

Namtso Lake and Everest Base Camp Tour

Day 01: Arrival in Lhasa and transfer to Tsedang (3,550 m / 11,646 ft): 95 km, 2 hours

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: Travel to Lhasa (3,650 m / 11,972 ft) and Visit Samye Monastery, Chim Phu caves and Yambulakhang palace: 150 km, 8-10 hours

After breakfast we begin our tour of Tibet with a visit to Samye Monastery. The monastery is over 1,200 years old and was founded by the spiritual leader Rimpoche. It was also the first monastery built in Tibet. Just above the monastery are the Chim Phu caves. The caves are occasionally used by monks who wish to meditate in a traditional fashion. After we tour the caves we continue to Yambulakhang palace. The palace overlooks Yarlung valley and is beautiful to behold. From the palace we travel to Lhasa to spend the night.

Day 03: Go Sightingseeing 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 17th 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 04: Visit Namtso Lake: 8 hours

Today we visit Namtso Lake (4,718 m). It is the world's highest saltwater lake. The sapphire blue water is accented by the surrounding snow topped mountains. The name Namtso translates to "heavenly lake," which is a perfect description for it. After visiting the lake we return to Lhasa to spend the night.

Day 05: 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 06: Travel to Gyantse (3,950 m / 12,956 ft) and Visit Karo La Pass and Yamdrok Tso Lake: 325 km, 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 07: Travel to Shigatse (3,900 m / 12,795 ft) via Shalu and Tashilhunpo Monasteries: 95 km, 2 hours

On our way to Shigatse from Lhasa, we visit Shalu Monastery. It was founded in 1040 AD and is known for its ancient and beautiful murals. 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 08: Travel to Rongbuk (5,000 m / 16,400 ft), and Visit Sakya Monastery: 355 km, 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 a the Himalayan mountain range with its many glacial carved valleys and glaciers. We spend the night in Rongbuk.

Day 09: Visit Everest Base Camp, and Travel to Lhasa: 599 km, 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 10: 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.