Tibet Tour via Everest Base Camp – 8 Days

Tibet Everest Tour: Journey to the Roof of the World

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Embark on an adventurous **Tibet Everest Tour** across the vast Tibetan Plateau. This iconic journey invites you to explore historic Himalayan cities and stand beneath the world's highest peak. Furthermore, you will witness the mighty Mount Everest (8,848.86 m / 29,031.7 ft) directly from the lap of the Himalayas. Consequently, you will experience a perfect mix of ancient culture, sacred mountain views, and breathtaking desert landscapes. Additionally, this tour highlights centuries-old monasteries that flourish across mystical mountain valleys. First, your adventure begins in Lhasa (3,650 m). Here, you will visit world-famous sites like the grand Potala Palace and the sacred Jokhang Temple.

After that, you will explore active monastic universities like Sera, Drepung, and Norbulingka Palace. Next, you will drive along high mountain passes toward the heart of the Himalayas. During this scenic drive, you will marvel at turquoise lakes, vast high-altitude wilderness, and snow-capped peaks. After leaving Lhasa, your **Tibet Everest Tour** ventures deeper into historic Tibetan towns. Specifically, you will explore Gyantse, Shigatse, and the tranquil Rongbuk Valley. Along the way, you will discover major sanctuaries like Tashilhunpo Monastery and Pelkor Chode Monastery. At Rongbuk Monastery, you will enjoy dramatic views of the Rongbuk Glacier alongside Mount Everest, Cho Oyu, and Shishapangma. Finally, you will complete your overland journey down to the Nepal border at Gyirong.

Highlights of Your Tibet Everest Tour

- **Everest Base Camp & Rongbuk Glacier:** Stand at the foot of Mount Everest (8,848.86 m) and enjoy close-up views of its colossal North Face.
- **Lhasa Cultural Treasures:** Explore UNESCO World Heritage Sites including Potala

Palace, Jokhang Temple, and the vibrant Barkhor Street pilgrimage circuit.

- **Active Monastic Traditions:** Watch lively monk debates at Sera Monastery and discover Drepung Monastery's sprawling grand architecture.
- **Sacred Alpine Lakes & Passes:** Cross high mountain passes like Kamba La and Karo La to admire the turquoise waters of Yamdrok Lake.
- **Tashilhunpo Monastery in Shigatse:** Visit the traditional seat of the Panchen Lama, housing a massive 26-meter statue of the Future Buddha. Learn more about regional heritage through the official Tibet Autonomous Region Tourism Resources.
- **Authentic Local Lifestyle:** Walk among local Tibetan nomads, see grazing yaks, and experience traditional plateau hospitalities.
- **Seamless Cross-Border Travel:** Experience an unforgettable high-altitude overland drive connecting Tibet directly back to Nepal.

Best Time to Travel

The best months to undertake this overland journey are during the spring (**April to June**) and autumn (**September to November**). During these months, skies remain clear, offering the best visibility of Mount Everest and the surrounding Himalayan peaks.

Frequently Asked Questions: Tibet Everest Tour

Do I need a special visa and permit for this Tibet Everest Tour?

Yes, foreign travelers require official travel permits to visit Tibet. Specifically, we arrange your Tibet Travel Permit (TTP) and Alien's Travel Permit (ATP) for Everest Base Camp. Furthermore, if you enter from Nepal, we process your Chinese Group Visa in Kathmandu before your flight.

How do I prevent altitude sickness on this high-altitude tour?

Proper acclimatization is essential for high-altitude travel. First, your itinerary includes three full nights in Lhasa (3,650 m) to help your body adapt naturally. Additionally, you should stay hydrated, avoid alcohol, and rest well during your first few days. Many travelers also carry Diamox after consulting their personal doctor.

Can I travel independently without a guided tour in Tibet?

No, foreign travelers cannot travel independently in Tibet. Chinese law strictly requires all foreign tourists to book a pre-arranged tour package. Therefore, a licensed Tibetan tour guide and private driver must accompany you throughout your entire trip.

What are the toilet and shower facilities like near Everest Base Camp?

Accommodations near Everest Base Camp at Rongbuk Monastery are very basic. Guesthouses provide clean, traditional Tibetan beds and heavy blankets. However, running water, private bathrooms, and hot showers are non-existent due to sub-zero temperatures. Consequently, we advise bringing wet wipes and personal hand sanitizers.

What currency should I bring for my Tibet Everest Tour?

The official currency used in Tibet is the Chinese Yuan (RMB). While major hotels and banks in Lhasa accept credit cards, smaller towns and remote areas near EBC require cash. Therefore, we recommend exchanging sufficient local currency in Lhasa before driving toward Everest Base Camp.

Itinerary

Day 1: Scenic Mountain Flight from Kathmandu to Lhasa

Board an early flight from Kathmandu to Lhasa, enjoying magnificent aerial views of the Himalayan range, including Mount Everest, Makalu, and Kanchenjunga. Upon landing at Lhasa Gonggar Airport, clear immigration and customs where your local Tibetan guide and driver will greet you. Enjoy a smooth 1-hour drive alongside the Yarlung Tsangpo (Brahmaputra) River into Lhasa, the historic heart of Tibetan Buddhism. Check into your hotel and dedicate the remainder of the afternoon to resting and acclimatizing to the high altitude.

- Location: Kathmandu to Lhasa, Tibet
- Elevation: 3,650 m / 11,975 ft in Lhasa
- Accommodation: Overnight at a 3-star hotel in Lhasa
- Meal Plan: Dinner (D)

Day 2: Exploring : Drepung Monastery & Sera Monk Debates

Spend your second day in Lhasa discovering two of the historic “Great Three” Gelugpa university monasteries. Start the morning at Drepung Monastery, once the largest monastery in the world, nestled against the Gambo Utse mountain. Tour its impressive assembly halls, monastic kitchens, and ancient courtyards. In the afternoon, head to Sera Monastery to witness the famous philosophical debates in the courtyard, where resident monks use lively hand gestures and foot stomping to debate Buddhist scriptures.

- Location: Lhasa City, Tibet
- Elevation: 3,650 m / 11,975 ft
- Accommodation: Overnight at a 3-star hotel in Lhasa
- Meal Plan: Breakfast (B)

Day 3: Monastic Heritage: Drepung Monastery & Sera Monk Debates

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- Location: Lhasa City, Tibet
- Elevation: 3,650 m / 11,975 ft
- Accommodation: Overnight at a 3-star hotel in Lhasa
- Meal Plan: Breakfast (B)

Day 4: Scenic Drive from Lhasa to Gyantse via Yamdrok Lake & Karola Glacier

Depart Lhasa for a scenic drive along the Friendship Highway toward Gyantse. Ascend the winding mountain pass of Kamba La 4,794 m / 15,728 ft for breathtaking views of Yamdrok Lake, a turquoise sacred body of water surrounded by snow-capped peaks. Continue along the lake shore and pass beneath the towering Karola Glacier, where ice falls dramatically near the roadside. Pass through Karo La 5,045 m before descending into the historic town of Gyantse to visit the famous Gyantse Kumbum Stupa and Pelkor Chode Monastery.

- Location: Lhasa to Gyantse, Tibet
- Elevation: 3,970 m / 13,025 ft in Gyantse
- Accommodation: Overnight at a 3-star hotel in Gyantse
- Meal Plan: Breakfast (B)

Day 5: Historic Journey from Gyantse to Shigatse & Tashilhunpo Monastery

Enjoy a short 2-hour drive through fertile agricultural valleys from Gyantse to Shigatse, the second-largest city in Tibet and the traditional seat of the Panchen Lama. Upon arrival, visit the grand Tashilhunpo Monastery, founded in 1447 by the First Dalai Lama. Explore its massive golden-roofed halls, the impressive 26-meter-tall Future Buddha (Maitreya) statue, and the intricate tombs of past Panchen Lamas. Spend the evening resting and preparing for tomorrow’s mountain drive toward Everest.

- Location: Gyantse to Shigatse, Tibet
- Elevation: 3,840 m / 12,598 ft in Shigatse
- Accommodation: Overnight at a 3-star hotel in Shigatse

- Meal Plan: Breakfast (B)

Day 6: High Mountain Passes from Shigatse to Rongbuk Monastery

Leave Shigatse after breakfast and head deeper into the Himalayas toward Rongbuk. Drive over high mountain passes, including Gyatso La (5,220 m \ 17,125 ft and Pang La 5,250 m / 17,224 ft which offer panoramic vistas of five of the world's highest peaks: Everest, Lhotse, Makalu, Cho Oyu, and Shishapangma. Arrive in the late afternoon at Rongbuk Monastery, the highest monastery on Earth, located right at the foot of Mount Everest. Watch a dramatic sunset over the North Face of Everest.

- Location: Shigatse to Rongbuk, Tibet
- Elevation: 5,000 m / 16,404 ft at Rongbuk
- Accommodation: Overnight at Rongbuk Monastery Guesthouse or local eco-lodge
- Meal Plan: Breakfast (B)

Day 7: Sunrise at Everest Base Camp & Scenic Descent to Gyirong Valley

Wake up early to catch the golden rays of sunrise hitting the colossal North Face of Mount Everest. Take the official eco-shuttle bus (or short trek) to Everest Base Camp 5,150 m / 16,896 ft for up-close photographs and an unforgettable view of the peak. Afterward, begin your descent out of the high Tibetan Plateau, passing the stunning alpine lake Peiku Tso and views of Mt. Shishapangma. As you drive down into Gyirong Valley, watch the landscape transform from dry desert plateau into lush forest gorge and cascading waterfalls.

- Location: Rongbuk / EBC to Gyirong (Kerung), Tibet Border
- Elevation: 2,700 m / 8,858 ft in Gyirong Town

- Accommodation: Overnight at a hotel in Gyirong Town
- Meal Plan: Breakfast (B)

Day 8: Cross Border to Nepal & Scenic Drive back to Kathmandu

After breakfast, drive to the Gyirong Port border crossing to clear Chinese customs and immigration. Cross the Friendship Bridge to Rasuwagadhi on the Nepal side to complete your Nepal immigration procedures. Meet your Nepali driver and embark on an overland drive back to Kathmandu through the scenic hills, rural terraced farmlands, and along the Trishuli River Valley. Arrive back in Kathmandu by evening to conclude your epic Tibet Everest Base Camp adventure.

- Location: Gyirong Border to Kathmandu, Nepal
- Elevation: 1,400 m / 4,593 ft in Kathmandu
- Accommodation: N/A (Departure/End of Tour)
- Meal Plan: Breakfast (B)

Inclusions

- **Tibet Permits & Visas:** Official Tibet Travel Permit (TTP), Alien's Travel Permit for EBC, and Tibet Group Visa processing support.
- **Transfers & International Flight:** One-way scenic mountain flight from Kathmandu to Lhasa, including airport pick-up and hotel drop-off.
- **All Accommodations:** 7 nights' accommodation in total (3-star hotels in Lhasa, Gyantse, Shigatse, and Gyirong, plus a local guesthouse at Rongbuk / EBC).

- **Meals Included:** Daily breakfast at hotels/guesthouses, plus a special Welcome or Farewell Dinner.
- **Guided Sightseeing Tours:** Full sightseeing tours in Lhasa, Gyantse, Shigatse, and Rongbuk led by a licensed, English-speaking Tibetan guide.
- **All Monument Entrance Fees:** Admission fees for all visited sites (Potala Palace, Jokhang Temple, Sera Monastery, Drepung Monastery, Yamdrok Lake, Gyantse Kumbum, Tashilhunpo Monastery, and Rongbuk Monastery).
- **Everest Base Camp Logistics:** Official EBC eco-shuttle bus fees and conservation park entry permits for Mount Everest National Nature Reserve.
- **Private Ground Transportation:** Comfortable, private tourist vehicle for all overland drives from Lhasa to EBC and down to the Gyirong/Nepal border.
- **Safety Equipment:** Onboard emergency medical oxygen cylinders inside the vehicle during high-altitude drives.
- **Taxes & Service Fees:** All local government taxes, highway tolls, and company service charges.

Exclusions

- **Nepal Visa Fees:** Nepal entry or re-entry visa fees payable upon arrival at the Gyirong/Rasuwagadhi border.
- **Lunch & Dinner:** Daily lunches and dinners (except specified dinners), allowing you the flexibility to choose local Tibetan, Chinese, or Western meals on the road.
- **Travel & Emergency Insurance:** Comprehensive travel insurance covering high-altitude medical evacuation (up to 5,500 m / 18,000 ft) and flight cancellations.
- **Personal Expenses:** Laundry, phone calls, internet/Wi-Fi charges, snacks, bottled water, and souvenirs.
- **Border to Kathmandu Transfer:** Private vehicle transfer from the Rasuwagadhi border back to Kathmandu (can be arranged upon request).
- **Gratuities:** Tips for your Tibetan tour guide, Nepali tour staff, and driver (tipping is customary and appreciated for good service)

Attractive Travels and Tours

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