

7 Days Lhasa to Kathmandu Overland Tour

Trip overview

The **7-Day Lhasa to Kathmandu Overland Tour** is one of the most legendary road trips in Asia. Spanning over 1,000 kilometers along the iconic **Sino-Nepal Friendship Highway**, this journey takes you from the golden roofs of Lhasa's monasteries, across the soaring passes of the Himalayas, to the lush sub-tropical valleys of Nepal. It is the ultimate route for adventurers who want to witness the changing face of the "Roof of the World" in a single week.

The expedition begins in the holy city of **Lhasa**, where you will have three days to acclimatize while discovering the spiritual wonders of the **Potala Palace** and **Jokhang Temple**. From there, the landscape unfolds into a dramatic gallery of turquoise lakes like **Yamdrok Lake**, ancient glaciers, and the historic fortress city of **Gyantse**.

The undisputed highlight of the tour is standing at the **Mount Everest Base Camp (5,200m)**, gazing up at the North Face of the world's highest peak. After an unforgettable night near the base of Everest, we descend from the high plateau, navigating the dramatic hairpin turns that lead to **Gyirong Port**, the gateway to Nepal. This tour is not just a transfer; it is a life-changing transition between two of the world's most vibrant Buddhist and Hindu cultures.

- **Durations:** 7 Days
- **Destinations:** Potala Palace - Jokhang Temple - Barkhor Street - Sera Monastery - Yamdrok Lake - Pelkor Monastery - Tashilumpo Monastery - Everest Base Camp and Gyirong
- **Tour inquiry:** <https://asiachinatour.com/tibet-lhasa-to-kathmandu-overland-tour-7-days/>

Itinerary

Day 1: Arrive in Lhasa (3,650m) – The Start of Your Trans-Himalayan Journey

Welcome to the holy city of Lhasa! As you step onto the high plateau, your epic journey from Tibet to Nepal officially begins. You will be warmly greeted at the Lhasa Gonggar Airport or the railway station by our professional local guide, who will present you with a **Hada**—a traditional white silk scarf that symbolizes purity, welcome, and auspicious beginnings.

After a celebratory group photo to kick off your adventure, you will be transferred to your hotel in a comfortable, private vehicle. The drive offers a stunning introduction to the region's unique geography, featuring the wide expanses of the Yarlung Tsangpo River and charming Tibetan stone houses nestled against the rugged mountains.

To ensure you are well-prepared for the overland crossing ahead, the rest of the day is reserved for rest and acclimatization. We recommend a slow pace, staying well-hydrated, and enjoying the serene atmosphere of the city as your body adjusts to the high altitude.

Stay overnight in Lhasa.

Day 2: Lhasa City Highlights – Potala Palace, Jokhang Temple, and Barkhor Street

After breakfast, we begin our exploration at the magnificent **Potala Palace**. Often described as "a golden feather upon the roof of the world," this architectural masterpiece is a site Tibetans claim as a premier miracle of human creation. Visible from miles away with its golden roofs shimmering in the sun, the palace offers a profound journey through Tibetan history. You will spend time wandering through its labyrinthine halls, exploring the former living quarters of the Dalai Lamas and marveling at the priceless Buddhist icons and jewel-encrusted stupas within.

In the afternoon, we head to the **Jokhang Temple**, the spiritual heart of Tibet. Inside, you will be immersed in a world of sacred art—every inch of the walls and ceilings is adorned with intricate mandalas and vibrant murals. The temple's crowning glory is the life-sized, 12-year-old statue of **Jowo Sakyamuni Buddha**, the most sacred object in Tibetan Buddhism. The air here, thick with the fragrance of incense and the chanting of monks, creates an atmosphere of deep devotion.

We conclude the day by joining the stream of adventurers on **Barkhor Street**. Following the *walking* around the temple, you'll walk through back alleys smelling of yak butter and juniper incense. It is a profound immersion into the rhythmic, spiritual life of Old Lhasa, where ancient traditions remain vibrantly alive.

Stay overnight in Lhasa.

Day 3: Rural Beauty & Monastic Philosophy – Dadong Village and Sera Monastery

Today, we escape the city bustle to visit **Dadong Village**, widely celebrated as the most beautiful village in the Lhasa region. Located just 25 kilometers from the city center, this hidden gem provides a serene look at the Tibetan countryside. We will explore the ancient **Nyimatang Monastery** and take a leisurely walk through the valley to visit a **local Tibetan family**. Here, you will experience authentic Tibetan hospitality and enjoy a traditional home-cooked lunch, offering a rare glimpse into the rhythmic pace of rural life.

In the afternoon, we head to **Sera Monastery**, a prestigious Buddhist seminary founded in 1419. Known as "the Court of Wild Roses" for the blooms that once graced its grounds, Sera remains a vibrant center of learning. You can enjoy a scenic short hike in the nearby valley for a panoramic view of the monastery complex before heading inside. The highlight of the day is witnessing the **famous Monk Debates**. Watch as monks engage in spirited philosophical discussions, using dramatic hand gestures and rhythmic clapping to emphasize their points—a captivating and

centuries-old tradition that brings Buddhist logic to life.

Stay overnight in Lhasa.

Day 4: Lhasa – Yamdrok Lake – Gyantse – Shigatse

Today, we begin our westward journey into the heart of the Himalayas. Leaving Lhasa, we ascend to the high mountain passes where you'll witness the breathtaking **Yamdrok Lake**. Known as one of Tibet's three sacred lakes, its turquoise waters wind through the landscape like a coiling scorpion. We will take a short hike along the lakeshore, allowing you to breathe in the crisp plateau air and admire the vast habitat of local waterfowls against a backdrop of snow-capped peaks.

Our drive continues past the magnificent **Karola Glacier**, which spills down nearly to the roadside from an elevation of over 5,000 meters. After crossing Simi La, we arrive in the historic town of **Gyantse (3,950m)**. Here, we explore the **Pelkor Monastery** and the stunning **Kumbum Stupa**. This "100-Thousand-Buddha Pagoda," a masterpiece of 15th-century architecture, houses thousands of exquisite murals and statues across its nine tiers.

In the late afternoon, we drive to **Shigatse (3,880m)**, the traditional capital of the Tsang region and Tibet's second-largest city. We will visit the majestic **Tashilhunpo Monastery**, founded by the First Dalai Lama and the historic seat of the **Panchen Lama**. Walking through its grand halls and seeing the world's largest gilded statue of the Future Buddha is the perfect conclusion to this remarkable day.

Stay overnight in Shigatse.

Day 5: Shigatse to Everest Base Camp – The Roof of the World

After securing your **Alien's Travel Permit** in Shigatse, we officially begin our final push toward the heart of the Himalayas. Our journey takes us west through the rugged landscapes of the plateau, stopping for lunch in the quiet town of **Lhatse** before rejoining the legendary **Friendship Highway**.

The drive today is nothing short of spectacular. We will ascend the **Gyatso-la Pass (5,248m)**, the highest point on our route so far, where the wind-swept prayer flags frame your first distant views of the high peaks. Near Shegar, we divert from the main highway for the final 90km journey toward **Rongbuk**. This route takes us over the famous **Gawu La Pass**, where, in clear weather, you will witness an awe-inspiring panorama of four peaks over 8,000 meters: **Mt. Everest (8,848m)**, **Mt. Lhotse (8,516m)**, **Mt. Cho Oyu (8,201m)**, and **Mt. Makalu (8,463m)**.

As the sun begins to set, we arrive at **Rongbuk Monastery**, the world's highest religious compound, situated right at the foot of Mount Everest's North Face. You will settle in for a truly unique, once-in-a-lifetime overnight stay in a traditional nomad tent or the monastery guesthouse, just steps away from the highest peak on Earth.

Stay overnight at Everest Base Camp (Tent or Guesthouse).

Day 6: Everest Sunrise & Descent to the Lush Gyirong Valley

Wake up in the pre-dawn stillness to witness the most anticipated moment of the journey: sunrise over **Mount Everest**. Watch as the first rays of light set the North Face of the world's highest peak ablaze in gold. For those seeking a personal challenge, you can take a 1.5 to 2-hour hike toward the base of the peak, or opt for the eco-bus (about 30 minutes) to reach the closer viewing point. While the morning air is frigid and the wind may howl, the sight of Everest's iconic pyramid glowing against the deep blue sky is a reward that makes every effort worth it.

After soaking in the views, we visit **Rongbuk Monastery**, the highest monastery in the world at 5,000 meters, where the spirituality of Tibet meets the majesty of the Himalayas.

The afternoon drive is a dramatic transition. We bid farewell to the high plateau and begin a spectacular descent toward the **Gyirong Border**. As the altitude drops, the landscape transforms from barren, snow-capped peaks into lush forests and deep gorges. Known as the "Back Garden of the Himalayas," Gyirong offers a stunning panoramic view of the entire range under a much milder climate. It is the perfect place to rest and prepare for tomorrow's crossing into Nepal.

Stay overnight in Gyirong.

Day 7: Gyirong Border Crossing & Journey to Kathmandu

Today marks the exciting transition from the Tibetan plateau to the vibrant Kingdom of Nepal. In the morning, your Tibetan guide will escort you to the **Sino-Nepal Friendship Bridge** at the Gyirong Port.

After completing the exit formalities on the Chinese side, you will take a short, symbolic walk (approx. 50 meters) across the bridge into Nepal. At the **Rasuwagadhi immigration office**, you can easily obtain your **Nepal Visa on Arrival** (currently US\$ 30 for a 15-day visa; please have one passport-sized photo and exact change ready).

Once you have cleared Nepal immigration, you will find various local transport options, including buses and shared jeeps, waiting about 50 meters ahead to take you on the scenic drive to **Kathmandu**. While the official tour concludes at the border, the memories of your trans-Himalayan adventure will stay with you forever.

Tour ends at the Gyirong Border.

Optional Professional Service: Border to Kathmandu Transfer

To ensure a seamless and stress-free end to your journey, we highly recommend booking our **Private Transfer Service**.

- **Door-to-Door Comfort:** Avoid the hassle of negotiating with local drivers. Our Nepal-side team will meet you directly at the border and drive you straight to your hotel in Kathmandu in a comfortable, private vehicle.
- **Peace of Mind:** Please contact your travel advisor in advance to arrange this essential upgrade.

Booking Policy

Cancellation Policy

Cancellation by Customer

- Cancellation received before 60 days: FREE of charge
- Cancellation received from 30 days to 59 days prior arrival date: 20% of total rate
- Cancellation received from 15 days to 29 days prior arrival date: 40% of total rate
- Cancellation received from 7 days to 14 days prior arrival date: 70% of total rate
- Cancellation received less than 7 days prior arrival date or No show: 100% of total rate

Children Policy

The rate for children applicable for one child sharing a twin or double cabin with two adults.

- For infant (<04 years old): Free of Charge
- 04 - 11 years old without bed: 50% adult rate
- 04 - 11 years old with extra bed: 75% adult rate
- Above 11 years old with extra bed: 100% adult rate

Tel:

Beijing: +86 904-6699-222

Chengdu: +86 904-6699-234

Lhasa: +86 904-6699-253

Cambodia: +84 904-6699-555

Address:

Address 1: Floor 4, Global Center, Chengdu, Sichuan, China

Address 2: Chaoyang Road No.21, Guilin, Guangxi, China

Email:

info@asiachinatour.com

Website:

www.asiachinatour.com