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## 14 days Lhasa, Mount Everest, Mount Kailash and Kathmandu Tour

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Lhasa  
Shigatse  
Mount Everest  
Manasarovar Lake  
Mount Kailash Kora  
Saga  
Gyirong Border  
Kathmandu

Experience a 14-day Lhasa to Kathmandu overland tour, visiting Everest Base Camp and completing the 3-day Kailash Kora. Discover Tibetan culture, breathtaking Himalayan views, and sacred landmarks on this once-in-a-lifetime spiritual journey.

Type  
Private  
Duration  
14 days  
Theme  
Overland  
Trip code  
WT-301  
Price  
From CN¥ 11,660 per person  
CN¥ 10,600  
you save CN¥ 1,060 (10%)

### Itinerary

Experience the ultimate spiritual and scenic adventure on this 14-Day Lhasa to Kathmandu Overland Tour, featuring Everest Base Camp and the sacred 3-day hiking around Mount Kailash (called Kailash Kora).

### Highlights:

Lhasa: Explore the Potala Palace, Jokhang Temple, and immerse yourself in Tibetan culture.  
Shigatse & Gyantse: Visit the Tashilhunpo Monastery, Gyantse Kumbum, and pass Lake Yamdrok.  
Everest Base Camp: Enjoy panoramic views and overnight at the base of the world's tallest peak.  
Mount Kailash & Lake Manasarovar: Complete the 3-day Kailash Kora, a sacred pilgrimage for Buddhists, Hindus, Bon, and Jains.  
Gyirong Valley to Kathmandu: Cross the China-Nepal border to Kathmandu in Nepal, exploring lush valleys and breathtaking landscapes.

### Day 01 :

Arrival at Lhasa [3,658m]

Upon arrival at Lhasa airport or train station, to be met and transferred to your hotel in Lhasa. Afternoon have a good rest to acclimatize the high altitude. Overnight at Lhasa.

#### Day 02 :

Lhasa city highlights tour - visit Potola Palace & Jokhang Temple -by walking / no vehicle (B)

Your first day of sightseeing begins with a walking tour of two iconic landmarks in Lhasa: the Jokhang Temple and the Potala Palace. The Jokhang Temple, built in the 7th century, is Tibet's most sacred shrine and is located at the heart of the old town. Surrounding the temple is Barkhor Street, a vibrant pilgrimage circuit and an excellent spot to observe Tibetan devotion and purchase local souvenirs. The Potala Palace, Tibet's most recognized landmark, is renowned for its massive structure and spiritual significance as the historical residence of the Dalai Lama lineages. These sites are focal points for pilgrims from across Tibet, many of whom you'll see circumambulating and prostrating in devotion. After exploring, enjoy a cup of traditional Tibetan sweet tea at a local teahouse. Overnight in Lhasa.

#### Day 03 :

Lhasa Monastery Tour – Drepung Monastery & Sera Monastery (3,600m) (B)

Today, your schedule includes a morning visit to Drepung Monastery and an afternoon visit to Sera Monastery, both belonging to the Gelugpa (Yellow Hat) sect of Tibetan Buddhism. Drepung Monastery, once the seat of the Tibetan government before the construction of the Potala Palace, was historically the largest monastery in the world, housing over 10,000 monks from various regions across Tibet. In the afternoon, explore Sera Monastery, renowned for its lively Buddhist philosophical debates (not available on Sunday), where monks engage in animated discussions, punctuated by dramatic clapping and expressive gestures. This unique practice is a fascinating cultural experience. Overnight in Lhasa.

#### Day 04 :

Drive from Lhasa to Shigatse (3,800m) via Yamdrok tso Lake & Gyantse Kumbum, 360KM, 7hour drive

Today, begin your journey westward toward Mount Everest Base Camp and Mount Kailash. Stop at Kamba La Pass to enjoy breathtaking views of Yamdrok Tso Lake, known for its vibrant turquoise waters and serene beauty. Visit a local Tibetan family along the lakeside to experience their unique culture.

Continue with stops at the dramatic Karo La Glacier and Simila Mountain Pass, where you can hang prayer flags for blessings.

In Gyantse, visit the historic Pelkor Chöde Monastery and the iconic Kumbum Stupa, a masterpiece of Tibetan architecture. Stroll through Gyantse Old Town before heading to Shigatse, Tibet's second-largest city, for an overnight stay. Overnight in Shigatse

#### Day 05 :

Shigatse Tour and Drive to Shegar (4,150m) with a Stop at Sakya (4,280m), 300KM, 6–7 Hours (B)

In the morning, visit Tashilhunpo Monastery, the traditional seat of the Panchen Lama and a significant center of Tibetan Buddhism. A highlight of the visit is the Stupa-tomb of the 10th Panchen Lama, adorned with gold, jewels, and precious stones. According to legend, the Panchen Lama's body showed no signs of decomposition for years. Take a walk along the monastery's Kora path, offering panoramic views of Shigatse city.

Later, drive to Sakya Monastery, the principal monastery of the Sakyapa sect, distinguished by its unique gray-colored architecture. Explore the monastery and hike around the northern ruins, gaining insight into its historical significance.

Continue the journey to Shegar, crossing the Gyatso-La Pass (5,200m), where, on a clear day, you can catch your first glimpse of the majestic Mount Everest in the distance. Overnight in Shegar.

#### Day 06 :

Drive to Everest Base Camp [5,150m], Sunset at E.B.C., 100KM, 2–3 Hour Drive (B)

Start your day early with a drive to Everest Base Camp (E.B.C.). As you enter the Mount Everest National Nature Reserve, the winding road leads to Gawula Pass (5,250m), where you'll be rewarded with breathtaking panoramic views of the Himalayas, including a stunning view of Mount Everest.

At Tashi Zong Village, switch to the local e-co bus for the final hour-long journey to E.B.C. Upon arrival, visit the iconic Rongbuk Monastery, the world's highest-altitude monastery at 5,154 meters above sea level. Spend your afternoon relaxing and, weather permitting, witness a spectacular sunset over Mount Everest.

Stay overnight at the tent guest house at E.B.C. or the monastery guest house near Rongbuk.

#### Day 07 :

Drive from Everest Base Camp to Saga (4,610m) via Peiku Tso Lake, 340KM, 7 Hours

After a relaxing morning, begin driving down to Old Tingri, where you can see the mighty peaks of Mount Cho Oyu (8,201m) and Mount Everest in the distance. Continue along the Friendship Highway and venture off the beaten path after the Tong-La Pass into a sandy and rocky region of Tibet. Here, you'll encounter stunning natural features such as Peiku Tso Lake and Mount Shishapangma (8,020m). Along the way, you'll also see nomads herding yaks and sheep, a sight that will leave you in awe.

In the late afternoon, cross the Brahmaputra River en route to Saga, a typical Chinese-Tibetan town. Overnight in Saga.

#### Day 08 :

Drive from Saga to Darchen (4,600m) via Paryang, Approx. 8–9 Hours Drive

Today's journey takes you from Saga to Paryang, traveling through windswept plains and passing numerous villages and yak herders' camps, with distant views of snow-capped mountains. This vast, arid plateau serves as a traditional summer grazing

ground for nomads and their animals.

In the afternoon, continue driving for approximately 4 hours from Paryang to Darchen via Lake Manasarovar. The route traverses open landscapes with views of distant mountains and yak herders' camps. If you're lucky, you may encounter a herd of Kyang (wild Tibetan donkeys). From the Mayum-La Pass (5,280m), you'll catch your first glimpse of the sacred Mount Kailash and the serene Lake Manasarovar, two of the holiest sites in Tibet.

Arrive in Darchen, a small village situated at the base of Mount Kailash. This village serves as the starting and ending point for the Mount Kailash trekking pilgrimage. Overnight in Darchen.

Day 09 :

Mount Kailash Trekking – Day 1: Darchen to Dirapuk Monastery [5,080m], 13KM, Approx. 6 Hours' Trekking

**13KM / 8 miles, Ascent: 335 meters**

**Highlights:** South and West sides of Kailash, Tarboche flagpole and stupa, Dirapuk Monastery

In the morning, take a local eco-bus from Darchen to Sershong Monastery, where you will begin the first day's trek (approximately 13KM). The trail is a gradual ascent, accompanied by the chants and prayers of many local pilgrims. From the valley, you can see Choku Monastery perched on the hillside. The path has gentle ups and downs until you reach Dirapuk Monastery (4,750m), located at the foot of Mount Kailash's western slope.

Along the way, you will encounter many Bon pilgrims traveling in the opposite direction (anti-clockwise), reflecting the reverence for Mount Kailash across four religions: Buddhism, Bon, Hinduism, and Jainism.

Check into the guesthouse at Dirapuk Monastery and, if weather permits, enjoy the awe-inspiring spectacle of a sunset over Mount Kailash from this incredible vantage point.

Day 10 :

Mount Kailash Trekking – Day 2: Dirapuk Monastery - Drolma La Pass [5,630m] - Zuktulpuk Monastery [4,820m], 22KM, Approx. 7-8 Hours' Trekking

**Second Day: 22KM / 13.6 miles, Ascent: 730 meters, Descent: 850 meters**

**Highlights:** North and East sides of Mount Kailash, Drolma La Pass (5,630m), Buddha Footprint

Day 2 of the Mount Kailash Trek presents the most challenging section of the journey. The route takes you along the higher part of the holy path, directly beneath Mount Kailash, leading to the trek's highest point, Drolma La Pass (5,630m). The ascent to the pass is steep and physically demanding.

After crossing the pass, you'll begin a steep and rocky descent, where careful footing is essential, sometimes requiring you to jump between stones. Upon reaching a sandy hill, consider taking a short break to rest and enjoy warm tea at the nearby rest stop.

The trail continues through more gradual terrain, leading you to Zuktulpuk Monastery (Dzutul-puk) for the night. This monastery, whose name translates to "magical cave," is linked to a fascinating story about a spiritual competition between the Great Yogi Milarepa (Buddhist) and Naropa (Bon). Overnight at Zuktulpuk Monastery.

Day 11 :

Mount Kailash Trekking – Day 3: Zuktulpuk Monastery to Darchen, 14KM, Approx. 3 Hours' Trekking

**Highlights:** Completion of Mount Kailash Kora, Holy Lake Manasarovar

Today's trek is a relatively easy walk, taking about 3 hours to complete. The path gradually winds out of the valley, following the river into the Barka Plain. The trekking journey concludes at Darchen, marking the completion of your lifetime spiritual adventure. Congratulations on completing the Mount Kailash Kora!

After the trek, drive for about half an hour to visit the sacred Lake Manasarovar, revered for its compassion, tranquility, and bliss. Take this time to relax by the holy lake or, if you wish, spend a few dollars to enjoy the hot springs nearby.

Stay overnight at a local guesthouse near Lake Manasarovar (dorm bed) or return to Darchen for better accommodation.

Day 12 :

Drive from Lake Manasarovar or Darchen to Saga via Paryang, Approx. 8–9 Hours' Drive

This morning, bid farewell to Mount Kailash and Lake Manasarovar as you begin your journey back to Saga. The route retraces the scenic path through the windswept plains, offering another chance to capture the breathtaking landscapes and the rugged beauty of this remote region. Take in your final views of Mount Kailash and the tranquil Lake Manasarovar along the way. Overnight in Saga.

Day 13 :

Drive from Saga to Gyirong Town, 180KM, Approx. 4–5 Hours' Drive – Explore Gyirong Valley

In the morning, begin your journey to the enchanting Gyirong Valley, a hidden gem on the Tibet-Nepal border. As the altitude decreases, the scenery transitions dramatically from snow-capped mountains and barren wastelands to lush forests and stunning canyon landscapes.

Arrive in Gyirong Town by the afternoon and take time to explore the breathtaking Gyirong Valley, described by British explorer

Howard-Bury in his book *Mount Everest: The Reconnaissance* as "the most beautiful valley in the world." Here, visit Sherpa villages nestled within the valley and admire the dense forests, serene villages, and striking snow peaks rising above the woodlands.

Overnight in Gyirong.

Day 14 :

Gyirong Border Drop-Off, Travel to Kathmandu by Land Cruiser – End of Tibet Tour



After breakfast, your Tibetan guide and driver will drop you off at the Gyirong Border. Clear customs on the Tibetan side and cross into Nepal, where you will meet our Nepalese staff (driver). They will assist you with the visa application process at the Nepal Immigration Office, if needed, and transport you to your hotel in Kathmandu.

The drive from the border to Kathmandu can take approximately 8–9 hours, depending on road conditions. While the journey may be challenging due to the poor roads, the scenic views of the lush valleys and mountainous landscapes make it worthwhile.

Once you arrive at your hotel in Kathmandu, your Tibet tour officially concludes.

#### Tips:

- After crossing the border into Nepal, you'll need to clear customs at the Nepal Immigration Office.
- If you don't already have a Nepal visa, you can apply on arrival. The visa fee is typically 35 USD for a single-entry visa valid for 15 days.
- Be sure to bring a passport photo for the visa application.

#### Prices

Period

2 Persons

3 Persons

4-6 Persons

Apr. to Jun and late Oct.

Regular price CN¥ 18,040 CN¥ 13,640 CN¥ 11,660

Sale price CN¥ 16,400 CN¥ 12,400 CN¥ 10,600

Jul. to mid Oct.

Regular price CN¥ 19,800 CN¥ 15,180 CN¥ 12,870

Sale price CN¥ 18,000 CN¥ 13,800 CN¥ 11,700

#### Inclusions

##### Tour notes:

Please note prices are based in CNY.

##### General inclusions:

All required government taxes and fees.

Please contact one of our Tour Advisors to get a custom quotation made to your requirements.

All required Tibet permits and domestic travel documents.

Necessary oxygen and medicine for the acute high altitude sickness.

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.

Guide fluent in English, Chinese or Japanese that is certified by the state tourism build and from the local community. (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.

Transportation will be provided via a comfortable and clean car, minivan or tourist bus depending upon the groups size. Comfortable and clean 7/8 seats minivan for groups of 5 persons or less; for larger groups minibus and tourist coach are available.

**General exclusions:**

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

Tips for your guide and driver.

Meals that are not specified in the tour itinerary.

Optional Attractions that are not specified in the itinerary.

Flight tickets or train tickets in and out of Lhasa (Please note: We can offer you train and/or plane tickets in and out Lhasa from all cities within China. Please check the latest price with us via email.)

<https://windhorsetour.com/kailash-tour/tibet-mount-kailash-15-day-tour>

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Generated: Wed, 02/05/2025 - 20:56