

THAILAND CYCLE TOURS

Tibet Cycle Tour



12 days

600 km+ Total Distance

5,700 m+ Elevation gain

One epic adventure to Everest Base Camp and Beyond

Your Journey at a Glance

12 Days on Tour

11 nights of adventure

600 Total Kilometers

Across 9 cycling stages

7 (+) Cycling Stages

Varied terrain, all skill levels

Speed Groups

23–26 km/h or 27–30 km/h

(Speeds can be adjusted during the tour to suit group preferences)

Epic Tibet 2026 is a 12-day high-altitude cycling adventure from Chengdu to Lhasa, taking riders across the highest paved roads in the world and over mountain passes exceeding 5,200 meters. Cycle through breathtaking Tibetan landscapes, remote villages, ancient monasteries, turquoise lakes, and the legendary Mount Everest Base Camp.

Combining challenge, culture, and incredible scenery, this unforgettable journey offers a unique opportunity to experience the heart of Tibet by bike.

Tour Route

7 (+1 Optional) Cycling Stages...

-
Chengdu

01
Nyingchi

02
Gyaca County

03
Tsetang

04
Gyangze








05
Shigatse

06
Tingri

07
Lhasa

Tour Highlights



- 1 —  **Explore Vibrant Chengdu** – Discover the capital of Sichuan, famous for its culture, cuisine, and lively atmosphere.
- 2 —  **Stay in Luxurious Hotels** – Enjoy premium accommodations throughout the journey, offering comfort and relaxation after each stage.
- 3 —  **Experience Authentic Tibetan Cuisine** – Taste traditional Tibetan dishes and local specialties along the route.
- 4 —  **Marvel at Yamdrok Lake** – One of Tibet's most breathtaking turquoise lakes, surrounded by dramatic mountain scenery.
- 5 —  **Conquer Gyatso La Pass (5,280 m)** – Ride one of the highest paved roads in the world, featuring a memorable 20 km climb.
- 6 —  **Cycle to Everest Base Camp** – Experience the thrill of riding in the shadow of the world's highest mountain.
- 7 —  **Discover Lhasa & Potala Palace** – Conclude your adventure in Tibet's spiritual heart, visiting the iconic Potala Palace and historic old town.

Day 1-2: The Road to Tibet Begins



Day 1: Arrival in Chengdu

Arrival Day | Welcome to China

Arrive at Chengdu International Airport, collect your bike from the oversized baggage area, and enjoy the included transfer to your hotel. Spend the afternoon exploring the vibrant city of Chengdu, famous for its rich culture and world-renowned Sichuan cuisine. In the evening, gather with your fellow riders for a welcome dinner and prepare for the adventure ahead.

Highlights:

- Arrive in the dynamic city of Chengdu
- Included airport-to-hotel transfer
- Explore Chengdu's culture, markets, and local attractions
- Taste authentic Sichuan hotpot and regional specialties
- Meet your fellow cyclists and tour leaders
- Relax and prepare for the adventure into Tibet

Overnight: Hotel Zen, Chengdu

Meals: Dinner



Day 2: Chengdu to Nyingchi (Tibet)

Flight to Tibet | Acclimatization Day

An early morning flight takes you from Chengdu to Nyingchi, the gateway to Tibet. Upon arrival, complete the necessary permit formalities before meeting the local support team for a welcome ceremony and group photo. After transferring to the hotel, assemble your bike and enjoy some free time to explore the surrounding area and begin acclimatizing to the altitude.

Highlights:

- Scenic flight from Chengdu to Tibet
- Arrival in Nyingchi, known as the "Switzerland of Tibet"
- Welcome ceremony with the local support team
- Group photo to mark the start of the Tibetan adventure
- Set up and prepare your bike for the upcoming stages
- Free time to explore and acclimatize

Overnight: Hotel Meiling Hilton, Nyingchi

Meals: Breakfast, Lunch, Dinner

Day 3-5: Into the Heart of Tibet

Day 3: Milin to Gyaca County

103 km Cycling |

983 m Elevation Gain |

4-5 Hours Riding Time |



Your first day on the bike begins in Milin, with a scenic ride through the beautiful valleys and rolling landscapes of southeastern Tibet. This stage is designed to help riders acclimatize while enjoying quiet roads, mountain views, and authentic Tibetan countryside. After completing the cycling section, a bus transfer takes you the final 90 km to Gyaca County, where a traditional Tibetan dinner awaits.

Highlights:

- First cycling stage in Tibet
- Ride through stunning mountain and valley landscapes
- Ideal acclimatization day at altitude
- Experience authentic Tibetan villages and rural life
- Enjoy peaceful roads with spectacular scenery
- Traditional Tibetan dinner in Gyaca County

Overnight: Hotel Vienna Gyaca County

Meals: Breakfast, Lunch, Dinner

Day 4: Gyaca County to Tsetang

63 km Cycling |

598 m Elevation Gain |

Approx. 4 Hours Riding Time |



After breakfast, a short transfer brings us to the start of today's ride where road conditions are more favorable. The route follows a gentle and relatively easy course through the Tibetan countryside, passing small villages and agricultural landscapes. This shorter stage allows for continued acclimatization while offering a glimpse into everyday life in rural Tibet.

Highlights:

- Scenic ride through the Tibetan countryside
- Pass traditional villages and local communities
- Continued acclimatization at altitude
- Gentle rolling terrain with manageable climbing
- Experience remote landscapes away from tourist routes
- Arrive in the historic city of Tsetang

Overnight: Hampton by Hilton, Tsetang

Meals: Breakfast, Lunch, Dinner

Day 5: Tsetang to Yamdrok Lake to Gyangze

63 km Cycling |

1,293 m Elevation Gain |

Approx. 6 Hours Riding Time |



Today is the Queen Stage of the tour. After a morning transfer from Tsetang, the ride begins with the first major climb of the expedition. Challenging ascents, high-altitude terrain, and often strong winds make this one of the most rewarding days on the journey. At the summit, enjoy unforgettable views over the turquoise waters of Yamdrok Lake, one of Tibet's most iconic natural landmarks. Following lunch, a relaxed recovery ride is followed by a transfer to Gyangze.

Highlights:

- Conquer the Queen Stage of the expedition
- Tackle your first major high-altitude climb
- Spectacular panoramic views of Yamdrok Lake
- Ride through dramatic mountain landscapes
- Experience one of Tibet's most famous natural wonders
- Arrive in the historic town of Gyangze

Overnight: Nyangchu Manor House, Gyangze

Meals: Breakfast, Lunch, Dinner

Day 6-8: The Road to Everest

Day 6: Gyangze to Shigatse

93 km Cycling |

110 m Elevation Gain |

Approx. 4 Hours Riding Time |



Following the challenges of yesterday's Queen Stage, today offers a more relaxed ride with mostly gentle terrain and gradual descents toward Shigatse. Pedal through fertile valleys and traditional Tibetan communities, where encounters with local farmers, children, and grazing yaks provide an authentic glimpse into everyday life on the plateau. Arriving early in Shigatse leaves plenty of time to relax and recover.

Highlights:

- Enjoy a flatter recovery stage through scenic valleys
- Cycle past traditional Tibetan villages and farmland
- Experience authentic local life along the route
- Spot herds of yaks, sheep, and other livestock
- Arrive in Tibet's second-largest city, Shigatse
- Time to relax and recover after the previous day's climb

Overnight: Hotel Gesar, Shigatse

Meals: Breakfast, Lunch, Dinner

Day 7: Gyatso La Pass to Tingri

79 km Cycling |

1,191 m Elevation Gain |

5-6 Hours Riding Time |



Today is the toughest and most rewarding stage of the expedition. The climb to Gyatso La Pass, reaching an altitude of 5,280 metres, tests both determination and endurance as you tackle a challenging 20 km ascent. Conditions can vary dramatically, from sunshine to wind, hail, or even snow. Reaching the summit is a true achievement, rewarded with breathtaking views across the Tibetan Plateau. From there, enjoy a long scenic descent to Tingri, with countless opportunities to stop for photos and take in the spectacular mountain scenery.

Highlights:

- Conquer the legendary Gyatso La Pass (5,280 m)
- Ride one of the highest paved roads in the world
- Challenge yourself on a memorable 20 km climb
- Experience dramatic high-altitude landscapes
- Enjoy panoramic views across the Tibetan Plateau
- Scenic descent to Tingri with endless photo opportunities

Overnight: Tingri Zhufeng International Hotel, Tingri

Meals: Breakfast, Lunch, Dinner

Day 8: Gyawula Pass to Rongbuk Monastery

72 km Cycling |

971 m Elevation Gain |

Approx. 5 Hours Riding Time |



An early start rewards riders with one of the most memorable moments of the entire expedition. From Gyawula Pass, watch the first rays of sunlight illuminate Mount Everest and the surrounding Himalayan peaks. After taking in the spectacular views, begin a scenic ride through some of Tibet's most dramatic landscapes. The route features breathtaking mountain panoramas, long descents, and countless photo opportunities before reaching the area of Rongbuk Monastery, the highest monastery in the world and one of the closest viewpoints of Everest.

Highlights:

- Witness sunrise over Mount Everest from Gyawula Pass
- Enjoy stunning views of the Himalayan mountain range
- Ride through some of Tibet's most spectacular scenery
- Experience the famous descent from Gyawula Pass
- Visit the area surrounding Rongbuk Monastery
- Capture unforgettable photographs of Everest and the Tibetan Plateau

Overnight: Tingri Zhufeng International Hotel, Tingri

Meals: Breakfast, Lunch, Dinner

Day 9–10: The Road Back to Lhasa

Day 9: Tingri to Shigatse

85 km Cycling |

433 m Elevation Gain |

Approx. 7 Hours Riding Time |



After a morning transfer through the mountains, today's ride follows a beautiful river valley back toward Shigatse. Enjoy a scenic route through traditional Tibetan landscapes, passing rural communities and fertile farmland. A lunch stop in a small local village offers a chance to experience authentic Tibetan hospitality before continuing the ride. Upon arrival, bikes are packed and prepared for the journey home.

Highlights:

- Scenic ride through a picturesque Tibetan river valley
- Cycle past traditional villages and farmland
- Experience authentic local culture and hospitality
- Enjoy a relaxing stage after the Everest region adventure
- Lunch in a charming rural Tibetan village
- Return to Shigatse and prepare bikes for departure

Overnight: Hotel Gesar, Shigatse

Meals: Breakfast, Lunch

Day 10: Shigatse to Lhasa

250 km Scenic Transfer | Cultural Exploration



Today, leave the mountains behind and enjoy a scenic drive back to Lhasa, Tibet's historic and spiritual capital. The journey offers one last opportunity to admire the vast landscapes of the Tibetan Plateau before arriving in the city. In the afternoon, enjoy free time to explore Lhasa's Old Town, wander through bustling markets, visit traditional teahouses, or simply relax and reflect on the incredible journey so far.

Highlights:

- Scenic drive across the Tibetan Plateau
- Return to the historic city of Lhasa
- Explore the vibrant Old Town at your own pace
- Discover traditional Tibetan markets and culture
- Visit local cafés, teahouses, and handicraft shops
- Relax and enjoy the comfort of a luxury hotel

Overnight: InterContinental, Lhasa

Meals: Breakfast, Lunch

Day 11-12: Farewell to the Roof of the World

Day 11: Potala Palace & Farewell Dinner

Cultural Discovery | Celebration Evening

Optional Cycling: 40 km | 1,000 m Elevation Gain |



Today is dedicated to exploring the cultural heart of Tibet. Visit the magnificent Potala Palace, the former winter residence of the Dalai Lama and one of the most iconic landmarks in Asia. After the guided visit, enjoy free time to explore Lhasa at your own pace, visit local cafés, browse traditional markets, or simply relax. For those looking for one final challenge, an optional local ride offers 40 km of cycling with approximately 1,000 metres of climbing. In the evening, gather with your fellow riders for a farewell dinner to celebrate an unforgettable journey across Tibet.

Highlights:

- Visit the world-famous Potala Palace
- Discover the rich history and culture of Lhasa
- Free time to explore the city independently
- Optional 40 km ride with 1,000 m of climbing
- Last opportunity for shopping and sightseeing
- Farewell dinner celebrating the expedition

Overnight: InterContinental, Lhasa

Meals: Breakfast, Dinner

Day 12: Departure from Lhasa

Departure Day | End of the Tour



After breakfast, your Tibetan cycling adventure comes to an end. Depending on your flight schedule, enjoy some final moments in Lhasa before transferring to the airport for your onward journey. Depart with unforgettable memories of high mountain passes, breathtaking landscapes, rich Tibetan culture, and the achievement of cycling across one of the world's most remarkable regions.

Highlights:

- Final morning in Lhasa
- Transfer to the airport for your onward journey
- Reflect on an unforgettable Tibetan cycling adventure
- Memories of Everest, Yamdrok Lake, and the Tibetan Plateau
- Farewell to fellow riders and support crew
- Begin your journey home or continue your travels in Asia

Meals: Breakfast

What's Included & Need to Know

✓ 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

Optional Extras:

- 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))

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)

📋 Essentials

- Bring: helmet, cycling shoes, pedals, 1-2 inner tubes
- Travel insurance required

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

📞 Contact Us

In case of any issues or emergencies during your trip, please contact:

- You can also reach us via email at info@thailandcycletours.com.

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