



10 days Dhaka Kunming Lhasa Yamdrotso EBC tour

This 10-day tour from Dhaka to Everest Base Camp offers a once-in-a-lifetime adventure. In Lhasa, explore the Potala Palace and experience the daily life of modern Tibetan monks at Tibet's largest monasteries. On the way to Everest, visit a Tibetan family near Yamdrok Lake for lunch and a peaceful lakeside walk with their sheep. In the Himalayas, we've chosen four exclusive viewpoints to admire Mt. Everest from different angles. You'll spend a night at Everest Base Camp, watching the sunset, sunrise, and starlit skies.

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Detailed Itinerary

DAY 01: FLY FROM DHAKA TO KUNMING

Kunming, the spring City in China. A place of mild climate, vibrant flower markets, and a rich blend of ethnic cultures.

Arrive in Kunming after your flight from Dhaka. Once you land, take a transfer to your hotel and check in. Depending on your arrival time, you might want to rest for a bit to recover from your journey. Relax and freshen up so you're ready for the day ahead.

DAY 02: FLY FROM KUNMING TO LHASA

Welcome to Lhasa (3650m)! We are going to start your amazing journey to center of Tibet

Take the early flight from Kunming to Lhasa. When you arrive in Lhasa, our friendly Tibetan guide will greet you with a Hada (the traditional Tibetan ceremonial scarf) and warm blessings.

Then, the guide and the driver will take you to your hotel in downtown Lhasa. You may view the Yarlung Tsangpo River/Brahmaputra River (the Longest and largest river in Tibet) and Lhasa River.

After settling into your hotel, take some time to rest and adjust to the high altitude.

In the afternoon or evening, your guide will meet you with traditional Tibetan gifts, provide travel instructions, and introduce your group members.

Stay overnight in Lhasa.



DAY 3: LHASA TOUR - POTALA PALACE, JOKHANG TEMPLE, BARKHOR STREET (B)

Today's Highlight is a visit to UNESCO World Heritage Sites Potala Palace and Jokhang Temple, providing a glimpse into the daily beliefs and lives of the people of Lhasa.

After breakfast, your first stop is the Potala Palace, where you can enjoy a panoramic view of the Lhasa Old Town. Discover the lives and stories of the Dalai Lamas through history within the palace, and the extraordinary treasures it holds. The most valuable collections of Potala Palace are the gilded burial stupas of former Dalai Lamas and the meditation cave of the 33rd great king of Tibet.

After touring the Potala Palace, you will visit Longwangtan Park at the foot of the Potala Palace. Here, you can appreciate the majestic Potala Palace from a different perspective and engage in local Tibetan folk activities.

In the afternoon, you will head to the heart of Tibetan religion - the Jokhang Temple. Inside you can see the statue of Buddha Sakyamuni at the age of twelve. Outside, you can see pilgrims making prostrating in front of Jokhang Temple. Around the temple is Barkhor Street, where you can do kora (a religious circle of a building or mountain) with pilgrims and locals, and explore the old market. Next, follow your guide to one of the liveliest indoor Tibetan tea houses in Lhasa. Sip traditional Tibetan sweet tea alongside local Tibetans as your guide shares insights into Tibetan social dynamics and daily life. Stay overnight in Lhasa.



DAY 4: LHASA TO YAMDROK LAKE TO SHIGATSE VIA GYANTSE 360 KM

In the morning, start the overland journey from Lhasa to Shigatse, which includes visits to Tibet's most beautiful Yamdrok lake, glacier, and charming Tibetan villages.

First, drive over the Gampala pass (4790 m) to catch a glimpse of Yamdrok-tso (4400m). The Yamdrok Lake is surrounded by many snow-capped mountains and in the distance you can have spectacular views of Holy Mount Nyenchen Khangsar (7191m), the highest mountain near Lhasa. Continue to explore the lakeshore from various viewpoints, and at the end of the lake, you could visit a local family in the village and have lunch with the locals.

Next, you will pass and enjoy the Korola Glacier on the roadside. It is the largest glacier in Tibet. As you see the ice tongue of the glacier climb the entire hillside, you will feel the magical power of nature.

Then, continue your journey to Gyantse. On the way, you will stop at Simila Mountain Pass, where you can hang prayer flags to pray for world peace and the health of your family.

After arriving in Gyantse, you can spend some time taking photos of the ancient city of Gyantse. From Gyantse to Shigatse, you will pass by green (in summer) and golden (in autumn) Tibetan barley fields and countless farms.

Finally, we will arrive in Shigatse, the second-largest city in Tibet. After checking in to the hotel, you can take a good rest and prepare for the next day's trip to Mount Everest.

Stay overnight in Shigatse.



DAY 5: SHIGATSE (3850M) TO EVEREST BASE CAMP (5000M) (B)

Take the most use of your time today to admire the stunning Himalayan mountain ranges!

After breakfast, you will head directly to Mount Everest.

First, you will pass Gyatsola Pass (5280m). At Gyatsola Pass viewpoint, you'll catch your first glimpse of Mount Everest. Hidden behind the mountain range, the Everest resembles a budding lotus flower, a captivating sight along the roadside.

Shortly after we enter Mount Everest National Nature Reserve, you will enjoy the panoramic view of the Himalayas at Gawula Pass (5198m). At this viewpoint, you will marvel at the majestic lineup of the five highest peaks in the Himalayas, including Everest at the forefront. This is your second glimpse of Everest.

Then we drive along the new zigzag road to Everest Base Camp (5000m). As you get close to the base camp, the majestic Everest gradually unfolds before you, drawing nearer with each winding turn. This marks your third view of Everest.

Upon reaching Everest Base Camp, the colossal white pyramid peak of Mount Everest stands towering before you. As the day transitions to dusk, witness the golden hues of the sun casting a warm glow on Everest's northern face—your fourth view.

As night falls, the sparkling Milky Way and the snow-white peak of Mount Everest reveal your fifth and final encounter with Everest.

Stay overnight at Everest Base Camp or in the local village near EBC if the EBC tent hotels are closed during the winter season



DAY 6: EBC TO SAKYA VIA DINGGYE AND RETURN TO SHIGATSE

Today, you will retrace the journey along the Himalayas and return to Shigatse. Once again savoring the beauty of the Himalayan mountain range.

In the morning, before departing from the base camp, you will visit Rongbuk Monastery, the world's highest monastery, where nuns and monks live together at 5154 meters above sea level.

Then, you'll return to Shigatse via Dinggye, taking an alternative Himalayan route different from the traditional path. Here, you'll stop at the Dinggye Xilin Viewpoint. You can not only see the majestic eastern slope of the towering Mount Everest again, but also the world's fourth-highest peak, Mount Lhotse, standing at an elevation of 8,516 meters. Additionally, you can enjoy the vast and delightful wetland landscape at the foot of Mount Everest.

Next, you'll make a brief stop in the ancient town of Sakya to stroll around Saga Ancient Town.

Finally, you'll arrive in Shigatse. Upon arrival, your guide will lead you to a local Langma Hall, a local venue for Tibetan song and dance performances. Here, you can witness the traditional Tibetan performances and celebrate the success of your lifetime Mount Everest journey during dinner with your fellow group members.

Stay overnight in Shigatse..



DAY 7: SHIGATSE TO LHASA VIA NYEMO

Today's main attraction is a visit to Shigatse's largest monastery, the Tashilhunpo Monastery. Later, you'll return to Lhasa along the Yarlung Tsangpo River.

In the morning, we will visit the home of Panchen Lama - Tashilhunpo Monastery. The grand and magnificent halls of the largest local monastery occupy the entire hillside. This is the spiritual home of the Tibetan people in Shigatse, housing the world's largest statue of Maitreya Buddha. Inside, you will see monks adorned with yellow hats and red robes, moving about the temple.

Next, we will return to Lhasa along the Yarlung Tsangpo River, the mother river of the Tibetan people.

Finally, you will arrive in Lhasa. Enjoy leisure time wandering freely through Barkhor Street, where you can shop for gifts to bring back home for your family.

Stay overnight in Lhasa.



DAY 8: LHASA TO KUNMING

Say goodbye to Lhasa and you'll take the flight from Lhasa to Kunming.

Please make sure to verify your departure flight details with our guide in advance. And your guide will take you to the airport and you'll take the flight from Lhasa to Kunming.

Upon arrival, head to your hotel for check-in and take some time to rest after the journey.

In the late afternoon, if time allows, visit the Kunming Museum, where you can explore its rich collection of cultural and historical artifacts. The museum provides a fascinating glimpse into the diverse heritage of Yunnan province, showcasing everything from ancient relics to regional art.

In the evening, head to one of Kunming's bustling night markets. Wander through the lively stalls, sampling local delicacies like the famous "crossing-the-bridge noodles" and various street snacks, while enjoying the vibrant atmosphere of this energetic city.



DAY 09: KUNMING SIGHTSING

We will visit The Stone Forest second day. The Stone Forest, also known as Shilin, is a UNESCO Global Geopark in Yunnan Province, China, renowned for its unique limestone formations. These formations, which resemble a forest of stone, are the result of millions of years of erosion and geological activity.

DAY 10: KUNMING TO DHAKA

Today marks the end of your tour and you'll go back to Dhaka!

Please make sure to verify your departure flight details with our guide in advance. And your guide will take you to the airport.

Thank you for choosing Bengal Vista, and we extend a warm welcome for your return to Tibet in the future.

Price: 1290 USD

- Age 1-3 Years, 30% of Base Price
- Age 4-6 Years, 50% of Base Price
- Age 7-11 Years, 70% of Base price
- Age 12-Above 100% price

Service includes:

- ✓ Hotels with Bed and Breakfast (3nights in Kunming and 7nights in Tibet side). EBC will be Guesthouse dombeds
- ✓ Kunming hotels, transfers and guide.
- ✓ All Permits, Entrance, Eco-Bus related
- ✓ English speaking guides according to group size
- ✓ Oxygen, water, accident insurance, etc.
- ✓ 2 times meals (one welcome dinner in Lhasa, one Family lunch at Yamdrok lake)

Service excludes:

- ❖ all air tickets
- ❖ Kunming hotels, transfers guide & 2 times Dinner. (Including If you Join Our Suggested Date Group Tour)
- ❖ China visa (Including If you Join Our Suggested Date Group Tour)
- ❖ personal expense and tips for staff.
- ❖ meals not mentioned



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