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## 10 days Mount Everest Base Camp with Tsedang tour

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Lhasa  
Tsedang  
Gyantse  
Shigatse  
Mount Everest  
Shigatse  
Lhasa

A classic route to Everest Base Camp is an indispensable stop on any trip to Tibet. Start from Lhasa and as you head south see the natural beauty of Yamdrok Lake. Trekking the final steps get you close up to the roof of the world Mount Everest.

Type  
Private  
Duration  
10 days  
Theme  
Culture and Heritage, Overland  
Trip code  
WT-204  
Price  
From £ 715 per person

### Itinerary

This tour begins from Lhasa-the historic capital of Tibet, the golden sunshine and blue sky is the dreams of many travelers all over the world, it is also the pilgrimage destination of all Tibetans, mingling with local pilgrims around the Barkhor street is an extra-ordinary feeling, besides Yarlung valley is the cradle of Tibetan civilization, exploration within the valley will take you back to the history of Tibet. This tour will not only bring you to the historic palaces and operating monasteries, but lines of breath-taking natural scenarios, such as turquoise water Lake Yamdrok, mighty Nyenchen Kangsar glacier and great peaks of Himalayans, will surely enrich your knowledge of the high plateau and its geography, gradually come across the rich culture of western Tibet and then to world summit Mt. Everest. In a nut-shell, this tour covers rich cultures and traditions, historical sights and natural beauties of Tibet.

Day 01 :  
Arrival at Lhasa[3,595m]



Upon your arrival at Lhasa airport or train station, you will be greeted by your Tibetan guide, from airport to Lhasa city is 68km, around an hour drive will take you to the holy city Lhasa. Driving along the Brahmaputra river and Lhasa river, you will not only amazed by the spectacular plateau scenery but also have a chance to see flocks of black-necked crane, wild duck and many other kind of wild birds, if you are not tired, stop at Nethang Giant Buhhda caving on the way. If you take the train to Lhasa, normally you will arrive in the late afternoon or evening, 20 minutes drive will take you to your hotel in Lhasa city. Check into hotel, have a good rest to acclimatize the high altitude. Overnight at Lhasa. **(B)=breakfast**

#### Day 02 :

Lhasa City sightseeing, visit Potola Palace & Jokhang Temple (B) - Walking tour is arranged today.

Today is your first day of sightseeing on the high plateau, so we have purposely arranged only to visit Jokhang temple and Potala Palace. Jokhang temple is the most sacred shrine in Tibet and located at the heart of the old town in Lhasa, the circuit around it called Barkhor street, which is a good place to purchase souvenirs. Potala Palace is the worldwide known cardinal landmark of Tibet. The massive structure itself contains a small world within it. Mostly it is renowned as residence of the Dalai Lama lineages (Avalokiteshvara). Both of them are the focal points of pilgrims from the Tibetan world, multitudinous pilgrims are circumambulating and prostrating in their strong faith. Overnight at Lhasa.

#### Day 03 :

Lhasa City sightseeing, visit Drepung Monastery, Sera Monastery & Norbulingka Summer Palace (B)

Today you will be arranged to visit Drepung, Sera monasteries and Summer Palace - Norbulingka palace. Both Drepung and Sera monasteries are Gelugpa (yellow hat) sect monastic colleges. Drepung monastery was the seat of the Government prior to Potala, it was once the world largest monastery in the history with 7,700 monks hailed from different monasteries all over Tibet. Sera monastery is famous for its Buddhism philosophical debate practice, the clapping sound and aggressive expression of the monks are well worth to see. Norbulingka is the summer palace of Dalai Lama, you can visit the residences of different lineages of the Dalai Lama. The park is crowded with picnickers and traditional activities during the Shoton (Yogurt festival) in August. Overnight at Lhasa.

#### Day 04 :

Lhasa / Tsedang / Samye / Tsedang [3,515m], 290Km, about 4hour drive (B)

Morning drive from Lhasa to Tsedang which is the capital of Shannan area, located by Yarlung Valley. Tsedang is reputed as the cradle of Tibetan Civilization, here you will visit the first monastery and first palace in Tibet. About 2 hours drive along the Yarlung Tsangpo river you will reach Tsedang, after processing your Tibet travel permit here, continue driving to Samye monastery. Samye is the first monastery in Tibet, boasting over 1200 years of history. Nestled in a scenic valley, Samye is an important pilgrimage location shaped like a mandala. Afternoon drive back to Tsedang, here you will be arranged to visit Yumbulakang Palace - the first palace in Tibet. Overnight at Tsedang.

#### Day 05 :

Tsedang / Yamdrok Lake [4,441m] / Gyantse [3,980m], 300KM, 6-7hour drive (B)

Morning drive along Yarlung Tsangpo River back to Chushul, cross Kambala Pass which is 4794m high. Kambala Pass provides you the first sight of the holy lake - Yamdrok tso. Then drive down to the bank of Yamdrok tso Lake, it takes about half an hour driving along the beautiful river bank to the nearest town - Nangartse, normally groups will have their lunch here. After lunch, continue on Southern Friendship Highway towards west, enjoy the spectacular views of the snow capped mountains, valleys and grasslands with the groups of nomads. Arrival at Gyantse in the afternoon, In Gyantse, visit the famous stupa - Gyantse Kumpum, which is the most stunning architectural wonder in Tibet. Overnight at Gyantse.

#### Day 06 :

Gyantse / Shigatse [3,840m] / Lhatse [3,950m], 240KM, 4-5 hour drive (B)

Morning drive from Gyantse to Shigatse, en route you will stop at the Tsampa workshop, you can see how barley is made into Tsampa (the Tibetan staple food) by a series of small machines and water-powered mills. Upon you arrive at Shigatse, visit Tashilunpo monastery which is one of the six prominent yellow hat sect monasteries and is the seat of the Panchen Lama lineage. There is a panoramic view of the whole monastery from the entrance, as well as a massive Jamba Buddha Statue. Around the monastery is the Kora path, which is a leads to a great hike behind the monastery and provides a great view of the whole city of Shigatse. Late afternoon drive to Lhatse. Overnight at Lhatse.

Day 07 :

Lhatse / New Tinggri [Shegar,4,150m] / Rongbuk Monastery [4,900m] / E.B.C[5,150m], 190KM, 4hrs (B)

Early morning start driving to Rongbuk via Shegar, cross over Gyatsola Pass[5200m] and Gawu la pass[5200m], from the top of the Gawu la you will see the spectacular Himalayan Ranges and its glorious peaks viz Mt.Makalu[8463m], Mt.Lotse[8516m], Mt.Everest[8844m], Mt.Cho Oyu[8201m] and Mt.Shishapama[8020m] from Left to right, climbing down through numbers of switchback bends lead to the dry valley of Tashi Zom and then to Rongbuk. Rongbuk is the highest monastery in Tibet and consist both monks and nuns, it is also a good point to see Mt.Everest. Overnight at distinguish featured local tent guesthouse.

Day 08 :

Rongbuk / Shegar / Shigatse[3,840m], 340KM, 6-7hrs drive

If you are lucky enough, you will see the sunrise at E.B.C. Late morning or early afternoon start driving back to Shigatse. Overnight at Shigatse.

Day 09 :

Shigatse / Lhasa[3,595m], 300KM, 6hour drive(B)

Morning visit the Shigatse carpet factory, as well as the Shigatse market, where many wonderful pieces of Tibetan art can be found. Late morning drive back to Lhasa along the northern friendship way, marvelous landscapes and sceneries along the Brahmaputra River will accompany you all the way back to Lhasa. Overnight at Lhasa.

Day 10 :

Lhasa airport/ train station dropping off (B).



Morning Lhasa airport or train station dropping off, the time come to say your farewells to your guide and driver, end the trip.

## Prices

Period

2 Persons

3 Persons

4-6 Persons

Nov. to Mar.

Regular price£ 1,094£ 823£ 715

Apr. to Jun. and late Oct.

Regular price£ 1,180£ 899£ 780

Jul. to mid Oct.

Regular price£ 1,289£ 985£ 855

## Inclusions

## Tour notes:

All of our tours can be customized to suite your requirements, interests and budget. It is our specialty! Please feel free to contact us.

The tour price is based on 3 star standard hotels. At your request we can provide pricing for different levels of service such as budget hostel, luxury 4 star standard hotels or deluxe 5 star standard hotels.

Please note prices are based in CNY.

**General inclusions:**

All required government taxes and fees.

All required Tibet permits and domestic travel documents.

3 Star hotel in Lhasa, Tsedang, Gyantse, Shigatse (shared twin room with private bathroom)

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.)

Airport and/or train station pick-up and drop-off.

Comfortable and clean 7/8 seats minivan for groups of 5 persons or less; for larger groups minibus and tourist coach are available.

**General exclusions:**

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

Tips for your guide and driver.

Meals that are not specified in the tour itinerary.

Optional Attractions that are not specified in the itinerary.

Sightseeing bus ticket at Everest Base Camp (E.B.C.) - 25 RMB per person. If you prefer you can hike up.

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.)

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