Tibet Everest Base Camp Trek



Total Trip Days: 13 Days

Itinerary

Day 1:

Upon arrival, receive by a Chinese guide and transferred to Hotel.

Day 2:

Arrive in Lhasa by air or train (elevation: 3,660 meters). Take time to acclimatize to the high altitude and explore Lhasa’s old town, immersing yourself in the unique atmosphere of Tibetan culture.

Day 3:

• Morning: Visit the iconic Potala Palace, a UNESCO World Heritage site and former residence of the Dalai Lama. Explore its magnificent halls, chapels, and historic artifacts.
• Afternoon: Visit Jokhang Temple, the spiritual heart of Tibetan Buddhism, and walk around the bustling Barkhor Street, filled with pilgrims and

traditional shops.

Day 4:

• Route: Drive to Yamdrok-tso Lake, one of Tibet’s three sacred lakes, known for its stunning turquoise waters.
• Cross Karo-la Pass: Experience breathtaking views of the Nanchan-Kangtsang Glacier.
• Visit: Stop at Kumbum Monastery in Gyantse, famous for its unique architectural style and spiritual significance.

Day 5:

• Drive to Sakya: Journey to Sakya and visit the Tashilhunpo Monastery in Shigatse, the traditional seat of the Panchen Lama.
• Explore Sakya Monastery: Discover this ancient monastery with its unique Mongolian-influenced architecture.
• Market Visit: Take time to explore Tibetan markets in Shigatse, offering insights into local life and an opportunity to purchase handicrafts.

Day 6:

• Drive: Head to Rongbuk (elevation: 5,000 meters), the highest monastery in the world, located near Everest Base Camp.
• Visit Sakya Monastery: Stop by Sakya Monastery if desired.
• Gyalpo-la Pass: Pass through Gyalpo-la, enjoying stunning views of Mount Everest on a clear day.

Day 7:

• Trek Details: Begin the trek from EBC to Camp 1 (elevation: 5,460 meters), with scenic views of Rongpuk Glacier. Set up camp at Camp 1 for the night.

Day 8:

• Trek Details: Continue the trek to Interim Camp (elevation: 5,760 meters), surrounded by striking ice pinnacles and dramatic glacier formations.

Day 9:

• Trek Details: Ascend to Camp 2 (elevation: 5,970 meters). If conditions are difficult, return to Interim Camp for safety.

Day 10:

• Elevation: Trek to ABC at 6,340 meters, the closest point to Everest on this route. After exploring, return to Camp 2.

Day 11:

• Long Trek: Make the long descent back to EBC (elevation: 5,200 meters).
• Drive: After reaching EBC, drive to Rongbuk or a designated tent area nearby for an overnight stay.

Day 12:

• Route: Drive back toward Kyirong (350 kilometers) and check in for an overnight stay, allowing time to rest after the trek.

Day 13:

Complete the immigration procedure to the Kerung/Rasuwagadhi border and then drive to Kathmandu (180 kilometers), marking the end of the tour and providing an opportunity to reflect on the journey.

Route Map

13 Days

TIBET EVEREST BASE CAMP TREK



ALTITUDE CHART

