TibetanGuide
MIMA DHONDUP

EVEREST NORTH FACE BASE CAMP
– 11 days / 10 nights Group Tour –

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] **[– , – , D]**
Welcome to Lhasa! Our Tibetan staff will warmly greet 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 acclimatise. Rest assured, we will provide all the necessary support to ensure your well-being. Remember to drink plenty of water and get plenty of rest to minimise any symptoms of altitude sickness. Prepare to begin your journey of a lifetime! *Overnight in Lhasa.*

Day 2: Lhasa sightseeing: Potala Palace & Jokhang Temple. **[B, – , –]**
At the scheduled 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 over Lhasa and houses the Dalai Lamas' private quarters, grand ceremonial halls and numerous chapels filled with sacred Buddhist treasures. Afterwards, we'll visit the revered Jokhang Temple, founded in the 7th century during the reign of King Songtsen Gampo and considered the holiest temple in Tibet. Immerse yourself in the rich cultural heritage of this magical land as you stroll through the vibrant Barkhor Old Quarter, following pilgrims from across 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 a sacred site, such as a temple, stupa, or mountain, as an expression of devotion and a way of accumulating spiritual merit. The practice involves walking clockwise around the site, often reciting mantras and prayers, in the belief that this practice brings blessings, good fortune and spiritual purification. *Overnight in Lhasa.*

Day 3: Lhasa sightseeing: Drepung & Sera Monasteries. **[B, – , –]**
After breakfast, we'll head to the outskirts of Lhasa to visit Drepung Monastery. Founded in 1416, Drepung was once the largest and most powerful monastery in Tibet, housing over 7000 monks. Along with Ganden and Sera, it is one of the three great monastic universities of the Gelug school of Tibetan Buddhism, also known as the Yellow Hat School. Drepung was also the residence of the early Dalai Lamas before the construction of the Potala Palace. In the afternoon, we'll visit Sera Monastery, where we'll witness the famous philosophical debates between Buddhist monks. With animated gestures, rhythmic clapping and lively exchanges, the monks challenge each other's understanding of Buddhist teachings in a centuries-old tradition that remains an essential part of their monastic education. It's a fascinating experience and one of the highlights of any visit to Lhasa. *Overnight in Lhasa.*

Day 4: Ganden Monastery and Drak Yerpa Hermitage day trip [140Km] **[B, – , –]**
We will begin the day with a visit to Ganden Monastery, located atop a hill in the Kyichu Valley, 50 km from Lhasa. It is the main seat of the Gelug Sect and was founded by Tsongkhapa in 1409. You may also do a kora around the monastery, offering peaceful views over the typical Tibetan landscape. After lunch, we'll head to the off-the-beaten-path site of Drak Yerpa, a complex of meditation caves and temples, one of the holiest pilgrimage sites since the 7th century. The visit involves about 2–3 hours of walking on a hillside. We'll then return to Lhasa for some free time. *Overnight in Lhasa*.

Day 5: Lhasa – Tsedang – Samye [210km, 3575m] **[B, – , –]**
Let the adventure begin! We will head southeast towards the Yarlung Valley, the cradle of Tibetan civilisation. Today's plan includes exploring the region where the ancient Tibetan kings unified Tibet in the 7th century. Our first stop will be at Tsedang, the fourth most important city in Tibet, where we will visit the Yumbulagang Palace, which dominates the valley from the top of a hill. Considered the first construction in Tibet, it resembles a medieval fortress. Next, we will visit the Samye Monastery (8th century), the first Buddhist monastery in Tibet. The monastery's unique architecture forms a gigantic mandala, following the structure of the universe according to Buddhist cosmology. If time permits, we will also visit the Temple of Traduk today. *Overnight in Samye*.

Day 6: Samye – Gyantse [280km, 3980m] **[– , – , –]**
Get ready for an exciting day: we'll start driving west towards the Tsang region to ascend the Kampa-la Pass [4797m], where you'll witness the stunning Mt. Noijin Kangsang [7206m] and the breathtaking turquoise waters of the holy Lake Yamdrok-Tso. An unreal sight that will leave you spellbound all the way to the Karo-la Pass [5050m], where you'll marvel at the glacier that majestically hugs the roadside. If the group's timing allows, you'll have the chance to walk to Jayang-tso Lake and see the Kyangyong Glacier. Our last stop of the day will be at Ralung Monastery, founded in the late 12th century, nestled in a remote and serene area surrounded by stunning mountain landscapes. Although less visited than other major monasteries in Tibet, it holds great importance in Tibetan Buddhism, particularly for the Drukpa Kagyu lineage in Bhutan. Finally, we'll arrive in the charming town of Gyantse before dinner. *Overnight in Gyantse*.

Day 7: Gyantse – Sakya [237km, 4320m] **[B, – , –]**
Our first visit today will be to the Kumbum Stupa inside the 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. On the way to Sakya, we'll make a short detour to visit 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 remarkably well preserved. It was a renowned centre of learning for various tantric practices and techniques, and some of these were described in Alexandra David-Néel's book *Magic and Mystery in Tibet*, which captivated readers worldwide. Returning to the Friendship Highway, we'll continue our journey to Sakya to end the day. The lucky ones might even 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 8: Sakya – Rongbuk (Mt. Everest) [240km, 5000m] **[B, – , –]**
Another thrilling day! We'll reach one of the major highlights of our trip, near Mt. Everest North Base Camp [5200m]. First, we'll visit 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-style architecture, this monastery stands out from any other you've seen before. The journey to Rongbuk involves crossing the high passes of Dong-la [4800m] and Gawu-la [5150m]. The Dong-la Pass offers the opportunity to see the little-known eastern face of Everest (Kangshung) and the Himalayas for the first time; and from the top of the Gawu-la you'll enjoy amazing views of several peaks, including Makalu, Lhotse, Cho Oyu, and Mount Everest. Rongbuk Monastery is located at the foot of Everest and is the highest monastery in the world. You'll spend the night at the tourist campsite located a few kilometres from the actual Everest Base Camp used by mountaineering expeditions, where you'll have direct views of Mt. Everest (Qomolangma). Since 2018, tourists have not been allowed to visit the EBC due to environmental protection, and there is now an eco-bus shuttle to access Rongbuk. *Overnight in Rongbuk*.

Day 9: Rongbuk – Shigatse [334Km, 3840m] **[B, – , –]**
Today begins the end of your Tibetan journey through the most sacred Buddhist monasteries and mightiest mountains on earth. For those eager to embrace an early start, witness the sunrise with breathtaking views of Everest's peak on the horizon [8848m]. After breakfast, we'll visit Rongbuk Monastery for a final view of Mt. Everest's North Face, then drive back, leaving the main routes behind and following the Yarlung Tsangpo River to Phuntsokling Monastery [4010m], one of Tibet's hidden treasures. Originally belonging to the Jonang school, it flourished in the 16th–17th centuries under Jetsün Taranatha, who emphasised the Kalachakra Tantra. The monastery houses a monumental mural of the Buddha's life, designed by Taranatha around 1615–1630. After his death, having founded monasteries and promoted Buddhism in Mongolia, Taranatha's reincarnation was recognised by the Fifth Dalai Lama in the son of the Khalkha Mongol Khan. These incarnations became known as the Jetsün Dampa Hutuktu, spiritual leaders of the Gelug lineage in Mongolia. Although the Jonang tradition was later forcibly subsumed for political reasons, it persisted in secrecy in remote regions and endures to this day. The modern monastic complex is striking and photogenic, and from here, you can climb the hill to explore the ruins of the ancient dzong that once dominated the valley. In the afternoon, we'll continue on to Shigatse [3840m], Tibet's second-largest city. If time allows, take a kora around Tashilhunpo Monastery for sweeping views of the valley and the imposing Dzong. *Overnight in Shigatse*.

Day 10: Shigatse – Lhasa [272km, 3650m] **[B, – , –]**
Our final day on this Tibetan traverse follows the Yarlung Tsangpo (Brahmaputra) River, taking the most direct route back to Lhasa along the Friendship Highway. As early as possible, we'll visit Tashilhunpo Monastery, founded in the 15th century by the First Dalai Lama and traditionally the seat of the Panchen Lama. One of the highlights of our journey, its greatest treasure is the magnificent golden statue of Maitreya Buddha (the Future Buddha), a colossal 26-metre-high figure covered in gold and copper, considered one of the largest of its kind in the world. On arrival in Lhasa, enjoy some free time to relax or explore at leisure. *Overnight in Lhasa*.

Day 11: Tibet departure **[B, – , –]**
Enjoy your final hours in Tibet exploring Lhasa at your own pace before we transfer you to the airport for your onward flight. ***End of our services.***

Optional activities available: local tea house experience, blind massage, cooking classes, religious offerings at temples or monasteries, visit to a Tibetan family, and more. Please consult with us.

Early arrival / late departure available: Consider taking a relaxing day in Lhasa on your own! It's also possible to spend few more days visiting the Lhasa surroundings or even the holy Namtso lake in North Lhasa (250Km, 3 hours drive, each way). Please, contact us for further information about any available extension of your trip.

Everest North Base Camp
10 nights Group Tour

TOUR : Max. 8 people. The sequence of visits may change depending on local conditions.

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Day 02 Lhasa sightseeing: Potala Palace & Jokhang Temple.
Day 03 Lhasa sightseeing: Drepung & Sera monasteries.
Day 04 Ganden Monastery and Drak Yerpa Hermitage day trip [140Km].
Day 05 Lhasa–Samye [210km, 3575m]: Yumbulagang Palace, Samye Monastery, Traduk Temple.
Day 06 Samye–Gyantse [280Km, 3980m]: Yamdrok-tso lake, Karo-la glacier, Ralung Monastery.
Day 07 Gyantse–Sakya [237Km, 4320m]: Pelkor Chode & Shalu Monasteries.
Day 08 Sakya–Rongbuk (Everest) [240Km, 5000m]: Sakya Monastery, Qomolangma National Park, Rongbuk Monastery.
Day 09 Rongbuk–Shigatse Monastery.
Day 11 Tibet departure.

PRICE : Contact us for the latest available rates.
– Single room occupancy available at additional cost (hotels only).

INCLUDED
Experienced English-speaking Tibetan guide.
All necessary travel permits for Tibet (delivery to any address within mainland China).
All entrance fees to temples, monasteries, and palaces.
All environmental protection fees for lakes, glaciers, and national parks.
Accommodation in shared twin rooms with breakfast, as described in the itinerary (hotels only, except Samye).
At Mt. Everest Tourist Campsite: private room in a tent, with shared common areas and outdoor public latrines (breakfast included; no private bathroom). From November to February, rooms at Basum 8848 Hotel are included.
Transportation within Tibet (airport/train station pick-up and drop-off at any time — no extra fees).
Driver's and guide's meals and accommodation. Vehicle fuel, tools, and repairs if needed.
Oxygen tank for emergencies & bottled mineral water available in the group vehicle (fair use, 2 bottles/day).
Welcome dinner.

ACCOMMODATION
LHASA: Shambhala Palace Heritage Hotel or Banakshol Hotel 3*.
SAMYE: Samye Monastery Hotel.
GYANTSE: Yuthok Hotel 3* or similar.
SAKYA: Nyetsang Hotel 4*.
RONGBUK: Everest Tourist Campsite Tents or Rongbuk Monastery Guesthouse (upgrade subject to availability).
SHIGATSE: Manasarovar Hotel or similar.

**At Mt. Everest, you can stay either in the monastery guesthouse (which has a toilet but no shower; hot water and heating are available, though the pipes may freeze in winter) or at the tourist tent camp, offering shared rooms of different sizes and an outdoor public latrine. During winter, depending on weather conditions, we may stay at the 8848 Hotel in Basum Village.*

NOT INCLUDED
China / Nepal visa (ask us for details).
Hand delivery of Tibet Entry Permits at mainland China airports.
Plane or train tickets to/from Tibet.
Accommodation, visits, or transfers in Mainland China / Nepal.
No breakfast provided at Samye hotel.
Meals, drinks, and other personal expenses not specified.
Personal travel / medical insurance (highly recommended).
Expenses arising from unforeseen events, whether third-party or weather-related (delays, cancellations, floods, landslides, snowfalls, natural disasters, etc.).
Tips for the guide and driver (optional, but expected if the service has been satisfactory).
Anything not specified under the "Included" section.

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