

Beijing Great Wall Int'l Travel Agency

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Tibet trekking tour -- Kangshung Face

The trek to the east face of Mt. Everest is known as the Kangshung Face, which is one of the best trekking in high Himalayas in Tibet. In fact, the entire region from Kharta to the Kama Valley - extending to the Arun Valley on the Nepal side - is part of the blessed land of Guru Rinpoche called "Be-yul Khembalung" or the Hidden Valley.

This trek is relatively unknown and it passes through pristine, untouched valleys and lakes. The whole region abounds with holy lakes, mountains, and the sacred "Kharta Tsechu", the long life water spring. Kharta and the Kama Valley are characterized by magnificent alpine scenery and rich flora and contain the highest known forests in the world. Three of the world's highest peaks Everest 8848m, Lhotse 8501m, and Makalu 8463m overlook the valley.

Even though this trek requires some stamina it is definitely worth doing. You will find some of the grandest Himalayan sceneries on this spectacular walk, which takes you along steep-sided valleys and glacial lakes. In the summer the magnificent grassland flowers are in bloom in the remote Kangshung valley, which is also dubbed the Valley of Flowers. The roundtrip walk of 9 days to the East Mount Everest Base Camp begins at Yuba.

Best Season: May, June, September, October, Nov



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【 GW-TT-005】

Lhasa-Gyanste-Shigatse-Shegar-Kangshung Face Trekking-Shegar-Lhasa (18 days)

Day 1 Arrive in Lhasa (3648 m)

Arrive in Lhasa, rightly one of the most featured and dreamt-about cities in the world, not only limited accessibility for its remoteness and its high altitude at 3,650 meters, but also the mysterious Tibetan religion. In Tibetan, Lhasa means the Holy Land or the Buddha Land. Pick up from the airport or railway station with a warm Tibetan style welcome ceremony by presenting you Hada. Transfer to the hotel on arrival. Rest and acclimatize yourself to the local time and altitude.

Day 2 Lhasa

The first day of sightseeing starts from Lhasa's cardinal landmark - **Potala Palace**, an awe-inspiring Tibetan architectural complex. The stone-and-wood-structured Potala Palace consists of the White Palace and Red Palace. The White Palace, comprising halls, temples and courtyards, serves as the living quarters of the Dalai Lama. The Red Palace includes various chambers for worshipping Buddha and chambers housing the eight stupa that contain the remains of fifth through thirteenth Dalai Lama. All the stupas are covered with gold foil. Some 2km to the east of the Potala is the most revered religious structure and the holiest temple in Tibet - **Jokhang Temple**. Bustling with worshippers and redolent with mystery, the Jokhang is an unrivalled experience. A golden statue of the young Buddha Sakyamuni at age 12 brought to Tibet by Princess Wen Cheng from Chang'an, capital of the Tang Dynasty, is enshrined in the center of the main hall. The quadrangle of streets surrounding the Jokhang is the **Barkhor Market** - Lhasa's most interesting pilgrimage circuit. This area of the Old Town is both the spiritual heart of Lhasa and the main commercial district for Tibetans. The rest of day is free. (B,L,D)



Day 3 Lhasa

Today's highlight is the sightseeing of Drepung Monastery and Sera Monastery in Lhasa.



Drepung Monastery, known as the most important monastery of Gelugpa in Tibetan Buddhism. The monastery was established in 1416 by Tsong Khapa's disciple Jamyang Qoigy, and under the patronage of plutocrats, it

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developed as the richest monastery of Gelugpa and became the mother temple of Dalai Lamas. **Sera Monastery**, located a few miles to the north of Lhasa, is one of three famous monasteries in Lhasa along with the Drepung Monastery and the Ganden Monastery. The debating traditions in the Sera Monastery are unique among the three famous monasteries in Lhasa. Debates are conducted by the lamas in the monastery every day beginning at 3:00pm. In a battle of words, they supplement their efforts by using a variety of gestures including clapping their hands, pushing their partners for an answer, or plucking their prayer beads to win the virtue of the Buddha. (B,L,D)

Day 4 Lhasa-Gyantse-Shigatse(3960m)

Drive to Gyantse (4040m), and cross over the summit of Kamba La (4794 m), you will see the tranquil turquoise waters of Lake Yamdrok below, which is one of the three holy lakes of Tibet, surrounded by many snow-capped mountains and is fed by numerous small streams. According to the mythology, Yamdrok Lake is the transformation of a goddess, showing the intoxicating color of Turquoise. Far in the distance you'll spot the towering massif Mt. Nojin Kangtsang (7191 m). Then, pass by **Karola Glacier** (5045m), quite close to the road, a breathtaking view of the Karola Glacier is an unforgettable experience. In Gyantse, visit **Palkor Monastery**, the symbolic architecture of Gyantse. On the side of the Palkor Monastery stands a white tower - **Kumbum Stupa**. It is said that there are altogether more than 100,000 Buddha statues engraved on the tower; hence the name "One Hundred-Thousand-Buddha Tower". Proceed to Shigatse for overnight. (B,L,D)



Day 5 Shigatse-Shegar(4300m)



Shigatse, meaning "the fertile land", is the second largest city in Tibet. Pay a visit to **Tashihunpo Monastery**, built in 1447 by the first Dalai Lama, the traditional seat of the Panchen Lama to perform their political and religious tasks. Tashihunpo's magnificent outside may make you exclaim in admiration, its inside just offers you more religious tranquility and sincerity. This monastery houses the world's largest copper-cast Future Buddha figure with seated position (26.8m high), which is

decorated with numerous luxurious jewels. (B,L,D)

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Day 6 Shegar-Karta County-Yuba (3980m)

In the morning, start from Shegar, on the Xiwula Pass, you can see the five highest mountains in the world at the same time, which is very amazing. The road is only 108 km long but little bit bumpy as it has not been paved yet. Around noon, we will arrive at Zhaxizong, a very small town, where we can have our lunch. After that we have to continue drive 3-4 hours before reaching Karta County where we will get our yaks and yakmen. After all things settled well with our yakmen, we will drive another 20 minutes to camp at Yuba valley. (B,L,D)

Day 7 Yuba-Dumpu (4300m)

Hike up the Kharta Tsangpo Valley past several villages. The trail to the Shao La leaves the Kharta valley and climbs steadily up a side valley to the south. We'll camp either at the beginning of this climb on a ledge overlooking the valley and its villages (at approximately 13,000 feet/3962m) or continue up the side valley following a small stream for another two hours to camp on meadows by the stream at Dumpu (14,000 feet/4267m). (4 hours hiking.) (B,L,D)



Day 8 Dumpu-Xiwutso Lake (4600m)



Ascend steadily over rocky ground to reach the Shao La (16,300 feet/4968m) in about 1.5 hours. Continue one hour down this valley to camp by Xiwutso Lake. (3 hours hiking.) (B,L,D)

Day 9 Xiwutso Lake-Zoksam (4100m)

The trail leads to our next destination just lies south of the Xiwutso Lake, ascend steadily about 300 meters, you will see another bigger lake behind the Xiwutso Lake. Today, you will have a long trekking, so climb slowly as the trail ascending sharp and steep. On the pass of Shao La, you can see Mt. Makalu clearly if weather permits. The trail down goes in a valley is very nice, full of blossoms and bushes, and also you can see a small stream goes beside. (B,L,D)

Day10 Zoksam-Tangsum (alt. 4220m)



Hike steeply through juniper and rhododendron forests to reach the high pastures above the Kama River. On

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clear days, we'll see splendid views toward Everest and Lhotse. The high ridges south of the Kama River drip with hanging glaciers and in the spring are alive with bellowing avalanches. We continue to traverse alpine meadows and pass yak herders' camps and a serene green lake to a campsite (14,500 feet/4420m) on a large meadow with great views of the Kangshung Valley. (5 hours hiking.) (B,L,D)

Day11 Tangsum-Raga (alt. 4300m)

Hike up a ridge affording a clear sight right up the Kangshung Valley, with views of Everest, Lhotse, Lhotse Shar, Tshertse, Petangtse, Chomolongo, Makalu, and a myriad of other great peaks. From this ridge we descend rather steeply down to the Kama River coming from the Langma La. After wading across the river we enter the Kangshung Valley, a wide valley drained by the Kangshung stream. A receding glacier has left behind wide undulating hillocks now covered by a thick growth of willow, rhododendron, juniper, and other shrubs. Camp at the meadow called Raga (14,200 feet/4328m), about an hour's walk uphill from the stream crossing. (B,L,D)



Day12 Raga-Pethang Ringmo-Raga (alt. 4300m)

Today, our cook and yak will wait for us at Raga. Our guide will show us the way to Pethang Ringmo, Moraines and landslides make the going difficult. After 1 3/4 hours, around a bend called Orga, you will view Mt. Everest properly for the first time. Reach the Kangshung Face base camp (5000m) in 3 hours. This large, grassy area has with stunning views of Mt. Everest (8848m) and Lhotse (8516m), to the left (south) is known as Pethang Ringmo. To the southeast is a striking amphitheater of peaks dominated by Lhotse. Makalu rises dramatically farther to the southeast. Between Lhotse and Makalu, on the left along the Nepal-Tibet border, is the conical peak of Pethangtse (6724m). (B,L,D)



Day13 Raga-Tsoshutrima (alt. 4900m)

Hike steadily uphill, steeply at first for an hour to a shelf above the river, then another hour across relatively flat ground to a small meadow called Pangboche, where we have lunch. Continue to hike

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steeply over alpine slopes for another couple of hours to a small but beautiful lake at the base of the Langma La (17,500 feet/5334m). The views of Makalu and Everest are great from here! Camp at Tsho Tshurigma (16,000 feet/4877m). (4 hours hiking.) (B,L,D)

Day14 Tsoshutrima-Langma La-Shomela (alt. 4700m)

Climb steeply over rocky ground to reach the Langma La (17,500 feet/5334m) in just over two hours. En route we pass another lake, and the views of Makalu become more impressive as we climb upwards, while Everest and all the other attendant peaks are visible all the way to the pass. From Langma La we bid farewell to the Kangshung Valley and the impressive panorama of some of the world's highest mountains, then descend steeply four hours over rocky moraines and glaciated valleys. Camp is on a grassy meadow beside a clear stream at Troshay (14,000 feet/4267m). (6 hours hiking.) (B,L,D)



Day15 Shomela-Yuba-Rongbuk Monastery (alt. 5200m)

In the morning, we will still trek 2 hours from Shomela back to Yuba where we start our trekking, and our driver will pick us again there to take us to our next destination-Rongbuk Monastery, the highest monastery in the world and it is very close to the EBC that we will visit the next day. (B,L,D)

Day16 Rongbuk Monastery-EBC-Shegar

In the morning, we will visit the famous Everest Base Camp, before that if you are lucky you can see the very breathtaking golden sunrise over the peak of the Everest. About the noon time after lunch, we will drive back to Shegar, on the way back you will have the last chance to see various peaks of Himalayas. (B,L,D)



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Day17 Shegar-Lhasa

Today we will have a long drive back to Lhasa. No visiting on the way. (B,L,D)

Day18 Depart from Lhasa

Transfer to the airport and fly out of Lhasa. Welcome back to Lhasa again! (B)

Note: B-Breakfast L-Lunch D-Dinner

Included

- Hotel with breakfast in Lhasa, Shigatse, Shega
- Transport with land cruiser Day4-Day6, Day15-Day17, Transfer with air conditioned vehicle for Day1-Day3, Day18.
- Tibet travel permit
- Entrance fee during sightseeing
- Tibetan English speaking guide
- Cook, Yak and Yak men for luggage during trekking
- Full board (3 meals a day)
- All trekking service like Kitchen, Dining and tent, all kitchen equipment (Suggest you take the sleeping bag by yourselves.)

Not included

- Travel insurance in case of emergency
- Personal clothing & accessories including sleeping bags
- Extra porters or transport in case of landslide
- Tips for staff