Tibet Everest Base Camp Trek

Trip Facts

Duration: 15 days
Entry / Exit Point: Lhasa
Duration Of Trip: 15 Days
Mode Of Trekking / Tour: Hotel In City & Camping In Trek
Trekking Hour: 4 To 7 Hours

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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/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 at Hotel

Day 4: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 at Hotel

Day 5: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 at Hotel

Day 6:Drive, 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 at Hotel

Day 7:Drive, 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 'Khubum' 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 at Hotel

Day 8:Drive, Shigatse to Old Tingri (4150m/13612ft) – 300 KM / 5 HRS

The drive to Tingri is defined by the picturesque landscape – we will pass the small towns of Lhatse, Gyatso La pass at 5220m and Xegar (New Tingri). You will have the opportunity to see Natang Monastery (12 km 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 afternoon we reach in Tingri. As the landscape opens into vast plains, many monasteries and camps of nomadic herders become visible in the distance. Here, our all camping staff with camping stuff will meet who will prepare your meals from today onwards. On arrival in Tingri, you will be serve tea/coffee and follows by warm soup and meals in the evening. Overnight in Lao Tingri at Guesthouse.

Day 9:Trek to Tsojan Village / Lungthang (4510 m) (5 hours/12km)

Today wake up early morning and have beautiful view of Mt. Everest & Choyu from far distance in clear morning. Our staff will serve you a warm delicious breakfast and then we set off our adventure trek to base camp through Tingri plain. Your trek trails will follow beautiful valley of Ra-Chu with extensive meadows and herds of sheeps & goats along the way. This region is especially home to the herders and barley harvesters. You will also visit a small Gompa in Chholun. Checking at good place we will keep our camp and stay overnight.

Day 10:Trek from Lungtang to Lama La (5150 m) (8 hours/21km)

After breakfast, we move on our trekking way with climbing uphill towards Lama La pass. Today will be the tough trekking day being you have to cross the high mountain pass through top of Lama La and a long distance to be covered. Crossing the high pass, you will enjoy enchanting view of valley and mountain scenery then we descend the trail and find the camp place for overnight halt.

Day 11:Trek from Lama La to Zemukh (Zommug) (4790m)

The third day your trek will be comfortable journey descending steeply into lush vegetation. You will encounter the local people of village like yak herders and their community. In the evening, you will be amaze with mesmerizing views of sunset in the barren land of this small village at Zemukh. Overnight at Tented Camp

Day 12:Trek from Zemukh to Rongbuk (4980m)

The almost final day of our trekking journey will lead us to Ronbuk Village commencing since early morning. The trek trail also follow through glacier small streams on the way and find herders and yaks, sheeps grazing in some of meadow grassland. You will also visit Dza Rongbuk Monastery and other small gompas on the way. On approaching towards Rongbuk village, you will be warmly greeted by superb view of Mt. Everest which fill the full of excitement moment forgetting our entire exhausted walk and enjoy beautiful sunset view also.

Day 13:Drive, Rongbuk to Kyirong (2700 m.) 257 Km, 7 hrs

THere 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 14:Drive to 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 15:Departure

According to your flight schedule, we will drop off you to the airport for your flight back to home or onward destination. Tour End !!

Trip Cost Includes

- Arrival & departure transfers (Kathmandu)
- Hotel accommodation in Kathmandu with breakfast on sharing basis
- Tibet special permits and entrance fees
- National Park fees & EBC permit
- Tibet group visa fee
- Transportation in Tibet by Land cruiser OR Hiace Van

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- Truck for carry luggage, food & camping equipments
- Standard accommodation on sharing room with breakfast during city stay
- Tented camp accommodation during trekking
- All meals (breakfast, lunch, dinner) during trekking
- Tibetan Guide (English speaking)
- Cook and Sherpa staffs for camping assistance from Nepal
- Salary, transport, visa, insurance, food and lodging of camping staffs
- Camping equipments like tents, mattresses, sleeping bag, kitchen utensils, foods, etc
- Yaks or porters for carrying luggage during trekking
- Mini Bus from Kathmandu to border and return transfers
- Oxygen bottle (portable) available in transport for emergency use
- Medical kit bag for first aid
- Taxes & service charges

Trip Cost Excludes

- Lunch & dinner in Kathmandu & in Tibet (except in trekking)
- Sightseeing & its entry fees for monuments (KTM)
- Flight ticket for Kathmandu to Lhasa
- Alcohol & bottle drinks
- Tips for guide, driver & staffs
- Any expenses of personal nature
- Your travel insurance
- Nepal visa fee
- Emergency & Evacuation costs
- Any extra cost due to unforeseen circumstances like natural calamities, political reason. Government rules etc

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