



Trip code EHW

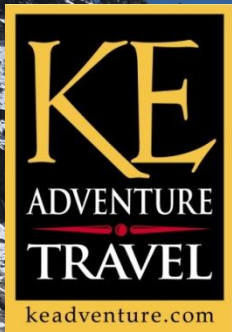
Thamserku
expedition

Everest: Three Passes Trek

Andy French

25th March to 16th April 2023

Team KE Adventure: "Everest the Hard Way"



Trip code: EHW



John

Nima

Karl

Dinesh

John

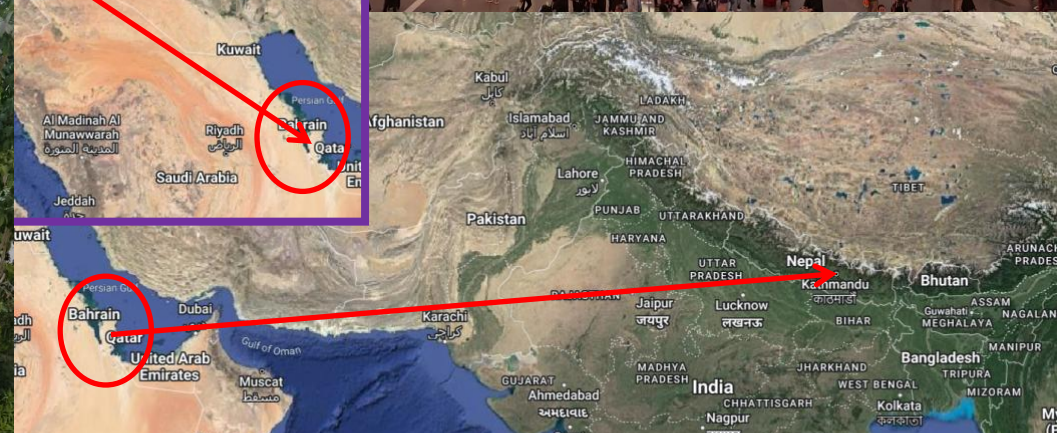
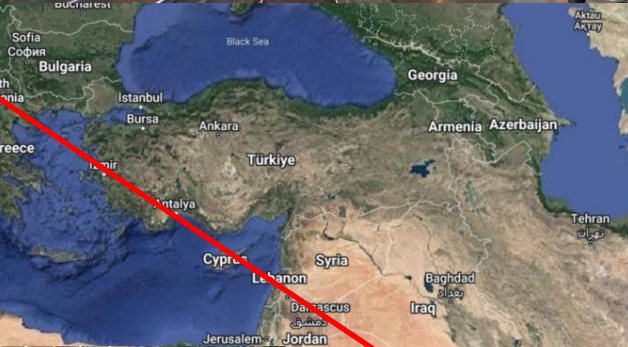
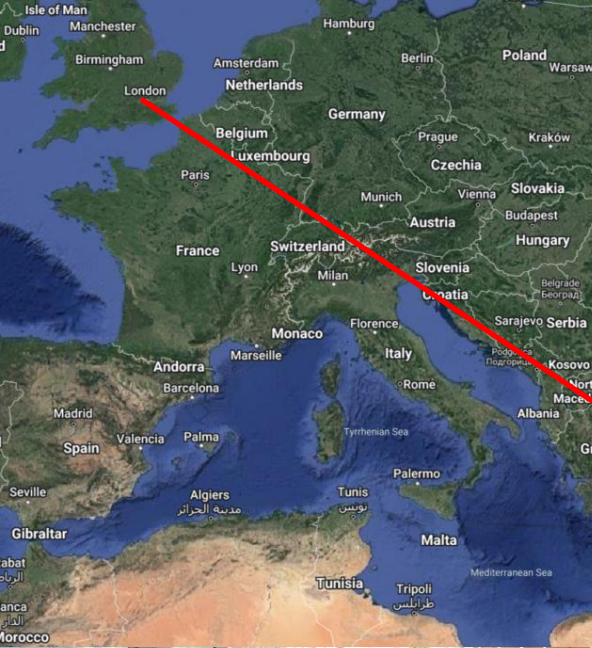
Non

Andy

Adrian

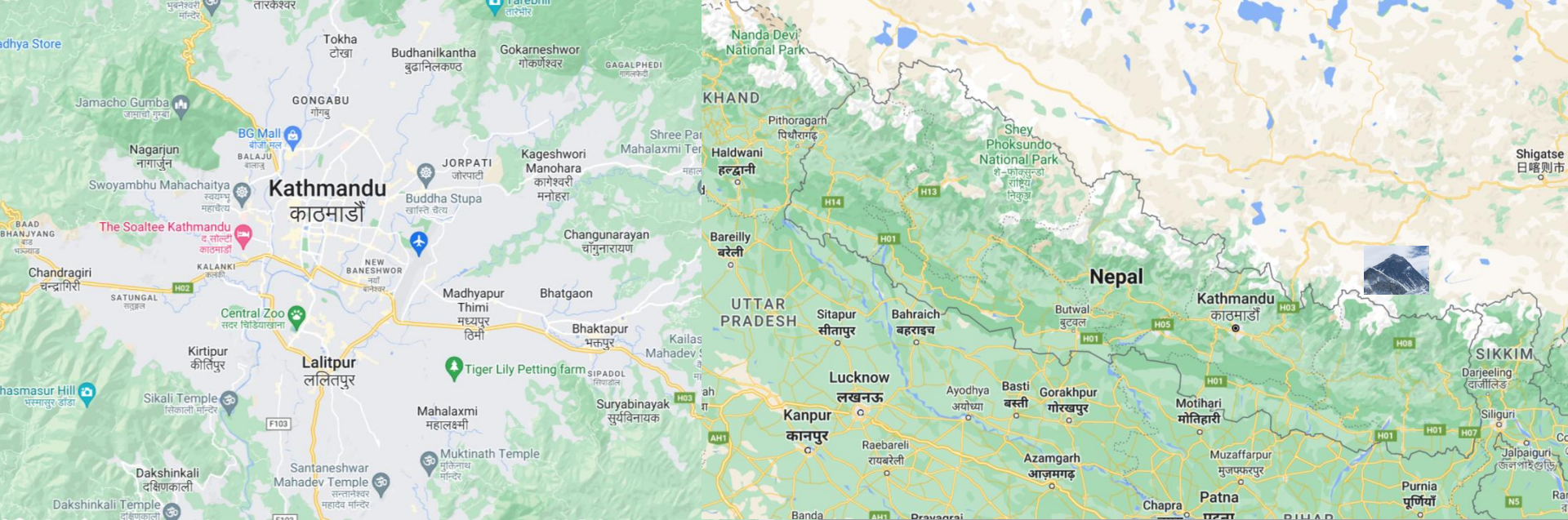
Sherpas Non, Nima and porters

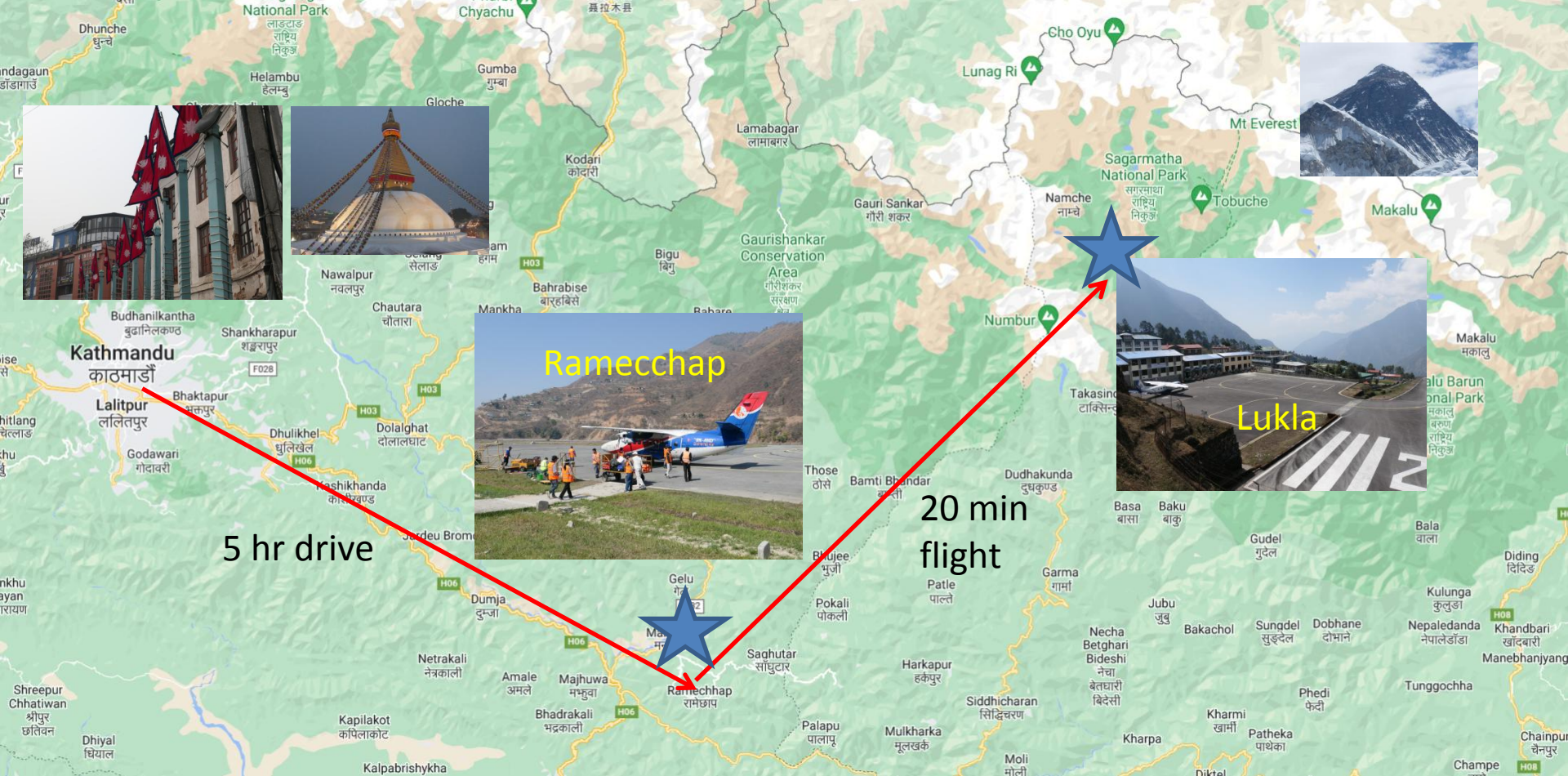




Qatar airlines

- (i) London Heathrow Terminal 4 to Doha
- (ii) Doha to Kathmandu







Ramecchhap airport



18 nights lodge, 3 nights hotel with swimming pool, 21 breakfasts, 20 lunches, 21 dinners, 17 days trekking





Gokyo



Renjo La



Lungden



Thame



Namche Bazaar



Phakding



Lukla



Gokyo lakes



Gokyo Ri



Cho La



EBC



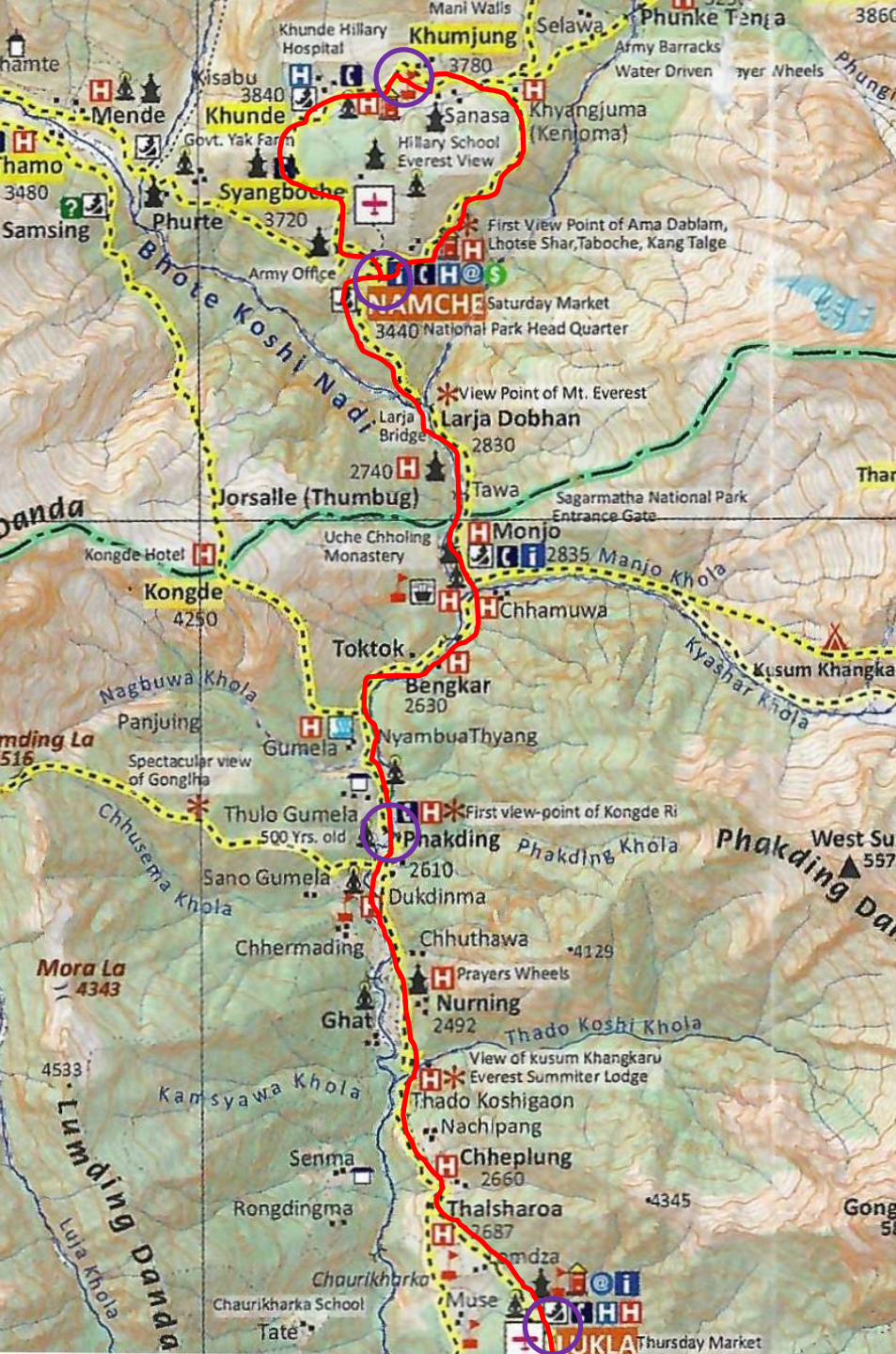
Kala Patar

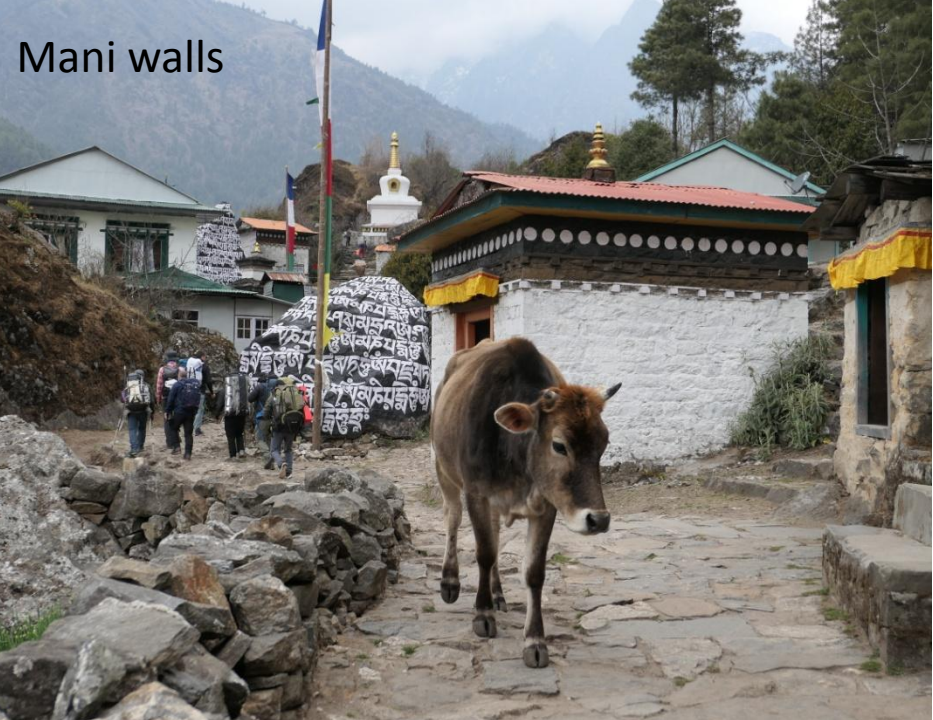


Kongma La



Dingboche





Mani walls

Hillary Bridge



Namche Bazaar (3400m)









Waste Lab in Kathmandu

Visit the moware lab in Kathmandu and make your own upcycled souvenir!

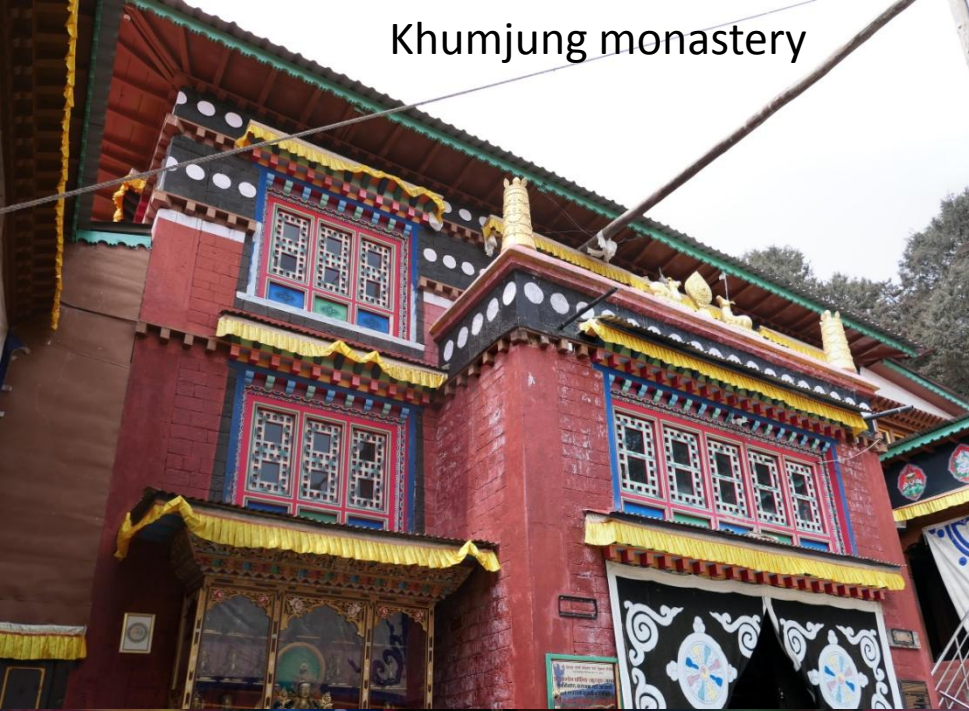
Yak terraces





Khumjung

Khumjung monastery





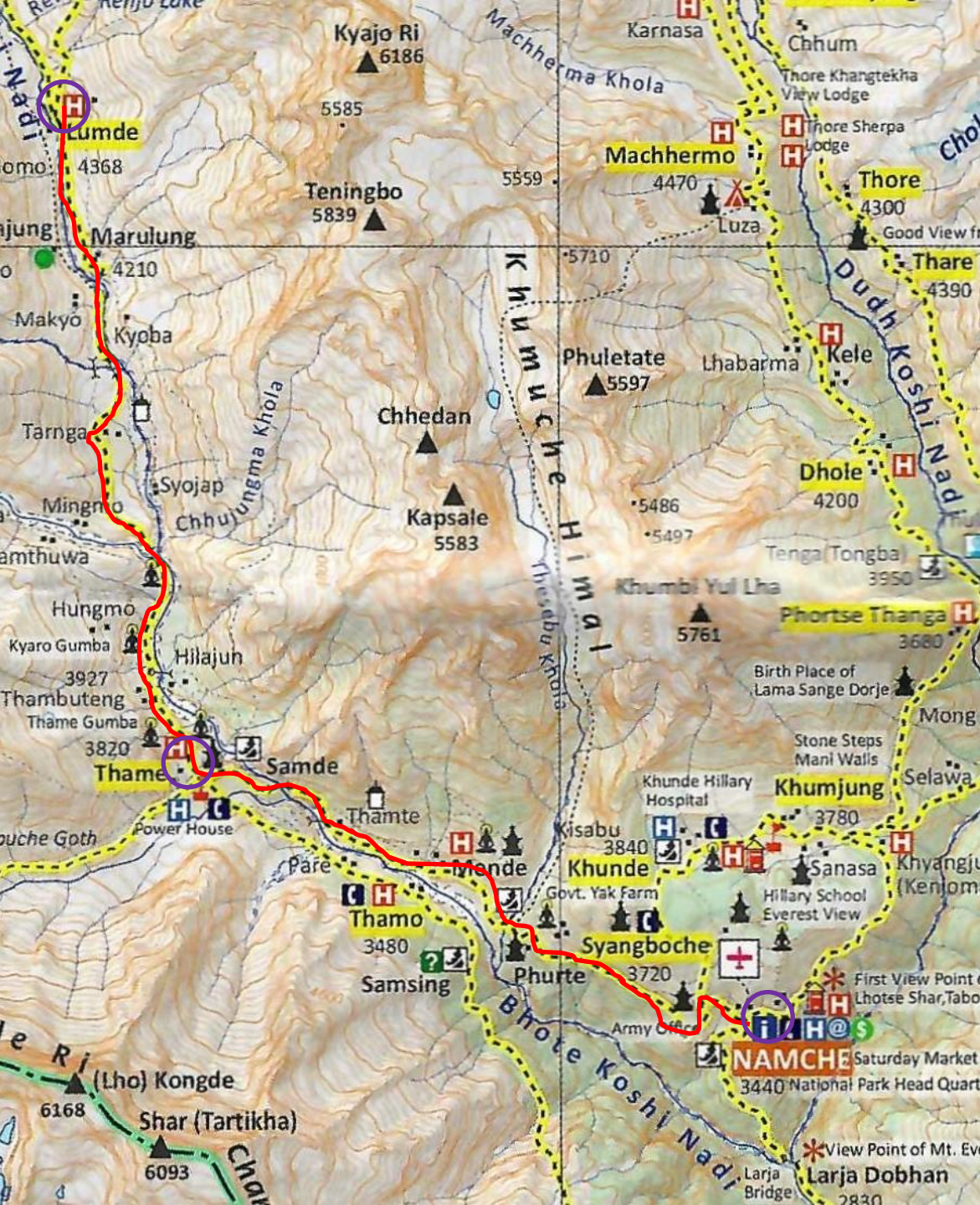


Khumjung bestiary



Namche to Thame



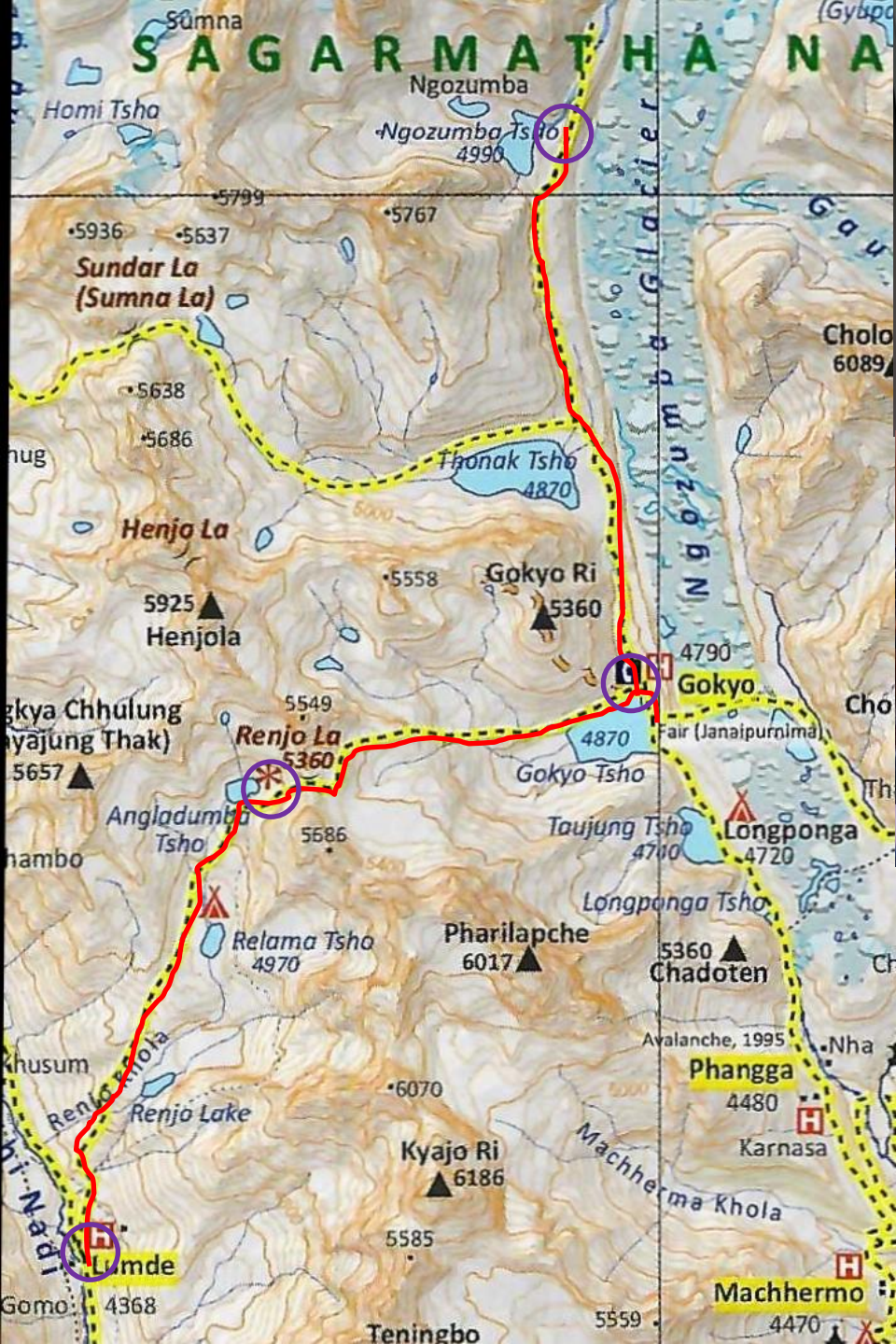


Thame





Thame



Lungden





Towards the Renjo La



Renjo La (5360m)

Everest
(8849m)

Nuptse
(7861m)

Lhotse
(8516m)

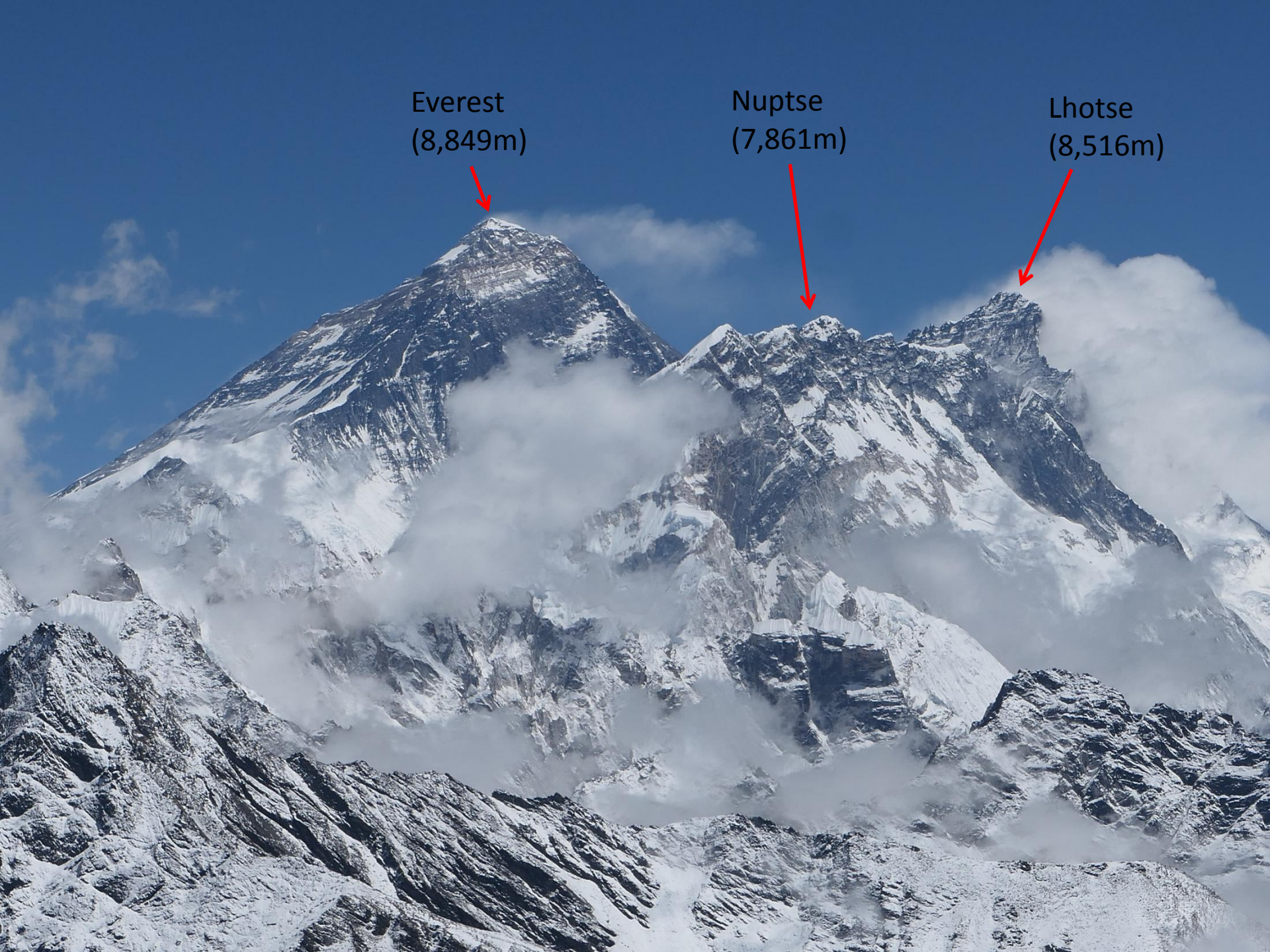
Makalu
(8481m)



Everest
(8,849m)

Nuptse
(7,861m)

Lhotse
(8,516m)





Gokyo lake and Everest panorama
from Renjo La





Gokyo (4790m)





Gokyo (4790m)



Gokyo lake 3



Gokyo lake 3 to lakes 4 and 5



Ngozumpa glacier



Everest (8848m)



Gokyo lake 5
(about 4900m)



Cho Oyo (8201m)



Gyachung Kang (7952m)



Gokyo lake 5



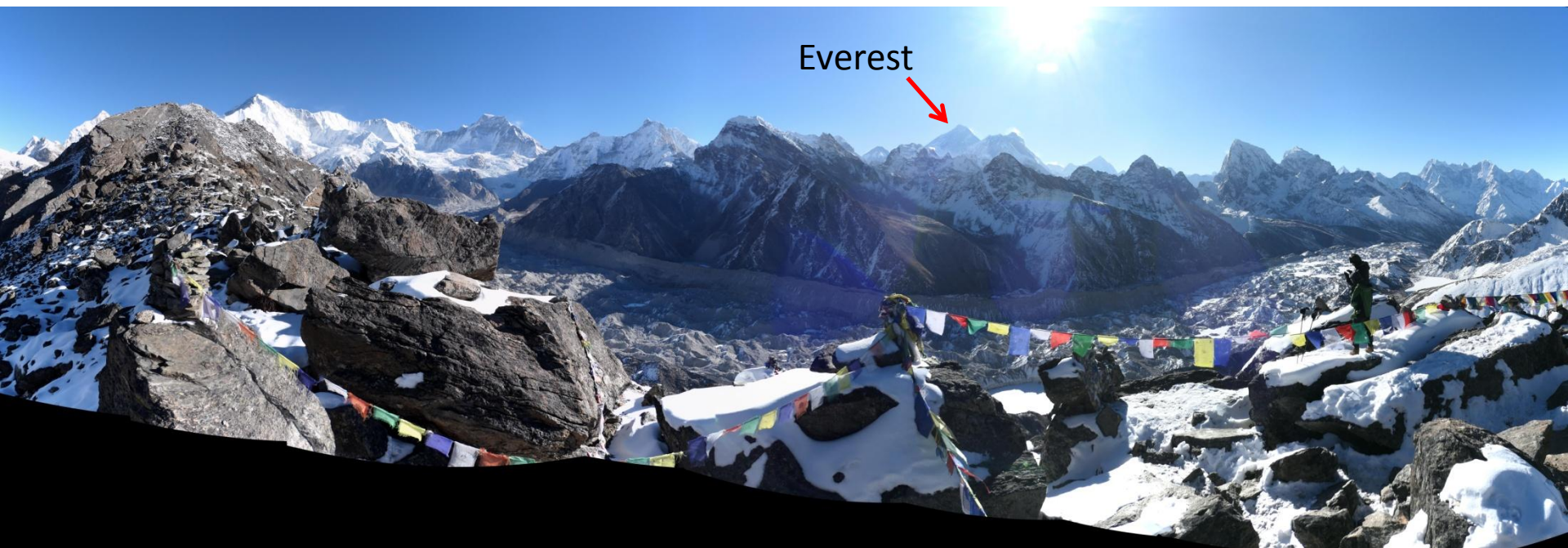
Cho Oyo, Gyachung Kang ... 'The scoundrel's view of Everest'



Ngozumpa glacier



Ngozumpa glacier from Gokyo Ri (5360m)



Everest



Ngozumpa glacier from Gokyo Ri (5360m)





Crossing the
Ngozumpa glacier





Crossing the
Ngozumpa glacier



Dragnag



Cho La (5420m)



Cho La (5420m)





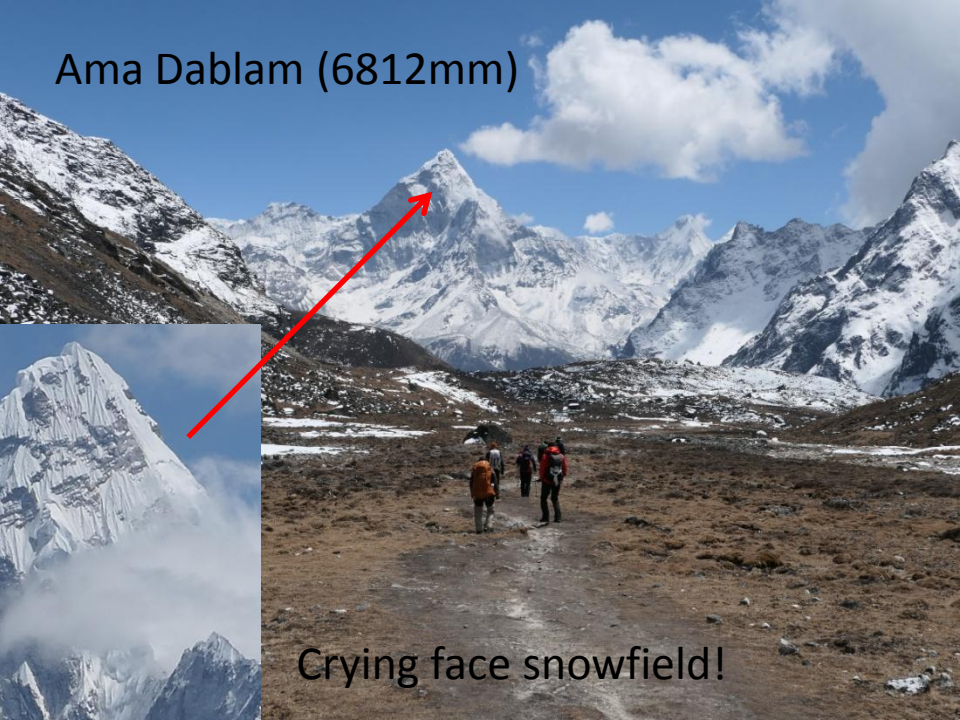
Glacial descent from the Cho La



Cholatse (6335m)



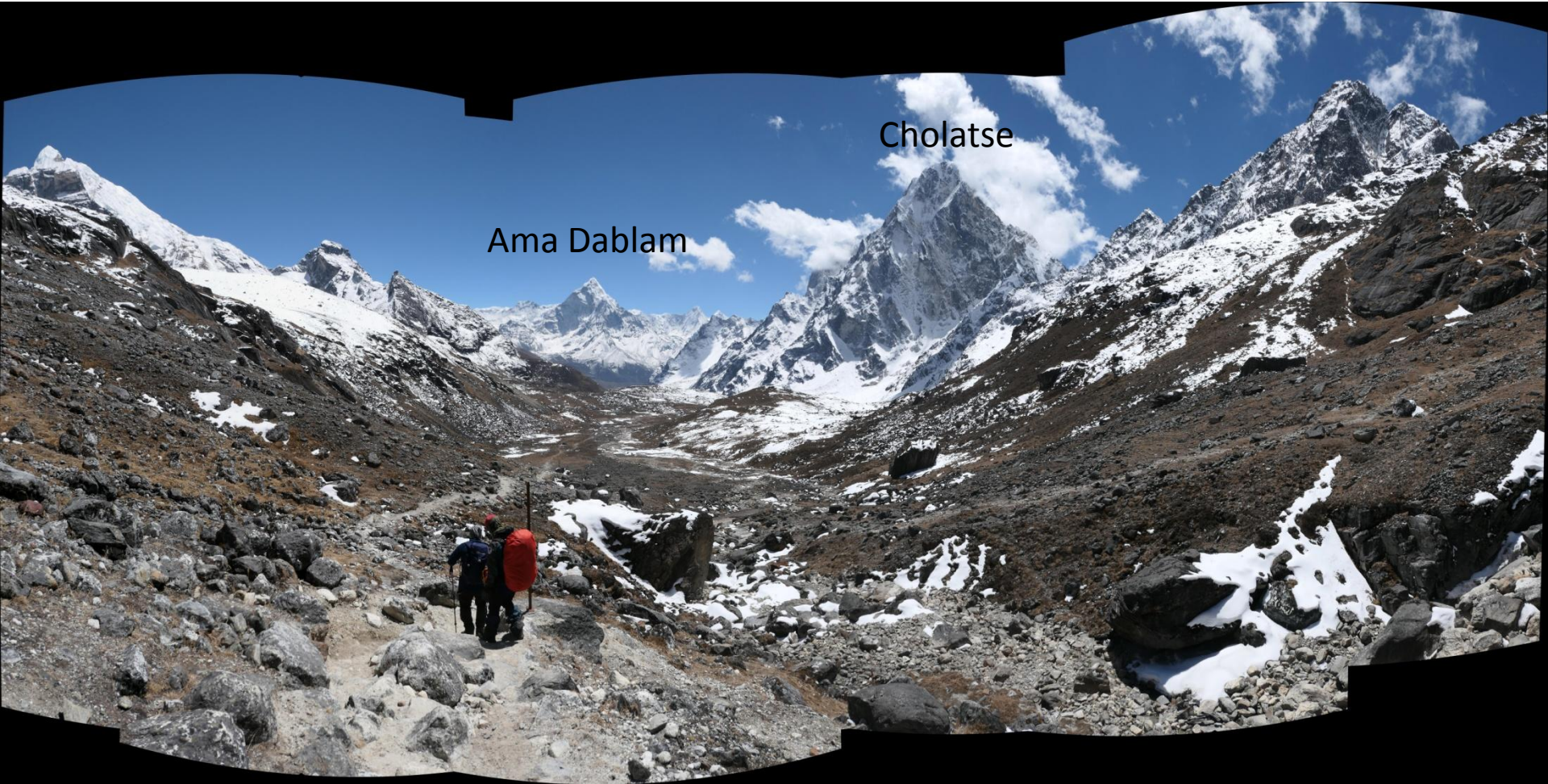
Lobuche East (6119m)



Ama Dablam (6812mm)



Crying face snowfield!



Ama Dablam

Cholatse

Dzongla (4830m)



Ama Dablam (6812m)



Cholatse
(6335m)





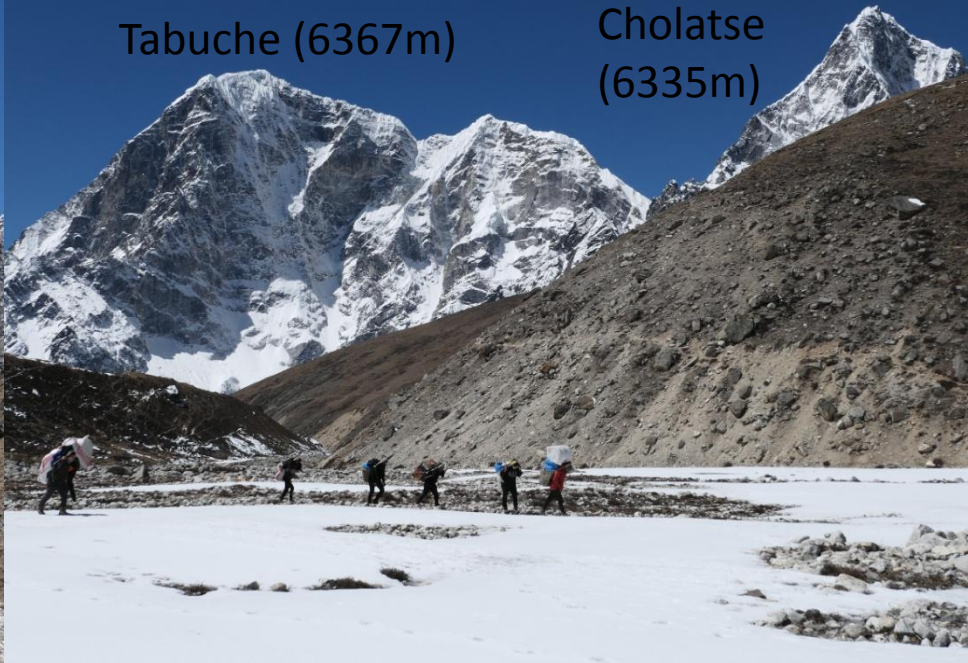
Khumbu glacier



Pumori (7165m)



Lobuche East (6119m)



Tabuche (6367m)

Cholatse (6335m)



Lobuche (4910m)



Khumbu moraine above Lobuche



Pumori

Nuptse



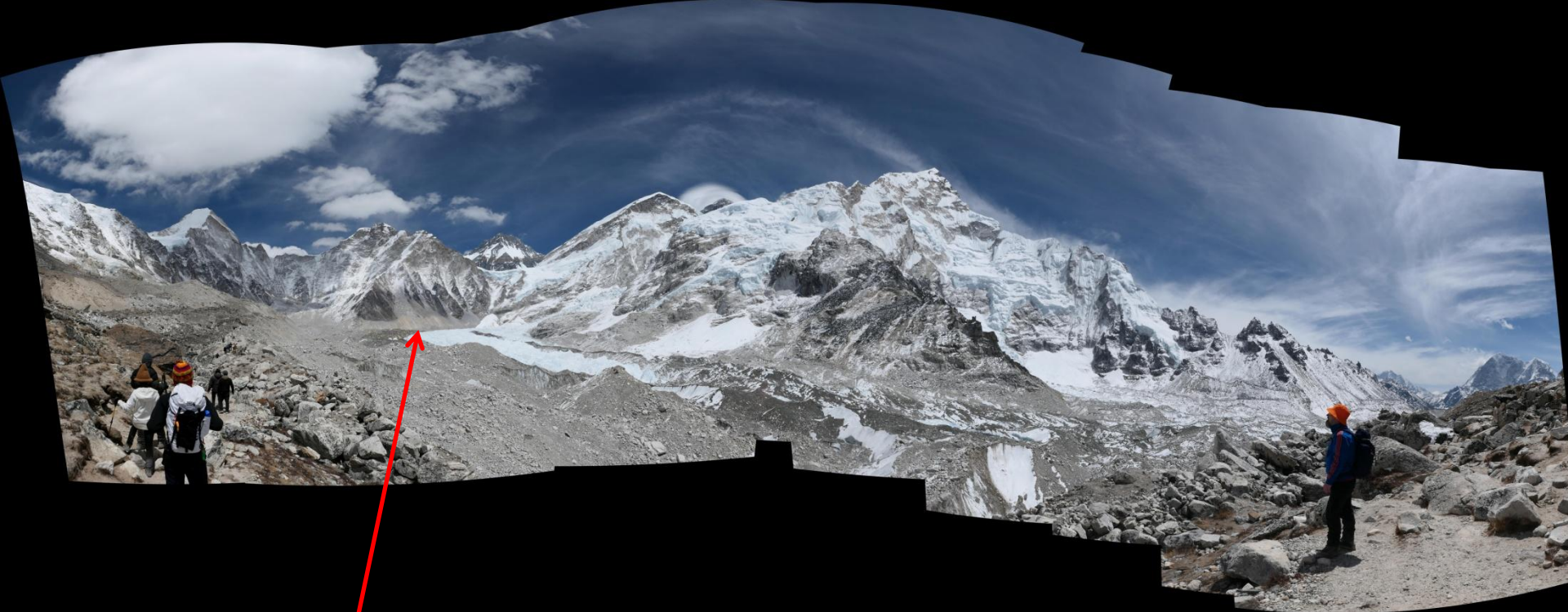
Gorek Shep (5190m)



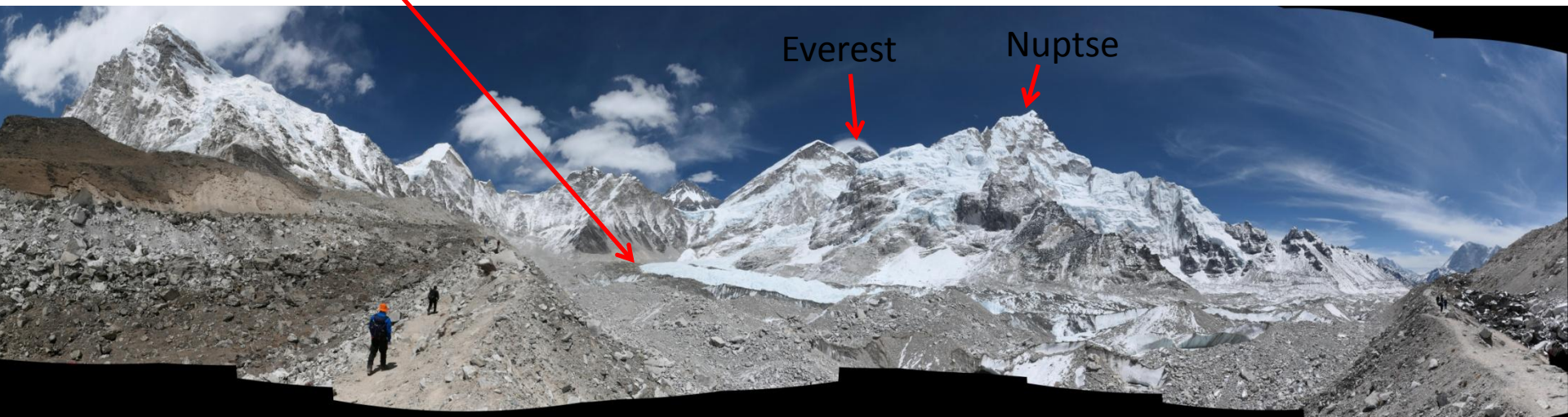


Kala Patar &
Pumori





Everest Base Camp



Everest

Nuptse



Mount Everest / Chomolungma /
Sagarmatha (8849m)



Everest

Nuptse



At Gorek Shep

Everest Base Camp (5364m)





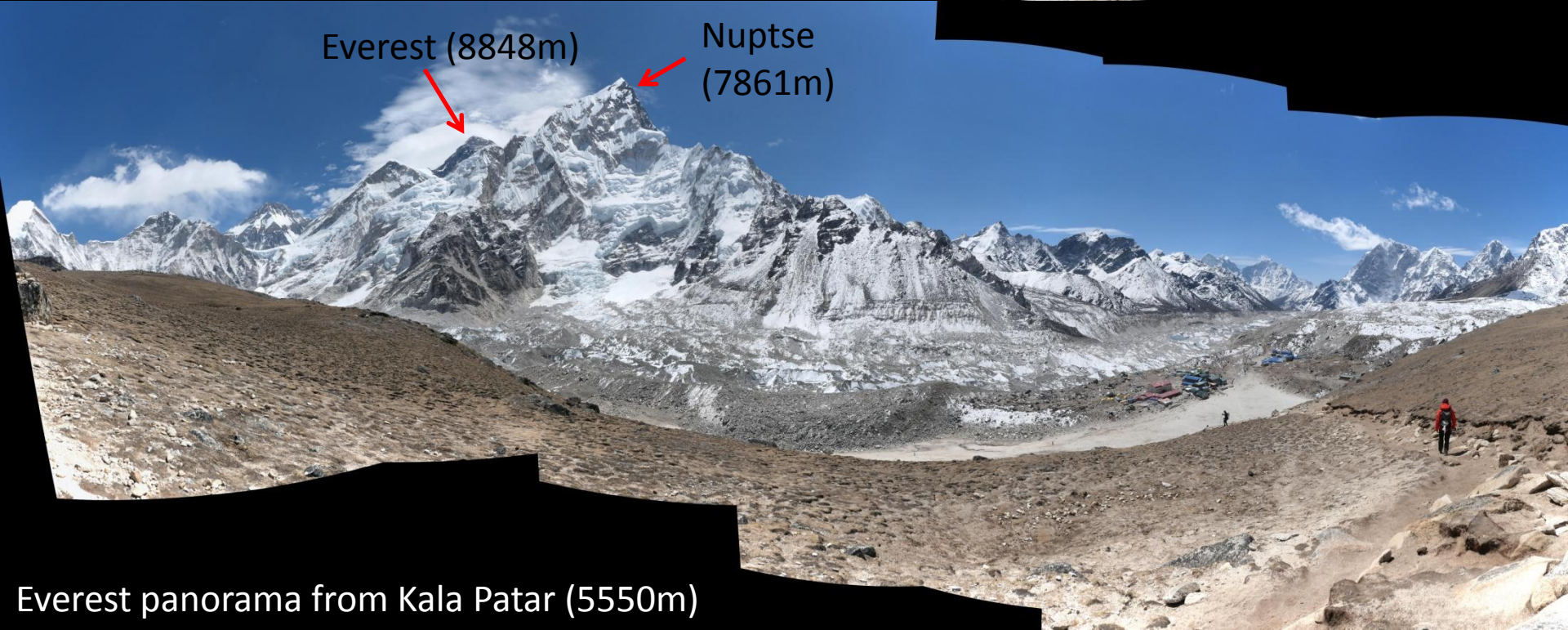






To Kala Patar





Everest (8848m)

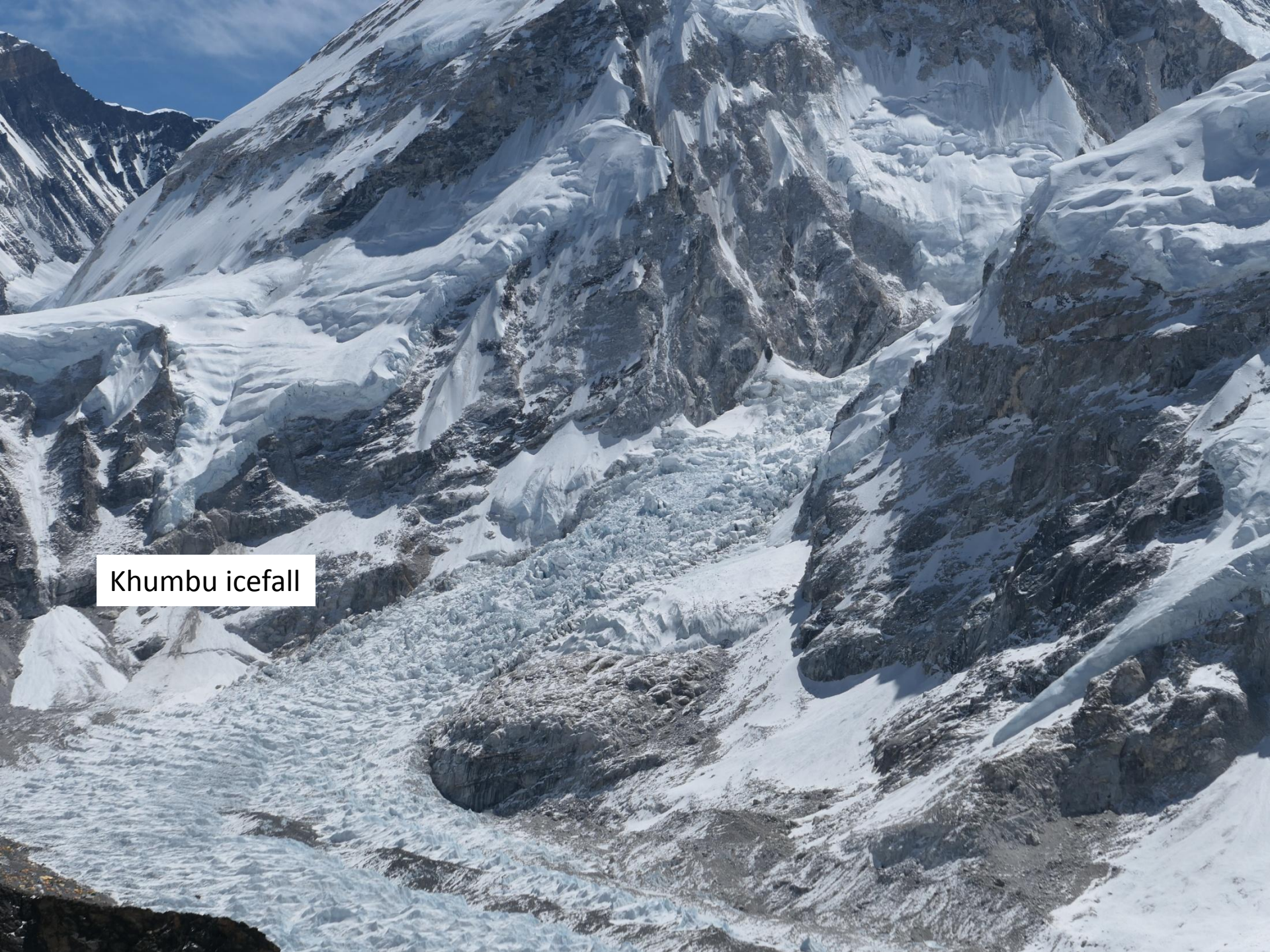
Nuptse (7861m)

Everest panorama from Kala Patar (5550m)



Everest panorama from Kala Patar (5550m)





Khumbu icefall



Ama Dablam



Dingboche



Crossing the Khumbu glacier

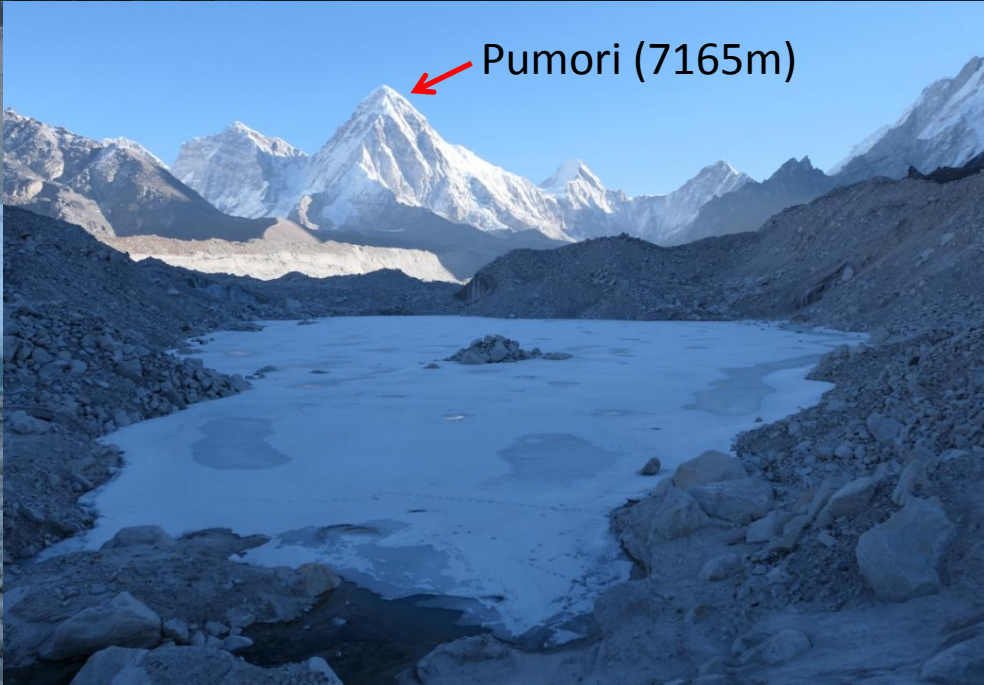


Tabuche
(6367m)

Cholatse
(6335m)



Pumori (7165m)





Kongma La (5535m)

Kongma La (5535m)





Dingboche



Lhotse (8414m)

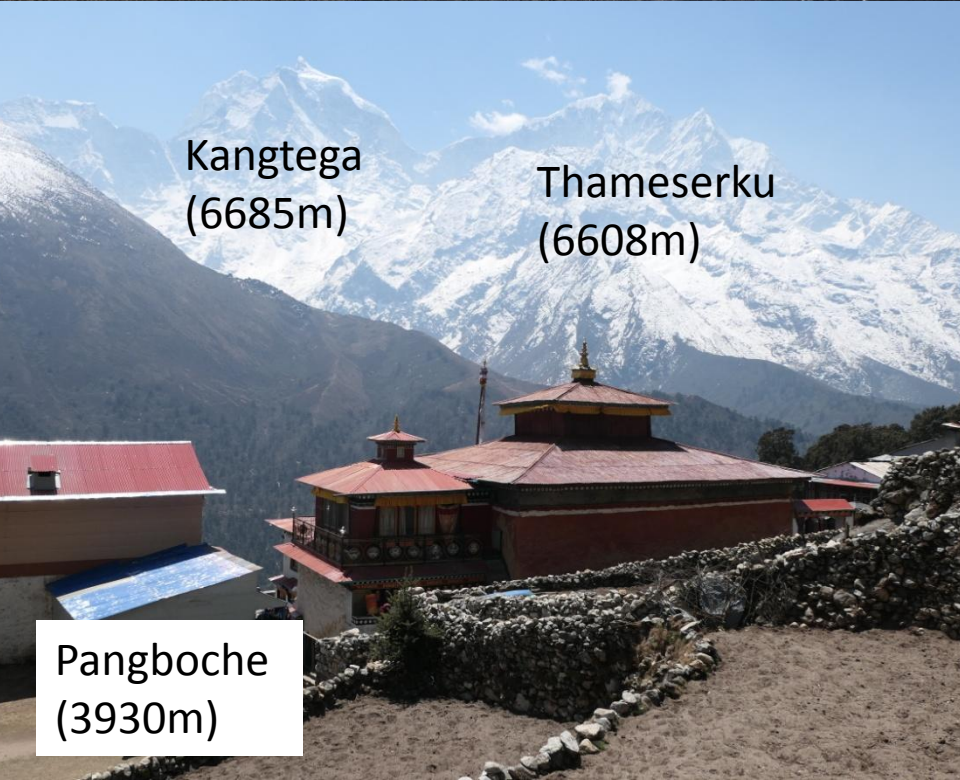


Tabuche (6367m)



Kangtega
(6685m)

Thameserku
(6608m)



Pangboche
(3930m)



Dingboche and Lhotse



Nuptse

Lhotse

Ama Dablam (6812m)

Kangtega (6685m)

Thameserku (6608m)





Tengboche



Mani wall

Namche Bazaar (3440m)





A really good coffee and cake at *Sherpa Barista*, Namche Bazaar



Return to Lukla





Lukla airport



Ramecchap airport



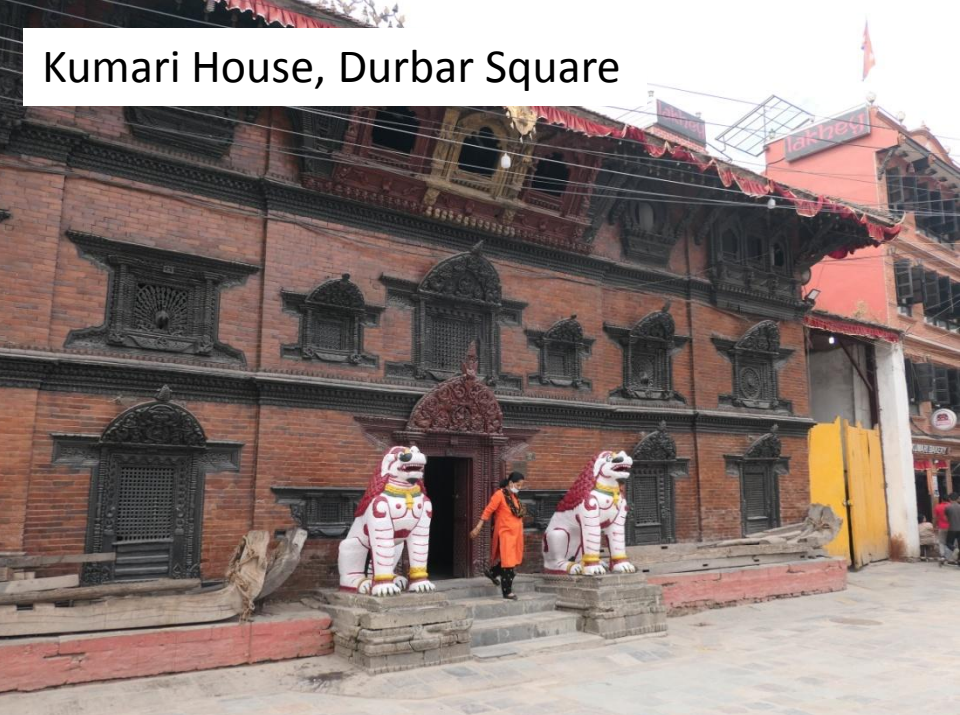
Thamel, Kathmandu



Thamel, Kathmandu



Kumari House, Durbar Square



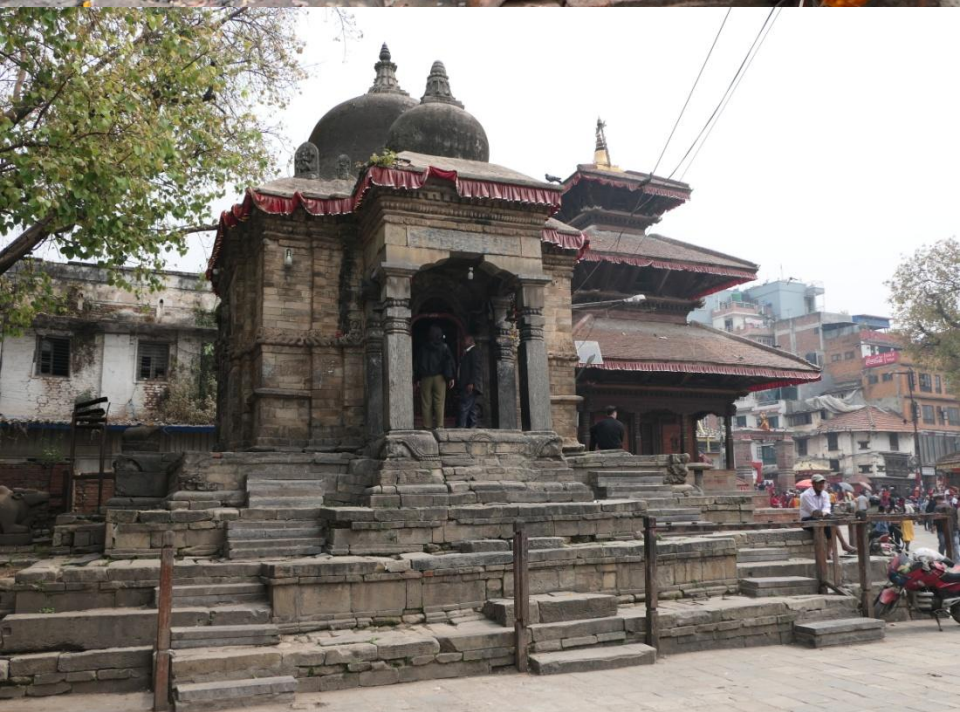


Durbar Square





Durbar Square



Boudhanath, Kathmandu



Boudhanath, Kathmandu







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