

# 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 Rongbuk 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.

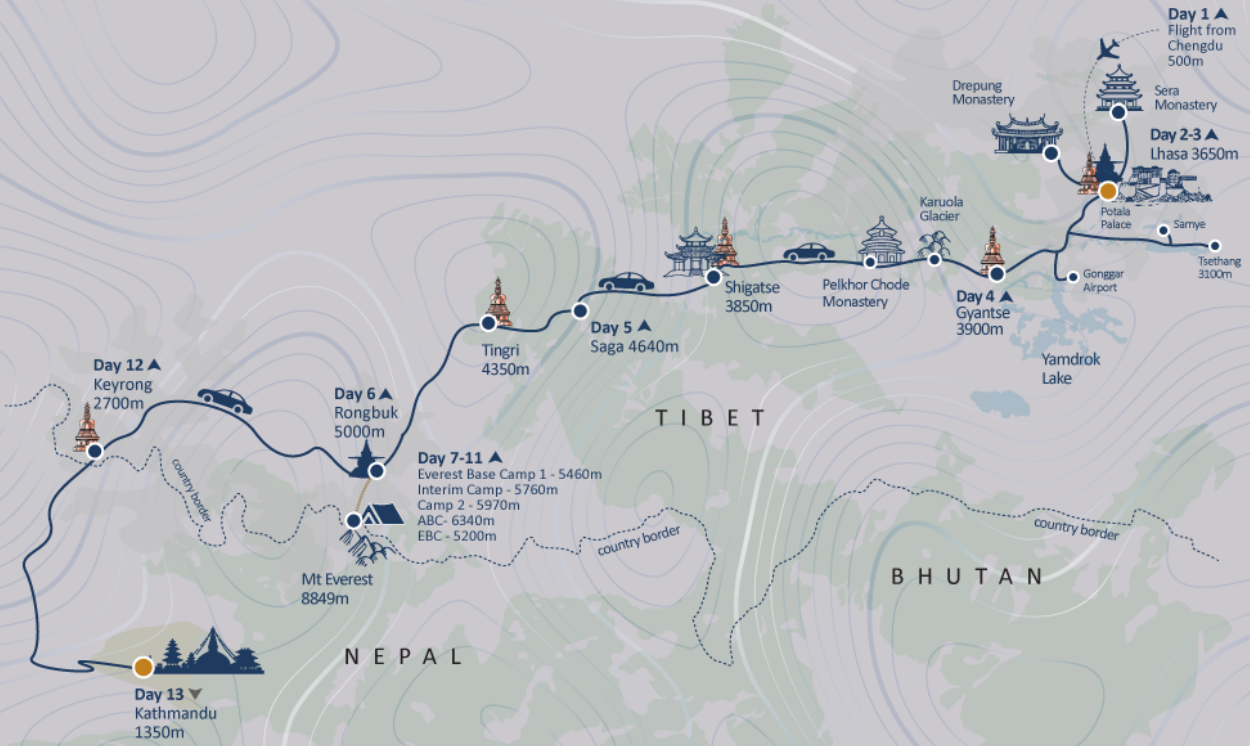
**Day 13:**

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

