Lhasa – EBC Overland Tour

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

DURATION	**9 Days**
DIFFICULTY	**Moderate**
MAX ALTITUDE	**5,200 m**
GROUP SIZE	**17 People**
BEST SEASON	**ALL THE YEAR**
START / END	**Kathmandu / Kathmandu**
PRICE FROM	**USD 1,750 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 welcomed by our representative and transferred to your hotel. The day is reserved for rest and preparation. A detailed briefing will be provided in the evening regarding the tour, permits, and border procedures.

Day 02 : Tibet Visa Processing & Cultural Orientation (1,400m)

Stay: Hotel · Visit: Nepal · Meals: Breakfast

After breakfast, submit documents for the Chinese Group Visa and Tibet Travel Permit process.

In parallel, enjoy guided sightseeing in Kathmandu including UNESCO World Heritage Sites such as Pashupatinath Temple and Boudhanath Stupa. Evening briefing with expedition team.

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

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

Driving: 7–8 hours

Drive along the Trishuli River Valley to the Nepal–Tibet border. After immigration formalities, enter Tibet and meet your Tibetan guide. Continue to Kyirong, a lush Himalayan valley town ideal for acclimatization.

Day 04 : Kyirong (2,700m) – Lhasa (3,650m)

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

Driving: 6–7 hours

Ascend to the Tibetan Plateau through alpine valleys and nomadic landscapes. Enjoy first views of Himalayan peaks before arriving in Lhasa, the spiritual capital of Tibet.

Day 05 : Lhasa Cultural Exploration (3,650m)

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

Full-day guided tour of Potala Palace, Jokhang Temple, and Barkhor Street. Experience Tibetan pilgrim

culture and Buddhist traditions.

Day 06 : Lhasa Monasteries & Heritage Tour (3,650m)

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

Visit Sera Monastery and Drepung Monastery. Learn about Tibetan monastic life, philosophy, and debate culture. Afternoon free for leisure.

Day 07 : Lhasa (3,650m) – Shigatse / Everest Region (4,300m)

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

Driving: 7–8 hours

Drive via Gampa La Pass with views of Yamdrok Lake. Continue through Gyantse and Shigatse toward the Everest region via high-altitude passes.

Day 08 : Everest Base Camp – Kyirong – Kathmandu (5,200m -> 1,400m)

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

Driving: 7–9 hours

Early visit toward Everest Base Camp (Tibet side) at 5,200m, followed by return via Gawula Pass. Descend to Kyirong, cross the Nepal border, and continue to Kathmandu.

Day 09 : Final Departure (1,400m)

Visit: Nepal · Meals: Breakfast

Transfer to Tribhuvan International Airport for onward flight.

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 Processing & Cultural Orientation · 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 – Lhasa · 2,700 m · day 24°C / night 11°C
- Day 5 · Lhasa Cultural Exploration · 3,650 m · day 20°C / night 5°C
- Day 6 · Lhasa Monasteries & Heritage Tour · 3,650 m · day 20°C / night 5°C
- Day 7 · Lhasa – Shigatse / Everest Region · 3,650 m · day 20°C / night 5°C
- Day 9 · Final Departure · 1,400 m · day 31°C / night 19°C

What’s included

Transportation

- Private airport pickup and drop-off service in Lhasa and Kathmandu
- Comfortable Tibetan tourist vehicle for the entire Tibet overland journey
- All ground transportation from Lhasa – Everest Base Camp – Kyirong – Kathmandu as per itinerary
- All fuel, parking fees, tolls, and road taxes within Tibet

Accommodation & Meals

- 3 nights hotel accommodation in Lhasa (bed & breakfast basis)
- Standard hotels in Shigatse, Xegar (Shegar), and Kyirong on twin-sharing basis
- Basic guesthouse accommodation at or near Everest Base Camp (Rongbuk area)
- Daily breakfast throughout the trip
- Full-board meals (breakfast, lunch & dinner with tea/coffee) during Tibet overland section (except Lhasa and Kathmandu)

Permits & Documentation

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

Guide & Support Services

- Professional English-speaking Tibetan guide throughout Tibet section
- Experienced local Tibetan driver for overland journey
- Assistance during border crossing (Kyirong / Nepal–Tibet border)
- Basic first aid kit and emergency oxygen support for high-altitude areas
- Full tour coordination and logistics support

Sightseeing & Entry Fees

- Entry fees for monasteries and monuments as per itinerary
- Guided visits to Potala Palace, Jokhang Temple, Drepung Monastery, Sera Monastery, Tashilhunpo Monastery, and others
- Everest Base Camp and Rongbuk Monastery entry arrangements

Government Taxes & Service Charges

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

Not included

International Flights

- Airfare from home country to Kathmandu (arrival)
- Airfare from Kathmandu to home country (departure)

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 high-altitude travel up to 5,200m+

- Emergency medical treatment
- Helicopter evacuation and rescue
- Trip cancellation, delay, or interruption

Personal Expenses

- Tips for guide, driver, and support staff
- Personal items and souvenirs
- Hot showers, Wi-Fi, charging, and laundry in Tibet
- Extra hotel nights due to weather or delays
- Any additional services not mentioned in itinerary

Meals & Beverages

- Lunch and dinner in Kathmandu and Lhasa
- Any meals not mentioned in the itinerary
- Bottled water, soft drinks, alcohol, snacks, and personal beverages
- Special dietary requests outside standard group meals

Ready to book or have a question?

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

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