

Tibet Advance Base Camp & Camp 3 trek

Trip Facts

Duration: 23 days

Entry / Exit Point: Lhasa

Duration Of Trip: 23 Days

Mode Of Trekking / Tour: Camping

Trekking Hour: 4 To 7 Hours

Trip Grade: Strenuous (Climbing Skill Require)



EXPLORE
— VACATION — PVT LTD

P O Box 4612, Sokedhara, Kathmandu, Nepal

Mobile: +977-9851197848 / 47 / 46

WhatsApp: +977 9851197848 / 9851197846

Email: info@explore-vacation.com, sales.explorevacation@gmail.com

URL: <http://www.explore-vacation.com>

Day to Day Itinerary

Day 1: Arrival in Kathmandu

Upon arrival in Kathmandu at Tribhuvan International Airport, our officer will receive you and transfer to Hotel. Overnight at Hotel.

Day 2: Sightseeing in Kathmandu & visa preparation day

After breakfast, sightseeing tour in Kathmandu city. Visit Budhanilkantha Temple, Swoyambhunath Stupa & Kathmandu Durbar Square. In the mean time, we will prepare for visa process and obtain it by evening. Overnight at Hotel

Day 3: Arrival in Lhasa (3650 m)

You will be met at Gonggar Airport by your Tibetan guide. After immigration formalities, you will be driven to Lhasa (3650 meters). It takes around 45 minutes to reach the old city. After checking in at your hotel, you are advised to take rest and take it easy. Drink plenty of fluids and let your body get used to Lhasa's high altitude. Overnight at Hotel

Day 4: Sightseeing in Lhasa (3650 m)

After breakfast, you will be briefed on the day's program. An experienced guide will take you on a tour to Sera Monastery, Norbulinkha and the Barkhor Square. At the famous Sera Monastery, you will get an insight into the important aspects of Tibetan Buddhism. You pay a visit to Norbulinkha, the summer retreat of the Dalai Lama. Completed in 1956, the handsome building is ornately decorated with Tibetan carvings and paintings. Jokhang temple provides yet another glimpse of the rich Tibetan cultural heritage. You will also get the chance to stroll around the busy Barkhor Square, the nerve centre of Lhasa. After the day's tour, you will be escorted back to your hotel.

Day 5: Sightseeing in Lhasa (3650 m)

After an early breakfast, you will be escorted by your guide to the majestic Potala Palace. The imposing structure of the palace dominates the landscape of Lhasa. As you are guided through the ancient chambers of the palace, you get to see Tibetan art at its best. The Potala Palace has a vast array of intricate Tibetan murals and beautiful statues. You will also get to view the tombs of the eight Dalai Lamas. Later in the day you will visit the beautifully landscaped Drepung Monastery where you can observe nuns and monks chanting and performing religious discourses. After the day's tour is over, you are escorted back to your hotel for a well-earned rest. Note: Only a limited number of visitors are allowed inside the Potala Palace every day. So the order of sightseeing places will be decided upon by your guide.

Day 6: Drive to Shigatse 3900m via Yamdruk Tso Lake ~ 375 km / 7 hrs

We drive to Shigatse, arriving in time for a late evening via panoramic view of Yamdruk Tso lake & visiting third largest city Gyantse. In Gyantse we make quick visit of Khumbum & Palkhore Chode Monastery then continue drive to Shigatse. Shigatse is the second largest city in Tibet and Tashilunpo Monastery is the seat of the Panchen Lama, often considered the second most important Rinpoche after the Dalai Lama. Tashilunpo

Monastery is one of the largest functioning monasteries in Tibet and there is much to explore within its high surrounding walls.

Day 7: Drive to Shegar (New Tingri) 4350m ~ 244km / 4 hrs

We continue along the Friendship Highway. Beyond the small town of Lhatse we cross the highest pass on our journey, the Gyatso La, 5220m. From here we descend to some of the most spectacular panoramas of the drive. During the 1921 expedition a madman attacked their camp stoves here.

Day 8: Rest In Shegar / Xegar 4350m

This is a rest and acclimatization day. The best day trip is to walk or drive to the new town of Shegar and climb to the monastery and past that to the top of the fort. See the expedition photo galleries for photos of this.

Day 9: Drive to Everest Base Camp 5150m ~ 76km / 3 hrs

Shortly after leaving Shegar, we turn off the Friendship Highway and head south over the Pang La 5150m towards the main Himalayan range. The view from the top is incredible with uninterrupted views stretching from Makalu to Shishapangma, and including Everest. Below the pass, Everest initially is hidden from view, but as we turn the corner into the upper Rongbuk Valley it reappears, more impressive than ever.

Day 10: At Everest Base Camp 5150m

We rest here several days to acclimatize; it is important to be well acclimatized prior to trekking to Interim Camp. How often do you get a chance to sit and read and dine with the sheer north face of the highest mountain in the world towering above us. There are several possible day trips. We will practice with hiking surrounding and coming back to base camp in these rest day to gain proper acclimatization for further climb on next day.

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Day 12: Trek to Interim Camp 5760m

We begin in a dusty ablation valley with views of Pumori, Lingtren and even Nuptse then branch off up the East Rongbuk valley. The trail climbs moraine rubble. Nearby, the first ice seracs [ice pinnacles] rise like white sails from the dark debris-laden surface of the glacier.

Day 13: Interim Camp 5760m

We spend a day here in the intermediate camp, resting to further acclimatize. This is another good chance to finish that book.

Day 14: Trek to ABC 6340m

The Rongbuk Glacier is an impressive frozen ocean of ice waves; the views of the glacier and the Himalayan peaks are some of the most dramatic in Tibet. Along the middle moraine of the glacier is the trail that expeditions use to begin their climbs of Everest and this is the trail we are taking. About two hours above the Interim camp the central ridgeline leads in to a confused of ice at the confluence with the Changtse glacier, and this is Changtse Base Camp [5970m] which is sometimes called Camp 2; it was the 1920's and 1930's camp 2. The appropriately named Serac Highway continues to extend its unusual gravel arm through the centre of the ice formations. Rounding the corner, first Lhakpa Ri Base Camp comes into view, then eventually Everest ABC (The old "Camp 3"), and this last section is always tough.

Day 15: ABC acclimatization

We have a well-deserved rest, taking a couple of days to acclimatize here at Advance Base Camp (ABC). We meet some of the expeditions here. The summit pyramid of Everest appears phenomenally close; it is little more than 2400 metres higher than ABC. This is the closest non-climbers can get to the top of Everest. With a pair of binoculars, you are almost there...

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Day 17: North Col- return back ABC

We climb to the top of North Col, just over 7000m, for fantastic views across Tibet and into Nepal. Mountains litter the horizon.

Day 18: Trek down to Base Camp

This is a LONG day's trekking down to Base Camp but to much lower, more comfortable altitudes.

Day 19: Spare day

This is a spare day that covers bad weather and other unforeseen events. If you are on schedule with the itinerary you might just want to trek to interim camp to break the long trek down...

Day 20: Drive to Kyirong 2700M, 257 km / 7 hrs

Here your day begins with full of excitement for leading your journey towards to Kyirong. On the way we have breathtaking panorama view of Himalayan ranges including Mt Shishapangma (8012m) and Mt Cho Oyu (8201m) and others more beautiful Tibetan landscapes. Overnight at Hotel

Day 21: Drive Kathmandu 1300 m, 175 km (7 hrs).

Morning after early breakfast drive down to Rasuwagadhi border, cross over the Friendship Bridge then drive back to Kathmandu. Overnight at Hotel (room on twin sharing basis) * Kyirong to Rasuwagadhi border- 25 km (1 hr).

Day 22: Free day in Kathmandu

Today you will have free day in Kathmandu to explore further historical monuments or culture in Kathmandu valley and wonder around city for souvenir shopping.

Day 23: Departure

According to your flight schedule, you will be escorted to International airport by our tour officer for your flight back to home or onward destination.

Trip Cost Includes

- All the necessary Tibet trip permit
- English speaking guide
- Monastery entrance fee
- Hotel accommodation in Kathmandu with daily breakfast
- Hotel accommodation in Tibet during city tour with daily breakfast
- Transport by Jeep or Van or Bus for whole trip in Kathmandu & in Tibet
- One support truck for carrying luggage and camping equipments
- Yak and Yak man for carrying luggage and camping equipments
- E.B.C entrance fee & CTMA permit upto camp 3
- All meals during trek from base camp to camp 3
- Support team like climbing guide, cook, Sherpa staffs
- Salary, insurance, transportation, camping equipments, climbing equipments, meals, accommodation for support team
- Oxygen bottle and first aid kit
- All camping service like tents, foods, kitchen equipments etc

Trip Cost Excludes

- Personal nature expenses
- Lunch & dinner in Kathmandu & in Tibet during city tour
- Kathmandu Lhasa flight ticket (on request we can manage)
- Personal climbing gears
- Travel insurance
- Rescue & evacuation
- Bottled drinks
- Tips for guide, trek staff & driver
- Any extra cost due to unforeseen circumstances like natural calamities, bad weather, Government restriction, political unrest etc.