

# Tibet Lhasa Everest Base Camp Tour

**Duration:** 10 Days Days

**Max Altitude:** 5,200 m

**Destination:** Tibet

**Trip Grade:** Moderate

**Best Season:** All Year

## Trip Overview

Far-reaching scenic flight to and from Kathmandu and Lhasa with amazing views of Himalayan peaks is a lifetime experience. The thrill to be on world highest and largest highland with impressive Buddhist culture and age-old traditions is astonishing. Tibet Lhasa North Everest Base Camp tour offers you to explore traditional Tibetan rural villages, legendary cities, and monasteries of huge interest within scenic landscapes filled with the vista of high snow-capped peaks. This tour is a classic trip and an enjoyable adventure on the roof top of the world where you will soak yourself in Tibetan culture of age-old heritage linked with Buddhism religion.

The Tibet Lhasa North Everest Base Camp tour is of 10 days. We start from the capital city, Kathmandu. We fly through the clouds and see the amazing scenic view of Lhasa upon arrival. We explore Lhasa by visiting the beautiful Potala and Norbulingka Palaces, also known as the Winter Palace and the Summer Palace, respectively. We also visit the Drepung Monastery, Jokhang Temple, and Barkhor market. Drepung Monastery is the world's largest monastery and is assumed to have sheltered around 10,000 monks in the past. Jokhang Temple is a sacred site which loosens more deep-seated mysteries of Tibetan Buddhism. We also take a scenic drive to Gyantse. We cross the Khamba La Pass (4,794m) with a brief stop to enjoy the beauty of the Yamdrok Tso (Turquoise Lake), one of the three largest holy ponds in Tibet, and the attractive Nazin Kang Sang glacier (7,252m). We come across Karo La Pass (5,045m) to enjoy views of huge glaciers before reaching Gyantse. In Gyantse, we visit the Kumbum Stupa, Phalkot Monastery, and Gyantse Dzong. We reach Rongbuk monastery, explore North Everest base camp, and finally reach Kathmandu by crossing Nyalam and Zhangmu. We cross Lalung La Pass which gives you breathtaking views of the surrounding. Later, we pass Nyalamu Pass which gives scenic view to see Mt. Shishapangma (8013m), Mt. Cho Oyu (8201m), and Mt. Everest (8848m). The trek is recommended to be done during April to June and September to mid-December.

With our top quality service along with experienced and most friendly guides, we

promise you a lifetime experience filled with amazing moments and mesmerizing scenic view. You can trust us with a quality service throughout your travel.

## **Detailed Itinerary**

Day 01: Fly from Kathmandu (Nepal) to Lhasa (Tibet) (3650m), 0/N at 3 Star Hotel, Meals provided: Dinner

Take on a scenic flight, over the Nepalese and Tibetan Himalayas, from Kathmandu to Lhasa with an aerial view of peaks including Everest (8848m) and Kanchenjunga (8536m). Upon arrival, our Lhasa representative will receive you and escort you to your hotel.

Day 02: Lhasa City Sightseeing, 0/N at 3 Star Hotel in Lhasa, Meals provided: Breakfast, Lunch, and Dinner

Begin sightseeing in Lhasa by visiting the summer palace of the Dalai Lamas, Norbulingka Palace, which is also listed in the UNESCO world heritage sites. Later, visit the winter palace of the Dalai Lamas, Potala Palace, which has now been turned into a museum and is also a world heritage site. Former quarters of Dalai Lama can be visited inside the Potala Palace that lies on a hill facing Lhasa.

Day 03 : Lhasa City Sightseeing, 0/N at 3 Star Hotel, Meals provided: Breakfast, Lunch, and Dinner

Visit Drepung Monastery. The past, philosophy, and spiritual beliefs of the Tibetan people are strongly exhibited in this marvelous monastery. Then, we will visit Jhokang Temple which is a sacred site which loosens more deep-seated mysteries of Tibetan Buddhism. Inside you can see the statue of Buddha Sakyamuni. Later, stroll through Barkhor market.

Day 04: Drive to Gyantse from Lhasa (3650m) crossing the Karo La (5010 m) and Khamba La (4794m) via Yamdrok Tso lake), (4441 m). (Total 259 Km), 0/N at 3 Star Hotel, Meals provided: Breakfast, Lunch, and Dinner

We take a scenic drive to Gyantse. We cross the Khamba La Pass (4,794m) with a brief stop to enjoy the beauty of the Yamdrok Tso (Turquoise Lake), one of the three largest holy ponds in Tibet, and the attractive Nazin Kang Sang glacier (7,252m). En route to Gyantse, witness huge glaciers as you cross Karo La Pass (5045m). Upon arrival in Gyantse, visit the Buddhist monasteries like Kumbum Stupa, Phalkot Monastery, and Gyantse Dzong to experience the best-conserved form of Tibetan Buddhism.

Day 05: Gyantse – Shigatse (3900m), 0/N at 3 Star Hotel, Meals provided: Breakfast, Lunch, and Dinner

Drive towards Shigatse, the second largest city in Tibet. On the way, we visit Shalu Monastery where Sakyamuni and his disciples are enshrined amid the old murals covering its walls. In Shigatse, we visit the home of the Panchen Lamas,

Tashi Lhunpo Monastery. The monastery is a symbol of resistance in itself, as it has not seen any renovation post the destruction by the Chinese army in 1960.

Day 06: Shigatse – Xegar (3900m), O/N at 3 Star Hotel, Meals provided: Breakfast, Lunch and Dinner

Leave Shigatse, and then drive to Lhatse. En route, visit Sakya Monastery where we will get to look into the history of Tibetan Buddhism. Upon arrival in Xegar, we can visit the picturesque Shegar Chode Monastery, and also hike up to ruins of Shegar Dzong that was built in the 13th century. Throughout the way, we will get a good view of Mt Everest (8848m) from distance.

Day 07: Xegar – Rongbuk Monastery (4920m), O/N at Rongbuk Monastery, Meals provided: Breakfast, Lunch, and Dinner

As we leave behind Xegar, we stop at the famous Gawu La Pass (5198m) for a panoramic view of the Himalayas including Everest (8848m), Shishapangma (8013m), Lhotse (8516m), Makalu (8481m), and Cho Oyu (8201m). After 4 to 6 hours' drive, we arrive at Rongbuk monastery which is situated on the northern base of the mighty Everest (8848m) and holds high religious value to the Buddhist pilgrims.

Day 08: Day Explore the North Everest Base Camp (5200m), O/N at Rongbuk Monastery, Meals provided: Breakfast, Lunch, and Dinner

Hike on dunes and moraines for few hours, early in the morning, to witness the beautiful rays of the rising sun on the northern face of the giant Mt Everest (8848m), also known as Chomolungma in Tibet, along with the splendid vista of Shishapangma (8013m) and Cho Oyu (8201m). After spending some time enjoying the breathtaking vista, hike back to Rongbuk Monastery.

Day 09: Drive to Nyalam (3750m) crossing The Lalung La Pass (5050m) & Nyalamu Pass (3800m) O/N at 3 Star Hotel, Meals provided: Breakfast, Lunch, and Dinner

We drive to Nyalam, a small Tibetan town near the border. En route to Nyalam, we cross Lalung La Pass which gives you breath-taking views of the surrounding. Later, we pass Nyalamu Pass which gives scenic view to see Mt. Shishapangma (8031m), Mt. Cho Oyu (8201m), and Mt. Everest (8848m).

Day 10: Nyalam – Zhangmu – Kathmandu, O/N at 3 Star Hotel, Meals provided: Breakfast, Lunch, and Dinner

Today is the final day of the trek before we drive back to Kathmandu. It takes about 45minutes to reach Nyalam to Zhangmu due to zigzag roads. We can see picturesque waterfalls and greenery all around until we reach Kathmandu.

## **What's included**

- China/Tibet Visa Fee
- Airport Pickup/ drop service
- Hotel Accommodation on twin sharing basis

- Daily Breakfast
- Private Transportation by jeep/van as per the group size
- Necessary Tibet Travel Permit
- Sightseeing and Entrance fee as per the itinerary
- English speaking Tibetan guide
- All the Government and local taxes.

### **What's not included**

- Lunch and Dinner.
- Insurance of any kind.
- Personal expenses like beverage, mineral water and tips.
- Natural and political disturbance and unforeseen circumstance

## **Contact Us**

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