

Earthbound Expeditions

The Kangshung Valley Trek

18 days, from US$3,597 per person

Duration	Group size	Country
18 days	**No limit**	**Tibet**

The Kangshung Valley Trek Overview

The east face of Mount Everest from Tibet, China

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The Kangshung, the east face of Everest, is a very beautiful and little-known trail.

We fly to Kathmandu or, optionally, Lhasa and drive across the Tibetan interior to Kharta, where we meet our Sherpa team from Nepal. We then begin the trek through the alpine desert, with yaks carrying all your baggage and camping equipment. At the end of the trek we drive to Rongbuk Monastery to see the North Face of Everest, and continue by road to Kathmandu or Lhasa.

Three of the world's highest peaks, Everest, Lhotse and Makalu, overlook the Kama valley and the Kangshung valley.

Itinerary

Day 1

Arrive in Kathmandu

Arrive in Kathmandu.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: None

Day 2

Kathmandu sightseeing

Sightseeing in Kathmandu.

Altitude: 1,400 m On foot: Easy walking, 2–3 hrs Night: Hotel, Kathmandu Meals: Breakfast

Day 3

Drive to Nyalam

Drive to Nyalam, a town near the Nepal and Tibet border.

Altitude: 3,750 m On foot: None, 6–7 hr drive Night: Guesthouse, Nyalam Meals: Breakfast, Lunch, Dinner

Day 4

Drive to Shegar

Drive to Shegar.

Altitude: 4,350 m On foot: None, 6–7 hr drive Night: Guesthouse, Shegar Meals: Breakfast, Lunch, Dinner

Day 5

Drive to the Kharta valley, Tibet

Drive to the Kharta valley in Tibet.

Altitude: 3,700 m On foot: None, 4–5 hr drive Night: Tented camp, Kharta Meals: Breakfast, Lunch, Dinner

Day 6

Trek to Kangshung Base Camp and return to Hoppo

Trek to Kangshung Base Camp and return to Hoppo.

Altitude: 5,050 m at Base Camp On foot: 6–7 hrs Night: Tented camp, Hoppo Meals: Breakfast, Lunch, Dinner

Day 7

Trek to the foot of the Langma La

Trek to the foot of the Langma La.

Altitude: 4,800 m On foot: 5–6 hrs Night: Tented camp, Shurimo Meals: Breakfast, Lunch, Dinner

Day 8

Trek to Kharta

Trek to Kharta.

Altitude: 3,700 m On foot: 6–7 hrs Night: Tented camp, Kharta Meals: Breakfast, Lunch, Dinner

Day 9

Drive to Rongbuk Monastery

Drive to Rongbuk Monastery.

Altitude: 4,980 m On foot: None, 5–6 hr drive Night: Tented camp, Rongbuk Meals: Breakfast, Lunch, Dinner

Day 10

Explore Everest Base Camp, Tibet

Explore Everest Base Camp in Tibet.

Altitude: 4,980 m On foot: 16 km, 4–5 hrs Night: Tented camp, Rongbuk Meals: Breakfast, Lunch, Dinner

Day 11

Drive to Zhangmu

Drive to Zhangmu.

Altitude: 2,300 m On foot: None, 8–9 hr drive Night: Hotel, Zhangmu Meals: Breakfast, Lunch, Dinner

Day 12

Drive to Kathmandu

Drive to Kathmandu.

Altitude: 1,400 m On foot: None, 5–6 hr drive Night: Hotel, Kathmandu Meals: Breakfast, Lunch, Dinner

Day 13

Departure

Departure.

Altitude: 1,400 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- All airport pick-ups and drop-offs, and services in Kathmandu
- 3, 4 or 5-star hotel accommodation in Kathmandu (depending on the package you choose)
- Kathmandu Valley sightseeing with guides and entrance permits
- Tibet visa and permit
- Tents, sleeping mats and camping equipment
- Kitchen, toilet, dining and shower tents (we normally provide twin-sharing tents; if you would like a single tent, please let us know in advance)
- All entrance fees and sightseeing in Tibet
- All staff, with their insurance (cook, kitchen assistant, assistant Sherpa, one Nepali guide and one Tibetan guide)

- Transport by four-wheel drive (latest-model Land Cruiser, 4 people per jeep)
- Truck for luggage and equipment
- Gamow bag (portable high-altitude chamber)
- Oxygen bag

Not included

- International flights
- Meals in Kathmandu and in Tibet (Lhasa, Gyantse, Shigatse or further)
- Bar bills (soft drinks, beer, water and so on) and other personal expenses
- Nepal re-entry visa (for NRIs, Europeans and Americans)
- Emergency rescue charges, if required
- Tips for staff
- Photography charges, where applicable in Tibet

Photos, videos and reviews of this trip: earthbound.rajansimkhada.com/the-kangshung-valley-trek-18-days