Lapchi Kang Trek

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**10 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**3500m**
GROUP SIZE	**17 People**
BEST SEASON	**September–November and March–May**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,490 per person**

Day-by-day itinerary

Day 1 : Arrival at Kathmandu and transfer to Hotel. (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Dinner

First of all, a warm welcome to Nepal at Tribhuvan International Airport in Kathmandu awaits us. Upon arrival, you will be greeted by a representative of Nord Extreme Himalaya with a Buddhist or Hindu good-luck sign, such as a white khada or a flower garland. Afterwards, we will drive to the hotel by private or tourist vehicle. Once we have checked into the hotel, you may choose to rest in your room or explore the famous tourist area of Thamel in Kathmandu. In Thamel, you can shop for souvenirs, browse trekking shops, or simply enjoy a walk through the bustling streets. In the evening, you will join a welcome dinner featuring authentic Nepali cuisine at one of the city's renowned restaurants. On this day, we will also be briefed on the Lapchikhang trek as well as the necessary trekking clothes and gear.

Day 2 : Kathmandu historical and religious city Sightseeing. (1,400m)

Altitude: 1,400m

Stay: Hotel · Visit: Nepal · Meals: Breakfast

After breakfast, enjoy a guided sightseeing tour of Kathmandu by private or tourist vehicle, depending on group size. Visit the religious and historical UNESCO World Heritage Sites of Kathmandu Durbar Square, Swayambhunath, Pashupatinath Temple, and Boudhanath Stupa. Lunch will be served at a local restaurant during the tour. After sightseeing, return to the hotel and shop for any remaining trekking clothes and gear needed for the Lapchi Kharka Trek.

Day 3 : Drive jeep from Kathmandu to Lamabagar

Altitude: 1,950m

Walk: 8-9 hours (Jeep drive) · Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner

After an early breakfast, drive by private or tourist jeep to Lamabagar via Dolalghat, Mude, and Charikot. Enjoy scenic mountain, valley, and hill views from Mude Bazaar before entering the Gaurishankar Conservation Area. Lunch will be served en route at the best available restaurant. Overnight stay at a homestay or simple lodge in Lamabagar.

Day 4 : Trek Lamabagar to Lumnan

Altitude: 2,900m

Walk: 6–7 hours · Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner

After breakfast, begin the trek following the uphill trail along the banks of the Tamakoshi River. The walk from Lamabagar to Lumnang is a scenic and enjoyable journey through local Sherpa and Tamang settlements, offering views of mixed Himalayan forests, small waterfalls, wildlife, and birds. Overnight stay at a homestay or available lodge in Lumnang.

Day 5 : Trek Lumnan to Lapchi Gaon

Altitude: 3,850m

Walk: 5–6 hours · Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner

After breakfast, continue trekking through the beautiful landscapes of the Gaurishankar Conservation Area toward the famous Milarepa Cave, a sacred pilgrimage site where the renowned Tibetan Buddhist philosopher and Mahasiddha Milarepa is believed to have meditated for many years. Enjoy the peaceful natural surroundings and stunning mountain scenery along the way. Overnight stay at a homestay or available lodge.

Day 6 : Exploration milarepa Cave at Lapchi Gaon

Altitude: 4,300,040m

Walk: 4-5 hours · Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner

Today is a fascinating day exploring the sacred Lapchi area and the famous Milarepa Cave. Enjoy breathtaking hillside views, photography opportunities, and visits to important meditation sites, monasteries, and religious landmarks. Interact with resident monks and learn about the area's rich Buddhist heritage and spiritual traditions. Overnight stay at Lapchi Monastery.

Day 7 : Hiking Lapchikhang Base Camp

Altitude: 4,800m

Walk: 6-7 hours · Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner

Early in the morning, enjoy a spectacular Himalayan sunrise and panoramic views of the high mountain landscape near the Nepal–Tibet border. Explore yak grazing areas, peaceful waterfalls, and rivers flowing from the surrounding mountain ranges. The area is also home to wildlife such as blue sheep, yaks, snow leopards, and various Himalayan bird species. After a day of exploring the natural beauty of Lapchi, return for an overnight stay at Lapchi Monastery.

Day 8 : Trek back from Lapchi Milarepa to Lumnan, Lamabagar

Altitude: 4,300m

Walk: 7-8 hours · Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner

Today, after enjoying the beautiful scenery and spiritual atmosphere of Lapchi, we begin our return journey. Trek downhill from Lapchi Monastery through Lumnang to Lamabagar, passing scenic landscapes and local settlements along the way. Overnight stay at a homestay or simple lodge in Lamabagar.

Day 9 : Drive Lamabagar to Kathmandu via Singati, Charikot, Dolalghat

Altitude: 1,950m

Walk: 8-10 hours · Stay: Tea House · Visit: Gaurisankar Region · Meals: Breakfast Lunch Dinner

Early in the morning, we drive back to Kathmandu by private jeep or tourist vehicle. On the way, we exit the Gaurishankar Conservation Area and enjoy the scenic landscapes en route. Lunch will be served at the best available restaurant along the highway. Upon arrival in Kathmandu, transfer to the hotel for an overnight stay.

Day 10 : Final Departure

Altitude: 1,400m

Visit: Nepal · Meals: Breakfast

On the final day, depending on your flight schedule, you will be picked up from the hotel and transferred to Tribhuvan International Airport for your departure. This marks the end of the trip with a warm farewell and safe journey back home.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival at Kathmandu and transfer to Hotel. · 1,400 m · day 25°C / night 9°C
- Day 2 · Kathmandu historical and religious city Sightseeing. · 1,400 m · day 25°C / night 9°C
- Day 3 · Drive jeep from Kathmandu to Lamabagar · 1,950 m · day 22°C / night 5°C
- Day 4 · Trek Lamabagar to Lumnan · 2,900 m · day 17°C / night -1°C
- Day 5 · Trek Lumnan to Lapchi Gaon · 3,850 m · day 13°C / night -7°C
- Day 7 · Hiking Lapchikhang Base Camp · 4,800 m · day 8°C / night -13°C
- Day 8 · Trek back from Lapchi Milarepa to Lumnan, Lamabagar · 4,300 m · day 10°C / night -10°C
- Day 9 · Drive Lamabagar to Kathmandu via Singati, Charikot, Dolalghat · 1,950 m · day 22°C / night 5°C
- Day 10 · Final Departure · 1,400 m · day 25°C / night 9°C

What’s included

1. Transportations

- Private/tourist vehicles for airport pickup and drop-off in Kathmandu.
- Private/tourist vehicles transfer as per itinerary to access the trailheads.
- Domestic flight included for access to the trekking starting & ending point.

2. Accommodation & Meals

- 3 Night 3-star hotel in Kathmandu with bed & breakfast basis.
- Breakfast, lunch & dinner with tea & coffee during the trekking Period.

3. Permits

- Gaurishankar Conservation Area Project entry permits.
- Local Government Entry Permits.
- Trekkers' Information Management System (TIMS) permits.

4. Guide & Staff

- Professional and experience License holder trekking guide salary & insurance.
- Porter salary, equipment's & insurance.
- First aid medical kit for emergency support.

Not included

1. International Flights

- Airfare from your home country to Nepal (Tribhuvan International Airport, Kathmandu).
- Return airfare from Nepal (Tribhuvan International Airport, Kathmandu) to your home country.

2. Visa Fees

- Nepal entry visa fee for entering Nepal (available on arrival at Tribhuvan International Airport, Kathmandu, or through a Nepalese embassy).

3. Travel Insurance (Mandatory)

- Comprehensive travel insurance covering high-altitude trekking, emergency medical treatment, helicopter evacuation, trip cancellation, and other unforeseen circumstances.

4. Personal Expenses

- Tips, gifts, and souvenirs for trekking guides and porters.
- Personal trekking equipment and gear.
- Charges for lodge Wi-Fi, hot showers, battery charging, and laundry services.

5. Meals & Beverages

- Lunch and dinner in Kathmandu, Pokhara, and other locations where accommodation is provided in 3-star category hotels.
- Soft drinks, bottled water, alcoholic beverages, and snacks consumed during meals

Ready to book or have a question?

Trip page: https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/lapchi-kang-trek/

Contact our team in Kathmandu: sonam@nordextreme.com · +977 9851078748 · delightful-orange-chimpanzee.tarevirjungleresort.com