

# **Kharta Valley Trekking - Itinerary**

## **1. Kathmandu- Nylam (5 Hrs.)**

Drive to Kodari for approx 5 hrs. Here we will complete the immigration formalities at the Nepal side and drive to Zhangmu and complete the immigration formalities at the Chinese side also. Then you will drive further to Nylam for approx 2 hrs. Overnight in Guest House.

## **2. Rest at Nylam for acclimatization.**

Today, Overnight in Guest House.

## **3. Nylam - Tingri Drive to Tingri**

Trek for approx 4 hrs. Overnight in Snowleopard Guest House.

## **4. Tingri - Kharta (3750m)**

Drive for approx 7 hrs. Overnight in Camp.

## **5. Trek from Kharta to Yueba (4050m)**

Trek from Kharta to Yueba and Overnight in Camp.

## **6. Trek from Yueba to Langma La (4545m)**

Trek for approx 6 hours to the Base Camp of Langma La. Overnight in Camp.

## **7. Trek from Langma La to Pethang (4750m) Trek -7 hrs**

This is a difficult day. It crosses the steep, three-tiered Langma La Pass (5350 m). From here we can view Mt Everest, Chomo Lunze and Makalu. From Langma we trek to Cave. Overnight in Camp.

## **8. Trek from Pethang - Ringmio Kasung Faced Base Camp (5455 m)**

Trek for approx. 4 to 5 hrs till Ringmo to Kashung faced Base Camp. Overnight in Camp.

## **9. Trek from Pethang to Sharlung**

Trek for approx 5 hrs. Overnight in Camp.

## **10. Trek from Sharlung to Sharo**

Trek for approx 5 hrs. Overnight in Camp.

## **11. Trek from Sharo to Yueba (4050m)**

Trek for approx 6 hrs crossing the Shola pass (5030 m) and back to Yueba. Overnight in Camp.

## **12. Trek from Yueba to Kharta (3750m)**

Trek back to Kharta and visit the Kharta Valley, farm house, Yaks and Local people. Overnight in Camp.

## **13. Trek from Kharta to Rongbuk- Everest Base Camp**

Rongbuk Drive to Rongbuk and walk upto the Everest Base Camp. After visiting the EBC you will return back on foot to Rongbuk. Overnight in Camp or Guest House.

## **14. Rongbuk- Nylam Drive to Nylam**

Trek for approx 8 hours. Overnight in Guest House.

## **15. Nylam - Zhamghu - Kathmandu**

Drive to Zhangmu and after completion of the immigration formalities in Zhangmu and Kodari you will back to Kathmandu.

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