

Everest From Tibet Discovery Tour

Trip Code: EFT

Version:



CULTURE



GUIDED GROUP



LEISURELY



HIGHLIGHTS

- Lhasa's fabled Potala Palace, Jokhang Temple and Drepung Monastery
- Kathmandu sightseeing including Bodhnath, Pashupatinath, Swayambhunath
- Rongbuk Monastery and views of Everest's stunning north face
- Gyantse, Shegar and the exciting new road route back to Nepal via Kyirong

AT A GLANCE

- Join at Kathmandu

ACCOMMODATIONS & MEALS

[VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE](#)

Introduction

Providing a range of rich experiences and an insight into two of the world's most fascinating countries, this unbeatable Tibetan discovery holiday will excite even the most seasoned traveller. Combining Kathmandu, Lhasa, several other important Tibetan monastery towns, as well as an excursion up to the north side of Mount Everest at Rongbuk, this is real adventure travel.

After a day of sightseeing in Kathmandu, a chance to tick off some of the colourful highlights including Bodhnath, Pashupatinath and Swayambhunath, the group will fly directly over Mount Everest to Lhasa, the capital of Tibet. Here, there's 3 days to acclimatise and to experience the best of the the city's landmarks, including the astonishing Potala Palace, the Jokhang Temple and many other important Buddhist monasteries and buildings. Then, setting off to travel back to Nepal overland in comfortable vehicles, we'll experience the best of the high and wild Tibetan Plateau. There will be stops at roadside villages and viewpoints and short walks to points of interest with the chance to meet the Tibetan people, most of whom are nomadic herdsman living in yak-hair tents. There's an overnight at Samye Monastery and at the magical monastery towns of Gyantse and Shigatse. We've also included a visit to and an overnight in the Rongbuk Valley beneath the singularly spectacular north side of Mount Everest. Finally, the last 2 days of this epic journey will take you north of Shishapangma, Tibet's 8000 metre peak, to the Tibet-Nepal border crossing at Kyirong. Revised and improved, this is still, unquestionably, one of the world's great adventure travel holidays.

Is this holiday for you?

This classic touring holiday from Lhasa to Kathmandu traverses some very remote country. During the tour the group will travel in a comfortable private vehicle (or vehicles) and the majority of the roads used on this holiday are now smooth tarmac. However, some sections of the route, particularly the roads to and from the Rongbuk Valley (Everest) and the first part of the drive from the Tibetan border back into Nepal, are more rugged and can be dusty. Although this is a discovery tour, there are several days when the group will explore on foot to make the most of the sightseeing. The walking element of the holiday is not sustained or strenuous (except on account of the altitude) and we will be following good paths at all times. These elements of walking are also, largely, optional.

Itinerary

Version:

Extensions

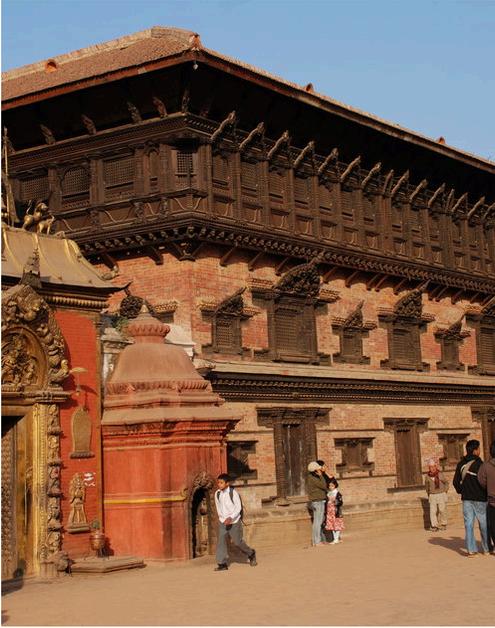
When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Chitwan Jungle Extension

The jungles of southern Nepal are an interesting counterpoint to trekking in the foothills or the high Himalaya. Tiger Tops Tharu Lodge provides a relaxing and comfortable base for a wildlife safari and cultural village experience. During two days of wildlife viewing in the Chitwan National Park 'buffer zone' - the interface area between visitors and the animals that live at Chitwan - you will be accompanied by expert guides on safaris by jeep by boat and on foot.

3 days from
US\$1,680 per person



Kathmandu Tour - Nagarkot and Bhaktapur

The Kathmandu Valley contains the cities of Patan, Bhaktapur and Kathmandu itself, all of which were once independent kingdoms. An exploration of the valley's historic and cultural sights is an excellent way to begin or end your adventure in Nepal. Highlights of this tour includes a very early drive up to Nagarkot on the Kathmandu Valley rim, the perfect place to watch a Himalayan sunrise. This is followed by a tour of the UNESCO World Heritage Site of Bhaktapur, renowned for its temples and traditional buildings.

1 day from
US\$175 per person

Holiday Information

What's Included

- Professional English-speaking Nepalese and Tibetan tour guides
- Kathmandu and Lhasa airport transfers
- Flight from Kathmandu to Lhasa
- All land transport involved in the itinerary
- All accommodation as described
- Meals as described in the Meal Plan
- Guided sightseeing programme in Kathmandu and Lhasa
- Tibet Entry Permit

What's not Included

- Travel insurance
- Nepalese visa
- Tips for the local support team
- Miscellaneous expenses - souvenirs and drinks etc

Joining Arrangements & Transfers

The group will meet at the hotel in Kathmandu.

Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

With the exception of lunches on days 13 and 14, all meals are included in the holiday price.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

During this holiday we will have a wide variety of eating experiences, ranging from sophisticated international cuisine when in Kathmandu, to excellent Tibetan dishes in Lhasa and more basic, but still wholesome, Tibetan and Chinese meals on the road.

Accommodation

During this holiday the group will spend 4 nights in Kathmandu at the centrally-located Hotel Aloft or similar. In Tibet, we will use a reasonable standard of hotel accommodation in the larger towns, whilst in one or two of the places we stay we will be obliged to use guesthouses or simple hotels which are unavoidably basic. All accommodation is allocated on a twin sharing basis. The rooms at Samye Monastery do not have en-suite facilities. If you are travelling by yourself you will be paired up with another single client of the same sex. Depending on availability, single room occupancy can be pre-booked at supplementary cost. Extra hotel nights in Kathmandu can also be pre-booked.

Group Leader & Support Staff

The group will be led throughout by an experienced English-speaking Nepalese tour guide. When in Tibet there will also be a local guide, as well as one or more drivers appointed by our Tibetan agent.

Altitude

This holiday involves going to very high altitude. During the course of your trip you will be spending at least one night above 4000 metres and/or trekking to 5000 metres or above. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on [trekking at high altitude](#). Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

Spending Money

Approximately £250 (or equivalent in US dollars, Euros etc.) should be allowed for miscellaneous expenses including local staff tips. It is not necessary to obtain local currency prior to departure. Sterling, US Dollars and Euros are equally acceptable for exchange in Kathmandu and in Lhasa. However, outside of these cities, cash US dollars are more easily exchanged and in emergencies small US dollar bills can sometimes be used to make purchases. We recommend that you change approximately £100 into Nepal rupees on arrival in Kathmandu and £100 into Chinese renmibi in Lhasa. If you prefer not to carry all of your spending money in cash, it is possible to withdraw money from ATM's in Kathmandu (Nepalese rupees only).

Guidance on Tipping

Tipping is the accepted way of saying 'thank you' for good service. Most groups will hand out tips with a bit of ceremony when saying goodbye to local staff. Your Nepalese tour leader will advise the group on an appropriate level of tipping. As a guide, we recommend that each group member contributes around £100 (in rupees) to these tips - although the amount you give is entirely up to you. Please note that you will have the opportunity to tip your tour leader separately (and additionally) during dinner on the final evening of the holiday.

Baggage Allowance

You should take a single piece of travel luggage plus a small daypack. Your main baggage item should be a robust kit bag or holdall or a good quality wheellie-bag. The baggage allowance on the flight to Lhasa is 20kg. It is possible to leave clothes or other items not required on trek at the group hotel in Kathmandu.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required, and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates (see *Health & Vaccinations below*), **and visas for your holiday**. Please ensure that you check the [FCDO](#) for the latest advice for **each country visited** before travel.

Visa Nepal

All nationalities require a visa. The visa process is partly automated and the fee is \$30 for 15 days, \$50 for 30 days, \$125 for 90 days. The visa is FREE for children under 10 years. The visa allows multiple re-entry. Payment must be made in cash and USD, GBP or Euros are accepted.

Part of this on-arrival visa process involves filling in a 'Tourist Visa Application Form' and you can simplify the procedure at Kathmandu Airport by filling this form in online (**within 15 days of travelling**) at [this link](#). This generates a receipt which you present (hard copy or saved on your phone) on arrival. This should allow you to go straight to the cashier to pay for your visa and has the potential to save you time in the visa queue.

Whilst these are not now needed for the visa process, we recommend that you travel with at least 2 spare passport photographs.

Please Note - FNMIS App Requirement

Travellers to Nepal are now required to download an app to their phone to comply with the Foreign Nationals Management Information System (FNMIS). The app will be scanned wherever passport details are normally shared (such as hotels, airline arrival and check-in and trekking checkpoints). The aim of the system is to streamline service delivery and to enhance the safety of foreign nationals travelling in Nepal. FNMIS does not collect any personal data beyond what is already obtained through existing procedures.

These are the app download links:

- iOS: <https://apps.apple.com/us/app/departments-of-immigration/id6749536250>
- Android: <https://play.google.com/store/apps/details?id=com.govnp.doi>

If you are travelling via India (Delhi or Calcutta) to your destination you may also require a visa for India. This may apply even if you are not leaving the airport unless your baggage has been checked all the way through to your destination. Generally, if you use the same carrier for both legs of your journey, you will not need an India Visa. Please download the detailed information document: [Visa PDF India](#).

Visa Tibet (China) from Nepal

In a recent policy change for tourist visits in 2026, China will allow 30-day visa-free entry for ordinary passport holders from the UK, most of Europe, Australia and New Zealand.

We will make the arrangements for your Tibet Entry Permit through our agency in Kathmandu and to facilitate this we need you to email to us the following - 5 weeks before departure.

- 1). A good quality scan or photograph of the information page of your passport.
- 2). Two good quality passport-style photographs which include your whole head and neck.
- 3). Personal details - full name - marital status - occupation - employer's name, address and telephone number.
- 4). Emergency contact details - name - nationality - occupation - relationship to you - telephone number.

Important Notice for US Citizens and others for whom the visa-free policy does not apply.

US passport holders must obtain their Chinese visa from the Chinese Embassy/Consulate in their own country before traveling to Nepal. Our agency in Kathmandu will make the arrangements for the Tibet Entry Permit in this case.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the [FCDO](#) and [Travel Health Pro](#). For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Nepal is the Nepalese Rupee.

Politically part of China, the unit of currency in Tibet is the Chinese Yuan Renminbi.

Preparing for your Holiday

It makes a lot of sense to spend some time before coming on an active holiday getting some additional exercise. This is principally a touring holiday and there is no element of trekking but there are opportunities for exploration on foot around the places we visit and the fitter you are the more enjoyable your holiday will be. We suggest you adopt a regime which includes regular walking, cycling or similar.

Climate

At the time of our Everest from Tibet departure (October) the daytime temperature in Kathmandu is likely to be around 25°C and in Lhasa around 15°C. At night on the Tibetan Plateau the temperatures will fall to close to freezing point (and at our highest point in the Rongbuk Valley possibly as low as minus 10°C). Tibet is sheltered by the Greater Himalaya from the full effects of the monsoon and receives very little precipitation at any time of the year. We can expect, clear, cold conditions in Tibet in October, with blue skies and good visibility. However, weather in mountainous areas is notoriously difficult to predict, and short-lived storms can occur at any time of the year.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's '[Travel Aware](#)' campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Tibet. Bradt Guide
- Tibet. Lonely Planet
- Handbook. Victor Chan
- The Tibet Guide. Stephen Batchelor
- Abode of Snow. Kenneth Mason
- Seven Years in Tibet. Heinrich Harrer

Maps

Tibet - Reise Know-How. 1:500,000. Available www.stanfords.co.uk

Lhasa to Kathmandu - Himalayan Maphouse. 1: 700,000. Available Kathmandu

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our [Travel Insurance](#) page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your luggage to a minimum as this makes for the most comfortable travel experience.

You must bring the following items:

- Comfortable walking boots or shoes
- Sandals / Training shoes
- Warm and comfortable walking trousers
- Warm baselayer tops, long and short-sleeved
- Casual shirts and T-shirts
- Fleece jacket or warm jumper
- *Warm (down) jacket
- Waterproof jacket
- Windproof/waterproof overtrousers
- Sunhat
- Warm hat
- Gloves
- Sunglasses
- Small daypack
- Headtorch and spare batteries (there can be power cuts)
- Sun protection (including bloc for lips, nose etc.)
- Water bottle
- Washbag and toiletries
- Antibacterial handwash
- Sheet sleeping bag
 - Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium),
- painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets.
- Swimwear (for hotel pools)
- Travel clothes
- Camera

Local Customs and Etiquette

During the course of this holiday we will visit several sites that are considered sacred to people of Buddhist and Hindu faiths. Please be respectful of local norms and customs in these places and pay attention to the advice given by your trip leader on how to dress and act. The Nepalese and Tibetan people are amongst the most polite in the world and are unlikely to let us know if anything we do offends but this does not mean they are not offended. We recommend that you always have a long sleeved shirt and trousers or full length skirt handy to put on when appropriate. In some places it will be necessary to remove your shoes or sandals and you should also consider bringing a pair of socks that can be quickly slipped on and off.

Notes

*FREE down jacket hire is included in your KE holiday booking upon request. Please make all requests at least 6 weeks prior to the trip departure date. Note all hire / rental equipment is issues in Nepal. Please remember to allow room in your luggage for these items.

Land Only Information

Please refer to the 'Joining Arrangements & Transfers' within Holiday Information for further details.

Flights and other transport to your destination should not be booked until you have received your booking confirmation and the departure is showing 'Guaranteed to Run' or 'Limited'.

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Kathmandu. Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kathmandu. Outbound flights will usually depart from the UK in the evening, arriving mid-afternoon on the following day (Day 1 of the Land Only itinerary). Return flights will depart Kathmandu usually in the morning of the last day of the itinerary, arriving in the UK later the same day.

Please Note This document was downloaded on 14/04/2026 and the trip is subject to change