



Trip Facts

Price: USD 2950

Duration: 8 days

Trip Profile: Nepal to Tibet Overland Tour with Everest Base Camp

Geography: Tibetan Plateau/Arid Landscapes

Location: Nepal/Tibet

Max Altitude: 5,200m

Accommodation: Hotel/Tea house/Lodge

Meals: All meals included during the trekking

Religious: Hindu/Buddhism

Ethnic People: Tibetans

Transportation: Flight/Tourist bus/Private vehicle

Group Size: 02-15 Pax

Highlights

- Explore the Everest Base Camp and relish the sights of the Mt. Everest (8848m)
- Tour around the Lhasa City including destinations like Sera Monastery, the Potala Palace, and Jokhang Temple
- Shigatse tour that includes visiting the Rongbuk Monastery

Overview

Nepal to Tibet Overland Tour with Everest Base Camp is a short journey that incorporates the



best of cultural and natural hallmarks of Nepal and Tibet. It is a beautiful short adventure that is perfect for people who want to have an experience that combines both cultural opulence and natural marvels in a short time. Moreover, the Tour also includes the famous Everest Base Camp, visited from the rather less-conventional Tibetan side. It is a journey that takes you from Kathmandu to Tibet's prominent towns like Gyirong, Tingri, and Shigatse among others. This overland tour by the Himalaya Land Treks presents the best attractions in Tibet.

Nepal to Tibet Overland Tour with Everest Base Camp starts from Kathmandu, from where you will be driving to Gyirong in Tibet. The distance from Kathmandu to the Rasuwa Bridge of Gyirong Port is about 160 kilometers. The Gyirong Port is the China-Nepal border. From Kathmandu, it takes 6 hours to reach Gyirong. To enter Tibet, you need to obtain a Group Tourist Visa and a Tibet Travel Permit. We shall have everything arranged for you for the tour. Likewise, the tour then takes you to Old Tingri- a village that comprises of a gritty kilometer-long strip of restaurants, guesthouses, cattle, and truck-repair shops that line the Friendship Highway. It overlooks the sweeping Tibetan plain and borders the Himalayas like the Mt. Everest (8848m). On clear days, the town also presents views of the Cho Oyu (8201m).

Similarly, Nepal to Tibet Overland Tour with Everest Base Camp takes you to the base camp of the world's tallest mountain peak from the Tibetan side. It is an exhilarating journey that is a perfect blend of isolation and pristine wildlife. From Old Tingri, the Everest Base Camp is located at an altitude that ranges between 4,400 meters and 5,300 meters. The tour also includes visiting the famous Lhasa city and its many highlights like the Jokhang Temple, the Potala Palace, the Sera Monastery, and the Ganden Monastery among others.

Furthermore, the tour is encompassed with the best services as well, in regards to transportation, food, accommodation, and guidance. With us, at Himalaya Land Treks, you are guaranteed the best services and an unforgettable adventure. So what are you waiting for! Join Himalaya Land Treks for one of the best tours of your life!



Day to Day Itinerary

Day 1: Drive from Kathmandu to Gyirong (1700m/8900ft) / 170km/9 Hrs

Walking hr: 9 hrs | **Accommodation:** Lodge/tea house

You will be traveling to Gyirong from Kathmandu today. The initial part of the road to Gyirong will be on a narrow, but the well-paved road. The scenery to Gyirong is quite enchanting as you will get to experience the countryside life of Nepal, with fleeting glimpses of terrace farms and village huts. In comparison, the latter half of the journey gradually ascends in altitude. The closer you get to the Gyirong, the more alpine woodlands dominate the terrain along with Himalayan sceneries.

Day 2: Drive from Gyirong to Old Tingri (4300m/14108ft) / 210km/4-5 Hrs

Walking hr: 4-5 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

From the border, you will be journeying into the Tibetan plateau. The landscape changes from alpine shrubbery to a dry and barren terrain. As you move along the journey, you can also see views of mountain peaks like the Shisha Pangma (8013m), Langtang Lirung (7227m), and Gaurishankar (7134m). From the town of Old Tingri, you can also view the Mount Everest (8848m) as well. Overnight stay at the guesthouse.

Day 3: Drive from Old Tingri to Everest Base Camp (5200m/17060ft) / 70km/3-4 Hrs

Walking hr: 3-4 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

The drive from Tingri to EBC provides you with a chance to experience the wonderful terrain that changes beautifully from pastures to snow. After enjoying the magnificent Himalayan scenery from the base camp, you will return to the Rongbuk Monastery- one of the highest-located monasteries in the world. The Rongbuk presents an amazing view of the Mt. Everest (8848m) and is also the site from where mountaineers start the climb of Everest from Tibet. Overnight stay at the guesthouse.

Day 4: Drive from Everest Base Camp to Shigatse (3845m/12614ft) / 350km/7-8



Hrs

Walking hr: 7-8 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

From the base camp today, you will be traveling to Shigatse- the second-largest city in Tibet. It is located southwest of the Tibetan Plateau at an altitude of 4,000 meters. Some of the top attractions in Shigatse include Tashilunpo Monastery, the Mani Lhakhang and the Summer Palace of the Panchen Lama- the second most important figurehead of Tibet after the Dalai Lama. Overnight stay at a hotel in Shigatse.

Day 5: Drive from Shigatse to Gyantse to Lhasa (3656m/11995ft) / 360km/7-8 Hrs

Walking hr: 7-8 hrs | **Accommodation:** Lodge/tea house | **Meal:** Breakfast/Lunch/Dinner

You will have a drive from Shigatse to Lhasa, passing by the city of Gyantse- another historic city of Tibet. At Gyantse, you can visit the Kumbum Stupa- the largest Stupa in the city, and the Phalkor Monastery. From Gyantse, you will continue towards the crossing at the Karo La (5,010 meters) and the Kamba La (4,794 meters). Crossing the Yarlung Tsangpo River, you will then reach Lhasa. Overnight stay at a hotel in Lhasa.

Day 6: Lhasa city tour and Farewell Dinner

Accommodation: Hotel | **Meal:** Breakfast/Farewell Dinner

You will spend the final couple of days in Tibet exploring the capital, Lhasa. Lhasa is one of the most beautiful cities in the world and is known for brilliant adaptation of Tibetan Buddhism into the modern lifestyle. On the first day, you will visit some of the notable attractions in the city including the Potala Palace and the Barkhor Street. Also a UNESCO world heritage site, the Potala Palace used to be the residence of Dalai Lama. Likewise, you also explore the Barkhor Street and observe the heavy influence of Buddhism around this destination. The second day on the Lhasa Tour takes you to Sera and Jokhang monasteries. Both of these are a part of the three greatest monasteries in Tibet and are of great significance to the locals as well. Similarly, these monasteries and their vicinity massively depict the impact of ancient art, culture, and architecture. As the entire Lhasa tour comes to an end, you will participate on a farewell dinner hosted by the Himalaya Land Treks. Overnight stays at a hotel in Lhasa.



Day 7:Departure

Meal: Breakfast

Approximately three hours before your scheduled flight, you will be dropped off at the airport for your departure. We hope you have a safe flight and wish you all the luck.
