

# 10 Days Lhasa, Everest Base Camp and Namtso Lake Tour



## Trip Overview

This is the Classic tour itinerary to visit Lhasa, Everest Base camp and the holy lake Namtso lake. If you are not used to the high altitude, then this is one of the best itineraries that cover the all the Lhasa main tourist sites like Potala Palace, Jokhang Temple, Barkhor street, Drepung and sera monastery with Gyantse Kumbum and Shigatse Tashi Lhunpho monastery.

Tourists can see much natural scenery like beautiful sacred Lake Yamdrok tso and karo glacier with beautiful views of Mt. Everest, the highest mountain in the world from Everest Base Camp. Namtso Lake is the second largest alpine saline lake in Tibet with an altitude of 4,718 meters above sea level. Its surrealistic beauty will take your breath away in no time.

## Highlights:

- Potala Palace: Winter palace of the Dalai Lama
- Jokhang Temple: Spiritual Center for Buddhists in Tibet
- Sera Monastery: One of the “great three” Gelug monasteries of Tibet, the hot attraction is monks debate.
- Drepung Monstery: Drepung used to be a seat of central government until the 5th Dalai Lama built Potala Palace.
- Namtso Lake: It is the "Heavenly Lake" which is one of the four holy lakes of Tibet and also the highest salt-lake.
- Mt. Everest: The highest mountain in the world.

## Tour Brief

Day	Place	Activities	Meals	Hotel
01	Arrive in Lhasa	Airport/Train station to hotel transfer at designated period of time  Rest in the hotel to acclimatize the altitude		Economy Hotel twin sharing
02	Lhasa	Lhasa City Tour  *Potala Palace  *Johkang Temple  *Barkor Street	B  Welcome Dinner	Economy Hotel twin sharing

03	Lhasa	Lhasa City Tour *Drepung Monastery * Sera Monastery	B	Economy Hotel twin sharing
04	Lhasa to Gyantse to Shigatse (370km)	*Yamdrotso Lake *Karola Glacier *Simila Pass and Manla Reservoir *Gyantse Kumbum & Pelkor Monastery	B	Economy Hotel twin sharing
05	Shigatse to Rongpuk (340km)	*Far View of Himayala Mountain Range	B	Dorm or Big Tent with humble accommodation
06	Rongpuk to Shigatse(340km)	*Everest Base Camp *Rongpuk Monastery	/	Economy Hotel twin sharing
07	Shigatse to Lhasa (270km)	*Tashilunpo Monastery *River View of Brahmaputra	B	Economy Hotel twin sharing
08	Lhasa to Namtso Lake(240km)	*Namtso Lake *DumgXiong Grassland	B	Lake Shore Guest House Dorm with humble facility
09	Namtso Lake to Lhasa(240km)	*Namtso Lake Shore Free walk *Yampachen hotspring(Optional)	/	Economy Hotel twin sharing
10	Depart from Lhasa	Hotel to Airport/Train station transfer at designated period of time  End the tour	B	\

### Price Inclusions

- All necessary travel permits for Tibet (excluding the Chinese visa)
- Tourist bus/minibus transportation with experienced local driver during tour
- Tourist bus/minibus transportation between airport/train station and Hotel at designated period of time
- Experienced Local Tibetan private guide
- 7 nights of Economy Hotel twin sharing accommodation with breakfast (B.B), 2 night Dorm or Big Tent with humble accommodation at Rongpuk Everest area and the shore of Namtso Lake
- One welcome or welfare dinner
- All admission fee of tourists sites listed in the itinerary
- Oxygen bottles/Oxygen tank cylinder provided during the tour days in Tibet

### Price Exclusions

- Chinese visa
- Lunches and Dinners, Breakfast at Rongpuk and Namtso Lake
- Tips to driver and tour guide

- Single room supplement if clients request a private room in hotels

## 中文概要行程

日程	目的地	游览活动和参观景点	用餐安排	酒店安排
01	抵达拉萨	将游客从机场/火车站送至酒店乘飞机抵达在指定时间段整团免费接三次，早到游客需要等待。火车不限制)。在酒店休息适应高原海拔。		经济型酒店 标准双人间
02	拉萨	拉萨市内旅游观光 *布达拉宫 *大昭寺 *八廓街	早餐 欢迎晚餐	经济型酒店 标准双人间
03	拉萨	拉萨市内旅游观光 *哲蚌寺 *色拉寺	早餐	经济型酒店 标准双人间
04	拉萨—江孜—日喀则 (370公里)	*羊卓雍错湖 *卡若拉冰川 *斯密拉山和满拉水库 *江孜白居寺和十万佛塔	早餐	经济型酒店 标准双人间
05	日喀则—绒布寺 (340km)	*在加乌拉山口远眺喜马拉雅群山	B	绒布寺招待所 / 大帐篷，设施简陋
06	绒布寺—日喀则 (340km)	*珠峰大本营 *绒布寺	/	经济型酒店 标准双人间
07	日喀则—拉萨 (270公里)	*扎什伦布寺 *雅鲁藏布江河谷风光 (日喀则回拉萨，可能会安排火车)	早餐	经济型酒店 标准双人间
08	拉萨—纳木错 (240公里)	*纳木错湖 *当雄草原风光	早餐	湖畔招待所多人间 设施简陋无卫生间
09	纳木错—拉萨 (240公里)	*纳木错湖边自由徒步 *羊八井温泉 (自愿自费)	/	经济型酒店 标准双人间
10	离开拉萨	将游客从酒店到机场火车站 (乘飞机离开在指定时间段整团免费送三次，晚离开游客需要提早出发。火车离开不限制)。旅游结束	早餐	\

## 价格包含服务

- 西藏旅游进藏函及西藏境内所需其他旅游许可文件，普通快递投递到指定国内收件地址
- 行程所列景点门票
- 旅行中使用旅游中巴或商务车
- 到达及离开时，机场 / 火车站与酒店之前的接送（需在指定时间段内整团一次性接送）
- 经验丰富的藏族英文导游
- 7 晚拉萨市及日喀则经济型酒店标准间住宿含早餐（每人 1 床 1 份早餐），2 晚绒布寺以及纳木错湖边招待所或大帐篷（不含早餐）
- 欢迎或欢送晚餐 1 餐（藏餐）
- 全程提供应急用便携式或医疗氧气

### 价格不包含服务

- 中国签证费
- 从尼泊尔进藏中国签证办理服务费 20 美元 / 人（游客支付给我社当地合作旅行社）
- 晚餐和午餐，绒布寺和纳木错 2 晚早餐客人自理
- 导游和司机小费
- 单房差

## Day by Day Itinerary

### Day 1: Arrival in Lhasa.

After arriving in Lhasa, local tour guide will welcome you at the airport/train station, then transfer the guests to the hotel. Acclimatize the high altitude in the hotel.

Overnight in Lhasa

### Day 2: Lhasa City, Potala Place and Barkhor Street (B,D).

The tour will begin from UNESCO World Heritage site - Potala Palace, which is also the winter palace of Dalai Lama. It's situated at 12,139 feet above sea level. It's a 13-story high building that contains over 1,000 rooms, various statues, stupas, murals and artifacts.

Then continue to Jokhang Temple, another UNESCO World Heritage site. It's a spiritual center for Buddhists in Tibet. Next to the temple there is Bakhor Street, filled with pilgrims and street vendors, selling traditional Tibetan items such as prayer wheels and jewelry.

### Day 3: Monasteries in Lhasa, Drepung and Sera (B).

In the morning, tourists are going to visit Drepung monastery which was one of the “three greet” Gelug monasteries of Tibet and was founded in 1416. Ganden palace is used as Dalai Lama’s palace in the Drepung before moving to the Potala palace.

Afternoon, Sera Monastery---It was one of the “three great” Gelug monasteries of Tibet and was founded in 1419. The highlight is the Monks debate at around 3 - 5 in the afternoon.

#### **Day 4: Lhasa – Gyantse - Shigatse (B)**

Drive from Lhasa to Gyantse. Admire the Gampala pass (4790 m) on the way, and get a glimpse of Yamdrok-tso (4400m), which is surrounded by many snow-capped mountains. Then continue to drive west towards Gyantse. In Gyantse, tourists will visit the famous Pelkor Monastery and Gyantse Kumbum. After one and a half hour's drive, clients will arrive in Shigatse, which is the second largest city in Tibet.

#### **Day 5: Everest Base Camp (B)**

Drive to Lhatse where tourists can take lunch. Then drive to Shegar and if the weather is clear enough, tourists can view the Mt. Everest in the distance on the way back down. After 4 to 6 hours, arrive at Rongbuk monastery, but on the way there, clients will pass Pang la Pass, one of the highest passes in Tibet at 5050m. From that pass, enjoy view all of the five highest peaks in the world.

#### **Day 6: Everest Base Camp Return to Shigatse**

In the morning, you can see the sunrise of Everest Peak if weather permits at the lodging area. Then we will visit the Rongbu Monastery - the unique highest monastery with nuns and monks living together. Finally, we will drive back to Shigatse.

#### **Day 7: Shigatse - Lhasa (B)**

Today, explore Tashilunpo monastery of Gelug Sect, the seat of the Panchen Lama, built in 1447. The monastery houses a giant statue of the Maitreya Buddha - the biggest gilded statue of Maitreya (Buddha of the future) in the world and a tomb of all the Panchen Lama, containing jewels and gold. In the afternoon, you will drive back to Lhasa, which will take around 6 hours.

#### **Day 8: Lhasa to Namtso Lake (240km, 5 hours ) (B)**

In the morning, drive from Lhasa to Lake Namtso. On the way, clients can see Nyenchen Thanglha( snow mountain ranges )and lots of nomads tent with grazing yak and sheep densely-populated around the mountain side. Namtso Lake is the Heavenly Lake which is one of the four holy lakes of Tibet and also the highest salt lake. You can do a very relaxing trekking around the lake side and Tashi Island.

To spend a night at lake shore is fantastic to see the stars.

#### **Day 9: Namtso Lake to Lhasa (240km, 5 hours)**

Enjoy the clear morning at the lake shore; you can trek along the lake shore to Tashi Dor Island to explore the meditation caves. Drive to Dumxung to have lunch.

In the afternoon, tourists may enjoy Yangpachen hot spring (Optional) and have both indoor and outdoor swimming pool filled with hot springs water. Finally, head back to Lhasa.

#### **Day 10: Depart from Lhasa (B).**

Transfer clients to the airport or train station.

**\*\*\* All Price in RMB \*\*\***

Route	project	16 NOV 2019 TO 31 MAR 2020		16 OCT 2019 TO 15 NOV 2019
Route B2--10 Days Lhasa to Everest Base Camp and Namtso Lake Tour (at least 2 pax)	economy class	-	-	9300
	S/SUPP	-	-	1130
	comfortable class	-	-	9580
	S/SUPP	-	-	1410

**一、关于团队价格标准 ( Group standard )**

- 每车人数为 12 左右 (1 车1 导游) , G 线 G1 线不承诺每车人数限制但是一般不会超过 15 人;  
Each coach 12 pax(1 coach one guide) , Itinerary G, G1 we don' t guarantee each coach how many pax but maximal less than 15pax.
- 小孩3周岁及以下免费 (不建议收) , 4周岁-6周岁按成人65%结算 (不占床) , 7-11周岁加床收成人的85%结算 (含床位含门票) , 12周岁以上按成人价格结算;  
Children under 3 years free of charge (don' t suggest join the tour), 4-6 years old without bed surcharge 65%, 7-11 years old with extra bed charge 85%(including bed and entrance fee), above 12 years old charge as adult.
- 中国籍游客和外国籍游客价格一样, 没有特殊优惠;  
Chinese and foreigners share same price. No discount.
- S/SUPP对直客的报价请按照S/SUPP结算价格X120%报价;  
Single supplement when you do the quotation please X120% to customer.
- 接机时我社会统一用“Tibet Vision”, 请提前告知游客  
When pick up our customer we will use “Tibet Vision” ,Please info guests in advance.

**二、发团日期(Departure date)**

- 我社已经安排出 2019 年的发团日期, 仅为指导收客的日期。排期表及实时收客情况请及时询问我司。目前绝大部分发团日期还没有任何游客进行确认, 若组团社咨询的日期不包含在预设日期之内, 可联系我社按照组团社的要求修改发团日期;  
We have already arranged the schedule of departure date in 2019., which is only for the purpose of guiding the customer collection. Schedules and real-time collections please contact us promptly. At present, most of the Departure dates have not yet been confirmed by any tourists. If the date of the Departure date not included in the present date, you can contact us to check the date whether can modify or create new one.
- 发团日期将根据各组团社的报名预订情况随时进行修改和调整;  
Departure date should be revise according to the customer collection. 3.  
由于团队有人数限制, 所有报名参团都须经由电话, QQ 或微信确认;  
Because each group have maximal group size, each booking should check with us by email or

Wechat.

4 如果客人的日期在已确认发团日期前后 1 天，可以销售联系调整行程及价格

If the travel date of guest is one day before or one day after the confirmed date of the delegation, we can adjust the itinerary and price.

5 我社有权根据当地实际情况对行程中的景点顺序做合理的调整，但不会遗漏任何一个景点

We have the rights to change the sequence of the scenic spots, but will not cancel one of them.

### 三、服务包含(Service including) :

1	外国入藏函、旅行证，吉隆 / 阿里地区 / 川藏线军区批件 Tibet permit, Travel license, Geelong / Ali Area / Sichuan-Tibet Line Military District Approval.
2	西藏段所有用车（常用车型：7-9 座瑞风商务/别克/现代，15 座、17 座中巴，23 座、29 座中巴） Tibet car or coach use(Commonly used models: 7-9 Ruifeng Business/Buick/Modern, 15 seats, 17seats, 23 seats, 29 seats coach.
3	行程所列景点门票（包含旺季布达拉宫订票手续费） Tickets for the attractions listed in the itinerary
4	优秀藏族英语导游 Excellent Tibetan English guide
5	哈达、饮水（环保玻璃杯）；前往高海拔地区旅行团备有急救氧气箱或小罐装氧气 Hada, drinking water (environmental glass); travel group to high altitude with emergency oxygen tank or small can of oxygen
6	全程住宿(Accommodation): (如果是 economy class 酒店不保证能用单间，请提前告知需要用单间的客人 (If it is a budget hotel, it is not guaranteed to use a single room, please inform the guests who need to use a single room in advance.) 我社常用各地酒店 Our company often used hotels 拉萨常用(Lasha): economy class- 拉萨亚宾馆 (Lhasa Yak hotel) 拉萨刚坚饭店 (Lhasa Gnagjian Hotel, economy class 酒店用房紧张时可能升级为使用舒适性酒店) comfortable class-拉萨刚坚饭店(Lhasa Gnagjian Hotel) 日 喀则常用 Shigatse is commonly use: economy class-藏巴酒店 (Zangba Hotel); -神湖酒店 (Manasarover Hotel) comfortable class-扎西曲塔酒店 (Tashichota Hotel), 日喀则饭店 (Shigatse Hotel) 珠 峰常用: 寺院招待所、帐篷床位; 纳木错常用: 帐篷宾馆床位 Everest: guest House in temple, tent, Lake Namtso: tent 吉 隆-吉隆宾馆 (Jilong Hotel) Jilong:Jilong Hotel  <b>如果客人全程住招待所 (含珠峰和纳木错)，或者阿里地区住招待所床位的条件为：招待所为多人间，无独立卫生间和洗澡间，阿里地区大部分招待所无洗澡间。不含早餐，不能</b>

	<p><b>提前预定。住宿安排不分性别、国籍和年龄。热水限时供应。</b>  (我社绝大多数团队会安排在常用酒店, 但不排除旺季会安排同级其他酒店)  If the guest stays at the guest house (including Mount Everest and Nam Co Inn), or if the guesthouse is located in Ali area, the conditions are: The guest house is a multi-person room, there is no separate toilet and bathroom, and most of the guest houses in the Ali area do not have a bathroom. Breakfast is not included and cannot be booked in advance. Accommodation arrangements do not separate gender, nationality and age. Hot water supply limited time.</p> <p>(The vast majority of our team will be arranged in the hotel above, but in the high season if it is full we will arrange other hotels at the same level)</p>
7	<p>拉萨特色藏餐欢迎或欢送晚餐一次  Lhasa special Tibetan meal welcomes or welcomes dinner once</p>
8	<p>(1) 机场/火车站, 接送:</p> <ul style="list-style-type: none"> <li>ℓ 我社在规定发团日安排三次免费贡嘎机场至市区接机, 分别为  接机: 上午 09:30 , 下午 13:30, 下午 16:30 从机场出发</li> <li>ℓ 在规定送团日安排三次免费市区酒店至贡嘎机场送机, 分别为:  送机: 早上 06:30 , 早上 08:30, 下午 12:30 从酒店出发  若机场接送不在免费的时间段内, 或者客人不愿意等待免费接送的时间, 则单独收取 400 元/趟接送费用;</li> <li>ℓ 若机场接送不在免费的时间段内, 或者客人不愿意等待免费接送的时间, 则单独收取400 元/趟接送费用;</li> <li>ℓ 在规定发团 / 送团日期的火车站接送均免费;</li> </ul> <p>---以上单独接送的价格为导游和客人打出租车, 不是单独一辆旅游车的费用, 如需安排旅游车接送请单独询价。</p> <p><b>1) Airport/train station, transfer:</b>  Our agency arranges three free Gongga Airport flights to the urban area on the required day of delegation.  Pick-up: 09:30am, 13:30pm, 16:30pm  Arrange three free city hotels to Gongga Airport on the required delivery day.  These are:  Departure: 06:30 in the morning, 08:30 in the morning and 12:30 in the afternoon  <b>If the airport transfer is not in the free time, or if the guests are not willing to wait for the free pick-up time, a separate pick-up fee of RMB 400 will be charged.</b>  <b>If the airport shuttle is not in the free time, or if the guests are not willing to wait for the free shuttle time, then a separate 400 yuan/趟 transfer fee will be charged;</b>  <b>The train station transfers are free of charge at the time of the required departure/delivery date;</b></p> <p>(2) 未在规定日期抵达和离开的, 火车收费 250 元 / 趟, 飞机收 400 元 / 趟;</p>



**(2) If the train arrives and leaves on the stipulated date, the train will be charged at 250 yuan/趟, and the plane will receive 400 yuan/time;**  
 (3) 如果因为航班延误导致错过免费接机时间的客人需要另行支付接机费用 400 元 / 趟;  
**(3) Guests who miss the free pick-up time due to flight delays need to pay an additional pick-up fee of RMB 400/time;**  
 --- The price for the above individual transfer is for the tour guide and the guest to take a taxi. It is not the cost of a single coach. For the coach transfer, please inquire separately.

9 Travel accident insurance.

**服务不含：**

1,	午餐、晚餐； 珠峰/纳木错、所有住招待所床位早餐 Lunch, dinner; Everest/ Namtso breakfast for all hostels	
2,	导游、司机小费 Tips for guide and driver.	5. S/SUPP, 我社不强行征收 S/SUPP, 若有单人, 我社将会安排客人拼房或住三人间; 但不会考虑性别差异、年龄差异和国籍差异; 若原定拼房的人临时不愿意拼房了, 我社将按照规定价格收取单房差。 If there is a single person, our agency will arrange the guests to share with a tripleroom; but it will not consider gender difference, age difference and nationality difference; If guests unwilling to share with others, we will charge single supplement.
3,	往返大交通 International and domestic airfare and tax.	
4,	个人其它消费 Personal consumption	

**四、预定须知 Booking instructions：**

1	至少提前 15 天订团并交清规定的证件扫描件（护照，签证和非旅游签证的相应证明），如有临时增加人数情况，需要及时联系我社咨询具体办证情况； At least 15 days in advance, hand over the required scanned documents (passport, visa and non-tourist visa certificates). If there is an increase in the number of temporary documents, you need to contact us in time to consult the specific situation G/G1 线至少提前 25 天, H1 线至少提前 30 天（节日时间顺延） Route G/G1 ahead of 25 days, H1 at least 30 days (excluding the holidays)
2	出团前必须结清所有团费 All tours payment must be settled before departure
3	关于客人取消团队相关规定： Regarding the cancellation of the relevant rules for guests: <input type="checkbox"/> 客人在抵拉萨日期 2 周之前取消预订可以免费取消 Guests who cancel the reservation 2 weeks before arrival in Lhasa can cancel for free <input type="checkbox"/> 客人在抵拉萨日期 2 周内取消预订收取损失费 400 元 / 人 Guests cancel the booking within 2 weeks of arrival date in Lhasa for a loss of 400 yuan/person

	<p>□客人在抵达拉萨日期 1 周内取消预订收取损失费 600 元 / 人</p> <p>Guests cancel the booking within 1 week of arrival in Lhasa for a fee of 600 yuan/person</p> <p>④行程中取消只退未产生的门票和住宿，其他费用不退。</p> <p>如果我社取消团队预定将进行对等赔偿，但因为政策、自然等不可抗拒原因取消团队的情况不予赔偿。</p> <p>4 Cancel only tickets and accommodations that are not generated during the journey. Other fees will not be refunded.</p> <p>If we cancel the team's plan to make equal compensation, but because the policy, nature and other irresistible reasons to cancel the team's situation will not be compensated.</p>
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### 六、增值服务 Value-added services

1	<p>我社提供北京/上海/西宁/西安/成都至拉萨火车票预定服务；</p> <p>We can provides Beijing/Shanghai/Xining/Xi'an/Chengdu to Lhasa ticket booking service;</p>
2	<p>火车票手续费价格按照市场价收取, 请届时询价</p> <p>The train ticket fee is charged according to the market price. You can email to us quote if need.</p>
3	<p>进出藏火车票一经出票退票和改期需要客人持护照原件到国内任何火车站进行退票或者改期;如果客人不在国内将损失全部火车票费用。</p> <p>Train tickets can not refund and revise after issue, guests need take their passport to railway station in China to refund or revise, if the guests not in China will lose all the fees because we can do nothing to help to change or cancel.</p>

### 七、关于对游客的销售价格 About the sales price to tourists

	<p>1、我社所有拼团线路，均对所有游客采用“统一零售价”；要求组团社在网站、对外宣传资料上参照“统一零售价”进行标价，否则我社有权终止合作。</p> <p>2、若商家要给游客优惠，可采取线下优惠打折和促销等方式并尽可能要求游客保密；</p> <p>3、若因组团社在网络上的报价低于或高于我社“统一零售价”导致的游客之间的的投诉和纠纷，情节严重的，我社有权要求组团社承担赔偿责任。</p> <p>our company will use the “universal retail price” for all tourists; you are required to quote the “universal retail price” on the website and external publicity materials. Otherwise, we have the right to terminate the cooperation.</p> <p>2. If you wants to give tourists discounts and promotions, it can be taken offline , visitors are required to be kept confidential;</p> <p>3. If the complaints and disputes between tourists caused by the price quoted by the travel agency on the Internet are lower or higher than the “universal retail price” of our company, If the circumstances are serious. We keep the right to request the travel agency to bear the liability for compensation.</p>
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