

Pharchamo Peak Expedition: A Technical High-Altitude Climb via Tashi Lapcha Pass

Overview:

Pharchamo Peak (6,273 m / 20,581 ft) is a prominent snow and ice-covered mountain in Nepal's Rolwaling Himalaya, situated between the remote Rolwaling Valley and the Khumbu region. The peak is most commonly climbed via the Tashi Lapcha Pass (5,755 m / 18,881 ft), combining a technical alpine ascent with one of Nepal's most demanding and scenic high-altitude crossings.

The climb presents a true alpine environment, with glacier travel, steep snow slopes, exposed ridges, and sections requiring careful rope management. Depending on seasonal conditions, climbers may encounter crevassed glaciers, fixed rope sections, and challenging snow conditions. Previous experience with crampons, ice axe techniques, glacier movement, and high-altitude climbing is essential for a safe and successful ascent.

The expedition begins with the approach through the remote Rolwaling Valley, following traditional mountain trails through Sherpa settlements before entering a more isolated alpine landscape. As the route gains elevation, the terrain changes from forested valleys to moraines, glaciers, and high mountain camps beneath the Tashi Lapcha Pass and Pharchamo Peak. The summit route typically follows the upper snow slopes and ridgelines, offering impressive views across the Rolwaling and Khumbu mountain ranges.

Due to its altitude, technical nature, and remote approach, Pharchamo Peak is considered a serious Himalayan climbing objective rather than a standard trekking peak. The combination of a demanding approach, high mountain crossing, and technical summit climb makes it an ideal choice for experienced climbers looking for a genuine alpine challenge in Nepal.

Pharchamo Peak represents the essence of Himalayan mountaineering: a remote mountain environment, technical climbing, and a journey through some of Nepal's most dramatic high-altitude terrain. The Tashi Lapcha crossing and summit ascent together create a complete alpine expedition experience requiring preparation, teamwork, and respect for the mountain.

Quick facts:

Cost: USD per Person

Destinations: Jagat / Simigaon / Beding / Na / Trakarding / Tashi Lapcha Pass / Summit / Namche

Duration: 19 Days

Trek starting point: Jagat

Trek ending point: Lukla

Grade: Strenuous

Transportation: tourist coach / domestic flight

Accommodation: tea house, camp & tourist standard hotel in Kathmandu

Max altitude: 6,273 m

Activities: High-altitude Trekking, Expedition Climbing

Best seasons: March, April, May, October, September and November

Please do not forget to carry the following items with you:

- Passport size Photos
- Torchlight / Headlight
- Warm cap
- Sunglass and sun-cream
- Sleeping bag (light weight)
- Trekking sticks
- Dry fruits and chocolates
- Down jacket
- Trekking trousers
- Trekking shoes (No any converse and Vans shoes)

PROGRAM ITINERARY

▮ **Day 1: Arrive at Kathmandu / Meet and Greet**

Arrival at Tribhuvan International Airport. Our Staff member meets you and transfers you to the hotel.

Overnight at the hotel.

▮ **Day 2: Kathmandu Sightseeing and preparation for trekking**

After breakfast at the hotel, our guide will meet you for a detailed trip briefing covering the itinerary, route conditions, safety procedures, altitude considerations, and important preparations for the journey ahead. For peak climbing expeditions, the climbing guide will also check the required mountaineering equipment and provide guidance on any necessary gear adjustments before departure.

During the briefing, we will complete the required trekking and climbing formalities, including necessary permits and documentation. Afterward, we will explore some of Kathmandu Valley's cultural highlights, including UNESCO World Heritage Sites such as Boudhanath Stupa, one of the largest Buddhist stupas in the world, and Swayambhunath Stupa, also known as the Monkey Temple.

The rest of the day is free for final preparations, including organizing trekking equipment, purchasing any last-minute essentials, and making final arrangements before heading into the Himalaya. Overnight at the hotel.

▮ **Day 3: Drive from Kathmandu to Jagat (1,150m): 240 – 260 km | 9 – 11 hours**

Today, we begin our journey with breakfast in Kathmandu before departing for a scenic drive to Jagat (1,150 m) via Dolakha. After an early morning meal, we leave the busy capital behind and gradually enter the peaceful hills and valleys of eastern Nepal. Jagat is a quiet riverside settlement and an important stop along the route toward the Rolwaling region and nearby Himalayan trekking areas.

The drive takes approximately 9 – 11 hours and covers about 240 – 260 km, depending on road and weather conditions.

Leaving Kathmandu, we follow the Arniko Highway eastward before turning north toward Dolakha. The route passes through rolling green hills, terraced farmland, traditional villages, and bustling roadside towns. Along the way, travelers enjoy views of rivers, forested slopes, and distant Himalayan landscapes.

As we continue beyond Dolakha Bazaar, the road becomes narrower and more rugged, winding through remote mountain terrain and alongside deep river gorges. The journey offers dramatic scenery with waterfalls, suspension bridges, rocky cliffs, and occasional glimpses of snow-capped peaks in the distance.

Finally, we arrive at Jagat, a small mountain settlement located along the Tama Koshi River. Surrounded by steep hills and natural beauty, Jagat serves as a gateway toward the Rolwaling Valley and several remote Himalayan trekking routes. Overnight stay at a local guesthouse or teahouse in Jagat.

▮ **Day 4: Trek from Jagat to Simigaon (2,050m) : Walking Distance: 12 – 14 km | 5 – 6 hours**

From Jagat (approx. 1,300 m / 4,265 ft), we begin our ascent along the Rolwaling River toward Simigaon (2,050 m / 6,726 ft), gradually leaving the lower hills and entering the more rugged Rolwaling Valley.

The trek takes approximately 5 – 6 hours and covers around 12 – 14 km (7.5 – 8.7 miles), depending on pace and trail conditions.

The trail initially winds through terraced fields, small villages, and patches of forest. As we ascend, pine, rhododendron, and mixed hardwood forests become denser, and the valley narrows with steep hills rising on both sides. The trail follows the Rolwaling River, crossing small streams and occasional rocky sections that require careful footing.

The scenery gradually changes from cultivated lower hills to more alpine terrain, with towering cliffs and ridges framing the valley. Although the ascent is steady, it is not technically difficult, but the sustained uphill requires moderate endurance.

Finally, we arrive at Simigaon, a peaceful riverside settlement that serves as a gateway to the upper Rolwaling Valley. Overnight stay at a teahouse or lodge in Simigaon.

▮ **Day 5: Trek from Simigaon to Dongang (2,800 m): Walking distance : 10 – 12 km | 4 – 5 hours**

From Simigaon (2,050 m / 6,726 ft), we begin our ascent toward Dongang (2,800 m / 9,186 ft), entering the higher alpine zone of the Rolwaling Valley.

The trek takes approximately 4 – 5 hours and covers around 10 – 12 km (6–7.5 miles), depending on trail conditions and pace.

The trail gradually climbs through mixed forests of pine, rhododendron, and hardwoods, with occasional terraced fields and seasonal herding shelters along the way. The path follows the valley, winding along streams and rocky sections.

As we gain altitude, the landscape opens to spectacular views of the surrounding mountains, cliffs, and ridges. The trail becomes steeper in sections, requiring steady footing and moderate effort.

Finally, we arrive at Dongang, a small alpine settlement that serves as a gateway to the higher Rolwaling Valley and a stopover before continuing toward Beding or other high-altitude points. Overnight stay at a teahouse or lodge in Dongang.

▮ **Day 6: Trek from Dongang to Beding (3,690 m): Walking distance: 9 – 11 km | 5 – 6 hours**

Today, we continue our trek from Dongang (2,800 m / 9,186 ft) to Beding (3,690 m / 12,106 ft), gradually ascending into the higher alpine landscapes of the Rolwaling Valley. Beding is the largest Sherpa settlement in the region and an important acclimatization stop surrounded by dramatic Himalayan scenery.

The trek takes approximately 5 – 6 hours and covers around 9 – 11 km (5.5 – 6.8 miles), depending on trail conditions and walking pace.

After breakfast, the trail follows the Rolwaling River through forests of pine, juniper, and rhododendron before opening into wider alpine terrain. Along the way, we pass waterfalls, yak grazing areas, mani stones, and small seasonal settlements, with increasingly impressive views of the surrounding snow-capped peaks and the Gaurishankar range.

Finally, we arrive at Beding, a traditional Sherpa village known for its monastery, stone houses, and beautiful mountain setting. Overnight stay at a local teahouse in Beding.

▮ **Day 7: Acclimatization and Exploration day:**

Today is an acclimatization day in Beding, allowing the body to adjust to the higher altitude before continuing further into the Rolwaling Valley. Proper rest and gradual activity help reduce the risk of altitude sickness and ensure a safer ascent ahead.

In the morning, we may take a short hike around Beding or ascend a nearby ridge for better acclimatization. These optional walks offer excellent views of the surrounding peaks, glaciers, and the dramatic Rolwaling Valley, while keeping the body active at altitude. The rest of the day is free to relax, explore the village, and experience the traditional Sherpa lifestyle.

Beding is the largest settlement in the region, known for its ancient monastery, stone-built houses, and strong Buddhist culture. You can spend time interacting with locals or simply enjoy the peaceful mountain environment. Overnight stay at a local teahouse in Beding.

▮ **Day 8: Trek from Beding to Na (4,183 m): Walking distance: 4 – 5 km | 3 – 4 hours**

Today, we trek from Beding to Na (4,183 m / 13,757 ft), ascending deeper into the upper Rolwaling Valley. This short but steady climb allows us to adjust to higher altitude while enjoying spectacular alpine scenery.

The trek takes approximately 3 – 4 hours and covers around 4.5 – 5 km (2.8 – 3.1 miles).

After leaving Beding, the trail winds through open yak pastures, rocky paths, and glacial valleys, with sparse vegetation and panoramic views of surrounding snow-capped peaks. Along the way, we pass seasonal herding shelters and small streams fed by the glaciers above.

We arrive at Na, a remote seasonal settlement set in a vast glacial valley beneath towering Himalayan mountains, serving as a key stop before reaching Tsho Rolpa. Overnight stay at a local teahouse or lodge in Na.

▣ **Day 9: Trek from Na to Chyukyoma (4,400m): Walking Distance: 4 – 5 km | 3 – 4 hours**

From Na (4,183 m / 13,757 ft), we begin our trek towards the remote alpine campsite of Chyukyoma (approx. 4,400 m / 14,436 ft) in the upper Rolwaling Valley. This quiet and untouched section of the Himalayas offers a true wilderness trekking experience, surrounded by rugged terrain, glacial formations, and dramatic mountain scenery.

The trek takes approximately 3 – 4 hours and covers around 4.5 – 5.5 km through gradually ascending alpine terrain. The trail climbs steadily through open yak pastures, rocky slopes, and moraine landscapes shaped by ancient glaciers.

As we ascend, the valley opens into wider high-altitude views, with striking panoramas of the surrounding Rolwaling peaks and deep glacial valleys below. The route remains remote and peaceful, making it ideal for acclimatization and immersive Himalayan trekking.

Finally, we arrive at Chyukyoma, a secluded high-altitude campsite set in a wide alpine basin, offering a peaceful overnight stay surrounded by towering Himalayan landscapes. Overnight stay at a tented camp.

▣ **Day 10: Trek to Trakarding Glacier (4,800 m): Walking Distance: 5 – 6 km | 3 – 5 hours**

Departing Chyukyoma (approx. 4,400 m / 14,436 ft), we continue deeper into the Rolwaling Himalayas towards the edge of the Trakarding Glacier (approx. 4,800 m / 15,748 ft). This section marks a clear transition from alpine trekking terrain into a more rugged glacial environment, surrounded by dramatic ice formations and high Himalayan peaks.

The trek takes approximately 3.5 – 5 hours and covers around 5 – 6 km, depending on glacier approach conditions. The trail becomes more demanding as it crosses rocky moraines, loose scree, and glacial debris, requiring careful footing and steady high-altitude pacing.

As we ascend, the landscape opens into a vast glacial basin with increasingly close views of the surrounding Rolwaling peaks. The terrain becomes more raw and exposed, with visible ice fields and glacier formations marking the approach to one of the key high-altitude zones of the region.

Eventually, we reach the edge of the Trakarding Glacier, a remote and dramatic ice field that serves as a gateway for expeditions moving deeper into the Rolwaling Himalayas. Overnight stay at a tented camp.

▮ **Day 11: Trek to Tashilapcha Phedi (5,100 m): Walking distance: 4 – 5 km | 3 – 5 hours**

Departing the edge of the Trakarding Glacier, we continue the ascent towards Tashi Lapcha Phedi (5,100 m / 16,732 ft), entering a more demanding high-altitude section of the Rolwaling–Khumbu crossing route. This stage takes us fully into glacial terrain, surrounded by vast ice formations and rugged Himalayan landscapes.

The trek takes approximately 3.5 – 5 hours and covers around 4 – 5 km, depending on snow and glacier conditions. The route crosses uneven moraines, icy sections, and loose glacial debris, requiring careful movement and steady high-altitude pacing.

As we ascend, the landscape becomes increasingly remote and exposed, with sweeping views of surrounding peaks and deep glacier valleys. The environment reflects true expedition conditions, where ice, snow, and silence dominate the terrain.

Finally, we arrive at Tashi Lapcha Phedi, a strategically located high camp at the base of the Tashi Lapcha Pass, where we prepare for the next stage of the crossing. Overnight stay at tented camp.

▮ **Day 12: Trek to Pharchamo High Camp (5,600 m) via Tashi Lapcha Pass (5,755 m): Walking distance: 6 – 8 km | 5 – 7 hours**

The day begins with a steady ascent from Tashi Lapcha Phedi towards the Tashi Lapcha Pass (5,755 m / 18,881 ft). This section involves high-altitude glacier travel, steep snow slopes, and exposed terrain, requiring careful pacing and the use of rope support in certain sections depending on conditions.

The climb to and across the pass typically takes 5 – 7 hours, with weather and snow conditions playing a major role in timing. From the summit of the pass, expansive views open up across the Rolwaling and Khumbu Himalayan ranges, marking a major highlight of the expedition.

After crossing the Tashi Lapcha Pass, the route continues onto the Khumbu side, descending through glacial terrain and moraine slopes before gradually traversing towards Pharchamo High Camp (approx. 5,600 m / 18,373 ft).

Finally, we reach Pharchamo High Camp, a remote alpine campsite set beneath the upper slopes of Pharchamo Peak, where we establish tented accommodation and rest after a demanding high-altitude crossing.

▮ **Day 13: Summit Pharchamo (6,273 m) and descend to High Camp: Walking distance: 6 – 8 km: 8 – 12 hours**

The summit push begins early from Pharchamo High Camp (Tashi Puk) (approx. 5,600 m / 18,373 ft), heading towards the summit of Pharchamo Peak (6,273 m / 20,581 ft). The climb involves steep snow slopes, glacier travel, and exposed alpine terrain, requiring strong endurance and prior high-altitude acclimatization.

The ascent and descent take approximately 8 – 12 hours, covering around 6 – 8 km round trip, depending on snow conditions and the chosen route line. Fixed rope support and standard alpine techniques are used where necessary to navigate technical and exposed sections safely.

As the elevation increases, the landscape opens into vast Himalayan panoramas, with sweeping views of the Rolwaling and Khumbu ranges, surrounded by glaciers and high alpine peaks.

After reaching the summit of Pharchamo Peak (6,273 m), we take a short moment to celebrate the achievement before carefully descending back to Pharchamo High Camp (Tashi Puk) for rest and recovery. Overnight stay at tented camp.

□ **Day 14: Contingency day:**

A contingency day is kept in the itinerary as a safety buffer for the expedition, allowing flexibility in case of unfavorable weather conditions, heavy snowfall, route delays, or acclimatization needs during the high-altitude climb.

This additional day ensures a safer and more successful summit attempt of Pharchamo Peak (6,273 m / 20,581 ft), as conditions in the Rolwaling–Khumbu region can change rapidly. It may be used either at High Camp, Base Camp, or en route, depending on the expedition progress and guide decision.

If the schedule proceeds smoothly without delays, this day can also be used for rest, exploration, or gradual descent, helping the team recover after the summit push and improve overall safety margins.

This flexibility is an important part of responsible Himalayan expedition planning, ensuring both safety and success rate remain the top priority.

□ **Day 15: Trek from High Camp to Thame (3,820 m): Walking Distance: 12 – 15 km | 7 – 9 hours**

After the successful summit of Pharchamo Peak (6,273 m / 20,581 ft) and completion of the expedition, we begin our descent from Pharchamo High Camp (Tashi Puk) (approx. 5,600 m / 18,373 ft) towards the Khumbu Valley via the Tashi Lapcha route. This marks the start of the journey back to lower elevations after the high-altitude climbing phase.

The trek takes approximately 7 – 9 hours and covers around 12 – 15 km, depending on snow and glacier conditions. The initial section crosses glacial terrain and moraine slopes, requiring careful movement before joining more defined trekking trails.

As we descend, the landscape gradually changes from harsh alpine and ice-covered terrain into greener valleys and traditional Himalayan trails. Throughout the journey, we continue to enjoy views of the Rolwaling and Khumbu Himalayan ranges, offering a final glimpse of the high mountains.

Finally, we arrive at Thame (3,820 m / 12,533 ft), a traditional Sherpa village in the Khumbu region, where we rest in a comfortable teahouse and conclude the high-altitude section of the expedition. Overnight stay at a teahouse.

□ **Day 16: Trek from Thame to Namche Bazaar (3,400 m): 9 – 11 km | 4 – 5 hours**

We begin our descent from Thame (3,820 m / 12,533 ft), following a scenic trail through the upper Khumbu region towards Namche Bazaar (3,440 m / 11,286 ft). This is a pleasant trekking day after the high-altitude expedition, offering a gradual return to lower elevations.

The trek takes approximately 4 – 5 hours and covers around 9 – 11 km along well-established Himalayan trails. The route descends through traditional Sherpa villages, stone-built settlements, and pine forest sections, with occasional suspension bridges crossing the Dudh Koshi River.

As we approach Namche, the trail becomes more lively with increased local activity, lodges, and trade movement. Mountain views continue to appear along the way, offering a final glimpse of the surrounding peaks before reaching the bustling hub of the Khumbu region.

Finally, we arrive at Namche Bazaar, where we can relax in a comfortable teahouse and enjoy the vibrant atmosphere of the Himalayas. Overnight stay at a teahouse in Namche Bazaar.

▮ **Day 17: Trek from Namche Bazaar to Lukla: Walking Distance: 16 – 18 km | 5 – 6 hours**

We begin our final trekking day from Namche Bazaar (3,440 m / 11,286 ft), descending through the scenic Khumbu Valley towards Lukla (2,860 m / 9,383 ft). This marks the final stage of the Himalayan journey.

The trek takes approximately 5 – 6 hours and covers around 16 – 18 km along well-established trails. The route descends through stone steps, suspension bridges, and riverside paths following the Dudh Koshi River, with occasional short uphill sections along the way.

As we descend, the landscape gradually transitions from alpine forests and mountain villages into greener valleys and terraced farmland. The trail passes through settlements such as Monjo, Jorsalle, and Phakding, offering a final glimpse of Sherpa culture and Himalayan life. Finally, we arrive at Lukla, where the trekking journey concludes. Overnight stay at a lodge.

▮ **Day 18: Fly back from Lukla to Kathmandu: 30 – 40 minutes**

We conclude the Pharchamo Expedition with a scenic morning flight from Lukla (2,860 m / 9,383 ft) back to Kathmandu (1,400 m / 4,593 ft). This short but spectacular mountain flight offers final aerial views of the Khumbu Himalayas, bringing the journey from high alpine terrain back to the capital.

The flight takes approximately 25 – 35 minutes, depending on weather conditions and air traffic. As we leave the mountains behind, the dramatic landscapes of the Himalayas gradually give way to the green hills and urban valley of Kathmandu.

Upon arrival at Tribhuvan International Airport, the Pharchamo Expedition officially concludes, marking the end of a challenging and rewarding journey through the Rolwaling–Khumbu region. Overnight stay at a hotel.

▮ **Day 19: Departure day:**

The final day marks the conclusion of the Pharchamo Expedition. After breakfast in Kathmandu (1,400 m / 4,593 ft), the morning is free for packing, rest, and reflecting on the journey, including the ascent of Pharchamo Peak (6,273 m / 20,581 ft) and crossing of the Tashi Lapcha Pass (5,755 m / 18,881 ft).

At the scheduled time, we transfer you to Tribhuvan International Airport for your onward flight. This final drive through Kathmandu offers a last glimpse of the city before departure. The expedition officially ends here, with lasting memories of the Rolwaling–Khumbu Himalayas.

What's Included:

- ☒ Airport Pick-up and drop Service
- ☒ Hotel Accommodation in Kathmandu (twin sharing basis) with breakfast
- ☒ One way flight ticket from Lukla to Kathmandu
- ☒ Guided Tour of Kathmandu valley with an experienced tour guide
- ☒ Sightseeing charges and Entry fees
- ☒ Accommodation during the trek (teahouse / guesthouse / camp)
- ☒ All meals during the trek (Breakfast, Lunch, Dinner)
- ☒ Transportation (tourist coach / local bus / domestic flight)
- ☒ Experienced licensed English-speaking trekking guide
- ☒ Local government Entry Permit of Rs. 2000 (started in 2018)
- ☒ Insurance of Guide, Porter and Climbing Guide
- ☒ Royalty Fee and Climbing Permits for Pharchamo Peak
- ☒ Gauri Shankar National Park Entry Permit
- ☒ Sagarmatha National Park Entry Permit
- ☒ TIMS (Trekking Information Management System) Trekking Permit Card
- ☒ Medical kits carried by the guide
- ☒ All necessary paper works, office service charge and all Government Taxes

Optional Add-Ons:

- ☒ Porter (cost: 20 USD per day, carries 15 – 20 kg load. Porter's accommodation, transport and meal is paid by the company)
- ☒ Down jacket, all-season sleeping bag, duffel bag and trekking map (in case you don't have your own. Down jacket, sleeping bag and duffel bag must be returned after completion of the trip).

What's Excluded:

- ☒ Travel insurance (Mandatory: Should include emergency evacuation coverage while trekking up to 5500+ m)
- ☒ International airfare and Visa costs (you can get Visa upon arrival at the airport)
- ☒ Personal interest items or gears
- ☒ Tips to guide / driver / porter
- ☒ Beverage and Drink Items / Other Extra facilities like hot shower during trek
- ☒ Any other expenses which are not mentioned in "What's Included" section

Important note:

This note represents the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control. We do our best to provide you the best available services but at the same time ask for your understanding to be flexible, in case of unpredictable conditions.

Thank you for choosing Trekadviser, Nepal as your travel partner. We wish you a very pleasant stay in Nepal.