



Kharta Valley Trekking

Kharta Valley Trekking is the most epic trekking route in Tibetan Plateau. This trekking takes you to the Kharta valley which is considered the most beautiful valley of the world by American and British Explorers in the last century. The route is the most spectacular trekking tour on the Tibetan Plateau.

This tour is fully loaded with Himalayas peaks and vintage Tibet like Yaks, Tibetan Nomad Culture, Buddhist Monasteries, high pastures sprinkled with wild flowers and glaciers trailing down from gigantic peaks.

The trail leads to the Kangshung face of Mt Everest. Along the way you will see alpine lakes, grassy meadows with shades of pinks and purples of wild flowers, nomadic cultures. You will be walking in between giants of this earth.

The tour begins in Lhasa with four days of acclimatizations, we will then gradually drive towards the Himalayan region with stopovers at Gyantse, Shigatse and Shegar.

Check the tour on our website: [Kharta Valley Trekking](#)

Tour Plan

Day 1: Arrival in Lhasa Elevation: 3656m

We will receive you either at Lhasa Airport or at the Lhasa Train Station. After a small induction with your tour guide and driver along the way, you will be taken to your hotel.

Its recommend to take a rest in hotel for some time to get acclimatize to High altitude of Tibet. Depending on time, by the evening some one from Agency will come to meet you at the hotels and discuss the itinerary and other stuff. Your guide will meet you next morning for visit to Local attractions in Lhasa.

Day 2: Lhasa Guided Tour

Jokhang Temple and Sera monastery.

In the morning, your guide will meet you at the hotel after the breakfast. Attraction for the morning is a visit to Jokhang temple. It is the holiest temple or Macca of Tibetan Buddhism.

You will take a walk to the temple. After the visit, you can explore the local market on you own-self. Your guide will fix the time and meet up place for afternoon tour.

In the afternoon you will visit the Sera Monastery. It is most preserved monastery in Tibet. In the monastery you can sit and observe monks debating in courtyard.

If you would like explore the monastery on your own. You can tell your guide to give you some free times to explore the monastery on your own.

Day 3: Lhasa Guided Tour

Potala Palace, and Drepung Monastery

You will visit the grand Potala Palace in the morning. The palace is an important landmark of Tibet and the masterpiece of Tibetan Architecture.

It was first built by King Songtsen Gampo, the 33rd king of Tibet's Yurlung dynasty. Later in 17th century it was rebuilt by 5th Dalai Lama and use it as resident of successive Dalai Lama and his government.

It is challenging to walk up the stair to 13th floor, but it is worthwhile to visit the spiritual palace, that is listed on the world heritage sites. you will climb up from the front and descent from the backside of the palace.

We will visit the Drepung Monastery in the afternoon. It is once the largest monastery in the world housing over 10,000 monks. There are lots to see along the winding and narrow lane of the monastery.

Day 4: Lhasa to Gyantse

This is the first days outside Lhasa and your sleep altitude will gradually increase.

We will start at 9:00 am in morning from your hotel. Today's route covers three mountain passes (Khampa La Pass, Karola Pass, and Simi La Pass) and one lake called Yamdrok Lake.

The highest altitude for the day is at 5000 meters at Karalo Pass. and the sleeping altitude is at 3950m in Gyantse.

We will have a lunch at Nagartse town at Lhasa Restaurant.

Once when we will reach Gyantse town. You will have free time to explore the ancient traditional part of town.

Day 5: Gyantse to Shigatse

We will start in the morning about 10:00 Am. First we will visit the Palchoe Monastery. Its about 15 walk from Hotel.

The Palchoe monastery is well known for its Kumbum Stupa. The monastery was built in 14th Century by local king for remembrance of his diseased mother.

Initially the monastery complex consider 15 house belonging to different school of Tibetan Buddhism. You will have your own time to explore the monastery on your own.

After the monastery we will visit the Gyantse fort. It is the most beautiful fort in Tibet and its the point of resistance by Local Tibetan Army during the British expedition to Tibet.

We will drive to the Shigatse town, its about 90 kilometers from Gyantse town. As soon as we reach the town we will visit the Tashi Lhunpo Monastery.

Tashi Lhunpo Monastery is the forth biggest monastery in Central Tibet and it is the seat of Panchen Lama.

The main attraction of the monastery is 26 meters tall statue of [Maiterya Buddha](#). This statue was built in 1914 for those killed in first world war.

The statue contains 6700 teals of gold and 150 metric tons of copper and inside the statue there is an enormous juniper tree from Reting monastery as a life-supporting axis, Sok-shing in Tibetan.

The monastery is also have tomb stupa of successive Panchen Lamas.

Day 6: Shigatse to Shelkar

Drive from Shigatse to Shelkar. Its about 238 Kilometers with three mountain pass, ThangLa 4050m, Tso La (4520m), Gyatso La (5230m).

Along the way we will have lunch at a Local restaurant in Lhatse. As we reach at the Shelkar we will go to visit the Shelkar fort and Shelkar Monastery in the town.

For the night we will set up camp and have dinner in the camp with your tour guide and driver.

Day 7: Shegar to Kharta Qu 3690m

We will cover distance of 116 kilometers. As we leave the Shelkar town after 10 kilometers we will divert Friendship Highway and drive southward towards himalayas. As we stop at the Gue-La Pass (5150m) for this panoramic view of five of world 15th highest peaks, including Everest, Lhotse (the 4th), Makalu (The 5th), Cho Oyu (the 6th) and Gyachung Kang (the 15th).

As we descend from the pass, we will divert once again towards the village of Kharta. We will set up the camp at Kharta Chu. Here your Trekking guide will meet the yaks and yaks men for the trek. We will have dinner at the camp.

Day 8: Trek Damphu 4290m

Trek to Damphu. Today marks the beginning of Kharta Valley Trekking. We will cover 10 kilometers with ascent of 371 meters.

We will trek in the Dambuk Chu River valley passing Yulok and Yulba settlements. Here you will find stone houses and barley fields.

As the Valley narrows down it leads to two trails. One on the right side leads to Langma-La, From where we will return, and other one leads to Shaula Pass. We will take the second one. After gradual Ascend for hours, we will reach our camp for the night.

Day 9 Trek Sha-U Tsho (Lake) 4650m

Trek is for only few hours, covering 6 km of distance with elevation gain of 654m. First we will trek on a small trail to reach cairn. As we continuously ascend to rocky trail to reach ShauTso Pond. We will camp here for the night.

From our camp we will have a great view of Makalu on south and Jomo Lonzo (north of Makalu). Near by there are few lakes. You can take rest of the day to enjoy and explore the region.

Day 10: Trek Joksham 4035m

We will cover 10 kilometers with ascent of 262m and descent of 914m. The trek begun earlier as the trek is more challenging. Initially we will ascend towards a Shau La pass at 4970m.

The pass is marked by Tibetan Prayer Flags, from here you will have an inspiring panoramic view of mountains including Everest (8848m, the world's highest peak), Makalu (8475m, #5) and Lhotse (8501m, #4). At the pass you will find 1 meter thick fortification walls guarding against Gurkha invasions in the 18th century. The pass is nowadays used by local Tibetans to transport timber.

Soon after the pass, we will descend into lush pastures and high alpine meadows and tundra. Further descent takes us through juniper forest and our camp for the night.

Our camp is right above Kamo Tsangpo Valley.

Day 11: Trek Thangsum 4365m

Cover a distance of 5 kilometers with a gain of 420m in elevation. After descent for 15 minutes from our camp, we will begin ascending steeply out of Joksham. Further trek takes us through forests with some of the most interesting scenery in the Tibet Himalaya.

Traversing further takes us to many nomad camping areas and further to Tso Nak, the black lake (4320m) and another small pass with views of Lhotse Shar (east).

As we walk further, we will reach the junction of valleys that form the Karma Tsangpo (river). Descend further to a nomadic camp called Thangsum. We will camp here for the night and you can enjoy the rest of the day with nomads drinking Tibetan Yak butter tea.

Day 12: Trek Rapka 4265m

Hike of the day is for 4 kilometers with 131m gain in elevation and descent for 196m.

As we leave our camp, we will branch off the trail to Langma La. The panorama of Himalaya is awe-inspiring. While trekking along the flowering and high meadows, we will climb and descend to Shaling Tso trail. After which we will reach a small nomad camp. Further ascending to a cairn and descending steeply to Rapka, the land of Juniper.

From this point we can see our camping site at Pathang. Yet we have descent steeply towards the rivet and Ascending again a bit to our camp.

It is the main valley of Kangshung valley Glacier, which we will be trekking in coming days.

Day 13: Rapka | Day Hike Tsechu Tsho

Today we will take an hour hike to the Guru Rinpoche's cave temple. It is also known as the Beyul or hidden sanctuary. If you take a further hour trek you will reach a lake.

View from the Lake is awesome and circumambulating the lake is very energetic. Yet its important to know that there is no proper trail on the first part of this trail.

Total distance covered today is about 5 hours, with 342m gain in elevation and decent for another 339m.

Day 14: Trek Pethang Ringmo 4283m (or Wapka 4660m)

The Trail is for 7 kilometers with 500m gain in elevation to Pethang Ringmo.

As we trek on a small trail, it gradually become steeper along rim of Kangshung Glacier. This part may seems a never ends trekking.

At the end of the climb, a valley opens up with a huge view of Lhotse and Mt Everest, dominating the valley. You are much closer to awesome face of Chomo Lonzo.

The trail continue to ascend above few nomadic camp to reach large meadows of lush grass, Pethang Ringmo. This is the Basecamp for George Mallory and the 1921 Everest Reconnaissance Team. It is also know as east basecamp of Everest.

We will further continue to our camp for the night at Wapka.

Day 15: Pethang Ringmo (or Wapka)

Its day off at the wonderful campsite. You can take a day trail to any directions. The Himalayan panoramic view from the camp is also a great to relex and enjoy.

There is another option to do a day hike to Wapka Ri(5365m), the himalayan view is incredible from there.

Day 16: Trek Karbus (Kangshung Base Camp) 5290

A three hours trek from the camp takes us to higher basecamp at 5290m called Karbus. It is recommend for well acclimatized group. It is a stunning location surrounded by mountains and stunning view of Kangshung face of Everest and Lhotse.

Hiking further you will see the steep amphitheatrical fall from Lhotse. On the north of camp there are two green and gray lakes on the ridge overlooking the Kangshung Valley.

Day 17: Trek Pethang Ringmo (or Wapka)

After enjoying the awesome Himalayan views at Karbus. We will head back to our lovely camp at Pethang Ringmo.

Day 18: Trek Shungrim Tsho (Lake) (Langma La Base Camp) 4970m

Trail for the day is longer for 11 kilometer, There is ascent of 734m and 435m in descend.

We are basically on return trail yet the views are always surprisingly different. Cross the river and climb for another hour to reach the Rabka Chu Meadow camp. Traverse and climb out a valley at Chahataphu to spectacular views of glaciated valley on the opposite side.

Further trekking for couple of hour, we head into the main valley leading to the pass. We will camp at Nomad Camp (Langma La Base Camp), 20 minutes from Melogma Lake.

Day 19: Trek Lundrubling 4390m | Cross Langma La 5390m

An ascend to Langma La take about 2 hours. Here view of Lhotse Shar, Lhotse, Everest, Makalu are further.

Hike up the pass (5390m), followed by series of steep descents. Pass through guitar-shaped lake called Damnyen Tso. There are more descent along rocky moraine and cliff-side trails to series of Nomad camp. When the valley ends terrain changes to drier as we will reach our camp. From here there is possibility to see Mt Kangchenjunga from above the Ridges.

We will find our camp hidden near the village of Lundrubling.

Day 20: Trek Kharta 3645m. Drive Tashidzong 4165m

There is a wonderful Village with billowing barley field and old houses just around the corner. We have less than three hour of hike to Kharta as road is being extended.

we will our driver at Karta, we will driver Tashizong village. Stay over night in Chomolungma Hotel.

Day 21: Drive Everest Base Camp 5150m + Dza Rongphu (Rongbuk)

Gompa 4995m

At Tashi Zong we will take Eco Bus to Rongbuk Monastery. Stay over night at the tent hostel.

Day 22: Rongbuk - Shigaste

In the morning we will have a visit for Rongbuk Monastery and view of Everest. After this we will drive back Old Tingri for the night.

The drive from the monastery to Shigatse is about 350 km, we will have to take eco-bus from Rongbuk to Tashizom village and change to our usual car to Shigatse.

Day 23: Shigatse to Lhasa

Back to Lhasa to reach earlier to enjoy your last evening in old city of Lhasa and a farewell dinner with driver and [trekking tour guide](#).

Day 24: Departure from Lhasa

You will be leaving Tibet. Your Tour Guide and Drivers will escort you to either at airport or the Train Station.

Tour Price:

Pax	Tour Price
2 Pax	6600 US\$ / Person
3 Pax	5225 US\$ / Person
4 Pax	4600 US\$ / Person
5 Pax	4250 US\$ / Person

Pax	Tour Price
6 pax & <	3900 US\$ / Person

Price Includes

- Professional Tibetan Tour Guide
- Entrance Fees Site spot listed on itinerary
- All ground transportation in location
- All Permits including Tibet travel Permit
- Lodging: Hotels and Guest (With Breakfast)
- Trekking Gears (Tent, Mattress, and Sleeping)
- Full Board During Trekking (Including Cooks and Kitchen Items)
- Yaks and Yak Men for luggage transportations

Price Excludes

- Chinese Visa
- Travel Insurance
- Any Private Expenses
- Flights and Train Ticket to & from Lhasa
- Lunch and Dinner (Except during Trekking days)
- Gratuities for the guide and driver (Highly Recommended)

Complementaries

- Umbrella in Car
- Oxygen Tank
- Basic First Aid kit in Car
- Mineral Water
- Welcome Dinner with Tibetan Expert

About Tibet Trail

Tibet Trail serves as the dedicated trekking and adventure division of l-Tibet Travel & Tours, a local Tibetan travel agency established in 1997. As one of the oldest privately owned travel agencies in Tibet, our roots trace back to the early 19th century when our family embarked on explorations in the region. Initially involved in trade as a business caravan family facilitating the exchange of goods with British India, we have evolved over the years to become a trusted name in travel, rooted in a rich heritage of exploration.