

Nepal to Tibet Everest base camp Tour

3 Star Hotel Package

2100^{USD}
per person

*Including healthy meals

5 Star Hotel Package

2700^{USD}
per person

*Including healthy meals

Trip Style: Overland Tour

Trip Difficulty: Moderate to hard



Our **Nepal to Tibet Everest base camp Tour** is a trip to experience the highlights of Tibet with Kathmandu, Shigatse, Gyantse, visit to Everest base camp and ultimately to Lhasa. Tibet tour cannot be accomplished deprived of a trip to Mt. Everest. This Nepal to Tibet Everest base camp Tour leads you through the beautiful highlands of Tibet. You will see the alpine lakes, blue skies, snow-capped mountains, wonderful sunrise and sacred sites, and extremely enthusiastic pilgrims on your way to Mt. Everest. You must get an unforgettable experience.

Travelling to Tibet from Kathmandu with Everest base camp tour being one of our most loved adventure trip for many travellers. Throughout our Nepal to Tibet Lhasa Tour via Everest Base Camp excursion, we also discover the spiritual Yamdrok Tso Lake, overcome a few high passes, and visit well-liked Tibetan nunneries like Sakya, Tashilhunpo, Shalu, Sera as well as Rongbuk the world's highest monastery.

Nepal to Tibet Everest base camp Tour highlighting the unique Mountain landscapes and magnificent monasteries with incredibly valuable religious treasures alternate with rustic villages and raging crystal clear mountain streams. For alternative, you also can fly or travel to Lhasa via mainland China and make an overland trip from Lhasa to Kathmandu, Nepal. Join our **Tibet Everest base camp** adventure overland Tour from Kathmandu to the Tibet "roof of the world" and get an extraordinary experience.

DURATION: 12 days

ITINERARY

Day 01:: Arrival in Kathmandu (1,300m /4,264 ft.) and transfer to hotel

Provide us your correct international flight details). Please meet our Guide and driver who will be waiting outside the Kathmandu international airport terminal. Our Guide will be holding welcome banner with your name and our company name Mountain Sherpa trekking & Expedition at the Kathmandu international airport and take you to your hotel.

If it's a clear day when you are flying into Kathmandu, then your tour begins right from the skies itself. The sights from the windows of our jet shows us glimmering snow-capped mountain peaks spread out down below us, giving us the first thrills of our just begun vacation, sparking off a whole reaction of unforgettable experiences that stay with us for some time to come. As soon as your plane hits the tarmac of Tribhuvan International Airport, Mountain Sherpa Trekking office representative and driver will be on standby to meet and greet you at the airport and escort you to your hotel. The rep will help you check into your designated hotel, and after going to our rooms and refreshing ourselves we will be briefed about our daily activities. The rest of your time is free to move around the neighborhood and get familiar with your surroundings. Overnight stay at Hotel

Day 02:: Full day Kathmandu city tour and drive to Nagarkot

After breakfast we visit Swayambhunath, Buddhanath and Pashupatinath Temple. All places are the most important places of worship in the valley. Frequented by a multitude of pilgrims and sadhus from all over the Indian

subcontinent, these sanctuaries are, with the picture of Nepal, places of contest: Hindus and Buddhists gathered in one place of worship, sadhus and monks in search spiritual, families assistant in recollection cremation of a parent, Brahmin priest officiating at a religious ceremony, snake charmers seeming to come straight out of a children's storybook, quarrelsome monkeys ... to better grasp Nepal a visit to these places of worship is imperative. Next, we drive to Nagarkot in order to enjoy fantastic view of the Himalaya. Nagarkot is one of the most famous viewpoints. Nagarkot is located 32 km east of Kathmandu at an altitude of 2175 m above sea level.

What's included: breakfast, tour and accommodation

Day 03:: Hike from Nagarkot to Changu and visit Bhaktapur City and late afternoon drive to Kathmandu

Today early morning we enjoy the best sunrise views over the Himalayas and amazing surrounding landscapes. After breakfast, we leave hotel and hike from nagarkot to Changu Narayan, which takes approximately 3-4 hours. Which is very beautiful and scenic hike with the views of local village, forests and valley views. En route, we visit bhaktapur and pause to meet a local Newari community and learn about their enduring cultural traditions. Then, enjoy lunch at a local restaurant, before returning to your Kathmandu hotel by late afternoon with the remainder of your day at leisure.

In this tour, you have opportunity to see both Mountains & sunrise over Himalayas from Nagarkot and also visit 2 Heritage site Bhaktapur Darbar Square and Changunarayan Temple (one of the oldest Temple in Nepal). In the evening, there will be welcome dinner in a typical Nepali Restaurant where we will be able to enjoy Nepali food with Traditional Nepali Cultural dance and folk music. **Overnight stay at Hotel**

What's included: breakfast, tour and accommodation

Day 04:: Drive from Kathmandu to Kyirong (3,800m/12,467ft): 153 km, 7 - 8 hours

After taking our breakfast at hotel, we start our expedition with a morning beautiful drive along the picturesque Nepalese countryside passing through the Nepalese towns of Trishuli, Dhunche, and Syabrubesi. Driving through the deep and big gorges, cascading waterfalls, rivers, hillside villages, and forests, we will reach the Nepal-Tibet border at Rasuwagadhi. After necessary procedures at Nepalese immigration and crossing the bridge on the border, we will be welcomed by our Tibetan guide and renew our exciting uphill drive on the Tibetan side to reach Kyirong. Overnight in Kyirong. **Overnight stay in Guest House**

Day 05:: Drive from Kyirong to Lotingri (4,050m/13,284 ft): 257 Km, 5 hours

Today, we will relish the attractive borderline along the snow-capped mountain and evergreen forests as we commence our day drive uphill to the highest highland of the world with the classic view of Tibetan landscape offering magnificent panoramic views of beautiful Himalayan ranges like Mt. Cho Oyu and Mt. Shishapangma. From Lotingri, one can experience the splendor of the majestic Mt. Everest.

Overnight in Lotingri

Day 06: : Drive from Lotingri to Rongbuk monastery (5,000m/16, 404ft): 160Km, 3 hours drive.

Discover Everest by walking to Guru Rinpoche cave and back to Rongbuk monastery: 2 hours

After breakfast at lodge, we will drive to Rongbuk monastery over the friendship highway at a distance of 60km; and then turn right towards Rongbuk monastery. We will stop at the top of the Gyawold pass for great views of Mt. Everest, Cho Oyu, Shishapangma, Lhotse, and Mt. Makalu. Then, we continue driving down through many corners for about one and a half hour to reach Rongbuk monastery. We will have our lunch in Rongbuk monastery, and in the afternoon we will walk to Guru Rinpoche cave which takes about an hour. Stopover the cave and explore Everest and enjoy a great view of Mount Everest from Guru Rinpoche cave. Late afternoon, we will walk back to Rongbuk monastery. Enjoy the most beautiful sunset views on Everest. Overnight in Rongbuk monastery.

Note that on unusual circumstances due to bad weather or political riots the local government may close down the road to the Everest base camp for safety reasons and without prior notice.

Day 07:: Drive from Rongbuk to Shigatse(3,900m/12,795 ft) via Sakya Monastery: 300km, 7-8 hours

In the morning, we can enjoy magnificent views of sunrise on Everest, then have breakfast and drive to Shigatse crossing three big mountain passes and passing by many beautiful Tibetan villages. The people in the communities are mostly farmers, and they rear some cattle, sheep, yaks, cows, etc. On the way, we visit the Sakya monastery which dates back to the 12th century, and it is the seat of Sakyapa school in Tibetan Buddhism. The main architectures inside the castle are the Dajing Hall, the Buddhism Hall and the hall where the Sakya archbishop lived. From here, we continue our drive to Shigatse, the second largest city in Tibet. Overnight in Shigatse.

Day 08:: Drive from Shigatse to Gyantse (3,950m/12,959 ft) via Shalu Monastery: 100km, 2 hours

After breakfast, we visit the famous Tashilhunpo Monastery in Shigatse which holds both historical and cultural importance for being founded by Gendun Drup, the First Dalai Lama in 1447. After touring the Tashilhunpo Monastery, we continue our drive to Gyantse. On the way, we visit Shalu Monastery. Founded in 1040, Shalu Monastery is known for its beautiful and ancient mural paintings. We continue to Gyantse and while there visit Khumbum Stupa, Phalkot Monastery and Gyantse Dzong (Fortress), which is one of the best-preserved dzongs in Tibet. Overnight in Gyantse.

Day 09:: Drive Gyantse to Lhasa (3,650 m/11,972ft) via Karo La pass & Yamdrok Lake: 260km, 5-6 hours

From Gyantse, we continue to Lhasa crossing the Karo La (5,010m/16,432 ft), and Kamba La (4794m/15,725 ft) passes and Lake Yamdrok Tso (Turquoise Lake), one of the three largest sacred lakes of Tibet, also believed to be the transformation of a Tibetan goddess. Furthermore, we cross the Yarlung Tsangpo (Brahmaputra) River and see Potala Palace for the first time from a distance. Overnight in Lhasa.

Day 10: : Lhasa sightseeing: Potala Palace, Jokhang Temple and Barkhor Street : 5 - 6 hours

After our breakfast at hotel, at first, in the morning we visit **Potala Palace**, which is the symbolic place of Lhasa and also the winter palace of the Dalai Lama. The 33rd. great king of Tibet built it in the 7th century. The gilded burial stupas of former Dalai Lamas and meditation Cave of the 33rd great king of Tibet are the most worth seeing in Potala Palace.

After lunch, you are going to **Jokhang Temple**, which was founded in the same time and by the same king with Potala Palace. From outside, you can see many pilgrims making prostrating in front of the temple. From inside, you can see the statue of Buddha Sakyamuni at his age of 12.

Barkhor Street is the next destination that women love a lot, because it's a famous walking street where they can go shopping. There are many distinctive shops that sell different Tibetan stuff, like handicraft, Thangka, and so on. Except for shopping, tourists can also join the Kora with pilgrims and locals, to explore Tibetan religious culture more deeply.

Optional:

You can go to visit the Tibetan handicraft art or Tibetan Traditional Medicine center if time is enough. You can also watch the Tibetan Culture Show in the evening for USD60 per person at your own expense.

Day 11: : Full Day Lhasa Sightseeing

In the morning, you are heading to **Drak Yerpa**, a place may not be that famous but with its own advantage. It consists of a monastery and a number of ancient meditation caves. There are some holes that kind of arrows left in the cliffs are believed to prove that the legendary hero Gesar of Ling had visited this valley.

In the afternoon, tourists will pay a visit to **Sera Monastery**, which is one of the “great three” Gelug monasteries of Tibet. Monks debate starts around 3 to 5 p.m. It’s very attractive even if you don’t understand what they are talking about at all. If the debate is not your type, you can also see the three sand Mandalas and colorful Rock Painting of Budda inside of the monastery.

Stay overnight in Lhasa

Day 12: : Final Departure

Our adventure in the Himalayas comes to an end today! There is nothing to do but trade emails with travel companions and organize photos. If time permits, we can engage in shopping or sightseeing. A representative from Mountain Sherpa Trekking will take us to the airport for our next journey. We can either go back to Kathmandu or continue to mainland China on our way home