

Everest Two Passes Trek

URL: <https://himalayan360.com/trip/everest-two-passes-trek/>

Destination

Nepal Treks & Tours

Activity

Trekking

Start / End Point

Kathmandu/Kathmandu

Trip Type

Trekking in Himalaya

Route

Kathmandu-Lukla-Namche-Everest Base Camp-16
Gokyo-Dole-Namche-Lukla-Kathmandu

Duration**Destination**

Nepal

Language

Nepal

Per Person From

USD 1,410

Region

Everest Region

Max. Altitude

5,555M/18,225FT

Group Size

2 - 10

Best Season

Feb, Mar, Apr, May, Jun, Sep, Oct, Nov, Dec

Activities

Trekking, Sightseeing

Trek Distance

132.54KM/82.4Mile

Transportation

Flight | Jeep

Accommodation

Tea house

Meals

Breakfast, Lunch, Dinner

Difficulty

Strenuous

16 Days Everest Two Passes Trek day by day Itinerary

Day 01: Fly to Lukla from Kathmandu or Ramechhap Airport and then Trek to Phakding

Your Everest Two Passes trek starts with a scenic flight to Lukla. *Depending on the season, flights may take off either from Kathmandu or from Ramechhap (Manthali) airport. During busy months (March, April, May, September, October, November), flights to Lukla usually operate from Ramechhap Airport instead of Kathmandu.* Hence, during this time, you will drive from Kathmandu to Ramechhap, which takes about **5-6Hours**. And from Ramechhap, you will take a short **20-minute flight** to Lukla.

Likewise, during **less-crowded months or off-season** (January, February, June, July, August, December), **flights operate directly from Kathmandu** to Lukla. From Lukla, you will begin your first walk on the Everest trekking route. On this day, you will head toward **Phakding**. This section of the Everest Two Pass trek trail is very beautiful. You will follow the **Dudh Koshi River**. The river flows on your left as you make your way up the valley. You will also pass by small **Sherpa villages** like Surke. Further, you will share the trail with local people, yaks, horses, and mules carrying goods. This makes the journey lively. After **3Hours** of walking, you will reach Phakding, where you will spend the night.

Distance:

3Hours

Ascent:

176M/577FT

Descend:

389M/1,275FT

Highest Altitude:

2,860M/9,383FT (Lukla)

Meals:

Lunch, Dinner

Accommodations:

Tea House

Trek Distance:

7.3KM/4.5Mile

Flight Hours:

45 minutes flight from KTM or 5-6hrs drive and
20 minutes' flight from Manthali

Day 02: Trek to Namche Bazaar from Phakding

The second day's walk in the Everest region takes you from **Phakding to Namche Bazaar**. The Everest two high passes trek path once again follows the **Dudh Kosi River** and enters the famous **Sagarmatha National Park**, a **UNESCO World Heritage Site**. Before reaching the national park, you will pass several Sherpa villages like Benkar, Chumoa, and Monjo. You will pass the beautiful **Toktok Waterfall**, too. Likewise, on this day, you will cross several **suspension bridges** as the trail weaves from one side of the river to the other.

*The most famous suspension bridge is the **Edmund Hillary Suspension Bridge**. It is the longest and highest in the Khumbu region of Nepal, which **stretches 140M across** and **125M above** the river. After the Hillary Bridge, the trail towards Everest's high mountain passes becomes much steeper as you climb toward Namche Bazaar. It can be quite demanding since you gain nearly a vertical kilometer in elevation. It is also when you start to feel the change in altitude. But one of the highlights is that you will get your *first glimpses of Mount Everest* just above the **Lhotse-Nuptse ridge**. You will reach Namche by late afternoon. Overnight at Namche Bazaar.*

Distance:

6Hours

Ascent:

1,090M/3,575FT

Descend:

290M/951FT

Meals:

Breakfast,Lunch,Dinner

Trek Distance:

9.8KM/6Mile

Highest Altitude:

3,440M/11,286Ft (Namche)

Accommodations:

Tea House

Day 03: Acclimatization Day at Namche. Hike to Hotel Everest View

Today is an acclimatization day in Namche Bazaar. Rest days like this are very important on the Everest trek trail, as they help your body adjust to the high altitude. On this day, you will take part in a short hike. Many trekkers visit the **Sherpa Museum**, a **local monastery**, or **take a short hike** to enjoy views of the mountains.

One of the best short hikes you can take when in Namche Bazaar is the walk to the **Everest View Hotel**. The hike takes about **two hours** and leads to a beautiful **viewpoint at 3,860M**. From here, you can enjoy mesmerizing views of **Everest, Ama Dablam, Lhotse**, and other Himalayan peaks. The hotel, which opened in 1971, is also a nice place to enjoy tea, coffee, or a snack while looking at the mountains. After your hike and exploration, you return to Namche for dinner and rest. Tomorrow, the Everest two passes trekking route continues higher into the Khumbu region.

Distance:

2Hours

Ascent:

420M/1,378FT

Descend:

420M/1,378FT

Highest Altitude:

3,860M/12,664FT (Everest View Hotel)

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House or Lodge

Trek Distance:

4KM/2.5Mile

Day 04: Trek to Tengboche from Namche Bazaar

After breakfast in Namche, you will get ready to head out for your destination of the day, **Tengboche**. Along the way, you will get some of the best views of the Himalayas, including **Everest, Lhotse, Nuptse, Ama Dablam**, and **Thamserku**. The path has gentle ups and downs and passes through small villages like Sansa. *Sansa is the junction where the trail splits toward Gokyo Valley and Everest Base Camp.* You will take the path that goes to EBC. From here, the Everest two high passes trekking route goes **through pine forests** and descends to the Dudh Kosi River.

You will cross a *suspension bridge decorated with prayer flags* before reaching **Phunki Thenga**, a small village. From Phunki Tenga, the climb becomes steeper. You will walk uphill through pine and

rhododendron forests until you reach Tengboche. **Tengboche** sits on a hill at the confluence of the Dudh Kosi and the Imja Khola. The view of Ama Dablam from Tengboche is especially striking, often described as looking like a mother with outstretched arms. Tengboche is also home to the largest monastery in the Khumbu region, Tengboche Monastery. At the monastery, you can witness an afternoon prayer ceremony by the monks. Overnight in a lodge at Tengboche.

Distance:

6Hours

Ascent:

1,035M/3,395FT

Descend:

597M/1,958FT

Highest Altitude:

3,860M/12,664FT (Tengboche)

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House

Trek Distance:

9.3KM/5.8Mile

Day 05: Trek to Dingboche from Tengboche

On day 5, the Everest 2 pass trek trail climbs higher into the **Imja Khola Valley**, with incredible views of **Ama Dablam** and **Island Peak**. The path passes **Mani walls**, **chortens**, and **traditional Sherpa villages**, making the walk both scenic and cultural. After about three hours, you will reach **Pangboche village (3,985M/13,074FT)**, the highest permanent settlement in the valley. The village is famous for its **ancient monastery** and serves as a base for Ama Dablam climbers. From here, the trail continues along the wide, open valley.

Just before Dingboche, the path splits. Trekkers heading on the classic Everest Base Camp route turn left toward Pheriche. But you will turn right, cross a bridge, and climb steeply to Dingboche. This final uphill stretch is the toughest part of the day. Dingboche is a high-altitude farming village surrounded by stone walls that protect crops from wind and animals. It offers wide valley views and a close-up look at Ama Dablam's north face. You will spend the night here in a tea house, preparing for the next stage of the Everest Two Passes trek.

Distance:

6Hours

Ascent:

676M/2,217FT

Descend:

229M/751FT

Highest Altitude:

4,410M/14,468FT (Dingboche)

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House

Trek Distance:

10.4KM/ 6.5Mile

Day 06: Trek to Chhukung from Dingboche

This day's trek is short and easier compared to previous days. The Everest Two Passes trekking route follows a gentle incline along the Imja Khola Valley toward Chhukung. This section of **Sagarmatha National Park** is much quieter, with fewer trekkers than the main Everest Base Camp trail. Along the way, you will walk past **stone-walled fields** and gradually enter **rocky moraine landscapes**.

Chhukung is a small but important village that developed to serve trekkers heading over **Kongma La Pass** and climbers preparing for **Island Peak**. It offers stunning views of nearby peaks and provides a peaceful stop before tackling higher altitudes. You will spend the night in a tea house at Chhukung.

Distance:

2-3Hours

Ascent:

430M/1,411FT

Descend:

13M/43FT

Highest Altitude:

4,730M/14,334FT (Chhukung)

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House

Trek Distance:

5KM/3.1Mile

Day 07: Trek to Lobuche from Chhukung via Kongma La Pass

Today is the day when you will finally cross one of the two passes, which is the **Kongma La Pass**. So, it's going to be the **most rewarding days of the trek**. You will leave Chhukung early in the morning and follow a steep trail that climbs through rocky paths and sometimes snow. The hike is tough, but you will be rewarded with amazing views of **Ama Dablam**, **Lhotse**, and **Makalu** as you slowly make your way up. At the top of **Kongma La Pass** (5,535M/18,160FT), colorful prayer flags welcome you, and you get breathtaking views of the surrounding Himalayan peaks.

The descent from the top of the pass is steep and needs extra care, especially on loose rocks. After coming down, you will cross the wide **Khumbu Glacier**, walking over moraine and glacial lakes. This part can be challenging, but the views of the ice and mountains are unforgettable. Finally, you will reach **Lobuche (4,910M/16,109FT)**, where you will rest in a teahouse after this long and adventurous day.

Distance:

8Hours

Ascent:

1,018M/3,340FT

Descend:

807M/2,648FT

Highest Altitude:

5,535M/18,160FT (Kongma La Pass)

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House

Trek Distance:

12.4KM/7.7Mile

Day 08: Trek to Everest Base Camp and then back to Gorak Shep

Following the Everest Two Passes Trek itinerary on day 8, you will leave Lobuche and follow the trail towards **Gorak Shep**, the last settlement before Everest Base Camp. On the way, you will pass the **Italian research station** called **The Pyramid**, before continuing along the edge of the **Khumbu Glacier**, with amazing views of the ice and surrounding peaks. The hike is steady and takes about **2-3Hours** to reach Gorak Shep.

After lunch and leaving your bags at the lodge, you will set out with light daypacks to **Everest Base Camp** (5,364M/17,598FT). The trail is mostly flat but can feel tiring at this altitude. You will pass porters carrying heavy loads and yaks heading toward camp. After about **2Hours**, you will reach the **famous boulder marked "Everest Base Camp."** From here, you will explore the camp area, which is set directly on the Khumbu Glacier, the highest glacier in the world, stretching across the valley. During the spring climbing season, the camp is filled with colorful tents and mountaineers preparing for their summit push.

The views of the **Khumbu Icefall** are unforgettable, with towering ice blocks and the sound of shifting glacier ice. Even though the summit of Everest is not seen, standing at the Base Camp of Mount Everest is a special moment. You will then return to Gorak Shep for the night, ready for another big day tomorrow.

Distance:

5Hours

Ascent:

362M/1,188FT

Descend:

112M/367FT

Highest Altitude:

5,364M/17,598FT (EBC)

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House

Trek Distance:

10.8KM/6.7Mile

Day 09: Morning Hike to Kala Patthar and Trek to Dzongla

You will begin the day early with a climb to **Kala Patthar**, one of the best viewpoints in the Everest region of Nepal. The trail is short but steep and often snowy. Reaching the top takes around **2Hours**, and the reward is a mesmerizing panorama of **Mount Everest, Lhotse, Nuptse, Pumori, Ama Dablam**, and the **Khumbu Glacier**. Many trekkers consider this the highlight of their journey. After taking in the views, you will return to Gorak Shep for breakfast.

Later, you will pack up and continue the trek to **Dzongla** (4,830M/15,846FT). The route to Dzongla first retraces part of the Everest Base Camp trail before turning onto a quieter high path above the valley. Along the way, you will surely enjoy clear views of Ama Dablam and other peaks. The trail involves both descents and ascents, and depending on the snow, navigation can sometimes be tricky. After some hours, you will arrive in Dzongla. It is a small settlement with cozy lodges, where you will rest and prepare to cross the Cho La Pass the next day.

Distance:

7Hours

Ascent:

685M/2,248FT

Descend:

1,027M/3,370FT

Highest Altitude:

5,555M/18,225FT (Kala Patthar)

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House

Trek Distance:

14.2KM/8.8Mile

Day 10: Trek to Thagnak from Dzongla via Cho La Pass

Day 10 is another important day of the trek to Everest Two Passes, as today you will cross the second pass - **Cho La Pass** (5,368M/17,512FT). The day begins with a steep climb out of **Dzongla**. It follows a snowy trail with stunning views of Ama Dablam and the surrounding peaks. The climb is tough at high altitude, but steady progress brings you onto the **Cho La Glacier**, where fixed ropes help on the final approach. After about 3Hours, you will reach the top of the Cho La Pass and be rewarded with incredible views in all directions.

You will see **Mount Everest, Lhotse, Nuptse, Ama Dablam**, and **Cho Oyu**, along with the **Ngozumpa Glacier** and the **Gokyo Lakes**. Later, you will return from the pass. From the pass, the descent is steep and can be icy, so care is needed. You will then continue down into the valley, reaching the **Thagnak village** (4,700M/15,420FT), where you will stop for an overnight stay.

Distance:

7Hours

Ascent:

938M/3,078FT

Descend:

618M/2,028FT

Highest Altitude:

5,368M/17,512FT (Cho La Pass)

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House

Trek Distance:

9.72KM/6Mile

Day 11: Trek to Gokyo from Thagnak

From Thagnak, you will cross the **Ngozumpa Glacier**, the **longest glacier** in Nepal. The trail over the rocky ice can feel like walking on another planet, with creaking ice, boulders, and glacial lakes along the way. After about **2KM of glacier crossing**, you will reach solid ground again. Finally, a short climb brings you to **Gokyo** (4,790M/15,715FT). The beauty of Gokyo will amaze you.

Gokyo is a beautiful lakeside village. Here you will rest for the night beside the turquoise waters of **Gokyo Lake**, preparing for the next adventure. The Gokyo Lakes are sacred to both Buddhists and

Hindus. Every August, about 500 Hindu people travel to a special body of water to wash themselves for religious reasons. The most famous lake is **Gokyo Cho** (or Dudh Pokhari), located right by the village.

Distance:

2.5Hours

Ascent:

50M/164FT

Descend:

90M/295FT

Highest Altitude:

4,790M/15,715FT (Gokyo Lake)

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House

Trek Distance:

3.5KM/2.18Mile

Day 12: Acclimatization Day - Hike to Gokyo Ri

Day 12 is another acclimatization day during the trek to Everest Two Passes. On this day, you will hike to **Gokyo Ri**, which is the local peak that offers one of the best views in the Khumbu region, and then walk around **Gokyo Lake**. You will start the hike around 9:00 AM. The trail goes up in zigzags. Even though the climb is not long, it is hard because of the altitude. After a steady walk, you will reach the top. The view is amazing from here. You can see four **8,000M** peaks: view of **Mount Everest, Cho Oyu, Lhotse**, and **Makalu**.

The **Ngozumpa Glacier** is below, and the **Gokyo Lakes** shine in the sunlight. Prayer flags flap in the wind, and clouds slowly move across the sky, making the scene even more beautiful. On the way down, you will walk around Gokyo Lake. Ice floats on the water, and sandy areas are perfect to sit, though it is very windy. Walking around the lake gives a different view of Gokyo village and the **Arakam Tse mountain**. You will then get back to your lodge and spend the afternoon drinking tea and relaxing.

Distance:

2.5Hours

Ascent:

600M/1,969FT

Descend:

90M/295FT

Highest Altitude:

5,357M/17,575FT (Gokyo Ri)

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House

Trek Distance:

3.5KM/2.18Mile

Day 13: Trek to Dole from Gokyo Lake

After crossing two passes of the Everest, on day 13, you will begin your return journey. This day you will leave Gokyo after breakfast. The trail passes along the **Ngozumpa Glacier** and follows the Dudh Koshi

River, offering amazing scenery along the way.

You will trek past the **Macchermo village** and continue descending through the **Luza** and **Lhafarma** settlements. The walk is peaceful, and the surroundings are serene. After a long but enjoyable trek, you will reach **Dole**. Once at Dole, you will check in at the local lodge, rest for the night, and enjoy a hearty dinner.

Distance:

7Hours

Ascent:

71M/233FT

Descend:

774M/2,540FT

Highest Altitude:

4,790M/15,715FT (Gokyo Lake)

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House

Trek Distance:

12.2KM/7.6Mile

Day 14: Trek to Namche Bazaar from Dole

After breakfast, you will leave Dole and start **trekking downhill**. The return path of the Everest Two High Passes trek passes through **rhododendron, oak, and birch forests**, creating a peaceful and refreshing atmosphere. Firstly, you will make a steep descent to **Phortse Thanga** and then climb to **Mongla Danda**. From there, the walk is mostly downhill through **Kyanjuma**. At the end of the day, you will reach Namche Bazaar, a busy Sherpa town. In the evening, you can explore Namche's narrow streets, traditional houses, and vibrant local life.

Distance:

7Hours

Ascent:

485M/1,592FT

Descend:

802M/2,631FT

Highest Altitude:

4,110M/13,485FT (Dole)

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House

Trek Distance:

11.3KM/7Mile

Day 15: Trek back to Lukla from Namche Bazaar

Today is the last trekking day of the Two Passes Trek. You will leave Namche Bazaar and follow a long trail back to Lukla. The path first descends steeply, crossing the **Hillary Suspension Bridge** and continuing along the Dudh Koshi River. You will pass through rhododendron and pine forests, along with small villages and farmlands.

The route is familiar but feels different when you see it from the opposite direction. You will meet more

trekkers and porters on the way, as this part of the trail is always busy. After lunch at a village lodge, you will keep walking through gentle ups and downs until you reach Lukla in the late afternoon. In Lukla, celebrate the end of the Everest two passes trek with good food and rest at the lodge. Tomorrow, you will take the short flight back to Kathmandu.

Distance:

6Hours

Ascent:

672M/2,205FT

Descend:

1,246M/4,088FT

Highest Altitude:

3,440M/11,286FT (Namche)

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Tea House

Trek Distance:

17.2KM/10.7Mile

Day 16: Flight back to Kathmandu or Ramechhap Airport from Lukla and Same Day Drive Back to Kathmandu

In the morning, you will take a **short flight from Lukla**. *Depending on weather and airport conditions, you will either fly directly to Kathmandu or to Manthali Airport in Ramechhap.* If the flight lands at Manthali, you will continue the journey with a **5-6Hours** drive back to Kathmandu in a private vehicle. On arrival in the city, you return to Thamel, the lively tourist hub, where you can relax, enjoy good food, or shop for souvenirs. This marks the end of your trekking adventure in the Everest region.

Highest Altitude:

2,860M/9,383FT (Lukla)

Meals:

Breakfast,Lunch,Dinner

Accommodations:

3-star Hotel

Flight Hours:

35 minutes' flight from KTM or 5-6Hours drive and 20 minutes' flight from Manthali.

Why Should You Do Two Passes Instead of Three Passes Trek?

Everest Two Passes trek is a great alternative if you want the adventure of the [Everest Three Passes Trek](#) but with a slightly shorter Everest trekking route. The two passes trek skips the third pass, Renjo La Pass, so the trek is a little less hard.

Even with two passes, you will get to experience all the fantasies of the Everest Three Pass trek. You will face exciting climbs, see amazing mountains, and enjoy the beauty of the Himalayas. You will also visit

famous highlights like Everest Base Camp and Kala Patthar, where you can see Mount Everest, Lhotse, Makalu, and Cho Oyu up close.

The trek also takes you through quiet valleys like Dole and Gokyo, which are peaceful and full of natural beauty. You can visit the clear Gokyo Lakes and climb Gokyo Ri, one of the best spots to see the whole area.

Everest Two Passes Trek Includes/Excludes

Included

- Kathmandu - Lukla - kathmandu Flights
- KTM-Ramechap-KTM sharing vehicles (if needed)
- 15 Night in mountain tea house lodge (sharing basis)
- 15 Breakfasts, 15 Lunches, 15 Dinners
- Government-licensed English-speaking local trek leader for 16 days
- Sagarmatha National Park entry permit fee, Khumbu Pasang Lhamu Rural Municipality fees
- Gov. and local tax and agency service charges
- Free luggage storage services in Kathmandu
- Appreciation Certificate after the successful trek
- Free consulting services before & after trek book
- Farewell dinner at the end of the trek
- Trek leader for more than 12 trekker groups
- Staff insurance, salary, equipment, food & clothing
- **Medical Kit:** Comprehensive Medical Kit

Excluded

- International flight
- Extra transfer which is not mentioned in itinerary
- Extra night accommodation in Kathmandu/Mountain due to early arrival or late departure, or early return from the trek.
- Porter to carry bags (2:1porter)
- Travel insurance that covers emergency high-altitude rescue and evacuation (compulsory)
- Personal clothing and gear, and Personal expenses: shopping, snacks, boiled water, drinks, hot

shower, alcohol, Wi-Fi, calls, battery charging, extra porters, etc.

- Tips for staff (it is expected)
- All other costs and expenses not listed in “including”
- Additional cost: Additional costs incurred due to causes beyond our control, for example, weather conditions, landslides, itinerary modifications, illness, government policy changes, strikes, etc

Group Discounts Available

No. of Persons	Price per Person
2 - 3	USD 1,550
4 - 7	USD 1,499
8 - 13	USD 1,460
14 - 25	USD 1,410

Everest Two Passes Trek Cost

The 16 days Everest Two Passes Trek costs USD 1,410 and can go up to USD 1,550 per person. The final price depends on the group size, services included, and trek season. Himalayan 360 has announced special cost packages for the Everest Two Passes Trek as:

Number of people	Price per person
2-3	USD 1,550
4-7	USD 1,499
8-13	USD 1,460
14-25	USD 1,410

Address

Address:

Galkopakha Marg - Kathmandu - Nepal