Lhasa Everest Base Camp Kathmandu Cycle Tour

Trip Facts

Duration: 19 days
Trip Destination: Lhasa, EBC(Tibet)
Entry / Exit Point: Lhasa / Kathmandu
Maximum Altitude: 5320 M
Duration Of Trip: 19 Days
Group Size: 04 People Or Above
Mode Of Trekking / Tour: Tea House/Lodge
Cycling Hour: Approx 5-7 Hours
Trip Type: Adventur
Best Season: April Through Oct.

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Day to Day Itinerary

Day 1:Arrival in Lhasa (3650 m.) from Kathmandu or through Mainland China.

Arrival in Lhasa, our guide meets you at the airport & transfer to Hotel. The drive from the Gonggar airport takes 50 min to reach Lhasa city passing through awe-inspiring tunnel. OR, the individual arriving Lhasa through train journey will reach soon by 15 min drive to Lhasa. Today, you will stay in hotel taking rest and stroll around hotel boundary in order to keep your body warm adjusting with Tibet climate. Overnight at Hotel

Day 2:Lhasa sightseeing tour.

Today first you will visit the Potala Palace of the Dalai Lama, a treasure of Tibetan culture was, till 1965 the seat of both religion and politics in Tibet and quite possibly, the singularly most important building in all Tibet. It was built in the seventh century by Tsongtsen Gampo as a fort and later renovated by the fifth Dalai Lama in the seventeenth century to its present specifications. Your next stop will be Norbulingkha the summer palace of the Dalai Lama, which was built, in the eighteenth century. Sera is an exceptional space; its white-washed walls and golden roofs speak of Tibetan Buddhism's ancient wisdom and tranquillity. Overnight at Hotel

Day 3:Lhasa sightseeing tour.

You will visit the Drepung Monastery. This is the largest monastery in the world and once housed 10,000 monks and nuns. It was built in 1419 and the second, third and fourth Dalai Lamas lived and were entombed here. Your next stop will be the Jokhang Temple. This is the holiest shrine of Tibet and houses a golden statue of the Buddha, which was brought to Tibet by the Chinese princess "Wen Chen". You then stop off at Barkhor Bazaar outside the Jokhang monastery and Tibetan museum. Barkhor Bazaar is a bustling flea market and is, generally, the place to buy souvenirs and meet other tourists. Overnight at Hotel

Day 4:Start the Bike Tour! [Approx total cycle: 105 km].

Bike up to foot of the Kamba La Pass (3700 m), we will cross Brahmaputra River and gradually ascend towards Kamba La Pass. The path follows curve way after leaving Lhasa valley with a view of wonderful landscape of Lhasa town. As per the availability in between our ride we will find the feasible accommodations to stay overnight in villages. Overnight at Local Lodge

Day 5:Cycling to Kamba-La Pass (4794 m) and descend towards Nagartse County

After breakfast in the morning, we will prepare for second day biking tour toward Nagartse county offering panoramic view of one of largest fresh water Lake of Tibet-Yamdruk Tso. Today the bike trip will be little easy as our most of trail goes downstairs and flat. [Total cycle: 55 km] Overnight at Local Lodge

Day 6:Cross Karo-La Pass (5045 m). [Total cycle: 54 km], Overnight at Guesthouse

Today we will continue the bike ride following the trail through along the side of Turquoise Lake then after we will ascend to the Karo-la high pass where you can see the magnificent glacier uphill. We will cycle further distance to near Ralung monastery for overnight stay. Overnight at Local Lodge

Day 7:Gyantse (3950 m) [Total cycle: 79 km]

Early in the morning have a breakfast, we proceed to Gyantse. Gyantse is the fourth largest city in Tibet it has assumed an important role as a military centre and market town- particularly for wool and handicrafts. Gyantse is also jewelled with ancient monasteries and stupas. We will visit the Khumbum stupa, Gyantse Dzong and Palkor Choide Monastery in Gyantse. Overnight at Hotel

Day 8:Shigatse (3900 m.) on the way visit the Shalu Monastery. [Total cycle: 94 km]

The day we head out to Shigatse. On the way, we visit Shalu Monastery. In Shigatse we visit the Tashilungpu Monastery, the official Panchen Lama's residence, built in 1447, although it did not really become the seat of the Panchen Lama until almost 200 years later. Overnight at Hotel

Day 9:Gyachung Monastery 4100m. [Total cycle: 75 km]

Today onwards we are leaving town region and go to the mountain region. The way will goes gradually ascending and remote area onwards. We will even Natang Monastrey on the way. However, we will find small villages with typical Tibetan style in between our route. And then finally after crossing small high pass Tra-La (4050 m) we reach our camp side near Gyachung Monastery where we will stay overnight in local Lodge. Overnight at Guesthouse

Day 10:Lhatse, enroute leads over the Yulong pass (4520m), [Total cycle: 95 km]

This day our ride will be little tough than earlier as we ride up towards Yulong-La Pass (4950 m) and we cross further Lhaste to stay overnight at feasible Lodge available in Local place. Overnight at Guesthouse

Day 11:Shegar (4200 m) [Total cycle: 75 km]

Today we wake up little early in the morning than before and get ready to cross our first highest pass of the trip though Gyatso La (5250 m). The landscape view through will be all plateau mountains and on clear weather possible to view some Tibetan peaks. After crossing Gyatso La high pass the road descend further below altitude with flat road to Shegar town. Overnight at Hotel

Day 12:Pang-La Pass [Total cycle: 67 km]

Waking of early morning we forward our journey one of our ultimate destinations towards Everest region along with clearing permits and national park entry formalities with the help our guide. Today our trails leave highway and goes to the rough road in the rocky mountain. Here again our path up to Pang-La will goes with curve way climbing gradually up. This can be the toughest cycling of our trip. You can have a incredible view of Mt. Eversest, Mt. Choyu, Mt. Makalu and Mt. Pumori etc. Then our ride go downward through rocky trail to stay overnight in one of Local village near Rongbuk Valley. Overnight at Local Lodge

Day 13:Rongbuk Monastery (5150m) [Total cycle: 35 km]

Today we will reah to the Everest Base Camp riding over rocky trail and along the side of small streams. After reaching Rongbuk we will take rest in the hotel. Overnight at Hotel

Day 14:Everest Base Camp rest day for relaxation

First we will visit Rongbuk Monastery from where we will see superb view north face of Mt. Everest then we

ride further ahead through bumpy way to reach north base camp and explore the breathtaking scenery of surrounding base Camp with very closed view of world highest peak. Then after back to the Rongbuk to stay overnight, Overnight at Hotel

Day 15:Tingri (4340m) [Total cycle: 76 km]

Today our ride will be further difficult due to all bumpy and rocky trails. We crosses small nomad villages and through beautiful pasture meadow with grazing cattle's. Even we will ride along the cliff beside river flowing at downstairs. And we will catch again the highway road at Old Tingri. Overnight at Guesthouse

Day 16:Near Lalung Pass ([Total cycle: 75 km]

Today our ride will be little comfortable due to good paved road. This day we will reach up to the near point of Lalung-La Pass. Overnight stay at local village near by Lalung-La Pass. Overnight at Local Lodge

Day 17:Zhangmu [Total cycle: 117 km]

Today we will wake up early morning as we have to cross two high passes- Lalung-La (5050m) and Thong-La Pass (5150m). As our trail goes up and down we feel little tired but we will reach the final ultimate place at Tibet plateau by the afternoon. Through the high passes, we can enjoy wonderful views of Mt. Shiangma and we visit Milarepa cave before reaching Nyalam. From the town of Nyalam you will notice that the scenery is starting to turn green again. Spiral on down past countless waterfalls to the border town of Zhangmu (2300m). This will be our last day in Tibet. Overnight at Hotel

Day 18:Border to Kathmandu. 115 Km

A 15 minutes' drive from ZhangMu takes you to friendship-bridge. In friendship-bridge, our representative from Kathmandu-office will meet you and help you to complete the immigration formalities in Nepal side. After immigration process, you will drive to Kathmandu. This scenic journey takes approximately five hours. Even if you are interested you can take bike ride for some distance while moving from border to Kathmandu. Overnight at Hotel

Day 19:Departure

Transfer to Kathmandu airport for your next destination.

Trip Cost Includes

- Arrival/Departure in Kathmandu and in Lhasa.
- Tibet permits and group visa.
- Lhasa sightseeing tour as per above itinerary.
- Hotel & guesthouses accommodation in Tibet with room sharing with Breakfast as per above itinerary.
- Chinese / Tibetan Guide.
- One Supporting transport.
- Supporting van for Luggage.
- Kathmandu to Lhasa one way ticket.
- Oxygen bottle for emergency use.
- Everest region entrance fees.

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- Tibet Border to Kathmandu trasnfer by private transport.
- All applicable taxes and service charge.

Trip Cost Excludes

- Lunch & dinner in Tibet.
- Alcohol & bottle drinks.
- Personal gears & clothing.
- Necessary Mt.cycle.
- Tips for guide and driver.
- Any expenses of personal nature.
- Your travel insurance.
- Entry fees for sightseeing.
- Emergency & Evacuation costs.
- Any extra cost due to unforeseen circumstances like natural calamities, political reason. Government rules etc.

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