



Community Trek
Explore, Connect & Experience

TRIP ITINERARY

KAILASH, LHASA & NORTH EBC TOUR

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TIBET · TIBET AUTONOMOUS

Kailash, Lhasa & North EBC Tour

Journey deep into Tibet on an unforgettable **15-day adventure** connecting the sacred landscapes of **Mount Kailash, Lake Manasarovar, vibrant Lhasa, and Everest Base Camp**.

TRIP PRICE

\$3,300

COST / PRICE

\$3,300

REGION

Tibet Autonomous

DURATION

15 days

MAXIMUM ALTITUDE

5,630 m

BEST SEASON

Spring & Autumn

DIFFICULTY

Challenging

ACCOMMODATION

Dharchen

TRIP TYPE

**trekking · cultural-tours ·
pilgrimage-journeys**

HIGHLIGHTS

What makes this trip special

01

Sacred Mount Kailash & Lake Manasarovar, Experience two of Tibet’s most revered destinations, surrounded by breathtaking Himalayan landscapes.

02

Kailash Parikrama & Dolma La Pass, Complete the sacred three-day pilgrimage around Mount Kailash, reaching the dramatic 5,600 m Dolma La Pass.

03

Discover Historic Lhasa, Explore the iconic Potala Palace, Jokhang Temple, and the rich Buddhist heritage of Tibet’s spiritual capital.

04

Everest Base Camp from Tibet, Journey across the high Tibetan Plateau to experience spectacular views of Mount Everest from its northern side.

OVERVIEW

Journey overview

This 15 Days experience explores Ngari Plateau with a balance of mountain scenery, cultural context, and well-paced logistics. The route is supported by local planning, accommodation coordination, and flexible guidance so travelers can focus on the landscapes, people, and rhythm of the journey.

DAY-BY-DAY ROUTE

Itinerary

A clear breakdown of each day of the trip.

DAY 1

Kathmandu - Syabrubesi / Timure 1,840m.

Your Tibet adventure begins in **Kathmandu (1,350 m)** with an early morning drive toward the **Nepal–Tibet border**. The journey follows the scenic **Trishuli River valley**, passing through green hills, terraced farmland, traditional villages, and beautiful Himalayan landscapes.

As you travel north, the road gradually climbs through the Himalayan foothills toward **Syabrubesi** and then continues to **Timure (1,850 m)**, a peaceful border-side settlement. Enjoy the changing scenery along the way and settle into your hotel or lodge for a relaxing evening before crossing into Tibet the following day.

DAY 2

Timure - Kerung 3,000m.

After breakfast, complete the necessary **Nepal and China immigration formalities** before crossing the **Friendship Bridge** into Tibet. Once the border procedures are completed, continue the scenic drive toward **Kerung (Kyirong)**, a beautiful Tibetan town surrounded by dramatic Himalayan landscapes.

At around **3,000 m**, Kerung marks your first significant increase in altitude. Take the evening slowly, stay hydrated, and give your body time to begin adjusting to the thinner air. Enjoy a relaxed evening and prepare for the journey deeper into the Tibetan Plateau.

DAY 3

Acclimatization in Kerung

Today is a relaxed **acclimatization day in Kerung (3,000 m)**, giving your body valuable time to adjust to the increasing altitude before traveling deeper into the Tibetan Plateau. There is no need to rush, enjoy a slow morning, stay hydrated, and take plenty of rest.

Later, take a gentle walk around **Kerung**, explore the local streets and surrounding landscapes, or simply relax at your hotel. This easy day helps you feel more comfortable and better prepared for the higher elevations ahead.

DAY 4

Kerung - Saga 4,500m.

Today, the journey takes you deeper into the **high-altitude landscapes of Tibet** as you leave Kerung and travel toward **Saga (4,500 m)**. The road gradually climbs through vast open valleys, dramatic mountain passes, and the endless landscapes of the **Tibetan Plateau**.

Along the way, enjoy breathtaking views of **Shishapangma**, snow-covered Himalayan peaks, and wide-open valleys stretching toward the horizon. The changing scenery makes this a truly memorable part of the journey. As you reach Saga, take the evening slowly, stay hydrated, and rest well to allow your body to adjust to the higher altitude.

DAY 5

Saga - Lake Manasarovar - Darchen 4,600m.

Today, travel deeper into the **sacred Kailash region**, with the landscape becoming increasingly dramatic as you approach **Lake Manasarovar (4,590 m)**. Surrounded by vast Tibetan plains and towering Himalayan peaks, the lake is one of the most revered pilgrimage sites in the region.

Take time at the lakeshore for **darshan, prayer, meditation, or quiet reflection**, soaking in the peaceful and spiritual atmosphere. After this meaningful experience, continue to **Darchen (4,600 m)**, the main gateway to the **Mount Kailash Parikrama (kora)**. Relax and prepare for the important pilgrimage journey ahead.

DAY 6

Darchen - Acclimatization & Preparation 4,600m.

Today is an important **acclimatization and preparation day in Darchen (4,600 m)** before beginning the sacred three-day **Mount Kailash Parikrama**. Take the day slowly, allowing your body to adjust to the high altitude while staying hydrated and well rested.

Use the time to prepare your **daypack and trekking essentials**, check your clothing and equipment, and make sure everything is ready for the pilgrimage. Your guide will brief you on the route, walking conditions, altitude, and safety measures. Enjoy a relaxed day in Darchen and prepare yourself mentally and physically for the journey around Mount Kailash.

DAY 7

Darchen - Yama Dwar - Dirapuk

Today marks the beginning of your **sacred Mount Kailash Parikrama (kora)**. After breakfast, drive from Darchen to **Yama Dwar**, the traditional starting point of the pilgrimage. From here, begin walking through the beautiful high-altitude landscape, surrounded by vast valleys, rocky terrain, and towering Himalayan scenery.

The trail gradually climbs toward **Dirapuk (4,890 m)**, with increasingly impressive views of **Mount Kailash** along the way. As you approach Dirapuk, the magnificent **northern face of Mount Kailash** comes into view, creating a powerful and unforgettable moment. Take time to appreciate the sacred surroundings before resting for the night.

DAY 8

Dirapuk - Dolma La Pass - Zuthulpuk 4,790m.

Today is the **highest and most challenging day of the Mount Kailash Parikrama**. Begin early from Dirapuk and gradually ascend toward **Dolma La Pass (5,600 m)**, the highest point of the pilgrimage. The climb is demanding due to the steep trail, rocky terrain, cold temperatures, and extreme altitude, so walk slowly and follow your guide's advice.

After reaching **Dolma La Pass**, take a moment to appreciate this sacred and remarkable place before beginning the descent. The trail leads toward the spiritually significant **Gaurikunda**, followed by a long descent through the rugged Himalayan landscape. Continue toward **Zuthulpuk (4,790 m)**, where you can rest and recover after this demanding but deeply meaningful day.

DAY 9

Zuthulpuk - Parikrama End - Saga 4,500m.

Today, complete the final section of the **sacred Mount Kailash Parikrama** with a gradual walk through the peaceful Tibetan landscape. As the trail becomes easier, take time to reflect on the spiritual experience and the incredible journey around one of the Himalayas' most revered mountains.

After completing the **Kailash Parikrama**, meet your vehicle and begin the scenic drive back toward **Saga (4,500 m)**. Relax during the journey, enjoy the changing landscapes of the vast Tibetan Plateau, and celebrate the completion of this unforgettable pilgrimage.

DAY 10

Saga - Shigatse 3,900m.

Today, leave **Saga (4,500 m)** and travel east toward **Shigatse (3,900 m)**, enjoying a gradual descent in altitude after the demanding Kailash Parikrama. The journey takes you across the vast Tibetan Plateau, with spectacular views of wide valleys, winding rivers, rugged mountains, and remote traditional settlements.

As you approach **Shigatse**, the landscape gradually becomes more settled and the lower altitude offers a welcome change after several days at extreme elevation. Upon arrival, check into your hotel, relax, and enjoy a comfortable evening in Tibet's second-largest city.

DAY 11

Shigatse - Gyantse - Yamdrok Lake - Lhasa

Today, continue your journey toward **Lhasa**, with memorable cultural and scenic stops along the way. First, travel through the historic town of **Gyantse**, known for its rich Tibetan heritage, traditional architecture, and important Buddhist sites.

Continue across dramatic mountain passes to the breathtaking **Yamdrok Lake**, one of Tibet's most beautiful high-altitude lakes. Its brilliant turquoise waters contrast beautifully with the surrounding snow-covered mountains and vast plateau. After enjoying the scenery, continue toward **Lhasa (3,650 m)**, the spiritual heart of Tibet. Settle into your hotel and enjoy a relaxing evening in this remarkable Himalayan city.

DAY 12

Lhasa Sightseeing 3,650m.

Today is dedicated to exploring the **cultural and spiritual heart of Tibet, Lhasa (3,650 m)**. Begin with a visit to the magnificent **Potala Palace**, an iconic symbol of Tibetan history and Buddhist heritage. Continue to the sacred **Jokhang Temple**, one of the most important pilgrimage sites in Tibet, where you can experience the deep spiritual atmosphere and observe traditional Buddhist practices.

Depending on available time and local conditions, you may also visit **Ramoche Temple** and explore the historic streets and lively surroundings of Lhasa. Take your time to appreciate the city's unique blend of ancient traditions, Tibetan architecture, prayer flags, monasteries, and everyday life.

DAY 13

Lhasa - Saga / Western Tibet 4,500m.

Today, begin your journey back toward **western Tibet**, leaving the cultural heart of Lhasa behind and returning to the vast landscapes of the Tibetan Plateau. The long drive takes you through broad open valleys, rugged mountain scenery, and remote Tibetan settlements, with the mighty **Yarlung Tsangpo River** accompanying parts of the route.

As the journey continues westward, the landscape becomes increasingly remote and the altitude gradually rises again. Eventually, arrive in **Saga (4,500 m)**, where you can rest after the long drive and prepare for the final stages of your journey.

DAY 14

Saga - Everest Base Camp North - Kerung 3,000m.

Today brings one of the final highlights of your Tibetan adventure as you travel toward the **northern side of Mount Everest**. Depending on road conditions, weather, and local access regulations, visit the **Everest Base Camp area (approximately 5,200 m)** and take in breathtaking views of Mount Everest and the surrounding Himalayan peaks.

After enjoying this unforgettable Himalayan panorama, continue your journey toward **Kerung (3,000 m)**. As you descend to a much lower elevation, the air becomes more comfortable and the landscape gradually changes. Settle into your accommodation for your **final night in Tibet** and reflect on the incredible journey through the Tibetan Plateau, Kailash, Lhasa, and the Himalayas.

DAY 15

Kerung - Kathmandu 1,400m.

After breakfast, complete the necessary **Tibet–Nepal border and immigration formalities** before crossing back into Nepal through the Friendship Bridge. As you leave Tibet behind, the landscape gradually changes from the dry, high-altitude plateau to the greener **Himalayan foothills** of Nepal.

Continue the scenic drive along the **Trishuli River**, passing through lush hills, terraced fields, and traditional villages on the way to Kathmandu. Arrive in **Kathmandu (1,350 m)** and conclude your remarkable **Kailash, Lhasa, and Everest Base Camp adventure**, carrying unforgettable memories of Tibet's sacred landscapes, ancient culture, and magnificent Himalayas.

Included and not included

Included

- ✓ All three vegetable meals B/L/D in Tibet Part .
- ✓ Kathmandu Kerung Kathmandu by private Coach .
- ✓ Tibet permit and visa fee.
- ✓ Wages of Crew members and their Wages with insurance.
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- ✓ Luxurious private transportation at Tibet by Bus.
- ✓ Supporting truck to carry equipment
- ✓ English speaking Tibetan Guide.
- ✓ All necessary travel & trekking permit as per our itinerary.
- ✓ All entrance and Restriktion fees.
- ✓ All Government Taxes.both in Nepal and Tibet side. * Minor First -Aid Services.
- ✓ Minor First -Aid Services.
- ✓ Sherpa staffs to prepare your meals .
- ✓ Dining Tent Shower tent during you Holy Bath at Lake Mansrovar .
- ✓ Emergency rescue arrangements on request basis.
- ✓ Oxygen cylinder
- ✓ Tibet travel permit and Visa
- ✓ 10 lakh Accidental 1 lakh medical Insurance .

Not included

- Personal expenses.
- Nepal re-entry visa fee for NRI.
- To visit Asthapad
- Tips for Guides - driver and Sherpa staff
- Horse Riding during the parikrama.
- Air Ticket to Kathmandu & Return back to home.
- Tibet or extra stay
- Addition cost due to any political disturbances.
- Any additional cost due to natural calamities and unforeseen circumstances.
- Visa splitting charge and extra transportation cost, if returning early from Tibet.

Frequently asked questions

What is the highest point of the Kailas-Lhasa-Everest journey?

The highest point is Dolma La Pass at approximately 5,600 meters (18,373 ft) during the Mount Kailash Parikrama. The journey also includes several days above 4,000 meters, making acclimatization especially important.

How physically difficult is this Tibet tour?

We rate this journey Challenging (4/5). The three-day Kailash Parikrama involves long walking days, steep sections, high altitude, and unpredictable mountain weather. Travelers should have good general fitness and be comfortable with several hours of walking at high altitude.

Do I need previous trekking experience?

Previous high-altitude trekking experience is helpful but not always essential. However, you should be prepared for the physical demands of the Kailash Parikrama and be able to walk for several hours on uneven mountain trails. Proper acclimatization and following your guide's advice are essential.

What is the best time for this Tibet tour?

The main travel season is generally April to October, with May–June and September–October being particularly favorable for the Kailash and Everest sections. Weather, road conditions, and local access can change quickly, so the final operating period should always be confirmed before booking.

What permits and visas are required for Tibet?

Travelers need the appropriate China/Tibet travel documentation and permits arranged according to the current regulations. Requirements can change, so Community Trek will coordinate the necessary Tibet travel permits and related documentation as part of the organized trip.

What kind of accommodation is available?

Accommodation varies along the route. Hotels and comfortable guesthouses are available in places such as Kerung, Saga, Shigatse, and Lhasa. During the Kailash Parikrama, accommodation is much more basic because the route is remote, and facilities may be limited.

What meals are included during the journey?

The package includes breakfast, lunch, and dinner during the Tibet portion of the journey. Meals are generally prepared with consideration for the conditions of high-altitude travel, and vegetarian options can be arranged according to the group's requirements.

Can I visit Everest Base Camp from the Tibet side?

Yes, the itinerary includes an opportunity to visit the northern Everest Base Camp area in Tibet, subject to weather, road conditions, local access, and government regulations. From the Tibetan side, travelers can experience spectacular views of Mount Everest and the surrounding Himalayan peaks.

What should I pack for the Kailash and Tibet journey?

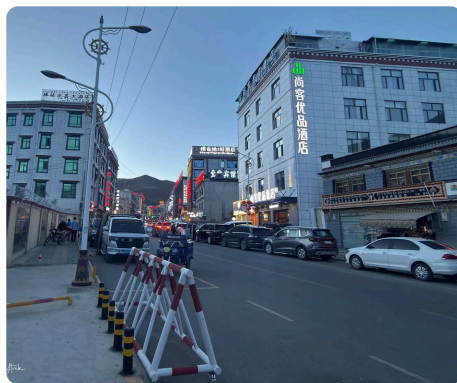
Pack warm and layered clothing, a waterproof jacket, comfortable trekking shoes, gloves, a warm hat, sunglasses, sunscreen, a reusable water bottle, personal medications, and a small daypack for the Kailash Parikrama. Because facilities are limited during the pilgrimage, keeping your luggage practical and well organized is important.

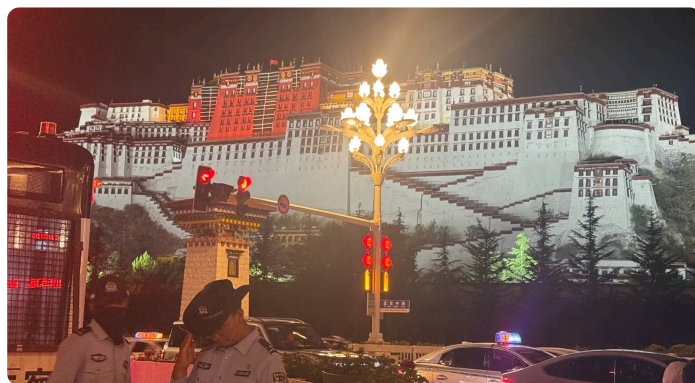
What happens if weather, roads, or border conditions affect the itinerary?

Tibet is a remote, high-altitude destination where weather, road conditions, border procedures, permits, and local regulations can change without much notice. The itinerary may therefore be adjusted when necessary. Our local team will make every reasonable effort to maintain the planned program while prioritizing traveler safety and responsible logistics.

A glimpse of the journey







Community Trek

Explore, Connect & Experience

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PLAN YOUR ADVENTURE

Bookings & Custom Dates

Contact our local team in Kathmandu to reserve your spot or tailor this itinerary.

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<https://communitytrek.com/tibet/kailash-lasha-everest-base-camp>

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