10 Days Lhasa to Everest Base Camp and Namtso Lake Tour

Trip overview

The **10-Day Lhasa to Mt. Everest Base Camp and Lake Namtso Tour** is the ultimate journey for those who want to see the very best of Tibet in a single trip. Combining deep cultural immersion in the holy city of Lhasa with the raw, majestic power of the Himalayas and the tranquil beauty of Tibet's sacred lakes, this itinerary offers a comprehensive experience of the "Roof of the World."

Your adventure begins in **Lhasa**, where you'll acclimatize while exploring the iconic **Potala Palace** and **Jokhang Temple**. As we head westward, you'll drive past the turquoise **Yamdrok Lake** and through the historic town of **Shigatse**. The climax of the journey is standing at the **Everest Base Camp (5,200m)**, where you will witness the sunset over the north face of the world's highest peak—a moment that stays with you forever.

But the wonders don't end there. On the return leg, we cross the vast northern grasslands to reach **Lake Namtso**, the "Heavenly Lake." Set against the snow-capped Nyenchen Tanglha range, its crystal-clear waters provide a perfect, peaceful conclusion to your Tibetan odyssey.

- **Durations:** 10 Days
- **Destinations:** Lhasa - Shigatse - Lhasa
- **Tour inquiry:** https://www.asiachinatour.com/tibet-lhasa-to-everest-base-camp-and-namtso-lake-tour-10-days/

Itinerary

Day 1: Arrive in Lhasa (3,650m) – The Gateway to the Plateau

Welcome to Tibet! Your journey begins at the Lhasa Gonggar Airport or the railway station, where you will receive a warm, traditional welcome. Our local Tibetan guide will greet you with a **Hada** (a sacred white silk scarf), a symbolic gesture representing purity and good fortune.

After capturing a memorable group photo at the airport to mark the start of your adventure, you will board our comfortable coach for the transfer to your hotel. The drive offers your first

spectacular views of the Yarlung Tsangpo River and the charm of traditional Tibetan villages nestled against the mountains.

To ensure a smooth transition to the "Roof of the World," the remainder of the day is dedicated to rest and acclimatization. We recommend taking things easy, moving at a slower pace, and staying well-hydrated to help your body adapt to the high altitude.

Stay overnight in Lhasa.

Expert Elevation Insights:
Lhasa sits at an elevation of 3,650 meters above sea level. To prevent symptoms of Acute Mountain Sickness (AMS), avoid strenuous walking, hot showers, or alcohol on your first day. Drink plenty of water, move at a relaxed pace, and allow your body time to adapt naturally to the lower oxygen levels before beginning active sightseeing tomorrow.

Day 2: Lhasa City Highlights – The Potala Palace, Jokhang Temple, and Barkhor Street

After breakfast, we begin our exploration at the magnificent **Potala Palace**. Often described as "a golden feather upon the roof of the world," this architectural masterpiece is a site Tibetans claim as a premier miracle of human creation. Visible from miles away with its golden roofs shimmering in the sun, the palace offers a profound journey through Tibetan history. You will spend time wandering through its labyrinthine halls, exploring the former living quarters of the Dalai Lamas and marveling at the priceless Buddhist icons and jewel-encrusted stupas within.

In the afternoon, we head to the **Jokhang Temple**, the spiritual heart of Tibet. Inside, you will be immersed in a world of sacred art—every inch of the walls and ceilings is adorned with intricate mandalas and vibrant murals. The temple's crowning glory is the life-sized, 12-year-old statue of **Jowo Sakyamuni Buddha**, the most sacred object in Tibetan Buddhism. The air here, thick with the fragrance of incense and the chanting of monks, creates an atmosphere of deep devotion.

We conclude the day by joining the stream of adventurers on **Barkhor Street**. Following the *walking* around the temple, you'll walk through back alleys smelling of yak butter and juniper incense. It is a profound immersion into the rhythmic, spiritual life of Old Lhasa, where ancient traditions remain vibrantly alive.

Stay overnight in Lhasa.

Expert Elevation Insights:
Climbing the stone staircases of the Potala Palace requires ascending over 300 steps at an altitude of 3,700 meters. Pacing your steps slowly, taking short rest breaks on landing platforms, and keeping well-hydrated ensures a comfortable visit. Photography is welcomed on outer terraces but strictly prohibited inside the interior shrine chapels of both Potala Palace and Jokhang Temple.

Day 3: Lhasa Culture & Countryside – Dadong Village and Sera Monastery

Today, we escape the city for a visit to **Dadong Village**, widely regarded as the most beautiful village in the Lhasa area. Just 25 kilometers from the city center, this hidden gem offers a peaceful look at rural Tibetan life. We will first visit the ancient **Nyimatang Monastery**, followed

by a leisurely walk through the valley to visit a **local Tibetan family**. Here, you will experience the warmth of Tibetan hospitality and enjoy an authentic, home-cooked lunch, gaining a true sense of the local lifestyle.

In the afternoon, we head to **Sera Monastery**, founded in 1419. Known as "the Court of Wild Roses" for the flowers that bloom throughout its grounds, Sera remains one of Tibet's most important Buddhist seminaries. You can enjoy a short, scenic hike in the surrounding valley for panoramic views of the monastery. The day's highlight is witnessing the **famous Monk Debates**. Watch as the monks use energetic gestures and rhythmic clapping to challenge each other's philosophical knowledge—a captivating and unique cultural experience.

Stay overnight in Lhasa.

Expert Elevation Insights:
The Monk Debates at Sera Monastery take place every afternoon from approximately 15:00 to 17:00 (except Sundays). Arriving slightly early allows you to secure a good viewing spot along the courtyard perimeter while respecting monastic guidelines by keeping photography respectful and without flash.

Day 4: Lhasa – Yamdrok Lake – Gyantse – Shigatse

Today, we leave Lhasa and head into the heart of the Tibetan plateau. The journey begins with a dramatic ascent to the **Kamba-la Pass (4,700m)**, where you will be rewarded with your first glimpse of **Yamdrok Lake**. This dazzling, scorpion-shaped lake is famous for its shimmering turquoise waters. We will take a short hike along the lakeshore, allowing you to fully immerse yourself in the landscape while the massive peaks of **Mt. Nojin Kangtsang (7,191m)** tower in the distance.

Continuing our drive, we pass the majestic **Karola Glacier**, which spills down toward the highway from the 5,000m high pass. After crossing Simi La, we arrive in the historic town of **Gyantse (3,950m)**. Here, we visit the **Pelkor Monastery** and the stunning **Kumbum Stupa**. Built in the 15th century, this "100-Thousand-Buddha Pagoda" is a masterpiece of Tibetan architecture, housing thousands of exquisite murals and statues across its nine tiers.

In the late afternoon, we drive to **Shigatse (3,880m)**, Tibet's second-largest city and the traditional capital of the Tsang region. We will tour the magnificent **Tashilhunpo Monastery**, founded by the First Dalai Lama and the historic seat of the **Panchen Lama**. Walking through its grand halls and seeing the world's largest gilded statue of the Future Buddha is a profound spiritual conclusion to the day.

Stay overnight in Shigatse.

Expert Journey Insights:
Today's overland drive involves crossing high mountain passes exceeding 4,700 meters in elevation. Drink plenty of water and stay hydrated throughout the journey. Because weather conditions across mountain passes can change rapidly, dressing in flexible, windproof layers ensures maximum comfort as you experience the dramatic altitude and microclimates of southern Tibet.

Day 5: Shigatse to Everest Base Camp – Standing Before the World's Highest Peak

Today is the day many travelers consider the highlight of their Tibetan odyssey. We have an early start, driving westward along the famous **Friendship Highway**. The journey is a visual spectacle, crossing high mountain passes like the **Gyatsola Pass (5,248m)**, where you are greeted by fluttering prayer flags and your first panoramic views of the Himalayas.

Near the town of Shegar, we divert from the main highway for the final leg toward **Rongbuk**. This legendary route takes us through the **Gawu La Pass**, where, on a clear day, you will witness one of the most breathtaking sights on Earth: the simultaneous view of four peaks over 8,000 meters—**Mt. Everest (8,848m), Mt. Lhotse (8,516m), Mt. Makalu (8,463m), and Mt. Cho Oyu (8,201m)**.

Upon arriving at **Rongbuk Monastery**, the highest monastery in the world, you will be standing just steps away from the North Face of Mount Everest. The sheer scale and majesty of the "Goddess Mother of the World" (Qomolangma) are truly humbling. We will conclude the day by settling into a traditional nomadic tent or the monastery guesthouse for a unique, once-in-a-lifetime overnight stay near the base of the world's highest mountain.

Stay overnight at Everest Base Camp (Tent or Guesthouse).

Expert Summit Insights:
Overnight stays at Everest Base Camp (5,000m+) experience extreme temperature drops after sunset and low ambient atmospheric pressure. Thermal base layers, a heavy down jacket, windproof outer shells, and warm beanies are essential. Electricity is supplied by solar or generator power, so bringing fully charged power banks ensures your camera and phone batteries stay functional in the cold.

Day 6: Sunrise at Everest & Return to Shigatse

Wake up to a once-in-a-lifetime spectacle as the first rays of sunlight illuminate the pyramid-shaped summit of **Mount Everest**, turning the "Goddess Mother" into a glowing golden peak. After capturing this epic moment with your camera, we will visit **Rongbuk Monastery**, the highest Buddhist compound on Earth. Here, amidst the fluttering prayer flags and the crisp mountain air, you can experience a moment of unparalleled tranquility. Whether you choose to meditate in this sacred space or interact with the local monks and nuns to learn about their unique spiritual lives, the experience is profoundly moving.

In the early morning, the plateau air can be bitterly cold, so be sure to wrap up in your down jacket and scarf as you soak in the views. Eventually, we bid farewell to the world's highest peak, watching its majestic silhouette recede in the rearview mirror. Our journey takes us back along the zigzagging mountain roads of the **Sino-Nepal Friendship Highway**, descending from the high Himalayas through vast valleys and nomadic landscapes. By evening, we will return to the familiar comfort of **Shigatse**.

Stay overnight in Shigatse.

Expert Journey Insights:
Morning temperatures at Everest Base Camp frequently drop well below freezing prior to sunrise, making heavy thermal base layers, down jackets, windproof gloves, and beanies essential. As you drive back toward Shigatse (3,880m), descending over 1,100 meters from the base camp relieves altitude pressure, providing a noticeably comfortable and restful evening of recovery.

Day 7: Shigatse to Lhasa – Following the Yarlung Tsangpo River

Today, we journey back to the holy city of Lhasa, taking a scenic and slightly different route that follows the path of the mighty **Yarlung Tsangpo River** (the upper reaches of the Brahmaputra). This northern route offers a refreshing change of scenery compared to the mountain passes of the previous days.

As we drive through the wide river valleys, you will once again be wrapped in the endless, golden vistas of the Tibetan plateau. Keep your camera ready for the dramatic rock formations, vast sand dunes, and the sight of traditional Tibetan villages nestled along the riverbanks. This relaxing drive allows you to reflect on your Himalayan adventure while enjoying the serene, rhythmic landscapes of central Tibet. We will arrive in Lhasa by late afternoon, where you can enjoy a final evening soaking in the atmosphere of the city.

Stay overnight in Lhasa.

Expert Journey Insights:
Traveling along the Yarlung Tsangpo River valley route involves a smooth, lower-elevation highway that helps ease travel fatigue as you return to Lhasa. Your guide will be happy to recommend authentic local Tibetan restaurants or tea houses in downtown Lhasa for your final evening celebration.

Day 8: Lhasa to Lake Namtso – The "Heavenly Lake" Experience

Today, we journey toward **Lake Namtso**, the "Heavenly Lake," which sits at a breathtaking altitude of 4,718m. As one of the four most sacred lakes in Tibet and the highest saltwater lake in the world, Namtso offers a landscape that feels truly divine.

The drive north from Lhasa is a visual feast. You will witness the majestic, snow-capped **Nyenchen Tanglha** mountain range and see the famous **Qinghai-Tibet Railway** (the "Sky Road") cutting through the high-altitude wilderness. During the summer, the flourishing grasslands of Northern Tibet come alive with nomadic tents and herds of yaks and sheep. We will stop at the **Lagen-la Pass (5,190m)**, where you'll be treated to your first breathtaking vista of the turquoise lake stretching toward the horizon.

Upon arrival, enjoy a peaceful stroll around **Tashi Dor Island** and along the sacred lakeshore, where prayer flags flutter against the backdrop of crystal-blue water. To support local environmental conservation efforts and protect the lake's fragile ecosystem, we will drive back to **Damxung** for the night.

Stay overnight in Damxung.

Expert Elevation Insights:
Lake Namtso sits at an extreme altitude of over 4,700 meters, where air pressure and oxygen levels are significantly lower than in Lhasa. Walking slowly, staying well-hydrated, and avoiding sudden physical exertion is essential. Staying overnight in the lower-altitude valley of Damxung (approx. 4,200m) helps ensure a more comfortable and restful night's sleep.

Day 9: Damxung to Lhasa via Chimelong Nunnery and Tsurphu Monastery

After breakfast, we begin our journey back to Lhasa with a visit to the serene **Chimelong Nunnery** (Phyirmil Lung). This peaceful retreat offers a unique opportunity to learn about the spiritual lives and Buddhist studies of Tibetan nuns, a distinct and quieter side of Tibet's religious tapestry. From this vantage point, you may also see a traditional sky burial site in the distance—a profound reminder of the Tibetan belief in the impermanence of life and the cycle of rebirth.

Next, we proceed to **Tsurphu Monastery**, the historic seat of the Karmapa and the heart of the **Karma Kagyu (Black Hat)** school of Tibetan Buddhism. Established in the 12th century, the monastery is rich in history and art. If you are traveling during the summertime (June to September), you will have the delightful chance to join a **Linka outing**—a traditional Tibetan-style picnic—in the lush village at the foot of the hill. It's a perfect way to relax and mingle with the locals in a beautiful natural setting.

Finally, we drive back to Lhasa for your final evening in the holy city.

Stay overnight in Lhasa.

Expert Cultural Insights:
Visiting Tsurphu Monastery offers a quieter, deeply authentic alternative to urban monastic sites. When exploring the surrounding valley during summer, respect local customs during Linka picnics and enjoy traditional butter tea or sweet tea shared by local families.

Day 10: Departure from Lhasa

Your grand 10-day adventure through the spiritual heart of Lhasa, the majestic heights of Mt. Everest, and the heavenly waters of Lake Namtso concludes today. After breakfast, depending on your departure schedule, our guide and driver will provide a private transfer to **Lhasa Gonggar Airport** or the **Lhasa Railway Station**.

Our team will assist you with the check-in process to ensure a smooth and stress-free departure. As you leave the "Roof of the World," we hope the spiritual peace of the monasteries and the awe-inspiring beauty of the Himalayas remain with you as lifelong memories. We look forward to welcoming you back to discover even more hidden wonders of Tibet.

Expert tips:

*Many of our travelers combine this 10-day Everest & Namtso adventure with other iconic destinations in China. Whether you want to see the **Terracotta Warriors in Xi'an** after your tour or continue your journey to the **other cities in China**, we offer fully customizable multi-city packages.*

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

Tel:

Bejing: +86 904-6699-222
Chengdu: +86 904-6699-234
Lhasa: +86 904-6699-253
Cambodia: +84 904-6699-555

Address:

Address 1: Floor 4, Global Center, Chengdu, Sichuan, China

Address 2: Chaoyang Road No.21, Guilin, Guangxi, China

Email:

info@asiachinatour.com

Website:

www.asiachinatour.com