

Lhasa to Kathmandu Overland Tour via EBC

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Destination

Nepal Tibet Bhutan Tours

Start / End Point

Lhasa/Kathmandu

Trip Type

Overland

Route

Lhasa-Shigatse-EBC-Gyirong-KTM

Duration

7

Per Person From

USD 1,250

Max. Altitude

5,200M/17,060FT

Group Size

4 - 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.

Why Choose the Road Route to Lhasa to Kathmandu through EBC

- Take a road trip across **Tibet's smooth, paved, and asphalt roads**, surrounded by stunning views.
- Explore the top cultural and spiritual landmarks in Lhasa, such as **Potala Palace, Jokhang Temple, Barkhor Street, Sera, and Drepung Monastery**.

- Drive past turquoise **Yamdrok Lake** and the tongue-shaped icefall, **Karola Glacier**.
- Cross some of Tibet's highest mountain passes over 5,000M, including **Kamba La Pass, Gyatso La Pass, and Pang La Pass**.
- Reach the base of the world's highest peak, **Mount Everest**, without walking for a long period.
- Visit the **north Everest Base Camp** and admire the mountain's majestic beauty up close.
- Watch how the scenery changes from the **green plains near Lhasa to the high plateaus of Shigatse** and the **rugged mountains and passes near Everest Base Camp**.
- Meet friendly **Tibetan locals in Lhasa and Shigatse**, and learn about their unique lifestyle, culture, and traditions.

7 Days Itinerary for Lhasa to Kathmandu Overland Tour via EBC

Day 01: Arrival In Lhasa

Your **7 days Lhasa to Kathmandu Overland Tour via Everest Base Camp** starts with your arrival in **Lhasa**, the capital of Tibet. *You can get here either by flying from major cities in China or from Kathmandu's Tribhuvan International Airport. You can also take a train ride from Xining, Chengdu, Xian, or other cities in China.* No matter how you reach Tibet, share your travel details with us, so our team can pick you up at the airport or train station.

After meeting you, our team will escort you to your hotel in Lhasa. *The drive from the Lhasa Gonggar Airport to the city takes about 1.5 hours, and from the train station, about 20 minutes.* Once you reach your hotel, take it easy and rest for the day. Lhasa is located at a high altitude, so it's important to relax and allow your body to adjust. Spend the night in your hotel.

Highest Altitude:

3,656M/11,995FT | Lhasa

Meals:

N/A

Accommodations:

3/4 Star Hotel

Trek Distance:

N/A

Day 02: Lhasa Sightseeing

Day 2 is all about the Lhasa tour. After breakfast, you will begin your first **Lhasa sightseeing tour**. Today, you will explore three of the city's most famous places, which are **Potala Palace, Jokhang Temple, and Barkhor Market**. First, you will visit **the Potala Palace**. It is listed in the **UNESCO World Heritage site**. It used to be the **winter home of the Dalai Lama**. Built on Red Hill, the palace offers a view of the entire Lhasa city. Inside the palace, there are many **rooms, chapels, and halls**, each representing Tibetan art and history. You will also see **colorful murals, ancient sculptures, and golden statues**.

Next up, you will head to **Jokhang Temple**. It is one of the oldest and most important temples in Tibet. It was built by **King Sangtsen Gampo to keep the Buddhist statues brought by his queens, Princess Bhrikuti of Nepal and Princess Wencheng of China**. Inside, you can see the statue of holy **Jowo**

Shakyamuni Buddha. Outside, you can see hundreds of pilgrims praying and prostrating with deep devotion.

Your third stop is the **Barkhor Street**. It is a lively market area that circles the Jokhang Temple. Here, you can watch locals performing the Kora (circumambulation), buy souvenirs, and enjoy the colorful atmosphere of Tibetan life. After exploring, you will return to your hotel for dinner and rest. Second night in Lhasa.

Highest Altitude:
3,656M/11,995FT | Lhasa

Meals:
Breakfast

Accommodations:
3/4 Star Hotel

Trek Distance:
N/A

Day 03: Lhasa Sightseeing

It is another Lhasa tour. Today you will visit three major places: **Drepung Monastery, Norbulingka Palace, and Sera Monastery**. These places offer a deep insight into Tibetan Buddhism, culture, and history. Your first stop is **Drepung Monastery**. It is located at the foot of **Gambo Utse Mountain** in the western part of Lhasa. It is one of the three largest monasteries in Tibet and a key center of the **Gelungpa** (Yellow Hat) sect. In the past, it was also the **official residence of the Dalai Lama** before the Potala Palace was built. Inside the monastery, you can explore its courtyards, assembly halls, and ancient murals.

The second visit is at the **Norbulingka Palace**. It is also known as the **“Jewel Park”**. It was built by the 7th Dalai Lama in the 18th century and served as the **summer residence of the Dalai Lamas**. Surrounded by gardens and ponds, Norbulingka covers over 360,000 square meters, making it the largest man-made garden in Tibet. The palace buildings feature colorful Tibetan architecture and contain ceremonial halls, murals, and collections of religious art.

Later, in the afternoon, you will visit **Sera Monastery**, one of Tibet’s most famous monastic universities. The name **“Sera”** means **“Wild Rose”**. *The monastery was named Sera because the hillside around it was once filled with these flowers when the construction work was started.* The one thing you should not miss here is the **Monk Debate sessions**. *In this debate, monks discuss Buddhist philosophy using expressive hand movements and chants.* Watching this live debate is truly a golden chance to learn about the intellectual and spiritual side of Tibetan Buddhism. After exploring, you’ll return to your hotel in Lhasa for dinner and a good night’s sleep. Get ready for your journey to Shigatse the next day.

Highest Altitude:
3,656M/11,995FT | Lhasa

Meals:
Breakfast

Accommodations:
3/4 Star Hotel

Trek Distance:
N/A

Day 04: Drive From Lhasa To Shigatse

After three wonderful day tour in Lhasa, on day 4, your tour from Lhasa to Kathmandu via EBC itinerary takes you to **Shigatse**, *Tibet's second-largest city*. The drive from Lhasa to Shigatse is a scenic journey that offers stunning mountain scenery, lake views, and glimpses of Tibetan villages along the way. One of the most beautiful sights on this route is **Yamdrok Lake**. It is a turquoise one of Tibet's four holy lakes surrounded by snow-capped peaks. Stop here for a brief to enjoy the lake view. Later, you will cross **Kamba La Pass**, from where you can enjoy a wide view of this sacred lake.

Continuing the drive journey, shortly you will reach the **Karola Glacier**, which sits between Yamdrok Lake and Gyantse. The glacier is easily visible from the road, with shining white ice cliffs and small stupas that make it a perfect spot for photos. Later on, once you reach Gyantse, you will visit the historic **Pelkor Chode Monastery**. The monastery is famous for the **Gyantse Kumbum**, which is a magnificent multi-tiered stupa decorated with thousands of Buddhist murals and statues.

From Gyantse, you will again continue your drive towards **Shigatse**. You will reach Shigatse by evening. As you reach Shigatse, you will find that the landscape has changed from high mountains to fertile valleys and farmlands. Overnight stay in Shigatse.

Highest Altitude:

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

Meals:

Breakfast

Accommodations:

3/4 Star Hotel

Trek Distance:

N/A

Day 05: Drive From Shigatse To Everest Base Camp

The most awaited day of the overland journey from Lhasa to Kathmandu is here. You will finally reach the base of the world's highest peak, Mount Everest, today. But before you hop on the drive, in the morning, you will visit **Tashilunpo Monastery**. The Tashilunpo Monastery sits on the southern slope of **Nyiseri Mountain** in the west of the Shigatse city. It is the largest monastery in the Tsang Area, built by the first Dalai Lama, **Gedun Drupa**, in 1447. Meanwhile, it is also one of the **Great Six Gelugpa Monasteries of Tibetan Buddhism** (*the other five are Drepung Monastery, Sera Monastery, Ganden Monastery, Kumbum Monastery, and Labrang Monastery*). At Tashilunpo, you will explore historic sites like **Coqen Hall, Chapel of Jampa, 4 Great Dratsangs, Sutra Halls, and Kamcuns** (*dormitories*). You can also see pilgrims walking the scenic kora around Tashilhunpo.

Later, you will leave **Shigatse for Everest Base Camp** (EBC). Along the drive journey, you will cross two high mountain passes, **Gyatso La and Pang La**. From the highway, you can enjoy sublime views of Mount Everest. The road to the base camp of Mount Everest is mostly paved and well-developed. So, you won't have a hard time driving. Once at base camp, you can see the glorious Everest sunset if the weather is good. Overnight at the basic tent house in Everest Base Camp.

Highest Altitude:

5,200M/17,060FT | EBC

Meals:

Breakfast

Accommodations:

Tent House (Very basic)

Trek Distance:

N/A

Day 06: Drive From EBC To Gyirong

You should wake up early to witness the magical sunrise at Everest Base Camp. But the chance for a wonderful sunrise view depends on the weather conditions. Nonetheless, you will have time to visit the **Rongbuk Monastery**, one of the highest monasteries in the world. The monastery offers spiritual peace and incredible views of Everest. After spending some time in the serene surroundings, you will begin your drive from **EBC to Gyirong** at around 10:00 AM. The route descends through the **Rongbuk Valley**. Along the way, you will pass Old **Tingri**, where you can enjoy panoramic views of **Mt. Shishapangma** and other Himalayan peaks.

Afterwards, the drive continues through **Ghungtang Lhamo** and then descends gradually toward Gyirong. The route offers a combination of rugged mountain landscapes, snow-capped peaks, and Tibetan plateau scenery. You will reach Gyirong by late afternoon. EBC to Gyirong is a memorable part of your Lhasa to Kathmandu overland tour. Overnight stay in Gyirong.

Highest Altitude:

5,200M/17,060FT | EBC

Meals:

Breakfast

Accommodations:

3/4 Star Hotel

Trek Distance:

N/A

Day 07: Drive From Gyirong To The Border And Kathmandu

Today you will drive from Tibet to Nepal. You will leave Gyirong and start your journey towards the Nepalese border at **Rasuwagadhi**. As you descend, the air becomes fresher and the landscapes greener. At the border, you will complete the immigration formalities. From Rasuwagadi, you will drive along the **Pasang Lhamu Highway**. You will pass through rural towns like **Dhunche and Syabrubesi**, which are also gateways to the popular **Langtang trekking region**.

The drive to Kathmandu offers views of the Himalayan hills, rivers, and terraced farmland. Some sections of the road may be rough, but the scenery makes it worthwhile. After approximately seven to eight hours on the road, you will arrive in Kathmandu, the capital of Nepal. Your guide will take you directly to your hotel in Thamel, where you can relax and enjoy a well-deserved rest after an exciting overland journey from Lhasa. Overnight stay in Kathmandu.

Highest Altitude:

2,774M/9,101FT | Gyirong

Meals:

Breakfast

Accommodations:

3/4 Star Hotel

Trek Distance:

N/A

Road Condition for Lhasa to Kathmandu Overland

The road from Lhasa to Kathmandu for an overland journey is in good condition and mostly consists of

paved roads. During your 7-day Lhasa to Kathmandu Overland tour via EBC, you will spend 5 days in the Tibet region, 1 day in EBC, and 1 day in Kathmandu. So, the majority of the time you will travel on Tibetan roads.

Check the table below for the road condition details from Lhasa to Kathmandu:

Route	Road Condition	Notes
Lhasa to Shigatse	Very good. Paved asphalt, wide, and well-maintained along China National Highway 318 (G318), also known as the “Friendship Highway.”	This is one of the easiest driving stretches of the route. Monitor altitude and take time to acclimatize properly.
Shigatse to Everest Base Camp	Mostly paved and in very good condition, especially from Shigatse to Tingri via G318. The final climb to EBC includes winding mountain passes and some short gravel or rough sections.	High-altitude route reaching up to 5,200 meters with steep ascents and curves. Snow and ice may occur in winter.
Everest Base Camp to Gyirong	Descends on paved asphalt through the Tibetan side with rolling terrain and switchbacks approaching the Gyirong border.	Expect a long travel day. Altitude decreases gradually, but careful driving is necessary on curves and steep sections.
Gyirong to the Tibet-Nepal Border and Kathmandu	Road narrows upon entering Nepal. During monsoon season, sections can become muddy or damaged by landslides.	More challenging driving conditions. Rainy months (June–August) increase the risk of landslides or travel delays.

Trip Include And Exclude

Included Services

- Lhasa tour by private vehicle
- Transfer in Tibet side by Coach as per group size
- 5 nights Accommodation in a 3-star hotel (sharing basis)
- 1 night’s Tented camp (sharing basis)
- **Food:** 06 Breakfast
- One local English-speaking guide
- Document delivery services
- Tibet Travel Permit
- Entrance fees as per mentioned places in the itinerary
- Agency service charges
- Farewell dinner at the end of the tour

- Nepal visa documentation
- Appreciation Certificate after the successful tour
- Free consulting services before & after the tour book
- An oxygen cylinder in each bus
- **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 China
- Personal porter to carry your stuff
- Nepal entry visa fees (Visa on arrival)
- China visa (please contact us for Visa details)
- Additional costs incurred due to causes beyond our control, for example, Visa cancellation/delay, weather conditions, landslides, itinerary modifications, illness, government policy changes, strikes, etc
- Rescue and Evacuation Service fees
- Tips for staff (it is expected)
- All other costs and expenses not listed in “including”

Group Discounts Available

No. of Persons	Price per Person
1 - 4	USD 1,371
5 - 9	USD 1,308
10 - 15	USD 1,290
16 - 20	USD 1,250

FAQs for Lhasa to Kathmandu Tour via EBC

Can I travel in Tibet alone?

No, a solo traveler cannot visit Tibet alone. You should join a small Tibet group tour and be accompanied by a tour guide for the whole trip.

When is the best time to take this tour?

April to May and September to mid-November are the best times to take this tour. These months offer stable weather conditions with clear skies and little rainfall. Also, the temperature is just fine for comfortable traveling, ranging from -1°C to 20°C on average. The chances of seeing Mount Everest clearly, and alpine lakes in their full glory, are high as well.

Is oxygen available during the trip?

Yes. Our tour vehicles carry oxygen cylinders for emergencies, and your guide will check on your health regularly.

What should I pack for this trip?

Bring warm clothes, a windproof jacket, thermal wear, gloves, and a hat; it gets very cold at night, especially at EBC. Wear layers so you can adjust easily.

What kind of accommodation is provided at Tibet and Kathmandu?

In Shigatse, Lhasa, and Kathmandu, you'll stay in a comfortable 3 or 4-star hotel where you will enjoy comfortable bedding, private bathrooms, and other comforts. At EBC, you'll stay in tent hotels with basic facilities.

What kind of food can I find on the route?

You can enjoy Tibetan, Chinese (Sichuan), and Nepali/Indian dishes like momos, noodles, fried rice, and Dal Bhat. Breakfast is often included, but other meals are paid separately. In Lhasa and Shigatse, you'll find restaurants serving Tibetan yogurt, yak meat dishes, hot pot, and noodle soups (thukpa).

What currency should I bring?

Only the Chinese Yuan (CNY) is accepted in Tibet. Remember to bring enough cash, as credit cards are rarely used. You can exchange your money before arriving at Lhasa or at Lhasa, but do it with your guide to avoid fake notes.

Is there an age limit for this tour?

Yes. Travelers over 80 years old are not allowed on Tibet tours due to the high altitude. Those aged 70-79 need a doctor's certificate to confirm they're fit to travel.

Is there internet and mobile service?

Yes, mobile service works in Lhasa, Shigatse, and major towns. Additionally, you will have access to WiFi services at your hotel in Lhasa and Shigatse. However, note that social media platforms such as Google, Facebook, and WhatsApp are blocked in China. Therefore, you must use WeChat for messaging. You can also purchase a Chinese SIM card to use mobile services. To purchase a SIM card, you will need to show your passport and a photo.

What happens if someone gets very sick from altitude at EBC?

If a traveler shows signs of serious altitude sickness (AMS), the guide will take them down to a lower altitude immediately, usually to Tingri (4,300M) or Gyirong (2,800M). Descending quickly is the safest solution.

Tibetan Permits and Chinese Visa and Documents

A traveler going on a Lhasa to Kathmandu Overland Tour with Everest Base Camp needs to obtain the necessary [Tibetan permits and Chinese Visa](#). They are: Tibet Travel Permit (TTP) and Chinese Group Visa. These are mandatory and can't be neglected at any cost.

Tibet Travel Permit (TTP)

In order to enter the **Tibet Autonomous Region**, all foreign travelers must obtain a **Tibet Travel Permit**, even if they can enter China visa-free. It can be arranged through a licensed local travel agency that organizes tours in Tibet. Normally, it takes **8-9 working days** for the Tibet Tourism Bureau (TTB) to issue this permit.

The Tibet Travel Permit allows you to **enter Lhasa** and several other open areas of Tibet. However, some restricted areas may require additional permits. Luckily, for your overland tour to Kathmandu from Lhasa, you don't need a restricted area permit. To apply for TTP, you need to provide a **clear, color-scanned copy of your passport's main page** (*with your photo and details*) to your tour operator. Then, your tour agency will submit your application to the TTB in Lhasa. And after some days, you will get your TTP.

Chinese Group Visa

You also need to get a **Chinese Group Visa**. *Note that it's not a regular Chinese Visa we are talking about here.* The Chinese Embassy issues this visa for travelers participating in an organized group tour arranged by an authorized travel agency. This group visa serves as both your **entry visa to China and your travel authorization** to the Tibet region. It is a **single-entry visa** valid for the duration of your tour and cannot be extended once issued.

To issue this visa, firstly, you have to book your tour with a licensed travel agency. The agency will then apply for an **official invitation letter from the Tibet Tourism Bureau (TTB)** in Lhasa, providing a copy of your passport and a detailed day-to-day travel plan. Once the invitation letter is ready, your agency will help you submit your Group Visa application to the Chinese Embassy. The visa processing takes **3-4 working days**. A Group Visa is **printed on a single sheet of paper** (*not stamped inside the passport*) and lists all members of the tour, along with passport details and the travel dates. *All travelers listed on the same visa must enter, travel, and exit China together according to the itinerary.*

Accommodation Opportunities for Lhasa to Kathmandu Overland Tour

A range of accommodation facilities is available for travelers at Tibet as well as in Kathmandu. At the Tibetan side, the best places to find luxury hotels are Lhasa and Shigatse. These cities have high-standard hotels that offer comfortable rooms, oxygen supplies, and great service. If you want a cheaper option, there are also many budget-friendly hotels in both cities. And the best part is their location. Some are located in the old town of Lhasa, close to the famous Barkhor Street, where you can enjoy local shops, food, and culture.

Likewise, at the Everest Base Camp, you will stay in tent hotels. The tent hotels have improved a lot in recent years. They now offer large bunk beds, double rooms, or multi-bed rooms. But there are no private bathrooms inside the tents. You'll find public toilets outside, and there are no showers at this altitude. The tents also don't have heaters or air conditioning, so it can get very cold, especially in winter. For safety, the tent hotels are closed from November to April every year. And then in Kathmandu, you'll also

find many places to stay, from luxury 5-star hotels to simple guesthouses, depending on your budget and preference.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal