



## Tour Details

For the accommodations during the tour. You will be staying at the Tibetan three starred hotels in Lhasa, Gyantse, and Shigatse, at The Mount Everest base camp you will be staying at the Tent hostel near the Rongbuk Monastery.

## Tour Map



## Tour Itinerary

### Day 1: Arrival in Lhasa

We will welcome you at the Airport or The Lhasa train station. Then you will be escorted to your hotel. It is always advice the travelers to take a good rest for proper acclimatization. Please do not any activities which would lead you to dehydrate, like taking bath. And avoid hard work for the first day. Many traveler prefers to take a nap. After some hours of rest, you can explore the Barkhor street and Tibetan quarter surrounding your hotel.

### Day 2: Lhasa guided tour

In the morning, you will visit the Jokhang temple. The temple is considered as the holiest of all the Buddhist temples and Monasteries in the Inner Himalaya, founded in 7th Century

by Tibetan Buddhist King Songtsen Gampo to house the Holiest statue of Lord Buddha. He brought this statue for Dowry of Marrying Chinese Princess Wenchen. There will be thousands of pilgrims Circumambulating, prostrating and visiting the Holy Temple. In the afternoon, You will visit the Sera Monastery. The monastery is one of the three largest in Lhasa and central Tibet. The Main disciple of Je Tsongkhapa founds it. It is about 600 years old. The main highlight of the monastery visit is the Monks debating of Tibetan Buddhist Philosophy. The debating courtyard is open for the visitor to observe from 3 pm every weekday. It is fun watch and photography, but inside the courtyard, only Mobile Phone Photography is allowed.

### Day 3: Lhasa guided tour

First, in the morning, the group will visit Potala Palace. It is the most iconic building in Tibet. It has more than 1000 rooms and towering above the Lhasa city. The palace is first built in the seventh century by the King Songtsen Gampo. Later in the 17th century, the fifth Dalai Lama has rebuilt his resident over the ruins of the old palace ever since the palace has served as the winter resident for successive Dalai Lama and Administrative centre for the local Tibetan Government.

In the Afternoon, the group will visit the to Drepung Monastery. It is one of the three most significant monasteries in Lhasa and central Tibet. In the early 20th Century, it is the world biggest monastic complex. The circuit around the monastery takes about an hour of spectacular views.

### Day 4: Lhasa - Yamdrok Lake - Karo La Glacier - Gyantse - Shigatse

Distance: 360kms, Elevation: 3840m

Today, we will depart from Lhasa in the early morning to have a better view of Yamdrok lake and have more time at the attraction of the day. First, we will stop at Yamdrok Lake. It is one of the most sacred lakes in Tibet and most beautiful. From the lake, you will see the Mt Nojin Kangtsang (7191m) in the distance as in the picture of left as you will travel

along the lakeshore and drive up to the fantastic Karola Glacier before arriving at the town of Gyantse.

In the Gyantse town, you will see the Gyantse Palcho Monastery and very famous Kumbum Stupa. It is the most prominent Tibetan Buddhist Stupa in Tibet. We will only see the Gyantse Dzong/ Fort from a distance. From Gyantse, you will drive across the Tibetan Countryside to Shigatse. Shigatse is the traditional seat of Panchen Lama, The second highest Lama in Gelugpa sect of Tibetan Buddhism and also the second-largest city in traditional Tibet. In the city, you will visit the monastic complex of Tashi Lhunpo.

### **Day 5: Shigatse - Gyatso La Pass - Everest Base Camp**

Distance 350kms, Elevation: 5200m

In Shigatse, you will visit the vast monastery of Tashi Lhunpo. The excellent pilgrimage route around the monastery takes about an hour and has fantastic views. The next destination is the small town of Shelkar, located in the Everest Region. Along the way to Shelkar, you will see more farming villages and beautiful landscapes. You will cross over the 5248 meter Gyatso La Pass, which has excellent views of the Himalaya Mountains. After Shelkar, you will begin driving up the 5100-meters Geu La Pass. On bright days, this pass offers a stunning panoramic view of the Himalaya's. You can see four 8000 meter peaks from this pass including Cho Oyu, Makalu, Lhotse, and Everest. You will continue on to Rongbuk Monastery, the highest monastery in the world at just under 5000 meters. Rongbuk has an unbelievable view of Everest! From Rongphu, you will then go to Everest Basecamp to stay the night while gazing out to the world's highest peak."

### **Day 6: Mount Everest Base Camp - Shigatse**

Distance: 350Km, Elevation: 3840m

In the morning we will have a fantastic Sunrise view of the Everest. Along the Himalaya first Sunbeam will lit the uppermost peaks and sunray will gradually come down in the valleys. After watching the sunshine view of Mt Everest, we will start our return journey to the Shigatse. We will stop at some farming villages. Upon arrival back to Shigatse, we will

have enough time to explore the main market street or hike the pilgrimage path at Tashi Lhunpo Monastery again.

## Day 7: Shigatse to Lhasa

Distance: 280Km, Elevation: 3600m

We will travel back to Lhasa, the distance for the return journey is 280 kilometres, and it will take only 6 Hours travelling. We will have enough time to do the last-minute souvenir shopping or walking the pilgrimage circuit around Jokhang Temple one more time.

## Day 8: Departure from Lhasa

Your tour guide will escort you to the Train station or the airport as per your departure. We will see one airport drop off and One train station drop per group. If your train or flight time is not similar to the majority of your travel, we will either take a taxi or Airport Bus Service.

Tour Price		
April - June	July - October 15th	October 15 - February
From \$1000/Person	From \$1070/Person	From \$920/Person
161 \$ for Single Supplement	194 \$ for Single Supplement	161 \$ for Single Supplement

## Tour Price Included

- All necessary travel permits to Tibet
- Entrance ticket fees for all the sight spots listed in the program
- Vehicle and Guide's Entrance fee at Mount Everest Basecamp

- Private transportation in Tibet: Ranging from Comfortable tourist van to Mini Bus for the whole trip, (car gasoline is included).
- Private guide: English speaking local Tibetan guide
- Lodging: Tashi Takgye hotel / Tashi Noda hotel in Lhasa, 2 nights in Gesar Hotel in Shigatse, and 1 night at local tent Hostel at the Mount Everest base camp. (All accommodation based on Double occupancy)
- Pick-up and send-off services at the beginning/end of the tour for one time for the group, additional pick up and drop off will charge separately.
- Breakfasts in hotels only.
- Oxygen Tank in the Car
- Lodging and meals for guide and drivers.
- Travel agency liability insurance.
- First aid kit in the Car.
- Mobile Phone with local sim for International incoming calls and SMS
- Free shuttle Pick-up and send-off services at the beginning/end of the tour
- Bottle water
- All Government Taxes

## Tour Price Excluded

- Travel insurance covering trip cancellation and emergency evacuation (recommended).
- Expenses of a personal nature (alcoholic beverages, laundry, phone call, etc.).
- International and domestic flight/train. (Note: we accept flights and train tickets bookings in advance, please check the updated cost and ticket availability with your travel consultant).
- Meals that are not specified in the itinerary (Averagely a meal in Tibet cost USD5 per person).



## Hotel Arrangement

Days	Hotel Name	Rating	Location
1-3,7	Yak hotel or Banak Shol Hotel	Three Star	Lhasa City
4 and 6	Kadhak Hotel	Three Star	Shigatse City
5	Tent Hostel	Basic Hostel	Everest Basecamp

## Guide Arrangement

All our Tours guides are local Tibetan. They will speak very fluent English, Some of them also speaks understandable Spanish and French.

## Car Arrangement

Pax	Vechicle Type	Brand	Seat (Official)	Driver
1-4	Hyundai T1 Business Van	Hyundai	8 seater (2+6 Guest)	Tibet driver with 15+ years experience
5 - 12	Ford Transit Van	Ford	15seater (2+13 Guest)	Tibet driver with 15+ years experience