

# **Tibet Kharta Valley to EBC Trek - Itinerary**

## **1. Kathmandu - Lhasa**

We take flight from Kathmandu to Lhasa and then transfer to Hotel for overnight stay. Complete rest day for acclimatization.

## **2. Lhasa**

Today you will be engrossed with sightseeing and excursion of the Potala Palace, The Jokhang Temple, surrounding Barkhor market area, Drepung and Sera monasteries. Later overnight stay in Hotel.

## **3. Lhasa - Gyantse**

Drive to Gyantse crossing the Khambala pass (5200m) and via the Lake Yamdrok Tso. Overnight in Hotel.

## **4. Gyantse- Xigatse**

After breakfast visit the Palkhor Monastery and the Khumbum stupa. After lunch drive to Xigatse for 1 hr and visit the famous Tashi Lumpo Monastery and the local Xigatse bazaar. Overnight in Hotel.

## **5. Xigatse - Tingri**

Drive to Tingri. Overnight in Guest House.

## **6. Tingri - Kharta**

Drive for approx 7 hrs. Overnight in Camp.

## **7. Rest Day at Kharta**

Rest day at Kharta. Overnight in Camp.

## **8. Trek from Kharta to Dampu Camp**

Trek for 3 hour from Kharta to Dampu Camp. Overnight in Camp.

## **9. Trek from Dampu Camp to Dhou Lake Camp**

Trek for 3-4 hour from Dampu Camp to Dhou Lake Camp. Overnight in Camp.

## **10. Trek from Dhou Lake Camp to Rzag Sham via Shoula Pass**

Trek for 6-7 hours from Dhou Lake Camp to Rzag Sham via Shoula Pass (5160m).Overnight in Camp.

## **11. Trek from Rzag Sham to Thangsum camp via Black Lake**

Trek for 4-5 hours from Rzag Sham to Thangsum camp via Black Lake. Overnight in Camp.

## **12. Trek from Thangsum camp to Pathang Camp via Rapka**

Trek for 4-5 hours from Thangsum camp to Pathang Camp via Rapka. Overnight in Camp.

## **13. Trek from Pathang Camp to Pethang Ringmu**

Trek for 5-6 hours from Pathang Camp to Pethang Ringmu. Overnight in Camp.

## **14. Hiking around the Pethang Ringmu**

Enjoy the panoramic views of Khang Shong Face, Mt. Everest, Lhotse, Shartse and Qomolhunsom. Overnight in Camp.

## **15. Trek from Pethang Ringmu to Rapka Camp**

Trek for 3-4 hours from Pethang Ringmu to Rapka Camp. Overnight in Camp.

## **16. Trek from Rapka Camp to Tso- Shouringma via High camp (4950m)**

Trek from Rapka Camp to Tso- Shouringma via High camp. Overnight in Camp.

## **17. Trek from High camp to Shoumai La Camp via Langma La Pass (5350m)**

Trek for 7-8 hours from High camp to Shoumai La Camp via Langma La Pass (5350m). Overnight in Camp.

## **18. Trek from Shoumai La Camp to Rongbuk**

Trek 3 hours from Shoumai La Camp to Rongbuk and Camp.

## **19. Trek from Rongbuk to Everest Base Camp and back to Rongbuk**

Drive to Rongbuk and walk upto the Everest Base Camp. After visiting the EBC you will walk back to Rongbuk. The back and forth walk will take 5 hours. Overnight in Camp or Guest House.

## **20. Rongbuk to Nylam**

Drive from Rongbuk to Nylam for 8 hours. Overnight in Guest House.

## **21. Nylam - Zhamghu- Kathmandu**

Drive to Zhangmu for 3 hours and after completion of the immigration formalities in Zhangmu you will drive back to Kathmandu.

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