

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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