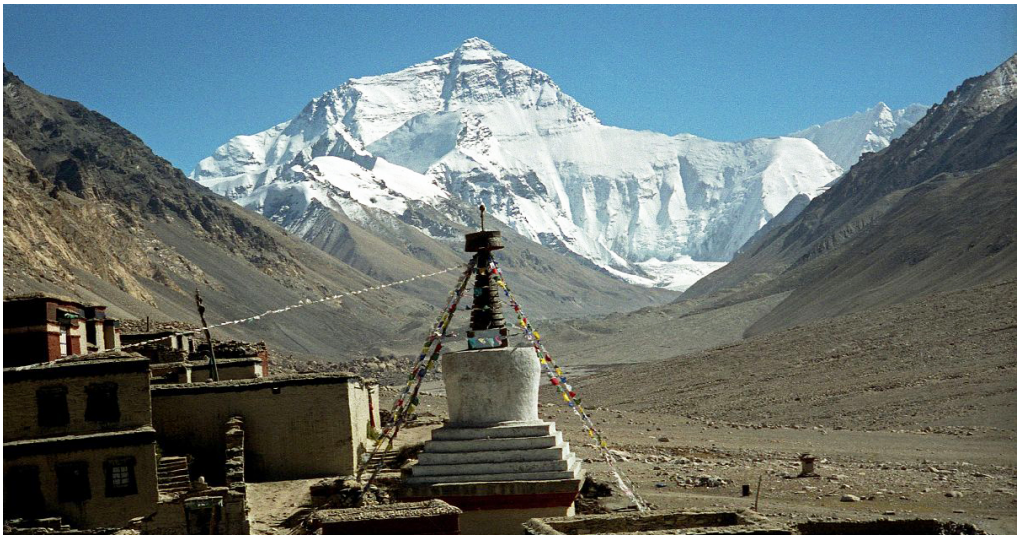
Kharta Valley Khangsung Face Trek

Tibet, China / Tibet Trek | Trekking package



Your journey at a glance

Duration: 22 days

Trip grade: Moderate

Maximum altitude: 5330 m

Best season: May to September

Group size: 1 - 20

Route: Kathmandu - Kathmandu

Price from: USD 4,500.00 per adult

Accommodation: Hotels in Kathmandu and Lhasa; hotels, guest houses and tent camps as listed during the Tibet journey and trek.

Transportation: Kathmandu–Lhasa flight, road transfers in Tibet and trekking in Kharta Valley and the Khangshung region.

Meals: Meals as listed in the daily itinerary; breakfast, lunch and dinner are specified on trekking and camping days.

Package overview

Tibet is a region on the Tibetan Plateau in Eastern Asia and the traditional homeland of the Tibet an people, as well as other ethnic groups including the Monpa, Qiang and Lhoba. It is the highest region on Earth, with an average elevation of approximately 4,900 metres. Mount Everest, the h ighest mountain on Earth, rises to 8,848 metres above sea level.
Tibet has more than 800 settlements. Lhasa is its traditional capital and the capital of the Tibet Autonomous Region. It is home to the Potala Palace and Norbulingka, as well as important templ es and monasteries including Jokhang and Ramoche Temple. Shigatse is the second-largest city in the region. Other cultural centres include Gyantse, Qamdo, Shiquanhe (Ali), Nagchu, Nyingchi, Sakya, Tingri and many other towns and settlements.

Option
Price

Ex-Kathmandu
USD 4,500 per person

Joining in Lhasa
USD 4,100 per person

Day-by-day itinerary

Day 1 - Arrival in Kathmandu

Arrive at Kathmandu airport and transfer to the hotel. Attend the evening trek briefing and welcome dinner at a Nepali cultural restaurant.

Meals: D
Accommodation: Hotel
Altitude: 1,350 m

Day 2 - Kathmandu sightseeing

After breakfast, visit Pashupatinath, Boudhanath and Swayambhunath temples. After lunch, prepare for the trek.

Meals: B
Accommodation: Hotel

Day 3 - Fly to Lhasa

Transfer to Kathmandu airport and fly to Lhasa, either directly from Nepal or via mainland China. The flight from Nepal offers views across the Himalaya, including Everest and Kanchenjunga. On arrival, transfer from the airport or train station to the hotel in Lhasa.

Meals: B
Accommodation: Hotel in Lhasa
Altitude: 3,650 m
Travel time: About 1 hour from airport / station

Day 4 - Lhasa sightseeing: Potala Palace and Norbulingka

Visit Potala Palace, built in the 17th century and known for its state rooms, chapels and views over Lhasa. Continue to Norbulingka, the summer palace of the Dalai Lama, and visit the Tibet Traditional Hospital, a centre for Tibetan medicine treatment, training, research and production.

Meals: B
Accommodation: Hotel in Lhasa

Day 5 - Lhasa sightseeing: monasteries and Barkhor Bazaar

Visit Drepung Monastery, Sera Monastery and Jokhang Temple, followed by a walk through Barkhor Bazaar. Explore the monasteries, their history and religious significance, and the market’s open-air stalls and shops.

Meals: B
Accommodation: Hotel in Lhasa

Travel time: 5–6 hours sightseeing

Day 6 - Drive from Lhasa to Gyantse

Drive to Gyantse via Khamba La Pass (4,794 m), with a stop to view Yamdrok Tso (Turquoise Lake) and Nazin Kang Sang Glacier (7,252 m). Cross Karo La Pass (5,045 m), then visit Kumbum Stupa, Phalkot Monastery and Gyantse Dzong.

Meals: B
Accommodation: Hotel in Gyantse
Altitude: 3,950 m
Travel time: 265 km / about 5 hours

Day 7 - Gyantse to Shigatse

Drive to Shigatse, Tibet’s second-largest city. Visit Tashilhunpo Monastery, founded by Gendun Drup, the First Dalai Lama, in 1447. The remainder of the day is free for rest and acclimatization.

Meals: B
Accommodation: Hotel in Shigatse
Altitude: 3,900 m
Travel time: 90 km / about 2 hours

Day 8 - Shigatse to Shegar (Segar)

Drive to Shegar. Cross Tso La (5,420 m) and Gyatso La (5,252 m) passes. Visit Sakya Monastery on the way before continuing to Shegar.

Meals: B, L, D
Accommodation: Hotel in Shegar
Altitude: 3,750 m
Travel time: 245 km

Day 9 - Drive to Kharta Valley

After breakfast, drive to Kharta Valley and meet the Nepalese staff. Cross Pang La Pass (5,150 m) and enjoy views of peaks including Everest, Cho Oyu and Makalu. Descend from the pass towards the Rongbuk Valley and continue to Kharta.

Meals: B, L, D
Accommodation: Kharta

Day 10 - Kharta to Landrubling / Yubling

Begin trekking along the banks of the Kharta River, with views of local villages and barley fields. At the trail split, take the upper route towards Shao La Pass. Climb through rhododendron and highland conifer forests to Yubling and camp on a shelf above the Kharta River.

Meals: B, L, D
Accommodation: Tent camp
Walking / trekking: 4–5 hours

Notes: The source labels this itinerary entry “Day 07”; it has been placed here in the supplied sequence.

Day 11 - Yuba to Damphu near the lake

Walk along a ridge over moraines from the Landrubling area to Damphu. This shorter walk is intended to assist acclimatization. Continue to the twin lakes, also called Jorpokhari, below Shao La Pass.

Meals: B, L, D
Accommodation: Tent camp
Altitude: 4,268 m
Walking / trekking: 3–4 hours

Notes: The source names this stage “Yuba to Damphu”.

Day 12 - Damphu to Joksum via Shao La Pass

Ascend over rocky ground to Shao La Pass (4,800 m), with views of Everest, Cho Oyu, Makalu and other Himalayan peaks. Descend through rhododendron, birch and willow trees, then continue through fir and juniper forests to Joksum.

Meals: B, L, D
Accommodation: Tent camp
Altitude: 4,800 m
Walking / trekking: 6–7 hours

Day 13 - Joksum to Alpine Camp

Hike through juniper and rhododendron forests to high pastures above the Kama River. Enjoy views of Everest and Lhotse, and pass alpine meadows, yak-herder camps and a green lake before reaching Sumthang meadow in the Khangshung Valley.

Meals: B, L, D
Accommodation: Tent camp
Altitude: 4,420 m
Walking / trekking: About 5 hours

Day 14 - Alpine Camp to Parthang

Climb a ridge above the Khangshung Valley and descend through rhododendron and conifer forest. Continue with views of Everest, Lhotse and Lhotse Shar, enter the Khangshung Valley, cross the Khangshung stream and ascend to Parthang.

Meals: B, L, D
Accommodation: Tent camp
Altitude: 4,240 m
Walking / trekking: About 3 hours

Day 15 - Parthang to Pethang Ringmo

Climb the Khangshung Valley glacier rim along the moraines. The route passes beneath the faces of Everest and Lhotse, with views of Chomo Lonzo. Continue past the cave believed to be Padmasambhava’s meditation retreat and the bend of Orga to the campsite.

Meals: B, L, D
Accommodation: Tent camp
Altitude: 4,880 m
Walking / trekking: 4–5 hours

Day 16 - Explore Pethang Ringmo and Khangshung Valley

Allow a day for acclimatization. Hike along the glacier to Khangshung Base Camp (5,185 m), from where Everest is climbed from the eastern side. Enjoy views of the Khangshung Face and Lhotse. Two lakes lie on a ridge north of camp, with a possible excursion to the area overlooking the Makalu Base Camp region on the Nepalese side.

Accommodation: Tent camp
Altitude: 5,185 m

Notes: Acclimatization day.

Day 17 - Pethang Ringmo to Rabka Chu

Retrace the route down the valley beside the Khangshung Glacier. Cross a rock slide opposite the Chomolonzo Glacier and continue past Pethang to the stream at Rabka Chu. An optional side trip reaches Guru Rimpoche’s cave at Tse Chu Lake via the Lamtsho area (4,940 m).

Meals: B, L, D
Accommodation: Tent camp
Altitude: 4,120 m
Walking / trekking: 6–7 hours

Day 18 - Rabka Chu to Tso Tshuringma

Return via Opka Rabka Chu and climb towards Pangboche meadow. Cross the moors of Mount Karma Changri with the glacier in view and camp beside Lake Tso Tshuringma. The route may pass nomad camps and continues over alpine slopes towards a lake below Langma La (5,320 m).

Meals: B, L, D
Accommodation: Tent camp
Altitude: 4,880 m
Walking / trekking: 4–5 hours

Day 19 - Tsho Tshurigma to Troshay via Langma La

Climb over rocky ground to Langma La Pass (5,320 m), where prayer flags hang above the pass. Enjoy views across the Khangshung Valley and surrounding high mountains, then descend through a moraine and glaciated valley to a grassy meadow beside a stream at Troshay.

Meals: B, L, D
Accommodation: Tent camp
Altitude: 5,320 m
Walking / trekking: 6–7 hours

Day 20 - Troshay to Rongbuk

Trek down from Troshay towards Kharta, crossing the river below Yulba village and returning to the starting area. Drive to Rongbuk. If the weather permits, visit Everest Base Camp and enjoy views of the north face of Everest. Visit Rongbuk Monastery, described in the supplied itinerary as the world’s highest monastery.

Meals: B, L, D

Accommodation: Tent camp
Altitude: 5,050 m
Travel time: Drive after trek
Walking / trekking: About 1 hour trekking

Day 21 - Rongbuk to Kerung via Everest Base Camp

Visit Everest Base Camp (5,250 m), with views of Everest, Cho Oyu and Shishapangma. The itinerary describes an approximately 16 km round trip around Everest Base Camp. After the visit, drive to Kerung.

Meals: B, L, D
Accommodation: Hotel in Kerung
Altitude: 2,600 m
Travel time: 257 km / about 6 hours

Day 22 - Kerung to Kathmandu

Complete immigration formalities on both sides of the border and drive from Kerung to Kathmandu. On arrival, transfer to the hotel and attend the farewell dinner.

Meals: B, L, D
Accommodation: Hotel in Kathmandu
Altitude: 1,350 m
Travel time: About 7 hours

Day 23 - Departure from Kathmandu

After breakfast, transfer to the airport for departure. The trip concludes.

Meals: B

What is included

- Tibet visa and permit.

- Entry fees for sightseeing in Nepal and Tibet, including monastery entrance fees.

- All camping equipment.

- Guide, cook and helper.

- All meals throughout the trek: breakfast, lunch and dinner.

- Required yak support during the trek for luggage and equipment.

- All deluxe transportation according to group size.

- Deluxe hotels in Kathmandu and Lhasa; sightseeing on a bed-and-breakfast basis.

- One-way Kathmandu–Lhasa flight.

What is excluded

- Lunch and dinner in Kathmandu, Lhasa and during sightseeing.

- Tips.

- Travel and medical insurance.

- Extra services.

Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

https://ojhaholidays.com.np/package/kharta-valley-khangsung-face-trek