



TibetanGuide

M I M A D H O N D U P

EVEREST NORTH FACE BASE CAMP

Tibetan Guide Travel Tours is a small travel agency based in Lhasa. We always work hard and take responsible for our clients by using local services as much as possible. Of course we use Tibetan drivers and tour guides. They have reach Tibet culture and experienced good attitude and also service. So we sure that your trip will be not disappointed if you chose our services.

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 Shambhala Palace or House of Shambhala Hotel, which is a Tibetan style hotel located in Lhasa city center (Barkhor)

Day 2: Lhasa sightseeing

We begin visiting Jokhang Temple, the most sacred monastery in Tibet. It was founded in the 7th century by the first great Buddhist king 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 Shambhala Palace or House of Shambhala Hotel

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 18th century by the seventh Dalai Lama. It's tradition to do picnic in its beautiful garden and perform opera dances during Shoton Festival (August-September).

Overnight at Shambhala Palace or House of Shambhala Hotel



Day 4: Lhasa – Gyantse [280Km, 3980m]

Adventure starts: First we cross Kampa-la Pass [4797m] and then Karo-la Pass [5050m], where Mt. Noi jin 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, we admire the majestic Gyantse Dzong (fortress) overlooking the valley.

Overnight at Yeti or Gyantse Hotel

Day 5: Gyantse - Shigatse [100Km, 3840m]

In the morning we visit the Gyantse Dzong and then we drive North-West to reach second largest city in Tibet. We visit Tashilhunpo Monastery, built in the 15th century by the first Dalai Lama. Nowadays seat of the Panchen Lama, the second highest figure in the Tibetan Buddhist hierarchy. We recommend to do Kora around Tashilhunpo Monastery. We have incredible panorama view of the valley and impressive Dzong (fortress). Also, you can walk around local market.

Overnight at Gesar Hotel

Day 6: Shigatse – New Tingri [250Km, 4300m]

The journey to New Tingri involves crossing the high pass of Gyatso La [5220m] and the opportunity to view Mt. Everest and the Himalayas for the first time. Before, we visit Sakya Monastery which is 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 in we seen before.

Overnight at Snowland Hotel

Day 7: New Tingri – Everest North Face Base Camp [120Km, 5000m]

Exciting day today: we reach one of the major highlights of our trip, Mt. Everest North Base Camp [5250m] (trekking or take bus). From New Tingri we continue driving towards Rongbuk Monastery, located at the foot of the Everest and the highest monastery in the world. We enjoy amazing views of several peaks like Makalu, Lhotse, Cho Oyu, and Mount Everest from the top of the Pang-la pass [5150m]. Overnight at tourist camp site located a few km after Rongbuk Monastery and from where we have direct views of Mt. Everest.

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

Day 8: Rongbuk – Shigatse [334Km, 3840m]

After spending some time at the base of Mt. Everest we visit Rongbuk Monastery and then drive back to Shigatse.

Overnight at Gesar Hotel

Day 9: Shigatse – Lhasa [272Km, 3650m]

Our last day of our tibetan traverse goes along the Yarlung Tsampo (Brahmaputra) River. 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 Shambhala Palace or House of Shambhala Hotel



Day 10: Tibet departure

Enjoy your last hours in Tibet exploring Lhasa by 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).*

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



PRICE: 1200 EURO per person.

Group size: Min 4 people / Max 12 people.

Reduced groups (booking at least 2 months in advance):
Group Basis price for 2-3 people, 1650 EURO per person

Single room occupancy supplement (Lhasa-Gyantse-Shigatse-New Tingri): 250 EURO

Low Season 100 EURO discount per person (MAY - JUN). [Check April & Winter Special offers.](#)

When group members arrive or leave separately, then extra fee applies per journey:

- Train station transfer: 150 Yuan
- Airport transfer: 300 Yuan

Please, check [upcoming departures](#) or let us know your trip dates if looking for travel partners..

Day 1: Lhasa arrival [3650m]

Day 2: Lhasa sightseeing

Day 3: Lhasa sightseeing

Day 4: Lhasa – Gyantse [280Km, 3980m]

Day 5: Gyantse - Shigatse [100Km, 3840m]

Day 6: Shigatse – New Tingri [250Km, 4300m]

Day 7: New Tingri – Everest Base Camp [120Km, 5000m]

Day 8: Rongbuk – Shigatse [370Km, 3840m]

Day 9: Shigatse – Lhasa

Day 10: Tibet departure

Included

- All necessary travel permits in Tibet.
- All entrance fees as described in the itinerary above.
- Experienced Tibetan guide in Tibet (English language).
- Transportation in Tibet (Airport / train station group pick up & drop off).
- Vehicle fuel, tools and vehicle repairs (if necessary).
- Driver and guide's food and accommodation.
- Accommodation in shared room basis. We will arrange for you as we mentioned in the itinerary. Double room with bathroom and breakfast are included when you stay in Lhasa, Gyantse, Shigatse and New Tingri hotels. At Mt. Everest guesthouses (dorm bed, no shower) without breakfast.
In Lhasa, Shambhala Palace or House of Shambhala Hotel 3*** (Barkhor)
In Gyantse, Yeti Hotel or Gyantse Hotel 3***
In Shigatse, Gesar Hotel 3***
In New Tingri, Snowland Hotel 2**

Not included

- China VISA
- Plane or train tickets in or out of Tibet.
- Meals and drinks
- Personal expenses
- Extra expenses incurred due to unexpected natural events (delays, road washouts, snowfall...)
- Tips to guides and driver, but this totally depends on you.



VISA & Tibet travel permits

Due to the current regulation, you need a special permit to visit Tibet Autonomous Region. The only thing you need to worry about is sending us clear scan of your travel documents **25-30 days in advance**. We will do the rest.

Application process depends on your entry point:

From mainland CHINA

We need clear scan copy of your passport and visa. If you do not hold a tourist visa (L), additional documents are required. Please, contact us for further information.

If you are entering Tibet by plane from mainland China, you will need the original permit. We will sent it to any address in China that you wish, be it your hotel or a friend's house. If you are arriving by train, you will only need a photocopy of the permit.

From NEPAL

We need clear scan copy of your passport.

If you want to enter Tibet from Nepal, chinese visa must be applied in Nepal. You must be sure about your itinerary as your visa will only permit you to stay for this set number of days. It cannot be extended later on when you are in Tibet. The visa that you will get is a group visa for all the people on the tour and it cannot be separated.

When we have a photocopy of your passport and itinerary, we will send a visa application to the chinese embassy in Nepal. Once you arrive to Kathmandu, our partner travel agency at Nepal will go to the chinese embassy to get the visa with your original passport. Bear in mind that the we need at least two working days to be able to get you visa and it costs 150 USD for non-USA passport holders.

We can help with any services you might need in Nepal. Please, contact us.