Kathmandu – Lhasa – EBC Motorbike Tour

Itinerary & costs · Nord Extreme Himalaya Pvt. Ltd. · delightful-orange-chimpanzee.tarevirjungleresort.com · Updated 22 November 2026

DURATION	**15 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**5,200 m**
GROUP SIZE	**15 People**
BEST SEASON	**ALL THE YEAR**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 3,890 per person**

Day-by-day itinerary

Day 01 : Arrival in Kathmandu (1,400m)

Stay: Hotel · Visit: Nepal · Meals: Dinner

Upon arrival at Tribhuvan International Airport in Kathmandu, you will be warmly welcomed by our representative and transferred to your hotel. The rest of the day is free for rest, relaxation, and preparation for the upcoming motorcycle expedition.

In the evening, a short briefing will be provided covering itinerary, safety guidelines, riding conditions, and border procedures.

Day 02 : Tibet Visa Preparation & Kathmandu Sightseeing (1,400m)

Stay: Hotel · Visit: Nepal · Meals: Breakfast

After breakfast, submit your passport for the Chinese Group Visa and Tibet Travel Permit process. While documentation is being arranged, enjoy a guided sightseeing tour of Kathmandu's UNESCO World Heritage Sites, including Pashupatinath Temple and Boudhanath Stupa.

Evening pre-trip briefing with expedition team.

Day 03 : Kathmandu (1,400m) – Kyirong (2,700m)

Distance: ~25 km riding (after border) · Stay: Guest House · Visit: Nepal · Meals: Breakfast Lunch Dinner

Early drive to the Nepal–Tibet border, complete immigration formalities, and meet the Tibetan guide and support crew. Short ride into Kyirong, a scenic Himalayan border town surrounded by green valleys and snow peaks.

Afternoon for acclimatization and bike familiarization.

Day 04 : Kyirong (2,700m) – Old Tingri (4,300m)

Distance: ~320 km · Stay: Guest House · Visit: Tibet · Meals: Breakfast Lunch Dinner

Riding: 6–7 hrs

Ascend onto the Tibetan Plateau through dramatic high-altitude landscapes. Ride across wide grasslands and pass views of Shishapangma.

Arrive at Old Tingri, a historic Himalayan trading town.

Day 05 : Old Tingri (4,300m) – Shigatse (3,840m)

Distance: ~250 km · Stay: Guest House · Visit: Tibet · Meals: Breakfast Lunch Dinner

Riding: 4–5 hrs

Ride across vast Tibetan plains, passing traditional villages and agricultural zones. Arrive in Shigatse, Tibet's second-largest city and an important spiritual center.

Day 06 : Shigatse (3,840m) – Gyantse (3,950m)

Distance: ~95 km · Stay: Guest House · Visit: Tibet · Meals: Breakfast Lunch Dinner

Riding: 2 hrs

Visit Tashilhunpo Monastery before riding to Gyantse. Explore Gyantse Kumbum Stupa and Pelkor Chode Monastery.

Day 07 : Gyantse (3,950m) – Lhasa (3,650m)

Distance: ~270 km · Stay: Guest House · Visit: Tibet · Meals: Breakfast Lunch Dinner

Riding: 5–6 hrs

Cross Karo La Pass and pass glaciers and sacred landscapes. Visit Yamdrok Lake before arriving in Lhasa.

Day 08 : Lhasa Sightseeing (3,650m)

Stay: Guest House · Visit: Tibet · Meals: Breakfast Lunch Dinner

Visit the iconic Potala Palace, Jokhang Temple, and Barkhor Market.

Day 09 : Lhasa Sightseeing (3,650m)

Stay: Guest House · Visit: Tibet · Meals: Breakfast Lunch Dinner

Explore Sera Monastery and Drepung Monastery. Learn about Tibetan Buddhism and monastic culture.

Day 10 : Lhasa (3,650m) – Lhatse (4,050m)

Distance: ~420 km · Stay: Guest House · Visit: Tibet · Meals: Breakfast Lunch Dinner

Riding: 7–8 hrs

Ride along the Yarlung Tsangpo River through high valleys and remote settlements to Lhatse.

Day 11 : Lhatse (4,050m) – Xegar (4,300m)

Distance: ~170 km · Stay: Guest House · Visit: Tibet · Meals: Breakfast Lunch Dinner

Riding: 3–4 hrs

Ride across high passes with panoramic Himalayan views toward Xegar, gateway to Everest region.

Day 12 : Xegar (4,300m) – Everest Base Camp (5,200m) – Old Tingri

Distance: ~220 km · Stay: Guest House · Visit: Tibet · Meals: Breakfast Lunch Dinner

Riding: 5–6 hrs

Ride via Gawula Pass to Mount Everest Base Camp (Tibet side). Visit Rongbuk Monastery and enjoy Everest views before returning.

Day 13 : Old Tingri (4,300m) – Kyirong (2,700m)

Distance: ~320 km · Stay: Guest House · Visit: Tibet · Meals: Breakfast Lunch Dinner

Riding: 6–7 hrs

Descend from the plateau through dramatic valleys back to Kyirong.

Day 14 : Kyirong (2,700m) – Kathmandu (1,400m)

Stay: Hotel · Visit: Nepal · Meals: Breakfast Lunch Dinner

Cross border formalities and return to Kathmandu. End of expedition ride.

Day 15 : Departure

Visit: Nepal · Meals: Breakfast

Transfer to Tribhuvan International Airport for onward journey.

Altitude & temperature

Typical daytime / night temperature at each overnight stop in the best travel months. Temperatures can change with the weather.

- Day 1 · Arrival in Kathmandu · 1,400 m · day 31°C / night 19°C
- Day 2 · Tibet Visa Preparation & Kathmandu Sightseeing · 1,400 m · day 31°C / night 19°C
- Day 3 · Kathmandu – Kyirong · 1,400 m · day 31°C / night 19°C
- Day 4 · Kyirong – Old Tingri · 2,700 m · day 24°C / night 11°C
- Day 5 · Old Tingri – Shigatse · 4,300 m · day 16°C / night 0°C
- Day 6 · Shigatse – Gyantse · 3,840 m · day 19°C / night 3°C
- Day 7 · Gyantse – Lhasa · 3,950 m · day 18°C / night 3°C
- Day 8 · Lhasa Sightseeing · 3,650 m · day 20°C / night 5°C
- Day 9 · Lhasa Sightseeing · 3,650 m · day 20°C / night 5°C
- Day 10 · Lhasa – Lhatse · 3,650 m · day 20°C / night 5°C
- Day 11 · Lhatse – Xegar · 4,050 m · day 18°C / night 2°C
- Day 12 · Xegar – Everest Base Camp – Old Tingri · 4,300 m · day 16°C / night 0°C
- Day 13 · Old Tingri – Kyirong · 4,300 m · day 16°C / night 0°C
- Day 14 · Kyirong – Kathmandu · 2,700 m · day 24°C / night 11°C

What’s included

Transportation

- Private tourist vehicle for airport pickup and drop-off in Kathmandu
- Kathmandu – Kyirong border – Kathmandu ground transportation
- Tibet section fully supported by motorcycles (as per package category)
- Fuel for motorcycles during Tibet riding section (as per itinerary coverage)
- Support vehicle (mechanic/backup/assistance vehicle) throughout Tibet section

- All road taxes, parking fees, and toll charges in Tibet

Motorcycle & Riding Support

- Fully maintained adventure motorcycles (250cc–500cc range or equivalent)
- Basic riding gear support (helmet, gloves where included in package category)
- On-road technical and mechanical support
- Spare parts and basic repair assistance during expedition
- Backup motorcycle in case of breakdown (subject to availability)

Accommodation & Meals

- 3 nights hotel accommodation in Kathmandu (bed & breakfast basis)
- Standard hotels in Tibet (Kyirong, Tingri, Shigatse, Lhasa, etc.) on twin-sharing basis
- Basic guesthouse accommodation near Everest Base Camp (Rongbuk/EBC area)
- Daily breakfast throughout the journey
- Full-board meals (breakfast, lunch, dinner with tea/coffee) during Tibet riding section (except Kathmandu)

Permits & Documentation

- Tibet Travel Permit (TTP)
- Military / Restricted Area Permit for Tibet overland travel
- Chinese Group Visa arrangement support (processed in Kathmandu)
- All required permits for Everest Base Camp motorcycle route

Guide & Riding Crew

- Professional English-speaking Tibetan guide throughout Tibet section
- Experienced motorcycle lead guide (road captain)
- Mechanic and support crew for entire expedition
- Emergency first aid kit and basic oxygen support
- Navigation and route support throughout the ride

Safety & Support Services

- Backup support vehicle for luggage and emergency assistance
- Basic medical support kit for high-altitude riding conditions
- Emergency communication support during remote sections
- Coordination assistance at border crossings

Government Taxes & Service Charges

- All applicable Tibet government taxes and local service charges
- Agency handling, coordination, and operational fees

Not included

International Flights

- Airfare from home country to Kathmandu

- Return international flight from Kathmandu to home country

Visa Fees

- Nepal entry visa fee (on arrival or prior arrangement)
- China Group Visa fee (payable separately as per arrangement)

Travel Insurance (Mandatory)

- Comprehensive travel insurance covering motorcycle riding at high altitude (up to 5,200m+)
- Emergency medical treatment
- Helicopter evacuation and rescue services
- Trip cancellation, delays, or interruptions

Personal Expenses

- Tips for guide, mechanic, driver, and support staff
- Personal riding gear (boots, jacket, protective clothing, etc.)
- Fuel or services outside the included itinerary coverage
- Hot showers, Wi-Fi, charging, and laundry in Tibet
- Motorcycle damage due to rider error (if applicable)
- Personal shopping, souvenirs, and extra hotel services

Meals & Beverages

- Lunch and dinner in Kathmandu
- Any meals not mentioned in the itinerary
- Bottled water, soft drinks, energy drinks, alcohol, and snacks
- Special dietary requests beyond standard group menu

Ready to book or have a question?

Trip page:
https://delightful-orange-chimpanzee.tarevirjungleresort.com/holiday/package/kathmandu-lhasa-ebc-motorbike-tour/
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