

Lhasa and Everest Base Camp Tour

Day 01: Arrival 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 a hotel and check into our rooms. Due to the altitude of Lhasa (11,972 ft), we recommend taking the rest of the day to acclimate.

Day 02: Lhasa sightseeing: Potala Palace, Norbulingka Palace and Tibet Traditional Hospital: 5 - 6 hours

Today, we visit the former residences of the Dalai Lama. Potala Palace was built in the 17th century and is known for its views of Lhasa. The palace is filled with numerous state rooms, chapels, and remarkable works of art. Norbulingka Palace was the summer residence of the Dalai Lama. It hosts the largest garden in Tibet. From Norbulingka Palace, we visit a traditional Tibetan hospital, which is the center for research and production of traditional Tibetan medicine. We spend the night in Lhasa.

Day 03: Go 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 14th 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 Gyantse (3,950 m / 12,956 ft): 5 - 6 hours

Our day begins with a scenic drive to Gyantse. Along the way we stop at Yamdrok Lake (Turquoise Lake). The turquoise lake is surrounded by rolling hills in vast landscape. From here we can see Nazin Kang Sang Glacier. As we continue on our travels we pass over Karo La Pass at 5,045 m. From the pass we can see huge glaciers seemingly frozen in their dynamic cascade. When we reach Gyantse we tour Kumbum Stupa, Phalkot Monastery, and Gyantse Fortress. The fortress is one of the best preserved in Tibet. We spend the night in Gyantse.

Day 05: Travel to Shigatse (3,900 m / 12,795 ft), Tour Tashilhunpo Monastery: 2 hours

After arriving in Shigatse, the second largest city in Tibet, we visit Tashilhunpo Monastery. The Monastery is both culturally and historically important. It was founded in 1447 AD by Dendun Drup, who was the first Dalai Lama. We have the rest of the day to explore the area. We spend the night in Shigatse.

Day 06: Tour Sakya Monastery, and Travel to Rongbuk (5,000 m / 16,400 ft): 8 - 9 hours

On our way to Rongbuk we stop at Sakya Monastery. The monastery belongs to the Sakyapa sect of Tibetan Buddhism. It was built in 1268 by Sakya Sangpo and is set in the Mongolian style of architecture. After arriving in Rongbuk, we visit the Rongbuk Monastery. It is the highest monastery in the world at 4,980 m. From its location on the base of Mt. Everest, we can see the Himalayan mountain range with its many glacial carved valleys and glaciers. We spend the night in Rongbuk.

Day 07: Visit Everest Base Camp and Travel to Lhasa: 9-10 hours

On our way to Everest Base Camp, we can enjoy the beautiful high mountains. Cho Oyu (8,201m/26,906ft), Shishapangma (8,013m/26,289ft) and Everest (8,848m/29,028ft) are distinguishable. At Everest Base Camp (5,250m/17,220ft) we get a firsthand look how amazing and unforgiving the climate can be to mountaineers. After walking around base camp we travel to Lhasa to spend the night.

Please note: Inclement weather or political unrest may cause the local government to close the road to Everest Base Camp without prior notice. If this is the case, we can rearrange the itinerary to allow a visit to the base camp.

Day 08: Final Departure

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