

## **Everest Advanced Base Camp**

### **Day 01: Arrive in Lhasa (3,650 m / 11,972 ft)**

Upon your arrival in Lhasa, a representative from Upper-Himalayan Treks and Adventure will meet you at an agreed upon location. From here we will travel to Tsedang and check into our rooms. We take the rest of the day to acclimate and prepare for our journey.

### **Day 02: Sightseeing in Lhasa: Potala Palace, Norbulingka Palace and Tibet Traditional Hospital: 5 - 6 hours**

We continue our tour in Lhasa where we visit the former residences of the Dalai Lama and a traditional hospital. The first place we visit is Potala Palace. It was built in the 17<sup>th</sup> century and has served foreign dignitaries and royal families with its many grand state rooms and chapels. The next place we visit is the Norbulingka Palace. It served as the summer retreat for the Dalai Lama and has the largest garden in Tibet. After touring the palace we visit a traditional Tibetan hospital. It is the center for treatment, training, research and production of traditional Tibetan medicine. We spend the night in Lhasa.

### **Day 03: Sightseeing in Lhasa: Sera Monastery, Drepung Monastery, Jokhang Temple and Barkhor Bazaar: 5 - 6 hours**

We continue our tour in Lhasa by visiting Drepung Monastery. It was built in the 14<sup>th</sup> century and at the peak of its use, it housed around 10,000 monks. We then turn our attention to Sera Monastery. It is a simple monastery with whitewashed walls and golden roofs. Our next stop is at Jokhang Temple. The temple is a sacred site, and gives insight into Buddhist philosophy. After touring the monasteries and temples, we walk through Barkhor Bazaar. The Bazaar contains open air stalls, shops, and international travelers on pilgrimage. We spend the night in Lhasa.

### **Day 04: Travel to Shigatse (3,900 m / 12,795 ft) Visit Gyantse, Kumbum: 367 km, 6 - 7 hours**

On our way to Shigatse we can see many beautiful landmarks. Kamba La Pass, Turquoise Lake, Mt. Nazin Kang Sa, and Karo La Pass are visible from the road to Shigatse. After entering Gyantse we visit Kumbum Stupa, Phalkot Monastery, Gyantse Fortress. After touring Gyantse we continue to Shigatse. The route to Shigatse is graced with captivating mountain landscapes. We spend the night in Shigatse.

### **Day 05: Travel to Lo Tingri (4,050 m / 13,284 ft): 305 km, 5-6 hours**

Today we travel along an ancient trade route to Lo Tingri. Nepali merchants used to trade rice grain, and iron for Tibetan wool, livestock, and salt. We can see Mt. Everest 8,848 m, and Shishapangma at 8,027 m while traveling to Lo Tingri. We stay overnight in Lo Tingri.

**Day 06: Travel to Lungchang and Trek to Lungchang Pang (4,600 m / 15,091ft): 1 hour drive, 3 hours trek**

After traveling to Lungchang we begin our trek. The trekking path is fairly simple. We ascend a small hill where we have fantastic views of the Himalayan mountain range. We then descend to Lungchang Pang where we spend the night.

**Day 07: Trek to Panga La Thang Over Nam La Pass (4,500 m / 16,732 ft) 5-6 hours**

We continue our trek to Panga La Thang. The trail has a slight inclination, but is mostly flat, which is characteristic of the plains of Tibet. As we move along the trail Everest gradually disappears behind the closer mountains and cairns and connecting prayer flags gradually line the trail. Once we reach Nam La Pass we are greeted by more cairns and prayer flags. We then turn to Pang La Thang to spend the night.

**Day 08: Trek to Rongbuk (5,000 m / 16,400 ft): 15 km, 4 - 5 hours**

On our way to Rongbuk we have uninterrupted views of Mt. Everest (8,848m/29,029ft) Makalu (8,481m/27,825ft), Lhotse (8,516 m/27,940 ft), and Cho Oyu (8,201 m / 26,906 ft). After entering Rongbuk we visit Rongbuk Monastery, which is positioned at the base of Mt. Everest and is the highest monastery on earth. We spend the night in Rongbuk.

**Day 09: Trek to Everest Base Camp (5,250 m / 17,220 ft): 4- 5 hours**

Today we stand on the tallest mountain in the world. We have incredible views of the surrounding mountains, moraines, glaciers and glacial valleys. The climate gestures to how amazing and unforgiving the altitude is. It is truly remarkable. We spend the night at Everest Base Camp.

**Day 10: Acclimate, and Go on Day Hikes Around Everest Base Camp**

We are treated today with day hikes around Everest Base Camp. We spend the whole day exploring the nearby hills and enjoying the beautiful scenery. At base camp, we have unparalleled views of the surrounding mountains and landscapes. We spend the night at Everest Base Camp.

**Day 11: Trek to Japanese Camp (5,460 m / 17,913 ft): 12 km, 3 - 4 hours**

On our way to Japanese Camp we follow Rongbuk Glacier down the mountain. It is an impressive ice wall seemingly caught in time. When we come to the end of the glacier we walk along the glacial moraine. At the end of the moraine we take the path that leads to Japanese

Camp. At Japanese Camp we have great views of Mt. Pumori. We spend the night at Japanese Camp.

**Day 12: Trek to Interim Camp (5,800 m / 19,028 ft): 7 km, 4 - 5 hours**

From Japanese camp we trek to Interim Camp just on the other side of a nearby glacier. We can see giant ice pinnacles, glaciers, and endless mountains like Pumori (7,161 m / 23,494 ft) and Nuptse (7,861 m / 25,791 ft). We spend the night at Interim Camp.

**Day 13: Trek to Changtse Base Camp (5,950 m / 19,520 ft): 5 km, 3 - 4 hours**

Changtse lies between Main Rongbuk and East Rongbuk Glaciers on the north side of Mount Everest. Changtse connects to Everest by the North Col. Changtse Base Camp provides the best panoramic views of Mt. Everest and the surrounding mountains. We spend the night at Changtse Base Camp.

**Day 14: Trek to Everest Advanced Base Camp and Return to Changtse Base Camp (6,340m/20,800ft): 7 to 8 hours**

We continue our trek to Advanced Base Camp, which is situated near Changtse Glacier. At Advanced Base Camp the top of Everest looks close enough to summit it. The summit is actually 2,400 meters away from camp and is the closest non-climbers can get to the top. From Advanced Base Camp we return to Changtse Base Camp and spend the night.

**Day 15: Return to Everest Base Camp and Travel to Tingri (4,348 m / 14,268 ft): 5 -6 hours trek, 2 hour drive**

We casually trek to Everest Base Camp taking in the sights and acclimating. On our way to base camp we continue to have amazing mountain views. From base camp **we travel to Tingri and spend the night.**

**Day 16: Travel to Kerung (2,800 m / 9,186 ft): 4-5 hours**

We leave Tibet for Nepal today. We travel to Kerung, which is a border town just inside Nepal's north border. We spend the night in Kerung.

**Day 17: Travel to Kathmandu**

While on our way to Kathmandu we can enjoy the southern side of the Himalayan Mountain Range. The differences and similarities in the landscape are just as evident as in Nepali people and their culture. We check into hotel rooms and spend the night in Kathmandu.

**Day 18: Conclude Trip**

We conclude our tour of Tibet in Kathmandu. If you wish to stay in Nepal, further accommodations can be arranged or if you are leaving we will assist in preparations and transport to the airport or train station.