

# Lapchi Trek

## Trip Overview

The Lapchi Trek is a spiritual and cultural journey through the rugged beauty of the Rolwaling region in Nepal, renowned as the hermitage of the legendary Tibetan magician and Buddhist sage, Milarepa. This trek offers a blend of natural wonders, ancient traditions, and profound spiritual significance.

Beginning with a picturesque drive from Kathmandu to Lambagar, a small hamlet next to the Upper Tama Koshi Hydro Dam, is the hike to Lapchi. The trail progressively rises from Lambagar over the lake through beautiful, deep forests of pine and rhododendron trees. Trekkers can take in breathtaking views of the neighboring mountains, including Mount Labchi Kang and Tsari, along the route.

One of the highlights of the Lapchi Trek is the Milarepa Cave, where Milarepa is said to have meditated for many years. The cave is a sacred site for Buddhists and is adorned with ancient frescoes depicting the life of Milarepa. Nearby, there are also footprints believed to be those of Milarepa, as well as other sacred marks left by him.

As trekkers continue their journey towards Lapchi, they pass through remote villages where traditional Tibetan culture is still preserved. The hospitality of the local people adds to the enriching experience of the trek. The final destination of the trek is the Lapchi Monastery, a more than 400-year-old monastery perched high on a hill overlooking the valley. The monastery is a place of pilgrimage for Buddhists and is revered for its spiritual significance.

Trekkers who do the Lapchi Trek have the opportunity to forge spiritual and physical connections with nature, culture, and their inner selves. This journey tests one's physical, mental, and spiritual faculties and leaves a profound effect on everyone who embarks upon it.

## Trip Highlights

## Trip Itinerary

**Day 1: Pick up from airport transfer to Hotel**

**Day 2: Sightseeing Kathmandu and planning for trekking.**

**Day 3: Kathmandu to Lamabagar by bus / jeep.**

**day 4: Trek from Lamabager Lumnang**

**Day 5: Trekking to Lapchi village (3670 m)**

**Day 6: Explore Lapchi Village and Spiritual Heritages.**

**day 7: Hike to Milarepa cave and Manjushree Lake**

**Day 8: Trekking to King Dong Kharka**

**Day 9: Trekking to Lamabagar**

**Day 10: Drive back to Kathmandu by bus or Jeep**

**Day 11: Fly to your destination.**

## **Cost Includes**

- All ground transportation is on a comfortable private vehicle as per the itinerary.
- 3-star hotel accommodation in Kathmandu with breakfast ( hotel standard will be changed as you wish).
- The Kathmandu Sightseeing Tour includes all entry fees, a tour guide, and a private vehicle
- Camping accommodations during the trek.
- Breakfast, lunch, and dinner during the trek.
- An experienced, English-speaking, and government-licensed trekking guide.
- Porter service, trekking crew, including their salary, insurance, equipment, food, and accommodation.
- Highland Eco's duffel bag.
- All necessary paperwork and trekking permits (Restricted area permit, GCAP, and VDC fee)
- A first-aid safety kit with basic medicines is essential.
- All government and local taxes and fees.

## **Cost Excludes**

- Nepal Entry visa fees
- Extra-night accommodation in Kathmandu because of early arrival, late departure, or early return from the mountain (due to any reason) compared to the scheduled itinerary
- Lunch and evening meals in Kathmandu
- International flights
- Personal trekking equipment, which is not provided by Highland Eco Trek
- Travel and rescue insurance
- Tips to the guide, porter, driver or any other trekking staff