

Everest, Cho Oyo, Shishapangma – Three Base Camp Trek in Tibet. Visit Kathmandu, Lhasa and the famous Rongbuk Monastery.

Itinerary in full:

Day 01: Kathmandu

Transfer day, briefing and welcome dinner in Kathmandu. We will be staying near Thamel, the main tourist section of town in order to allow you to shop without having to take a taxi.

Day 02: Kathmandu

Sightseeing for half a day, visiting Swayambhunath, Bouddhanath, and Pashupatinath, Buddhist and Hindu temples. Visiting these temples early in the morning is a magical experience as the faithful from both religions make offerings and perform religious ceremonies. Beware of the monkeys though, as they tend to like to be at the centre of the action!!

Day 03: Kathmandu - Lhasa

Flight from Kathmandu to Lhasa, which will give you spectacular views of the Himalaya Range. Transfer to our hotel in Lhasa, free time.

Day 04 + 05: Lhasa

Two days of sight-seeing and free time in Lhasa, to allow your body to acclimatize. Visit of the Pothala and Jokhang Temple

Day 06: Gyantse

Travel by jeep to Gyantse, a small Tibetan town. On the way we have time to see Yamdrok-Tso Lake. Visit of the town and Gyantse Monastery, relaxing to allow acclimatizing slowly.

Day 07: Shigatse

Travel by jeep to Shigatse, visit of Tashilunpo Monastery and the market. Ample free time to explore the village.

Day 08: Cho Oyo Base Camp

Today we will reach Cho Oyo Base Camp, where we will camp overnight. This is the starting point of our trek to Everest Base Camp.

Day 09 - 12: Cho Oyo BC to Everest North BC

Trek from Cho Oyo Base Camp to Everest Base Camp: Stunning views of the highest mountains on earth, arriving at Everest BC on foot is one of the amazing experiences during this trip.

Day 13: Everest North BC

Relax at base camp, taking in the views, or explore the site from where Mallory and Irvine started their fatal ascent of Everest. We will of course visit the famous Rongbuk Monastery.

Day 14: Everest North BC - Tingri

We pack up camp and take the jeep to Old Tingri. Free time to explore Tingri.

Day 15: Tingri – Shishapangma BC

Today we will reach Shishapangma Base Camp, where we will set up camp.

Day 16: Shishapangma BC

Day-hike at Shishapangma Base Camp

Day 17: Shishapangma BC - Zangmu

Our time in Tibet is nearly over, we will start heading back to Nepal and Kathmandu by road. Overnight stay in the border town of Zangmu

Day 18: Zangmu - Kathmandu

The jeep will bring us back to Kathmandu today. Free time in the afternoon, and a well deserved dinner at Kilroy's after some hard days trekking / travelling.

Day 19: Kathmandu

Rest day in Kathmandu to do some final shopping, relaxing and sight-seeing. Good-buy dinner in Kathmandu.

Day 20: Departure day

Transfer of all guests to Tribhuvan International Airport for flights home.