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Tenzin Travel

7 Days Budget Group Tour Itinerary: Lhasa to Gyirong (Sino-Nepal Border)

This 7-day group tour is designed for **budget-conscious travelers** who wish to experience the **spiritual heart of Tibet**, its dramatic **Himalayan landscapes**, and the iconic **Everest Base Camp**, while traveling at a **safe and well-paced altitude profile**. Starting in holy Lhasa and ending at the **Sino-Nepal border in Gyirong**, the journey blends sacred monasteries, turquoise lakes, ancient trade towns, and the world's highest mountain—guided by experienced Tibetan professionals and supported by comfortable **3-star accommodations**.

- **Pace:** Moderate
- **Accommodation:** 3-star hotels in cities, basic guesthouse / tent hostel near Everest
- **Best for:** First-time Tibet visitors, budget travelers, Everest seekers.

Day 1: Arrival in Lhasa – Gentle Acclimatization Day

Overnight: Banak-Shol Hotel *** (Lhasa)

Highlights

- Arrival in Lhasa (by flight or train)
- First views of the Tibetan Plateau
- Rest and acclimatization

Logistics

- **Drive:** Airport/Train Station → Hotel
- Distance: 11/60 km
- Drive Time: 1–1.5 hours
- Max Altitude: 3,650 m
- Overnight Altitude: 3,650 m (Lhasa)

Description

Welcome to spiritual capital of Tibet, The Lhasa city. As you arrive in Lhasa you will meet our tour



guide or representative, you will be escorted to your hotel. The first day in Lhasa it kept intentionally light to help your body acclimatize to the high altitude of Tibet. It is recommend to drink lots of fluids and plenty of rest. In the evening you can scroll around the Barkhor street near the Jokhang temple.

⚠️ *Avoid showers and strenuous activity today for better acclimatization.*

Permits:

- If you are taking flight from any parts of China to Lhasa, we will have to send you the original permit. The permit will be checked once at the departure and another upon. Those who flying to Lhasa from Kathmandu, you will meet with tour guide with permit at the arrival and she will assist you checking out of China immigration in Lhasa airport .
- Those coming in train doesn't require the original permit and we will send you the soft copy of your permit via email. You will have to make two print out. You will be checked for permit both departing train station and Lhasa train.
- After checking in your hotel, your tour guide will handle the permit and she will keep it. Kindly make sure you have the copy of the permit along with your passport.

Day 2: Lhasa – Drak Yerpa Hermitage & Sera Monastery

Overnight: Banak-Shol Hotel *** (Lhasa)

Highlights

- Drak Yerpa cave monasteries
- Sera Monastery
- Monk debating courtyard

Logistics

- **Drive:** Lhasa → Drak Yerpa → Sera → Lhasa
- **Distance:** 69 km total
- **Drive Time:** 3-4 hours
- **Max Altitude:** ~4,880 m (Drak Yerpa upper caves)
- **Overnight Altitude:** 3,650 m

Description

After breakfast, we will be driving to Drak Yerpa. It is one of the most sacred meditation sites in Tibet, where most Tibetan kings and great master has once practice meditation in its cliff side caves. Here the atmosphere is serene with great view Lhasa kyichu valley.

In the afternoon, You will visit the Sera Monastery. The monastery is one of the three largest in Lhasa and central Tibet. The Main disciple of Je Tsongkhapa founds it. It is about 600 years old. The main highlight of the monastery visit is the Monks debating of Tibetan Buddhist Philosophy. The debating courtyard is open for the visitor to observe from 3 pm every weekday. It is a fun watch and photography, but inside the courtyard, only Mobile Phone Photography is allowed.



Day 3: Lhasa City Highlights – Potala Palace & Jokhang Temple

Overnight: Banak-Shol Hotel *** (Lhasa)

Highlights

- Potala Palace (UNESCO World Heritage Site)
- Jokhang Temple
- Barkhor Street pilgrimage circuit
- Optional Tibetan cultural experience (Extra cost will be applied)

Logistics

- **Drive:** Short city drives
- **Distance:** Minimal
- **Drive Time:** 1 hour total
- **Max Altitude:** 3,700 m
- **Overnight Altitude:** 3,650 m

Description

Today we will be visiting two of the most iconic buildings in Tibetan Civilization. In the morning, the group will visit the Potala Palace. It is the most iconic building in Tibet. It has more than 1000 rooms and towers above the Lhasa city. The palace was first built in the seventh century by King Songtsen Gampo. Later in the 17th Century, the fifth Dalai Lama has rebuilt his residence over the ruins of the old palace. Ever since the palace has served as the winter residence for successive Dalai Lamas and Administrative centre for the local Tibetan Government.

In the afternoon, you will visit the Jokhang temple. The temple is considered as the holiest of all the Buddhist temples and Monasteries in the Inner Himalaya, founded in the 7th Century by Tibetan Buddhist King Songtsen Gampo to house the holiest statue of Lord Buddha. He brought this statue for Dowry of Marrying Chinese Princess Wencheng. There will be thousands of pilgrims Circumambulating, prostrating, and visiting the Holy Temple.

Day 4: Lhasa to Shigatse via Yamdrok Lake & Gyantse

Overnight: Shega Yangcha Hotel **** (or best available 3-star)

Highlights

- Yamdrok Lake
- Karola Glacier
- Gyantse Pelkor Chöde Monastery
- Tashi Lhunpo Monastery



Logistics

- **Drive:** Lhasa → Gyantse → Shigatse
- Distance: ~360 km
- Drive Time: 7-8 hours
- **Max Altitude:** 5,010 m (Karo La Pass)
- **Overnight Altitude:** 3,840 m (Shigatse)

Description

Today, we will depart from Lhasa in the early morning to have a better view of Yamdruk lake and have more time at the attraction of the day. First, we will stop at Yamdruk Lake. It is one of the most sacred lakes in Tibet and most beautiful. From the lake, you will see the Mt Nojin Kangtsang (7191m) in the distance as in the picture of left as you will travel along the lakeshore and drive up to the fantastic Karola Glacier before arriving at the town of Gyantse.

In the Gyantse town, you will visit the Pelkhor Chode Monastery and very famous Kumbum Stupa. It is the most prominent Tibetan Buddhist Stupa in Tibet. From Gyantse, you will drive across the Tibetan Countryside to Shigatse. Shigatse is the traditional seat of Panchen Lama, The second highest Lama in Gelugpa sect of Tibetan Buddhism, and also to the second-largest city in traditional Tibet. In the city, you will visit the monastic complex of Tashi Lhunpo.

Day 5: Shigatse to Everest Base Camp via Sakya

Overnight: Tent hostel (at EBC)

Highlights

- Sakya Monastery
- Everest Base Camp (North Face)
- Rongbuk Monastery

Logistics

- **Drive:** Shigatse → Sakya → EBC
- Distance: ~430 km
- Drive Time: 8-9 hours
- **Max Altitude:** ~5,200 m (EBC)
- **Overnight Altitude:** 5,200 m (Shigatse)

Description

After the breakfast, we will traveling westward towards the himalayas. Our first stop for a day is Sakya Monastery. The monastery is famous for its grey white red colored fortress like architecture and its ancient library. After the monastery, we will first cross over the Gyatso La Pass at 5280m. At the Pass we will have first view of the Mount Everest Basecamp and the Himalaya.



Shortly after the Gyatso la Pass, We will enter into Qomolangma National Nature Preserve (Everest National Nature Preserve). Our first stop in the reserve is on the Geula Pass (5100 m). From the pass on bright days offers a stunning panoramic view of the Himalaya's. You can see four 8000 meter peaks from this pass, including Cho Oyu, Makalu, Lhotse, and Everest. We will continue to Rongbuk Monastery, the highest monastery in the world at just under 5000 meters. Rongbuk has an unbelievable view of Everest!

You will stay for a night at the orange oxygen hotel near the basecamp, Pagsum Village

Day 6: Everest Base Camp to Gyirong (Sino-Nepal Border Town)

Overnight: Basic hotel in Gyirong Town

Highlights

- Himalayan valleys
- Forested landscapes of Gyirong
- Transition from high plateau to border region

Logistics

- **Drive:** EBC → Gyirong
- **Distance:** ~340 km
- **Drive Time:** 7-8 hours
- **Max Altitude:** ~5,200 m
- **Overnight Altitude:** ~2,700 m (Gyirong)

Description

Descend from the high plateau into the lush Gyirong Valley, often called the “backyard of the Himalayas.” The dramatic change in scenery—from barren highlands to green forests—also makes this day excellent for altitude recovery. Gyirong’s mild climate and lower elevation provide a **comfortable overnight stay before border departure.**

Permits:

- **Border Permit** required for Gyirong region.
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Day 7: Departure - Gyirong to Nepal Border

Highlights

- Overland exit from Tibet
- Assistance at border formalities

Logistics

- **Drive:** Gyirong Town → Sino-Nepal Border
- Distance: ~25 km
- Drive Time: 1 hour



- Max Altitude: 2,700 m

Description

After breakfast, your Tibetan guide will assist with **exit procedures** at the **Gyirong-Rasuwa border**. From here, travelers continue their journey into **Nepal** (Kathmandu) by Nepalese vehicle. Your unforgettable journey across the **Land of Snows** comes to a meaningful end

| March to June | July to 15th October | 15th October to February |
|---------------------------|---------------------------|---------------------------|
| 1060 USD per person | 1132 USD per person | 969 USD per person |
| 150 USD single Supplement | 150 USD single Supplement | 150 USD single Supplement |

Price includes

- Tibet Tour Guide
- The hotel as mentioned in the above itinerary.
- Private vehicle with a Tibetan Driver
- Entrance Fees
- Tibet Travel Permit (free of Cost)
- Breakfast
- Agency Fees
- Local Government Taxes

Price Excludes

- Lunch and Dinner
- Personal expenditure
- Train and flight fare to and from Lhasa
- Other expenditure not mentioned above



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