



Earthbound Expeditions

Everest, Cho Oyu, Sishapangma Base Camp Trek

16 days, from US\$3,417 per person

Duration
16 days

Group size
People

Country
Tibet

Tour of 3 Base Camps of the high mountains over 8000 meter and Lhasa Everest Base camp, Cho Oyu Base camp and Shisapangma base camp in Tibet

Day by day

Day 1

Arrival in Kathmandu

Our representative of Earthbound Expeditions will receive you at Tribhuvan International Airport, Kathmandu and he will be displaying an Earthbound Expeditions signboard. You will then be transferred to your hotel.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: None

Day 2

Kathmandu valley sightseeing

After breakfast, your tour commences with an excursion of the famous UNESCO World Heritage Sites situated in the Kathmandu valley. Hop in the comfy a/c bus, and we begin our trip. We head to the sites like Pashupatinath, Boudhanath, Swoyambhunath and Patan Durbar Square. It should be Monday, Wednesday or Friday before we pick the visa.

Altitude: 1,400 m On foot: Easy walking, 2–3 hrs Night: Hotel, Kathmandu Meals: Breakfast

Day 3

Fly to Lhasa from Kathmandu

We head to the capital of the 'Roof of the World' via air. The scenic flight gives a bird's eye view of the Himalayas and the land below it. The epicenter of Tibetan Buddhism, 'Lhasa' is home to numerous sites that are bound to be a traveler's paradise. If time permits, we head towards the UNESCO World Heritage Site of Jokhang temple which is often dubbed as the spiritual center of Tibet. The temple was made in the 7th century, and since then it has gone through several reconstructions, and it contains a life-sized statue of Shakyamuni and exquisite Murals

Altitude: 3,656 m On foot: None, flight day Night: Hotel, Lhasa Meals: Breakfast

Day 4

Two-day sightseeing of Lhasa

Lhasa has so many tourist sites that a single day is not sufficient to visit each one. The famous landmark of Tibet is the mighty Potala Palace which was built in 637 AD, and it contains over 1000 rooms and 10,000 shrines. Visit the immaculate Norbulingka or Summer Palace which is often referred to as the 'Park of Treasure' and was abode to the Dalai Lama. Depending on the time we will take you to different monasteries around Lhasa. Some of which are the Sera and Derphung monasteries. After touring, we will head towards the bustling bazaar of Barkhor which provides ample opportunity to shop for souvenirs.

Altitude: 3,656 m On foot: Easy walking, 2–3 hrs Night: Hotel, Lhasa Meals: Breakfast

Day 5

Drive to Gyantse

Your trip takes you to the town of Gyantse. The tour lasts for approximately 5 hours and takes you through the Karo La Pass and Kamba La Pass. The scenic drive through these passes is home to one of the best biking routes in the world. The road cuts through the landscape and provides mesmerizing views of the barren landscape, and fog covered snowy peaks and the gleaming Yamdrok Tso Lake.

Altitude: 3,977 m On foot: None, 5 hr drive Night: Hotel, Gyantse Meals: Breakfast

Day 6

Drive to Shigatse city

After you drive for about 2 hours, you'll reach Shigatse, which is the second largest city in Tibet and its main attraction is the Tashilhunpo Monastery. This city beams with life, and it sprawls with life. Wander at the Potala-duplicate Shigatse Dzong, perched high on top of the hilltop and the glorious view from the top is something that will ignite your imagination. Navigate inside the Tashilhunpo, which was the seat of the Panchen Lama.

Altitude: 3,900 m On foot: None, 2 hr drive Night: Hotel, Shigatse Meals: Breakfast

Day 7

Drive to Shegar

The final stop on the path to Everest is Shegar, located about 12 km before the turn-off to Everest.

Altitude: 4,350 m On foot: None, 5–6 hr drive Night: Hotel, Shegar Meals: Breakfast

Day 8

Drive to Rongphu monastery, Camping

The Rongphu monastery is the main Buddhist attraction in the valley, and history dictates that it was built in the 8th century. This monastery is claimed to be the highest in the world. The large chortens along with the superb Mount Everest at the background, make a perfect photograph. Here, you'll see the statue of the Guru Rinpoche.

Altitude: 4,980 m On foot: None, 3–4 hr drive Night: Tented camp, Rongbuk Meals: Breakfast, Lunch, Dinner

Day 9

Full day excursion of Everest Base Camp

Today, you'll head towards the Everest Base Camp. It takes about 2 hours to cover, and the distance is 8 km from Rongphu to EBC. The route is slightly tricky, and you'll have to navigate through its ups and down carefully. Hike to the base of the highest mountain in the world, 'Mount Everest.' This towering peak is surrounded by numerous ice giants like Nuptse, Pumori, and Lhotse.

Altitude: 4,980 m On foot: 16 km, 4–5 hrs Night: Tented camp, Rongbuk Meals: Breakfast, Lunch, Dinner

Day 10

Drive to Cho Oyu Base Camp

Today you'll arrive at the Cho Oyu Basecamp. The scenic drive from Everest Base Camp holds many secrets that are worth exploring. Cho Oyu is the sixth largest mountain in the world, and it lies 20 km west of Mount Everest between the border of Nepal and Tibet. The base gives view to the enormous mountain in front, and the mysterious fog shrouds its tip. The rugged terrain resembles an entirely different world, and everywhere you look, there is nothing but ice.

Altitude: 4,900 m On foot: None, 4–5 hr drive Night: Tented camp, Cho Oyu Base Camp Meals: Breakfast, Lunch, Dinner

Day 11

Drive to LhoTingri

From the Cho Oyu base camp to LhoTingri, it is a quiet drive while admiring the beautiful scenery of the countryside of Tibet.

Altitude: 4,300 m On foot: None, 2–3 hr drive Night: Guesthouse, Tingri Meals: Breakfast, Lunch, Dinner

Day 12

Drive to Shishapangma base camp

The Shishapangma is the only peak in Tibet that crosses over 8000 meters, and lies in Tibet.

Altitude: 5,000 m On foot: None, 4–5 hr drive Night: Tented camp, Shishapangma Base Camp Meals: Breakfast, Lunch, Dinner

Day 13

Drive to Nyalam

We make our way towards Nyalam(3700m), from the Shishapangma base camp.

Altitude: 3,700 m On foot: None, 3–4 hr drive Night: Guesthouse, Nyalam Meals: Breakfast, Lunch, Dinner

Day 14

Drive to Kathmandu

Drive from Nyalam and head towards Kathmandu on an airplane. Before your final departure, enjoy a delicious dinner and cultural show.

Altitude: 1,400 m On foot: None, 8–10 hr drive Night: Hotel, Kathmandu Meals: Breakfast, Dinner

Day 15

Final Departure

Our representative will drop you at the International Airport, and from there, you'll head home.

Altitude: 1,400 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- Lunch and dinner in main cities
- Altitude tents, foods and climbing equipment for team members and sherpas
- Personal equipment and Insurance, Emergency rescue evacuation if needed
- All international flights and airport taxes
- Expenses of personal natures, bonus for Climbing Sherpas

Not included

- 3 star category hotels in main cities bead and break fast basis
- All camping facilities and meals in the base camp for team members and trekking crew
- All airport transfers and road transport mostly by private vehicle
- Peak permit fees, trekking permit fees and national park entry fees
- All payment for environmental rules
- All costs of portrage and Yak animals as per service specified
- All sightseeing as specifies in the expanded trip itineraries
- Insurance for Nepalese staffs and Liaison officer