



Earthbound Expeditions

The Kangshung Valley Trek

18 days, from US\$3,597 per person

Duration

18 days

Group size

Unlimited People

Country

Tibet

EAST FACE OF MOUNT EVEREST FROM TIBET, CHINA

Day by day

Day 1

Arrival Kathmandu

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

Day 2

Sightseeing

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

Day 3

Drive to Nyalam (Nepal –Tibet border town)

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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 Kharta valley tibet

Drive to Kharta valley 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 & return to Hoppo

Trek to Kangshung base camp & 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 base of Langma La

Trek to base of 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 – tibet

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

Day 11

Drive to Zangmu

Drive to Zangmu

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 pickups and drops, services in Kathmandu
- 3/ 4 / 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 gears.
- Kitchen, toilet, dinning and bathing tent. [We normally provide twin sharing tent and if you would like to have single tents, please let us know in advance]
- All entrance fees in Tibet along with sightseeing.
- All the staffs with their insurance (Cook, kitchen boy, helping Sherpa and one Nepali and one Tibetan guide)
- Transportation by four wheel drive. [Land cruiser – latest model – 4 people in each jeep]
- Truck for luggage's and equipments.
- Gambo bag [High altitude chamber]
- Oxygen bag.

Not included

- International airfare
- Meals in Kathmandu and in Tibet (Lhasa, Gyantse, Xigatse or if you travel further)
- Bar bills (soda pop, beer, water etc) and other personal expenses.
- Nepal re-entry visa [For NRIs, European and Americans]
- Emergency rescue charges if necessary.
- Tips and gratitude's to staffs.
- Photography charges, where applicable in Tibet.