



桂林中青旅国际旅游有限公司特色旅游部

China Expedition Tours, A Division of CYTS International Tours Co., Ltd. Guilin

12-day Everest Base Camp Trekking

<http://www.chinaexpeditiontours.com/city-tours/12-day-everest-base-camp-trekking.html>

Everest Base Camp trek boasts the second popular trekking route in Tibet. You will hike on an altitude of over 4300 m for most of the time, even crossing over a pass named Nam-la which is 5300 m. So this trekking route is really a challenge of high-elevation. However, the high-altitude will reward you spectacular views of the North Slope of Everest and other snow mountain peaks around. The Everest Base Camp Trek tour can be arranged from April to late October. Our tour involves a few day sightseeing at Lhasa at first and some detour off the Friendship Hwy to Old Tingri to acclimatize.

Hiking Duration: from 2 hrs to 9 hrs per day

Hiking Distance: from 8 km (5 miles) to 27 km(17 miles), 4 days total

Hiking Route: Old Tingri to Samye E.B.C

Tour Code: HTB-EBCT

Length: 12 days and 11 nights

Cities Visited/Stayed: Tibet

Highlight Attractions: Potala Palace, Jokhang Monastery, Barkhor Square, Drepung Monastery, Sera Monastery, Norbulingka

Experience &Features: Potala Palace, Jokang Temple, Barkhor Street, Drepung Monastery, Sera Monastery, Norbulingka, Yamdrok Lake, Rongbuk Monastery and Mt. Everest

Physical Rating: 4

Cultural Shock Rating: 3

Itinerary

Day 1: Arrive in Lhasa

Upon your arrival to Lhasa, you will be welcomed at the airport or the train station by your local guide and then transferred to your hotel. Relax and acclimatize yourself to the high altitude.

Stay overnight in Lhasa.

Meals: (D)

Day 2: Sightseeing in Lhasa

Visit the renowned **Potala Palace, Jokhang Temple, Barkhor Street** and a local **Tibetan family**. The rest time of the day will be free at leisure.

Stay overnight in Lhasa.

Meals: (B/L/D)

Day 3: Sightseeing in Lhasa

Do sightseeing in Lhasa and visit some other highlights of Lhasa-**Drepung Monastery, Sera Monastery** and the **Norbulingka** (Summer Palace of the Dalai Lama), to get further acclimatization.

Stay overnight in Lhasa.

Meals: (B/L/D)

Day 4: Lhasa-Yamdruk Lake

(4300m)-Gyantse(3900m)-Shigatse(3836m), 350KM, 7hrs drive

Morning drive up to Kampala pass [4794m], you will have a glimpse of Yamdrok-tso and spectacular views of Holy Mount Nyenchen Khangsar in the distance, the turquoise colored Lake Yamdrok Yutso is one of the three holy lakes in Tibet, the unforgettable vista of pincer-shaped turquoise water of the lake and amazing spectacle of Mt. Nyenchen Khangsar glacier from Karo la pass are wonders of the day. Then along the Friendship southern Hwy drive to Gyantse, visit the famous stupa - Gyantse Kumbum, the most stunning architectural wonder in Tibet. Late afternoon, drive to Shigatse.

Stay overnight at Shigatse.

Meals: (B/L/D)

Day 5: Shigatse-Old Tingri(4250m),300km, 5hrs drive

In the morning we visit Tashilunpo Monastery and the spectacular tombs of Panchen Lamas in Shigatse, and then drive by Friendship Hwy to Old Tingri via Lhatse and Shegar. Our guide will do preparations for the trek, hiring horse carriage. You may have a good view of Cho Oyu.

Stay overnight at Old Tingri (Local Guest house, dorm bed).

Meals: (B/L/D)

Day 6: Trek to Danak (4500m), 20km, trekking for 7hrs

The trek begins in Old Tingri and we pass through Rachu and Lungjang as we head south towards Everest in the distance. The open valley of Rachu river goes narrower and gradually it ascent for a gain in elevation. A water-powered barley mill is passed along the way.

Camp at Danak.

Meals: (B/L/D)

Day 7: Trek to the Chogorong by crossing the Nam-La Pass (5250m), 27km, trekking for 8-9hrs

As you continue trekking up to the valley, the Everest disappears behind the mountains. The trail turns to the southeast and begins to climb to the pass. We then walk down along the snowmelt river which originates from Mt. Everest and Mt. Cho Oyu. The campsite is just at the foot of the mountain.

Camp at Chogorong.

Meals: (B/L/D)

Day 8: Trek to Rongbuk Monastery (5000m), 13km, trekking for 4hrs

Go ahead to hike along the river in the valley and cross the river by a tiny wooden bridge at the Junction of rivers from Everest and Cho Oyu, you will meet the car road to the Everest Base camp after the bridge. Continue along the main road towards south, tracing the road will lead you to your destination and the mighty peak of Everest gradually appears in front of you, the typical Rongbuk Monastery consist both monks and nuns in it, the humble stupa at the monastery is the one that can be seen on most post cards and posters of the Mt.Everest.

Stay overnight at Rongbuk Monastery Guesthouse.

Meals: (B/L/D)

Day 9: Trek to E.B.C (5200m), 8km, trekking for 2hrs

Today you can have a good relax at Rongbuk, and then head up to E.B.C. It only takes 2 hours hike to E.B.C from Rongbuk. Dozens of black tents beside the road is the local tent guesthouses community. At EBC, the local police will register all tourists' identities. A small hill, with lots of prayer flags on, is the best position to see the Mt.Everest and it is also the final boundary that tourists can go. Then return back to either Rongphu guesthouse or local tent guesthouse taking the assigned minibus, or you can trek back on the same way if you like.

Stay overnight in the guesthouse.

Meals: (B/L/D)

Day 10: E.B.C-Shigatse, 340km, 4-5hrs drive

Today enjoy the aureate peak of Everest sunrise before driving back to Shigatse.

Stay overnight at Shigatse.

Meals: (B/L/D)

Day 11: Shigatse-Lhasa, 280km, 5hrs drive

Drive back Lhasa via northern friendship Hwy, this part is driving along the main body of Bramaputra River and various landscapes and sceneries are worthwhile to stop at some point. Sometimes speed limitation is sensitive in this part. Afternoon have a good rest at Lhasa.

Stay overnight at Lhasa.

Meals: (B/L/D)

Day 12: Lhasa-Depart

Finish your Everest Base Camp Trekking trip by saying good-bye to your guide and drive at the airport or train station.

Meals: (B)

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