



# Tibetan Guide

M I M A D H O N D U P

## EVEREST NORTH FACE BASE CAMP & GANDEN – SAMYE TREK

---

Tashi delek! Tibetan Guide Travel Tours is a small travel agency based in Lhasa. We always work hard and take responsible for our clients by using local services as much as possible. Of course we use Tibetan drivers and tour guides. Who are experienced, have rich knowledge about Tibetan culture and also excellent attitude. We are confident that you would not be disappointed if you choose our services letting us show you our mother land.

### Proposed itinerary

#### Day 1: Lhasa arrival [3650m]

Upon arrival in Lhasa you will be welcomed by your English-speaking Tibetan Guide and Tibetan Driver who will bring you to your hotel. Acclimatization to high altitude: please, drink lots of water and take plenty of rest in order to minimize altitude sickness.

*Overnight at Shambhala Palace or House of Shambhala Hotel, which is a Tibetan style hotel located in Lhasa city center (Barkhor)*

#### Day 2: Lhasa sightseeing

We begin visiting Jokhang Temple, the most sacred monastery in Tibet. It was founded in the 7th century by the first great Buddhist king Songtsen Gampo. Later you can explore the surrounding Barkhor old quarter and spend time walking around Jokhang Temple following pilgrims from all over the Tibetan plateau. In the afternoon we go to Sera Monastery, one of three great universities of Gelugpa Sect. We will attend the debating session of the monks.

*Overnight at Shambhala Palace or House of Shambhala Hotel*

#### Day 3: Lhasa sightseeing

Today we visit the beautiful Potala and Norbulingka Palaces. Potala winter palace was built in the 17th century by the fifth Dalai Lama. Provides amazing views of the entire city and houses the private quarters of the Dalai Lama, numerous grand state rooms and chapels. Norbulingka Palace is the summer palace of the Dalai Lama, built in the 18<sup>th</sup> century by the seventh Dalai Lama. It's tradition to do picnic in its beautiful garden and perform opera dances during Shoton Festival (August-September).

*Overnight at Shambhala Palace or House of Shambhala Hotel*



**Day 4: Lhasa – Shigatse [354Km, 3840m]**

Adventure starts: we drive West to reach second largest city in Tibet. First we cross Kampa-la Pass [4797m] and then Karo-la Pass [5050m], where Mt. Noi jin Kangsang [7206m] glacier lies near the road. In the middle, we enjoy the unreal turquoise waters of holy lake Yamdrok-Tso. Then we stop in Gyantse town, where we visit the considered best tibetan art paintings in Kumbum Stupa inside Pelkor Chode Monastery. Also from here, we admire the majestic Gyantse Dzong (fortress) overlooking the valley. Finally, we reach Shigatse before dinner.

*Overnight at Gesar Hotel*

**Day 5: Shigatse – Sakya – New Tingri [280Km, 4300m]**

The journey to New Tingri involves crossing the high pass of Gyatso La [5220m] and the opportunity to view Mt. Everest and the Himalayas for the first time. Before, we visit Sakya Monastery which is the principal seat of Sakyapa Sect founded in 1073 and one of four major Schools of Tibetan Buddhism. Its powerful abbots governed Tibet during the whole of the 13th century until they were eclipsed by the rise of the Gelukpa Sect. Its Mongolian architecture is different from that of temples we seen before.

*Overnight at Roof of the World Grand Hotel*

**Day 6: New Tingri – Everest North Face [120Km, 5000m]**

Exciting day today: we reach one of the major highlights of our trip, near Mt. Everest North Base Camp [5200m]. From New Tingri we continue driving towards Rongbuk Monastery, located at the foot of the Everest and the highest monastery in the world. During the journey we enjoy amazing views of several peaks like Makalu, Lhotse, Cho Oyu, and Mount Everest from the top of the Pang-la pass [5150m]. Overnight at tourist camp site located a few Kilometer from the real EBC and from where we have direct views of Mt. Everest (Qomolangma). Since 2018 tourist are not allowed to visit EBC used by climbing expeditions.

*Overnight at guesthouse tent (dorm bed without bathroom). Sleeping bag is recommended.*

**Day 7: Rongbuk – Shigatse [334Km, 3840m]**

Today begins the end of your tibetan journey through the most sacred Buddhist monasteries and greatest mountains on earth. If you would like start early your day, enjoy sunrise with Everest peak views in the horizon [8848m]. After breakfast we visit Rongbuk Monastery where we will take last look at Mt. Everest North Face and then drive back to Shigatse to enjoy a nice shower, sleep in a comfortable bed and some free time.

*Overnight at Gesar Hotel*

**Day 8: Shigatse – Lhasa [272Km, 3650m]**

As early as possible, we visit Tashilhunpo Monastery, built in the 15th century by the first Dalai Lama. Nowadays seat of the Panchen Lama. We recommend to do Kora around Tashilhunpo Monastery. Also, you can walk around local market. After we finish visits go back to Lhasa. Our last day of our tibetan traverse goes along the Yarlung Tsampo (Brahmaputra) River. This is the most direct route to Lhasa and part of the Friendship Highway.

*Overnight at Shambhala Palace or House of Shambhala Hotel*

**Day 9-12: Ganden – Samye Trek [max. altitude 5260m]**

In the morning we visit Ganden Monastery, 50 km from Lhasa. It is the main seat of the Gelug Sect and was founded by Tsongkhapa in 1409. We can also do kora around monastery. After lunch, we start trekking from Trubsi village. Trek finishes at Yamalung meadows, where a vehicle pick-up and transfer us to Samye. Visit Samye Monastery, which is the first monastery built in Tibet.

*Overnight in tents during trek and Samye Monastery Hotel.*



Trekking schedule:

- Day 9: Start trekking from Trubsi. Camp before Shuga-la pass (3 Km)
- Day 10: Trekking and camp in the valley after Shuga-la pass (7 Km)
- Day 11: Trekking and camp near hearders camp after Chitu-la pass (13 Km)
- Day 12: Trekking to Yamalung (11 Km). End of trek.

**Day 13: Tibet departure. Samye – Lhasa airport**

After breakfast, your guide and driver meet you at the hotel to transfer you to the airport. *End of our services.*

*Please, contact us for further information about any available extension of your trip.*



---

**PRICE:** Contact us for the latest available rates.

Group size: Min 4 people / Max 12 people.

Single room occupancy supplement (Lhasa-Shigatse-New Tingri-Samye): contact us.

When group members arrive or leave separately, then extra fee applies per journey:

Airport transfer: 300 Yuan. Train station transfer: 150 Yuan.

Please, check [upcoming departures](#) or let us know your trip dates if looking for travel partners.

---

**Day 1:** Lhasa arrival [3650m]

**Days 2-3:** Lhasa sightseeing

**Day 4:** Lhasa – Shigatse [354Km, 3840m]

**Day 5:** Shigatse – Sakya – New Tingri [280Km, 4300m]

**Day 6:** New Tingri – Everest Base Camp [120Km, 5000m]

**Day 7:** Rongbuk – Shigatse [334Km, 3840m]

**Day 8:** Shigatse – Lhasa [272Km, 3650m]

**Day 9:** Lhasa – Ganden Monastery – Trubsi [75Km]

**Day 10-12:** Trekking Ganden – Samye [34Km]

**Day 13:** Tibet departure [150Km]

### Included

- All necessary travel permits in Tibet.
- All entrance fees as described in the itinerary above.
- Experienced Tibetan guide in Tibet (English language).
- Transportation in Tibet (Airport / train station group pick up & drop off).
- Vehicle fuel, tools and vehicle repairs (if necessary).
- All food during trek
- Cook and assistant for trekking
- Porters / yaks to carry baggage during trekking.
- Non-personal trekking equipment (tents, mattress, mastery, cooking stuff...)
- Driver and guide's food and accommodation.
- Accommodation in shared room basis. We will arrange for you as we mentioned in the itinerary. Double room with bathroom and breakfast are included when you stay in Lhasa, Shigatse, New Tingri and Samye hotels. At Mt. Everest guesthouses (dorm bed, no shower) and 1 tent for 2 people during trekking.  
In Lhasa, Shambhala Palace or House of Shambhala Hotel 3\*\*\* (Barkhor)  
In Shigatse, Gesar Hotel 3\*\*\*  
In New Tingri, Roof of the World Grand Hotel 2\*\*  
In Samye, Samye Monastery Hotel 1\*

### Not included

- China VISA
- Plane or train tickets in or out of Tibet.
- Meals, drinks and any other personal expense
- Personal trekking equipment (sleeping bag, trekking poles, clothes...)
- Extra expenses incurred due to unexpected natural events (delays, road washouts, snowfall...)
- Tips to guides and driver, but this totally depends on you.

**By joining this tour, you agree to our booking conditions, terms and policies.**



---

## VISA & Tibet travel permits

---

Due to the current regulation, you need a special permit to visit Tibet Autonomous Region. The only thing you need to worry about is sending us clear scan of your travel documents **25-30 days in advance**. We will do the rest.

Application process depends on your entry point:

### **From mainland CHINA**

---

We need clear scan copy of your passport and visa. If you do not hold a tourist visa (L), additional documents are required. Please, contact us for further information.

If you are entering Tibet by plane from mainland China, you will need the original permit. We will sent it to any address in China that you wish, be it your hotel, a friend's house or any International Airport where you connect with your Lhasa flight (additional fee apply for airport delivery). If you are arriving by train, you will only need a photocopy of the permit.

### **From NEPAL**

---

We need clear scan copy of your passport.

If you want to enter Tibet from Nepal, chinese visa must be applied in Nepal. You must be sure about your itinerary as your visa will only permit you to stay for this set number of days. It cannot be extended later on when you are in Tibet. The visa that you will get is a group visa for all the people on the tour and it cannot be separated.

When we have a photocopy of your passport and itinerary, we will send a visa application to the chinese embassy in Nepal. Once you arrive to Kathmandu, our partner travel agency at Nepal will go to the chinese embassy to get the visa with your original passport.

Bear in mind that the we need at least three working days to be able to get you visa and it costs 150 USD for non-USA passport holders (240USD for USA, Argentina, Brazil, Canada, Romania & some other countries).

We can help with any services you might need in Nepal. Please, contact us.

**Please, confirm the latest requirements with us before your booking confirmation.**