

Tibet Everest Base camp Trekking

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Tibet Everest Base Camp Trek is one of the world's greatest journeys that combines Tibetan awesome culture with the highest trekking route on earth. It's close to the summit of Mount Everest that can be reached without the need for crampons, ice axes or any mountaineering skills.

Flying into Lhasa from Kathmandu/Mainland China with the amazing views of the Himalayan giants of Everest, Makalu, Cho Oyu and Kanchenjunga, four of the highest peaks in the world. We will spend several days in our acclimatisation and exploration approach to Everest base camp and advanced Everest Base Camp in Tibet.

We witness the sights and sounds of Lhasa and Tibet – Potala palace, Norbulingka temple, Jorkhang Square, Sera and Drepung monasteries, Namtso Lake on the way to Gyantse and Tashilhunpo monastery in Shigatse.

We start our Tibet trekking from Tingri which means you'll be in good shape and well acclimatize before your ascend to Everest advanced Base Camp. En route there are yak herders camps and grain farms, moors and meadows and unimagined green. We weave through the ice pinnacles and cross the Rongbuk glacier to Rabu La where you can peer over into the Kangshung face of Everest. On arrival at Rongbuk monastery and Base camp you will be astounded by the spectacular and uninterrupted views of Everest's great North face, an awesome and heart throbbing experience. After having an acclimatization rest day at Base camp we head for the steady achievable trek through stunning glaciers and peaks to Advanced Base Camp 3 at 6340 meter, where the sheer grandeur of Kangshung north face of Everest stands just in front of you. You have to see to believe it

Everest advanced base camp trekking in Tibet is to all who are in good shape, enjoy hiking and traveling and don't have any underlying health issues that might be worsened by spending nights at high altitudes. We back you with an experienced medical trained trekking leader along with a Portable Altitude Chamber and comprehensive medical kit to make your world's highest Tibet trekking trip a safe and holiday of lifetime.

Itinerary

Day Day 01: Arrival and transfer to Hotel.

On arrival in Kathmandu Airport, you would be met and received by our representative & transfer to the hotel. Overnight at the hotel.

Day Day 02: Kathmandu Sightseeing including Swyambhunath Stupa, Kathmandu Durbar & Patan Durbar Square.

After Breakfast proceeds for full day sightseeing in Kathmandu including, Swayambhunath Stupa, Kathmandu Durbar square and Patan Durbar Square. Swayambhunath, Located approx. 3km from the center of Kathmandu, this Buddhist stupa is said to be 2000 years old. The stupa which forms the main structure is composed of a solid hemisphere of brick and earth which supports a lofty conical spire capped by a pinnacle of gilt copper, Kathmandu Durbar Square, the complex of palaces, courtyard and temples, built between the 12th and 18th centuries use to be the seat of the ancient Malla kings of Kathmandu. Patan, also known as Lalitpur, is a city of fine arts, enclosed within 4 stupas, which are said to have been built in the 3rd century A.D. by Emperor Ashoka. & Durbar square which houses a bronze collection, the Krishna temple built by King Siddi Narsinh Malla, Hiranya Varna Mahavihar,

and Mahaboudha Temple. After sightseeing, return to the hotel. Overnight stay at the hotel.

Day Day 03: Kathmandu-Bhaktapur Sightseeing

After Breakfast proceeds for the full sightseeing of Pashupatinath Temple, Boudhanath Stupa & Bhaktapur Durbar Square. Pashupatinath temple is one of the holiest Hindu temples dedicated to Lord Shiva. Situated amidst a lush green natural setting on the bank of the sacred Bagmati river, the temple, which was built in pagoda style, has a gilded roof and beautifully carved silver doors. The stupa of Boudhanath lies 8kms east of Kathmandu. This ancient colossal stupa is one of the biggest in the world and the center of Buddhism in the world. It was listed in the UNESCO Heritage Monument in 1979. After lunch proceed to Bhaktapur. Upon arrival at Bhaktapur, we visit the Golden Door, the Palace of 55 windows and Pagoda Nyatapola. After visiting Bhaktapur, return back to the Hotel.

Day Day 04: Arrival in Lhasa (3,650 m/11,972ft)

We travel to Lhasa either through a direct flight from Nepal or via mainland China. If we choose to fly from Kathmandu to Lhasa, we will be on an hour-long Trans-Himalayan flight, which is considered to be one of the most beautiful air routes in the world, that takes us over Mt. Everest (8848m), Kanchenjunga (8536m) and other Himalayan peaks. It also provides enchanting views of some of the highest glaciers in the Himalayan region.

If we are going to Lhasa via mainland China, we may fly from any major city or take the world's highest train route to Lhasa. A representative from Himalayan Glacier will pick us up either from the airport or the train station for about an hour's drive to our designated hotel in Lhasa. Once in our hotel room, it is advised to take plenty of rest for the remainder of the day to minimize altitude sickness. Overnight in Lhasa.

Day Day 05: Sightseeing in Lhasa: Potala Palace, Norbulingka Palace and Tibet Traditional

Hospital: 5 - 6 hours

We will begin sightseeing in Lhasa after breakfast. Today is the day we visit the beautiful Potala and Norbulingka palaces. Built in the 17th century, Potala Palace provides amazing views of the entire city and houses private quarters of the Dalai Lama, numerous grand state rooms and chapels. Norbulingka Palace is the summer palace of the Dalai Lama and houses what is considered to be the largest man-made garden in Tibet. We further visit the Tibet Traditional Hospital which is the center for the treatment, training, research and production of Tibetan medicine. Overnight in Lhasa.

Day Day 06: Sightseeing in Lhasa: Sera Monastery, Drepung Monastery, Jokhang Temple and

Barkhor Bazaar: 5 - 6 hours

After breakfast we will visit Drepung Monastery, Sera Monastery, Jokhang Temple and Barkhor Bazaar. Drepung Monastery, which was built in the 14th century, is believed to

have sheltered around 10,000 monks in the past but as of now there has been a serious decline resulting in only a few hundred. The history, culture, and religious beliefs of the Tibetan people are strongly concentrated and centered in this marvelous monastery. Sera Monastery is a preserved monastery of white-washed walls and golden roofs. Jokhang Temple is another important sacred site which unravels more deep-seated mysteries of Tibetan Buddhism. We further strolled through Barkhor Bazaar (market). With its open air stalls, shops and crowd of pilgrims, it is the nerve centre of Lhasa. Overnight in Lhasa.

Day Day 07: Drive from Lhasa to Shigatse (3,900m/12,795 ft) via Gyantse: 367km, 6 - 7 hours

After breakfast, we embark on a pleasant drive to Shigatse, the second biggest city in Tibet via Gyantse. We drive past Khamba La (4,794m) pass and savor the enthralling views of Yamdrok-Tso (Turquoise Lake), one of the Holy Lakes in Tibet and Mt. Nazin Kang Sa (7,252m). Further to the west, we come across another pass, Karo La (5,045m) and take in amazing views of the majestic glaciers. Upon reaching Gyantse, we visit the Khumbum Stupa, Phalkot Monastery and Gyantse Dzong (fortress), which is one of the best preserved dzongs in Tibet. From Gyantse, we continue to Shigatse enjoying a captivating mountain landscape along the way. Overnight in Shigatse.

Day Day 08: Drive from Shigatse to LaoTingri - Langkor Monastery (4490m): 330km

We will start our tour in the morning driving through two big mountain passes, Tso La Pass (4500m) and Gyatso La Pass (5220m) and some beautiful villages, where we will be rewarded with the first view of Mt. Everest from the foot of Gyatso La Pass. Lao Tingri also known as Dingri used to be an important trading post where Sherpas from Nepal exchanged rice, grain and iron for Tibetan wool, livestock and salt. We will continue our drive to the Langkor monastery, from Dingri. The *Gompa* or temple was built in the Padampa Sange's meditation cave and became the seat of the Dampapa School of Tibetan Buddhism. Overnight in Langkor.

Day Day 09: Trek Langkor monastery to Cho Oyu Base Camp (5100m): 5hrs

Today, we start our trek to the Cho Oyu Base Camp. It is one of the most beautiful walks today as we will walk just in front of the Cho Oyu snow mountains standing at 8188 m, which is the sixth tallest mountain in the world. This is one of the most famous snow-capped mountains in the world where mountaineers expedite to the summit. Getting to the base camp of this marvelous mountain is one of the most memorable adventure campings. Enjoy the beautiful sunset views of Mt. Cho Oyu and the Nangpa La Pass. Overnight in Base Camp.

Day Day 10: Trek Cho Oyu Base Camp to foot of Lamna La Pass (4750m): 4-5 hrs

After a fulsome breakfast along with majestic views of Mt. Cho Oyu and Nangpa La from our campsite, we start our trek from the base camp to the southeast of Lungjang valley and walk

towards the upper part of the Longjang village. We may encounter some wild animals on the route, including blue sheep, foxes and wolves. There is also a beautiful nomad camp at the foot of Lamna La where we can share life experience with Tibetan nomads where they graze their flocks of sheep, yaks and other livestock. Overnight on foot of the Lamna La Pass .

Day Day 11: Trek to Dzakarchu river - Rongbuk Monastery (5000m): 6-7 hrs

We start our trek ascending a steep trail climbing towards the Lamna La Pass (5250m) while enjoying the astounding views of Mt. Cho Oyu, Lungjang valley and the Nangpa La Pass with other snow-capped mountains around. Around 3 hours of uphill walk will take us to the top of the Lamna La from where we will descend into a marshy side valley that leads us to Dzakarchu river. Since it is a steeply downhill walk, it will take around 2 hours to get to the Dzakarchu river. We will continue our trek in the Dzakarchu valley from where the first views of Mt. Everest starts to show up, eventually getting closer and closer in our eyes, bringing a sense of pride in being close to the world's highest mountain without having any obstacles from high altitude. We then reach the Rongbuk monastery where we can rest our aching feet and enjoy the beautiful sunset views of Mt. Everest in the evening. Overnight in Rongbuk monastery.

Day Day 12: Rongbuk to Everest Base Camp (5,250m/17,220ft): 4- 5 hours

Today, we trek to the Everest Base Camp, which is also the ultimate highlight of the whole trip. Reaching the base of the world's highest mountain is an achievement in its own right. We may capture this accomplishment with our camera while keeping ourselves busy with short treks which will help us in acclimatizing to the high altitude. At the base camp, we also enjoy the amazing Himalayan vista with the world's highest peak, Mt. Everest, soaring above us. Overnight at Everest Base Camp.

Day Day 13: Acclimatization and Exploration at Everest Base Camp

Spending one full day at Everest Base Camp would not only be a memorable experience in itself, but will also help greatly in acclimatization. We can climb and explore beautiful hills nearby and enjoy the company of high Himalayan peaks. Overnight at Everest Base Camp.

Day Day 14: Everest Base Camp to Japanese Camp (5,460m/17,913ft): 12 Km, 3 - 4 hours

From Everest Base Camp, we initially trek alongside the Rongbuk Glacier, an impressive frozen ocean of ice waves. Then, after a short run over gravel terrain, we walk along the lateral moraine of the Rongbuk glacier and skirt the Glacier from its east side. After an hour or so, we take the left path that leads steeply to the Japanese Camp. This camp is situated under a huge yellow rock. At this site, we enjoy the view of the Pumori Himalaya. Overnight at Japanese Camp.

Day Day 15: Japanese Camp to Interim Camp (5,800m/19,028): 7 Km, 4 - 5 hours

The Interim Camp lies on the end of a nearby glacier. Along this trek, we enjoy the company of huge ice pinnacles. As we move ahead towards a dusty valley, we are welcomed with magnificent views of the East Rongbuk Glacier and high mountains like Pumori (7,161m/23,494ft) and Nuptse (7,861m/25,791ft). Although we might feel the high altitude, technically the route is quite easy. Overnight at Interim Camp.

Day Day 16: Trek to Changtse Base Camp (5,950m/19,520ft): 5 Km, 3 - 4 hours

Changtse is located adjacent to the north of Everest, hence the name Changtse which in Tibetan means north peak. Today, we leave the Japanese Base Camp and trek towards Changtse Base Camp which provides perhaps the best panoramic view of Mount Everest. The short trek will also help us with acclimatization.

Day Day 17: Trek to Everest Advanced Base camp and back to Changtse Base Camp (6,340m/20,800ft) : 7 to 8 hours

As we continue to follow the east side of the Rongbuk Glacier, we get closer to Everest and Lhakpa Ri (7045m). Walking along the moraine rubble, we arrive at our destination, the Advanced Base Camp of Everest (ABC) which is situated near the Changtse Glacier. From here, the Everest Top appears so close that one might feel tempted to summit the mountain. In fact, the top of Everest is a little more than 2400 meters away from this camp. The Everest Advanced Base Camp is also the closest non-climbers can get to the top of Mt. Everest. From here we descend to Chagtse Base Camp where we will be spending the night.

Day Day 18: Return to EBC and drive to Lotingri (4,348m/14,268ft): 5 -6 hours trek, 2 hour drive

The return to Base Camp is a downhill trek. Today, we aim to get back to the base camp as slowly as possible in order to avoid any kind of high altitude problems. On our way back, we enjoy the beautiful mountain landscape that Tibet so proudly boasts. After reaching the Everest Base Camp we will drive to Tingri. Overnight in Tingri.

Day Day 19: Drive from Lotingri to Kerung (2800m/9186ft): 4-5 hours

We begin our drive to Kerung after breakfast. Kerung is a small town in Nepal which borders Tibet. We freshen up after reaching Kerung and take a long-needed rest. Today's short drive will give us plenty of time for resting. Overnight in Kerung.

Day Day 20: Kerung to Kathmandu by drive

Today we leave Tibet and drive to the capital city of Nepal, Kathmandu. We begin our drive after an early morning breakfast. On our way we can compare and contrast the change in landscape, culture and people. After reaching Kathmandu we freshen up. There will be a farewell dinner hosted by NEC Travels to celebrate the successful completion of our journey in the mountains. Overnight in Kathmandu.

Day Day 21: Warm Departure

After Breakfast transfer to Airport for flight to next Destination.