



Everest Base Camp Tour by Cycling - 24 days

Go on 24 days trip for

\$ per person

A trip to Tibet is not for the faint hearted; the travelling can be hard, adventurous and often unpredictable. Due to Tibet's high altitude travelers with a history of heart, lung or anemia problems should consult a doctor before considering a visit.

Tibet remains one of the most interesting, remote and undeveloped part of the world, situated at an average elevation of 5000m (16500ft) above sea level. Its limited facilities for tourists are only now approaching a reasonable standard.

Visitors should also understand before taking this trip that Tibet was only opened to tourism in recent years. The infrastructure of the Tourist industry is still very basic in the remote country. Please do not expect the standards you are accustomed to in the west. However, every effort will be made under the circumstances to ensure a smooth and pleasant trip.

Tibet is a rich and beautiful land with an average altitude over 4,000m (13,120ft) above sea level. Possessing more than fifty peaks above 7,000m (22,960ft), Tibet is home to eleven Himalayan mountains over 8,000m (26,240ft). China, India, Nepal, Sikkim, Bhutan, Burma and Kashmir all border Tibet. Over two million people inhabit this land of rich natural resources and ancient cultures.

Spiritual traditions, temples and monasteries, lakes and rivers, and mighty snow clad peaks are just a few of the intoxicating wonders to be experienced by adventurous travelers who get the opportunity to visit this land. Buddhism, with a history of some 1,300 years is shaped into a unique form of "Lamaism". Tibetan history, culture and religion are mixed together and infiltrate every aspect of social life. Tibetan religious arts have a distinctive style with adoption of Indian and Chinese Buddhist influence, thus forming a pearl of Oriental Buddhist art. The various people who live on the Tibetan plateau, such as Tibetans, Monpas, Lhopas and Moslems, each have their own unique of traditions of marriage, burial birth, and other ceremonies. Festivals in Tibet are numerous providing many opportunities for large and exciting celebrations. So come and visit the land rich in mountains, monks, mystery and adventure.

Day by Day Itinerary:

Day

Plan

Accommodation

01	Arrive Kathmandu / transfer to Hotel	Hotel
02	Kathmandu tour	Hotel in Kathmandu
03	Fly to Lhasa and Explore Lhasa	Hotel in Lhasa
04	Explore Lhasa/Guided city tour	Hotel in Lhasa
05	Explore Lhasa / Guided city tour	Hotel in Lhasa
06	Explore Lhasa am, start ride pm	Camp near Chushul
08	Cross Kamba La 4794m	Guesthouse/camping at Nakartse
09	Explore lake Yamdrok Tso	Guesthouse/camping at Nakartse
10	Cross Karo La 5010m (5045)	Hotel in Gyantse
11	Explore esp Kumbum	Hotel in Gyantse
12	Follow valley	Hotel in Shigatse
13	Climb towards Tsuo La	Guesthouse/camping at Tropu?
14	Cross Tso La (Yulung La) 4500m, descend	Guesthouse at Sakya
15	Explore Sakya, retrace to main road	Guesthouse/camping at Lhartse
16	Cross Gyatso La (Jia Tsuo La) 5220m	Hotel at Pelbar
17	Cross Pang La 5150m towards base camp 1	Camping at Dzarongpu

18	Ride/trek to Everest base camp 5200m	Camping at Dzarongpu
19	Return to main road via Pang La 5200m	Hotel at Pelbar
20	Gradual climb	Camping near Gurtso
21	Cross La Lung La (5124?) 5030m, Tong La (Shung La) 5120m (5200?), big descent	Guesthouse at Nyalam
22	Descend, cross border into Nepal , descend	Hotel at Barabise
23	Descend to 560m at Dolalghat then climb	Hotel at Kathmandu
24	Explore Kathmandu before flight home	Hotel at Kathmandu

Where should I purchase my equipment?

Please view our list of recommendations on where to purchase kit from our Frequently Asked Questions.

Upper Body:

- 1 cotton t-shirt;
- 1 cotton long sleeved shirt;
- 1 polypropylene warm but light thermal long shirt;
- 1 fleece jacket;
- 1 wind/waterproof jacket with hood.

Hands:

- 1 pr. warm poly thermal gloves, with plastic wind shell;

Head:

- 1 cotton sun hat;
- 1 cotton head scarf;
- 1 fleece balaclava or very warm hat;
- 1 head torch with extra battery;

Lower Body:

- 2 pr. cotton underwear briefs;

- 1 cotton walking shorts;
- 1 cotton long trousers;
- 1 polypropylene warm but light thermal leggings;
- 1 pr. fleece/pile/trousers;
- 1 pr. wind/waterproof trousers;

Feet:

- 2 pr. cotton socks;
- 1 pr. sandals for use in hotel;
- 2 pr. med. polypropylene thermal socks;
- 1 pr. sturdy, 100% leather, top-quality trekking boots with good ankle support ("broken-in" please);
- 1 pr. trainers, lightweight running shoes for trekking on flat, easy trails;

Sleeping:

- 1 sleeping bag (good to -10 degrees C or 10 degrees F);
- At least 1 closed cell foam kari-mats (optional). Most of the tea houses we stay in have nice soft mattresses to sleep on.

Rucksack and Travel Bags:

- 1 medium backpack (40-60 liters, can be used for airplane carry);
- 1 large kit-travel bag with lock (80-100 liters for checked bag);

Personal Hygiene:

- 1 toothpaste/brush;
- 1 bar soap/1 small towel;
- female or male hygiene supplies;
- 1 set earplugs;

Medical:

- 1 bottle water-treatment tablets;
- 2 tubes lip sun cream, 1 tube skin sun cream (min.factor 15);
- anti-mosquito cream;
- 1 skin blister repair kit;
- 1 bottle anti-diarrhea pills;
- 1 bottle anti-headache pills;
- 1 bottle cough and/or cold medicine;
- 1 bottle anti-altitude sickness pills: Diamox, Acetylzolamide;
- 1 small bottle stomach antibiotic: Ciprofloxacin, etc.;
- Do not bring sleeping pills. They are a respiratory depressant.

Service/Cost Includes:

- Hotel Accommodation on twin sharing basis with Bed & Breakfast basis as per Hotel.

- Camping Services, Dorm tent (Twin Sharing), Dinning/Kitchen Tents and Cooking utensils.
- English Speaking Tibetan Guide experienced Cook, necessary supporting staff and their salaries and insurances.
- All the sightseeing tours as per above itinerary.
- All the transportation.
- Temple and Monastery entry fees.
- Meals freshly cooked vegetarian meals during camping, hot drinks & Oxygen bottles and general First Aid Kits.
- Tourist service charge, Vat.
- Office Service charge.

Service/Cost Excludes:

- Airfares to Lhasa (Airfare often keep changing, we can make yours ticket please email us to get prices).
- Nepal Visa Fees and Tibet China Visa Fees.
- Travel Insurance and Emergency Evacuation.
- Bar Bills, Lunch and Dinner while staying at Hotel/Guest House.
- Tibet Travel Permit and China/Tibet Visa Process.
- Items and expenses of personal nature.
- Personal Trekking Equipments
- Tips for guide, porters, driver

Trip Fact

- **Trip code**EHCS-68907
- **Destination**Nepal
- **Duration**24 days / 23 nights
- **Season**Ever
- **Group Size**Min. 2pax - 12pax + Above
- **activities**EBC Tour by Cycling