



# LAPCHI HOMESTAY TREK

**Duration:** 08 days

**Difficulty:** Medium

Nepal Govt. Reg 181135  
PAN No. 606814195

**HIMALAYAN WANDER WALKERS P.LTD**  
TREKKING | TOURS | EXPEDITIONS

## Quick Trip Facts

**Altitude:** 4600m

**Season:** Fall/Spring

**Accommodation:** Basic Teahouse

## Overview

Lapchi or Lapche is a paramount spiritual mountain which is known as the Milarepa's hermitage. It is located in Rolwaling in the eastern part of Nepal at a height of about 4850 meters along the border of Nepal and Tibet. This trek offers an opportunity to discover the least visited remote and exciting secreted corners of Nepal. Lapchi trek and Lapchi area is the scared destination in the Himalayan after Kailash and Tsari.

You can visit the monastery showcases the religious and spiritual heritage of more than 400 years old. This area is related to Milarepa, — a twelfth-century Buddhist sage and poet who served as the spiritual figurehead of the Kagyupa sect of Tibetan Buddhism. Milarepa is not only a Buddhist yogi but also an ancient Tibetan poet and singer.

Besides pilgrimage, this trek offers an outstanding view of the Himalayas that lies along the northeastern side of the finger land and that just form. Some of the highlights of this trek are Rolwaling valley, Tamang village, and wonderful views of an alpine lake, Hanging glaciers, moraines, high pastures, waterfalls, and imminent view of snowy peaks in the backdrop. This is a popular region for isolated villages, biological diversity, glacial lakes, and mountains. Rolwaling trek combines the view of Mt Melungtse, Mt Dorje, and Mt Tashi Lapcha, beautiful waterfalls, and the Tso Rolpa Lake.

## Highlights:

- ❖ Discover the spiritual places of Himalayas, architecture of the monasteries and caves,
- ❖ Explore the scenery of surrounding mountains and other natural formations of this high alpine region.
- ❖ Buddhist pilgrimage as a charming destination of Milarepa.

**HIMALAYAN WANDER WAKLRES Pvt. Ltd**

Boudha, Kathmandu, Nepal, Mob. + 977-9813867445, + 977-9861208115

E: [info@hwwtreks.com](mailto:info@hwwtreks.com) | [hwwtreks@gmail.com](mailto:hwwtreks@gmail.com)

w: [www.hwwtreks.com](http://www.hwwtreks.com)

# LAPCHI HOMESTAY TREK

**Duration:** 08 days

**Difficulty:** Medium

## Suggested Itinerary:

### Day 1: Kathmandu – Lamabagar (2077m)

1. Your trip starts on 6:00 am in the morning from Boudha
2. You will drive from Kathmandu to Lamabagar by Local bus **10-11 hrs** (They do many stop on the way for local people), By private Jeep **7-8 hrs**.
3. Lunch will be on the way.
4. Lamabagar is a settlement where you will find basic lodges for overnight stay.
5. Overnight at Lodge in Lamabagar.

### Day 2: Lamabagar – Lumnang (2700m ) 7-8hrs

1. Your trip will starts around 7:00 am.
2. You will have breakfast at lodges and start your trek.
3. The lunch pack will be carried on the way because there is no teahouses on the way.
4. We will pass via Godavari, and 2 hrs walk will reach to Lumnang.
5. Overnight will be in Lumnang village which is the winter settlement of Lapchi villagers.
6. Homestay in local people houses.

### Day 3: Lumnang – Lapchi Monastery (3700 m) 6-7hrs

1. Your trip will starts around 8:00am.
2. You will have pack lunch from Lumnang and lunch will be on the way.
3. From Lumnang village, the road construction going on and will walk mostly on the motor road. But there is no motor on the way.
4. Thang Chemo is a yak caretaker place and also the temporary settlement of the villagers while migrant from one place to another.
5. No more motor road after this, only natural human trail.
6. The view and landscape are more interesting.
7. Cross from the junipers trees before reaching Lapchi monastery
8. Overnight at Lapchi monastery.

### Explorations Day

### Day 4: Hike to Lapchi village and explore Shingkyong temple, Yuthog Cave and Rachen Cave

1. The First day at Lapchi
2. After breakfast at the Lapchi monastery, (8:00am)30 minutes hike to Lapchi village.

**HIMALAYAN WANDER WAKLRES Pvt. Ltd**

Boudha, Kathmandu, Nepal, Mob. + 977-9813867445, + 977-9861208115

E: [info@hwwtreks.com](mailto:info@hwwtreks.com) | [hwwtreks@gmail.com](mailto:hwwtreks@gmail.com)

w: [www.hwwtreks.com](http://www.hwwtreks.com)

# LAPCHI HOMESTAY TREK

**Duration:** 08 days

**Difficulty:** Medium

3. Then 20 minutes again up to Shingkyong Temple which is the village diety.
4. Return back from same route via Lapchi village and the upper route will take you to the **Yuthog Cave**. Yuthog Yonten Goenpo meditate here, the founder of Tibetan medicine and astrology.
5. Then come down to the monastery for lunch.
6. After lunch, you will spend your time in **Dudul cave** and **Jangchup stupa**, which is the Milarepa main cave in Lapchi where he meditate for 6 months.
7. Overnight at Lapchi monastery.

## Day 5: Hike up to the Sephuk Cave (4600m),

1. The second day at Lapchi
2. You will hike up as early (7:00am) as possible to the Sephuk cave to avoid the scorching sun during the day.
3. The route is steep up somewhere but well manage to go with comfortably.
4. **Tsering ma** footprint is on the way.
5. You will visit footprint of Milarepa on ridge of cliff where you can have a wonderful view of the whole Lapchi valley.
6. Then visit **Sephuk cave** nearby and **holy spring water**.
7. Return back for Lunch at Rachen Phu.
8. Then visit **Rachen Phu** and **Bepa Phu** while returning back to Lapchi monastery.
9. In the evening, you will explore **Taksang Phu, Dangtsi Phu** and **Lungten Cave** which is near to the monastery

## Day 6: Lapchi Gonpa to Lumnang (Retrace) 5-6hrs

1. The trek will start around 9:00am
2. You will retrace the same route down to Lumnang village.
3. The lunch will be packed from the monastery.
4. Overnight at home stay in Lumnang village

## Day 7: Lumnang to Lamabagar (Retrace) 6-7hrs

1. The trek will start around 7:00 am
2. You will have packed launch
3. Over night at lodges in Lamabagar.

## Day 8: Lamabagar to Kathamndu Ktm

On 6:00am in the morning, drive back to Kathmandu.

**HIMALAYAN WANDER WAKLRES Pvt. Ltd**

Boudha, Kathmandu, Nepal, Mob. + 977-9813867445, + 977-9861208115

E: [info@hwwtreks.com](mailto:info@hwwtreks.com) | [hwwtreks@gmail.com](mailto:hwwtreks@gmail.com)

w: [www.hwwtreks.com](http://www.hwwtreks.com)

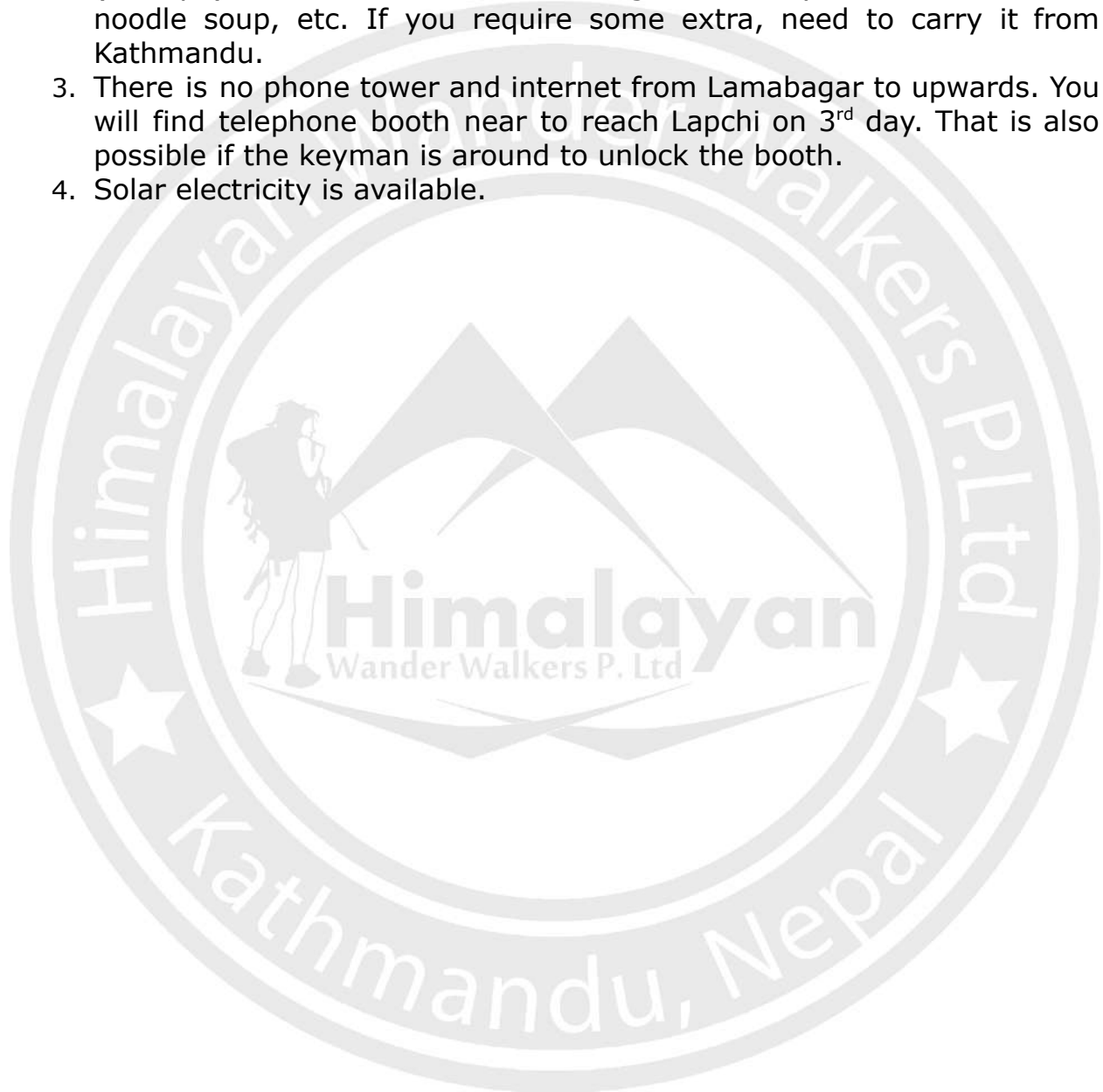
# LAPCHI HOMESTAY TREK

**Duration:** 08 days

**Difficulty:** Medium

## Note:

1. On the second day, we can reach Lumnang from Lamabagar within 7-8 hrs if we took a pack lunch and spend less time on resting.
2. Food during homestay will be less choice, that will be Tibetan flour (Tsampa), Thenthuk, rice and rare vegetable curry, Tibetan butter tea, noodle soup, etc. If you require some extra, need to carry it from Kathmandu.
3. There is no phone tower and internet from Lamabagar to upwards. You will find telephone booth near to reach Lapchi on 3<sup>rd</sup> day. That is also possible if the keyman is around to unlock the booth.
4. Solar electricity is available.



## HIMALAYAN WANDER WAKLRES Pvt. Ltd

Boudha, Kathmandu, Nepal, Mob. + 977-9813867445, + 977-9861208115

E: [info@hwwtreks.com](mailto:info@hwwtreks.com) | [hwwtreks@gmail.com](mailto:hwwtreks@gmail.com)

w: [www.hwwtreks.com](http://www.hwwtreks.com)

# LAPCHI HOMESTAY TREK

**Duration:** 08 days

**Difficulty:** Medium

LAMABAGAR



LUMNANG VILLAGE



GODAVARI



**HIMALAYAN WANDER WAKLRES Pvt. Ltd**

Boudha, Kathmandu, Nepal, Mob. + 977-9813867445, + 977-9861208115

E: [info@hwwtreks.com](mailto:info@hwwtreks.com) | [hwwtreks@gmail.com](mailto:hwwtreks@gmail.com)

w: [www.hwwtreks.com](http://www.hwwtreks.com)

# LAPCHI HOMESTAY TREK

**Duration:** 08 days

**Difficulty:** Medium

LAPCHI VILLAGE



LAPCHI MONASTERY



JANGCHUP STUPA



**HIMALAYAN WANDER WAKLRES Pvt. Ltd**

Boudha, Kathmandu, Nepal, Mob. + 977-9813867445, + 977-9861208115

E: [info@hwwtreks.com](mailto:info@hwwtreks.com) | [hwwtreks@gmail.com](mailto:hwwtreks@gmail.com)

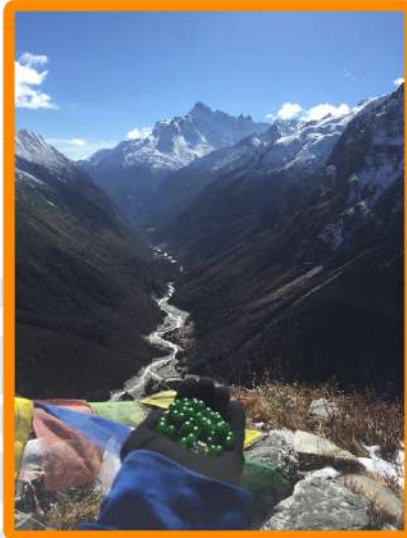
w: [www.hwwtreks.com](http://www.hwwtreks.com)

# LAPCHI HOMESTAY TREK

**Duration:** 08 days

**Difficulty:** Medium

**VIEW FROM  
SEPHUK CAVE  
AND  
FOOTPRINT OF  
MILAREPA**



**HOLY SPRING WATER**



**SEPHUK CAVE**



**HIMALAYAN WANDER WAKLRES Pvt. Ltd**

Boudha, Kathmandu, Nepal, Mob. + 977-9813867445, + 977-9861208115

E: [info@hwwtreks.com](mailto:info@hwwtreks.com) | [hwwtreks@gmail.com](mailto:hwwtreks@gmail.com)

w: [www.hwwtreks.com](http://www.hwwtreks.com)