Tingri to Everest trekking

Tour code · SNOWLAND TRAVEL-006

10 days | Prepared 30 October 2026 • planning edition



Indicative price

Planning estimate CNY 16,600 / person

Planning estimate only: 6 paying travellers, twin share, locally rated four-star/comparable hotels in cities where available; simpler local lodging in remote areas. No hotel, vehicle or rate is reserved. Flights are extra. Train fares are included only when explicitly stated in the written quote. Confirm dates and services for a binding written quote.

Dates arranged on request; no confirmed departure or live availability is represented.

Indicative equivalents · USD 2,490.66 / TWD 80,859 / JPY 393,320

Frankfurter reference rates dated 2026-10-29

Route

Tingri · trekking stages · Everest

Journey highlights

Walk the high plateau towards the Everest region with a guide, rest days and confirmed overnight arrangements; trekking support is quoted separately.

Day-by-day programme

Day 1 | Arrive in Lhasa: transfer and rest

Meet your transfer from the confirmed flight or train and check in. Review the coming days with the team. Keep the day free of demanding visits; a short walk near the hotel is optional if you feel comfortable.

Overnight · Overnight: Lhasa.

Meals · Itemized by day in the written quote

Day 2 | Potala Palace, park and Barkhor

Visit the Potala Palace at the reserved time, exploring its history and architecture. Rest around the park below and view the palace exterior. Walk through Barkhor in the afternoon to understand the old town and its living traditions. Follow on-site visit arrangements.

Overnight · Overnight: Lhasa.

Meals · Itemized by day in the written quote

Day 3 | Drepung and Sera monasteries

Explore Drepung’s monastery layout and traditions of Buddhist learning. After a lunch break, visit Sera. Observe debate only if it is taking place and open to visitors; respect monastic study and photography instructions.

Overnight · Overnight: Lhasa.

Meals · Itemized by day in the written quote

Day 4 | Lhasa, Yamdrok, Gyantse and Shigatse

Leave early for permitted Yamdrok viewpoints, then continue via Gyantse to Shigatse with breaks. A Pelkor Chode visit depends on arrival time and opening conditions. This is a long driving day, so arrival and rest take priority.

Overnight · Overnight: Shigatse.

Meals · Itemized by day in the written quote

Day 5 | Tingri trekking preparation

A proposed trekking stage subject to local confirmation of the lawful open trail, endpoints and weather. Walk in stages through village and valley terrain with meal and supply breaks. Daily distance, camps, gear transport, water and evacuation vehicle arrangements must be specified before booking.

Overnight · Overnight: Tingri.

Meals · Itemized by day in the written quote

Day 6 | Tingri to village camp

A proposed trekking stage subject to local confirmation of the lawful open trail, endpoints and weather. Walk in stages through village and valley terrain with meal and supply breaks. Daily distance, camps, gear transport, water and evacuation vehicle arrangements must be specified before booking.

Overnight · Overnight: Confirmed camp or simple lodging.

Meals · Itemized by day in the written quote

Day 7 | Village to valley camp

A proposed trekking stage subject to local confirmation of the lawful open trail, endpoints and weather. Walk in stages through village and valley terrain with meal and supply breaks. Daily distance, camps, gear transport, water and evacuation vehicle arrangements must be specified before booking.

Overnight · Overnight: Confirmed camp or simple lodging.

Meals · Itemized by day in the written quote

Day 8 | Valley to Everest approach pickup

A proposed trekking stage subject to local confirmation of the lawful open trail, endpoints and weather. Walk in stages through village and valley terrain with meal and supply breaks. Daily distance, camps, gear transport, water and evacuation vehicle arrangements must be specified before booking.

Overnight · Overnight: Everest area or Tingri, subject to confirmed lodging.

Meals · Itemized by day in the written quote

Day 9 | Tashilhunpo and return to Lhasa

Visit Tashilhunpo to explore Tsang’s monastic culture and architecture. Drive back to Lhasa with lunch and rest stops. Settle into the hotel with time to rest or prepare for the next stage.

Overnight · Overnight: Lhasa.

Meals · Itemized by day in the written quote

Day 10 | Depart Lhasa

Check out and transfer for your confirmed flight or train. Check luggage, documents and tickets. Agree the transfer window, endpoints and any extra waiting service in writing.

Overnight · Overnight: None, tour ends.

Meals · Itemized by day in the written quote

Price & booking conditions

Planning estimate CNY 16,600 / person

Planning estimate only: 6 paying travellers, twin share, locally rated four-star/comparable hotels in cities where available; simpler local lodging in remote areas. No hotel, vehicle or rate is reserved. Flights are extra. Train fares are included only when explicitly stated in the written quote. Confirm dates and services for a binding written quote.

We cross-check public operator references for comparable trips. Headline group prices are often based on three-star hotels, low season and exclusions; they do not establish the price of a private six-person programme.

Scope to confirm in the written quote

Agree airport/station transfers, licensed local transport, guide language, hotel list, daily meals, admissions and permit handling individually. Only services expressly included in your signed itinerary and quote are included; hotel stars do not imply heating or oxygen.

Normally quoted separately

International and domestic flights, train fares, visas, insurance, single-room supplements, unlisted meals, personal spending, voluntary tips, porters/pack animals and evacuation costs unless expressly included.

Hotel names and room facilities require written confirmation. Remote and trekking nights may be basic; use the daily overnight notes rather than assuming a city standard throughout.

Prepare for your journey

Travel at a gentle pace and allow acclimatisation. Seek medical advice before high-altitude travel; persistent or worsening symptoms require prompt medical assessment and no further ascent. Roads, weather, reservations and access rules may change the order or feasibility of visits. Religious ceremonies, clear mountain views and seasonal flowers cannot be guaranteed.

Foreign passport holders and Taiwan travellers need an approved, agency-arranged Tibet itinerary. Submit complete documents at least 20 working days ahead; allow at least one month for Ngari/Kailash and more buffer when needed. Our preparation policy is to carry the permit original and valid original travel ID for both flight and train boarding; reconfirm carrier requirements before departure.

Plan with our Tibetan team

duojie@tibetmountaintrip.com | +86 132-9891-4222 | +81 80-9078-0875

Full route, enquiry and updated conditions

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Private-group departure supplement

A supplement applies when travelling as a private party of family or friends, without sharing the group with other travellers. It is calculated separately according to party size, departure date, dedicated transport, guide, accommodation and agreed services, and is confirmed in the written quotation before booking. Automatic page estimates do not include this supplement. If the formal quote already covers a private departure, the included supplement will be identified and the same item will not be charged twice.