Tibet Overland Lhasa Everest Base Camp Trek

Nepal, Tibet, China / Lhasa, Gyantse, Shigatse, Shegar, Rongbuk, Everest Base Camp and Kerung | Tour package

Your journey at a glance

Duration: 12 days

Trip grade: Moderate to Challenging

Maximum altitude: 5360 m

Best season: April to June and September to October

Group size: 1 - 20

Route: Kathmandu / Lhasa - Kathmandu

Price from: USD 4,500.00 per adult

Accommodation: Deluxe hotels in Kathmandu and throughout the Tibet tour.

Transportation: One-way Kathmandu–Lhasa flight, deluxe transportation in Tibet and overland travel from Lhasa via Everest Base Camp to Kerung and Kathmandu.

Meals: Bed and breakfast basis in Kathmandu and throughout the Tibet tour.

Package overview

Explore Tibet and its cultural and historical sites on this Lhasa–Everest Base Camp overland tour. The journey starts in Lhasa and concludes at the Kerung / Gyirong border crossing between Nepal and Tibet, following the Friendship Highway.
Lhasa is known for cultural and historical sites including Potala Palace, Norbulingka Palace, Jokhang Temple and Drepung Monastery. Travel to Shigatse via Gyantse, visiting Kumbum and Palkhor monasteries. Shigatse is home to Tashilhunpo Monastery and the route also visits Sakya Monastery.
Continue to the north side of Mount Everest, following the rough road from Tingri to Rongbuk. The return drive crosses the Tibetan plateau and valleys, with views of Mount Shishapangma and Piku Lake, before reaching Kerung. After crossing the Nepal border, drive back to Kathmandu.
Package details
Duration12 days

Nights11 nights / 12 days
Maximum altitude5,360 m
Best seasonApril to June and September to October
DifficultyModerate to Challenging

Price per person
OptionPrice
Ex-KathmanduUSD 4,500 per person
Joining in LhasaUSD 3,500 per person

Day-by-day itinerary

Day 1 - Arrival in Kathmandu

Arrive in Kathmandu and transfer to the hotel. Attend the programme briefing and enjoy a welcome dinner at a Nepali cultural restaurant.

Meals: D
Accommodation: Deluxe hotel
Altitude: 1,350 m

Day 2 - Kathmandu sightseeing

After breakfast, visit Pashupatinath, Boudhanath, Jal Narayan and Swayambhunath.

Meals: B
Accommodation: Deluxe hotel

Day 3 - Fly to Lhasa and transfer to the hotel

Fly from Kathmandu over the Himalayan range to Gonggar Airport. Drive to Lhasa and transfer to the hotel. Rest and acclimatize to the altitude.

Accommodation: Deluxe hotel in Lhasa
Altitude: 3,650 m
Travel time: Flight and road transfer

Day 4 - Lhasa sightseeing: Drepung, Sera and Barkhor

Visit Drepung Monastery, Sera Monastery and Barkhor Market.

Accommodation: Deluxe hotel in Lhasa

Day 5 - Lhasa sightseeing: Potala, Jokhang and Norbulingka

Visit Potala Palace, Jokhang Temple and Norbulingka Summer Palace.

Accommodation: Deluxe hotel in Lhasa

Day 6 - Drive to Gyantse via Yamdrok Tso

Drive to Gyantse via Yamdrok Tso and Karola Pass (5,050 m). Visit Kumbum Stupa and Palkhor Monastery.

Meals: B
Accommodation: Deluxe hotel in Gyantse
Altitude: 3,950 m

Day 7 - Gyantse to Shigatse

Drive to Shigatse and visit Tashilhunpo Monastery.

Meals: B
Accommodation: Deluxe hotel in Shigatse
Altitude: 3,900 m

Day 8 - Drive to Shegar via Sakya Monastery

Drive to Shegar and visit Sakya Monastery en route.

Meals: B
Accommodation: Hotel in Shegar
Altitude: 4,350 m

Day 9 - Drive to Rongbuk Monastery and visit Everest Base Camp

Drive to Rongbuk Monastery (4,900 m). In the afternoon, visit Everest Base Camp (5,360 m), approximately 8 km away, and enjoy views of the north face of Mount Everest. Spend time at Base Camp, return to Rongbuk and visit Rongbuk Monastery.

Meals: B
Accommodation: Hotel in Rongbuk
Altitude: 5,360 m
Travel time: About 8 km to Everest Base Camp

Day 10 - Drive to Kerung via Piku Lake and Shishapangma

Drive to Kerung, visiting Piku Lake and enjoying views of Mount Shishapangma along the way.

Meals: B
Accommodation: Hotel in Kerung
Altitude: 2,350 m

Day 11 - Cross the border and drive to Kathmandu

Complete immigration formalities, cross the border into Nepal and drive back to Kathmandu.

Meals: B
Accommodation: Hotel in Kathmandu

Day 12 - Departure from Kathmandu

After breakfast, transfer to the airport for the onward journey. The trip concludes.

Meals: B

What is included

- Bed and breakfast meal plan.

- Deluxe hotels in Kathmandu and throughout the Tibet trip.

- One-way Kathmandu–Lhasa air ticket.

- All Tibet sightseeing entrance fees listed in the itinerary.

- Chinese visa fee processed through the Chinese Embassy in Kathmandu.

- English-speaking guide in Tibet and Nepal.

- Deluxe transportation in Tibet.

What is excluded

- Tips.

- Beverages and extra expenses.

- Medical and travel insurance.

Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

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