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## 8 days Mt. Everest Base Camp overland tour to Kathmandu

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Lhasa  
Gyantse  
Shigatse  
Sakya  
Mount Everest  
Gyirong Border

Take an adventure trip from Lhasa to Kathmandu, along the way countless attractions, cultural sites and natural scenery. Add in trekking and you are up close to Mount Everest. Try to stay calm because this tour is packed with fun!

Type  
Private  
Duration  
8 days  
Theme  
Natural scenery, Overland  
Trip code  
WT-202  
Price  
From CN¥ 6,930 per person  
CN¥ 6,300  
you save CN¥ 630 (10%)

### Itinerary

This is one of the most popular tours in Tibet, it begins from Lhasa-the historic capital of Tibet, the golden sunshine and blue sky is the dreams of many travellers all over the world, it is also the pilgrimage destination of all Tibetans, mingling with local pilgrims around the Barkhor street is an extra-ordinary feeling. This tour brings you not only through the historic palaces and operating monasteries, but lines of breath-taking natural sceneries, such as turquoise water Lake Yamdrok, mighty Nyenchen Kangsar glacier and great peaks of Himalayans, will surely enrich your knowledge of the high plateau and its geography, gradually come across the rich culture of western Tibet and then to world summit Mt. Everest Base Camp, then gradually descent down through the green valley of Matsang Tsanpo gorges to Kathmandu(1300m) of Nepal. In a nut-shell, this tour covers rich cultures and traditions, historical sights and natural beauties of Tibet.

Day 01 :

Arrival at Lhasa [3,595m]

Upon your arrival at Lhasa airport or train station, you will be greeted by your Tibetan guide, from airport to Lhasa city is 68km, around an hour drive will take you to the holy city Lhasa. Driving along the Brahmaputra river and Lhasa river, you will not only amazed by the spectacular plateau scenery but also have a chance to see flocks of black-necked crane, wild duck and many other kind of wild birds, if you are not tired, stop at Nethang Giant Buhhda caving on the way. If you take the train to Lhasa, normally you will arrive in the late afternoon or evening, 20 minutes drive will take you to your hotel in Lhasa city. Check into hotel, have a good rest to acclimatize the high altitude. Overnight at Lhasa. **(B)=breakfast**

Day 02 :

Lhasa City sightseeing, visit Potola Palace & Jokhang Temple (B) - Walking tour is arranged today

Today is your first day of sightseeing on the high plateau, so we have purposely arranged only to visit Jokhang temple and Potala Palace. Jokhang temple is the most sacred shrine in Tibet which was built in 7th century and located at the heart of old town in Lhasa, the circuit around it called Barkhor street, which is a good place to purchase souvenirs. Potala Palace is the worldwide known cardinal landmark of Tibet. The massive structure itself contains a small world within it. Mostly it is renowned as residence of the Dalai Lama lineages (Avalokiteshvara). Both of them are the focal points of pilgrims from entire Tibetan world, multitudinous pilgrims are circumambulating and prostrating in their strong faith. Overnight at Lhasa.

Day 03 :

Lhasa City sightseeing, visit Drepung Monastery, Sera Monastery & Norbulingka Summer Palace (B)

Today you will be arranged to visit Drepung, Sera monasteries and Summer Palace - Norbulingka palace. Both Drepung and Sera monasteries are Gelugpa (yellow hat) sect monastic colleges. Drepung monastery was the seat of the Government prior to Potala, it was once the world largest monastery in the history with 10,000 monks hailed from different monasteries all over Tibet. Sera monastery is famous for its Buddhism philosophical debate practice, the clapping sound and aggressive expression of the monks are well worth to see. Norbulingka is the summer palace of Dalai Lama, you can visit the residences of different lineages of the Dalai Lama. The park is crowded with picnickers and traditional activities during the Shoton (Yogurt festival) in August. Overnight at Lhasa.

Day 04 :

Lhasa / Yamdrok Lake [4,441m] / Gyantse [3,980m] / Shigatse [3,840m], 360KM, 7hrs (B)

Morning drive up to Kampala pass [4794m], you will have a glimpse of Yamdrok-tso and spectacular views of Holy Mount Nyenchen Khangsar in the distance, the turquoise coloured Lake Yamdrok Yutso is one of the three holy lakes in Tibet, the unforgettable vista of pincer-shaped turquoise water of the lake and amazing spectacle of Mt. Nyenchen Khangsar glacier from Karo la pass is wonders of the day. Then along the Friendship southern Hwy drive to Gyantse, visit the famous stupa - Gyantse Kumbum, one of the most stunning architectural wonders in Tibet. Late afternoon drive to Shigatse. Overnight at Shigatse.

Day 05 :

Shigatse / Sakya [4280m] / Shegar [4,150m], 300KM, 6-7hrs (B)

Morning visit Tashilunpo Monastery and the spectacular tombs of Panchen Lamas, do the monastery kora which provide you a great view of the whole Shigatse city. Late morning drive to visit Sakya Monastery which is the main monastery of Sakyapa sect, houses around the monastery are also in a typical gray colour. Hike around the monastery northern ruins and continue the driving to Shegar, after a short ride crossing Gyatso-la pass [5200m], you will have the first sight of Mount Everest in the distance when it is a clear day. Overnight at Shegar.

Day 06 :

Shegar[4,150m]/ Rongbuk Monastery [4,900m] / E.B.C [5,150m], 100KM, 2-3 hour drive (B)

Early morning start driving to E.B.C, cross the Gawu la pass [5250m] and enjoy the spectacular view of Himalaya mountain ranges and its glorious peaks including Mt.Makalu [8463m], Mt.Lotse [8516m], Mt.Everest [8844m], Mt.Cho Oyu [8201m] and Mt.Shishapama [8020m] from Left to right, driving down through numbers of switchback bends lead to the dry valley of Tashi Zom and then to today's destination - Everest Base Camp.

Rongbuk is the highest monastery in Tibet and consist both monks and nuns, it is a good point to view Mount Everest. Visit the monastery and explore the lodging area, enjoy the sunset over the mountain in a clear day. Overnight at local tent guesthouse or Rongbuk monastery guest house (dorm bed).

Day 07 :

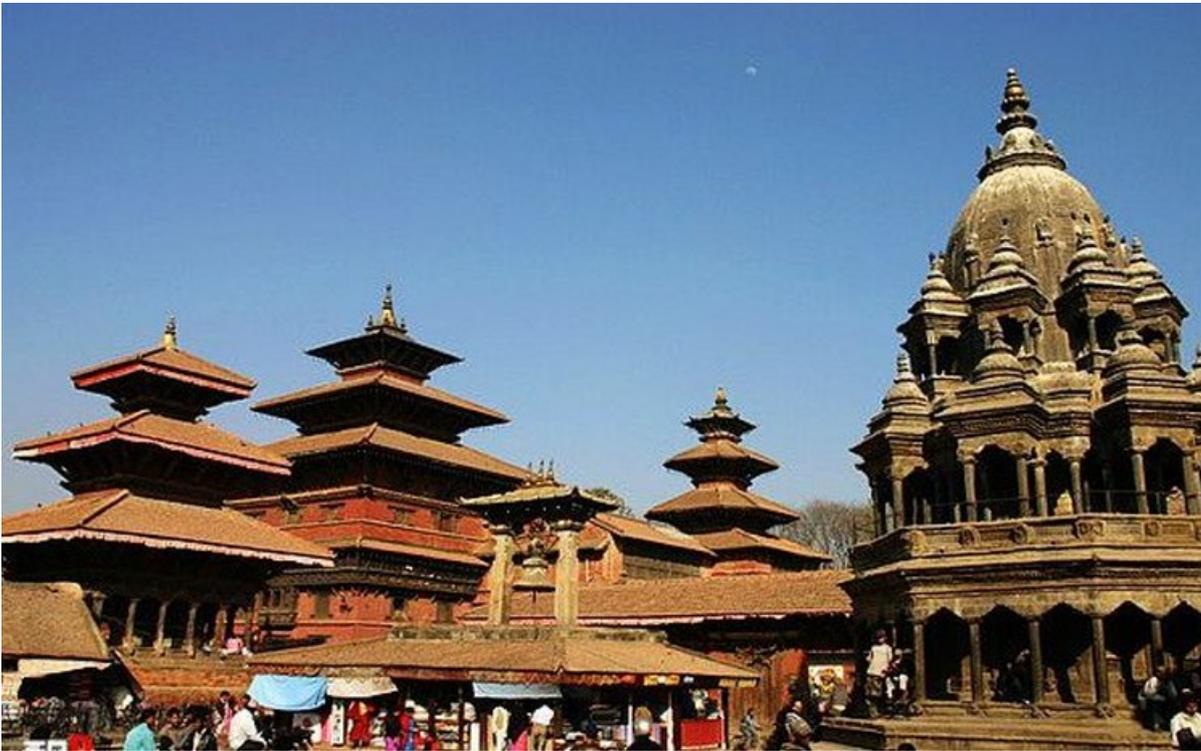
Rongphu / Old Tingri [4,250m] / Gyirong Border [2,250m], 370KM, 6 hours driving

Morning enjoy the sunrise of Mount Everest when it is a clear day and have breakfast at your guest house. Afterwards start today's drive to Gyirong Border, which is newly opened for foreign tourists to continue their overland travel to Nepal. Enjoy the breathtaking landscapes along the way including Mount Shishapangma and lake Pekutso. Stay overnight at the local guest at Gyirong town.

P.S.: Due to the earthquake in the April of 2015 in Nepal, the border Zhangmu between Tibet and Nepal has been closed. Gyirong Border is another border between Tibet and Nepal, it was an important border for the trading, but now it is also opened for tourists.

Day 08 :

Gyirong Border send off, end the travel.



After breakfast, drive about 1 hour to Gyirong border and see off to your Tibetan guide. End the services at the border.

Clear the custom and cross the border to Nepal side where you can catch the local landcruiser to Kathmandu. The drive takes about 8-9 hours due to the bad road condition, the shared landcruiser costs roughly 2500RS (about 200-250 CNY) per person. Our agency also provide private transfer at your request, please talk to your travel advisor for the latest price.

**Tips:** After you cross the border and enter Nepal, you need clear customs at the Nepal Immigration office. If you don't have your Nepalese visa you can apply at the same time, normally the fee is 25 USD for the single entry visa which is valid for 15 days, 40USD for 30 days and 100USD for 90 days. To apply for the Nepalese visa, you will need to have one passport photo.

### Prices

Period

2 Persons

3 Persons

4-6 Persons

Nov. to Mar.

Regular price CN¥ 10,780 CN¥ 8,140 CN¥ 6,930

Sale price CN¥ 9,800 CN¥ 7,400 CN¥ 6,300

Apr. to Jun. and late Oct.

Regular price CN¥ 11,770 CN¥ 8,910 CN¥ 7,590

Sale price CN¥ 10,700 CN¥ 8,100 CN¥ 6,900

Jul. to mid Oct.

Regular price CN¥ 12,870 CN¥ 9,900 CN¥ 8,360

Sale price CN¥ 11,700 CN¥ 9,000 CN¥ 7,600

### Inclusions

#### Tour notes:

All of our tours can be customized to suite your requirements, interests and budget. It is our specialty! Please feel free to contact us.

The tour price is based on 3 star standard hotels. At your request we can provide pricing for different levels of service such as budget hostel, luxury 4 star standard hotels or deluxe 5 star standard hotels.

Please note prices are based in CNY.

#### General inclusions:

All required government taxes and fees.

All required Tibet permits and domestic travel documents.

Where possible 3 star hotels will always be provided, if the city or town does not have then the local guest house or monastery guest house will be provided (i.e. tent / dormitory bed, no private bathroom etc.)

All entrance tickets as noted in the tour's itinerary.

Local Tibetan guide fluent in English, Chinese or Japanese that is certified by the state tourism build. (If your native language is not listed please let us know, we are certain we can assist your needs.)

Airport and/or train station pick-up and drop-off.

Comfortable and clean 7/8 seats minivan for groups of 5 persons or less; for larger groups minibus and tourist coach are available.

Nepal border pick up and transfer to your hotel in Kathmandu.

**General exclusions:**

Personal expenses such as laundry, drinks, internet access, fax, telephone calls etc.

Tips for your guide and driver.

Nepal visa (you can get upon arrival at Kodari, USD 25 for a 15 day tourist visa)

Meals that are not specified in the tour itinerary.

Optional Attractions that are not specified in the itinerary.

Sightseeing bus ticket at Everest Base Camp (E.B.C.) - 25 RMB per person. If you prefer you can hike up.

Flight and/or railway ticket(s) to the first city of the tour and departure from the last city of the tour.

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