

Lhasa to Everest Base Camp Tour

URL: <https://himalayan360.com/trip/lhasa-to-everest-base-camp-tour/>

Destination

Explore Tibet: Tours, Treks & Spiritual Journeys
Lhasa/Lhasa

Start / End Point

Trip Type

Overland Tour

Route

Lhasa-Shigatse-EBC-Shigatse-Lhasa

Duration

8

Destination

Tibet | Nepal

Per Person From

USD 1,060

Region

Everest Region

Group Size

2 - 20

Best Season

Apr, May, Jun, Jul, Aug, Sep, Oct

Transportation

Private Vehicle

Accommodation

3/4 Star Hotel

Meals

Breakfast

Difficulty

Hard Physical training before the trip should begin no later than 2 months before, as you will have a height of 3,000 meters above sea level and more. Hiking is from 6 km daily with an average pace that can be maintained for hours. It is important to have physical fitness & endurance. You will also need the right gear and clothes according to the weather.

Major Highlights of Lhasa to Everest Base Camp Tour

- See the **north side of Mount Everest** without trekking for days.
- Drive along the **well-maintained and smooth asphalt road** from Lhasa to EBC (Tibet side).
- Climb **Gawu La Pass** for an amazing view of five giant mountains: **Makalu, Lhotse, Everest, Cho Oyu, and Shishapangma**.

- Walk the **Barkhor kora** with pilgrims around **Barkhor Street** and experience Tibetan spiritual life.
- Watch live monks debate at **Sera Monastery**.
- Explore **Potala Palace** and **Jokhang Temple** with a licensed Tibetan guide.
- Follow a scenic route: **Yamdrok Lake's turquoise waters** → **Karola Glacier** → **Gyantse's Pelkor Chode**. The stops are chosen for the best photos and fewer crowds.
- The trip is designed for comfort, traveling from **Lhasa** to **Shigatse** to **EBC**, so you sleep at a high altitude for only one night.

8 Days Itinerary for Lhasa to Everest Base Camp Tour

Day 01: Arrival In Lhasa

This is the first day of your **Lhasa to Everest Base Camp tour**. On this day, you will **arrive in Lhasa** by airplane or by train, the heart and soul of Tibet. Depending on your arrival destination, our local tour guide will greet you at the **Lhasa Gonggar International Airport** or **Lhasa Railway Station** and transfer you to your hotel in the city.

Then, you will check into the hotel. Spend the rest of the day relaxing and letting your body adjust to the high altitude. Or if you want, you may walk around Lhasa town and explore nearby markets. Overnight stay is in a comfortable 3 or 4-star hotel in Lhasa.

Highest Altitude:

3,656M/11,995FT | Lhasa

Meals:

N/A

Accommodations:

3/4 Star Hotel

Day 02: Lhasa Sightseeing

Today is all about **Lhasa sightseeing**, which you will start after breakfast. You will visit the most famous landmarks of Lhasa, which are the **Potala Palace, Jokhang Temple, and Barkhor Street**. First, you will explore the Potala Palace. It is the most iconic building in Tibet. It was **once the winter home of the Dalai Lama**. Now, it stands as a **museum where you will find ancient art, statues, and religious treasures**. The grand white and red palace also offers amazing views of Lhasa city lying below. Next, you will visit the Jokhang Temple. It is the most sacred site in **Tibetan Buddhism**. It lies in the heart of **old Lhasa**, and many pilgrims from Lhasa and other countries come to pray and spin prayer wheels. *It is said that the city's name, "Lhasa," comes from this temple. "Lha" means Buddha, and "Sa" means land. Together, it means the "Land of Buddha".* Similarly, while exploring near the temple, you'll notice that no building is taller than the Jokhang Temple. It shows Tibetans' respect for this holy site.

Walking clockwise around the temple, you'll see pilgrims spinning prayer wheels, chanting mantras, and performing rituals. Stop at the front gate to watch the devotion of local pilgrims. Inside the temple, watch its *rich history, Tubo-era architecture, murals, wood carvings, and a life-sized statue of Shakyamuni Buddha*. After the temple visit, you will stroll along **Barkhor Street**. It is a lively market around the

Jokhang Temple where you can shop for souvenirs, prayer flags, and handmade crafts while watching locals perform the **kora**. Afterward, you will return to your hotel and end the day.

Highest Altitude:

3,656M/11,995FT | Lhasa

Meals:

Breakfast

Accommodations:

3/4 Star Hotel

Day 03: Lhasa Sightseeing

Another day, another Lhasa sightseeing day. After breakfast, you will continue your Lhasa city tour by visiting two main attractions in Tibet, which are **Drepung Monastery and Sera Monastery**. These are the famous monasteries in Tibet. You will start the tour from Drepung Monastery. It was once the largest monastery in the world, housing over 10,000 monks. It was also the government center before the Potala Palace was built. By walking through its whitewashed buildings, you can learn about Tibetan culture, religion, and traditional education.

In the afternoon, you will explore **Sera Monastery**, one of the great Gelugpa university monasteries in Tibet. The best thing to see here is the lively **monk debate session** held from 3:00 PM to 5:00 PM (except Sundays). At the time of debate, monks gather in the courtyard to discuss Buddhist teachings to deepen their understanding of Buddhism. In the evening, enjoy dinner with your small travel group and share stories from your first few days in Tibet. Overnight stay at a comfortable hotel in Lhasa.

Day 04: Drive From Lhasa To Shigatse Via Yamdrok

Highest Altitude:

3,656M/11,995FT | Lhasa

Meals:

Breakfast

Accommodations:

3/4 Star Hotel

Day 04: Drive From Lhasa To Shigatse Via Yamdrok Lake

On day 4, the Lhasa to Everest Base Camp tour route takes you to Shigatse. You will leave Lhasa and drive towards Shigatse. And from Shigatse, you will drive to Everest Base Camp the next day. The journey from Lhasa to Shigatse passes through several scenic spots. Along the way, you will visit **Yamdrok Lake, Karola Glacier, and the historic Gyantse city**. First, you will stop at Yamdrok Lake. It is one of the three holiest lakes in Tibet, the other two are **Namtso Lake and Lake Manasarovar**. You can walk along the lakeshore, touch the blue waters, and take photos.

Later on, as you continue driving, you will reach **Karola Glacier** with an elevation of 5,100M. The glacier lies within a mountain range whose highest peak is **Mount Nojin Kangsang**, standing 7,191M tall. Afterward, you will stop at **Gyantse**, also called the "Hero City." This historic town is famous for its ancient architecture and Tibetan culture. Here, you will visit **Pelkor Chode Monastery**.

After exploration, you will continue your drive through fields of barley and Tibetan farmland, and soon

you will reach Shigatse. Shigatse is the second-largest city in Tibet. Check into your 3- or 4-star hotel and rest for the night.

Highest Altitude:

4,852M/15,919FT | Kamba La Pass

Meals:

Breakfast

Accommodations:

3/4 Star Hotel

Day 05: Drive From Shigatse To Everest Base Camp

Finally, the day is here when you will set your footsteps at the Tibet Everest Base Camp. It's going to be a long day's drive, but the fact that you will be at EBC and the mostly paved road throughout the journey will keep you motivated. Along the way, you will stop at **Gyatso La Pass** for your first view of **Everest**. However, if the weather is unclear, you won't be able to see this view. You will also pass through **Mount Everest National Nature Reserve**.

Before reaching the foot of Mount Everest, aka EBC, the road passes through the famous 108 turns and climbs to **Gawu La Pass**. It is a spectacular viewpoint to enjoy the panoramic view of the five highest Himalayan peaks: **Makalu, Lhotse, Everest, Cho Oyu, and Shishapangma**. Also, colorful prayer flags flutter in the wind, and the winding mountain road below adds to the scenery.

You will arrive at Everest Base Camp in the late afternoon. You will get to watch a sunset over Mount Everest, if the weather permits. You will stay overnight in a basic tent house here.

Highest Altitude:

5,200M/17,060FT | EBC

Meals:

Breakfast

Accommodations:

Tent house (Very basic)

Day 06: Drive From Everest Base Camp To Shigatse

After breakfast at Everest Base Camp in Tibet, you will start your journey back to Shigatse. Before returning, you will visit the famous **Rongbuk Monastery**, located near the north side of Mount Everest. This historic monastery offers stunning views of the northern side of Everest and is a peaceful place to learn about **Tibetan Buddhist traditions**.

Later, you will hop on the vehicle. Enjoy the scenic drive through the Himalayan mountains, passing high-altitude passes, small villages, and dry Tibetan landscapes. You will arrive in Shigatse in the late afternoon. Check into your comfortable 3- or 4-star hotel. Rest and relax after a journey to the world's highest peak.

Highest Altitude:

5,200M/17,060FT | EBC

Meals:

Breakfast

Accommodations:

3/4 Star Hotel

Day 07: Drive From Shigatse To Lhasa

You will start your day in Shigatse with a visit to **Tashilhunpo Monastery**. The monastery was founded in 1447 by the 1st Dalai Lama. It is the traditional seat of the Panchen Lamas and is famous for its golden roofs, large statues, and beautiful architecture. You can also see the tombs of the Panchen Lamas here. After that, you will return to Lhasa.

During the drive from Shigatse to Lhasa, enjoy the scenic road trip through Tibetan landscapes, passing small villages, farmland, and rolling mountains. You will arrive in Lhasa in the afternoon. Once you are back to Lhasa, spend the rest of the day relaxing or taking a short walk in the city before concluding your Lhasa to EBC tour.

Highest Altitude:

3,840M/12,600FT

Meals:

Breakfast

Accommodations:

3/4 Star Hotel

Day 08: Final Departure

On this day, we will transfer you to the airport or train station for your onward journey. This marks the end of your Tibet tour. Take with you wonderful memories of the Himalayan mountains, Everest Base Camp, and the rich Tibetan culture you experienced during your trip.

Highest Altitude:

N/A

Meals:

Breakfast

Accommodations:

N/A

Chinese Visa and Tibetan Permit Requirements

Now comes the documents required. For your classic Lhasa to Everest Base Camp trip, you must obtain a **Chinese Visa** and a **Tibetan Travel Permit**.

- **Chinese Visa:** This is a standard visa for entering China. It is issued by the Chinese Embassy in your country. You must get this before traveling to Tibet if you are coming through China.
- **Tibet Travel Permit:** It is a permit required to enter the Tibet Autonomous Region, issued by the

Tibet Tourism Bureau. You can get it through a registered Tibet tour operator, as independent travel is not allowed.

Extra: *A Frontier Pass is also usually required for visiting EBC or Rongbuk. It is issued by the local Public Security Bureau (PSB), and your travel agency will arrange it.*

Trip Include And Exclude

Included Services

- Lhasa tour by private vehicle
- Transfer in Tibet side by Coach as per group size
- 6 nights Accommodation with a 3-star hotel (sharing basis)
- 1 night Tented camp (sharing basis)
- **Food:** 7 Breakfast
- One local English-speaking guide
- Tibet Permit delivery services
- Tibet Travel Permit
- Entrance fees as per mentioned places in itinerary
- Agency service charges
- China visa Consulting service
- Free consulting services before & after tour book
- Oxygen cylinder in the Vehicle
- **MEDICAL KIT:** Comprehensive Medical kit

Excluded Services

- International flight
- Extra transfer which is not mentioned in itinerary
- Extra night accommodation in Kathmandu/Lhasa due to early arrival, Visa problem, or late departure
- Single room during the tour
- Delivery Charge of the permit to your hotel in mainland of China.
- Personal porter to carry for your stuffs
- Nepal entry visa fees (Visa on arrival)
- China visa (please contact us for Visa details)
- Additional costs incurred due to causes beyond our control, such as visa cancellations, itinerary

modifications, illness, or government policy changes

- Rescue and Evacuation Service fees
- Tips for staff (it is expected)

Group Discounts Available

No. of Persons	Price per Person
2 - 4	USD 1,170
5 - 9	USD 1,090
10 - 20	USD 1,060

FAQs on Lhasa to Everest Base Camp Tour

How long does it take to drive from Lhasa to Everest Base Camp, and how are the road conditions?

It takes 14 hours to drive from Lhasa to Everest Base Camp, covering a distance of 665KM. Regarding the road conditions, the roads along the Friendship Highway (from Shigatse to Tingri) are all paved and well-maintained.

Do we need to acclimatize in multiple towns between Lhasa and EBC, or is one stop enough?

One stop is enough between Lhasa and EBC. On our 8-day Lhasa to EBC Tour, you will spend one night at Shigatse before continuing your drive towards EBC. This stop will help your body adjust to the rising altitude and reduce the risk of Acute Mountain Sickness (AMS).

What's the highest altitude we reach before Everest Base Camp, and how do travelers usually cope with it?

Before you reach EBC, you will cross several high mountain passes, all over 5,000M. The highest pass you cross is Gyatso La Pass at 5,260M. At this elevation, it's normal to feel mild headaches or shortness of breath. You can cope with these symptoms by drinking plenty of water (2-3 liters), walking slowly, avoiding alcohol, and using altitude medication like Diamox (if prescribed).

Can the itinerary be adjusted in case of altitude sickness or road closures due to weather?

Yes, we absolutely do that. We have flexibility in the schedule to manage altitude sickness or road closures. If someone in the team experiences altitude sickness, we will descend to a lower altitude (such as Shigatse or Tingri) to rest and recover. Likewise, in case of heavy snow or landslides, the route may be changed or paused for safety reasons. However, such weather problems are rare between April and October, which is the best time to travel to Everest Base Camp.

What specific travel permits are required for the Lhasa to EBC route, and who arranges them?

You will need a Tibet Travel Permit (TTP) for the Lhasa to EBC route. Your tour operator will arrange them for you by submitting the necessary documents and day-by-day itinerary to the Tibet Tourism Bureau.

Are foreign travelers allowed to travel independently, or must they join an organized group tour?

No, foreign travelers cannot travel independently in Tibet. According to Chinese government regulations, all international visitors are required to join an organized tour arranged by a registered travel agency. There must be a licensed Tibetan guide, a driver, and a pre-arranged itinerary approved by the authorities.

Is vegetarian food available along the route, especially near EBC?

Yes, vegetarian food is widely available along the route from Lhasa to EBC. However, the number of varieties becomes limited as you approach EBC. In Lhasa and Shigatse, you can find many restaurants serving vegetarian menus featuring Tibetan, Nepalese, and Indian cuisines. Near EBC, food options are simple, and the common menu includes fried rice, vegetable noodles, and Tibetan bread with tea.

What's the best way to deal with altitude sickness symptoms during the journey?

The best way is to prevent it early. Spend 2-3 days acclimatizing in Lhasa before going higher. Drink plenty of water, avoid alcohol, and eat light meals. If you feel mild symptoms like headache or nausea, rest and take altitude medicine such as Diamox or Rhodiola. If the symptoms become serious, such as a severe headache or vomiting, descend to a lower altitude immediately and inform your guide, who is trained to help in such cases.

Is bottled oxygen available along the route, or do travelers bring their own supply?

Yes, portable oxygen cans are easily available in Lhasa, Shigatse, and Tingri, and most tour vehicles carry oxygen cylinders for emergencies. Travelers who often get altitude sickness can carry their own small oxygen bottles for comfort. Still, it's better to acclimatize naturally rather than rely only on oxygen.

Are there photography restrictions at religious or military checkpoints?

Yes. Photography is strictly not allowed at military checkpoints and border areas. Keep your camera or phone off until you pass through. In monasteries or temples, always ask for permission before taking pictures of monks, prayer halls, or ceremonies. It's essential to respect local customs.

Major Landmarks during the Lhasa to EBC Tour

While reaching Everest Base Camp and Lhasa are the major highlights of the Lhasa to EBC tour. There are several other landmarks you will reach and pass by. Some of them are described below:

Potala Palace

One of the must-visit places when at Lhasa is the Potala Palace. It is over **1,300 years old** and has been rebuilt many times. It was **first built in the 7th century by King Songtsen Gampo**. After many wars,

the palace was damaged, then in the 17th century, the **Fifth Dalai Lama rebuilt it** and made it the **main center of Tibetan religion and government**. Later, Dalai Lamas made small repairs, and the palace still looks much the same today.

The name “Potala Palace” comes from the Sanskrit word **Potalaka**, believed to be the **home of Chenresig**, the Buddha of Compassion. *Tibetans think that King Songtsen Gampo and the Dalai Lamas are the human form of Chenresig.* This is why the Potala Palace is not only a royal palace but also a holy place full of blessings. The palace is **13 stories high and built with stone and wood**. It has **two main parts: the White Palace, where the Dalai Lama lived and worked, and the Red Palace, which has temples, chapels, and libraries**. Inside, you can see beautiful 698 murals, Thangkas (religious paintings), statues of Buddha and past Dalai Lamas, and many other treasures that show the history and culture of Tibet.

Jokhang Temple

Jokhang Temple is the holiest temple in Tibet. Its history dates back about **1,300 years**, and features a special **life-size statue of Buddha Jowo Shakyamuni**, which shows Buddha when he was 12 years old. The temple was built by **King Songtsen Gampo**. Many Buddhist teachers like **Atisha and Tsongkhapa** taught here, so it is very holy for all Tibetan Buddhists. Its **design mixes Tibetan, Chinese, Nepalese, and Indian architecture** and is designed like a **mandala**.

Jokhang Temple has a main hall, many chapels, and a golden roof. Inside, there are murals, statues, and religious treasures, including Buddha statues, chapels for famous masters, and a small white pagoda. The Temple is at the **center of Barkhor Street** in old Lhasa, and is very **close to the Potala Palace and Ramoche Temple**. Every year, thousands of pilgrims come here to pray and honor Buddha.

Barkhor Street

Barkhor Street is the oldest street in Lhasa and was once a holy path for Tibetan pilgrims. Today, it is also a busy market with many shops and traditional Tibetan houses. The street is paved with stones and keeps its old, colorful look.

You can find all kinds of Tibetan items here, like thangkas, prayer wheels, butter lamps, prayer flags, beads, traditional clothes, shoes, and local food like butter tea and dried meat. Pilgrims still walk the street, some doing full-body kowtows, and you will also see monks and people from different parts of Tibet. Barkhor Street is a great place to see Tibetan life, culture, and traditions up close.

Drepung Monastery

Drepung Monastery is the largest monastery in Tibet. It was built in 1416 by **Jamyang Choje**, a student of Tsongkhapa, the founder of the Gelugpa School. Long ago, it housed 10,000 monks and was called the “Nalanda of Tibet” because of its high-quality Buddhist education. Today, only a few hundred monks live there, but it still teaches many students in its colleges, including one for **Tantric Buddhism**.

Inside the monastery, there are many treasures like **statues of Manjushri, Amitayus, and Tsongkhapa**, as well as ancient murals and rare sutras. Drepung is also famous for the **Shoton Festival**, also known as the **Yogurt Festival**, which takes place in August. *During this festival, monks display a giant thangka (Buddhist painting), and pilgrims come to pray and celebrate.* It is a lively and exciting event. Visitors can also see the monk’s daily life, the large monastery kitchens, and special hidden areas

if they know where to look.

Sera Monastery

Sera Monastery was built in 1419 by **Shakya Yeshe**. It is one of the six main **Gelugpa monasteries** in Tibet. It is famous for its stunning layout, featuring cobbled paths, temples, and colleges. Long ago, it had over **5,000 monks**. The most exciting part of visiting Sera is watching the **monks debate in the courtyard**. The debates are loud, energetic, and sometimes funny, with monks clapping, snapping fingers, and joking as they discuss Buddhist teachings.

Sera Monastery also holds many precious Buddhist relics, scriptures, and sand mandalas, which are colorful designs made from sand. These mandalas are carefully created and then destroyed to show that life is temporary. Visiting Sera gives you a great look into Tibetan Buddhist life and traditions.

North Everest Base Camp

The North Everest Base Camp (EBC) in Tibet is a popular destination for travelers who want to **see the world's tallest mountain from the north side**. If you are unsure [why you should visit EBC from Tibet side](#), then one reason is: unlike the south side in Nepal, the north base camp is reachable by vehicle, so you don't need to trek long distances to get close to Everest. From here, you can see the huge north face of **Everest** and other tall mountains like **Cho Oyu and Shishapangma**.

The base camp is at 5,200M, so visitors need time to acclimatize to avoid altitude sickness. The area is full of snow, glaciers, and wide open land, making it feel like you are on top of the world. A little far North EBC is the small base camp area where climbers start their expeditions to the summit of Everest. You can see tents, climbers preparing for their ascent, and sometimes the famous icefall on the north side.

Tibetan Language, Culture, and Currency during the Tour

In Tibet, people lead a highly spiritual life that is deeply rooted in **Buddhism**. You will see **stupas, monasteries, and gumbas** everywhere. Every day, the **daily life of Tibetan people starts with a prayer, meditation, or walking around the monasteries**. Families often gather to pray together, burn incense, and hang colorful prayer flags for good luck. They wear traditional clothes during special days and festivals. Tibetans are also known for being kind and welcoming.

Likewise, the main language spoken in Tibet is **Tibetan**. But you may also find some people speaking **Mandarin Chinese**, especially in cities and tourist areas. Signs in Lhasa and other major towns are usually in both Tibetan and Mandarin. It's a good idea to learn some basic Tibetan phrases before you go there. Nonetheless, the hotel staff can communicate in simple **English**, which is a plus point for you.

Now comes the currency part. The official currency used is the **Chinese Yuan (CNY)**. ATMs are widely available in Lhasa and Shigatse. But international cards may not work reliably. Therefore, you should carry **enough cash** with you to cover the entire trip expenditure. You can change USD or Euros at banks or exchange counters if you fall short of money.

How long does it take to reach EBC from Lhasa

If you are driving to Everest Base Camp from Lhasa, it takes **14 hours** to get there. The approximate distance from Lhasa to EBC is **665KM (412Miles)**. The most commonly used route is through the **Friendship Highway**, which passes through **Shigatse and Tingri**. The drive from Lhasa to Shigatse takes about 7 hours (323KM), and from Shigatse to EBC takes another 7 hours (342KM).

You won't drive 14 hours on the same day due to the high altitude and significant elevation gain. Thus, you will stay overnight in Shigatse on the first day and then travel to EBC the next day. And because of strict speed limits (40, 60, or 80 km/hr) in Tibet, the drive can feel long. Still, the journey will be exciting and memorable as it passes through beautiful mountain views, high passes, and peaceful scenery.

Lhasa to Everest Base Camp Road Condition

Now, many of you may be wondering about the **road conditions from Lhasa to Mt Everest Base Camp**. *Is it a rough mountain road or a smooth paved one?*

The answer is that the road from Lhasa to Everest Base Camp is **now smooth and well-built**, making the journey much more comfortable than before. The Chinese government has spent years improving the route so travelers can reach the foot of Mount Everest without difficulty. The road improvement work was completed around 2015. Today, **the highway is fully paved with asphalt and runs across the beautiful Tibetan Plateau. Various types of vehicles, including tourist buses, can travel along this route.** *But tourist buses usually stop about a mile before the actual base camp.*

Travelers can enjoy a pleasant drive, especially during the spring (April to May) and autumn (September to November) seasons in Tibet, which are considered the best times to visit Everest Base Camp. However, in winter, snow and ice can make the roads slippery and challenging to drive on. At that time, it is recommended to use a four-wheel-drive (4WD) vehicle for safety.

Accommodation and Guides during the Lhasa to Everest Base Camp Tour

During the tour from Lhasa to Everest Base Camp, you will find a variety of places to stay. In Lhasa, the city has many luxury hotels with comfortable rooms, private bathrooms, 24-hour service, and even oxygen supply for high altitude. For travelers on a budget, there are also affordable hotels that offer clean and simple rooms. In Shigatse, you can also find good hotels with decent facilities for an overnight stay.

However, at Everest Base Camp (North), accommodation is very basic. You will stay in tent hotels, which provide simple services but are enough for resting after the long journey. Guides are usually available throughout the tour to help you understand the culture, history, and local life of Tibet. They can also assist with travel arrangements, safety, and make your trip easier and more enjoyable.

Address

Address:

Galkopakha Marg – Kathmandu – Nepal