

Lapchi Kang Milarepa Cave Trek - 11 Days

URL: <https://nepalalternativetreks.com/trip/lapchi-kang-milarepa-cave-trek/>

Lapchi Kang Milarepa Cave Trek Quick Information

Weather

-10°C to 18°C

Duration

11 Days

Difficulty

Moderate

Accommodation

Lodge/Camping/ Home Stay

Meals Included

Breakfast, Lunch, Dinner

Transportation

Private Overland
Transportation

Daily Activity

06 hours walk

Religion

Buddhist, Bon, Kirati

Ethnic People

Rai, Limbu, Sherpa

Region of Nepal

Everest Region, Eastern Nepal

Max Altitude

4500m./14850ft.

Per Person Cost

USD 1450

Best Season

Sept, Oct, Nov, March, April &
May

Geographic Terrain

Mountain, Hill, Village,
Terrace, Forest

Group Discounts Available

No. of Persons	Price per Person
Group Of 1 - 4	USD \$1,450.00
Group Of 5 - 8	USD \$1,430.00
Group Of 9 - 12	USD \$1,410.00
Group Of 13 - 18	USD \$1,390.00

Note: Our fixed group departure dates, services and price is guaranteed even if the group numbers are 1 person to maximum 18 persons. We will provide a guide cum porter if there is only 1 person to operate the trek and one more assistant guide if group size is above 10 persons. And of course, guide cum porter will carry 10 kg luggage.

Lapchi Kang Milarepa Cave Trek Overview

The Lapchi Kang Milarepa Cave trek takes you to Nepal's exciting secret corners located at the **Tibetan** border. The topography from Ama Bamare Himal to Lapchi Karhka comprises a maze of twisted hills, rock spires, and high cliffs. From Jagat to Lamanabagar, this trip follows the Tama Khosi River. There, we leave the main track and ascend through a cloud forest and a dense bamboo forest to a remote area of Lapchi Kang beneath the magnificent rock faces of Kookur Raja Darra and Ama Bamare, both of which are yet unclimbed (King Dog Ridge).

The Lapchi Valley trekking trail is in the Rolwaling region, near Nepal and Tibet's border. The Lapchi trip offers the chance to discover Nepal's less traveled, fascinating, and secretive areas. The famous **Tibetan Yogi Milarepa lived in Milarepa Cave** and passed away in the Lapchi region, a well-known Buddhist pilgrimage site. In Lhapchi, Milarepa worked numerous miracles and left behind sacred marks like his footprints.

After Kailash and Tsari, the Lapchi trip and region are considered holy places in the Himalayas. Ancient Tibetan Buddhist and Hindu literature claims **Mount Labchi Kang is the holiest Himalayas after Kailash and Tsari in the Jambudvipa region**. These are the primary spiritual mountains or centers of power for Hindus and Buddhists. **Holy Lapchi Mountain is a mountain in the eastern part of Nepal at a height of roughly 4,850 meters**. For trekking in the Lapchi Kang, protected by the Gaurishankar conservation area, you must have a **GCA permit**.

Lapchi Kang Milarepa Cave Trek Highlights

- Astonishingly off the beaten path, Lapchi Kang Milarepa Cave Trekking is rarely visited by travelers.
- The Lapchi trekking route gives the ability to explore Nepal's less visited, intriguing, and clandestine regions and is located in the Rolwaling district, close to the border between Nepal and Tibet.
- Milarepa spent a lot of time in the Lapchi region, which is a well-known Buddhist pilgrimage destination.
- The three holiest mountains in the Jambudvipa region are Mount Lapchi Kang, Mount Kailash, and Mount Tsari. Mount Lapchi Kang is regarded as a sacred mountain.
- The Gaurishankar conservation area protects the Lapchi Kang walking track; hence, a special permit and TIMS are needed.
- The Lapchi Kang region offers the snow leopard the perfect environment for survival.

Weather

Best Season For Lapchi Kang Milera Cave Trek

The best seasons for Lapchi Kang Milera Cave Trek are spring and autumn. Spring in Nepal is from March to May. During this time, the weather is warm and steady, and flowers in the Lapchi Calley bloom. You will see various colorful flowers along the trail and the breathtaking views of the snow-capped mountains. You might also see different kinds of wildlife.

Autumn is the busiest travel season in Nepal, and it lasts from September to November. The dry and

clear weather makes the mountains and scenery more visible. Autumn is the best time for the Lapchi Kang Milera Cave Trek, next to spring.

You can also trek in summer and winter, but it can be more difficult and risky. Summer has higher temperatures and a higher chance of flooding due to rain. In winter, heavy snowfall can cause problems while trekking in Lapchi.

January

-5°C to 5°C

February

-4°C to 6°C

March

-2°C to 7°C

April

1°C to 11°C

May

5°C to 14°C

June

8°C to 16°C

July

9°C to 18°C

August

8°C to 15°C

September

6°C to 15°C

October

2°C to 11°C

November

-2°C to 7°C

December

-4°C to 5°C

Difficulty

Difficulty of Lapchi Kang Milarepa Cave Trek

Lapchi Kang Milarepa Cave trekking can be pretty challenging. The paths are often steep and rough, making walking hard in some areas. You will also be hiking at high altitudes, with thinner air. This can make breathing harder and increase the chance of feeling sick from the altitude. Some days require long hours of walking, which can be tiring.

The Lapchi Kang Milarepa Cave trek takes you through remote areas far from cities and villages. This means there are not many places to rest or get supplies. The weather can also get freezing, especially at night, so you need to be ready for chilly temperatures. Because of these challenges, you should be in good physical shape and have some experience with trekking to enjoy this adventure safely.

11 Days Lapchi Kang Milarepa Cave Trek Itinerary

Day 1: Drive to Singate / Lamabagar from Kathmandu

Early in the morning, you will depart Kathmandu and begin the approximately 8 to 9-hour drive to Singate/Lamabagar. The route is quite picturesque, passing through small communities and stunning scenery. Lamabagar will be your home for the night.

Destination:

170km. drive to Lama Bagar (09 hrs.)

Accommodation

Homestay at Lamabagar

Altitude:

(1950m./6435ft.)

Meals

Lunch, Dinner

Day 2: Trek to Doven

After breakfast, you will start your trip from Lamabagar (Tsho Sham) to Doven. The trail travels through thick rhododendrons and oak forests with sporadic glimpses of the Mountains. After stopping for lunch in a little village, you will traverse many suspension bridges over the Tama Kosi River. Afternoon arrival in Doven, where you will spend the night.

Destination:	Accommodation	Altitude:
14km./05 hours walk	Camping at Doven	(2200m./7260ft.)

Meals

Breakfast, Lunch, Dinner

Day 3: Trek to Lower Lumnang

You will go from Godavari (Dovan) to Lower Lumnang on today's trip. The walk travels through stunning bamboo, rhododendron, and pine forests. Before arriving in Lower Lumnang, where you will spend the night, you must ascend a steep slope and cross a suspension bridge.

Destination:	Accommodation	Altitude:
15km./06 hours walk	Camping at Lower Lulamang	(2700m./8910ft.)

Meals

Breakfast, Lunch, Dinner

Day 4: Trek to Lapchi Village

You will hike from Lower Lha Lhung to Lapchi Village after breakfast. The trail winds through rural settlements and stunning scenery. Following a lunch break in a tiny community, you will continue your journey to Lapchi Village, where you will spend the night.

Destination:	Accommodation	Altitude:
16km./06 hours walk	Lodge at Lapchi Village	(3670m./12111ft.)

Meals

Breakfast, Lunch, Dinner

Day 5: Hike to Milarepa Cave, a meditation place

You will hike today to the well-known Buddhist pilgrimage site known as Milarepa Cave. The four to five-hour climb is extremely arduous. You will arrive at the cave perched on a hill and spend some time contemplating and exploring. You'll hike back to Lapchi Village in the late afternoon and spend the night there.

Destination:

Excursion around - 04 hours
walk

Accommodation

Lodge at Lapchi Village

Altitude:

(3670m./12111ft.)

Meals

Breakfast, Lunch, Dinner

Day 6: An extra day in Lapchi

You have an extra day in Lapchi today, so take advantage of it to get to know the community and its surroundings. A quick trek or a trip to one of the surrounding monasteries are other options. Lapchi will be your home for the night.

Destination:

Excursion around

Accommodation

Lodge at Lapchi Village

Altitude:

(3670m./12111ft.)

Meals

Breakfast, Lunch, Dinner

Day 7: Trek to Lha Lung

You will start your trip from Lapchi Village to Lha Lung after breakfast. The trail winds through rural settlements and stunning scenery. Following a lunch break in a small village, you will continue your ascent to Lha Lung, where you will spend the night.

Destination:

16km./6 hours walk

Accommodation

Camping at Lha Lung

Altitude:

(4500m./14850ft.)

Meals

Breakfast, Lunch, Dinner

Day 8: Trek to Godavari

You will travel from Lha Lung to Godavari on today's trip. The track travels through lovely bamboo and pine forests with sporadic glimpses of the Mountains. After having lunch in a tiny town, you'll continue on your trip to Godavari, where you'll spend the night.

Destination:

18km./06 hours walk

Accommodation

Lodge at Godavari

Altitude:

(2400m./7660ft.)

Meals

Breakfast, Lunch, Dinner

Day 9: Trek to Dovan

You will start your trip from Godavari to Dovan after breakfast. The trail travels through thick rhododendron and oak forests with sporadic glimpses of the Mountains. After stopping for lunch in a little village, you will traverse many suspension bridges over the Tama Kosi River. Afternoon arrival in Dovan, where you will spend the night.

Destination:

15km./05 hours walk

Accommodation

Camping at Tama Kosi Dovan

Altitude:

(2200m./7260ft.)

Meals

Breakfast, Lunch, Dinner

Day 10: Trek to Lamabagar

You will go to Lamabagar on today's journey. The trail winds through rural settlements and stunning scenery. Following a lunch break in a small community, you'll continue your ascent to Lamabagar, where you'll spend the night.

Destination:

16km./06 hours walk

Accommodation

Camping at Lamabagar

Altitude:

(1950m./6435ft.)

Meals

Breakfast, Lunch, Dinner

Day 11: Drive back to Kathmandu

After breakfast, you will make the approximately 8 to 9-hour drive back to Kathmandu. After arriving in the late afternoon, you will be taken to your hotel.

Destination:

170km drive to Kathmandu (09 hrs.)

Altitude:

(1295m./4273ft.)

Meals

Breakfast, Lunch

What's Included

- Pick Up at Tribhuwan International Airport and Transfer to Hotel in Kathmandu .
- Lodge/Tented/Homestay (Twin share) accommodation during the trekking.
- All meals (Breakfast, Lunch, Dinner with tea/coffee) during trek.
- One experienced, well trained, fluent English speaking, friendly, specialized in Pikey Peak Region and government authorized trekking guide
- 1 Porter per 2 Trekkers and keep luggage weight under 10kg per person.
- Guide and porter's food, accommodation, salary, insurance and transportation etc.
- Necessary permits and documents.

- Overland transportation as per mentioned in itinerary.
- A trekking map, duffel bag, first aid kit box, Oxygen saturation check up everyday, water purification, company T-shirt and trekking completion certificate .
- Assistance for emergency rescue evacuation.
- All kind of service charge and government tax .
- Public Liability Insurance.

What's Not included

- Hotel accommodation and meals in Kathmandu.
- Hard and soft table drinks such as tea/coffee, coke, fanta, mineral water, beer, hot shower, hot water, laundry, phone bill etc.
- Personal Travel insurance.
- International Flight Tickets.
- Nepal Tourist Visa
- Tips for guide and staff .(Highly suggested).

Additional Trip Information

Why Lapchi Kang Milarepa Cave Trekking?

- **Beautiful Scenery:** The Lapchi Kang Milarepa Cave Trekking is in a quiet, remote part of Nepal with stunning mountains and peaceful valleys.
- **Less Crowded:** It's not a popular trail so you can enjoy nature without many people around.
- **Spiritual Experience:** The Milarepa Cave is a sacred place where a famous Tibetan saint once lived. So, the trek visits will be memorable and meaningful.
- **Rich Culture:** On the Lapchi trek, you can explore the local culture and history.
- **Unique Adventure:** Lapchi Trek is a unique and unforgettable journey combining natural beauty and cultural significance.

Important Caves Around Lapchi Monastery

Milarepa Cave/Rochen Gompa

Milarepa Cave/Rochen Gompa is famous for the handprint of Milarepa, a respected Tibetan Buddhist teacher. Many pilgrims visit to see this spiritual mark. The cave is spacious, ideal for meditation, and holds deep religious importance.

Lunghen Cave

Lunghen Cave is known for its peaceful atmosphere. It is a perfect location for meditation and reflection, offering a quiet retreat for those seeking spiritual consolation.

Youthuk Cave

Youthuk Cave, like Lungthen Cave, provides a serene setting ideal for meditation. It is a spot where people may connect with nature and find inner tranquility.

Shephuk Cave

Shephuk Cave is located atop a hill and takes about a three-hour hike. The trek is a pilgrimage, complete with breathtaking scenery and a feeling of achievement. This cave is well-known for retaining Milarepa's footprint, which adds to its spiritual value.

Dudul Cave

Dudul Cave, one of Milarepa's prime meditation places, is of significant historical value. It is a place with a rich spiritual energy and history. Milarepa spent six months meditating here throughout the winter, making it a sacred place for followers and admirers of his teachings.

Frequently Asked Questions

What is the Lapchi Kang Milarepa Cave Trekking?

The Lapchi Kang Milarepa Cave Trekking is a trekking trail in Nepal that follows the path taken by the great Tibetan Buddhist saint, Milarepa, to reach his cave in the Lapchi Kang region. It is a sacred destination in the Himalayas of Nepal.

What is the highest point of the Lapchi Kang Milarepa Cave Trekking?

The highest point of the trek is the Lapchi Kang Pass, which stands at an altitude of 5,050 meters. It is not necessary to arrange a Tibet visa and permit to explore holy Lapchi and mount Lapchi Kang from Nepal.

Is it necessary to have a guide for the Lapchi Kang Milarepa Cave Trekking?

Yes, it is highly recommended to have a guide for Lapchi Kang Milarepa Cave Trekking as the trail is not well-marked and can be challenging to navigate. The trek takes you to the exciting secret corners of Nepal located at the border with Tibet.

What are the permits required for the Lapchi Kang Milarepa Cave Trekking?

You need to obtain the Rolwaling Valley Restricted Area Permit and the Gaurishankar Conservation Area Permit to go for this trek.

Is it safe to go for the Lapchi Kang Milarepa Cave Trekking?

Yes, it is generally safe to go for this trek, provided you follow the safety guidelines and travel with a licensed guide.

What equipment should I carry for the Lapchi Kang Milarepa Cave Trekking?

You should carry appropriate trekking gear, including sturdy boots, warm clothing, a sleeping bag, a tent, and a first aid kit.

Can I hire a porter for the Lapchi Kang Milarepa Cave Trekking?

Yes, you can hire a porter to carry your luggage during the trek.

What is the cost of the Lapchi Kang Milarepa Cave Trekking?

The cost of the trek varies depending on the itinerary and the trekking company you choose. On average, the cost ranges from \$2000 to \$3000 per person.

How can I get to the starting point of the Lapchi Kang Milarepa Cave Trekking?

The starting point of the trek is the town of Gonggar. You can reach Gonggar by taking a flight from Kathmandu to Lukla and then taking a jeep or a bus to Gonggar.

What is the climate like during the Lapchi Kang Milarepa Cave Trekking?

The climate during the trek varies depending on the season. During the spring and autumn, the weather is generally dry and clear, while during the monsoon season, it can be wet and muddy.

What are the highlights of the Lapchi Kang Milarepa Cave Trekking?

The highlights of the trek include the stunning views of the Himalayas, the challenging trekking trail, and the chance to visit the cave of the great Tibetan saint, Milarepa.

Do I need prior trekking experience to go for the Lapchi Kang Milarepa Cave Trekking?

Yes, it is recommended that you have prior trekking experience. The trail can be challenging and involves steep climbs and descents.

Can I trek to the Milarepa Cave without doing the full Lapchi Kang Milarepa Cave Trekking?

Yes, you can trek to the Milarepa Cave without doing the full Lapchi Kang Milarepa Cave Trekking. There are shorter trekking routes available that lead to the cave.

Are there any cultural sites to visit during the Lapchi Kang Milarepa Cave Trekking?

Yes, there are several cultural sites to visit during the trek, including Buddhist monasteries, chortens (stupas), and prayer flags.

Cancellation Policy

We understand that plans can change willy-nilly. However it is our responsibility to ensure fairness and transparency among our customers regarding our cancellation policy. So we kindly request all travelers to carefully review the cancellation and refund policy before confirming their trip.

After your trip starts, we cannot provide a refund for any voluntary withdrawal, cancellation, or early departure by the traveler. This means ***the full amount paid to us will not be refunded after the trip has begun.*** Likewise, if during the trip, any services such as accommodation, sightseeing, meals, transportation, etc. included in the itinerary/trip are not used by the customer, no refunds or reuse will be provided to whatever portion remains unused on the trip.

Also, please note that ***last-minute cancellations are non-refundable.*** You have to understand that many trip arrangements such as accommodation, transportation, permits, guides, and operational logistics are confirmed and pre-booked. Thus, cancellations made at the last minute create non-recoverable costs for the company and so do for our clients. In addition, cancellations made shortly before the departure date or after the trip has started will be considered as last-minute cancellations and will not be eligible for any refund.

Still, the company will use their discretion in setting the conditions for the refunds, therefore, few of the conditions mentioned are subject to change. The company holds every right to cancel the trips booked by the customers before it is guaranteed to run or an official agreement is signed. A trip is guaranteed to run once it has two fully paid travelers unless minimum numbers state otherwise.

Unfortunate circumstances such as unforeseen natural disaster, canceled flights, strike, industrial action, wars, riots, quarantine, government intervention, weather, the deteriorating health condition of a group member, etc. could lead to cancellation of trips. In such cases, the customer can either ask to get back the 90% of the total trip cost paid to the company (13% Government Tax will be deducted) or reuse the cost in an alternative trip with the same price, immediately, in the following season of the same year.

The company will require a written notice in case of any cancellation. Please ensure the date of the trip cancellation is the date on which the written cancellation is received by the company. If you cancel the trip anytime prior to the departure date of the actual trip, 90% of the total cost is reusable for a year or refund.

Trip Amendment

First and foremost, please note that all the amendment conditions are applied to the trips listed on this site only. Below are a few notes to take about the amendment fees in case of any changes during, while, or after the booking:

If the company receives a request on the booking amendments at least 60 days prior to the trip, a total of USD 50/person is charged to the customer. However, if the customer's request for a booking amendment in less than 60 days before the trip departure, then the charges will be as per the cancellation policy mentioned above. In case of any changes in the price of the trip during the procedure of booking and the amendments, the new cost will be applied to the trips. Please note that these changes might not be applied by the company, but can be levied upon the company by the third parties i.e. the hotels or the service providers working with the company.

Any changes, amendments, or additions in aggregation to the trips you have booked, for example, hotels, transfers, additional days, etc. will account for no additional fee.

Health Conditions

Nepal Alternative Treks places the highest priority on the safety and well-being of all travelers. We need to ensure the traveler's well-being and health condition at the time of booking. While travelers can participate without medical documentation, those with chronic illnesses or long-term medical conditions must obtain a doctor's consent before joining the trip. This is to ensure their health is not badly affected during the adventure and that they can safely enjoy the journey.

The company will not be responsible for any type of mishaps and will not bear the medical and evacuation expenses on behalf of the participant. Therefore, we request our clients to consult their doctors for a thorough checkup and vaccination before booking a trip with us. In addition, clients with specific health needs or concerns should inform the Company in advance. This allows us to provide guidance and, if required, arrange additional services to make the trip safer and more comfortable. If needed, clients may also request additional services related to the length of the trip or stay in the country of travel.

Weather and other unfavorable conditions

Clients should be well aware of the unpredictability of the weather conditions in the mountainous regions. The unfortunate weather conditions, especially in the Everest, Jomsom, and Kanchenjunga regions, can sometimes lead to unfavorable circumstances that include delay or cancellation of flights. The Company will cover the expenses of accommodations and food in the departing location until the arrangement of flights is done. However, the Company holds every right to reroute the original trip or transports which will be in favor of the situation without any addition in the cost. Please note that the company will not be responsible for any missed international flights, losses caused by Altitude Sickness, or any other unpredictable circumstances, and the participants will have to pay all the charges incurred. Nonetheless, the Company will connect and assist you to make the necessary alternative arrangements, but, the additional charge will be covered by the customers themselves.

Regardless of stating every condition and information about the trips on the website and brochures of the Company, we will not be responsible for the unforeseeable situations that may arise before or during the trips. The Company will, however, try its level best to give prior notice about it and take alternate strategies to deal with it. These booking conditions may only be waived in special circumstances, and in writing, by a letter from the Chief of the Company. Note that all the legal agreements set up and signed between the client and the Company shall be subjected to and governed by the Nepalese law.

Note: All the Terms and Conditions mentioned are prepared as per the laws of the Government of Nepal and is governed by them. Therefore, only the head of the Company gets to intervene and holds the authority to make any amendments.

Address

Nepal Alternative Treks & Expedition

Post Box No: 8169,

House, Raniban Marg

136/205, Nagarjun, 01, Kathmandu 44600, Nepal