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## 11 days Tibet Everest Base Camp trekking tour

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Lhasa  
Shigatse  
Old Tingri Trekking  
Mount Everest  
Shigatse  
Lhasa

Available from April to late October, the tour offers everything you expect from the Everest. Because of high-altitude, Everest Base Camp gives a splendid views of north face of Everest and other snow mountain peaks. Witness the magic now!

Type  
Private  
Duration  
11 days  
Theme  
Trekking & Biking  
Trip code  
WT-504  
Price  
From CN¥ 7,920 per person  
CN¥ 7,200  
you save CN¥ 720 (10%)

### Itinerary

Everest Base Camp trek is the second popular trekking route in Tibet. And most of the time you will walk on a plateau over 4300m, you will even cross over one pass Nam-la 5300m, so this trekking route is a really difficult high-elevation. However, because of the high-altitude, it offers a splendour views of north face of Everest and other snow mountain peaks around. The Everest Base Camp Trek tour can be done from April to late October. Our tour involves a few day sightseeing at Lhasa at first and some detour off the Friendship Hwy to Old Tingri to acclimatize.

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. Then have a good rest to acclimatize the high altitude. Overnight at Lhasa.

#### Day 02 :

Lhasa City sightseeing, visit Potola Palace & Jokhang Temple (B)

Today is 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 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(B)

Today you will be arranged to visit Drepung, Sera monasteries. Both 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 7,700 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.

#### Day 04 :

Lhasa / Yamdrok Lake [4,300m]/ Gyantse [3,900m]/ Shigatse [3,836m], 350KM, 7hrs drive (B)

Morning drive up to Kampala pass [4,794m], 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, the most stunning architectural wonder in Tibet. Late afternoon drive to Shigatse. Overnight at Shigatse.

#### Day 05 :

Shigatse / Old Tingri [4,250m] (300km, 5hrs drive) (B)

Morning visit Tashilunpo Monastery and the spectacular tombs of Panchen Lamas in Shigatse, then drive by Friendship Hwy to Old Tingri via Lhatse and Shegar. The guide will do preparations for the trek - hire horse carriage. You may have a good view of Cho Oyu. Overnight at Old Tingri ( Local Guest house, dorm bed).

#### Day 06 :

Trek to Danak [4,500m] (20km, trekking 7hrs)

The trek begins in Old Tingri and you pass through Rachu and Lungjang as your head south towards Everest in the distance. The opened valley of Rachu river goes narrower and gradually it ascent for a gain in elevation. A water-powered barley mill is passed along the way. Camping at Danak.

#### Day 07 :

Trek to the Chogorong by crossing the Nam- La Pass[5,250m] (27km, trekking 8-9hrs)

As you continue trekking up to the valley, Everest disappears behind the mountains and as the trail turns to the southeast and begins to climb to the pass, when you climb down the snowmelt river from Mt. Everest and Mt. Cho Oyu running in the valley, the campsite is just at the foot of the mountain. Camping at Chogorong.

Day 08 :

Trek to Rongbuk Monastery [5,000m] (13km, trekking 4hrs)

Today continuous along the river within the valley and cross the river by a tiny & wooden bridge at the Junction of rivers from Everest and Cho Oyu, you will meet the car road to the Everest Base camp after the bridge. Continue along the main road towards south, tracing the road will lead you to your destination and the mighty peak of Everest gradually appears in front of you, the typical Rongbuk Monastery consist both monks and nuns in it, the humble stupa at the monastery is the one that can be seen on most post cards and posters of the Mt. Everest. Overnight at Rongbuk Monastery Guesthouse.

Day 09 :

Rongbuk / E.B.C / Shigatse.(340km, 7-8hrs drive)

Today enjoy the aureate peak of Everest sunrise, then trek another 500 meters to the base camp of Mt. Everest - E.B.C. Afterwards, drive back to Shigatse. Overnight at Shigatse.

Day 10 :

Shigatse/ Lhasa (280km, 5hrs drive) (B)

Drive back Lhasa via northern friendship Hwy, this part is driving along the main body of Brahmaputra river and various landscapes and sceneries are worthwhile to stop at some point. Sometimes speed limitation is sensitive in this part. Afternoon has a good rest at Lhasa. Overnight at Lhasa.

Day 11 :

Lhasa airport /train station send-off (B)

Your guide and driver will see you off at the airport or train station, end of the trip.

## **Inclusions**

### **Tour notes:**

Please note prices are based in CNY.

### **General inclusions:**

2 bottles of mineral water provided daily.

All required government taxes and fees.

Domestic travel accident insurance.

Meals allowance for your guide and driver.

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.)

Camping gears for the trekking including tent, mattress and sleeping bags. (Optional)

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.

Transportation will be provided via a comfortable and clean car, minivan or tourist bus depending upon the groups size.

### **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.)

Meals not specified in the itinerary.

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