



Epic Tibet Cycling Tour 2026 – Ride to Everest Base Camp and Beyond



Ride on the Highest Paved Roads in the World

Join **Thailand Cycle Tours** on an unforgettable high-altitude adventure through the **heart of Tibet**. The **Epic Tibet 2026 Cycling Tour** takes you from the vibrant city of **Chengdu** to the breathtaking **Potala Palace in Lhasa**, climbing to over **5,200 meters** on the **highest paved roads in the world**.

This 12-day cycling expedition combines adventure, culture, and natural beauty — from the turquoise **Yamdrok Lake** to the mighty **Mount Everest Base Camp**.

Overview

There is no other ride as high — and as epic — as this one. You will pedal on the highest paved roads in the world, visit ancient monasteries with Everest in the background, and earn lifelong bragging rights.

Over 12 unforgettable days, **Epic Tibet** takes riders through lesser-known routes, untouched landscapes, and authentic Tibetan villages.

"Imagine riding from summer to winter in the span of just two hours."

One of the most common questions is *how to pack* — more for winter or for summer? The dramatic temperature swings are a real challenge, as we constantly switch between warm and cold gear. Most travelers tend to overpack, but remember, airlines limit luggage to around **20 – 25 kg**. Once on the road, you'll realize you only need a few essentials. The air is so dry that washed clothes will dry overnight.

From **Day 2 onwards**, we'll constantly be above **2,800 m**, climbing gradually until we reach **Gyatso La Pass at 5,240 m**. The daily rides bring us from lush forests to high-altitude deserts as we travel from east to west Tibet.

On most of the route, foreigners are warmly welcomed by locals like rockstars.

Highlights

- Chengdu City
- Luxurious Hotels
- Authentic Tibetan Cuisine
- Beautiful Landscapes of Gyaca County
- Yamdrok Lake
- Local Life in Shigatse
- Gyatso La Pass – The Highest Paved Road (20 km uphill)
- Ride to Everest Base Camp
- Gyawula Pass and its 108 Switchbacks Downhill
- Lhasa and the Majestic Potala Palace

Stats in Brief

- **Total Trip Duration:** 12 Days
- **Cycling Days:** 7 + 1 optional
- **Total Cycling Distance:** 600 km +
- **Total Elevation Gain:** 5,700 m +
- **Highest / Lowest Elevation:** 5,240 m / 2,600 m
- **Longest Ride:** 103 km
- **Average Daily Distance:** 80 km
- **Temperature Range:** +38 °C to -3 °C

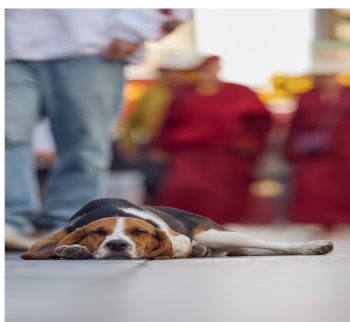
Important Information

There are **no bike rentals available** for the Epic Tibet Tour.

Please bring your **own bicycle**, ideally packed in a **soft bike bag** or a **sturdy cardboard box** for air transport.

Arrival: International flight to **Chengdu (CTU)**

Departure: Return flight from **Lhasa (LXA)**



Day-by-Day Itinerary

Day 1 – Arrival in Chengdu (Hotel Zen 5★)(D)

Upon arrival at Chengdu International Airport, bikes are collected from the oversized baggage area. Transfer to the hotel is included. Spend the afternoon exploring Chengdu and testing your taste buds with authentic **Sichuan hotpot**.

Relax, unwind, and get to know your fellow riders.

Day 2 – Chengdu → Nyingchi (Tibet)

(Hotel Meiling Hilton 5★ / B, L, D)

Early morning flight (07:00) from Chengdu to Nyingchi, Tibet. After completing permits and paperwork, we meet our local partners for a welcome ceremony and group photo.

Transfer to the hotel, set up bikes, and explore the area.

Day 3 – Milin → Gyaca County

(Hotel Vienna 4★ / B, L, D)

Our first riding day begins at 09:00. We cycle through stunning landscapes on a rolling stage toward Gyaca County — a great acclimatization ride.

The last 90 km are covered by bus before checking into our hotel for a Tibetan dinner and well-earned rest.

Stats: Distance 103 km | Elevation +983 m | Duration 4 – 5 hrs



Day 4 – Gyaca County → Tsetang

(Hotel Hampton by Hilton 4★ / B, L, D)

After breakfast, we transfer about 35 km ahead where road conditions improve. Today's stage is short and easy, passing through clusters of micro-villages.

Expect dry and dusty terrain — with construction zones as new highways take shape. Route may change depending on conditions.

Stats: Distance 63 km | Elevation +598 m | Duration ≈ 4 hrs



Day 5 – Tsetang → Yamdrok Lake → Gyangze

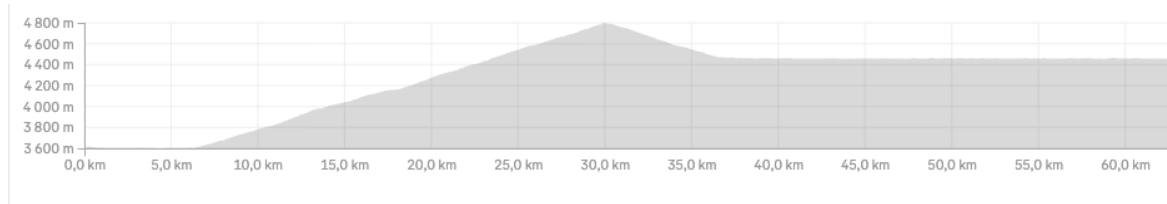
(Hotel Nyangchu Manor House 5★ / B, L, D)

From Tsetang, we take a 135 km bus transfer to the start point, where our first major climb begins. This **Queen Stage** features several **HC** sections and strong winds.

At the top, enjoy breathtaking views of **Yamdrok Lake**. After lunch, an easy recovery spin follows before a

transfer to Gyangze.

Stats: Distance 63 km | Elevation +1,293 m | Duration ≈ 6 hrs



Day 6 – Gyangze → Shigatse

(Hotel Gesar 4★ / B, L, D)

After yesterday's climb, enjoy a flatter recovery stage, descending gradually toward Shigatse. Along the way, meet farmers, children, and herds of yaks and sheep.

Arrive early for optional massages or relaxation.

Stats: Distance 93 km | Elevation +110 m | Duration ≈ 4 hrs



Day 7 – Gyatso La Pass

(Hotel Tingri Zhufeng International 4★ / B, L, D)

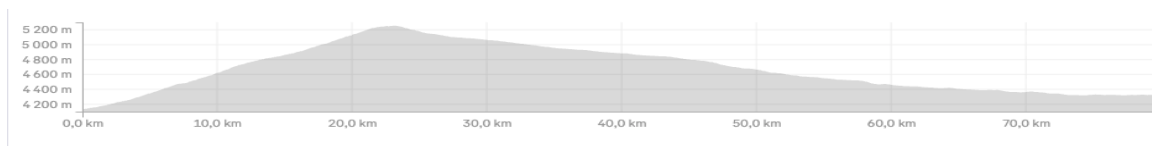
Fatigue may be setting in — this is the **toughest stage** of the entire trip. The climb to **Gyatso La Pass** (5,280 m) challenges you with wind, hail, snow, or even sunshine.

You'll be riding the **highest paved road in the world**. After the 20 km uphill section, a scenic descent takes us to Tingri, with endless photo opportunities.

Stats: Distance 79 km | Elevation +1,191 m | Duration 5 – 6 hrs

After the tough 20km uphill, we ride straight to our hotel in Tingri. It's an easy descend with fantastic view, be prepared to stop for some photos along the way. What's the rush?

Stats : Distance: 79km Elevation: 1191m Duration: 5-6 hrs



Day 8 – Gyawula Sunrise → Rongbuk Monastery

(Hotel Tingri Zhufeng International 4★ / B, L, D)

Early start at 06:30 to catch sunrise from **Gyawula Pass** with the first light on **Mount Everest**.

Enjoy the spectacular descent afterward, with plenty of time for photos.

Stats: Distance 72 km | Elevation +971 m | Duration ≈ 5 hrs



Day 9 – Tingri → Shigatse

(Hotel Gesar 4★ / B, L)

Morning bus ride over the mountains (≈ 2 hrs) followed by a beautiful valley ride along the river until lunch in a small local village.

Pack the bikes afterward and transfer back to the hotel.

Stats: Distance 85 km | Elevation +433 m | Duration ≈ 7 hrs



Day 10 – Bus Transfer to Lhasa

(Hotel InterContinental 5★ / B, L)

A long but scenic 250 km drive back to Lhasa.

In the afternoon, explore the **Old Town** and enjoy free time in the city.

Day 11 – Potala Palace & Farewell Dinner

(Hotel InterContinental 5★ / B, D)

Morning visit to the iconic **Potala Palace**, followed by free time.

Optional: 40 km local ride (+1,000 m elevation).

Evening **farewell dinner** celebrating your epic adventure.

Day 12 – Departure Day

Our journey has come to an end.

Book your international flight via **Lhasa** to your home destination.

Bon Voyage — see you on the road!

Pre-Tour Recommendation: Kunming Acclimatization

We highly recommend arriving 3 - 4 days earlier in **Kunming China** (alt. ≈ 2,000 m) for better acclimatization.

There are two beautiful optional routes:

- **Lake Loop:** 110 km, +700 m (brand-new cycling paths)
- **Mountain Ride:** 123 km, +986 m

We recommend staying at the **InterContinental Kunming**, close to the lake, with excellent international breakfast and easy access for cycling.

For more details, please contact us

Pricing

- **Double Room (shared):** € 4,799
- **Single Supplement:** € ____
- **Extra Night in Chengdu:** € ____

Included

- Tibet Entry Permit
- 11 Nights Accommodation (with breakfast)
- 9 Lunches + 9 Dinners
- TCT Cycling Guide
- Local Cycling Guide
- Support Minibus & Bike Transport
- Limited Edition **#EpicTibet Jersey**
- Sightseeing Entry Tickets
- Travel Insurance (coverage up to RMB 300,000)

Not Included

- Tips for staff
- Alcoholic beverages
- Personal expenses
- Altitude medication
- International flights (to Chengdu / from Lhasa)
- Domestic flight Chengdu → Nyingchi Tibet
- Airport transfer (if arriving/departing outside group schedule)



Some pictures:



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