Detail Itinerary

Overview of Overland Lhasa Tour

The Overland Lhasa Tour is an incredible journey that connects the rich ethnic heritage of Lhasa with the highest base region in the world. Additionally, you will have the unique opportunity to explore the ancient monastic metropolis of Gyantse, the pristine Turquoise Lake (Yamdrok Tso), and Shigatse, Tibet's second-largest city, alongside a visit to the Everest Base Camp in Tibet. This trip is also widely recognized as the Kathmandu to Lhasa Tour.

Journey from Kathmandu to Nyalam and Tingri

Our adventure begins in Kathmandu with a scenic four-hour drive toward Kodari. Once border formalities between Nepal and China are completed, we continue our path onward to Nyalam. Upon arrival, we spend the night at a local lodge, experiencing the warm hospitality of the surrounding community. Early the next morning, we head toward Tingri, one of the premier locations offering magnificent views of Mount Everest, the tallest mountain in the world. Along the way, we explore the historic Milarepa Cave and other notable landmarks before proceeding toward Shigatse.

Exploring Shigatse, Gyantse, and Lhasa

Shigatse is a historic Tibetan town that allows visitors to deeply experience unique Tibetan culture and traditions. On our way to Shigatse, we visit one of Tibet's most important monasteries, the Sakya Monastery. Our next stop is Gyantse, home to remarkable sites such as the Palkor Chode Monastery and the iconic Gyantse Dzong (fortress). The final leg of our tour takes us to Lhasa, where we explore world-renowned spiritual and historical landmarks including the Jokhang Temple, Barkhor Bazaar, Potala Palace, Drepung Monastery, Sera Monastery, and Norbulingka Palace. After completing our unforgettable time in Lhasa, we return to Kathmandu via a scenic flight.

Best Time to Visit and Why Choose Us

The ideal months to experience the Lhasa and Everest Base Camp tour are from April to October, as the weather remains stable and calm during this period. If you are interested in this adventure, Nepal Kailash Trekking is delighted to offer customized itineraries designed to match your preferences, ensuring a secure and unforgettable journey.

Trip Facts

- Trip Duration: 13 days

Detail Itinerary

Day 01: Arrival at Tribhuwan International Airport (TIA), Kathmandu, Nepal, overnight **Hotel**
Arrival in Kathmandu. Pick you up form Airport & transfer to Hotel by our company representative and brief about the program, Bed, and Breakfast

Day 02: Trip Preparation day Overnight Hotel
This day in Kathmandu - for preparation and conformity, evening briefing about the tour, overnight Hotel on BB plan

Day 03: Drive from Kathmandu to Zdangmu – Nyalam **3700m 160km/6 hrs (Approximately)**
Drive early morning to Kodari from Kathmandu about 4 - 5 hours. Along the Araniko highway, its self-eyeful scenery of little hills with paddy field as well as villages and small pass through markets. At the end, the section from Barbise to Kodari is about an hour, after rains the road is often trouble. At the border customs, formalities can take time. There will be attending our border representative for crossing the luggage and camping goods. Then Drive with lots of turning upwards to Nyalam.

Day 04: Acclimatization day
This day is for acclimatization hiking up around Nyalam and evening come back to the hotel.

Day 05: Drive to Shegar 4200m, 190km/5 hrs
The first drive up to Thongla passes 5153m and lalung la 5030m which gives you a view the huge Mount Shishapangma 8,013m above the sea level. And also you will see Tibetan plateau front and spectacular mountains across gorge behind to the border side. Passes along the Tibetan traditional villages.

Day 06: Drive to Rongbuk 5000m – EBC 5200m – Rongbuk 110km/4hrs
Today, going to the foot of the world highest peak, it is well known as Mount Everest 5200m and Tibetan called Chomolungma. Jeep drives you to Rongbuk 5000m from where you have to hike about 2 hours to reach to Eve rest base camp & come back to Rongbuk. Overnight Hotel

Day 07: Drive to Shigatse 3800m, 340km/7hrs
Visit Tashi Lumpo, the "mountain of happiness," the huge monastery of the Panchen Lama, one of the few that remained intact, in Shigatse, overnight Hotel

Day 08: Drive to Gyantse 3900m, 100km/2hrs
One of the oldest Ghökang (Chamber of protective deities) and the monastery Pälkhor Chode with art treasures. Visit the unique Kumbum, a walk around stupa in the form of a multi-story mandala with 85 chambers with numerous sculptures in each chamber and a total of 27 ' 000 pictures of Buddhist deities.

Day 09: Drive to Lhasa 3650m, 270km/5hrs
You are going to the Lhasa this morning, driving distance is about 270 km. On the way visit the Samding monastery, it is dedicated a female incarnation. The route follows along the shores of Yamdrok long, windy over the Karo La (5010m) and the Zhimi La (4370m) to Gyantse (4070m). Before crossing the Tsangpo on beautiful route climb to the pass of the Khampa La (4794m) and panoramic forward view of the Tsangpo and advance to Yamdrok Lake. Overnight Lhasa Hotel.

Day 10: Lhasa Sightseeing
This day in the morning visits to the Jokhang monastery. It is the holiest site with an interesting legendary, the ritual circuit around the Jokhang and then visit the Ramoche, it is a tantric faculty and walk through the Tibetan market. Overnight Hotel Dood Gu

Day 11: Lhasa Sightseeing
The day, it is the main dreamful of your lifetime (it can be). In the morning visit the Potala palace Dralha Lhupuk around, the legendary residence of the Dalai Lama, the palace has approximately 1000 rooms Overnight Hotel

Day 12 Fly to Kathmandu from Lhasa

In the morning transfer to airport for flight to Kathmandu from Lhasa. The airport of Lhasa Gongkar, drive about 60 km.The flight takes about 70 minutes. If there is a clear weather it offers a stunning view the world highest Mount Everest and much more of the Himalayas range.

Day 13: Departure
A representative **of Nepal Kailash Trekking will drop you for next toward board.**

Cost Includes

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