

Lhasa and EBC (7 Nights)



Total Trip Days: 7 Days

Itinerary

Day 1:

Upon arrival in Lhasa, situated at an altitude of 3,650 meters, you will be picked up at Lhasa Gonggar Airport and transferred to your hotel. The rest of the day is reserved for rest and gentle acclimatization to the high altitude, with a short stroll around the hotel area in the evening recommended to help adjust to the environment.

Day 2:

The second day in Lhasa is primarily for acclimatization, allowing you to take it easy with free activities such as short walks around the city, exploring local markets, or simply relaxing at your hotel. Drinking plenty of water and avoiding strenuous activity will help your body adjust to the altitude.

Day 3:

Today, you will explore some of Lhasa's most significant monasteries, beginning with Drepung Monastery, which is renowned for its historical and architectural importance. Later, you will visit Sera Monastery, famous for the lively debates conducted by monks in its courtyard. In the evening, the Wencheng Princess Cultural Show offers traditional Tibetan music, dance, and folklore, providing a deeper understanding of local culture.

Day 4:

Your sightseeing continues with a visit to the iconic Potala Palace, a UNESCO World Heritage site and the former winter palace of the Dalai Lama, where you can explore chapels, halls, and museum exhibits. This is followed by a visit to Jokhang Temple, Tibet's most sacred temple, located in the heart of Lhasa. The day concludes with a walk along Barkhor Street, a traditional market surrounding the temple, ideal for experiencing local life and shopping for souvenirs.

Day 5:

You will embark on a scenic drive from Lhasa to Shigatse, covering approximately 350 kilometers over 7-8 hours. Along the way, you will visit Yamdrok Lake, one of Tibet's largest and most beautiful high-altitude lakes, and Karola Glacier, a spectacular natural landmark. In Gyantse, you will explore the historic Kumbum Stupa and Pelkor Chode Monastery before reaching Shigatse for an overnight stay.

Day 6:

From Shigatse, the journey continues to Everest Base Camp at 5,200 meters, passing through stunning Tibetan landscapes over another 7-8 hour drive. En route, you will visit Tashi Lhunpo Monastery, the seat of the Panchen Lama. Overnight stay near Everest Base Camp allows for rest and preparation for an early morning excursion to witness the sunrise over Mount Everest.

Day 7:

Early in the morning, you will experience the unforgettable sunrise at Everest Base Camp, capturing breathtaking views of the world's highest peak. The visit includes Rongbuk Monastery, the highest monastery in the world, and panoramic sights of Mount Shishapangma along with Pelkhu Tso Lake. After exploring the area, you will begin the drive to Gyirong, approximately 370 kilometers over 8-9 hours, marking the conclusion of this segment of your journey.

Route Map

07 Days
LHASA & EVEREST BASE CAMP TOUR



ALTITUDE CHART

