



Amphu Lapcha Pass Trek

Trip Facts

Trekking Days	22 Days
Maximum Altitude	5845 m
Group Size	2 to 25 People
Transportation	Flight & Private Transport
Accommodation	Hotel/Tea house/Lodge
Best Season	Spring & Autumn
Meals	Breakfast/Lunch/Dinner
Tour Type	Trekking

Overview

The trek to AmphuLapcha La passes through wilder upper Hongu valley. ... The crossing of the pass requires the use of technical climbing types of equipment and trekkers must be skilled in the use of this and be prepared. It holds views of the Himalayas and the hearty scenery of lakes Hongu lakes and PanchPokhari lakes. AmphuLapcha Pass Trekking is one of the most challenging treks in the Khumbu region. It requires a technically enhanced and experienced trekker to complete the trail. The trek to AmphuLapcha Pass is through upper Hongu valley. The trail also includes Chukkung valley which needs technical climbing equipment and skilled trekker to use the types of equipment. AmphuLapcha Pass is difficult to pass because it is not only the summit of the high Himalayas but also the site for the famous historical exploration of the monasteries temples and



different lakes. The trail of the trek has the features of a classic expedition too. The trek is difficult because the trail does not follow the frequently traveled way rather it leads to the area of barren, uninhabited, snow-covered mountain passes and glaciers.

Days of Itinerary

Day 1

Arrival Kathmandu (1,350m).

Arrival in Kathmandu. Our Airport Representative will meet you at the Tribhuvan International Airport. A drop to the Hotel by private tourist vehicle is arranged. You can either take a rest or meet us at our office and know the detailed arrangement of the Trek. Overnight stay at the hotel.

Day 2

Stay in Kathmandu for offices producer and over night at hotel.

After breakfast, you will be introduced to the trek leader/guide at the hotel. This pre-trip meeting is for briefings on the trek and other necessary details. Please bring along your passport and three passport-sized photos and a copy of your travel insurance policy. You can use your free time to rest or explore around for some last-minute shopping.

Day 3

Fly to Lukla (2,860m.) and trek to Chhukung (3175m).

We start the day with an early morning flight to Lukla via the domestic airport. It's a scenic flight of around 35 minutes in a small airplane. After landing in the Tenzing-Hillary airport, we meet the



rest of the team and get briefings on the journey further ahead. The trek to Chutanga marks the beginning of the journey. It's a 5-6 hours walk through pine and rhododendron forests. Overnight stay in a tented camp.

Day 4

Trek from chhutanga to zatrawala pass (4,710m.) and overnight zatrawalabu (4,604m).

You trek steeply ascending path to cross Zatrawala Pass. From here you can enjoy the spectacular views of NumburHimal, Kongdi Ri, Karyolang peak and many other mountains and peaks. Now you walk along the leveled trail for almost one and half hours and then the trail turns downhill and you trek through this descent path all the way to Zatrabok. This is a campsite surrounded by hills.

Day 5

Trek to kothe (3,800m.) over night at hotel.

The trek to Kothe is mostly downhill leading through rhododendron and juniper forests. Views of Mera, Nauleku, and other massifs keep company during the walk.

Day 6

Kothe to thangnak (4,600m.) over night at hotel.

Passing Kharkas or grazing fields of Gondishung, we head to the small monastery beneath an overhanging rock formation. Ahead, the valley narrows as we move close to the western peak of Mera. After walking for about five hours, we reach Thangnak where we set camp for the night.



Day 7

Acclimatization over thangnak till to (5,000m) and back to same hotel.

Acclimatization at Thangnak is essential as the gain in altitude demands some time for the body to adjust. We climb to the glacier (5000m) in the morning hours, where rear views of Mera peak are spectacular. After getting back and taking our lunch, we may as well venture to Sabai Tsho, a glacial lake. Overnight stay at Thangnak in a tented camp.

Day 8

Trekto Khare (4,980m). sleep at hotel.

The trek to Khare takes about 5-6 hours from Thangnak. The trail gets steep and bends along the valley to pass along the moraine of the Dig glacier to reach Dig Kharka. Spectacular views of Chapati Himal and other peaks including the Peak 35 which has not been scaled yet can be viewed. We ascend along the last section of the trail to reach the base camp at Khare where we stay overnight in a camp.

Day 9

Khare to mera high camp (5,710m). over night attent.

We ascent to the Mera High camp along flat trails atop the glaciers. views are outstanding from here. We set our tent camp and prepared for the next day's ascent. overnight stay in the tent camp.

Day 10

High camp to mera peak summit (6,410m.) and back to high camp.

We have to get up at midnight like 12:30 take tea, coffee, a light breakfast, and quickly ready to climb. at list 1 final ascent starts to climb for summit. we need to reach the top at sunrise time. as



cool. it's easy to climb through the final ascent that requires an ice axe, crampon, and rope. As we climb magnificent sunrise views of Kanchenjunga, Everest, and Makalu can be viewed. The summit of the fantastic viewpoint of Everest, Lhotse, Cho-Oyu, and many other peaks is ready to go pictures. the descent back to the base camp a slow and care-full one. and we take a good rest after this.

Day 11

Mera high camp to khongma dingma (4,810m).

The trail passes along yak pasture at great altitude today. We walk through this remote valley with incredible views of Chamling BarunTse. The SetiPokhari is our campsite overnight.

Day 12

Seti pokhari to amphulapcha base camp (5,650m).

the trek to base camp today from SetiPokhari. it's too gradually ascent way to base camp. the day is also a challenging day because we are around higher places. we climb through the Hinku valley along this remote trail and can view the hanging glacier. today 6-7 hours trek we reach our camp overnight.

Day 13

Amphulapchaa base camp to pass (5,880m). down hill chhukum.

This morning earlier get up and take tea, coffee, any breakfast quickly ahead because today is a hard day in your this trip. we will set up to like climbing gear crampon, get-up, rope, windproof jacket, sunglasses with you. all teams have to be together to cross need to help each-other hanging by a rope. today we are passing high passes 5850 meters. we need 30-40metters ropes for today normally we have to take time 9-10hours to get to Chhukung



Day 14

Rest at Chhukungor acclimatization.

After a hard day, after long days we need to rest because our body is mostly tired not fit for another trek. last day our all equipment also all wet so need to dry it. Chhukung is like a valley surrounding mountains so there is a really warm place. today would you like any more adventure there has some hill that calls Chhukung-Ri you can climb there top which one bottom of. Lhotse.

Day 15

Chhukung to Labuche (4960m).

we at just here where the path is ascent and descend after Chhukung to descend 1:30 minutes get Dingboche. a than Dingboche to Thukla is flat 2 hours have to lunch place at Thukla. after lunch slowly climb up to Thukla pass where all country's memorial s are there who died in the expedition time. take time to views the, photographer enjoy your time. and continue to move your steps ahead Labuche. 6-7 lodges in the Labuche. overnight stay Labuche.

Day 16

Labucheti Gorakshep (5,160m.) and Everest base camp (5,380m).

Labuche to Gorakshep is 3 hours only but this day also we start earlier is better because we have to catch up EBC. quickly get to Gorakshep and then take some soup any food so continue ahead base camp Everest base camp evaluation is 5380m. way looks gradually up all the way glacier can see Khumbu ice falls. in the spring has color full tents over their base camp. stunning science over here. all teams welly back to Gorakshep for the night.



Day 17

Gorakshep to hike kalapathar (5590m.) and back to pheriche (4340m).

Finally, last day to hike today you guys its exciting day we are going to unforgettable views from Kala Patthar Everest, Lhotse, Nuptse, Pumori wow really feel in touch with them like this very close to you. Kala Patthar is 5570m. higher than the sea level. only 2:30 hours walk to climb from Gorakshep amazing views from the top. To the Khumbus surrounded by all mountains. and sunrise over golden color from between Everest and Lhotse wonderful. ok back to Gorakshep descend and take breakfast and back to Pheriche overnight.

Day 18

Pheriche to Namche bazar (3,460m).

Pheriche to Namche is a normal trek it is inside the valley, the main trekking trail you have to follow. here fully oxygen all the way junipers, alpine tree, rhododendron many kinds of trees are available. and wild animals also Thar, musk deer, mountain goat, Daphe, a wild bird many more you can see. on the way to Buddhist monastery which calls Tengboche monastery its biggest monastery of Khumbu region. after reach to Namche Bazaar you will be fresh hot shower attache bathroom available al kinds of souvenirs can get there bar, live music, special coffee, ATM, Bank,

Day 19

Namche to Lukla (2,860m).

Take the downhill trail to Lukla. Try to enjoy the mountain views as much as possible on the last leg of your trek. On reaching Lukla, you head to a local teahouse where you will stay overnight. In the evening, you celebrate the completion of your trip with the local crew. There will be singing, dancing, and endless local brew rounds with the porters, guide, and assistant guides. This is an



excellent time to thank the local crew for helping you realize your Amphulapcha pass dream. Offer them tips before retiring for the night and bidding goodbye to most of them.

Day 20

Early morning fly back to Kathmandu.

Early in the morning, we will take a flight to return back to Kathmandu. After that, we will transfer to our hotel in Kathmandu. Rest of the day to explore around Kathmandu if any remaining. Overnight in the hotel.

Day 20

Final Departures.

This day is the final day for you from Nepal after successful your destination target. today going to bye-bye all who together walked, eaten, played all think shared like family. everybody happy-go-lucky too within 20-21 days. and finally going to meet your happy family and friends. everyone shakes our hand and say bye-bye see you again



Gallery





Trip Cost Includes

- ❖ Airport pick-up and drop Transportation.
- ❖ 3-Night Hotel at Kathmandu (3 Start) Hotel.
- ❖ Domestic flight tickets (Kathmandu – Lukla – Kathmandu) and airport departure taxes.
- ❖ (100% Waterproof) Duffle bag to keep your personal belongings and things to be carried by the porter.
- ❖ 3 Time Meals with Tea/Coffee During Trek.
- ❖ Professional English-speaking Guide, Assistance Guide, and Potters (Size of the Groups) During the Trek.
- ❖ Permit, "Tims", National Parks Entry Fee.
- ❖ All wages and medical, Insurance, for the Guide and potters.
- ❖ First-aid Medical Kits for the Group and Staff.
- ❖ Fare-Well dinner in Kathmandu Before Departure.
- ❖ Helicopter stands by for rescue (nominally charge applies).
- ❖ Unique Sherpa trek & Expedition Appreciation Certificate after the successful trek.
- ❖ All taxes are imposed by the government of Nepal.

Trip Cost Excludes

- ❖ Nepal entry visa fee.
- ❖ Lunch and dinner in Kathmandu and also in case of early return than the scheduled itinerary.
- ❖ Extra baggage check-in during the flight (Kathmandu-Lukla-Kathmandu) if more than 15 KG, extra, can pay directly to the airline.
- ❖ Tips for guides, porters, and divers.
- ❖ Any kind of meal During Your Stay in Kathmandu (Except Farewell Dinner).



- ❖ Extra night accommodation in Kathmandu due to early arrival or late departure, or early return from the trek.
- ❖ Rescue, Medicine, Medical Test, Repatriation, Hospitalization Expenses for Climbs.
- ❖ Any Internet, Hot shower, Drinking Water, Alcohol, cold Drinks, Laundry.
- ❖ Additional costs suffered due to causes beyond our control, such as natural disasters, weather conditions, itinerary modifications due to safety concerns, emergency evacuation, changes in government policies, strikes, and so forth.
- ❖ Insurance for Clients.
- ❖ International flight Tickets.
- ❖ Clothing, Packing Items or bag, personal, Medical Kits, and Personal Trekking Gear.
- ❖ any other items, not Included in the Above (Cost Includes) Section.

Terms & Conditions

Unique Sherpa Trek And Expedition :Company is a trustworthy and registered Company under the laws of Nepal Tourism Industry and accepts your bookings under the following terms and conditions.

Booking Terms: Booking your trip with Unique Sherpa Trek And Expedition accept with terms and conditions of sale. Every trekker is required to complete the form of registrations. At the time of registration, Trekker's are expected to pay a deposit 30% of total cost to complete your booking. Please note the trip cost is required to make in advance as per the company policy, this deposit help us to make confirm reservation of Hotels in City, domestic flights and all other trip arrangements for final trip booking. Along with deposit we need detailed name lists of participants, same as passport, Gender, Nationality, Date of birth, passport number, passport issue/ Expiry dates &



profession. You need to send us passport copy, photo identity and e-ticket by e-mail for all trips in Nepal.

Cancellation Policy: If any reason you have to cancel your trip, we Unique Sherpa Trek and expedition require written confirmation of your decision. The amount you have paid to us will be refunded according to the following terms:

- Cancellation more than 35 days before your departure date: \$60 will charged.
- Cancellation more than 35 to 19 days before your departure date: your deposit, 25% will charged.
- Cancellation more than 18 to 10 days before your departure date: 50% will charged.
- Cancellation more than 9 to 05 days before your departure date: 75% will charged.
- Cancellation less than 4 days before your departure date: 100% of the total will charged.

I reserve the right to revise pricing rates declared under any circumstances, or on the pressure of various external factors that are further than our control, for instance changes in exchange rate, government action etc. But, I declared forth effort to keep on the present rate. In case of minor increase in flights fares, hotels or other related factors, we don't revise the cost of the trip which was already confirmed & booked by deposit.

Physical Condition Requirement: Unique Sherpa Trek & Expedition can offer advice and recommendations about health requirements but it is the individual responsibility of each trekker to acquire any necessary documents and medical care. The information on the technical sheet provided is indicative, it is your responsibility to check with the authorities concerned for the exact requirements for your chosen destination at the time of travel. If you do not obtain any necessary medical consultations or travel documents and are not allowed to enter a country, or suffer personal injury or death as a result, we have no liability to you for any cost, loss or damage which you suffer nor will we refund you the cost of any unused portion of your travel arrangements. It is your responsibility to comply with the regulations and procedures of police, customs and health at all times throughout your trip.



Risk & Responsibility: Your safety and enjoyment is my prime concern. I therefore carry out my responsibility honestly & sincerely to ensure your holiday trouble – free as well as you have desired. Nevertheless, unless stated otherwise, trip may be change under uncertain and inherent circumstances such as land-slides, road blockage, flood, snow political unrest, cancellation of flight, delay arrival, sickness or accidents etc. Any extra cost incurring there is your personal responsibility and should be borne on the spot.

Travel Insurance: You must purchase comprehensive travel insurance package against medical, natural calamity, helicopter evacuation, personal accident, trip cancellation etc with worth of USD 100,000.00 minimum. However travel insurance is not mandatory for those travelers (s) who is intend cultural/city tours or short hike bellow 2500 meters of altitude.. This is strongly suggested to all our esteemed clients, which will greatly help you when there is a need for high altitude sickness or any other. If you have no idea we will help you to find this good one contact us.

Domestic flight Cancellation, delays and changes in the itinerary: The weather conditions especially in Nepal cannot predict perfectly, therefore, develop an alternative mentality in case of flight cancels and delays. Generally, all trekking route in Nepal are lies on remote areas so, we, Unique Sherpa Treks and Expedition advised you to make an extra reservation day to prepare with some delays and avoid frustrating consequences. In case of cancellation before trip or after trip the accommodation and food cost need to bear by yourself.

In case of incomplete treks or tour: No refund will be made to clients who drop out from the journey regardless of whatever portions remain unused in the itinerary. First of all, we never broke the trekking team in between until our last destination as per our itinerary given to you. If any Clients wants to make single trip or wants to depart with team or wants to make the trek by making own itinerary, on those condition we, Unique Sherpa Treks and Expedition do not accept the condition. In such case, the Clients him/her self-need to bear all the expenses during trek made by yourself and need to make your own risk.



Payment System Advance booking: You can directly transfer or deposit your amount to our company's official bank account number. We will be not responsible if you send your money in any private name like (people account) We will only response when you send your advance payment we will clear you with bank statement.

This is the bank detail:

Bank name: Nepal investment MEGA Bank Limited.

Account no: 13201050044295

SWIFT CODE: NIBLNPKT

Branch: Thamel: Kathmandu Nepal

Account name: Unique Sherpa Trek & Expedition Pvt. Ltd.



Book Your Trip Todays !

Contact Details

Contact Person Name: {Lakpa Sherpa } “Founder”

Country: Nepal

Phone No: +977-9862854770

Phone No: +977-9818569330

Email Address: <mailto:info@uniquesherpatrek.com>

Email Address: <mailto:slakpa994@gmail.com>

Websites: <https://www.uniquesherpatrek.com>

Contact Person Name: {Old rich Turner} “Founder”

Country: Europe

Phone No: +420720759248

Email Address: oldrich.turner@vasebudoucnost.cz

Email Address: <mailto:info@uniquesherpatrek.com>

Websites: <https://www.uniquesherpatrek.com>



Amphu Lapcha Pass Trek

Click On Book Now Button To Book This Trip

[Book Now](#)



Unique Sherpa Trek & Expedition (p) Ltd.

Thank You For Your Time