Earthbound Expeditions

Everest, Cho Oyu, Sishapangma Base Camp Trek

16 days, from US$3,417 per person

Duration	Group size	Country
16 days	**People**	**Tibet**

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Everest, Cho Oyu, Sishapangma Base Camp Trek Overview

A 16-day overland tour of Tibet from Lhasa via Gyantse and Shigatse to three base camps, Everest, Cho Oyu and Shishapangma, returning to Kathmandu.

A tour of Lhasa and three base camps of mountains over 8,000 metres in Tibet: Everest Base Camp, Cho Oyu Base Camp and Shishapangma Base Camp

We fly to Lhasa, where there is plenty of time to visit the Potala Palace, the former home of the Dalai Lama and Tibet's best-known landmark, with more than 1,000 rooms and 10,000 shrines. You also visit the Jokhang, Tibet's holiest temple, with its valuable statues and frescoes, and the Norbulingka, or Summer Palace, from which the present Dalai Lama fled in 1959.

The Barkhor, the busy bazaar of old Lhasa, lies on the pilgrims' circuit around the Jokhang and is a good place to buy souvenirs.

The Tibet Three Base Camps Tour shows you the natural scenery of the Tibetan Plateau and takes you to the foot of some of the world's highest peaks. It is one of the easiest ways to see the world's highest mountains without trekking or great physical effort. It also involves off-road driving by 4WD on the highest plateau on Earth. The bumpy roads and high altitude can be very tiring, so a reasonable level of fitness is required.

The tour offers views of nine of the mountains over 8,000 metres and several smaller peaks. Short hikes at the base camps give you a chance to experience trekking and camping at high altitude. While driving off-road to the base camps you may see wildlife such as antelope, wild horses, yaks and birds, as well as Tibetan nomads moving hundreds of sheep and yaks across the colourful landscape.

The trip begins and ends with two days in Kathmandu, giving you time to see the city's many attractions.

Itinerary

Day 1

Arrive in Kathmandu

A representative of Earthbound Expeditions will meet you at Tribhuvan International Airport, Kathmandu, holding an Earthbound Expeditions sign. You will then be transferred to your hotel.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: None

Day 2

Kathmandu Valley sightseeing

After breakfast, the tour begins with a visit to the UNESCO World Heritage Sites of the Kathmandu Valley, travelling by air-conditioned bus. We visit Pashupatinath, Boudhanath, Swayambhunath and Patan Durbar Square. The visa can only be collected on a Monday, Wednesday or Friday.

Altitude: 1,400 m On foot: Easy walking, 2–3 hrs Night: Hotel, Kathmandu Meals: Breakfast

Day 3

Fly to Lhasa from Kathmandu

We fly to Lhasa, the capital of the 'Roof of the World'. The flight gives an aerial view of the Himalaya and the land below. Lhasa, the centre of Tibetan Buddhism, has many sites of interest. If time permits, we visit the Jokhang Temple, a UNESCO World Heritage Site often described as the spiritual centre of Tibet. The temple was built in the 7th century and has been rebuilt several times since. It contains a life-sized statue of Shakyamuni and fine murals.

Altitude: 3,656 m On foot: None, flight day Night: Hotel, Lhasa Meals: Breakfast

Day 4

Lhasa sightseeing (two days)

Lhasa has more sights than can be visited in a single day. Its best-known landmark is the Potala Palace, built in 637 AD, which contains more than 1,000 rooms and 10,000 shrines. You also visit the Norbulingka, or Summer Palace, often called the 'Park of Treasures', which was a residence of the Dalai Lama. Depending on time, we take you to other monasteries around Lhasa, such as Sera and Drepung. After the tour, we visit the busy Barkhor bazaar, where you can shop for souvenirs.

Altitude: 3,656 m On foot: Easy walking, 2–3 hrs Night: Hotel, Lhasa Meals: Breakfast

Day 5

Drive to Gyantse

Today you drive to Gyantse, which takes approximately 5 hours. The route crosses the Karo La and Kamba La passes and is considered one of the best cycling routes in the world. The road passes through a barren landscape with views of mist-covered snow peaks and Yamdrok Tso Lake.

Altitude: 3,977 m On foot: None, 5 hr drive Night: Hotel, Gyantse Meals: Breakfast

Day 6

Drive to Shigatse

After a drive of about 2 hours you reach Shigatse, the second-largest city in Tibet, whose main attraction is the Tashilhunpo Monastery. It is a lively city. You can visit Shigatse Dzong, which resembles the Potala and stands high on a hilltop with wide views from the top, and the Tashilhunpo Monastery, the seat of the Panchen Lama.

Altitude: 3,900 m On foot: None, 2 hr drive Night: Hotel, Shigatse Meals: Breakfast

Day 7

Drive to Shegar

The last stop on the road to Everest is Shegar, about 12 km before the turn-off to Everest.

Altitude: 4,350 m On foot: None, 5–6 hr drive Night: Hotel, Shegar Meals: Breakfast

Day 8

Drive to Rongphu Monastery and camp

Rongphu Monastery is the main Buddhist site in the valley, and it was founded in 1902. It is said to be the highest monastery in the world. Its large chortens, with Mount Everest behind them, make a fine photograph. Here you will see a statue of Guru Rinpoche.

Altitude: 4,980 m On foot: None, 3–4 hr drive Night: Tented camp, Rongbuk Meals: Breakfast, Lunch, Dinner

Day 9

Full-day excursion to Everest Base Camp

Today you travel to Everest Base Camp. The 8 km from Rongphu to Everest Base Camp takes about 2 hours. The route is somewhat difficult, with ups and downs that need care. You hike to the foot of Mount Everest, the highest mountain in the world, which is surrounded by other high peaks such as Nuptse, Pumori and Lhotse.

Altitude: 4,980 m On foot: 16 km, 4–5 hrs Night: Tented camp, Rongbuk Meals: Breakfast, Lunch, Dinner

Day 10

Drive to Cho Oyu Base Camp

Today you drive from Everest Base Camp to Cho Oyu Base Camp, a scenic route with much to see. Cho Oyu is the sixth-highest mountain in the world and lies 20 km west of Mount Everest on the border between Nepal and Tibet. From the base camp there is a view of the mountain, its summit often covered in mist. The rugged terrain is covered in ice in every direction.

Altitude: 4,900 m On foot: None, 4–5 hr drive Night: Tented camp, Cho Oyu Base Camp Meals: Breakfast, Lunch, Dinner

Day 11

Drive to Lho Tingri

The drive from Cho Oyu Base Camp to Lho Tingri is a quiet one through the scenic Tibetan countryside.

Altitude: 4,300 m On foot: None, 2–3 hr drive Night: Guesthouse, Tingri Meals: Breakfast, Lunch, Dinner

Day 12

Drive to Shishapangma Base Camp

Shishapangma is the only peak over 8,000 metres that lies entirely within Tibet.

Altitude: 5,000 m On foot: None, 4–5 hr drive Night: Tented camp, Shishapangma Base Camp Meals: Breakfast, Lunch, Dinner

Day 13

Drive to Nyalam

We drive from Shishapangma Base Camp to Nyalam (3,700 m).

Altitude: 3,700 m On foot: None, 3–4 hr drive Night: Guesthouse, Nyalam Meals: Breakfast, Lunch, Dinner

Day 14

Return to Kathmandu

You drive from Nyalam and travel on to Kathmandu by air. Before your departure, there is a farewell dinner with a cultural show.

Altitude: 1,400 m On foot: None, 8–10 hr drive Night: Hotel, Kathmandu Meals: Breakfast, Dinner

Day 15

Departure

Our representative will take you to the international airport for your flight home.

Altitude: 1,400 m On foot: None, departure day Night: No overnight Meals: Breakfast

Everest, Cho Oyu, Sishapangma Base Camp Trek Cost and What's Included

- Three-star hotels in the main cities on a bed and breakfast basis
- All camping facilities and meals at base camp for team members and the trekking crew
- All airport transfers and road transport, mostly by private vehicle
- Peak permit fees, trekking permit fees and national park entry fees
- All environmental fees
- All porter and yak costs, as specified
- All sightseeing as specified in the detailed itinerary
- Insurance for Nepali staff and the liaison officer

Not included

- Lunch and dinner in the main cities
- High-altitude tents, food and climbing equipment for team members and Sherpas
- Personal equipment and insurance, and emergency rescue evacuation if needed
- All international flights and airport taxes
- Personal expenses and bonuses for climbing Sherpas

Photos, videos and reviews of this trip: enepaltrekking.com/everest-cho-oyu-sishapangma-base-camp-trek