

8 Days Mt.Everest Base Camp Tour from Lhasa

Basics

Tour Code: LCT - Tibet - 8D - 01

Attractions: Potala Palace, Jokhang Temple, Barkhor Street, Norbulingka, Drepung Monastery, Sera Monastery, Namtso Lake, Mt.Everest

Overview: Have you dreamed of making an adventure to Mount Everest? If you do, this tour will make your dream come true. You will drive through the magnificent glaciers towards the roof of the world and camp at the Mt. Everest foot. There are also lofty Tibetan monasteries, pristine Yamdroke lake, majestic Potala Palace, antique Barkhor Street, and endless plateau landscape waiting for you to explore.

Highlights

- Marvel at the sacred Potala Palace and learn the beautiful stories of Songtsen Gampo and Princess Wencheng;
- Observe monks debating at Sera Monastery;
- Follow the local pilgrims around the Barkhor Street and be impressed by their devoutness;
- Enjoy leisure time at Yamdrok Lake and ride a yak if you want;
- Stay overnight at the Everest Base Camp and dive deep in the superb scenery of the northern side of the high peak;
- Find out the past glory of the Shigatse.

Itinerary

Date	Starting Time	Destination
Day 1	Flexible	Arrival in Lhasa
Day 2	9:00 a.m	Norbulingka, Drepung Monastery, Sera Monastery
Day 3	9:00 a.m	Potala Palace, Jokhang Temple, Barkhor Street

Day 4	8:00 a.m	Lhasa - Shigatse, Yamdrok Lake, Palcho Monastery
Day 5	9:00 a.m	Shigatse-Tingri, Tashilunpo Monastery
Day 6	9:00 a.m	Rongbuk Monastery, Mount Everest
Day 7	8:00 a.m	Shigatse - Lhasa (6h), Yarlung Tsangpo Grand Canyon
Day 8	Flexible	Lhasa Departure

Day 1: Arrival in Lhasa

Upon your arrival in Lhasa, either by train or plane, our Lhasa guide and driver will pick you up and transfer you to your hotel. The rest of the day will be in your hands. Please take the time to acclimatize the high altitude.

Day 2: Norbulingka, Drepung Monastery, Sera Monastery

After breakfast, our first destination will be the summer palace for the Dalai Lamas - the **Norbulingka**. There, you can slowly breathe in the fresh morning air and get used to the high altitude. The luxuriant trees, flowers, beautiful ponds, and magnificent palaces will ease your mind.

Then, we will drive for the **Drepung Monastery** - the highest-ranking monastery in the Gelug Sect. As a school of Dalai Lamas, the Drepung Monastery has played a crucial role in Tibet Buddhism. “Drepung” in the Tibetan language means “piles of rice,” which symbolizes prosperity. The fact is that the monastery has housed over 10,000 monks by now. It will be a journey of the spirit.



At last, we will head for the **Sera Monastery**, another great local monastery famous for its grand ceremony of the Buddhist debating and beautiful temples. You will

Tel: +86 18629295068

Email: lilychinatours@hotmail.com; service@lilysunchinatours.com



have a chance to observe monks debating with each other over the Buddhist scriptures.

Day 3: Potala Palace, Jokhang Temple, Barkhor Street

After breakfast, you will head for the **Potala Palace**, the landmark of Tibet. It was the political center of Tibet since the 7th century and served as the winter palace for Dalai Lamas in later generations. You will spend 1-2 hours wandering around this magnificent building and marvel at the luxuriant lifestyle of Tibetan rulers.



In the afternoon, you will set out for the **Jokhang Temple**. Like other monasteries of Tibet, Jokhang Temple also has many individual temples and painted saints and lamas. There are three of them particularly interesting, the statues of Princess Wencheng, Songtsen Gampo and Princess of Nepal. You will hear so much about their stories.

Afterwards, we will stroll around the **Barkhor Street** where you will encounter hordes of pilgrims walking around the Jokhang Temple, a unique way of worshipping their deities. You can also see a lot of stylish buildings along the street where stores and shops are lining up.



Day 4: Lhasa - Shigatse, Yamdrok Lake, Palcho Monastery

After breakfast, your adventure continues to **Shigatse**, the largest city in Tibet. The first sight for today is the holy **Yamdrok Lake**. Praised as “the most beautiful water on earth,” the Yamdrok Lake is the “turquoise earrings dropped by the goddess” in the hearts of the Tibetan people. No matter which angle you view the



lake, you will always be presented with an extremely rich blue color. The towering Gangbala Mountain capped with snow in the north makes it even more endearing. Besides, the lake is the largest bird habitat in southern Tibet, where you will see a lot of swans, ducks, water birds, fiegles, egrets, and seagulls. It's striking to see numerous eggs being laid on dozens of small islands in the lake during the spawning season. On the banks of the Yamdrok, flocks of yaks and sheep are browsing leisurely. If you want, you can ride a yak like a local Tibetan.

Next, we will head for the Gyantse, on the way there, we will pass by the splendid **Karuola**

Glacier. It's one of the three continental glaciers in Tibet and the eastern source of Nianchu River.

Your last sight today is the **Palcho Monastery** in Gyantse. It's a classic Tibetan Buddhist monastery integrated Han, Tibetan, and Nepali architectural characteristics. The monastery has two extraordinary parts.



On the one hand, Sakya, Kadam, and Gelug sects exist in the monastery simultaneously. On the other hand, there is the Kumbum Stupa, the symbol of Palcho Monastery. It's not an ordinary stupa. Instead, it's composed of nearly 100 Buddha halls. Inside the stupa are over 100,000 Buddhist statues.

Stay overnight in a hotel of Shigatse.

Day 5: Shigatse-Tingri, Tashilunpo Monastery

After breakfast, you will explore the **Tashilunpo Monastery**, one of the six great Shamanism monasteries in Tibet. It was built by the first Dalai Lama I Gedun Drub, the eighth disciple of Tsongkhapa and the first person to introduce Shamanism into Tibet. Since the 17th century, the Tashilunpo Monastery became the preaching place for later Panchen Erdeni.



After the tour, we will drive to Tingri. The journey will take about 4.5 hours but don't worry; there will be plenty of views. You will have the afternoon free for yourself and be ready for the Mt. Everest Base.

Day 6: Rongbuk Monastery, Mount Everest

After breakfast, we will drive for the **Rongbuk Monastery**. Located at the foot of Mount Everest, the Rongbuk Monastery is the world's highest monastery. The monastery was built here because the monks wanted a serene place for chanting and rest. However, the travel surge of Mount Everest has made the monastery popular as well. You will see a lot of stone piles inscribed with English, Japanese and Italian words.



After visiting the monastery, we will proceed to **Mount Everest**. It's about 20km from the monastery, but the mountainous road can be very bumpy. Luckily, there is spectacular scenery awaiting ahead. You will enjoy the magnificent sunset at the Everest Base Camp. Drive back to Shigatse in the evening.



Day 7: Shigatse - Lhasa (6h), Yarlung Tsangpo Grand Canyon

After breakfast, we will drive to Lhasa, but we will pass the **Yarlung Tsangpo Grand Canyon** on the way there. You can take some fantastic places of the snowy peaks, twisting rivers, beautiful lakes, and pristine Tibetan villages. After that, you will head back to Lhasa.



Day 8: Lhasa Departure

Tel: +86 18629295068

Email: lilychintours@hotmail.com; service@lilysunchinatours.com

Your guide and driver will pick you up a few hours before your flight and take you to the airport

What's Important:

What's included:

Tibet Travel Permit.
Air-conditioned vehicles with experienced driver.
Licensed English-speaking tour guide.
Entrance fee for sights mentioned in the itinerary.
Bottled water.

What's not included:

Meals
Personal expenses or private entertainment items at sights.
Tips or gratuities for guide and driver if we did a good job (recommended)
Accommodation
Airfare or train fare to Lhasa.

What to take: smile and a relaxed enthusiastic attitude.

Good to know:

1. This trip involves several cities that host mostly minority people, some of whom don't even speak Mandarin, let alone English. They have their own languages. We can't promise that the local guides will possess the English language skills as masterfully as the guides in big cities like Beijing, but we do promise that you will understand them. They will be very polite, enthusiastic, and eager to share what they know about their hometown.
2. As our customer, your time is very valuable to us. We will never take you to any factories or shops for shopping.

3. For lunch, we will take you to a nice local restaurant, where you can enjoy the local food at a fair price. Please inform us about your food preferences in case you have any allergies.
4. A regular day tour will last 8-9 hours. If you want a tour with a duration exceeding the working period of our tour guide and driver, we need to charge you for your extra hours at the standard rate of 100 RMB per hour.
5. The tour we provide you is based on days, not the hours. A regular day tour will last 8-9 hours. In case you only need our service for between 6 hours to 8 hours in one day, we will consider it a day tour.
6. Please be aware that your itinerary can be changed at anytime. Whenever you want to adjust it, we will help you with that.
7. What we provide are high-quality private tours, you will only be with your families or friends. There are no other people joining your tour.

FAQ

1. Is it hard to get to the Everest Base Camp?

It's not hard to get to the Everest Base Camp, but the road there is not a pleasant one. We will have a local driver ready to take you there safely.

2. Can I see Everest from base camp?

Yes, you can see Mount Everest from the Everest Base Camp.

3. How dangerous is Everest Base Camp?

Everest Base Camp itself is not dangerous. What makes it dangerous is the altitude sickness and the climate. Please consult your physician before visiting the Everest Base Camp. Those who suffer from heart problems or high blood pressure are not recommended to visit. Also, please bring some warm clothes, the weather here can be harsh.

4. How to get a Tibet Travel Permit?

We will help you with the Tibet Travel Permit. Once your Tibet trip is confirmed, you just need to

Tel: +86 18629295068

Email: lilychinatours@hotmail.com; service@lilysunchinatours.com

submit your passport and Chinese visa copies. We will apply the Tibet Travel Permit for you and send the copy to you. You'll need it for the flight or train.

5. Can I visit Tibet on my own?

No, you can't visit Tibet on your own. There are some strict policies regarding the travel in Tibet, of which a major one is that all foreign travelers need Tibet Travel Permit, and a local tour agency can only apply it. Therefore, you can only hire a tour agency to travel to Tibet.

6. Where is Yarlung Tsangpo Grand Canyon?

Yarlung Tsangpo Grand Canyon is located in the south of Tibet Autonomous Region, north of the Himalayas.

7. How long is the Yarlung Tsangpo Canyon?

The whole Yarlung Tsangpo Canyon is 504.6km long, and the deepest part is 6009m.

8. Can I try some Tibetan costumes?

Yes, we can help to rent some Tibetan costumes for you.

9. How to get to Lhasa?

Lhasa has many direct flights to domestic cities like Beijing, Shanghai, Chengdu, Chongqing, Xian, Guangzhou, Xining, Shenzhen, Hangzhou, Guiyang, Xiamen, etc. Also, trains are connecting Lhasa and other major cities of China. However, taking a train will cost you too much time.

10. How is the weather in Lhasa? When is the best time to visit Lhasa?

Lhasa has a relatively moderate temperature with small annual temperature differences but a distinct temperature difference between day and night. The best time to visit Lhasa is from June to September when the climate is the best, the oxygen concentration is the highest, and the scenery is the most beautiful. Most cities are unbearably hot during the time, but the Lhasa is at its prime

times thanks to its advantageous location. Therefore, Lhasa is an excellent resort in Summer.

11. How to get to Lhasa downtown from the airport?

Shuttle buses are running between the downtown area and the airport. However, if you want a trouble-free transfer, we can arrange a private car. The whole journey lasts about 80 minutes.

12. Is it safe to rent a car in Lhasa?

It's safe to take a taxi in Lhasa, but you might be overcharged. We suggest you hire a local tour agency like us to help you with transportation. In this way, you will have plenty of time to travel.

13. Can we take a bath in the Lhasa hotel?

Lhasa is mostly the same as other big cities in China. It also has many four-star and five-star hotels of international standard. You don't have to worry about the bath problem.

14. What local food do you recommend us to taste?

There is so much local food waiting for you to taste, and we highly recommend tsampa with butter and cheese, butter tea, yak meat, Tibetan noodles, sweet tea, and highland barley wine.

15. Can you recommend some souvenirs?

There are many local specialties in Lhasa like Thangka, Tibetan silverwork, yak fur, cordyceps sinensis, local milk, Tibetan wine, carpet, etc.

16. Why can't I take a bath when I just arrive in Lhasa?

There are two reasons you can't take a bath right after you get to Lhasa. On the one hand, you might catch a cold during the shower as Lhasa's temperature is lower than most places in China. It's very dangerous to get cold in the plateau region because sickness can easily cause pulmonary inflammation. On the other hand, the hot bath may make you dizzy, especially in a place deficit in oxygen as Lhasa. Therefore, please give your body some time to adapt to the height.

17. How can I book the ticket for Potala Palace?

There is a limit regarding how many tickets can be sold per day. Therefore, people often book tickets in advance. You can either book on the official website of the Potala Palace, or buy on the spot. To make everything easy, we are here to help.

18. Is Tibet safe for tourists?

Yes, Tibet is very safe for tourists. You will have a local guide and driver to get you around. There is nothing to worry about.