

## Tibet Tour with North EBC - 8 Days

Embark on an unforgettable 8-day Tibet tour, combining a scenic flight into Lhasa with an overland return to Nepal, culminating in a visit to the North Face Everest Base Camp. This journey offers a perfect mix of culture, adventure, and breathtaking landscapes, making it a must-do for travelers seeking an immersive Himalayan experience.

### Discover the Spiritual Heart of Tibet

Your adventure begins in Lhasa, Tibet's cultural and religious center. Explore the majestic Potala Palace, the former residence of the Dalai Lama, with its towering structure and intricate interiors. Visit the sacred Jokhang Temple, the most revered shrine in Tibetan Buddhism, and stroll through Barkhor Street, where pilgrims and traders create a lively atmosphere. The spiritual essence of Tibet comes alive in Sera and Drepung Monasteries, where monks engage in philosophical debates and ancient Buddhist teachings.

### Journey Through Majestic Tibetan Landscapes

Leaving Lhasa, travel across the Tibetan Plateau, one of the highest and most breathtaking landscapes on Earth. Witness the serene Yamdrok Lake, one of Tibet's three sacred lakes, reflecting the deep blue sky. Stop at Gyantse, home to the famous Kumbum Stupa, a remarkable multi-tiered structure adorned with exquisite murals. Continue to Shigatse, Tibet's second-largest city, where you will visit the grand Tashilhunpo Monastery, the seat of the Panchen Lama.

### Stand at the Foot of the World's Highest Peak

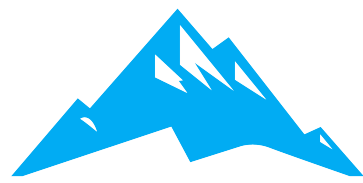
The highlight of this journey is the visit to Everest Base Camp (North Face, 5,200m). Stand before the world's highest mountain and take in the awe-inspiring view of Mount Everest's towering peak. Explore the legendary Rongbuk Monastery, the highest monastery in the world, offering unparalleled views of Everest. Experience a magical sunrise, where the first light of the day casts golden hues over the mountain, creating a moment of pure wonder.

### Scenic Overland Journey Back to Nepal

The adventure concludes with an exhilarating drive through the Kyirong Border, re-entering Nepal. Witness the dramatic shift in landscapes, from Tibet's high-altitude deserts to Nepal's lush green valleys. This overland route provides a unique perspective on the Himalayan region, making for a scenic and memorable return journey.

This Tibet tour offers a perfect blend of cultural exploration, natural beauty, and high-altitude adventure, making it an ideal choice for travelers seeking a comprehensive Tibetan experience.

Contact us today for detailed itineraries, pricing, and booking information!



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## PRICE INCLUDES

- International flights from Kathmandu to Lhasa (round-trip)
- Private vehicle for overland travel within Tibet
- Airport transfers in Kathmandu and Lhasa
- Flight from Lhasa to Kathmandu (if applicable)
- 7 nights' accommodation in 3-star hotels or guesthouses in Tibet (Lhasa, Gyantse, Shigatse, Everest Base Camp, etc.)
- Accommodation in Tibet on a twin-sharing basis (upgrades may be available)
- Daily breakfast at the hotel
- Meals (lunch and dinner) at local restaurants or during the trip
- Professional English-speaking guide throughout the tour
- Tibetan Travel Permit and necessary permits for Tibet
- Everest Base Camp (North Face) Permit
- Entrance fees for all monuments, temples, and attractions in Tibet (Potala Palace, Jokhang Temple, etc.)
- Guided sightseeing tours in Lhasa and other major destinations
- Visit to Everest Base Camp and Rongbuk Monastery
- Group insurance (limited coverage)
- All taxes and service charges
- Driver and guide tips

## PRICE EXCLUDES

- International flights from your home country to Kathmandu (unless specified)
- Optional flight upgrade (if any)
- Nepal visa (can be obtained on arrival)
- Tibet Visa (Chinese visa, if not already included)
- Drinks (alcoholic and non-alcoholic beverages)
- Personal shopping (souvenirs, etc.)
- Laundry and phone calls
- Travel insurance (it is mandatory and must cover trip cancellation, medical treatment, emergency evacuation, and trip interruption)
- Any optional tours or activities not mentioned in the itinerary
- Helicopter ride (if opted for)
- Tips for local guides, drivers, and hotel staff (if not already included)
- Extra charges for room service, meals outside of the package, or personal expenses during stops
- Costs for emergency evacuation (if not covered by your insurance)

## ITINERARY IN DETAIL

### **Day 1: Arrival in Kathmandu (1,400m)**

Arrive in Kathmandu, Nepal's capital. After clearing customs and immigration, you'll be transferred to your hotel. Spend the day relaxing and adjusting to the local time zone. Enjoy an evening walk in Thamel or around the hotel to get a feel for the city.

### **Day 2: Fly from Kathmandu to Lhasa (3,650m) - Flight Duration: 1 hour 30 minutes**

After breakfast, take a scenic flight from Kathmandu to Lhasa. During the flight, you'll see spectacular views of the Himalayan ranges. Once you arrive in Lhasa, you will be transferred to your hotel. The rest of the day is free to acclimatize to the high altitude of Lhasa (3,650 meters). It's important to rest and hydrate to avoid altitude sickness.

### **Day 3: Explore Lhasa – Potala Palace (3,700m), Jokhang Temple (3,650m), Barkhor Street (3,650m) - Full day**

Today, begin your tour of Lhasa with a visit to the Potala Palace (3,700m), the historic residence of the Dalai Lama. It's a UNESCO World Heritage Site and a symbol of Tibetan culture. Afterward, head to the Jokhang Temple (3,650m), the most revered Buddhist temple in Tibet, and walk around Barkhor Street (3,650m), where you'll witness pilgrims performing rituals and enjoy the lively atmosphere. Rest in the afternoon to ensure proper acclimatization.

### **Day 4: Visit Sera Monastery (3,650m) and Drepung Monastery (3,650m) - Full day**

Today, you'll visit two prominent Tibetan monasteries: Sera Monastery (3,650m), known for its daily philosophical debates, and Drepung Monastery (3,650m), one of the largest in Tibet. Both monasteries are key religious and cultural sites. You'll also have the opportunity to observe Tibetan monks engaged in their spiritual practices. Afterward, return to your hotel for rest and further acclimatization.

### **Day 5: Lhasa to Gyantse (4,050m) via Yamdrok Lake (4,440m) - 6-7 hours**

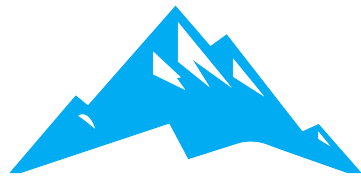
After breakfast, depart Lhasa and drive towards Gyantse (4,050m), a picturesque town at the foot of the Nyang-Chen-Tanglha Mountains. En route, stop at Yamdrok Lake (4,440m), one of Tibet's three sacred lakes. The lake's turquoise waters, surrounded by snow-capped peaks, make it a truly mesmerizing sight. Afterward, visit the famous Kumbum Stupa (4,050m) in Gyantse, a unique multi-tiered structure with exquisite murals and spiritual significance. Continue your journey and stay overnight in Gyantse.

### **Day 6: Gyantse (4,050m) to Shigatse (3,840m) - 2-3 hours**

After breakfast, depart Gyantse and drive to Shigatse (3,840m), Tibet's second-largest city. Upon arrival, visit Tashilhunpo Monastery (3,840m), the seat of the Panchen Lama, where you'll explore the grand halls and Buddha statues. This is one of the most important monasteries in Tibet. After the visit, take a stroll through Shigatse's local markets. Spend the night in Shigatse.

### **Day 7: Shigatse (3,840m) to Everest Base Camp (North Face) (5,200m) - 6-7 hours**

This is the most exciting day of the tour. Begin your journey from Shigatse to Everest Base Camp (North Face) (5,200m) via Rongbuk Monastery (4,980m), the highest monastery in the world. The drive takes you through the



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Tibetan Plateau and presents incredible views of the surrounding Himalayan peaks. Arrive at the base camp, where you can take in the stunning views of Everest's north face. In the evening, enjoy the mesmerizing sunset and views of Everest as the sunlight casts a golden glow over the mountain. Overnight in basic guesthouse accommodation or near the base camp.

#### **Day 8: Everest Base Camp (5,200m) to Kyirong Border (1,700m) - 6-7 hours**

After an unforgettable sunrise over Everest, begin your journey towards Kyirong Border (1,700m), where you'll cross into Nepal. The drive will take you through diverse landscapes, shifting from the barren Tibetan highlands to Nepal's lush green valleys. Upon reaching Kyirong, you'll complete the border formalities and cross into Nepal. From there, continue the scenic journey towards Kathmandu, where your Tibet adventure concludes.



## FAQ

### 1. Do I need a visa to visit Tibet?

Yes, travelers need a Chinese visa as well as a Tibet Travel Permit to visit Tibet. We assist in securing both the visa and the necessary permits before your journey.

### 2. Is this tour suitable for beginners?

The tour is suitable for most travelers with a basic level of fitness. While there are some days of travel at high altitudes (up to 5,200m at Everest Base Camp), the trip doesn't require technical climbing skills. However, we recommend being prepared for some moderate trekking and altitude changes.

### 3. What should I pack for the trip?

You should pack clothing for cold weather (including a warm jacket, layers, and gloves), comfortable trekking boots, a good quality sleeping bag, and essential personal items such as sunscreen, medications, and toiletries. Detailed packing lists are provided upon booking to ensure you're well-prepared for the journey.

