

Road To Tibet Travel Services

www.roadtotibt.com woeser@roadtotibet.com

Lhasa & New Mt. Everest Base Camp

8 - 10 Days

(can be shortened)

After meeting you at the Lhasa Gongkar airport, you will spend four days visiting Lhasa and nearby destinations. On the fifth day, you will set out for the New Mt. Everest Base Camp. To complete your trip, you can cross into Nepal, leave Tibet via Shigatse airport, or return to Lhasa to visit other destinations.

This itinerary is designed to offer some suggestions for what is possible when you travel to Mt. Everest Base Camp. We hope it inspires you. We're available to collaborate on a unique itinerary for you. [Enquire](#)

(Download this Itinerary.)

DAY 1: Arrive in Lhasa by plane or train, transfer to your hotel, and relax.

The holy city of Lhasa was founded as the capital of the Tibetan Empire in the 7th century by Emperor Songtsen Gampo. Since the beginning of the ascendancy of the Dalai Lamas in the 17th century, it has had no rivals on the Tibetan Plateau. "The Place of the Gods" (10,950 ft.), which straddles the Kyichu Valley, is the planet's majestic rooftop city where amid temples, wafting incense, and devoted Buddhists, the Tibetan culture continues. Filled with sights, sounds, and many shops, restaurants, and historical monasteries, the Tibetan quarter of Lhasa will keep you busy!

DAY 2: Visit the **Jokhang Temple** and the **Barkhor** in the morning and the nearby **Sera Monastery** in the afternoon.

The Jokhang was built in the 7th century by King Songtsen Gampo and his two wives—the Nepalese Princess Bhrikuti and the Chinese Princess Wencheng. It houses the famous Jowo Rinpoche (Buddha Shakyamuni) statue, the holiest object in Tibet. Over the centuries, the complex has expanded and been rebuilt several times, but remarkably, the core of the original temple remains and can be visited. The Jokhang is a UNESCO World Heritage site, and its importance to the Tibetan people cannot be exaggerated.

DAY 3: Visit the **Potala Palace** in the morning and **Norbulingka** or **Drepung Monastery** in the afternoon.

The glorious Potala Palace, truly an architectural gem, was the residence of the Dalai Lamas, known to the Tibetans as Yishin Norbu, Wish-Fulfilling Gem. The Emperor Songtsen Gampo is believed to have built the first palace in 637; it was rebuilt and expanded by the Great Fifth Dalai

Lama in the 17th century. Today the Potala is a state museum, but the vibration of its sanctity can still be felt.

Drepung, or Rice Heap Monastery, located at the foot of Mount Gephel, is one of Tibet's most significant Gelukpa institutions. (The others are Ganden and Sera.) Drepung is about 8 km west of Lhasa and is built below a valley wall. It once housed more than 7,000 monks. Unfortunately, much has been destroyed, but the four primary buildings have been preserved.

The Norbulingka was developed in the mid-18th century as the Summer Palace of the Dalai Lamas. It was also the seat of government during the summer months. The complex includes a debating courtyard and three palaces. To the east, there is an open-air stage and gardens where operatic performances are held during the Shoton Festival.

DAY 4: Today, you will enjoy a scenic excursion to **Ganden Monastery**, about 45 km from Lhasa, and return to Lhasa for dinner.

About 45 km from Lhasa, **Ganden** was founded in the 15th century by Tsongkapa. For centuries, Ganden, named after the paradise of Maitreya Buddha, had been a significant institution of the Gelukpa tradition. The pilgrim's circumambulation or walking circuit route follows a path that passes several important religious relics, sacred places, and rock impressions. The hour-long circuit descends into a burial ground, passes through a narrow cleft then ends at Tsongkhapa's hermitage.

DAY 5 (380 km): Leaving the city of Lhasa, you will drive along the scenic Kyi Chu River and cross the highest river in the world—the Tsangpo River, which becomes the Brahmaputra in India. After climbing a very scenic and thrilling high pass, you'll arrive at **Yamdruk Yutso Turquoise Lake**.

This sacred lake sits at 4,408 m/14,461 ft and is believed to be the soul of the Tibetan nation. Stretching over an area of 754 km, its teal blue waters create the largest lake in southern Tibet. Surrounded by snow-capped mountain ranges, the lake is fed by icy streams and inlets that flow down from the higher elevations during the warm summer months. Its curved pincer shape boasts nine islands and numerous bays and is home to several monasteries. At Gampa La Pass, on the winding road that leads to Yamdruk Yutso Lake, you'll see an unforgettable vista of shimmering turquoise beneath a backdrop of glaciers.

In the afternoon, you will reach **Gyantse** to visit Kubum Stupa and Pelkor Monastery. Kubum Stupa is one of Tibet's most outstanding artistic achievements. Built in the 15th century, the Kumbum or *gomang*—*many doored*—stupa is 35 m tall, with nine gates and nine stories, and contains 75 chapels. Built as a three-dimensional mandala representing the universe, its circle within a square design is meant to aid an individual on the path to enlightenment. Many of the statues were damaged during the Cultural Revolution, but the main temple survives intact and contains important 14th-century murals and images. In the evening, the Gesar Hotel awaits you in the City of Shigatse.

DAY 6: In the morning, we will visit **Tashilunpo Monastery** and then drive to **New Tingri** (Shegar), with views of Mt. Everest on the way. Hotel in New Tingri. *

DAY 7: You will have a spectacular drive on a paved road to the **New Mount Everest North Face Base Camp at Rongbuk**. You will greatly enjoy the views and visit the small, ancient monastery. In the evening, tourist campsite or guesthouse.

In 1865, Mount Everest was so-named by the Royal Geographical Society of England. Tibetans honor the mountain as Jomolangma, or Queen of the Universe. Often pictured with a plume of condensation streaming from its pyramidal summit, the mountain peaks at 8,848 m/29,029 ft. Tibet is home to Everest's stunning North Face. From the new Everest Base Camp at Rongbuk Monastery, 5,150 m/17,000 ft., the mountain face soars another 3,648 m/11,969 ft overhead.

* You can skip Day 6 at New Tingri for a shorter trip.

OPTIONS & ADD-ONS

Cross into Nepal:

Day 8: After sunrise, drive to the **Nepal** border town of Kyirong while enjoying views of Mt. Cho Oyu, Sheshabangma, and Peguo Lake. Hotel. Then on **Day 9**, we will help you to cross the border into Nepal.

Return to Lhasa:

Day 8: Return to Lhasa. Leave Tibet from the Lhasa airport or by train on Day 9, or extend your visit.

Day 8, 9, 10: Return to Lhasa via Namtso Lake, where you spend the night and arrive in Lhasa the following day (Day 9). Leave Tibet on Day 10 or extend your visit.

Namtso "Sky" Lake lies at 4,718 m/15,479 ft, approximately 70 miles from Lhasa. Bordered by the snowy peaks of the Nyenchen Tanglha, Namtso Lake is the second-largest saltwater lake in Tibet. It has five uninhabited islands and Tashi Dor Gompa, a small monastery on a southeastern peninsula. Surrounded by snow-capped mountains and vast grasslands, this crystal-clear lake is a bird sanctuary. A 2-3 hour hiking circuit runs along the shoreline.