Khatra valley & khangshung face everest trekking

Trip Facts

Duration: 23 days
Entry / Exit Point: Lhasa
Duration Of Trip: 23 Days
Mode Of Trekking / Tour: Camping
Trekking Hour: 4 To 7 Hours
Best Season: April Through October

-

P O Box 4612, Sukedhara, Kathmandu, Nepal
Mobile: +977-9851197848 / 47 / 46
WhatsApp: +977 9851197848 / 9851197846
Email: info@explore-vacation.com, sales.explorevacation@gmail.com

Day to Day Itinerary

Day 1:ARRIVAL IN KATHMANDU

Arrival in Kathmandu at Tribhuwan International Airport, meet by our officer with warm welcome. Then transfer to Hotel and check into room and rest. In the evening, introudce with our tour manager and will given brief orientation on your program itinerary. Overnight at Hotel.

Day 2:FREE DAY IN KATHMANDU + VISA PREPARATION DAY

Today you are at free for trip preparation and you can also visit Kathmandu city on your own or arrange by us on additional cost for transfer & guide. In the mean time, we will apply and obtain visa from Chinese Embassy at Kathmandu. Overnight at Hotel.

Day 3:KATHMANDU - LHASA [3660M] A

After breakfast, you will transfer to the airport for your flight to Lhasa. Upon arrival in Gonggar Airport at Lhasa, receive you with warm welcome by our guide and transfer to hotel, it takes about 45 minutes from Gonggar airport to Lhasa city. Overnight at Hotel.

Day 4:SIGHTSEEING IN LHASA T

After breakfast, you will transfer to the airport for your flight to Lhasa. Upon arrival in Gonggar Airport at Lhasa, receive you with warm welcome by our guide and transfer to hotel, it takes about 45 minutes from Gonggar airport to Lhasa city. Overnight at Hotel.

Day 5:SIGHTSEEING IN LHASA.

This morning we will visit the Potala Palace, which dominates the city of Lhasa. A spectacular building, it contains the private quarters of the Dalai Lama as well as numerous grand staterooms and many important chapels. There has been a palace on this site since the 5th or 6th century, but the present palace was constructed in the 17th century. A visit to the Drepung Monastery this afternoon will complete a truly awe-inspiring day. Founded in the 14th century, this monastery was once the largest in the world with a population of around 10,000 monks. These days that figure is down to several hundred, but there is still much here of interest as it was left relatively unscathed during the Cultural Revolution. Overnight at Hotel.

Day 6:DRIVE LHASA - GYANTSE [3950M] 305 KM – 6 HRS

Today we start our overland journey towards Kathmandu. Travelling by jeep along the Friendship Highway we cross the Khamba La [4794m] from which there is stunning views across the waters of Yamdrok-tso Lake to the snowy summit of Nazin Kang Sa [7252m]. We continue westwards over another high pass the Karo La [5045m] where we are treated to the spectacular sight of a huge glacier tumbling down to within a few hundred metres of the road. After passing through beautiful valleys and colourful Tibetan villages we arrive in the town of Gyantse. Overnight at Hotel.

Day 7:DRIVE GYANTSE [3950M] - SHIGATSE [3900M] 90KM – 2 HRS

Before leaving Gyantse we have time this morning to visit the Gyantse Dzong and Gyantse Kumbum. The

Dzong is a fort dating from the 14th century from which there are amazing views of both Gyantse itself and the surrounding Nyang Chu Valley. The Kumbum is a large gold-domed stupa and its many small chapels house an impressive array of Tibetan Buddhist murals. We then continue on to Shigatse, a short drive of only 90kms, arriving in time for lunch. Shigatse is the second largest city in Tibet and after exploring the local market we will make a detailed visit to the Tashilhunpo Monastery. This monastery is one of the largest functioning monasteries in Tibet and there is much to explore within its high surrounding walls. Overnight at Hotel.

Day 8:SHIGATSE [3900M] – SHEGAR [4050M] 244KM – 4 HRS

Today we continue along the Friendship Highway, marvelling once more at the barren yet spectacular landscape of Tibet. Beyond the small town of Lhatse we cross the highest pass on our journey, the Gyamtso La [5220m]. From here we descend to the plains, passing lonely monasteries and the camps of nomadic herders, en route to Shegar and our overnight accommodation at Hotel.

Day 9:SHEKAR – KHARTA [3750 m / 12300 ft.] – 5 HRS

Drive five hours to Kharta, enjoying beautiful views from the Pang La (17000 ft.) towards Makalu, Lhotse, Everest and Shisapangma (if weather is clear). Drive down the Dzakaa Chu and then the Phung Chu valley toward Kharta. We'll make camp past the boarding school on the banks of the Kharta Tsangpo river, the headwaters of Nepal's Arun River. Overnight at Camp.

Day 10:BEGIN TREK – 4 HRS

Hike up the Kharta Tsangpo valley past several villages. The trail to the Shao La leaves the Kharta valley and climbs steadily up a side valley to the south. We'll camp either at the beginning of this climb on a ledge overlooking the valley and its villages (at approximately 13000 ft.) or continue up the side valley following a small stream for another two hours to camp on meadows by the stream (14,000 ft.) (4 hours hiking). Overnight at Camp.

Day 11:SHAO LA – 4 HRS

Ascend steadily over rocky ground to reach the Shao La (4970m / 16300 ft.) in about two hours. Weather permitting; the views from here toward Makalu, Lhotse, and Everest are stunning. Once at the top of the pass we descend for about an hour and then plunge steeply to the valley below. At once the scene changes from barren rock slopes to lush rhododendrons, birch, and willow trees. Continue one hour down this valley to camp at Joksum, following a stream through thick fir and juniper forests. (4 hours hiking). Overnight at Camp.

Day 12:TREK – 5 HRS

Hike steeply through juniper and rhododendron forests to reach the high pastures above the Kama River. On clear days, we'll see splendid views toward Everest and Lhotse. The high ridges south of the Kama River drip with hanging glaciers and in the spring are alive with bellowing avalanches. We continue to traverse alpine meadows and pass yak herders' camps and a serene green lake to a campsite (14500 ft.) on large meadows and pass yak herders' camps and a serene green lake to a campsite (14500 ft.) on a large meadow with great views of the Khangshung Valley. (5 hours hiking). Overnight at Camp.

Day 13:TREK – 4/5 HRS

Hike up a ridge affording a clear sight right up the Khangshung Valley, with views of Everest, Lhotse, Lhotse Shar, Tshertse, Petangtse, Chomolonzo, Makalu and a myriad of other great peaks. From this ridge we descend rather steeply down to the Kama River coming from the Langma La. After wading across the river we enter the Khangshung Valley, a wide valley drained by the Khangshung stream. A receding glacier has left behind wide undulating hillocks now covered by a thick growth of willow, rhododendron, juniper, and other shrubs. Camp at the meadow called Pethang (4330m / 14200 ft.), about an hour's walk uphill from the stream crossing. Overnight at Camp.

Day 14:PETHANG RINGMO – 4/5 HRS

Hike steeply up onto a large rockslide. The views of Makalu and the incredible upheaval caused by the Chomolonzo glaciers are amazing. After the rockslide the trail traverses around the mountainside to reach a beautiful glade, locally called Opka. Continue hiking up meadows of lateral moraine with views of Everest,Lhotse, and Tserse to reach camp on the grassy knolls of Pethang Ringmo (4875m / 16000 ft / 4-5 hours hiking.). Overnight at Camp

Day 15:KHANGSHUNG VALLEY EXPLORATION

Optional day hikes up the Khangshung Valley alongside the glacier to the base camp (5180m / 17000 ft.) used by expeditions attempting the east face of Everest. Overnight at Camp.

Day 16:RAABKA CHU – 7 HRS

Retrace our steps down the valley along the Khangshung Glaciers, across the rockslide opposite the Chomolonzo glacier, and past Pethang to a stream crossing at the Raabka Chu. The camp (13500 ft.) on the grassy meadow across the river is a very pleasant place to spend the afternoon. (4 hours hiking). We can also reach this campsite from Pethang Ringmo by taking a side trip to Guru Rimpoche's cave at Tse Chu Lake. The trail climbs high above Okpa meadows, crosses Lamtsho (16200 ft.), then descends steeply to the lake. (6-7 hours hiking.) Overnight at Camp.

Day 17:RABKA CHU TO TSO TSHURINGMA – 4 HRS

Hike steadily uphill, steeply at first for an hour to a shelf above the river, then another hour across relatively flat ground to a small meadow called Pangboche, where we have lunch. Continue to hike steeply over alpine slopes for another couple of hours to a small but beautiful lake at the base of the Langma La (17500 ft.). The views of Makalu and Everest are great from here! Camp at Tsho Tshurigma (4875m / 16000 ft / 4 hours hiking). Overnight at Camp.

Day 18:TSHO TSHURIGMA TO TROSHAY MEADOW CAMP – 6 HRS

Climb steeply over rocky ground to reach the Langma La (17500 ft.) in just over two hours. En route we pass another lake, and the views of Makalu become more impressive as we climb upwards, while Everest and all the other attendant peaks are visible all the way to the pass. From Langma La we bid farewell of the Khangshung Valley and the impressive panorama of some of the world's highest mountains, then descend steeply four hours over rocky moraines and glaciated valleys. Camp is on a grassy meadow beside a clear stream at Troshay (4270m / 14000 ft.). (6 hours hiking). Overnight at Camp.

Day 19:TROSHAY TO KHARTA – 5 HRS

We follow the stream from camp down the Kharta Tsangpo valley along a well defined trail. We'll hike across grassy hillsides used for grazing animals and past villages with barley and potato fields ringed by willows and birch. After two hours we reach the fork of the trail where we climbed to Shao La at the beginning of the trek. Cross the river below Yulba village and reach our riverside campsite where we started the trek. Overnight at Camp.

Day 20:RONGBUK MONASTERY – 5 HRS

Drive five to six hours to Rongbuk monastery (5000m / 16400 ft.), the highest monastery in the world and a shrine dedicated to Everest, is the last sign of habitation before commencing the trek to Everest via the north face. We spend a night here; this is a good place to read a book: just how often do you get a chance to sit and read at 5000m and with the stunning view of Everest's north face. It is very important that we take our time and gets very well acclimatized before we go to the BC. Today we will explore the surroundings of the Rongbuk Everest base camp, just to get started working a little. Overnight at Camp.

Day 21:DRIVE RONGBUK TO KYIRONG 2700 m, 257 km / 7 hrs

Here your day begins with full of excitement for leading your journey towards to Kyirong. On the way we have breathtaking panorama view of Himalayan ranges including Mt Shishapangma (8012m) and Mt Cho Oyu (8201m) and others more beautiful Tibetan landscapes. Overnight at Hotel

Day 22:DRIVE KYIRONG TO KATHMANDU1300 m, 175 km (7 hrs).

Day 23:DEPARTURE

According to your flight schedule, you will be escorted to International airport by our tour officer for your flight back to home or onward destination.

Trip Cost Includes

- Arrival & departure transfers (Kathmandu)
- Hotel accommodation in Kathmandu with breakfast on sharing basis
- Tibet special permits and entrance fees
- National Park fees & EBC permit
- Tibet group visa fee
- Transportation in Tibet by Land cruiser OR Hiace Van
- Truck for carry luggage, food & camping equipments
- Standard accommodation on sharing room with breakfast during city stay

- Tented camp accommodation during trekking
- All meals (breakfast, lunch, dinner) during trekking
- Tibetan Guide (English speaking)
- Cook and Sherpa staffs for camping assistance from Nepal
- Salary, transport, visa, insurance, food and lodging of camping staffs
- Camping equipments like tents, mattresses, sleeping bag, kitchen utensils, foods, etc
- Yaks or porters for carrying luggage during trekking
- Mini Bus from Kathmandu to border and return transfers
- Oxygen bottle (portable) available in transport for emergency use
- Medical kit bag for first aid
- Flight ticket for Kathmandu to Lhasa
- Taxes & service charges

Trip Cost Excludes

- Lunch & dinner in Kathmandu & in Tibet (except in trekking)
- Sightseeing & its entry fees for monuments (KTM)
- Alcohol & bottle drinks
- Tips for guide, driver & staffs
- Any expenses of personal nature
- Your travel insurance
- Nepal visa US $ 40 (NRI nationals)
- Emergency & Evacuation costs
- Any extra cost due to unforeseen circumstances like natural calamities, political reason. Government rules etc

P O Box 4612, Sukedhara, Kathmandu, Nepal
Mobile: +977-9851197848 / 47 / 46
WhatsApp: +977 9851197848 / 9851197846
Email: info@explore-vacation.com, sales.explorevacation@gmail.com