

## I LHASA – MOUNT EVEREST BASE CAMP OVERLAND TOUR – 11 days



### Highlights:

- \* Hike or horse cart ride (your choice) to Mt. Everest north base camp from Rongbuk monastery
- \* 4 nights in Lhasa, staying near the city's main attractions - the Potala Palace and the Jokhang Temple & 1 free day for self exploration in Lhasa.
- \* Adventurous drive by best 4WD land cruiser across the 'roof of the world' with English speaking best local Tibetan guide.
- \* Inspiring landscapes, superb mountain views, rich Buddhist history & culture & Tibetan Nomads.
- \* Hotels / lodges with Tibetan character wherever possible.
- \* Complete hassle free Chinese (Tibet) travel documentation.
- \* Spectacular flight to Lhasa passing right over Mount Everest and many of the highest peaks in the world (if you join the trip in Kathmandu)

### Overview:

True to its nickname, "the Roof of the world", Tibet is the highest plateau in the world with an average altitude in excess of 3500 meter. Lying to the north of the great Himalayan range which separates it from its neighbours India, Nepal and Bhutan, Tibet is an untamed land of nomads (drokpas), monasteries, yaks, sand dunes, and high altitude desert.

On this Tibet overland tour you have three days (i.e 4 nights) in Lhasa to acclimatize and to absorb the exoticism of the Tibetan heritages and to explore this history-laden city. You will be expertly guided around the most significant and ancient Gompas (monasteries) of Lhasa, Gyantse & Shigatse by your Tibetan guide, who will instruct you on the intricacies of Tibetan Buddhism. With its spectacular mountain scenery and rich Buddhist culture, Tibet is a remarkable place to visit.

You drive Friendship highway by Toyota Landcruiser 4 wheel drives passing through small Tibetan settlements, nomadic herdsmen wandering across the wide arid plains and awe-inspiring mountain peaks.

A highlight of this trip is the visit to Everest base camp where you will be rewarded with spectacular views of Mount Everest's north face.

**Itinerary:****Day01 Arrive in Lhasa (3650m)**

Arrive in Lhasa, and you will be met in Lhasa train station by your Tibetan tour guide to escort you to your hotel, rest and acclimatize yourself to the local time and altitude (3650 meters).

**Day02 Sightseeing in Lhasa**

Foremost, your tour begins with a visit to SERA MONASTERY. An experienced tour guide also working as an interpreter escorts you to this preserved monastery of white-washed walls and golden roofs. Equally adventurous and exciting tempo builds up while touring NORBULINGKA, the summer palace of the Dalai Lama. JOKHANG TEMPLE is another important sacred site which unravels more deep seated mysteries of Tibetan Buddhism. Visit to BARKHOR MARKETS can be quite a change from other visits as you roam around the city savoring every tiny detail from stall hawkers coaxing their clients to purchase their goods to exhibition of Tibetan culture, custom and tradition.

**Day03 Sightseeing in Lhasa**

Like the previous days, you experience invaluable insights during your visits to POTALA PALACE and DREPUNG MONASTERY. This 17th century POTALA PALACE offers an awesome view of entire city and also has private quarters of the Dalai Lama, numerous grand state rooms and chapels. Ancient history has it that Drepung Monastery which was built in 14th century used to shelter around 10,000 monks but as now there has been quite a declination resulting in only few hundreds. Tibetans' respect and belief are immensely knotted with this monastery.

**Day04 Free day in Lhasa**

You get an entire day free for acclimatization. After proper rest, you can either indulge in sightseeing, shop or do whatever you fancy. You also get an option of undertaking an additional tour to places such as the Tibetan Medical Centre, Ganden Monastery and Tsurphu Monastery. But this will incur extra costs.

**Day05 Drive to Gyantse (3950m) 261 km**

Following Friendship Highway, you drive past Khamba La at 4794 meter with a brief halt to savor majestic views of Yamdrok-tso Lake and Nazin Kang Sa standing proud at 7252m. On turning westwards, you come across another Karo La pass at 5045m. If you glance at the road, you can see huge glaciers tumbling down into the road. After hours of driving for 261 km, beautifully landscaped Tibetan villages become visible as you enter the town of Gyantse.

**Day06 Sightseeing & drive to Shigatse (3900m) 90km**

Gyantse prides on GYANTSE DZONG and KUMBUM. Gyantse Dzong is a historical fort built in the 14th century and overlooks a mesmerizing view of entire Gyantse and surrounding Nyang Chu Valley. Kumbum has large gold-domed stupa and houses several chapels and Tibetan Buddhist murals. After you enjoy exploring Gyantse, you will take a 90 km drive to Shigatse. Having driven to an altitude of 3900 meter, you find yourself at Shigatse, second largest city of Tibet. TASHILHUNPO MONASTERY being one of the largest functioning monasteries in Tibet is a major attraction of Shigatse.

**Day07 Sightseeing & drive to Shegar (4050m) 244km**

Today you will transverse along the Friendship Highway amidst picturesque landscape driving past small town of Lhatse and Gyamtso La pass at 5220m. As the route opens into plains, many monasteries and camps of nomadic herders become visible en route to Shegar.

**Day08 Drive to Rongbuk (5000m) 68km**

Away from Shegar, you will drive to the south crossing Pang La pass at 5150m. Along the drive you can bask in the splendor of majestic views of snow-capped peaks from Makalu to Shishapangma. After driving for 68 km, you eventually reach Rongbuk at 5000m. You can then view spectacular sight of Mount Everest. A guest house is available for overnight accommodation.

**Day09 Explore Everest base camp & drive to Tingri (4390m) 65km**

This morning you have the opportunity to explore Everest Base Camp, 5150m. The base camp itself is dry and barren, but the views of Everest more than compensate for this. It is a truly awe-inspiring place with the sheer north face of the highest mountain in the world towering above you.

No tour vehicles, apart from expeditions, are allowed beyond Rongbuk so you can walk the 9kms or take a horse cart that will cost \$3-5 per person.

After lunch, you return to the Friendship Highway and drive to Tingri where you will stay overnight at the Snow Leopard Lodge.

**Day10 Drive to Zhangmu (2300m) 181km**

You will drive past Tingri crossing Lalung La pass at 5124m and Shung La pass at 5200m. Savoring the enchanting views of the surrounding peaks of Shishapangma, Cho Oyu, Menlungtse and Gauri Shankar, you descend from the arid Tibetan Plateau to verdant Zhangmu on the Nepalese border. After driving for 181 km, you find yourself amidst the lush and verdant vegetation of Zhangmu at 2300 meter.

**Day11 Drive to Kathmandu (1400m) 123km**

Few kilometers drive away from Zhangmu to Friendship Bridge across Bhote Koshi River brings you closer to Immigration Control in Kodari where you will say good bye to your Tibetan guide and driver, and walk across the river to meet Nepalese escort to drive to

Kathmandu. After 5 hours of driving for 123 km, you finally arrive in Kathmandu. No service in Kathmandu

**Fixed Departure date in 2007: (join in from Lhasa)**

31 Mar-10 Apr, 3 - 13 Apr, 14 -24 Apr, 21 Apr - 1 May, 1 -11 May, 12 -22 May, 22 May-1 Jun, 2-12 Jun, 12-22 Jun, 23 Jun-3 Jul, 3-13 Jul, 14-24 Jul, 26 Jul-5 Aug, 4 -14 Aug, 14 -24 Aug, 23 Aug-2 Sept, 1-11 Sept, 11-21 Sept, 29 Sept-9 Oct, 9-19 Oct, 18-28 Oct, 27 Oct-6 Nov.

**Join-in tour (fixed scheduled and based on 12pax at least):**

Price in 1/2 twin sharing accommodation: US\$1055--pp

Single supplement: US\$195



**Private tour (flexible departure date according to your requests):**

02Pax: US\$1470--pp

03Pax: US\$1288--pp

04pax: US\$1080--pp

Single supplement: US\$195

**Price included:**

- 10 nights in twin sharing accommodation with breakfast (Hotel Dhoodgu or similar in

Lhasa and best available en-route)

- (first) Entrance fee mentioned above
- English speaking accompanying guide through out program
- Travel permit to Tibet
- All transportation in the itinerary (By 4 WD Land Cruiser, Toyota 4500, the best available in Tibet)

**Price excluded:**

- China visa
- International or domestic flight with airport tax
- Personal clothing and equipment
- Any expenses incurred in emergency evacuation/road block due any reason
- Clients' insurance
- Lunch and dinner during the itinerary (around US\$6/lunch/pax, US\$7/dinner/pax)
- Service in Kathmandu (3-star hotel: about US\$36/room/night with breakfast)