8 Days Lhasa to Everest Base Camp Tour

Trip overview

This 8-day Lhasa to Everest Base Camp is the perfect way to get a taste of Tibet's best in a short time. It takes you on a deep dive into Tibetan Buddhist culture, where Tibetan traditions remain part of everyday life. As you travel west across the Tibetan Plateau, you'll discover ancient monasteries and traditional Tibetan villages.

You will also have the opportunity to immerse yourself in the vast expanses of the landscape, including the magnificent views of Mt. Everest - where you can admire the world's highest peak's breathtaking north face and witness the grandeur of the Himalayas up close.

- **Durations:** 8 Days
- **Destinations:** Lhasa - Shigatse - Lhasa
- **Tour inquiry:** https://www.asiachinatour.com/tibet-lhasa-to-everest-base-camp-tour-8-days/

Itinerary

Day 1: Arrive in Lhasa

Welcome to Tibet!

Upon arrival, our local guide will greet you at the airport or train station with a traditional Tibetan White Scarf to wish you good luck!

After a group photo at the airport, you will board the coach and transfer to your hotel. You will see the spectacular scenery and typical Tibetan villages.

Stay at the hotel after arrival for adapting to the high attitude. It is helpful to take things easy for the first few days, and try to drink some water just and now.

Stay overnight in Lhasa.

Day 2: Lhasa Day Tour - Drepung Monastery and Sera Monastery

Begin your Lhasa journey with a visit to **Drepung Monastery**, one of the largest and most important monasteries in Tibet. Once home to thousands of monks, Drepung offers a fascinating glimpse into Tibet's monastic history and Buddhist traditions. Explore its grand assembly halls, ancient chapels, and hillside courtyards with panoramic views over the Lhasa Valley.

The afternoon is spent touring **Sera Monastery**, taking a short hike for beautiful valley scenery nearby. Sera Monastery, which was founded in 1419, has been an important Buddhist seminary. As roses are planted everywhere in the monastery, it is also called "the court of wild rose". Today, 200 lamas still live there. Catch the famous debate session before returning to Lhasa.

Stay overnight in Lhasa.

Day 3: Lhasa Day Tour - Potala Palace, Jokhang Temple and Barkhor Street

After breakfast, we'll visit the **Potala Palace**, a magnificent golden jewel on the roof of the world and a source of immense pride for Tibetans. It is visible from a distance, with its golden roof shining in the sun; spend an hour wandering inside this magnificent building, exploring rooms once used by the Dalai Lama and the many Buddhist icons within.

In the afternoon, we go inside the **Jokhang Temple**. The Jokhang, like most temple structures, has numerous individual temples dedicated to specific enlightened beings, protectors, high lamas, or saints. Images, both sculpted and painted, are everywhere. Every inch of wall and ceiling is brightly painted with images of clouds, beings, mandalas, or decorative patterns. Colorful silk banners, three stories high, hang in various places. Color, pattern, and images crowd in around you. The central image inside the building is a 30-foot-high gilded image of Maitreya Buddha.

Then stroll around the old **Barkhor Street** - the streets smelled of yak butter and incense while hordes of adventurers shuffled along the main walk (circumambulation) around Jokhang Temple. If someone just walked at a normal pace, one tour would take about 15-20 minutes.

Stay overnight in Lhasa.

Day 4: Lhasa to Shigatse via Gyantse

After exploring Lhasa, you'll have a chance to get lost in the endless Tibetan landscape while taking a short hike along the turquoise waters of **Lake Yamdrok**, one of three holy lakes in Tibet. This dazzling lake is at the summit of the Kamba-la (4700m). The lake is several hundred metres below the road and is shaped like a coiling scorpion.

Continue your drive toward **Karola Glacier**, one of the most accessible glaciers in Tibet. Rising to an altitude of over 5,000 meters, the glacier descends dramatically toward the roadside, offering an impressive view of Tibet's high-altitude landscape.

Then we'll head to Gyantse (3,950m) and visit **Pelkor Monastery**, a historic Buddhist monastery dating back to the 15th century. Explore its distinctive architecture and the magnificent Kumbum Stupa, also known as the 100-Thousand-Buddha Pagoda, famous for its numerous chapels, murals, and Buddhist sculptures.

In the afternoon drive about 90 kilometers to Shigatse (3880m), the second largest city with 40,000 inhabitants in Tibet and the traditional capital of the Tsang.

Stay overnight in Shigatse.

Day 5: Shigatse to Everest Base Camp

Today, we have an early start to drive along the Friendship Way to EBC. The road is full of magnificent scenery and crosses some extremely high passes, including Gyatso La Pass(5248m). If it is in clear weather, you can have a glimpse of 4 mountains which is 8000m high or more, such as Mt. Lhotse (8516m), Mt. Everest (8848m), Mt. Cho Oyu (8188m), Mt. Makalu (8485m).

After a brief stop at the pass, you will continue on to Everest Base Camp. As night falls, you will enjoy a beautiful sunset over **Mount Everest**.

Stay overnight at a Tent Guesthouse or Rongbuk Hotel.

Day 6: Everest Base Camp back to Shigatse

Open your eyes and wake up to the first sunlight shining over the pyramid-shaped summit of imposing Mt. Everest. Grab your camera for an epic shot and stroll to the Rongbuk Monastery, exploring this world's highest Buddhist compound.

If you wish, you can do the meditation and experience the unparalleled tranquility and harmony there. Or you can interact with monks and nuns with the help of guide to learn more about their unique spiritual life.

The temperature can get bitterly cold in the early morning. Do wear enough clothes like your down jacket, scarf, and mittens to protect against the extreme cold. Finally, jump into our tour vehicle and say farewell to the world's highest peaks. By following the zigzag roads on the Sino-Nepal Friendship Highway, we head back to Shigatse.

Stay overnight in Shigatse.

Day 7: Shigatse back to Lhasa

Today, you'll take a slightly different route back to Lhasa along the Yarlung Tsangpo River, be wrapped again in the endless vistas of the Tibetan plateau.

On the way back, we'll visit **Tashilunpo Monastery**, the seat of Tibet's second-highest incarnation, the Panchen Lama.

Stay overnight in Lhasa.

Day 8: Depart from Lhasa

Our guide will transfer you to the airport or train station and help you get on board.

Thank you for choosing Asia China Tour to explore Tibet with you; we look forward to unlocking more destinations together.

Booking Policy

Cancellation Policy

Cancellation by Customer

- Cancellation received before 60 days: FREE of charge
- Cancellation received from 30 days to 59 days prior arrival date: 20% of total rate
- Cancellation received from 15 days to 29 days prior arrival date: 40% of total rate
- Cancellation received from 7 days to 14 days prior arrival date: 70% of total rate
- Cancellation received less than 7 days prior arrival date or No show: 100% of total rate

Children Policy

The rate for children applicable for one child sharing a twin or double cabin with two adults.

- For infant (<04 years old): Free of Charge
- 04 - 11 years old without bed: 50% adult rate
- 04 - 11 years old with extra bed: 75% adult rate
- Above 11 years old with extra bed: 100% adult rate

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