

Duration:	20 DAYS (options to extend)
Time of Year:	March/April/ & November/December
Max Capacity:	15 PEOPLE
Price:	£3100

The Three Passes trek is the ultimate trekking experience if you want to take your Basecamp trek to the next level physically. You will be trekking over 3 high alpine passes at Renjo La, Cho La and Kongma La, reaching altitudes of 5600m and pushing your trekking limits to the max. This is an adventure trek like no other bringing you deep into the heart of the Himalayas and with views of some of the most famous high altitude peaks including Mt Everest, Mt Lhotse and Ama Dablam. We invite you to join us on an incredible trek.

What The Trek Involves?

Beginning in Kathmandu with a wonderful welcome dinner you will meet the team before catching a plane to Lukla the next morning, one of the most iconic and thrilling flights in the world. From Lukla you will follow the Everest Base camp trek itinerary passing through the famous Sherpa capital, Namche Bazaar and starting your first pass Kongma La (5,535m) and visiting Everest base camp itself. Every day is a unique experience of Sherpa culture, Buddhist monasteries and stupas and views that will last in your memory forever. Following Everest Basecamp you will begin the next pass, Cho La and experience the glistening blue lake of Gokyo and then to Renjo La pass where you will finish back in Lukla. The highest point of the trek will be Kongma La pass which will take you higher than Everest Basecamp! The beauty of this trek is that it's a circuit through the whole Solukhumbu region really taking you to every corner. This is a step beyond EBC trek but don't let that worry you! The requirements for this trek are a good baseline fitness and motivation.

** If Gelje or Adriana are ill or cannot attend in extreme circumstances an equally experienced and renowned guide will take his/her place.*

What's Included?

- ▶ Internal client transportation (Pick up/Drop off from KTM airport, taxi to/from domestic airport, travel to restaurant for client dinner)
- ▶ 3 nights stay at a top hotel in KTM
- ▶ Welcome dinner and farewell dinner
- ▶ Domestic flights to and from Lukla
- ▶ Permits and park fee's
- ▶ Accommodation during trek
- ▶ Food and soft drinks (at the lodges) during trek
- ▶ Porters during trek
- ▶ Insurance for local guides
- ▶ Internal client transportation
- ▶ Medical kit
- ▶ 60 min deep tissue massage in Namche Bazaar

Not Included

- ▶ Airfare: International flights to/from Kathmandu
- ▶ Visa fee for Nepal
- ▶ Lunch and dinner during stay in Kathmandu (apart from trek organised dinners)
- ▶ Extra hotel nights in Kathmandu or Pokhara
- ▶ Extra food or drink and alcoholic beverages on the trek
- ▶ Personal expenses: Satellite phone call, battery recharging, showers, Wi-Fi, clothing, laundry, insurance
- ▶ Rescue Evacuation: Medical Insurance and emergency rescue evacuation cost if required. (Rescue, Repatriation, Medication, Medical Tests and Hospitalization costs.)
- ▶ Trekking equipment, clothes, and gear
- ▶ Tips for Porters and assistant guides
- ▶ Any other item not included in the 'what's included' list

Itinerary

We have designed this itinerary for the Everest Basecamp Trek based on our previous trekking experiences and based on a healthy pace and altitude gain so that we can minimise chances of altitude sickness (don't worry too much about that though)!



Please be aware that sometimes weather and other natural obstacles may alter or delay the itinerary slightly so please bear this in mind.

Day 1:	Arrive in Kathmandu, airport transport to hotel and meet Adriana and Gelje
Day 2:	Preparation day – gear check, last minute shopping and welcome dinner in the evening with all clients
Day 3:	Free day in Kathmandu to Explore (guided tour organised) and afternoon meeting with whole team
Day 4:	Fly to Lukla airport by helicopter (2,846m) and trek to Phakding (2,610m)
Day 5:	Trek from Phakding to Namche (3,440m)
Day 6:	Acclimatisation day in Namche, visit the Everest View Hotel (3,800m) for tea and coffee and optional 60 min deep tissue massage (included in trip)
Day 7:	Trek from Namche to Thame (3,739m)
Day 8:	Trek from Thame to Lungdhen (4,380m)
Day 9:	Trek to Gokyo via Renjo La Pass (5,435m)
Day 10:	Day in Gokyo to explore and optional trek up to Gokyo Ri (5,483m)
Day 11:	Trek from Gokyo to Thagnak (4,750m)
Day 12:	Trek from Thagnak to Zungla (4,843m) via Chola Pass (5,420m)

Day 13:	Trek from Zungla to Gorakshep (5,180m) and then onto Everest Basecamp (5,400m) and back to Gorakshep
Day 14:	Trek to Kalapattar summit (5,545m) and to Lobuche village (4,910m)
Day 15:	Trek from Lobuche to Chhukung (4,730m) via Kongma La Pass (5,535m)
Day 16:	Trek from Chhukung to Dingboche (4,410m)
Day 17:	Trek from Dingboche to Namche Bazaar (3,440m)
Day 18:	Trek from Namche Bazaar to Lukla (2,860m)
Day 19:	Fly by fixed wing back to Kathmandu and celebration dinner
Day 20:	International flight back home

FITNESS REQUIREMENTS AND TRAINING

The main requirement is a strong mindset and a positive mentality! Other than that you need a basic level of fitness, enough to walk comfortably for 10km with a small backpack over hilly terrain at sea level. If you are fit and healthy you are ready to go!

If you are nervous about your fitness, we provide a training weekend in the Lake District with our professional mountain guides. This will involve learning how to walk with your trekking boots, how to use poles effectively and how to hike efficiently.

PAYMENT

You may pay your deposit and balance using any lawful means. If sending money by electronic bank transfer, then you will be responsible for covering the cost of the fees associated with the transfer so that AGA Adventures receive the full amount shown on the invoice.

CANCELLATION

Should you decide to cancel your trip for any reason at any time between booking the trip and the start date of the trip, some deduction will be made to the advance amount. This is to cover the company's obligations and expenses to pay a certain amount for personnel and resources in advance of the trip. The following cancellation charges will apply if you decide to cancel the booking:

- ▶ Cancellations made 90 days or more before the start date of the trip will incur a loss of 33% of the deposit paid.
- ▶ Cancellations made between 90 days and 60 days before start of trip will incur a loss of 100% of the deposit paid.
- ▶ Cancellations made between 60 days and 30 days before start of trip will incur a loss of 50% of the full trip cost.
- ▶ Cancellations made between 30 days and start of trip or at any time during trip will incur a loss of 100% of the full trip cost.

NB: All refund requests must be made in writing and be received in our office within the notice period stated above.

For all cancellations, the company must be notified in writing. Acceptable means of communication include letter and email.



INSURANCE

Every client requires appropriate insurance which covers helicopter rescue, medical rescue and reparation costs all up to 5,600m altitude.

We have a partnership with Global Rescue who are the best provider for adventure insurance. We recommend their services for insurance policies. Without the adequate insurance you may have to pay up to \$100,000 for rescue.

Who Is Global Rescue?

Travel Protection

AGA Adventures partners with Global Rescue to offer the world's leading travel protection services. Medical and security emergencies happen. When they do, we rely on Global Rescue to provide our clients with medical, security, travel risk and crisis response services. Without a membership, an emergency evacuation could cost over \$100,000. More than one million members trust Global Rescue to get them home safely when the unexpected happens. We highly recommend our clients enrol with Global Rescue

<https://partner.globalrescue.com/agaadventures/index.html>

IMG Signature Travel InsuranceSM

IMG Signature travel insurance is the perfect add-on to a Global Rescue membership, providing coverage against a variety of unforeseen expenses while you're traveling, giving you the added comfort of knowing the value of your trip is protected in case you need it

<https://partner.globalrescue.com/agaadventures/index.html>

Sample FAQs

Q: What happens if I'm injured or have an emergency requiring evacuation?

A: Every situation is different when medical and security emergencies happen. To ensure you're protected when things don't go as planned, we highly recommend our clients enrol with Global Rescue <https://partner.globalrescue.com/agaadventures/index.html>

Q: What is included in the Global Rescue medical membership?

A: The Global Rescue medical membership includes 24/7/365 advisory services with medical professionals, field rescue from the point of illness or injury and medical evacuation to the member's hospital of choice.

Q: Are there any limitations on my activities with a Global Rescue medical membership?

A: No. Global Rescue does not put limitations on activities.

Q: What is included in the Global Rescue security membership?

A: The Global Rescue security membership includes 24/7/365 advisory services and security evacuation from events like unpredicted natural disasters, terrorist attacks and civil unrest— all supported by a team of intelligence specialists and military special operations veterans

GEAR LIST

This our mandatory gear list and things we highly recommend that you bring to your trekking trip! If you forget something or can't find it where you are we can help you find anything in Kathmandu!

- ▶ Base layers for cold days (thermal underwear)
- ▶ Waterproof jacket and trousers
- ▶ Warm down Jacket (can go down to 0 degrees in night)
- ▶ Warm down trousers/comfy trousers for the evenings
- ▶ Soft shell trekking trousers or leggings for women x2
- ▶ Soft shell jacket with hood
- ▶ Hard shell trekking trousers x 1
- ▶ Regular t shirts
- ▶ Mid layer jumpers (can get quite warm in the day) x2
- ▶ Fleece jumper x1
- ▶ Trekking boots or sturdy trainers with grip
- ▶ Slippers/crocs for in the lodges
- ▶ Warm sock (merino wool is good)
- ▶ Light socks for warmer days
- ▶ Thin gloves
- ▶ Softshell gloves for colder days
- ▶ Hardshell warm gloves for windy and severe cold (not common)
- ▶ Woolly hat
- ▶ Cap
- ▶ Sunglasses (category 3)
- ▶ Buff for dusty paths
- ▶ City clothes for rest days in Kathmandu
- ▶ Suncream SPF 50
- ▶ Lip balm sunblock
- ▶ Toiletries (wipes, soap, shampoo, toothbrush, toothpaste) Most things you can buy in Kathmandu.

- ▶ Towel (small travel towels are good)
- ▶ Trekking backpack, recommended 30L
- ▶ Sleeping bag is optional for lodges but all are equipped with blankets, sheets and pillow
- ▶ Compression stuff sacks for clothes (waterproof) x 3
- ▶ Duffel bag for porters to carry all gear x 1
- ▶ Lock for duffel bag
- ▶ Trekking poles
- ▶ Micro crampons for pass
- ▶ Headtorch and batteries
- ▶ Water bottles, Nalgene is recommended 500ml x 1 and 1000ml x 1
- ▶ Camera with extra batteries
- ▶ Chargers and cables
- ▶ Power bank
- ▶ Snacks! Bring your favourite hiking snacks for along the way.
- ▶ Small personal first aid kit (plasters, bandage, blister care etc)
- ▶ Medicine bag including (Paracetamol, Antibiotics, and Altitude Medicine such as Diamox. We advise you to consult your GP to discuss any medicines that require a prescription)



lehara

Lehara Deep Soft Tissue Massage

Trekking can be hard! Have tired legs or an achy back a few days into your trek? Fear not as we at AGA Adventures have you covered.

We have partnered with Lehara, a local community-focused sports massage provider, that will provide you with a high-quality 60-minute-deep soft tissue massage. Upon arrival at the Khumbu Lodge in Namche, all you need to do is choose a time that suits you, and we'll sort the rest!

Proceeds from your session will also be invested into the communities of the Khumbu Valley.

Lehara is a non-for-profit organisation where all proceeds pay for both the ongoing tuition and salaries of the local Sherpa therapists, and builds a community investment fund focused on advancing education, improving healthcare and protecting the environment. For more information on Lehara, visit lehara.org or follow @leharanepal



CONTACT

To make your booking today or to contact us for further questions please email us at: agaadventuresltd@gmail.com

Or visit our website:

www.agaadventuresltd.com