

8 Days Lhasa to Everest Base Camp Tour

Tour Brief

Day	Place	Activities	Meals	Hotel
01	Arrive in Lhasa	Airport/Train station to hotel transfer at designated period of time Rest in the hotel to acclimatize the altitude		Gang-Gyan Hotel Lhasa or similar
02	Lhasa	Visit the Drepung Monastery in the morning, in the afternoon, visit the Sera Monastery and watch the monks' debate activities.	Breakfast /Welcome Dinner	Gang-Gyan Hotel Lhasa or similar
03	Lhasa	Visit the Potala Palace, and participate in local Tibetan folk activities in the Local Park under the palace; Visit the Jokhang Temple and Barkor Street. Having tea the sweet tea house to experience Tibetan social culture.	Breakfast	Gang-Gyan Hotel Lhasa or similar
04	Lhasa to Gyantse to Shigatse (370km)	Depart from Lhasa and head west to Gyantse, pass by Yamdrok Yumco Lake, visit rural families by the lake and enjoy farm lunch. Visit Karola Glacier and Gyantse Bally farm land.	Breakfast /Farm house Lunch	Shiga-Yangcha Hotel Shigatse or similar
05	Shigatse - Tingri-Everest Base Camp (340km)	* Head to the Himalayas. Enjoy the beautiful scenery of Mount Everest and the Himalayas at the Dingri View point and the Gawula View point. Enjoy the beautiful sunset of Mount Everest (subject to weather conditions).	Breakfast	Rongpuk Guest House (Dorm bed)
06	Mt. Everest - Dingyal -Shigatse (360km)	Enjoy the beautiful scenery of Mount Everest in the morning and visit the Rongbuk Monastery. Return to Shigatse via Dingyal and Sakya County. On the way, we will see the eastern slope of Mount Everest and Mount Lhotse at the Himalayan Xilin View point.	/Dinner with Song and Dance Performance	Shiga-Yangcha Hotel Shigatse or similar
07	Shigatse to Lhasa (270km)	In the morning, visit Tashilhunpo Monastery, the largest temple in western Tibet, and then take bus along the Yarlung Zangbo River back to Lhasa (or by train).	Breakfast	Gang-Gyan Hotel Lhasa or similar
08	Depart from Lhasa	Hotel to Airport/Train station transfer at designated period of time End the tour	Breakfast	\

Day by Day Itinerary

Day 1: Arrival in Lhasa

Upon your arrival in the sacred city of Lhasa, our warm and friendly staff will greet you with a traditional Hada offering, symbolizing a gesture of goodwill. A one-hour drive will bring you to your selected accommodation within the city. Take it easy and allow yourself time to acclimatize to the high altitude, ensuring a comfortable start to your remarkable journey in Lhasa.

Meals: None

Day 2: Drepung Monastery, Sera Monastery

Embark on a cultural odyssey with a visit to the revered Drepung Monastery, an iconic Tibetan Buddhist site steeped in tradition. In the afternoon, immerse yourself in the vibrant debates at Sera Monastery, where monks engage in spirited discussions, accompanied by enthusiastic hand-clapping and animated arguments. Gain an insightful perspective into the ancient traditions of Tibetan Buddhism as you absorb the spiritual atmosphere and passion surrounding these profound rituals. Please note that a welcome dinner, hosted in a Tibetan restaurant, is planned either on this day or the next. Our guide will coordinate and provide details accordingly.

Meals: Breakfast, Dinner

Day 3: Potala Palace, Jokhang Temple

Marvel at the awe-inspiring grandeur of the Potala Palace, an architectural masterpiece perched atop Marpo Ri hill. A symbol of Tibetan history and culture, the palace unfolds a narrative of religious devotion and political significance. In the park beneath the Potala Palace, witness and perhaps join in the traditional dances. Continue your journey to the spiritual heart of Lhasa. Explore the sacred Jokhang Temple, a UNESCO World Heritage Site.

Stroll through the lively Barkhor Street, an ancient circuit that encircles the Jokhang Temple, where traditional Tibetan goods and handicrafts abound. Finally, experience with a visit to a sweet tea house, a cherished element of Tibetan social culture. Savor the distinct flavors of Tibetan tea and engage in social interactions with locals and fellow travelers.

Meals: Breakfast

Day 4: Lhasa to Yamdrok Lake to Shigatse

Wake up early and have breakfast at your hotel in Lhasa before checkout. Load your bags into your vehicle, and start the scenic journey from Lhasa to Shigatse. En route, be captivated by the breathtaking beauty of Yamdrok Lake, one of Tibet's sacred lakes with crystal-clear waters surrounded by snow-capped peaks. Pause at a quaint farmhouse situated along the tranquil shores of Yamdrok Lake, where you'll relish a home-cooked Tibetan meal amidst the stunning rural landscapes. Continue your exploration to the awe-inspiring Karola Glacier, a radiant symbol of Tibet's rugged allure. By late afternoon, arrive in Shigatse, the second-largest city in Tibet, concluding a day rich in natural wonders and cultural discovery.

Meals: Breakfast, Farm Lunch

Day 5: Everest Base Camp

The Tibetan Everest Base Camp is located at an elevation of approximately 5,200 meters above sea level. En route to Everest Base Camp, stop at Gawula Pass, a designated viewpoint that provides breathtaking vistas of Mount Everest and the adjacent Himalayas peaks. Transition to an eco-friendly bus Everest Base Camp, designed to navigate the winding roads with minimal environmental impact. Weather permitting, the climax of your day awaits as you reach Everest Base Camp. Witness the sun bidding farewell to the world's highest peak. As the daylight fades and the stars emerge, relish the tranquility and majesty of this remote Himalayan sanctuary, creating a connection with nature that

resonates deeply.

Meals: Breakfast

Day 6: Ronghuk Monastery to Shigatse

Visit Rongbuk Monastery, initially established as a meditation retreat for monks and currently shared by both monks and nuns. Observe their ritual practices characterized by monks engaging in chanting and traditional instrument performances. On the return journey to Shigatse, take a brief detour to Dingyal County, where you can marvel at the impressive views of Mount Lhotse and the eastern slope of Mount Everest. Conclude the day with a special dinner featuring Tibetan singing and dancing performances, providing a delightful cultural experience.

Meals: Dinner with Tibetan Dance Performance

Day 7: Shigatse to Lhasa

In the morning, explore the grandeur of Tashilhunpo Monastery. As the principal seat of the Panchen Lama, Tashilhunpo holds immense religious significance for Tibetan Buddhists. It serves as a center for Buddhist learning, meditation, and religious ceremonies. As the day unfolds, begin your journey back to Lhasa, tracing the meandering path along the picturesque Yarlung Zangbo River. (Customers may return to Lhasa from Shigatse by high-speed train.)

Day 8: Departure from Lhasa

We will arrange your transfer to the airport or train station as your tour comes to a close.

Price Inclusion:

- Application for Tibet Travel Permit
- Airport and train station pickup and drop service at designated times
- Services of a Tibetan English-speaking guide
- Transportation throughout the tour
- Accommodation in 3 or 4-star hotels with breakfast, based on double occupancy; tent guesthouse at Everest Base Camp with dorm bed
- Meals as specified above (including 1 farm house lunch and 2 dinners)
- Entrance fees (including Mount Everest Eco Car)
- Travel insurance
- Complimentary bottled water
- Oxygen supply

Price Exclusions:

- Flights or trains to and from Tibet
- Additional meals not specified in the itinerary
- Single room supplement for solo travelers requiring a single room or unable to find a roommate
- Tips (We recommend a gratuity of \$7 per day per person, to be shared between the driver and guide.)