

II LHASA – MOUNT EVEREST BASE CAMP - KATHMANDU – 13 days



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, Gaden 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.

Day12 Sightseeing in Kathmandu Valley

Your Kathmandu sightseeing tour begins immediately after your early morning breakfast. Experienced guide will take you to Pashupatinath temple, a very sacred Hindu pilgrimage site where you get a chance to witness religious Hindu ritual and cremation ritual. You also get to visit Buddhist stupa of Boudhanath and your guide will detail you with historical and cultural background on Buddhism and Buddhist sects. Your next destination is Bhaktapur which lies 13 km away from the Kathmandu valley on the Eastern part. Visits to Lion Gate, Golden Gate, Art Gallery, Statue of King Bhupatindra, Nyatapola Temple, fifty-five windowed Malla palace and other historical monuments will bestow with invaluable insight into Nepal culture, tradition, arts and finest craftsmanship. After lunch, you will be taken on an excursion to Royal Botanical Garden. This tour will familiarize you with the entire rare and endangered plant species endemic to Nepal. You will resume your sightseeing journey with a visit to Swayambhunath. Stupa of Swayambhunath is its prime attraction point and it epitomizes Buddhism for Buddhist sect. After this religious journey, you will be guided along the interesting places around Patan lying 5kms on the South-East of Kathmandu Valley. As you tour around Patan Durbar Square, Mahaboudha Temple, Kumbeshwor temple, Krishna Temple, Golden Temple etc, you cannot help but get captivated by Nepali culture. Balaju Park is another site where you can enjoy nature up close and on foot. The park has beautiful garden, ponds and amalgamation of exotic plant species. Eventually, you return to your hotel for nice dinner.

Day13 Depart Kathmandu

Our driver and airport representative will drive you to the airport in time for your flight back home. We ensure that that you will leave Kathmandu with cherishing memory and an experience of a lifetime.

**Fixed departure dates (join-in tour based on 12pax at least):**

20 Mar, 23 Mar, 3 Apr, 10 Apr, 20 Apr, 1 May, 11 May, 22 May, 1 Jun, 12 Jun, 22 Jun, 3 Jul, 15 Jul, 24 Jul, 3 Aug, 12 Aug, 21 Aug, 31 Aug, 18 Sept, 28 Sept, 7 Oct, 16 Oct

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

Price in 1/2 twin sharing room: US\$1180--pp

Single supplement: US\$220

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

02Pax: US\$1593--pp

03Pax: US\$ 1405--pp

04pax: US\$1190--pp

Single supplement: US\$220

Price included:

- 12 nights twin sharing accommodation with breakfast: Hotel Dhoodgu in Lhasa and best available en-route, Hotel Marshyangdi in Kathmandu
- (first) Entrance fee mentioned above
- English speaking accompanying guide through out program on all days with excursion
- 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)