

## Everest Advanced Base Camp Trek Tibet - 21 Days

Everest Advanced Base Camp trek is the perfect blend of trekking at the base camp of top of the world, Mt. Everest along with exploring the magnificent cities of roof of the world, Tibet. This Everest advanced base camp trek starts with the sightseeing day at the cultural city Kathmandu which exhibits the UNESCO world heritage sites. Then we will take a flight to the beautiful Lhasa city and visit the popular landmarks like residence of Dalai Lama: Potala palace, Norbulinka Palace, Sera Monastery, Jokhang Temple and Barkhor Bazar. We will immerse in the beauty of Suncity Lhasa for the couple of days and drive further towards Gyanste, Shigatse, Shegar and Rongbuk.

We will then trek to the Everest Base camp and acclimatize for a day before trekking further. Next day we will be trekking the surreal sculpted through Rongbuk glacier and head towards Camp I which is surrounded by moraine hills under picturesque yellow granite cliffs. As we trek towards Everest Base camp III along moraine following the glacier to the right. Through binoculars we can see the stunning views of Mt. Everest standing tall and looks like it higher than 8000 meters. After experiencing once in the lifetime opportunity at the most popular trekking sites of the world we return to base camp at lower altitudes and drive back towards Nyalam leaving Rongbuk behind. Finally we return towards Kathmandu after fulfilling the formalities at Nepal-Tibet border and conclude this amazing Everest Advanced Base Camp trek along with Lhasa sightseeing tour.

Don't miss out to get the experience of trekking at most popular Everest Base camp along with exploring the roof of the world Tibet in our Everest Advanced Base Camp trek organized by Icicles Adventure Treks. Grab this opportunity of trekking towards everest base camp and visiting the roof of the world Tibet.

## PRICE INCLUDES

- Airport / Hotel / Airport pick up & drop by private car / van / bus
- Four night twin sharing accommodation in Kathmandu in a 4-star category hotel: Ramada Encore or similar
- Guided city tour in Kathmandu by private vehicle inclusive of all entrance fee
- Tibet entry travel permit and Chinese visa
- All monasteries entry fees
- Special permit for ABC trek
- English speaking Tibetan guide during whole trip in Tibet,
- Yak & yak man for carrying luggage & goods while trek.
- Supporting truck for staff,
- One hand land cruiser during the overland tour,
- All accommodation in Tibet at Hotel/Guesthouses inclusive breakfast during the overland drive up to Rumbuk.
- Trekking equipment (two men tent, dining tent, kitchen tent, Table with chairs, kitchen utensils, and all other necessary equipments.
- Meals during the trek Veg/Non Veg with tea coffee prepared by an expert Nepalese cook & Nepalese staff
- Food, accommodation, salary, insurance, equipment, medicine for all Tibetan staff
- Japanese land cruisers 4WD, 4500 model (four people in one jeep)
- Tibet border to Kathmandu (Friendship Bridge) pick up by tourist bus or jeep
- All government taxes and official expense

## PRICE EXCLUDES

- Lunch, dinner in Kathmandu & Tibet (except during the trek)
- Travel insurance, Nepal entry visa & re entry visa fees,
- Personal trekking equipment,
- Airfares
- Visa supplement cost for US nationals of \$100.00
- Any additional expenses caused by reasons beyond our control such as natural calamities, flight delays, rescheduling or cancellations, accidents etc
- Tips for guide and support crew (Tipping is appreciated)

## ITINERARY IN DETAIL

### Day 1: Arrive at Tribhuvan International Airport (TIA) Kathmandu

Our airport representative will be receiving you at Tribhuvan International airport, Kathmandu and s/he will be displaying an icicles adventure treks and tour signboard outside the airport terminal. You will be then transferred to your respective hotel in our private tourist vehicle.

**Overnight at Hotel.**

### Day 2: Obtain Chinese Visa and Kathmandu Valley Sightseeing Tour

Sightseeing of world heritage sites in Kathmandu valley including, Kathmandu Darbar square, Swayambhunath Temple, Boudhanath Stupa & Pasupatinath Temple.

**Overnight at hotel**

**Breakfast Included**

### Day 3: Fly from Kathmandu to Lhasa (3660 meters)

Early morning transfer to the international airport for the hour-long flight to Lhasa. This stunning flight, on a China Southwest Airlines Boeing 757, takes us right across the main Himalayan range and provides us with magnificent mountain views. After landing at Gonggar Airport and meeting our Tibetan guide, it is a further 2 hrs drive by Land cruiser to Lhasa. It's advisable to rest and take it easy for the remainder of the day due to Lhasa's altitude.

**Overnight at hotel**

**Breakfast Included**

### Day 4: Sightseeing in Lhasa

We spend today visiting many monasteries in Lhasa one of this is Sera Monastery which is the best-preserved monasteries in Tibet, within its whitewashed walls and golden roofs, several hundred monks live and study. After lunch we'll visit the Norbulingka, the summer palace of the Dalai Lama, as well as the Jokhang Temple.

**Overnight at hotel**

**Breakfast Included**

### Day 5: Second day sightseeing in Lhasa

In the morning, we visit Potala Palace which dominates the city of Lhasa it's a spectacular building, containing private quarters of the Dalai Lama as well as numerous grand state rooms and many important chapels. There has been a Palace on this site since the 5th or 6th century, but the present Palace was constructed in the 17th century. We also visit Drepung Monastery, which was founded in the 14th century and was once the largest in the world, with a population of around 10,000 monks.

**Overnight at hotel**

**Breakfast Included**

### Day 6: Drive Lhasa to Gyantse (3950meters) - 261 k.m

The day begins with our overland journey towards Rongbuk valley. We follow the Friendship Highway by jeep, we cross the Khamba La at elevation of 4794meters from which there are stunning views across the waters of Yamdrok-tso Lake to the snowy summit of Nazin Kang SA 7252meters. As we continue our journey to westwards over another high pass the Karo La 5045meters, we can view the spectacular sight of a huge glacier tumbling down to within a few hundred meters of the road. After few hours, we arrive to Gyangtse passing the beautiful valleys and colorful Tibetan villages.

#### **Overnight at guesthouse**

#### **Breakfast Included**

#### **Day 7: Drive to Shigatse (3900meter) - 90 k.m.**

This morning we visit the Gyangtse Dzong. This fort dates back to the fourteenth century and offers some of the most amazing views of Gyangtse and surrounding valleys. Before leaving we also visit the famed Gyangtse Kumbum. This magnificent tiered structure is the largest stupa in all of Tibet. If the exquisite gold dome is not enough, this stupa is packed with Tibetan sculptures and paintings. Thereby, we continue the trip to Shigatse, the second largest city in Tibet. It is only about a 90 km drive taking us to Shigatse which is a laid back city that provides excellent opportunity for both relaxation and exploration. Thereafter, exploring the local market we will make a detailed visit to the Tashilhunpo Monastery, one of the largest functioning monasteries in Tibet.

#### **Overnight at hotel**

#### **Breakfast Included**

#### **Day 8: Drive to Shegar (New Tingri) (4050meters) - 244 k.m**

The views of this desert plateau provide wondrous entertainment as we travel along the Friendship Highway. This stretch is the most spectacular landscape in Tibet. After passing through the small town of Lhatse we will cross Gyamtso La elevation of 5220meters, the highest pass on our journey. The land quickly descends to plains after Gyatmso La. While travelling through the plains we will see many nomadic herders, quiet countryside, and secluded monasteries.

#### **Overnight at guesthouse**

#### **Breakfast Included**

#### **Day 9: Drive to Rongbuk (5000meters) - 68 K.m**

We turn off the Friendship Highway and head south over the Pang La 5150 meters towards the main Himalayan range that give magnificent view stretching from Makalu to Shisapangma. Below the pass, as we turn the corner into the Rongbuk Valley, and charming view of Everest than ever.

#### **Breakfast, Lunch and Dinner Included**

#### **Day 10: Trek to Base Camp**

Trek to Base Camp

#### **Day 11: Acclimatization**

Acclimatize and explore around.

**Overnight at tented camp**

**Breakfast, Lunch and Dinner Included**

**Day 12: Trek from Everest Base Camp to Camp 1 (5460m)**

Trekking the surreally sculpted Rongbuk Glacier you walk away from Everest Base Camp to Camp I for two and half hours or more. Camp I lies amidst moraine hills under picturesque yellow-orange granite cliffs. In the beginning the trekking route skirts the east side of the Rongbuk Glacier and opens into a flat area at 5270m. On the Southwest, Pumori at 7145 m. After arriving at Camp I, you may wish to explore snout of the East Rongbuk Glacier lying just 20 minutes away from the camp.

**Overnight at tented camp**

**Breakfast, Lunch and Dinner Included**

**Day 13: Trek to Interim Camp (5760m)**

The trail overlooks glacier-topped mountain as it roll from gravel mounds, mud plain to rocky moraine. Lying directly across from Far East Rongbuk glacier, Interim Camp can prove very beneficial for further acclimatization and supper vantage point prior to trekking up to Camp II.

**Overnight at tented camp**

**Breakfast, Lunch and Dinner Included**

**Day 14: Rest day at Interim Camp (5760m)**

A rest day for preparation to climb higher up or you may wish to explore around.

**Overnight at tented camp**

**Breakfast, Lunch and Dinner Included**

**Day 15: Trek to Camp II (5970m)**

It is about three and half hours or more to ascend from Interim Camp to Camp II. You will approach Camp II at 5970 meter as you near the south side of the glacier at the eastern end of the Changtse Glacier junction lying below huge cliff. Along the trail to Camp II you get to capture huge seracs rising up to 50 feet above the surface of the glacier and endless array of mountain scenery.

**Overnight at tented camp**

**Breakfast, Lunch and Dinner Included**

**Day 16: Trek to ABC (6340m) and return to Camp II**

As you march towards ABC; you trek along moraine following the glacier to the right around the eastern flank of Changtse. Further ahead, you ascend a succession of hills as the glacier softens into smooth snowy ice fields carpeting the approaching ridges. En route you may spot several tent sites and discarded oxygen bottles. 1480 meter straight up from Camp III lies the Pinnacles challenging trekkers to explore its mystiques.

Its complexity has kept the northeast Ridge unclimbed for a long time. North Col lies at 7066 meter in the West connecting Everest's Northeast Ridge and Changtse. Through binocular you can see spectacular sight of striated rock summit of Everest extending above the Pinnacles to the southeast little more than 8000 feet (2400 m) higher than Camp III. Beyond Camp III there are gravel hills beside the glacier and you may trek along this trail for one hour provided that you are fully acclimatized. Finally, you conclude your trek by journeying back to Camp II from ABC for 2 hours.

**Overnight at tented camp**

**Breakfast, Lunch and Dinner Included**

**Day 17: Return to Base Camp**

From Camp II you continue trekking back to Base Camp, a long day trek down to comfortable lower altitude.

**(Breakfast, Lunch and Dinner Included)**

**Day 18: Trek to Rongbuk and Drive to Nyalam (215 km)**

You have to take a 215 km drive from Rongbuk to Nyalam along Friendship Highway traversing past Pang La pass. On the way, you can halt at Tingri for lunch. Further away amidst the stunning view of Everest, Cho Oyu and other mountain peaks, you accelerate past Lalung La pass at 5124m and Shung La pass at 5200m. The trail further commands far-reaching views of enchanting Shisapangma, Menlungtse and Gauri Shankar, as you leave behind arid Tibetan Plateau. The route then progresses towards the pristine and fortified town of Nyalam, where you can find a suitable accommodation at a hotel

**Breakfast, Lunch and Dinner Included**

**Day 19: Drive Nyalam (3750m) to Kathmandu**

Heading away from Nyalam, drive for one hour to the lush and verdant vegetation of Zhangmu at 2300 meter. Few kilometers drive follows Friendship Bridge along Bhoite Koshi River to Immigration Control in Kodari where you part with your Tibetan guide and handle the re-entry formalities to return to Kathmandu. After a 5 hours drive of 123 km, you finally arrive in Kathmandu.

**Overnight at hotel**

**Breakfast Included**

**Day 20: Free day in Kathmandu**

**Overnight at hotel**

**Breakfast Included**

**Day 21: Transfer to Airport for home departure. "Farewell!"**

**Breakfast Included**

*If the above itinerary does not meet your needs, we can design individualized travel plans based on your preferences.*