

[Home](#) > [Tibet group tours](#) > 7 days Lhasa to Kathmandu group tour via E.B.C.



## 7 days Lhasa to Kathmandu group tour via E.B.C.

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Lhasa  
Gyantse  
Shigatse  
Mount Everest  
Gyirong Border

Embark on a memorable journey from Lhasa to Kathmandu with this Tibet group tour, traversing the Tibet-Nepal Friendship Highway. Experience Tibet's top highlights, from Tibet's landmark Potala Palace in Lhasa to the magnificent Mount Everest.

Type  
Group, maximum of 12 person(s)  
Duration  
7 days  
Theme  
Overland  
Trip code  
FDT-05  
Tour dates

From  
£ 716

### Itinerary

Travel from Lhasa to Kathmandu with our small Tibet tour groups (maximum 13 people), offering a journey full of highlights along the Friendship Highway. This affordable Tibet tour lets you explore highlights of Lhasa, the Tibetan Plateau, Everest Base Camp, and finally Kathmandu in Nepal.

Day 01 :

Arrival in Lhasa [3650m]

Your Tibetan guide will greet you at the Lhasa Gonggar Airport or Lhasa railway station, and transport you to your hotel in the city. From the airport to Lhasa is 68 km (42 mi), roughly an hour drive to your hotel. The drive from the train station is only 15 km (9 mi) and takes 20 minutes. After checking into the hotel, you will have the remainder of the day to rest and acclimatize to the high altitude. Stay in Lhasa.

Day 02 :

Lhasa Monasteries Tour - Visit Drepung Monastery and Sera Monastery (B,D)

Today is your first sightseeing day in Lhasa, you will be arranged to visit two renowned monasteries: Drepung Monastery in the morning and Sera Monastery in the afternoon.

**Drepung Monastery** was once the world's largest and the governmental seat before the Potala Palace, historically housed up to 10,000 monks. It's renowned for its significant role in Tibetan culture, religion, and education.

**Sera Monastery** is another the great Gelug university monasteries of Tibet. Renowned for its lively monk debates between 3 pm to 5 pm (daily except on Sunday) on Buddhist philosophy, the monastery is an important center for learning and culture. Your guide will provide a detailed explanation of how Tibetan monks participate in debates to acquire knowledge and

progress in their academic studies.

You will have a **welcome dinner** with your fellow group members tonight.

Day 03 :

Another Lhasa City Tour - Visit Potala Palace, Jokhang Temple and Barkhor Street (B)

In the morning start your Lhasa city highlight tour to visit **Potala Palace**. It is most renowned as the residence of the lineage of Dalai Lamas (Avalokiteshvara), though the massive structure contains a small world within itself. It was first built by 33rd ruler of his dynasty, King Songtsen Gangpo in the 7th century, but still is in surprisingly good repair because of continual rejuvenation projects.

Then proceed to visit **Jokhang temple**, it is the most sacred building in Tibetan Buddhism, located in the heart of Lhasa old town. It is the most sought after pilgrimage destination for all Tibetans.

The **Barkhor Street**, a renowned Kora (holy walking path) encircling the Jokhang Temple, is constantly bustling with Tibetan faithful. Visitors will discover the unique experience of mingling with local pilgrims along Barkhor Street. It also serves as a vibrant shopping district, offering the perfect opportunity to purchase gifts for your loved ones.

Following your sightseeing adventures, join your guide at one of Lhasa's most vibrant **Tibetan sweet tea houses**. Here, you can enjoy sipping traditional Tibetan sweet tea while sitting among local Tibetans. Your guide will provide valuable insights into Tibetan social dynamics and daily life, offering a deeper understanding of the culture.

Day 03 :

Lhasa - Yamdrok Lake - Gyantse [4,040 m] - Shigatse[3,840 m], 360 KM 7 Hours' Drive (B, L)

Make your first day's drive towards Everest, with today's highlights including Yamdrok Lake, Karola Glacier, and Gyantse ancient city.

**Yamdrok Lake**, one of the three holiest lakes in Tibet, is easily accessible from Lhasa. Upon reaching Gampala Pass (4790m), you will get your first glimpse of Yamdrok-tso (4400m). The lake is encircled by numerous snow-capped mountains and offers breathtaking views of Holy Mount Nyenchen Khangsar (7191m), the tallest mountain near Lhasa. You will drive along the lakeshore for about half an hour, during which time you can step out of the car to touch the lake's blue waters and take photos. At the end of the lake, enjoy your lunch at a local Tibetan family.

**Karo La Glacier**, at an altitude of 5,100 meters, provides a stunning overlook of Mt. Nyenchen Kangsar glacier. A brief stop is scheduled here for an excellent photo opportunity.

**Gyantse ancient city**, referred to as the 'Hero City', is a historically significant town in Tibet, renowned for its well-preserved ancient architectural wonders. You will spend some time taking photos of Gyantse ancient city.

Enjoy a beautiful drive along the Tibetan barley fields and farmland from Gyantse to Shigatse. Check into Shigatse, the 2nd largest city in Tibet.

Day 05 :

Shigatse [3,850 m] - Tibet Everest Base Camp [5,200 m], 340 KM, 7-8 Hours' Drive (B)

Today, you'll undertake an exciting drive to reach Mount Everest Base Camp, immersing yourself in the stunning landscapes of valleys and mountains in the western part of Tibet, including the spectacular Himalayan range.

Start early to drive towards Shegar. En route, weather permitting, you'll catch your first glimpse of Mount Everest at **Gyatsola Pass** [5,280 m]. Lunch will be in Shegar, the last town before heading to Mount Everest.

In the afternoon, as you enter **Mount Everest National Nature Reserve**, the winding road takes you to **Gawula Pass** [5,250 m]. Here, you'll experience breathtaking panoramic views of the Himalayas, including a remarkable view of Mount Everest, which stands at 8,844 meters. You'll also see four other majestic peaks over 8,000 meters: Mt. Makalu (8,463 m), Mt. Lhotse (8,516 m), Mt. Cho Oyu (8,201 m), and Mt. Shishapama (8,020 m).

You will switch to the local sightseeing bus at Tashi Zong Village, and from there, it is another hour's drive before you reach Everest Base Camp (E.B.C.).

Arrive at Everest Base Camp in the late afternoon, just in time to witness a splendid sunset (just depending on the weather).

Stay overnight at the tent guest house at E.B.C or the monastery guest house near Rongbuk.

Day 06 :

Everest Base Camp to Gyirong Border Town [2,800m], 370KM, 6-7 hours' drive

If the weather is favorable, you'll have the opportunity to witness a magnificent sunrise at Everest, with the first rays of sunlight turning the mountain into a glowing red spectacle.

Morning visit **Rongbuk Monastery**, the world's highest-altitude monastery at 5154 meters above sea level.

Then continue today's travel to Gyirong town, the border town between Tibet and Nepal, along this 380km drive journey, you will witness the dramatically changing landscapes, from towering snow-capped peaks to the verdant forests and scenic canyon views at approximately 2800m above sea level. En route, you'll pass by the tranquil **Pelku Tso Lake**, nestled in the grasslands and famous for its crystal-clear waters and scenic backdrop against the towering **Shishabangma Mountain** (8,027m) in the

Himalayas.

After Pelku Tso lake, the altitude drops dramatically, leading you through mesmerizing forests, waterfalls, and bottomless canyons as you enter the edge of the Himalayas.

Stay overnight at Gyirong town.

Day 07 :

Gyirong Border to Kathmandu, end your Tibet tour.

After breakfast, your Tibetan guide and driver will drop you off at the Gyirong border. Clear customs and cross the border to the Nepal side, where you will be met by our Nepalese staff (driver). He will assist you in applying for a Nepal visa and transport you to your hotel in Kathmandu. Please be prepared for the road travel from the border to Kathmandu, which might take up to 8-9 hours due to poor road conditions. Once you arrive at your hotel in Kathmandu, your Tibet tour concludes.

Tips: After crossing the border and entering Nepal, you need to clear customs at the Nepal Immigration office. If you don't have a Nepalese visa, you can apply for one there. Normally, the fee is 35 USD for a single entry visa, valid for 15 days. Please prepare a passport photo in advance.

Dates and prices

Start

Finish

Price

Thu 13 Jun 2024Wed 19 Jun 2024 £ 782

Sun 16 Jun 2024Sat 22 Jun 2024 £ 782

Thu 20 Jun 2024Wed 26 Jun 2024 £ 782

Sun 23 Jun 2024Sat 29 Jun 2024 £ 820

Thu 27 Jun 2024Wed 3 Jul 2024 £ 820

Sun 30 Jun 2024Sat 6 Jul 2024 £ 820

Sun 7 Jul 2024Sat 13 Jul 2024 £ 820

Sun 14 Jul 2024Sat 20 Jul 2024 £ 847

Sat 20 Jul 2024Fri 26 Jul 2024 £ 847

Tue 23 Jul 2024Mon 29 Jul 2024 £ 847

Sun 28 Jul 2024Sat 3 Aug 2024 £ 847

Sun 4 Aug 2024Sat 10 Aug 2024 £ 847

Sun 11 Aug 2024Sat 17 Aug 2024 £ 847

Sun 18 Aug 2024Sat 24 Aug 2024 £ 847

Sun 25 Aug 2024Sat 31 Aug 2024 £ 820

Sun 1 Sep 2024Sat 7 Sep 2024 £ 820

Thu 5 Sep 2024Wed 11 Sep 2024 £ 820

Sun 8 Sep 2024Sat 14 Sep 2024 £ 820

Thu 12 Sep 2024Wed 18 Sep 2024 £ 820

Sun 15 Sep 2024	Sat 21 Sep 2024	£ 820
Thu 19 Sep 2024	Wed 25 Sep 2024	£ 820
Sun 22 Sep 2024	Sat 28 Sep 2024	£ 847
Thu 26 Sep 2024	Wed 2 Oct 2024	£ 847
Sun 29 Sep 2024	Sat 5 Oct 2024	£ 847
Tue 1 Oct 2024	Mon 7 Oct 2024	£ 847
Thu 10 Oct 2024	Wed 16 Oct 2024	£ 847
Sun 13 Oct 2024	Sat 19 Oct 2024	£ 782
Thu 17 Oct 2024	Wed 23 Oct 2024	£ 782
Sun 20 Oct 2024	Sat 26 Oct 2024	£ 782
Thu 24 Oct 2024	Wed 30 Oct 2024	£ 782
Sun 27 Oct 2024	Sat 2 Nov 2024	£ 782
Thu 31 Oct 2024	Wed 6 Nov 2024	£ 782
Sun 3 Nov 2024	Sat 9 Nov 2024	£ 716
Sun 10 Nov 2024	Sat 16 Nov 2024	£ 716
Sun 17 Nov 2024	Sat 23 Nov 2024	£ 716
Sun 24 Nov 2024	Sat 30 Nov 2024	£ 716
Sun 1 Dec 2024	Sat 7 Dec 2024	£ 716
Sun 8 Dec 2024	Sat 14 Dec 2024	£ 716
Sun 15 Dec 2024	Sat 21 Dec 2024	£ 716
Sun 22 Dec 2024	Sat 28 Dec 2024	£ 716
Sun 29 Dec 2024	Sat 4 Jan 2025	£ 716

## Inclusions

### Tour notes:

Please note prices are based in CNY.

### General inclusions:

All required government taxes and fees.

All required Tibet permits and domestic travel documents.

3 Stars hotel (shared twin room, private bathroom and daily breakfast)

Lodging at E.B.C. will be at either Rongbuk Monastery's Guest House or E.B.C Tent Guest House (dormitory bed with semi-private bathroom)

All entrance tickets as noted in the tour's itinerary.

Local Tibetan guide fluent in English, Chinese or Japanese that is certified by the state tourism build. (If your native language is not listed please let us know, we are certain we can assist your needs.)

Transportation will be provided via a comfortable and clean car, minivan or tourist bus depending upon the groups size.

### General exclusions:

Personal expenses such as laundry, drinks, internet access, fax, telephone calls etc.

Tips for your guide and driver.

Nepal visa (you can get upon arrival at Kodari, USD 25 for a 15 day tourist visa)

Meals that are not specified in the tour itinerary.

Optional Attractions that are not specified in the itinerary.

Flight tickets or train tickets in and out of Lhasa (Please note: We can offer you train and/or plane tickets in and out Lhasa from all cities within China. Please check the latest price with us via email.)

Tour dates

From

£ 716

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[info@windhorsetour.com](mailto:info@windhorsetour.com)

+86-28-85593923

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