She Retreatz He Retreatz

Himalaya Nepal

2027

Trekking in the Everest region isn't simply confined to the classic Everest Base Camp route.

Everest Three Passes Trek unveils an array of other enticing trails waiting to be explored, offering you opportunities to fuse them with your Everest Base Camp journey.

Join us for 20 Days of Nepal Magic.

When you set foot in the region of the world's pinnacle, Everest, know that it's an adventure that extends beyond the renowned Base Camp.

While Everest Base Camp is undoubtedly one of the world's top-notch trekking expeditions, the Everest region promises a plethora of magnificent trails that can be seamlessly combined with the Base Camp trek – utilising three notable passes, Renjo La, Cho La, and Kongma La, truly takes the adventure a notch higher.

These routes reward trekkers with awe-inspiring views, an experience that's hard to encapsulate in words.

HIGHLIGHTS

Embark on a scenic flight to Lukla

Explore the renowned Sherpa town of Namche Bazaar and Syangboche, Nepal's highest airport.

Marvel at views from high passes: Kongma La, Cho La, Renjo La, and the peak of Gokyo Ri.

Visit the serene Tengboche Monastery and explore the enchanting Gokyo Lakes.

Stay at the lofty Everest Hotel

Immerse in the vibrant local culture depicted by prayer wheels, colourful flags, and high suspension bridges

Discover diverse wildlife and unique flora and fauna

Traverse the highest Khumbu Glacier

Capture breathtaking panoramic views from Kala Patthar

INCLUSIONS

3 Star Hotel in Kathmandu

All Domestic flights and hotel / airport transfers

All ground transportation by private vehicals

Kathmandu sightseeing with city tour guide

All accommodations during trek

Full board meals during trek

All portage costs

Guiding support from our Nepal Partners, Ace the Himalaya. First Aid and Eco Trained, English Speaking Sherpa leaders and crew

Permits and Entry Fees

Exclusive Medical Kit Bag

All Government and Local Taxes

Branded Kit Bag / Cap / Buff

Coaching form Mid October, Qualified Support by Kerryn, zoom chats and a group Whats App Chat set up prior to departure.

EXCLUSIONS

International travel to Nepal

Personal travel insurance

Personal expenses such as phone calls, laundry, beverages and snacks

Nepal entry visa

DATES

1–20 May 2027 (20 Days)

INVESTMENT

USD $2,600.00 (approx NZD $4,450.00)*

paid in NZD
Depost of NZD $1,335.00, balance due early 2027
(balance will be converted USD to NZD on exchange rate at the time).
**excludes GST, and any applicable third party fees and charges*
Retreat Insurance is available to protect payments made.
**terms and conditions apply*

FAQ

Fitness
Everest 3 Passes is a challenging, incredibly rewarding adventure. You'll need a good level of fitness, previous trekking experience, and a love of the outdoors. To help you get there, we'll run a 12-month training and preparation plan together, with regular Zoom meetings and updates along the way.

Terrain
Expect long days on your feet, with sections of steep, sometimes technical terrain, glacier crossings, and multiple consecutive days spent at high altitude. This is not a race – we trek as a group, with plenty of opportunities for breaks to take in the views.

Health & Safety
The biggest challenge on this trek is altitude, not fitness. Altitude sickness is a physiological response and can affect even the fittest trekkers – it's not something you can train your way out of. Our guides monitor for symptoms daily, carry oximeters and a daily health sheet, and carry emergency oxygen and a portable altitude chamber. We'll cover this properly – symptoms, prevention and what to expect – well before departure. Note: this trek is most likely not suitable for individuals with serious medical conditions, such as heart, blood or lung disease.

Our Guides
We trek with Ace the Himalaya, a Nepali-owned operator with around 20 years' experience running treks in this region, a fully local team, and a strong safety and success record. Alongside their experienced Nepalese guides and crew, Kerryn will join as a Host. Kerryn is the owner of SheRunz, a Sports Science-qualified run coach with years of experience organising large international events and retreats.

Staying Connected
In the lead-up to the trip, we'll hold Zoom / Webinairs to talk through training, packing, altitude and anything else on your mind, so you feel fully prepared before you land in Kathmandu.

Questions?
You're welcome to reach out to Kerryn at any time. Please do not sign up if you have unanswered questions. We'll happily answer, and if we don't know, we'll find out for you.

General Questions and Terms and Conditions can be found on www.sherunzsheretreatz.com