Tibet Overland Tour – Drive-In Drive-Out via EBC

8 Days Itinerary

Detailed Itinerary

Day 1: Kathmandu to Kerung Border (145 km) – Overnight in Kerung

You begin with an early morning drive from Kathmandu toward the Kerung Border, the main crossing between Nepal and Tibet. The 145-kilometer route passes green valleys, terraced hillsides, rivers and small villages. At the border you complete the formalities at Nepali immigration and then cross the bridge into Tibet. After the Chinese immigration procedures you drive to Kerung town and check in at the Kerung Hotel for the night. The day is a gradual move from Nepal into the calmer, higher landscape of Tibet.

Max. Elevation	1,450 m (Kerung)
Duration	145 km drive plus border formalities
Accommodation	Kerung Hotel
Meals	Breakfast

Day 2: Kerung to Shigatse

Today is a long drive of 547 km along the Friendship Highway, crossing the Tibetan Plateau, with open valleys, high passes and small villages on the way. The landscape becomes drier and more open as you gain height. You reach Shigatse, one of Tibet's major cities, in the evening and check in to your hotel. Rest well and drink plenty of water, as you are now at nearly 4,000 m.

Max. Elevation	3,900 m (Shigatse)
Duration	547 km drive, 8-9 hours
Accommodation	Hotel in Shigatse
Meals	Breakfast

Day 3: Shigatse to Gyantse and Lhasa

You continue along the highway to Gyantse and then on to Lhasa, a drive of about 350 km. The road crosses mountain passes and open plateau and, where the route allows, passes Yamdrok Lake, known for its turquoise water against the mountains. Stop for photos and enjoy the view. You arrive in Lhasa, the capital of Tibet, and check in to your hotel.

Max. Elevation	3,950 m (Gyantse) / 3,650 m (Lhasa)
Duration	350 km drive with stops
Accommodation	Hotel in Lhasa
Meals	Breakfast

Day 4: Sightseeing in Lhasa (Day 4 and Day 5)

You spend two days exploring Lhasa, the spiritual center of Tibetan Buddhism. You visit the Potala Palace and the Jokhang Temple, both UNESCO World Heritage Sites, where pilgrims gather daily to pray. You walk through Barkhor Street to see the local markets, handicrafts and the steady stream of pilgrims. You also visit Sera and Drepung Monasteries, where you can learn about monastic life and see traditional monk debates. Take it slowly, as you are still adjusting to the altitude.

Max. Elevation	3,650 m (Lhasa)
Duration	2 days sightseeing
Accommodation	Hotel in Lhasa
Meals	Breakfast

Day 5: Lhasa to Shegar

After breakfast you leave Lhasa and drive 655 km to Shegar along the Friendship Highway, crossing high passes and wide plateau landscapes with mountain views. You pass small villages and see how people live at high altitude. It is a long driving day, so bring water, snacks and warm layers. You check in at your hotel in Shegar, the gateway to the Everest region.

Max. Elevation	4,340 m (Shegar)
Duration	655 km drive, 8-9 hours
Accommodation	Hotel in Shegar
Meals	Breakfast

Day 6: Shegar to Everest Base Camp and Back to Kerung

You drive from Shegar to Everest Base Camp on the northern side, with Mount Everest filling the horizon on a clear day. Rongbuk Monastery, the highest monastery in the world, is nearby and adds a spiritual side to the visit. You spend time at base camp for photos and to take in the mountain atmosphere, and then begin the long drive back toward Kerung, where you spend the night. It is a full day of travel at high altitude.

Max. Elevation	5,364 m (Everest Base Camp) / 1,450 m (Kerung)
Duration	Full-day drive
Accommodation	Kerung Hotel
Meals	Breakfast

Day 7: Drive from Kerung to Kathmandu

After breakfast you complete the Chinese exit formalities, cross the bridge back into Nepal and finish the Nepali immigration procedures. You then drive back to Kathmandu, about 6-7 hours, along the same green valleys and terraced hills you saw on the first day. On arrival you are transferred to your hotel, and in the evening there is a farewell dinner at a traditional Nepali restaurant with a cultural performance.

Max. Elevation	1,300 m (Kathmandu)
Duration	6-7 hours drive
Accommodation	No
Meals	Breakfast, Farewell Dinner

Cost Include

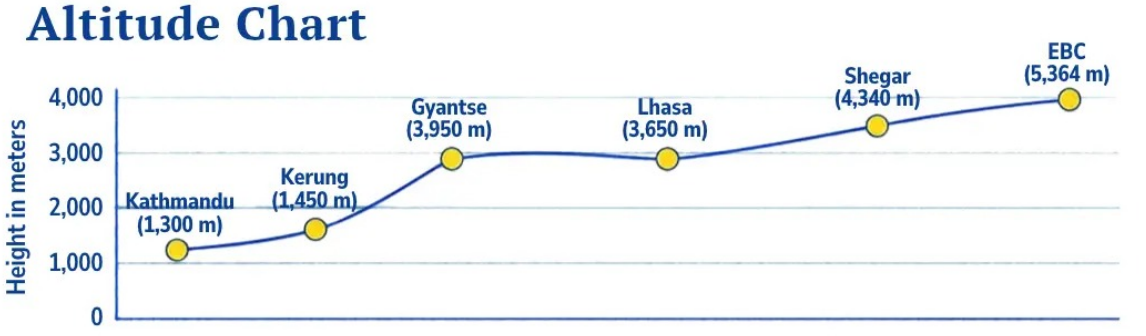
- Private airport pickup and drop-off by van, car or jeep.
- Ground transportation for the entire trip by tourist van or bus.
- Tibet Travel Permit, arranged in advance.
- English-speaking Tibetan guide throughout the tour.
- Accommodation on a twin-sharing basis.
- All sightseeing and monastery entrance fees mentioned in the itinerary.
- Daily breakfast, with local Tibetan and continental options.
- Border pickup and drop-off between Nepal and Tibet.
- One-hour full-body massage after the tour.
- Farewell dinner in Kathmandu at a traditional Nepali restaurant, with a cultural performance.
- T-shirt and appreciation certificate from Alpine Club of Himalaya.

Cost Exclude

- Nepal entry visa fee.
- International airfare.
- Travel insurance, which is highly recommended and should cover high-altitude travel and emergency evacuation.
- Lunch and dinner during the tour, except the farewell dinner in Kathmandu.
- Hotel accommodation in Kathmandu.
- Personal expenses such as bar bills, laundry and snacks.
- Tips for the guide and driver.
- Private vehicle and private room upgrades, which are available on request at extra cost.
- Any services or expenses not specifically mentioned under the cost includes section.

Trip Map


Alpine Club
OF HIMALAYA
Tibet Overland Tour - Drive-In
Drive-Out via EBC - 8 Days
N
Shigatse
(3,900 m)
Gyantse
(3,950 m)
Lhasa
(3,650 m)
Kerung Border
(1,450 m)
Shegar
(4,340 m)
Everest Base Camp
(EBC) (5,364 m)
Kathmandu
(1,300 m)
Driving Route
Return Route
Drive
Stop / Overnight
Monastery / Landmark
Mountains
Lake


Altitude Chart
Height in meters
4,000
3,000
2,000
1,000
0
Kathmandu
(1,300 m)
Kerung
(1,450 m)
Gyantse
(3,950 m)
Lhasa
(3,650 m)
Shegar
(4,340 m)
EBC
(5,364 m)