

8 Days Lhasa to Everest Base Camp Tour

Trip overview

This 8 days Lhasa to Everest Base Camp is the perfect way for a taste of Tibet's best in a short amount of time. It takes you deep inside the buzzing walls of the Barkor to barter for prayer flags or other souvenirs, let you peer into the hidden life of chanting Tibetan Monks at Jokhang Temple, and be enveloped in the vast expanses of the Tibetan landscape including the magnificent views of Mt. Everest, the third pole of the world.

- **Durations:** 8 Days
- **Destinations:** Potala Palace - Jokhang Temple - Barkhor Street - Sera Monastery - Yamdrok Lake - Pelkor Monastery - Tashilumpo Monastery - Everest Base Camp
- **Tour inquiry:** <https://asiachinatour.com/tibet-lhasa-to-everest-base-camp-tour-8-days/>

Itinerary

Day 1: Arrive in Lhasa

Welcome to Tibet! Upon arrival, be greeted by our local guide at airport or train station and be presented with traditional Tibetan White Scarf to wish you good luck!

After group photo at airport, you will board on the coach and transfer to your hotel. You will enjoy the spectacular scenery and the typical Tibetan villages on the way.

Stay at the hotel after arrival for adapting to the high attitude. It is helpful to take things easy for the first few days, and try to drink some water just and now.

Stay overnight in Lhasa.

Day 2: Lhasa Day Tour: Potala Palace, Jokhang Temple and Barkhor Street

After breakfast, we go to the **Potala Palace**, a golden feather upon the roof of the world, which Tibetans proudly claim to be the prime miracle since the creation of this world. It is visible from any distance, with the golden roof shinning in the sun, spend one hour wondering around the

inside of this magnificent building exploring the rooms previously used by the Dalai Lama and the many Buddhist icons within.

In the afternoon we go inside of the **Jokhang Temple**. The Jokhang, like most of the larger temple structures have numerous individual temples within it dedicated to specific enlightened beings, protectors, high lamas, or saints. Images, both sculpted and painted, are everywhere. Every inch of wall and ceiling is brightly painted with images of clouds, beings, mandalas, or decorative patterns. Colorful silk banners, three stories high, hang in various places. Color, pattern, and images crowd in around you. The central image inside the building is a 30-foot high gilded image of Maitreya Buddha.

Then stroll around the back alleys of the **Barkhor** area of Old Lhasa. The streets smelled of yak butter and incense while hordes of adventurers shuffled along the main walk (circumambulations) around Jokhang Temple. If someone just walked at a normal pace, one tour would take about 15-20 minutes. Stay overnight in Lhasa.

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Day 3: Lhasa Day Tour: Dadong Village and Sera Monastery

Today, we firstly go to **Dadong Village**, which is known as the most beautiful village in Lhasa. It is only around 25 kilometers away from Lhasa city center. Here we will first visit the Nyimatang Monastery. Then go for a leisure walk to visit the local Tibetan family. You can experience the country life of local Tibetans, and enjoy authentic Tibetan food here at lunch.

The afternoon is spent touring **Sera Monastery**, have a little hike for the beautiful valley scenery nearby and picnic there, in the afternoon, visit Sera monastery, which was created in 1419 and has always been an important Buddhist seminary. As rose are planted everywhere in the monastery, it is also called "the court of wild rose". Today still 200 lamas live in there. Catch the famous debate session of the monks before returning back to Lhasa.

Stay overnight in Lhasa.

Day 4: Lhasa to Shigatse via Gyantse

After fully explore Lhasa, you'll have a chance to get lost in the endless Tibetan landscape while you take a short hike along the turquoise waters of **Lake Yamdrok**, one of the four holy lakes in Tibet. This dazzling lake is normally first seen from the summit of the Kamba-la (4700m). The lake lays several hundred metres below the road, and it is shaped like a coiling scorpion. Far in the distance is the huge massif of Mt. Nojin Kangtsang (7191m). Afterwards pass by the 5,010 m high Karo-la and the Simi La forward to Gyantse (3,950m).

Visit **Pelkor Monastery** as well as the splendid Kumbum Stupa (100-Thousand-Buddha Pagoda) nearby, both of them built in the 15th century and situated in the northwestern edge of Gyantse.

In the afternoon drive about 90 kilometers to **Shigatse** (3880m), the second largest city with 40,000 inhabitants in Tibet and the traditional capital of the Tsang. In Shigatse, we'll visit **Tashilunpo Monastery**, the seat of Tibet's second highest incarnation, the Panchen Lama.

Stay overnight in Shigatse.

Day 5: Shigatse to Everest Base Camp

Today, we have an early start to drive westwards the Friendship way to Rongbuk. On the road the drive is full of magnificent scenery and cross some extremely high passes including Gyatsola (5248m).

The road to Everest diverts off the newly paved Friendship highway near the town of Shegar and turns into bumpy gravel trail, which is still 90km to get to Rongbuk. After 4 to 6 hours then you will arrive at **Rongbuk Monastery**.

On the way to Rongbuk Monastery, if it is in clear weather, you can have a glimpse of 4 mountains which is 8000m high or more, such as Mt. Lhotse (8516m), Mt. Everest (8848m), Mt. Qowowuyag (8201m), Mt Mayalu (8463m).

Stay overnight at tent or Rongbuk monastery guest house.

Day 6: Everest Base Camp back to Shigatse

Open your eyes, and wake up to the first sunlight shining over the pyramid-shaped summit of imposing **Mt. Everest**. Grab your camera for an epic shot and stroll to the Rongbuk Monastery, exploring this world's highest Buddhist compound. If you wish, you can do the meditation and experience the unparalleled tranquility and harmony there. Or you can interact with monks and nuns with the help of guide to learn more of their unique spiritual life.

The temperature can get bitterly cold in the early morning. Do wear enough cloths like your down jacket, scarf and mittens to protect the extreme coldness. Finally, jump into our tour vehicle and say farewell to the world's highest peaks through the rearview mirror of the van. By following the zigzag roads on Sino-Nepal Friendship Highway, we head **back to Shigatse**.

Stay overnight in Shigatse.

Day 7: Shigatse back to Lhasa

Today, you'll take a slightly different route **back to Lhasa** along Yarlung Tsangpo River, be wrapped again in the endless vistas of the Tibetan plateau.

Stay overnight in Lhasa.

Day 8: Depart from Lhasa

Our guide will transfer you to the airport or train station and help you get on board.

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
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