezing above 4,000 m, some high lodges closed, passes often blocked
Monsoon Jun – Aug	Green valleys, wildflowers and empty trails	Cloud hides the mountains for days, trails are wet, leeches lower down, and Lukla flights are cancelled often

The shoulder weeks are underrated

The second half of September and the first half of December give you most of the autumn weather with a fraction of the traffic. If your dates are flexible and you are trekking a lower route, they are often the best compromise available.

Pass routes have a shorter season

Plan Three Passes, Two Passes and the Cho La routes for October to November or April to May. Outside those windows snow on the passes closes them more often than not.



Permits and preparation

Paperwork, logistics and getting your body ready

Permits

- Sagarmatha National Park entry permit, required on every route in this guide.
- Khumbu Pasang Lhamu Rural Municipality permit, issued locally. It replaced the TIMS card for the Everest region.
- Gaurishankar Conservation Area permit, only on the Jiri walk-in route.
- A peak climbing permit for the Island Peak and Lobuche Peak itineraries.

Permit fees are set by the park and the municipality and are revised periodically. We arrange every permit on your behalf and confirm current fees in writing when you book.

Licensed guide rule

Nepal's licensed-guide rule of April 2023 has been applied differently in the Khumbu than in other regions, because the local municipality manages its own trekking permit. We treat a licensed guide as standard on every Everest route, and we confirm the current requirement in writing when you book.

Travel insurance

Your policy must cover trekking to the maximum altitude of your itinerary and must include helicopter evacuation and repatriation. Many standard travel policies stop at 3,000 or 4,000 m. Read the altitude clause, not the summary.

Flights and buffer days

Weather cancellations at Lukla are normal and unpredictable. Build one or two buffer days into your trip, or take the Salleri drive-in if your dates cannot move.

Accommodation and money

Teahouses the whole way: twin rooms with thin walls and shared bathrooms, plus a heated dining room that is the social centre of the evening. There are no reliable ATMs above Namche, and lodges higher up charge for charging, hot showers and wifi, so carry enough Nepali rupees.

Physical preparation

- Start eight to twelve weeks out. Consistency beats intensity.
- Uphill walking with a loaded pack is the most useful training there is. Flat cardio alone does not prepare you for the stairs.
- Add two or three cardio sessions a week, and one long walk of four hours or more at the weekend.
- Break your boots in properly. Blisters end more treks than altitude does.
- If you have a heart, lung or blood pressure condition, get medical clearance before booking.



Packing essentials

Tick as you pack. Aim for 10 to 12 kg in the porter bag

CLOTHING

- ☐ Base layers, 2 sets
- ☐ Fleece or midlayer
- ☐ Down jacket
- ☐ Waterproof shell jacket
- ☐ Waterproof trousers
- ☐ Trekking trousers, 2
- ☐ Trekking shirts, 3
- ☐ Warm hat and sun hat
- ☐ Buff or neck gaiter
- ☐ Liner and insulated gloves
- ☐ Underwear and sports bras
- ☐ Trekking socks, 4 pairs

FOOTWEAR AND GEAR

- ☐ Broken-in trekking boots
- ☐ Camp shoes or sandals
- ☐ Gaiters, for pass routes
- ☐ Trekking poles
- ☐ Daypack, 30 to 35 L
- ☐ Duffel bag for the porter
- ☐ Dry bags or pack liner
- ☐ Sleeping bag (see rating below)
- ☐ Sleeping bag liner
- ☐ Headtorch and spare batteries
- ☐ Microspikes or crampons, pass routes only

HEALTH AND EXTRAS

- ☐ Sunscreen, factor 50
- ☐ SPF lip balm
- ☐ Category 4 sunglasses
- ☐ Personal medication
- ☐ Blister kit and tape
- ☐ Rehydration salts
- ☐ Water bottles, 2 to 3 L
- ☐ Purification tablets or filter
- ☐ Quick-dry towel
- ☐ Wet wipes and hand sanitiser
- ☐ Power bank, 20,000 mAh
- ☐ Universal adapter
- ☐ Passport, permits, insurance
- ☐ Cash in Nepali rupees

Three things trekkers consistently get wrong

They bring too much and pay for it on every uphill. They bring a sleeping bag rated for the valley rather than for Gorak Shep: bring one rated to at least minus 10 Celsius. And they underestimate cash, because there are no reliable ATMs above Namche.



Quick trek selection guide

Start with the days you have, not the trek you have heard of

Have about a week?	Everest View Trek, 8 days
Have 12 to 13 days?	Everest Base Camp Trek or Gokyo Ri Trek
Want the lakes and Base Camp?	Chola Pass Trek, 16 days
Want high passes without the full loop?	Everest Two Passes Trek, 14 days
Want the full circuit?	Everest Three Passes Trek, 18 days
Want a summit as well?	Island Peak or Lobuche Peak with Three Passes
Worried about the Lukla flight?	EBC by Drive from Salleri, 15 days
Want comfort at night?	EBC Luxury Trek, 16 days
Want history and quiet trails?	Jiri to Everest Base Camp, 21 days

Two questions that settle most of it

How many days can you actually give it? Our durations already include your arrival and departure days in Kathmandu. Choose a route that fits inside your trip with one day to spare for weather.

Have you been above 4,000 m before? If not, take a route that tops out at Base Camp or Gokyo rather than one that crosses two or three passes. The passes are far better enjoyed by someone who already knows how their body handles altitude.



Final Everest region trek list

One page. Print it, or keep it on your phone

Trek	Days	Highest point	Difficulty	Best season	Main highlight
Everest View	8	3,880 m	Moderate	All but monsoon	Tengboche Monastery
Gokyo Ri	12	5,360 m	Strenuous	Autumn, spring	Four 8,000ers in one view
Everest Base Camp	13	5,545 m	Strenuous	Autumn, spring	Base Camp and Kala Patthar
Everest Two Passes	14	5,420 m	Challenging	Oct – Nov, Apr – May	Cho La and Renjo La
EBC by Drive (Salleri)	15	5,545 m	Strenuous	Autumn, spring	No Lukla flight in
Chola Pass	16	5,545 m	Strenuous	Oct – Nov, Apr – May	Gokyo, Cho La and EBC
EBC Luxury	16	5,545 m	Strenuous	Autumn, spring	Best lodges, private guide
Everest Three Passes	18	5,545 m	Challenging	Oct – Nov, Apr – May	All three passes
Island Peak + Three Passes	19	6,189 m	Challenging	Oct – Nov, Apr – May	A 6,000 m summit
Jiri to EBC	21	5,545 m	Strenuous	Autumn, spring	The 1953 approach
Lobuche Peak + Three Passes	21	6,119 m	Challenging	Oct – Nov, Apr – May	Summit and circuit

Ready to pick one?

Send us your dates and the two routes you are weighing up, and we will come back with a day-by-day itinerary, a firm price and the current permit position. WhatsApp +977 9851193013 or info@himalayaguidenepal.com. We would rather talk you onto the right trek than sell you the famous one.

Altitudes, durations and seasons reflect our standard itineraries and commonly published figures, which vary a little between maps and signboards. Conditions on the ground, permit fees and regulations change. Confirm current details with us before you travel.





Plan your trek with people who live here

Himalaya Guide Nepal is a Nepali-owned trekking company based in Kathmandu, running guided treks and peak climbs across Everest, Annapurna, Manaslu, Langtang, Ruby Valley and Nepal's restricted areas. This guide covers the Annapurna region. Every itinerary in this guide can be adjusted to your dates, pace and budget.

himalayaguidenepal.com | WhatsApp +977 9851193013 | info@himalayaguidenepal.com

