



SheRetreatz

Himalaya Nepal
2028

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, ARRIVAL AND FAREWELL DINNER WITH CULTURAL SHOW**
- **ALL DOMESTIC FLIGHTS AND HOTEL/AIRPORT TRANSFERS**
- **ALL GROUND TRANSPORTATION BY PRIVATE VEHICLE**
- **KATHMANDU SIGHTSEEING WITH CITY TOUR GUIDE**
- **ALL ACCOMMODATION IN GUESTHOUSE / TENT / CAMP**
- **FULL BOARD MEALS DURING THE TREKKING DAYS**
- **ALL PORTAGE COSTS**
- **GUIDING AND SUPPORT FROM OUR NEPAL PARTNER, ACE THE HIMALAYA – FIRST-AID AND ECO-TRAINED, ENGLISH-SPEAKING SHERPA LEADERS AND CREW**
- **ALL NECESSARY PAPERWORK, PERMITS & ENTRY FEES**
- **EXCLUSIVE MEDICAL KIT BAG**
- **ALL GOVERNMENT AND LOCAL TAXES**
- **BRANDED KIT BAG**
- **BRANDED EXPEDITION CLOTHING**
- **12-MONTH PROFESSIONAL, QUALIFIED SUPPORT WITH COACHING, STRENGTH AND PREPARATION FROM KERRY (QUALIFIED RUN/HIKE COACH) AND MEL (QUALIFIED PERSONAL TRAINER AND PROFESSIONAL KIWI GUIDE WITH 8 YEARS' EXPERIENCE IN NEPAL, 14+ YEARS GUIDING IN TOTAL)**

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 2028 (20 Days)

INVESTMENT:

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

paid in NZD

Deposit 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, Kerry and Mel personally guide this trip. Kerry is the owner of SheRunz, a Sports Science-qualified run coach with years of experience organising large international events and retreats. Mel is a qualified Personal Trainer with 8 years' guiding experience in Nepal (14+ years guiding in total).

Staying Connected

In the lead-up to the trip, we'll hold regular Zoom meetings 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 Kerry and Mel 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.

We have a further document we can email out with the planned itinerary, distances, times, elevations, locations etc. Please let us know if you would like a copy.

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