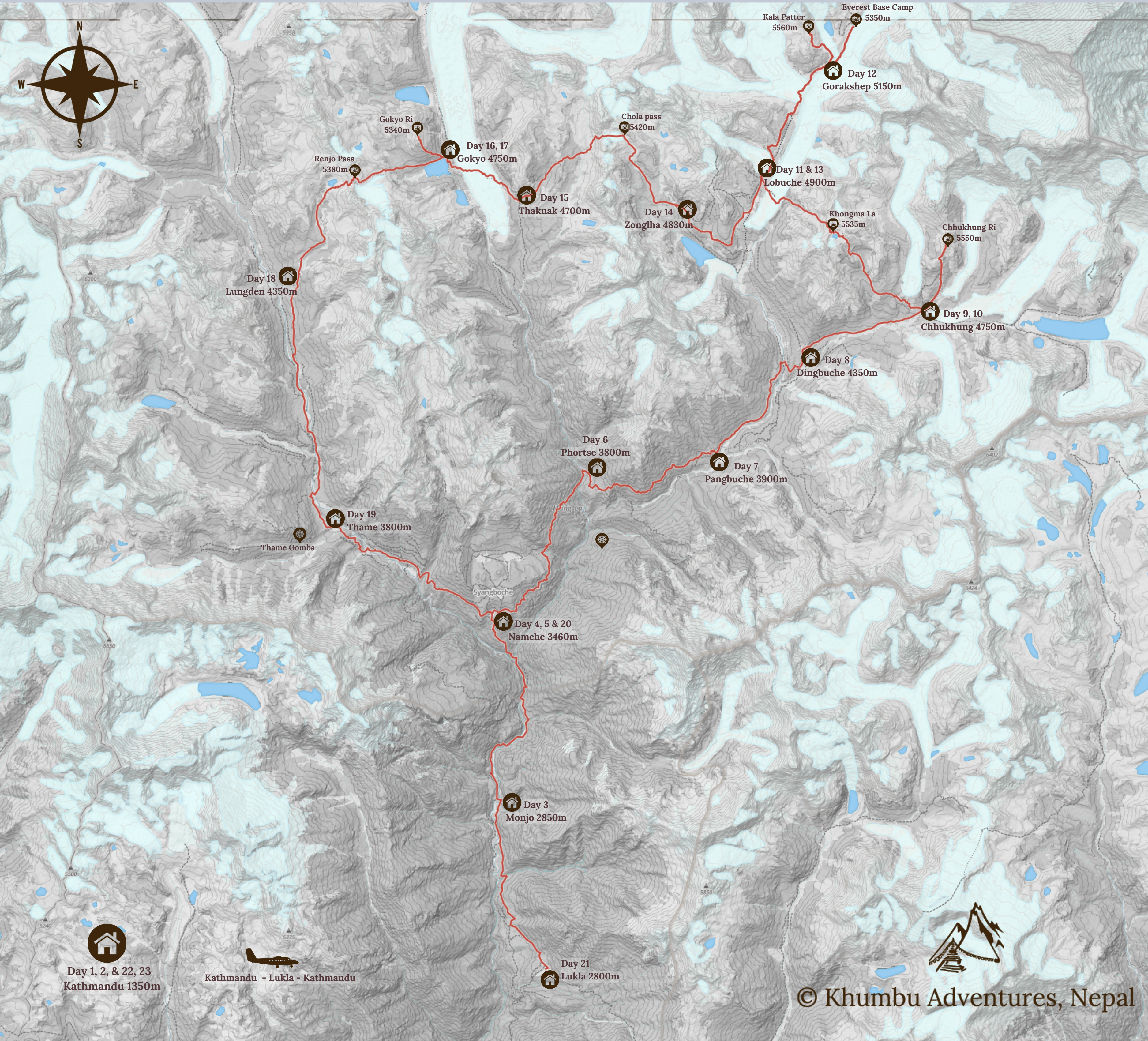





Khumbu Adv Everest Three High Pass Trek map





Day 1, 2, & 22, 23
Kathmandu 1350m


Kathmandu - Lukla - Kathmandu



Day 3
Monjo 2850m



Day 4, 5 & 20
Namche 3460m



Day 19
Thame 3800m

Thame Gomba



Day 6
Phortse 3800m



Day 7
Pangbuche 3900m



Day 8
Dingbuche 4350m


Day 9, 10
Chhukung 4750m


Chhukung Ri
5550m


Day 14
Zonglha 4830m



Day 15
Thaknak 4700m


Day 16, 17
Gokyo 4750m



Renjo Pass
5380m


Gokyo Ri
5340m


Chola pass
5420m



Day 11 & 13
Lobuche 4900m


Khongma La
5535m


Day 12
Gorakshep 5150m


Kala Patter
5560m


Everest Base Camp
5350m


Day 21
Lukla 2800m

