



Lhasa to Everest Base Camp Tour

URL: <https://naatatravels.com/trip/lhasa-to-everest-base-camp-tour/>

Duration

10 Days

Per Person Cost

USD 3010

Difficulty

Moderate

Group Size

2-16

Maximum Elevation

5250 meters

Accommodation

3-star hotel in Kathmandu
and tourist hotels

arrival_on

Kathmandu

Meals

Breakfast during the entire
trip

Departure

Kathmandu

Trip Route

Nepal

Trip Includes

Explore Lhasa: Visit Potala Palace, Jokhang Temple, and Sera Monastery.

Discover Gyantse: See Pelkor Chode Monastery and Kumbum Stupa.

Visit Shigatse: Explore Tashilhunpo Monastery, the seat of the Panchen Lama.

Scenic drive with views of Yamdrok Lake and Karola Glacier.

Visit Rongbuk Monastery, the world's highest monastery.

Reach Everest Base Camp and marvel at the north face of Mount Everest.

Experience the Tibetan plateau landscape around Tingri.

Interact with local Tibetan culture and monastic life.

Lhasa to Everest Base Camp Tour Overview

The 'Lhasa to Everest Base Camp Tour' begins and concludes in Lhasa. This trek will take you to Tibet's most famous historical and sacred sites. These include Sera Monastery, Drepung Monastery, Jokhang Temple, Khumbum Stupa, and Tashi Lhumpo. The tour package has several excellent passes. They are the crown jewels. They lead to the splendid turquoise Yamdrok Lake.

You can explore iconic landmarks. They include the Potala Palace and Norbulingka Palace. The Tibet Traditional Hospital, Barkhor Bazaar, and Gyantse Dzong also exist. You can see them while traveling from Lhasa to [Everest Base Camp trek](#). The route goes through diverse landscapes. It has serene lakes and glaciers but also fertile valleys and majestic mountains. It ends at the base of the world's highest peak, Mount Everest. The journey immerses you in Tibet's ancient culture and spiritual heritage. It will treat you to unmatched views of Everest. This makes it a truly unforgettable experience.

Trip Itinerary

Day : Arrival in Lhasa

We arrive in Lhasa by direct flight from Nepal or via China. If we fly from Nepal, we can enjoy some of the most beautiful views of the Himalayan range, including Everest, Kanchenjunga, and other mountains and glaciers. If we go from China, we can fly to Chinese cities or take the world's highest route to Lhasa. Upon our arrival in Lhasa, a representative holding a signboard containing your name will be there to pick you up, and they will escort you to your designated hotel in Lhasa. Resting for the rest of the day is better as it helps significantly acclimate to the high altitude.

Accommodation

3-star hotel

Meals:

Dinner

Altitude:

3656 meters

Day : Lhasa Sightseeing

We have breakfast and begin our exploration of Lhasa, where we visit the following places:

Potala Palace: Also known as the Winter Palace and named after Mount Potakala, Potala Palace used to be the residence of the Dalai Lama and is now a museum and a world heritage site. One can get amazing views of the entire city as well as the private quarters of the Dalai Lama from here.

Norbulingka Palace: Built in the 17th century, Norbulingka Palace was the summer settlement of Dalai Lamas until the 14th Dalai Lama. Thpalace's well-laid-out, colorful garden also includes the list of attractions here.

Next, we also visit the Tibetan Traditional Hospital, the center for treating patients, training, researching, and producing Tibetan medicine.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

3656 meters

Day : Lhasa Sightseeing

We continue our tour of Lhasa. We visit Drepung and Sera monasteries, Jokhang temple, and Barkhor Bazaar. Drepung Monastery is the world's largest monastery. Scholars believe it sheltered 10,000 monks. But today, their numbers have significantly fallen to a mere few hundred.

Sera Monastery is one of the three Gelung University monasteries. The others are the Drepung and Ganden monasteries. It is beautifully constructed with white walls and a golden roof. The main attraction of this monastery is the monk's debate, which is held every day except Sundays from 3 to 5 p.m.

The Jokhang temple is a sacred site. It uncovers the deep mysteries of Tibetan Buddhism. Inside, we can see the statue of Buddha Sakyamuni when he was twelve. We roam through Barkhor Bazaar, a market with open-air stalls, shops, and crowds of pilgrims.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

3656 meters

Day : Day Excursion to Ganden Monastery and Drayerpa caves

Today, we drive 110 km to Ganden monastery and Drayerpa cave and back to Lhasa. First, we visit Ganden Monastery at the top of Wangbur Mountain (3,800m) in Lhatse County, 55km east of Lhasa. Ganden Monastery is one of the three most famous and oldest monasteries. It has highly fragile murals and sculptures.

The monastery also has a suit of armor decorated with gems. Emperor Qianlong once wore it and then gave it to the monastery as an offering to Tsong Khapa, founder of the Gelug Sect. Next, we drive to Drayerpa Cave, a beautiful valley with a stunning landscape. There are more than 30 caves where Lamas used to meditate. We drive back to Lhasa to spend the night.

Accommodation

Toursit Hotel

Meals:

Breakfast

Altitude:

3800 meters

Day : Lhasa to Gyantse via Karo La Pass and Yamdrok Tso lake

Today, we are bound for a scenic drive to Gyantse. On the way, we cross the Khamba La Pass (4,794m). We stop to enjoy the beauty of the tranquil Yamdrok Tso (Turquoise Lake). It's one of the three largest

sacred lakes in Tibet. We also see the enormous Nazin Kang Sang glacier (7,252m). We cross another pas, The Karo La Pass (5Theall). The drive to Gyantse is pleasant. We see massive glaciers, lakes, and mountains. Once we reach Gyantse, we visit the Khumbum Stupa and Phalkot Monastery. We also see Gyantse Dzong (Fortress). It is one of the best-preserved dzongs in Tibet. We stayed the night in Gyantse.

Accommodation

Tourist Hotel

Meals:

Breakfast

Altitude:

5045 meters

Day : Gyantse to Shigatse via Shalu Monastery

In the morning, we drive towards Shigatse, the second largest city in Tibet. We visited Shalu Monastery, located on our way to Shigatse. Shalu Monastery, founded in 1040 A.D.A.D, is. It is well known for its beautiful and historical mural paintings. We continue to Shigatse. The famous Tashi Lhumpo Monastery there is the home of the Panchen Lama. It holds historical and cultural importance. Gendun Drup founded the First Dalai Lama in 1447 A. D. We have plenty of time later in the day to acclimate and rest for the daylong drive. We stay the night in Shigatse.

Accommodation

Tourist Hotel

Meals:

Breakfast

Altitude:

3900 meters

Day : Shigatse to Rongbuk via Sakya Monastery

After breakfast, we drive to Rongbuk. Our road trip starts through some lovely villages. We get the first glimpse of Mount Everest at the foot of the Gyatso La Pass (5220m). On the way, we visit Sakya Monastery or Pel Sakya. It is the ancestral temple of the Sakyapa sect of Tibetan Buddhism and provides access to Buddha's teachings. We continue our drive and cross Lalung La Pass. Then, we reach the highest-located monastery in the world, the Rongbuk Monastery, sitting on the lap of the immense Mount Everest.

Accommodation

Tourist Hotel

Meals:

Breakfast

Altitude:

5220 meters

Day : Rongbuk to Kyirong via Everest Base Camp

We start early in the morning and drive to Everest Base Camp (5,250 meters). It is the foot of the world's tallest mountain. We will also see two other eight-thousand peaks. Mount Everest is known as Mt.Chomolongma in Tibetan territory. Once we reach the Everest base camp, we can get marvelous views of the Rongbuk glacier. We make a 16km round trip to the Everest Base Camp and spend quality time at the base of Mt. Everest. Next, we make our way toward Kyirong, the last part of the Tibetan plateau we come into contact with. We stayed the night in Kyirong.

Accommodation

Tourist Hotel

Meals:

Breakfast

Altitude:

5250 meters

Day : Kyirong to Kathmandu

After breakfast, we complete the Nepal-Tibet border formalities and head for Kathmandu. The highway connects Tibet and Kathmandu. It passes through the Nepalese towns of Rasuwagadi, Syabrubesi, Dunche, and Trishuli. The roads are narrow, windy, and rough, but they are beautiful scenes of hilly landscapes, gorges, rivers, and waterfalls. Upon our arrival in Kathmandu, we will be transferred to our hotel. In the evening, we will have a farewell dinner program in authentic Nepali cuisine hosted by Naata Trek and Tours.

Accommodation

3-star hotel

Meals:

Breakfast and Dinner

Altitude:

1350 meters

Day : Departure

Today marks the final day of our trip. An airport representative from Naata Trek and Tours will drive you to the international airport for your departure.

Trip Includes

- All necessary Tibet travel permits
- Pickups and drops from airport and hotel(s)
- Everest National Park admission fee and Grass dame charge
- Use of private vehicles (van or Hiace or bus) for transportation
- Accommodation in Tibet on twin sharing basis with breakfast
- English speaking, trained and experienced Tibetan guide
- All fees for sightseeing and visits to monasteries as outlined in the itinerary
- All applicable taxes and service charges
- One night hotel accommodation in a 3-starred boutique hotel (B&B) with all taxes
- Farewell Dinner at Kathmandu

Trip Excludes

- Train ticket from China to Lhasa
- Chinese visa fee

- International flights from Kathmandu to Lhasa or from China to Lhasa
- Accommodation in Kathmandu
- Travel Insurance
- Meals other than breakfast in Tibet
- Tips for guides and driver
- Nepal visa

Additional Trip Information

Cost for 10 Days Lhasa To Everest Base Camp Tour

The cost of a 10-day Lhasa to Everest Base Camp tour can vary. It depends on many factors. These include the tour operator, the chosen level of accommodation, the travel season, and the specific itinerary. Generally, the cost can range from approximately USD 2000 to USD 4000 per person.

Here is a breakdown of what typically influences the cost:

- **Permits:** Including Tibet Travel Permit, Alien Travel Permit, and Everest Base Camp Entry Permit.
- **Accommodation:** Options range from basic guesthouses to comfortable hotels and sometimes include meals.
- **Transportation:** Includes flights to and from Lhasa and ground transportation throughout the tour.
- **Guide and Fees:** Costs for local guides, entrance fees to attractions, and other necessary fees.

For the most accurate pricing, contact reputable tour operators. They specialize in Tibet tours, like Naata Travels. They can provide tailored quotes based on your preferences and requirements.

Accommodations and Meals During Tour

This private tour goes from Lhasa to Kathmandu. You will stay in tourist-standard hotels the whole way. The rooms will be twined or triple-shared during the tour and have attached bathrooms. You will be staying in hotels such as Shambhala Palace in Lhasa. If you wish for a more premium experience, you can choose from two-star hotels and above.

Best Season to Visit Lhasa and Everest Base Camp

The best seasons for an overland journey from Lhasa to Kathmandu are March to May (Spring) and September to November (autumn).

Spring (March to May):

Spring in Lhasa and Everest Base Camp brings a refreshing change. As the winter chill fades, temperatures rise slowly. They get warm days and cool nights. The landscape comes alive with vibrant hues. Wildflowers bloom across the valleys and foothills. They contrast beautifully with the rugged terrain.

This season is great for trekking enthusiasts. They can explore the region without extreme cold or monsoon rains. Views of Everest and other peaks are usually clear and stunning. They are a delight for photographers. Tibetan festivals, such as Saga Dawa, enrich cultural experiences. They add a spiritual dimension to your journey.

Summer (June to August):

Summer brings warmer temperatures to Lhasa and Everest Base Camp. This is mainly in the lower altitudes, where days can be comfortably warm. However, it's also the monsoon season. There are occasional rains, mainly in July and August. They affect trekking conditions and visibility.

This period sees the most tourists. It's bustling in July and August. This leads to more crowded places to stay and popular attractions. Rain showers are occasional in summer. Summer provides many chances to explore Tibet's cultural and natural wonders.

Autumn (September to November):

Autumn is the best time to visit Lhasa and Everest Base Camp. The weather is mild and stable, with clear skies and crisp air. The landscape becomes a palette of golden hues. The foliage turns vibrant shades of red, orange, and yellow. This happens in October and is particularly striking. This season offers stunning views of Everest and surrounding peaks.

Cultural festivities, like the Harvest Festival and Thangka unveiling, add culture to your trip. They give insights into Tibetan traditions and spirituality. They make autumn a truly captivating time to visit Tibet.

Winter (December to February):

Winter in Lhasa and Everest Base Camp brings the region a serene and peaceful atmosphere. Temperatures drop a lot, especially at higher altitudes. *The landscape transforms into a winter wonderland with pristine, snow-covered peaks and valleys.* In winter, days are shorter and have limited daylight. But clear skies offer stunning views of the snow-capped mountains.

This season has fewer tourists. It provides a quieter and more intimate experience of Tibet's culture and nature. It's also a chance to see Tibetan New Year (Losar) celebrations in February. They feature traditional rituals and festivities that show the region's rich culture.

Trek Difficulty: Lhasa To Everest Base Camp Tour

Many consider the Lhasa to Everest Base Camp trek moderately challenging in terms of difficulty. Some of the factors that contribute to its difficulty level are:

High Altitude: The trek involves reaching altitudes over 5,000 meters (16,400 feet), which can pose challenges related to altitude sickness. Proper acclimatization and gradual ascent are crucial.

Length and Duration: The trek spans about 10 days, requiring good physical stamina and endurance for sustained hiking over varied terrain.

Terrain: The terrain varies from well-defined trails to rugged paths, with some steep ascents and descents. Trekking poles and sturdy footwear are recommended.

Weather Conditions: Weather in the region can be unpredictable, ranging from sunny days to cold temperatures, wind, and possible snowfall, especially at higher altitudes.

Remote Location: The trek occurs in remote areas with limited access to facilities and medical assistance, making preparation and contingency planning important.

Fitness Requirements: While no technical climbing skills are required, participants should be in good physical condition and ideally have some prior trekking experience at high altitudes.

Overall, the Lhasa to Everest Base Camp trek is doable for adequately prepared and fit trekkers. But, they must be aware of the challenges of altitude and the remote environment. A reputable tour operator can provide safety, guidance, and support.

Fitness and experience requirements

The Lhasa to Everest Base Camp tour is tough. It demands high fitness and trekking experience. The challenge comes from its rugged and rough terrain. Participants should have great heart and strength. They need to walk for long hours at high altitudes. These altitudes are often over 5,000 meters. Experience in multi-day trekking is highly beneficial.

This is especially true at elevation. It helps with managing the journey's demands and acclimatizing well. Experienced guides are essential. They reduce risks. They make the trip to Everest Base Camp from Lhasa safer and more fun.

Safety Throughout Tour

You will travel to places with altitudes over 3,500 meters. In some areas, altitudes go above 5,000 meters. So, it would help if you took safety precautions. It would help if you had travel insurance for Tibet. We strongly recommend one that covers all your type of travel. Travel insurance with all the needed coverages can go a long way. It ensures travelers' safety.

Documents Needed for a Lhasa to Kathmandu Tour

- You will require mainly three documents to travel to Tibet,
- A Tibet Entry Permit, which the Tibet Tourism Bureau issues in Lhasa
- A Chinese Visa
- Travel Insurance
- If you wish to travel to Tibet via Nepal, you must apply for a group Chinese visa from the Chinese embassy in Nepal. A visa applied from your own country would be invalid.

Frequently Asked Questions

What is the success rate of trekking to Everest Base Camp?

The 85-90% success rate is due to careful planning. This includes acclimatization schedules and experienced guides. They navigate rugged terrain and help with safety.

Is the Lhasa to Everest Base Camp tour suitable for beginners?

Yes, beginners can do the trek with preparation. They must get in shape to handle the rugged terrain and high altitude. Guided tours provide essential support and ensure safety during the journey.

What is the altitude of Everest Base Camp in Tibet?

Everest Base Camp (North) is in Tibet. It is at 5,200 meters (17,060 feet). You need to ascend gradually and take acclimatization stops to reduce altitude sickness risks and have a safe trek.

Do I need a guide for the Lhasa to Everest Base Camp tour?

Hiring local guides or porters is a good idea. They know the route well and can keep you safe. They also give insights into local culture and customs. They also assist in carrying equipment and supplies, easing physical strain on trekkers.

Is it safe to travel from Lhasa to Everest Base Camp?

What permits do you need for the Everest Base Camp trek?

You must obtain a Sagarmatha National Park entry permit and a TIMS (Trekkers' Information Management System) card. These can be arranged through a trekking agency or in Kathmandu.

What are the risks or challenges of trekking to Everest Base Camp?

Challenges include altitude sickness. Also, the weather is unpredictable. There are steep uphill climbs and few amenities at higher altitudes. Adequate acclimatization, good hydration, and awareness of weather forecasts reduce these risks. They ensure a safer trek.

Is It Expensive or Cheap for a Lhasa to Kathmandu Tour?

Lhasa and Kathmandu tours are expensive compared with other tours in Nepal. However, you can opt for a small group tour at a reasonable price. We fly to Lhasa. But we don't fly from Lhasa to Kathmandu. Instead, we enter Nepal overland from Lhasa. This helps keep the cost down.

Address

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