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12 days Tibet train tour from Beijing to Kathmandu via Everest

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Beijing
Lhasa
Shigatse
Sakya
Mount Everest
Gyirong Border
Kathmandu

This 12 day Tibet tour starts from Beijing, the capital city of China to the highest mountain in the world - Mount Everest then continues to Kathmandu in Nepal. A train ride on Tibetan plateaus also gives you another travel experience in China.

Type
Private
Duration
12 days
Theme
Overland, Train travel
Trip code
CTTT-02
Price
From \$ ~~1,518~~ per person
\$ 1,380
you save \$ 138 (10%)

Itinerary

After spending a few days exploring China's capital city of Beijing, board the world's highest train to Lhasa, where you can enjoy stunning views of the Tibetan high plateaus during the latter half of the journey. Spend several days in Lhasa, visiting the highlights of this spiritual center of Buddhism while acclimatizing to the high altitude. Then, continue your journey by taking the Tibet Nepal Friendship Highway to the world's highest mountain, Mount Everest, and marvel at the breathtaking natural landscapes along the way. The tour concludes in Kathmandu, Nepal, after crossing the border at Gyirong Town.

Day 01 :

Arrival in Beijing



Arrive at the Beijing Airport, be met and transferred to hotel by your local driver, have a good rest by your own. Overnight at Beijing.

Day 02 :

Beijing City Tour - Forbidden City & Summer Palace (B)

Today, begin your tour with a guided visit to **Tiananmen Square**, the world's largest public square and the symbolic heart of Imperial Beijing. This iconic location holds deep significance for the Chinese people as the site of many historical events.

Afterward, visit the **Forbidden City**, located at the north end of Tiananmen Square. As one of China's earliest World Heritage Sites, the Forbidden City is recognized by UNESCO as the largest collection of preserved ancient wooden structures in the world. This magnificent Imperial Palace, home to 24 emperors of the Ming and Qing Dynasties from 1420 to 1912, offers an incredible glimpse into Chinese culture and history.

Next, continue to **Jingshan Park**, situated directly across from the Forbidden City. A short climb to the park's summit provides breathtaking panoramic views of the Forbidden City and the vast Beijing cityscape.

After enjoying lunch, head to the **Summer Palace**, located in northwest Beijing. This royal garden, surrounding Kunming Lake and Longevity Hill (Wanshou Shan), is another UNESCO World Heritage Site and one of China's four classic gardens. Built during the Qing Dynasty as a summer retreat for emperors, the palace features spectacular gardens, palaces, and temples that offer a serene and picturesque experience.

In the evening you might enjoy a roasted duck dinner at one of the famous restaurants like Quanjude or be dropped off at Donghuanmen night market to conclude the day.

Day 03 :

Beijing Great Wall Tour - Mutianyu Great Wall & Hutong Culture Tour, Train Beijing to Tibet (B)

In the morning, embark on an excursion to the **Mutianyu Great Wall**, considered one of the most beautiful sections of the Great Wall. The hike takes approximately 2-3 hours. After lunch, return to downtown Beijing to explore the historic Shichahai area. Here, you will visit a traditional courtyard and enjoy a **Hutong tour by rickshaw**. You'll also have ample time to explore landmarks such as Yandai Xiejie and the Drum Tower.

In the evening, you will be transferred to Beijing West Train Station to board the train to Lhasa (Z21, 19:52 - 11:36+2 days, approximately 40 hours).

Day 04 :

On the train



Enjoy the scenery as you travel closer to Tibet on the highest railway in the world.

Day 05 :

Arrival at Lhasa [3595m]



Today, you will experience the stunning Tibetan Plateau, with its nomadic groups and the Kekexili Nature Reserve. Upon arrival at Lhasa around 11:36 AM, you will be picked up at the Lhasa train station and transferred to your hotel. Spend the rest of the day refreshing yourself and acclimatizing to the high altitude. Overnight stay in Lhasa.

Day 06 :

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

Today you will visit Jokhang temple and Potala Palace. Jokhang temple is the most sacred shrine in Tibet which was built in the 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 the entire Tibetan world, multitudinous pilgrims are circumambulating and prostrating in their strong faith. Overnight at Lhasa.

Day 07 :

Lhasa monasteries Day Tour - 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 08 :

Lhasa / Yamdrok Lake [4441m] / Gyantse [3980m] / Shigatse [3840m], 360KM, 7hrs (B)

In the morning, you will depart from Lhasa and head towards Yamdrok Lake, celebrated as one of Tibet's most sacred and visually stunning lakes. Perched at an altitude of 4450 meters, the lake is famous for its vivid turquoise hue. From there, you can also catch a glimpse of Mt. Nojin Kangtsang, towering at 7191 meters. After soaking in the beauty of the lake, your journey will continue to Gyantse. This mid-sized town, located at 3950 meters above sea level, is renowned for its impressive hilltop military fort and the Pelkor Chode Monastery, which is notable for housing Tibet's tallest Tibetan Buddhist stupa. While in Gyantse, you'll have the opportunity to visit the Gyantse Kumbum stupa, a marvel of Tibetan architecture. Then head to Shigatse for overnight, the 2nd largest city in Tibet. Stay overnight at Shigatse.

Day 09 :

Shigatse / Sakya [4280m] / Shegar [4250m], 290KM, 6 hours drive (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 color. 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 10 :

Shegar [4250m] / Rongbuk Monastery [4900m] / E.B.C [5250m], 100KM, about 2-3 hours drive (B)

Early morning start driving to Everest Base Camp (E.B.C), as you enter Mount Everest National Nature Reserve, the winding road takes you to Gawula Pass [5,250 m]. Here, you'll experience breathtaking panoramic views of the Himalayas, including a remarkable view of Mount Everest. You will switch to the local sightseeing bus at Tashi Zong Village, and from there, it is another hour's drive before you reach Everest Base Camp (E.B.C.). Afternoon visit Rongbuk Monastery, the world's highest-altitude monastery at 5154 meters above sea level. Relax and witness a splendid sunset (just depending on the weather) over Mount Everest. Stay overnight at the tent guest house at E.B.C or the monastery guest house near Rongbuk (dorm bed).

Day 11 :

Rongbuk / Old Tingri [4250m] / Gyirong [2250m] 380KM, 6-7 hours drive

In the morning enjoy the sunrise over Mount Everest, have a relax morning at guest house for breakfast, then start driving to Gyirong Town, the border town between Tibet and Nepal, from where you gonna continue your trip to Kathmandu. Along this 380 km drive, you will witness dramatically changing landscapes, from towering snow-capped peaks to verdant forests and scenic canyon views at approximately 2,800m above sea level. Enjoy the stunning views of Mount Shishapangma [8,020m], the 14th highest peak in the world along with the beautiful turquoise Peiku-tso lake at the foot of the mountain. Arrive at Gyirong town in the late afternoon and check into one local hotel for overnight.

Day 12 :

Gyirong border / Kathmandu, 150km, 7-8hrs (B)

In the morning, drive to the Gyirong border to exit China with the assistance of your Tibetan guide. Our contracted Nepalese driver will meet you at the border with your name sign. After completing the check-in process at the Nepali Immigration Office, you will embark on a 7-9 hour drive to Kathmandu. Along the way, enjoy the scenic views of the powerful white-water rivers. The tour concludes upon your arrival in Kathmandu.

P.S. The road from the border to Kathmandu is quite challenging. For this transfer, we will use jeeps, each accommodating a maximum of five passengers.

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.

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.)

Lodging at E.B.C. will be at either Rongbuk Monastery's Guest House or E.B.C Tent Guest House (dormitory bed with semi-private bathroom)

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.

Train sleeper cabin either hard or soft-sleepers based on your selection to Lhasa.

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.

Hotel in Kathmandu.

Optional Attractions that are not specified in the itinerary.

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

Meals not specified in the itinerary.

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