

# Tibet Everest Base Camp Tour - Itinerary

## 1. Arrival Kathmandu (1300m/4265ft)

Arrive at Kathmandu International Airport where you will be warmly welcomed by our representative and check-in to the hotel. The rest of the day is free to explore this historic and vibrant city.

## 2. Drive to Zhangmu (2250m/7382ft)

Begin driving north from Kathmandu to Tibet through the breathtaking vistas early in the morning. Approaching Nepal's northern border, begin the ascent to the high altitude Tibetan plateau to Kodari on the Nepal Tibet border. Continue uphill on foot for 1.5-hours (with porters) to reach the border town of Zhangmu. Here we formally clear Chinese immigration and then spend the night in a Chinese hotel at Zhangmu.

## 3. Drive to Shegar (4250m/13944ft)

Today's drive goes from the lush, green lower hills into the dry, arid landscape of the Tibetan plateau. Cross several high passes including the Lalung La (5050m) from which (if weather permits) there is an amazing panorama of the Himalayan range including Mt. Everest – a fitting backdrop to the vastness of the Tibetan plateau.

## 4. Drive to Mt. Everest Base Camp (5150m/16897ft)

Early in the morning head from Shigar to EBC. Enjoy a glimpse of 4 mountains which are 8000m high or more, such as Mt. Lhotse (8516m), Mt. Everest (8848m), Mt. Cho Oyo (8201m), and Mt. Makalu (8463m). Then arrive at Rombuk Monastery, the highest monastery in the world.

## 5. Drive to Shigatse (3840m/12599ft) via Lhatse

Wake up early in the morning to see the stunning sunrise at the world's highest peak, Mt. Everest, and walk a little bit in front of it to take some pictures of its true face. Then drive to Shigatse and be wrapped again in the endless vistas of the Tibetan plateau. Visit Sakya Monastery on the way.

## 6. Drive to Lhasa (3650m/11976ft) via Gyantse and Yamdrotso Lake

Visit Tashilumpo Monastery which was built in 1447 and then drive to Gyantse to visit Palkor Monastery and Palchoi Pagoda. On the way, stop off and visit Maracaju la glacier. Next, drive to Lhasa City along Lhasa River.

## 7. Sightseeing in Lhasa

Begin at Sera Monastery and then head toward Norbulingka, the summer palace of the Dalai Lama. Visit the Barkhor Markets and roam around the city savoring every tiny detail. Eventually, the tour for the day concludes and you return to the comfort of your hotel.

## 8. Sightseeing in Lhasa

Take more time to explore the sites during visits to Potala Palace and Drepung Monastery.

## **9. Drive Tsedang**

In the morning, depart from Lhasa to Tsedang, a small city in the Yarlung Valley considered the cradle of Tibetan culture. On the way to Tsedang, cross the Yarlung Tsampo River and explore Tibet's earliest monastery, Samye monastery.

## **10. Tsedang**

A full day of exploring in Tsedang introduces you to the old earth tombs of former kings, the Thandruk Monastery, and Tibet's oldest building, Yambu Lakang, a fort perched high in the mountains overlooking the vast plain.

## **11. Fly back Kathmandu**

Take a last memorable look at the Potala Palace before being transported to the airport for the flight back to Kathmandu and to your hotel. The day can be utilized buying gifts and souvenirs for friends and family. Enjoy one final farewell party.

## **12. Fly back home or extend your holidays**

If you prefer to stay longer, you can consult us for short tours such as a game drive at national parks, rafting, mountain biking, India, Bhutan tours, etc.

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