



# TibetanGuide

M I M A D H O N D U P

## EVEREST NORTH FACE BASE CAMP – 9 days / 8 nights Group Tour –

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Tashi delek! Tibetan Guide Travel Tours is your trustable travel agency boutique in Lhasa. We offer bespoke guided tours across the Tibetan Plateau. Tibetan owned business and with highly experienced Tibetan drivers and tour guides, we well know our traditions and mother land. We are confident that you would not be disappointed if you choose our services; safety and customer satisfaction is our priority. We have our own tourism license and authorization to apply for foreigner's Tibet Travel Permit without any intermediary.

### Proposed itinerary

#### **Day 1: Lhasa arrival [3650m]**

Upon arrival in Lhasa you will be welcomed by your English-speaking Tibetan Guide and Tibetan Driver who will bring you to your hotel. Acclimatization to high altitude: please, drink lots of water and take plenty of rest in order to minimize altitude sickness.

*Overnight at Shang Bala Hotel 4\* or similar, which is located in Lhasa city center and a few walking steps to Barkhor Square and Jokhang Temple.*

#### **Day 2: Lhasa sightseeing**

We begin visiting Ramoche Temple, built in honor of the image of Jowo Rinpoche that Chinese princess Wencheng brought by marrying Songtsen Gampo, the first king of Buddhist doctrine and who unified the Tibetan empire in the 7th century. Thereafter, we continue with Jokhang Temple, the most sacred monastery in Tibet. It was also founded in the 7th century by Songtsen Gampo. Later you can explore the surrounding Barkhor old quarter and spend time walking around Jokhang Temple following pilgrims from all over the Tibetan plateau. In the afternoon we go to Sera Monastery, one of three great universities of Gelugpa Sect. We will attend the debating session of the monks.

*Overnight at Shang Bala Hotel 4\* or similar.*

#### **Day 3: Lhasa sightseeing**

Today we visit the beautiful Potala and Norbulingka Palaces. Potala winter palace was built in the 17th century by the fifth Dalai Lama. Provides amazing views of the entire city and houses the private quarters of the Dalai Lama, numerous grand state rooms and chapels. Norbulingka Palace is the summer palace of the Dalai Lama, built in the 18<sup>th</sup> century by the seventh Dalai Lama. It's tradition to picnic in its beautiful garden and perform opera dances during the Shoton Festival (August-September).

*Overnight at Shang Bala Hotel 4\* or similar.*



**Day 4: Lhasa – Gyantse [280Km, 7h, 3980m]**

Adventure starts: First we cross Kampa-la Pass [4797m] and then Karo-la Pass [5050m], where Mt. Noijin Kangsang [7206m] glacier lies near the road. In the middle, we enjoy the unreal turquoise waters of holy lake Yamdrok-Tso. Finally, we arrive at Gyantse town, where we visit the considered best Tibetan art paintings in Kumbum Stupa inside Pelkor Chode Monastery. Also from here, we admire the majestic Gyantse Dzong (fortress) overlooking the valley.

*Overnight at Yeti Hotel 3\* or similar.*

**Day 5: Gyantse – Sakya [250Km, 4-5h, 4320m]**

Our first stop today is at the ancient Shalu Monastery. Originally built in the 11th century, was damaged by an earthquake in the 14th century and then reconstructed resulting in a mixture of architectural styles. Shalu boasts a well preserved collection of Buddhist art and sculptures. It was a renowned learning centre of different tantric techniques. Alexandra David-Néel's book Magic and Mystery in Tibet impressed the world describing some of these skills. Back to the Friendship Highway, we continue to Sakya Monastery; the principal seat of Sakyapa Sect founded in 1073 and one of four major Schools of Tibetan Buddhism. Its powerful abbots governed Tibet during the whole of the 13th century until they were eclipsed by the rise of the Gelukpa Sect. Its Mongolian architecture is different from that of temples we seen before. If you are lucky enough, you will enjoy the sunset from the high walls of the monastery while the monks practice with their dungcheng, a very long Tibetan horn.

*Overnight at Yuan Mansion Hotel 3\*.*

**Day 6: Sakya – Rongbuk (Mt. Everest) [230Km, 5-6h, 5000m]**

Exciting day today: we reach one of the major highlights of our trip, near Mt. Everest North Base Camp [5200m]. The journey to Rongbuk involves crossing the high pass of Gyatso La [5220m] and the opportunity to view Mt. Everest and the Himalayas for the first time; then amazing views of several peaks like Makalu, Lhotse, Cho Oyu, and Mount Everest from the top of the Pang-la pass [5150m]. From New Tingri we continue driving towards Rongbuk Monastery, located at the foot of the Everest and the highest monastery in the world. Overnight at the tourist camp site located a few Kilometer from the real EBC and from where we have direct views of Mt. Everest (Qomolangma). Since 2018 tourists are not allowed to visit EBC used by climbing expeditions and now there is a short eco-bus shuttle to access Rongbuk due to environmental protection.

*Overnight at simple guesthouse tent (dorm bed without bathroom). Sleeping bag is recommended.*

**Day 7: Rongbuk – Shigatse [334Km, 7-8h, 3840m]**

Today begins the end of your Tibetan journey through the most sacred Buddhist monasteries and greatest mountains on earth. If you would like to start early your day, enjoy the sunrise with Everest peak views on the horizon [8848m]. After breakfast we visit Rongbuk Monastery where we will take a last look at Mt. Everest North Face and then we drive back North-East to reach the second largest city in Tibet, Shigatse, to enjoy a nice shower, sleep in a comfortable bed and some free time. We recommend doing the Kora around Tashilhunpo Monastery on your own before sunset. You will have an incredible panorama view of the valley and the impressive Dzong (fortress) as you walk along with the local pilgrims.

*Overnight at Gesar Hotel 5\* newly built building.*

**Day 8: Shigatse – Lhasa [272Km, 5-6h, 3650m]**

As early as possible, we visit Tashilhunpo Monastery, built in the 15th century by the first Dalai Lama. Nowadays the seat of the Panchen Lama. Our last day of our Tibetan traverse goes along the Yarlung Tsampo (Brahmaputra) River, where we will do a small stop to learn how Tibetan incense is made. This is the most direct route to Lhasa and part of the Friendship Highway. Free time for the rest of the day in Lhasa.

*Overnight at Shang Bala Hotel 4\* or similar.*



**Day 9: Tibet departure**

Enjoy your last hours in Tibet exploring Lhasa on your own until your guide and driver meet you at the hotel to transfer you to the airport. *End of our services.*

*Consider extending your trip walking the wonderful ancient route between two of our most important Monasteries: [The Ganden to Samye Trek](#). It's also possible to spend one-two more days visiting holy Namtso lake in North Lhasa (250Km, 4-5 hours drive, one way). Or even take a relaxing day in Lhasa on your own!*

*Please, contact us for further information about any available extension of your trip.*

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**PRICE :** **Contact us for the latest available rates.** Discounted price from November 1st to March 31st.  
– Single room occupancy available at additional cost (hotels only).

**TOUR :** Lhasa visits order might change depending on your travelling dates.  
The max group size is 12 people.

**Day 1** Lhasa arrival [3650m].

**Day 2** Lhasa sightseeing: Jokhang & Ramoche Temples, Sera Monastery.

**Day 3** Lhasa sightseeing: Potala & Norbulingka Palaces.

**Day 4** Lhasa – Gyantse [280Km, 3980m]: Yamdrok-tso lake, Karo-la glacier, Pelkor Chode Monastery.

**Day 5** Gyantse – Sakya [250Km, 4320m]: Shalu & Sakya Monasteries.

**Day 6** Sakya – Everest North Face at Rongbuk [230Km, 5000m]: Eco-bus service to Rongbuk Monastery, Everest Base Camp (when access allowed again).

**Day 7** Rongbuk – Shigatse [334Km, 3840m]: Rongbuk Monastery.

**Day 8** Shigatse – Lhasa [272Km, 3650m]: Tashilhunpo Monastery.

**Day 9** Tibet departure.

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**INCLUDED :**

All necessary travel permits in Tibet.

All entrance fees to lakes, glaciers and the Everest National Park.

Accommodation in shared room basis with breakfast described in the itinerary above.

Experienced Tibetan guide in Tibet (English language).

Transportation in Tibet (Airport / train station group pick up & drop off).

Driver and guide's food and accommodation.

Vehicle fuel, tools and vehicle repairs (if necessary).

Oxygen tank & bottled mineral water available in the group vehicle.

Welcome dinner.

**NOT INCLUDED :**

China VISA

Plane or train tickets in / out of Tibet.

Entrance fees to temples, monasteries and palaces (735¥ approx.; students/seniors/low season discounts available).

Meals, drinks and any other personal expenses.

Extra expenses incurred due to unexpected natural events (delays, road washouts, snowfall...)

Tips to guide and driver, but this totally depends on you.

**By joining this tour, you agree to our booking conditions, terms and policies.**