

Overview

Kathmandu to Lhasa Overland tour via Everest base camp is one of the rewarding trip in the Himalayas. Kathmandu to Lhasa - The land known as 'the roof of the world, Tibet is waiting to be explored. Entering via the 'back door route from Kathmandu, the tour takes a roller coaster like route through high mountain passes and across the highest inhabited plateau on earth, experiencing important religious and trading centers and absolutely incredible scenery, to the spiritual heart and soul of Tibetan Buddhism – Lhasa. In the mystical capital of Lhasa, there is ample time to explore the former home of the Dalai Lama, Potala Palace, Tibet's world famous resplendent landmark with over 1,000 rooms and 10,000 shrines. There is also Jokhang, Tibet's holiest temple with its priceless statues and frescoes, and the Norbulinka, or Summer Place, from which the present Dalai Lama fled in 1959. Shoppers mustnt miss the Barkhor, the bustling bazaar of old Lhasa which is right on the pilgrim's circumambulating route around Jokhang.

From here, you can conclude your tour with a flight back to Kathmandu and connecting flights home – or you can journey on into other parts of China via air or perhaps the new Qinghai-Tibet railroad – the world's highest rail adventure – ask for details.

Itinerary Details

Day 01 : Kathmandu

Welcomed at the airport and transfer to hotel. Free day at leisure. Welcome dinner with cultural performance. Accommodation in a deluxe 3 star hotel.

Day 02 : Kathmandu

While applying your Chinese visa, you will explore the ancient medieval arts and architecture of Kathmandu . Visit Monkey temple, Bodhanath-the biggest Buddhist stupa and medieval principality of Bhaktapur as known as the city of devotees. Free afternoon for you to prepare for the trip. Overnight hotel

Day 03 : Kathmandu - Tibet Border - Zhangmu

Upon arrival at the Tibet borderwith Kathmandu, our guide from Lhasa will meet you and pick you up at the Chinese side of Friendship bridge. You'll drive to Zhangmu and check into your hotel. Today is free at your own to prepare for the lifetime overland trip. Tips of today: 1. Go for some walking to acclimate the high altitude but avoid strenuous activity after arrival; 2. You'd better not have bath; 3. Drink more water, and have some fruit; 4. Have a good rest

Day 04 : Zhangmu - Old Tingri (B)

Today we'll drive to Old Tingri and stay there overnight. It takes about 4-5 hours. Have a good rest and prepare for your Mt. Everest trip. Stay overnight in Old Tingri. After you arrive at your hotel, the rest of the day is free for you to explore the local area and become acclimatize to the altitude. Tip of today: Today, we will climb up about 2000m in a day from Zhangmu at 2300m to Old Tingri at 4300m. A good rest and take things easy is very important. In a clear day, you will see Mt. Everest from a distance. Make sure your camera battery is fully charged.

Day 05 : Old Tingri - Mt. Everest Base Camp - Tingri(B)

After several hours on the road you will finally arrive at Rongbuk Monastery which is located at the foot of Mount Everest and has earned the title of the world's highest monastery standing at 4,980 meters high. Take a shuttle bus or hike to Mt. Everest Base Camp (about 5,200m). You can appreciate the spectacular Himalaya and the highest mountain in the world. Then driver to Tingri for overnight. Tips of today: 1. It requires a 2 hour trek from the monastery to the first base camp. Obviously, it can be quite cold there, so pack warm clothes; 2. If you take a shuttle bus from Rongbuk Monastery to the Everest base camp (8km) it should take about 15mins; 3. You will not stay overnight in the camp today, for coming into Tibet from Kathmandu won't allow enough time for you to get used to the high altitude. We arrange visitors to pay a shorter visit to the Mt. Everest, but save their energy for the rest of the tour.

Day 06 : Tingri - Shigatse (B)

Today you'll drive to Shigatse and stay there overnight. En route visit Sakya monastery. In the 13th century, the monastic town of Sakya emerged as an important center of Buddhist scholarship. With Mongolian military support, the Sakya lamas became rulers of all Tibet. Sakya Monastery, built in 1268, is a massive fortresslike compound with high defensive walls in the southern section of the monastery. There are a lot of historical articles in the monastery, among them are: Imperial certificates, gold signets, crowns, and clothes given by the Yuan Dynasty emperors. Sakya monastery has over 84,000 Tibetan scriptures and books on astronomy, medicine, calligraphy, and history. Tip of today: 1. If you are particularly interested in history or architecture, it may be worthwhile to do a bit of research in preparation for this visit; 2. Landscape along the road is amazing.

Day 07 : Shigates - Gyantse (B)

Today, before driving to Gyantse from Shigatse, visit Tashilhunpo Monastery, the seat of Panchen Lama and one of the largest functioning monasteries in Tibet. Admire the beautiful frescoes, statues and sculptures. Here you will see a giant statue of Future Buddha, the largest one of its kind on earth, decorated with precious pearls, turquoises, corals and ambers. Stay overnight at Gyantse. Tip of today: 1. The road condition is fairly good so the 90km drive from Shigatse to Gyantse is pleasant. Please do not hesitate to tell the driver that you want to take a break to stretch your legs or take pictures on the way; 2. Obey Buddhist manners and talk appropriately when visiting Tashilhunpo.

Day 08 : Gyangtse - Yamdrok Lake- Tsetang (B)

After a drive of about 100km, you will get to appreciate the Holy Lake of Yamdrok, one of three most famous holy lakes in Tibet. For Tibetans, it is one of the four holy lakes of Tibet and the home of the “wrathful deities”. The scenery of turquoise blue water in the lake with the reflection of surrounding snow-capped mountains is awesome. Next, head to Tsetang, which is known as “the cradle of Tibetan Civilization” for two reasons: first, its mild weather and fertile land conceived the great Tibet dynasty; second, it’s the birthplace of the first Tibetans who were said to be the offspring of a monkey and a demoness. Visit Yumbulagang the first palace in Tibet. Also, take a look at Trandruk Monastery. According to legend, the site where the Trandruk Monastery lies once was a large lake and an evil dragon with five heads lived in the lake. The evil dragon caused havoc for the people living around the lake. In order to defeat the dragon and save the villagers, Songtsen Gampo turned into a roc and fought with the dragon, finally managing to kill it. The Trandruk Monastery was built to commemorate Songtsen Gampo’s great deeds. Many pilgrims come to Trandruk monastery to worship. Stay overnight in Tsetang. Tips of today: 1. Prepare enough food and drinks for long driving of today; 2. No swimming in the Yamdrok Lake.

Day 09 : Tsetang - Samye Monastery - Lhasa (B)

In the morning we drive to Samye monastery with spectacular views from Pisha and the vista of the Samye valley along the way. From the high point of Dragmar, explore many temples, and ruins. At Samye itself, explore one of the oldest and holiest Buddhist sites, Samye Monastery. Its ancient buildings are a Tibetan architectural masterpiece. Samye monastery was the first Buddhist monastery erected in Tibet. The first floor is Tibetan style, the second is Han style, and the third is Indian style. Head to Lhasa. Tip of today: 1. Obey the Buddhist manners; 2. Have a good rest after arrival at Lhasa.

Day 10 : Lhasa (B)

After breakfast we visit Drepung Monastery, Sera Monastery, Jokhang Temple and Barkhor Bazaar. Drepung Monastery, which was built in the 14th century, is believed to have sheltered around 10,000 monks in the past but as of now there has been quite a declination resulting in only a few hundred. The history, culture, and religious beliefs of the Tibetan people are strongly concentrated and centered in this marvelous monastery. Sera Monastery is a preserved monastery of white-washed walls and golden roofs. Jokhang Temple is another important sacred site which unravels more deep-seated mysteries of Tibetan Buddhism. We further stroll through Barkhor Bazaar (market). With its open air stalls, shops and crowd of pilgrims, it is the nerve centre of Lhasa. Overnight in Lhasa. Take the challenge of climbing up to Potala Palace (3,650m above sea level) and get a great view of Lhasa’s urban areas. Great photographic opportunities along the way up as you will have a great view of the traditional Tibetan architecture. Hear the story of the Dalai Lamas and see chapels that the Dalai Lamas studied, rested and worked in. Pass former Dalai Lamas’ graves which are decorated with treasure beautiful treasures.

Day 11 : Lhasa (B)

After breakfast, you are driven to visit the Norbulingka Park, the former summer palace of Dalai Lama. Explore the beautiful gardens and experience one of the most holy sites in Tibetan Buddhism while soaking up the rich history. Next, come to Drepung Monastery, which was once the largest Tibetan Buddhist monastery housing 10,000 monks in its heyday. Learn about the lives of Tibetan monks. Your tour ends at Sera Monastery, where you will get the chance to experience "Buddhism Scriptures Debating". These debates are unique to Sera and are quite famous. Enjoy the debates! Tips of today: 1. Obey Buddhist manners and talk appropriately. 2. Feel free to ask tour guide questions about Buddhism or else; 3. Don't forget take your sun glasses and suncream.

Day 12 : Departure

Our adventure Tour comes to an end today! If we have more time we can do some shopping or sightseeing. A representative from Mountain Sherpa Trekking & Expeditions will escort us to the airport for our onward journey. We can either get back to Kathmandu by flight or Flight to Chengdu or continue to mainland China on our way to home.