Lhasa Kathmandu Tour via EBC

Trip Facts

Duration: 9 days
Trip Start & End Point: Kathmandu Or Lhasa
Group Size: 2 Person Or Above
Mode Of Tour: Teahouse / Lodge
Transportation & Drive Hours: Private Vehicle (Approx. 5-6 Hrs)
Best Season: April Through November

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Day to Day Itinerary

Day 1:ARRIVAL IN LHASA (3650 m/11972ft)

The adventure begins in Lhasa. There are two ways to arrive—via Nepal and via mainland China. The flight from Nepal to Lhasa is considered one of the most beautiful air routes in the world, as it provides sweeping views of Everest (8848m), Kanchenjunga (8536m) and other Himalayan peaks. If traveling via mainland China, there are a wide variety of flights in addition to the world's highest train route to reach Lhasa. Upon arrival, you will be received by our Tibetan guide at the airport/train station. After approximately 1.5 hours of driving, you will reach Lhasa. It's advisable to rest and take it easy for the remainder of the day due to Lhasa's altitude. Overnight in Lhasa

Day 2:SIGHTSEEING IN LHASA (3650 m/11972ft)

The journey begins with a visit to Sera Monastery, accompanied by an experienced tour guide (who is also a translator). Sera is an exceptional space; its white-washed walls and golden roofs speak of Tibetan Buddhism's ancient wisdom and tranquility. Equally breathtaking are the gardens and sacred spaces of the Norbulingka, the Dalai Lama's summer residence. We will also visit the Jokhang Temple followed by Barkhor Markets – a bustling road lined with vendors where you can sample the smells and sounds of Tibet, or browse through the Thankas, masks, prayer beads and countless other treasures inherent to Tibetan custom and tradition. Overnight in Lhasa.

Day 3:SIGHTSEEING IN LHASA (3650 m/11972ft)

The highlight of the day is the visit to Potala palace – a UNESCO World Heritage celebrated for its priceless treasury of Buddhist artifacts and bejeweled tombs of past Dalai Lamas. The Potala was also the tallest building in the world for 200 years following its construction in 1645. The group will then move to Drepung Monastery, which was built in 14th century and was home to over 10,000 monks. Drepung was also the educational center for the lineage of Dalai Lamas, and is famed for attracting tens of thousands of pilgrims for its Thanka festival. Drepung has a poignant presence in the spiritual life of Tibetans, and is the most cherished of all Tibet's monasteries. In the afternoon, we visit Tibet Museum, officially inaugurated in October of 1999, the museum houses a rich collection of prehistoric cultural relics, including ornate Buddha statues in different postures, imperial jade seals, gifts granted by emperors, colorful Thankas, and various printed Sanskrit and Tibetan scriptures. It is also possible to see variety of folk art such as handicrafts, costumes, jewelry, and pottery. Beyond the collections, the museum building itself is a work of art with its ornamented beams, pillars, lintels, banners and wall hangings in the traditional Tibetan style. Overnight in Lhasa.

Day 4:LHASA TO GYANTSE (3950m/12956ft) – 305 KM / 6 HRS

The group will travel along Friendship Highway, passing Khamba La (4794 m), where there will be the opportunity to appreciate majestic views of Yamdrok-Tso Lake, a deep blue body of water renowned for its unique beauty. The group will also see Nazin Kang Sang glacier standing proud at 7252m. Ahead to the west, we will come across another Karo La pass at 5045m. Following a 261 km drive, we will enter the town of Gyantse, a stunning example of a traditional Tibetan village filled with beautiful stone farmhouses. Overnight in Gyantse.

Day 5:GYANTSE TO SHIGATSE (3900m/12792ft) – 95 KM / 2 HRS

Gyantse Dzong and the Kumbum are the jewels of Gyantse. Gyantse Dzong is a historical fort built in the 14th century, and overlooks Gyantse and the surrounding Nyang Chu Valley. The Kumbum rises 35km above the town, and is crowned by a golden dome. The grounds boast a chorten (stupa), several chapels and a stunning collection of Tibetan Buddhist murals, which inspired the name of the complex. The word 'Kubum' means 100,000 images in Tibetan. After exploring Gyantse, we will take a 90 km drive to Shigatse. The group will stop at Shalu monastery along the way; the structure embodies the Han, Tibetan and Indian styles of architecture. Following a brief look at Shalu, the journey continues in Shigatse, the second largest city of Tibet. Tashilhunpo Monastery is the highlight of Shigatse, as it is one of the largest functioning monasteries in Tibet. This monastery is the residence or official throne of Panchen Lama built in 1447. This is a vast monastery with its own streets, housing sectors, plazas, back alleys and complex of temples and halls. Overnight in Shigatse.

Day 6:SHIGATSE TO SHEGAR (NEW TINGRI) (4150m/13612ft) VIA SAKYA – 290 KM / 5 HRS

The drive to Shegar is defined by the picturesque landscape – we will pass the small towns of Lhatse and Gyamtso La pass at 5220m. You will have the opportunity to see Natang Monastery (12 kms from Xigatse), then Sakya Monastery, where you can see the largest book in the world in the great library. The book is written entirely in gold. In the evening we reach in Shegar. As the landscape opens into vast plains, many monasteries and camps of nomadic herders become visible in the distance. Overnight in Shegar.

Day 7:SHEGAR TO RONGBUK, NORTH EVEREST BASE CAMP (5050m/16564ft) – 115 KM / 4 HRS

From Shegar, we drive to the south crossing of Pang La pass at 5150m/16890. The trail after leaving highway will be off road. Along the drive, we will bask in the splendor of Makalu and Shishapangma. After driving for 85 km, we will reach Rongbuk, where Mt. Everest is visible. The day will be filled by an exploration of Everest Base Camp. It is now being feasible to drive upto EBC from Rongbuk, we easily reach base camp by our Jeep. The group will also visit Rongbuk Monastery, a Buddhist pilgrimage site founded in 1902 by a Nyingmapa Lama. The cluster of meditation huts has been used by monks and hermits for over 400 years. In addition to the huts, hermits retreated to the many caves that dot the cliff walls around the monastery and valley below. We will walk the very paths used by hermits – ancient trails lined with hundreds of carved stones that embody sacred syllables and prayers. Overnight in Rongbuk.

Day 8:DRIVE, RONGBUK TO ZHANGMU (2300m/7, 544ft) OR KYIRONG – 255 KM / 5 HRS

At first light we will explore Base Camp and watch sunrise on Mt. Everest. It is a truly awe-inspiring place - the absolute north face of the highest mountain in the world soaring above you. The tour will continue on to Zhangmu through off road & roacky trail upto Lo-Tingri. Driving past Tingri, we will cross Lalung La pass at

(5124 m/ 16068 ft) and Shung La pass at (5200 m/ 17056 ft), Nalyam Pass (3800m/12464 ft) which offer enchanting views of Shishapangma, Cho Oyu, Menlungtse and Gauri Shanker. We then descend gradually from the dry Tibetan Plateau. After several hours, you will find yourself amidst the verdant and fertile vegetation of Zhangmu / Kyirong at 2300 meter in the Nepalese border. Overnight in Zhangmu / Kyirong.

Day 9:CROSS THE BOARDER AND DRIVE TO KATHMANDU (1350m/4428ft)

A few kilometers drive from Zhangmu to the Friendship Bridge over the Bhote Koshi River OR from Kyirong to Rasuwagadhi border brings you to Immigration Control, where you will depart with your Tibetan guide and driver, and walk across the river to meet Nepalese guide to drive to Kathmandu. After 4 (from Kodari border) or 7 hours (from Rasuwagadhi border) of driving through deep valleys, you arrive in Kathmandu. Here the journey ends. (please note that accommodations are not included in Kathmandu).

Trip Cost Includes

- Tibet special permits and entrance fees
- Tibet group visa fee
- Accommodation on sharing room with breakfast in Tibet
- Tibetan Guide (English speaking)
- Transportation in Tibet by Hiace Van OR Bus
- National Park fees & EBC permit
- Private transport from Kodari border to Kathmandu transfers
- Oxygen bottle (portable) available in transport for emergency use on paying basis
- Taxes & service charges

Trip Cost Excludes

- Hotel accommodation & transportation in Kathmandu
- Flight/train ticket from Kathmandu or Mainland China to Lhasa
- Alcohol & bottled drinks
- Tips for guide, driver & staffs
- Any expenses of personal nature
- Your travel insurance
- Nepal visa
- Emergency & Evacuation costs
- Any extra cost due to unforeseen circumstances like natural calamities, political reason. Government rules etc