



# TibetanGuide

M I M A D H O N D U P

## EVEREST NORTH FACE BASE CAMP – 10 days / 9 nights Namtso Tour –

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Tashi delek! Tibetan Guide Travel Tours is your trustworthy boutique travel agency based in Lhasa that offer bespoke guided tours across the Tibetan Plateau. Being a 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 one of the few authorised to receive foreign groups and apply for their Tibet Travel Permit without any intermediary.

### Proposed itinerary

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

Welcome to Lhasa! Your English-speaking Tibetan guide and driver will warmly welcome you and accompany you to your hotel. Lhasa is one of the highest cities in the world. We understand that the high altitude of Tibet can be challenging for some, so we recommend taking your time to acclimate. Rest assured, we will provide all the necessary support to ensure your well-being. Remember to drink plenty of water and take a good rest to minimise any altitude sickness symptoms. Get ready to embark on a once-in-a-lifetime adventure! *Overnight in Lhasa.*

#### Day 2: Lhasa sightseeing

At the assigned time, we'll begin our tour by visiting the iconic Potala Palace. Built in the 17th century by the fifth Dalai Lama, this magnificent palace offers breathtaking views of the entire city and is home to the private quarters of the Dalai Lama, numerous grand state rooms, and chapels. Afterward, we'll visit the revered Jokhang Temple, founded in the 7th century by Songtsen Gampo, which is considered the most sacred monastery in Tibet. Immerse yourself in the rich cultural heritage of this magical land: take a stroll through the vibrant Barkhor old quarter and follow pilgrims from all over the Tibetan plateau on a kora around the Jokhang Temple. Kora is a term used in Tibetan Buddhism that refers to the practice of circumambulating around a sacred site, such as a temple, stupa or mountain, as a way of showing devotion and accumulating merit. The practice involves walking clockwise around the site, often while reciting mantras, prayers or other sacred texts. It is also believed to bring good fortune and blessings to those who undertake it. *Overnight in Lhasa.*

#### Day 3: Lhasa sightseeing

Today we'll visit Drepung and Sera monasteries. After breakfast, we'll venture to the outskirts of Lhasa to witness the grandeur of the Drepung Monastery, the largest in Tibet, which once housed 7000 monks. Along with the monasteries of Ganden and Sera, Drepung is one of the three great centers of Tibetan Buddhist education in the Gelugpa school, also known as the Yellow Hat Sect. Founded in the 15th century, it was the former residence of the Dalai Lama before the construction of the majestic Potala Palace. In the afternoon, you'll be mesmerised by the famous debates of the Sera Monastery, where the monks engage with vibrant energy in intellectual discourse and challenge each other's understanding of Buddhist philosophy. It's a truly awe-inspiring experience not to be missed! *Overnight in Lhasa.*

# Everest North Base Camp

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

Let the adventure begin! We'll start ascending the Kampa-la Pass [4797m], where you'll witness the stunning Mt. Noijin Kangsang [7206m] and the breathtaking turquoise waters of holy lake Yamdrok-Tso. An unreal sight that will leave you spellbound all along the way to the Karo-la Pass [5050m], where you'll marvel at the glacier that majestically hugs the roadside. The final stop will be the charming Gyantse town, home to the Kumbum Stupa inside Pelkor Chode Monastery, renowned for its exquisite Tibetan art paintings. From the top of the Kumbum, you'll also be treated to a magnificent view of the majestic Gyantse Dzong fortress overlooking the valley. *Overnight in Gyantse.*

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

Our first destination today is the historic Shalu Monastery. Built in the 11th century, the monastery was partially destroyed by an earthquake in the 14th century and then rebuilt, resulting in a blend of architectural styles. Shalu Monastery boasts an impressive collection of Buddhist art and sculptures that are well-preserved. It was a renowned center of learning for various tantric practices and techniques, and some of these skills were described in Alexandra David-Néel's book, "Magic and Mystery in Tibet," which impressed the world. Back to the Friendship Highway, we'll take you to the stunning Sakya Monastery, the principal seat of the Sakyapa Sect founded in 1073 and one of the 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 Gelugpa Sect. With its unique Mongolian architecture, this monastery stands out from any other you've seen before. The lucky ones may get to witness the sunset from atop the monastery walls, accompanied by the hypnotising sound of the monks playing their dungcheng, a traditional long Tibetan horn. *Overnight in Sakya.*

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

Another thrilling day! We'll reach one of the major highlights of our trip, near Mt. Everest North Base Camp [5200m]. The journey to Rongbuk involves crossing the high passes of Gyatso-la [5220m] and Pang-la [5150m]. Gyatso-la gives the opportunity to view Mt. Everest and the Himalayas for the first time; and from the top of the Pang-la you'll enjoy amazing views of several peaks like Makalu, Lhotse, Cho Oyu, and Mount Everest. The Rongbuk Monastery is located at the foot of the Everest, and the highest monastery in the world. You'll spend the night at the tourist camp site located a few Kilometres from the real EBC used by climbing expeditions, where you'll have direct views of Mt. Everest (Qomolangma). Since 2018 tourists are not allowed to visit the EBC due to environmental protection and now there is a eco-bus shuttle to access Rongbuk. *Overnight at simple guesthouse tent (dorm bed without bathroom). Sleeping bag is recommended.*

### Day 7: Rongbuk – Shigatse [334Km, 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 drive back to Shigatse to enjoy a nice shower, sleep in a comfortable bed. And if you have some free time, don't forget to do the Kora around the monastery to soak up the stunning panorama of the valley and the impressive Dzong (fortress). *Overnight in Shigatse*

### Day 8: Shigatse – Yangpachen [326Km, 4290m]

As early as possible, we'll be visiting the Tashilhunpo Monastery, built in the 15th century by the first Dalai Lama and currently the seat of the Panchen Lama. Afterwards, we'll be heading North-East towards the non-touristy nomadic Yangpachen valley, where you can experience spectacular views of the Nyenchen Thangla Range. Unfortunately, the tourist campsite near Namtso lake shore has been dismantled, but don't worry! We have an alternative plan - we'll be staying in the town of Yangpachen, which is famous for its local hot spring resort. So after 6 long days of driving, it's the perfect time to kick back and relax. *Overnight in Yangpachen.*

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### Day 9: Yangpachen – Namtso – Lhasa [285Km, 3650m]

The crossing of the Nyenchen Thangla Range and the Lagen-la Pass [5190m] let us see in the horizon our sacred Namtso lake, the most beautiful lake in Tibet. You will enter the Changtang plateau, where the nomadic way of life still thrives. At the lake shore, you'll be awe-struck by the stunning scenery of the Nyenchen Tanglha snow peak [7162m] towering over the crystal blue waters of Namtso Lake. After a visit to Tashi Dor Monastery, we'll drive back to Lhasa. *Overnight in Lhasa.*

### Day 10: 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 more day visiting the Ganden Monastery and the Dark Yerpa Hermitage East of Lhasa (140Km in total). Or even take a relaxing day in Lhasa on your own!*

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

# Everest North Base Camp

## 10 days Namtso Tour



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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 01** Lhasa arrival [3650m].

**Day 02** Lhasa sightseeing: Potala Palace & Jokhang Temple.

**Day 03** Lhasa sightseeing: Drepung & Sera monasteries.

**Day 04** Lhasa – Gyantse [280Km, 3980m]: Yamdrok-tso lake, Karo-la glacier, Pelkor Chode Monastery.

**Day 05** Gyantse – Sakya [250Km, 4320m]: Shalu & Sakya Monasteries.

**Day 06** Sakya – Everest North Face at Rongbuk [230Km, 5000m]: Eco-bus service to Rongbuk Monastery, Everest Base Camp (when access allowed again).

**Day 07** Rongbuk – Shigatse [334Km, 3840m]: Rongbuk Monastery.

**Day 08** Shigatse – Yangpachen [326Km, 4290m]: Tashilhunpo Monastery, Yangpachen hot spring resort.

**Day 09** Yangpachen – Namtso – Lhasa [285Km, 3650m]: Namtso lake, Tashi Dor Monastery.

**Day 10** Tibet departure.

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### ACCOMMODATION:

Lhasa 4 nights, Thangka Hotel 4\*, just a few steps from Barkhor Square and Jokhang Temple (city centre).

Gyantse 1 night, Yeti Hotel 3\* or similar.

Sakya 1 night, Yuan Mansion Hotel 3\*.

Rongbuk (Everest) 1 night, Mt. Everest Tourist Camp Dormitory Tent or Rongbuk Monastery Guesthouse.

Shigatse 1 night, Gesar Hotel 4\* (new building).

Yangpachen 1 night, Hot Spring Resort.

### INCLUDED :

All necessary travel permits in Tibet.

All entrance fees to temples, monasteries and palaces.

All environmental fees to lakes, glaciers and National Parks.

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.

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.

Anything not specified in the "included" section.

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