

Thailand

CYCLE TOURS 

TIBET. 22 September – 03 October 2025



Highlights:

- Chengdu City
- Beautiful Landscapes Gyaca County
- Yamdok Lake
- Local life of Shigatse
- Gyatso La Pass Highest paved road 20km uphill
- Gyawula Pass sunrise at Everest first light
- Potala Palace + Sera Monastery

Stats in Brief

Total Trip Days: 12 days
Total Cycling Days: 7 days + 1 days optional
Total Rest Days: 3 – 5 days
Total Cycling Distance: 600km ++
Total Elevation: 5700m ++
Highest/ Lowest Elevation: 5240m/ 2600m
Longest Ride: 145km
Average Daily Cycling Distance: 70km
Hottest/ Coldest Day: 38 deg C / -3 deg C

Itinerary:

There is no other ride as high and as EPIC as this one. You will be riding on the highest paved roads in the world, visit the highest monastery with Everest in the background and the bragging rights for a lifetime. For the next 12 days, EpicTibet will take participants through route lesser travelled, untouched scenery and interact with the wonderful locals.

“Imagine riding from summer to winter in a span of 2 hours”

The question I am often asked is how should I pack? More winter or summer? The swings in temperature is challenging as we are constantly swapping between summer and winter gear. There is a high tendency to over pack as we struggle with a 20kg - 25kg limit at the airlines. But once on the road you will realize that you only need that few items for the trip. The air is also very dry that washed clothes left overnight dries by sunrise.

From day 2 onwards we will be constantly above 2800m and over the next few days rising till we get to the top of Gyatso La Pass, 5240m. Daily itinerary will included moving from hotel to hotel and you get to ride from dense forest to desert as we cycle from east to west of Tibet.

The 8th revision of the route has many improvements from the prior trips. Combining both #6 & #7, we reduced the distance by bus, and spend more time on the road exploring micro villages and meditation retreats along the way. On majority of the route, foreigners entering towns are welcomed like rockstars.

22.09 Day 1: Chengdu Arrival (Hotel Zen or similar)

Upon arrival at Chengdu airport, our bikes are checked in at the oversized storage and we head to town spending the rest of the afternoon doing some sightseeing and challenging our tastebuds to Sichuan Hotpot. Chill out and get to know the rest of the crew.

23.09 Day 2: Arrival day at Nyingchi (Hotel Botai or Puncuo Khangsang)

We catch an early flight at 7am from Chengdu into Nyingchi, Tibet. After paperwork and permits are checked, we are cleared and our journey begins.

We meet our local partners with a little welcome ceremony, group picture and we are off to our Hotel to settle in, set up our bikes and explore some sights around the area.

24.09 Day 3: Milin - Gyaca County (Hotel Vienna)

We bid farewell to our comfortable beds of the our nice hotel a reward that came too early. For our first riding day we have a rolling stage towards Gyaca county passing through some of the most beautiful landscapes on our journey.

Remaining **150km by bus** as we move to Gyaca county for nice Tibetan dinner and a much needed rest.

Stats : Distance: 100km **Elevation:** 827m **Duration:** 4-5 hrs

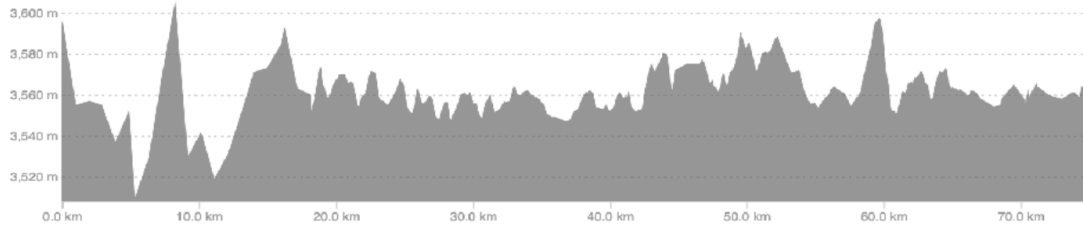


25.09 Day 4: Gyaca County - Tsetang (Hotel Hilton by Hampton)

After breakfast, the bus takes us some 35km ahead and drop us off where road conditions are better. Today is a recovery ride and a easy day as we explore a cluster of micro villages along the way.

The landscapes here become very dry and dusty. Lots of construction are happening in the area as roads and highways are being built. Possible route change so be prepared.

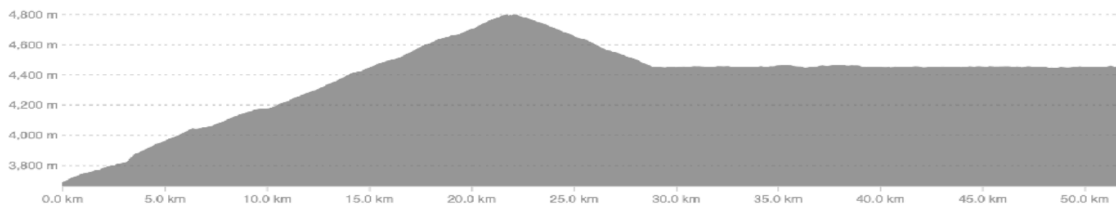
Stats : Distance: 78km Elevation: 562m Duration: 4 hrs



26.09 Day 5: Tsetang - Yamdrok Lake - Gyangze

From Tsetang, we take a bus ride of 135km to the start point where we take on our first climb with various HC section. This is the QUEEN stage where you will face steep climbs and sometime challenging winds. At the top the magnificent view of the Yamdrok Lake awaits. After lunch at the base, we will continue with a recovery spin before hopping on the bus for a transfer to Gyangze.

Stats : Distance: 50km Elevation: 1257m Duration: 6 hr

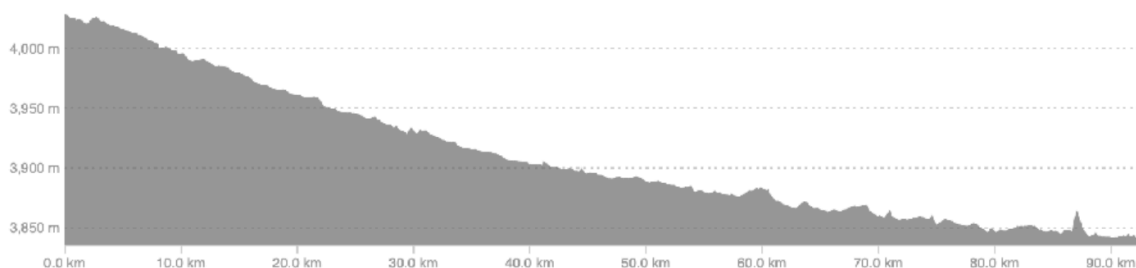


27.09 Day 6: Gyangtse - Shigatse (Hotel Gesar or similar)

After the first massive climb session, it's time for a recovery ride. Flat roads descending gradually into the next city of Shigatse. Along the way you will be greeted by farmers, children, sheeps and yaks as they go about with their daily lives.

Arrive early and with ample time, we can go for a much needed massage to get out legs ready for the next day.

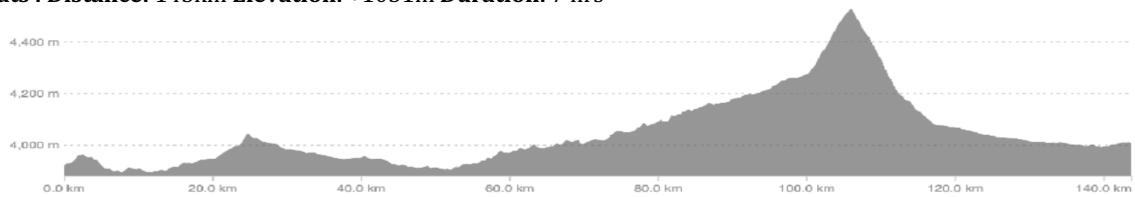
Stats : Distance: 93km Elevation: 110m Duration: 4 hrs



28.09 Day 7: Shigatse - Lhatse

An endurance day as we ride towards Lhatse to prepare for the big climb. You will have an option of going all the way or take it easy at the half way point.

Stats : Distance: 145km Elevation: +1051m Duration: 7 hrs



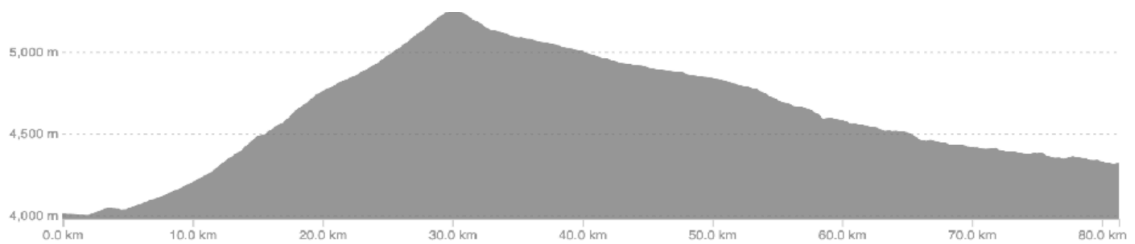
29.09 Day 8: Gyatso La Pass (Hotel Shekar New Tingri Zhufeng International)

As fatigue sets in this is going to be the **TOUGHEST** stage for the entire trip. The climb to Gyatso La Pass is one of the most challenging as we are constantly fighting the elements. Expect possible hail, drizzle, snow and lots of wind when making your way through the valley.

We will be riding on the highest paved road in the world, taking participants to 5280m above sea level. The landscape is so barren you cannot imagine how some of the locals could call this place home.

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: 70km Elevation: 936m Duration: 5-6 hrs

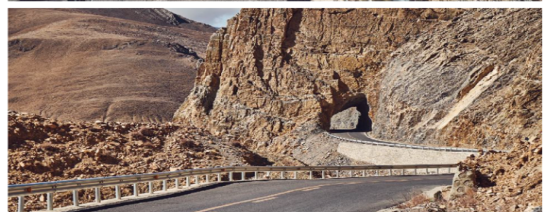


"This is UNBELIEVABLE!!"

- PHIL BLAKEMAN AS HE DESCENDS 108 SWITCHBACKS



We are convinced that the designer of the roads must be a cyclist.

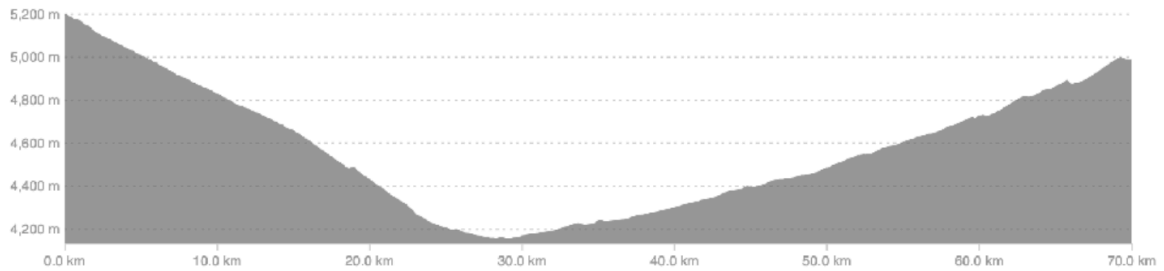


30.09 Day 9: Gyawula Sunrise - Rongbuk Monastery (Hotel Shekar New Tingri Zhufeng International)

The hardest part for today is waking up. Breakfast is ready at 0600hrs and we set off by 0630hrs. The plan is to get to the top of Gyawula Pass for the sunrise and a peek at Everest at first light.

There is ample time for photos and prep as we await for the sun to rise and give us the much needed warmth before the long descend.

Stats : Distance: 70km Elevation: +1000m Duration: 5 hrs



“This brings EPIC to a whole new level!”
- LINDA AFTER REACHING THE TOP OF KHAMPALA PASS









“The adventure of a lifetime!”
- PETER LIDIARD, EPIC TIBET OCT 2018

01.10 Day 10: Bus Transfer to Lhasa (Hotel Intercontinental or similar)

Expect a long day on the road as we make our way back to civilization. 500km or 12 hrs in the bus today. Sit back and relax.

02.10 Day 11: Potala Palace + Sera Monastery (Hotel Intercontinental or Similar)

Sightseeing day as we visit Potala Palace and see the monks debate at the Sera Monastery. An animated discussion not to be missed. In the afternoon we will join the local bicycle club for a 40km ride and bbq in the nearby mountains.

03.10 Day 12: Homebound Chengdu

We have come to the end of our adventure. Bon Voyage and see you on the road!

B = Breakfast, L = Lunch, D = Dinner

Price in a sharing double room: 4.499 Euro

Single Supplement: 850 Euro

Extra Night Shengdu: 120 Euro

Included:

- Tibet entry permit
- Double occupancy hotel accommodation
- All standard meals
- Cycling guide, team leader Lucien Kirch
- Senior local guide
- Passenger mini bus
- Bicycle transport
- Limited edition #EpicTibet Jersey
- Sightseeing entry tickets
- Insurance coverage of up to RMB300,000

Not Included:

- Tips for team
- Alcohol
- Personal expenses
- Altitude medication
- International Flight tickets to Chengdu
- Local Flight Ticket Chengdu to Nyingchi and Lhasa to Chengdu.
- Airport transfer (*if you book a different timing than suggested*)



Some pictures:



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