

Definition of High Altitude

Although definitions vary, we like the below as a good working definition in relation to high altitude sickness:

- High altitude: 8000 to 12,000 feet/2438 to 3658 meters
- Very high altitude: 12,000 to 18,000 feet/3658 to 5486 meters
- Extreme high altitude: above 18,000 feet/5486 meters

It is uncommon for people to get altitude sickness below 8000 feet (about 2500 meters). However, while it is not common, you should know that high-altitude illnesses “can present as low as 2,000 m” (about 6500 feet).

Sample Altitudes in Tibet

To help you understand these altitudes a little better in relation to your Tibet travel, here is a small sample of the elevations of common tourist destinations in Tibet. (See the much more extensive list in the Altitudes of Places in Tibet article in this ebook.)

High

- Lhasa 11,975 feet/3650 meters (note that this is borderline high/very high altitude)
- Dege 10,500 feet/3200 meters

Very High

- Everest Base Camp (Tibet side) 17,060 feet/5200 meters
- Jyekundo (Chinese: Yushu) 12,762 feet/3890 meters

Extreme

- Dolma La Pass on the Kailash Trek 18,200 feet/5500 meters