

Everest Kangshung Face Trek

Day 01: Arrive in Lhasa (3,650 m / 11,972 ft)

Upon your arrival in Lhasa, a representative from Upper-Himalayan Treks and Adventure will meet you at an agreed upon location. From here we will travel to a hotel and check into our rooms. Due to the altitude of Lhasa (11,972 ft), we recommend taking the rest of the day to acclimate.

Day 02: Go Sightseeing in Lhasa: Potala Palace, Norbulingka Palace and Tibet Traditional Hospital: 5 - 6 hours

Today, we visit the former residences of the Dalai Lama. Potala Palace was built in the 17th century and is known for its views of Lhasa. The palace is filled with numerous state rooms, chapels, and remarkable works of art. Norbulingka Palace was the summer residence of the Dalai Lama. It hosts the largest garden in Tibet. From Norbulingka Palace, we visit a traditional Tibetan hospital, which is the center for research and production of traditional Tibetan medicine. We spend the night in Lhasa.

Day 03: Go Sightseeing in Lhasa: Sera Monastery, Drepung Monastery, Jokhang Temple and Barkhor Bazaar: 5 - 6 hours

We begin our tour by visiting Drepung Monastery. It was built in the 14th century and at the peak of its use, it housed around 10,000 monks. We then turn our attention to Sera Monastery. It is simple monastery with whitewashed walls and golden roofs. Our next stop is at Jokhang Temple. The temple is a sacred site, and gives insight into Buddhist philosophy. After touring the monasteries and temples, we walk through Barkhor Bazaar. The Bazaar contains open air stalls, shops, and international travelers on pilgrimage. We spend the night in Lhasa.

Day 04: Trave to Gyantse: (3,900 m / 12,795 ft) 8 - 9 hours

On our way to Gyantse from Lhasa, we cross over Kamba La Pass (4,794 m / 12,795 ft), where we have exquisite views of Turquoise Lake, and Mt. Nazin Kang Sa (7,252 m). Turquoise Lake is one of 3 holey lakes in Tibet. As we continue, we cross over another pass, Karo La Pass (5,045 m). At the pass we can see glaciers slowly digging their paths down the mountains. As we come into Gyantse we stop at Kumbum Stupa, Phalkot Monastery, and Gyantse Fortress. This fortress is the best preserved fortress in Tibet. We spend the night in Gyantse.

Day 5: Travel to Shigatse (3,900 m / 12,795 ft): 90 km, 2 hours

The road to Shigatse travels along the Tsangpo River, which is the longest river in Tibet. After reaching Shigatse we check into our rooms then visit Tashilhunpo Monastery. The Monastery was founded by the first Dalai Lama, Pachen Lama, in 1447. We spend the night in Shigatse.

Day 06: Travel to Kharta (3,750 m / 12,300 ft) 45 km, 1 hour

We travel to Kharta today. We pass over Tso La, Gyatso La, and Pang La Passes, (5,420 m / 17,782 ft), (5,252 m / 17,230 ft), and (5,150 m / 17,000 ft) respectively. From Pang La pass we can see several of the tallest mountains in the world, such as Everest, Cho-Oyu, and Makalu. We spend the night in Kharta.

Day 07: Travel to Landrubling and Start Trek (4,800 m / 15,700 ft): 4 - 5 hours

We begin our trek today on the bank of Kharta River. We pass farming villages and have fantastic view of the scenery. We continue up the trail toward Shao La passing through rhododendron and conifer forests. We camp out in Landrubling.

Day 08: Trek to Jorpokhari (4,268 m / 14,000 ft): 3 - 4 hours

We trek along moraines to Jorpokhari. The hike is fairly short, but it allows us time to acclimate to the altitude. We spend the night in Jorpokhari.

Day 09: Trek to Joksum (4,800 m / 15,700 ft): 6 - 7 hours

As our trek continues, we cross over Shao La Pass today (4,800 m / 15,748 ft). From the top of the pass we have views similar to the views at Pang La Pass. We can see Everest, Cho-Oyu, and Makalu at (8,848 m/29,029 ft), (8,201 m/26,906 ft), and (8,481m/27,825 ft), respectively. From the top of the pass we descend in elevation leaving the rocky and barren landscape for lush green forests of rhododendron, birch, fir and juniper. After arriving in Joksum we set up camp and spend the night.

Day 10: Trek to Sumthang (4,420 m / 14,500 ft): 5 - 6 hours

As we continue our trek through juniper and rhododendron forests we reach grazing pastures above the Kama River. From the grazing pastures we have wonderful views of Everest, and Lhotse. Further down the trail we pass by an alpine meadow, a yak herder's camp and a mystical green lake. After reaching Sumthang we have wonderful views of Khangsung Valley. We spend the night in Sumthang.

Day 11: Trek to Parthang (4,240 m / 13,907 ft): 5 - 6 hours

From Sumthang our trail ascends until we are out of the forests and firmly above the tree line. We enter the Khangshung Valley and cross the Khangsung stream. We spend the night in Parthang.

Day 12: Trek to Pethang Ringmo (4,880 m / 16,000 ft): 4 - 5 hours

Today we get to climb the Khangshung Valley Glacier. It is one of the steepest climbs of the trek. From our location we can see Mt. Everest and Mt. Lhotse dominate the sky with Mt. Chomo Lonao in the background. We can also see a lake and a cave. The cave is believed to be the meditation retreat of an ancient Buddhist spirit. We spend the night in Pethang Ringmo.

Day 13: Acclimate and Hike to Khangshung Base Camp (5,185 m / 17,000 ft)

During our acclimatization we hike to Khangshung Base Camp for phenomenal views of the surrounding mountains and two high mountain lakes. We can hike to the lakes if we choose. We spend the night in Pethang Ringmo.

Day 14: Spare Day for Foul Weather

This day is taken as a precaution against bad weather. If we do not experience foul conditions we will not take a reserve day.

Day 15: Trek to Rabka: 6 - 7 hours

From Pethang Ringmo we trek to our campsite in Rabka Chu (4,120 m / 13,500 ft). We can take the same trail that led us to Pethang Ringmo, or we can take a side trek to Tse Chu Lake, and spiritual teacher Rimpoche's cave. This path takes us over Okpa meadows and crosses Lamtsho (4,940 m / 16,200 ft). We spend the night in Rabka.

Day 16: Trek to Lake Tso Tsheringma (4,880 m / 16,000 ft): 4 - 5 hours

Today we trek to Lake Tso Tsheringma (Spirit Lake). The trail crosses over a small meadow and over a hill. On our way, we can potentially see nomad camps. Lake Tso Tsheringma is a small beautiful lake nestled in the mountains.

Day 17: Trek to Troshay (4,270 m / 14,000 ft): 6 - 7 hours

On our way to Troshay we trek over Langma La Pass at 5,320 m / 17,454 ft. We can see prayer flags on the cliffs above the pass. Coming down from the pass the trail leads us into a glacial valley with moraines. Further down, we may encounter nomadic yak caravans. We set up camp near a meadow by a stream in Troshay.

Day 18: Conclude Trek in Kharta and Travel to Rongbuk (5,050 m / 16,564 ft): 4 hours Trek or 2 hours drive

We conclude our trek today in Kharta. On our way to Kharta we trek through Lhundupling. It is a village

From Troshay we trek back to Kharta then drive to Rongbuk. . The trail is a steep descend to Lhundupling and Yulba Villages. After we pass Yulba Village we are picked up by our waiting driver. We then travel to Rongbuk. We can see spectacular views of Everest on our way to Rongbuk. After checking into our hotel rooms we visit Rongbuk Monastery, which is the highest monastery in the world.

Day 19: Visit Everest Base Camp and Travel to Zhangmu (2,300 m / 7,544 ft): 257 km, 5 hours

After departing our hotel, we visit Everest Base Camp (5,250 m / 17,220 ft) while on our way to Zhangmu. Visiting Base Camp provides insight into how dangerous and beautiful the mountain can be. After taking in the high mountain climate we set off to Zhangmu. We spend the night in Zhangmu.

Day 20: Travel to Kathmandu (1,350 m / 4,428 ft): 123 km, 4 hours

We leave the Tibetan kingdom today in exchange for Nepal. We cross over the Bhote Koshi River to immigration control. Here we will take care of the required paperwork and say good bye to our Tibetan Guides. We will also meet our Nepali guides here. They take us to Kathmandu where we will spend the night.

Day 21: Final Departure

We conclude our trip in Kathmandu. If you wish to stay in Nepal, further accommodations can be arranged or if you are leaving we will assist in preparations and transport to the airport.