



Tibetan Guide

M I M A D H O N D U P

Friendship Way: Lhasa – Kathmandu Overland

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 Shang Bala Hotel 4, which is located in Lhasa city center and few walking steps to Barkhor Square and Jokhang Temple.*

Day 2: Lhasa sightseeing

We begin visiting Ramoche Temple, built in honor of the image of Jowo Rinpoche that Chinese princess Wencheng brought by marrying Songtsen Gampo, the first king of Buddhist doctrine and who unified the Tibetan empire in the 7th century. Thereafter, we continue with Jokhang Temple, the most sacred monastery in Tibet. It was also founded in the 7th century by 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 Shang Bala Hotel 4.*

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 18th 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 Shang Bala Hotel 4.*



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. Noijin 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 5 newly built building.*

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 in Rongbuk; 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 – Kyirong [400Km, 2800m]

Today begins the end of your tibetan journey through the most sacred Buddhist monasteries and greatest mountains on earth, out of the barren Tibetan Plateau to the lush foothills of Nepal. If you would like start early your day, enjoy sunrise with Everest peak views in the horizon [8848m]. After spending some time at the base of Mt. Everest we visit Rongbuk Monastery and then we drive North-West crossing high passes with enchanting views of the surrounding Himalayan peaks like Shishapangma and wild Peikutso lake; where we turn South toward the spiky peaks of the Langtang Himal. Climate and landscape suddenly change to milder, humid and greener while descending in altitude out of the Roof of the World. Due to the closure of the border crossing on the Friendship Bridge at Zhangmu / Kodari after 2015 Nepal Earthquake, a new border crossing for tourists has been opened at Kyirong connecting Nepal's Langtang Region with Tibet.

Overnight at Phuntsok Rabsal Guest House or similar

Day 8: Tibet departure: Kyirong – Nepal Border [20Km] – Kathmandu [170Km, extreme road condition]

After breakfast, your guide and driver meet you at the hotel to transfer you to the Nepal Border and assist you during the China Customs Clearance formalities. On Nepali side, you can apply for your Nepal VISA on arrival: 30/50/125USD for a 15/30/90 days VISA. We provide private transportation to Kathmandu *End of our services.*

*Consider extending your trip exploring the reopened **Langtang Valley & Tserko Ri Trek** (Group price starting at 695USD per person with official local guide; Guided Solo Trekking 850USD). If your next destination is not on the way to Kathmandu we can arrange a jeep for you (check current price per vehicle with us, driver only or guide assistance available too).*



PRICE : **Contact us for the latest available rates.** Discounted price from November 1st to April 20th.
– Single room occupancy available at additional cost (hotels only).

TOUR : Lhasa visits order might change depending on your travelling dates.
The max group size is 12 people.

Day 1 Lhasa arrival [3650m].

Day 2 Lhasa sightseeing: Jokhang & Ramoche Temples, Sera Monastery.

Day 3 Lhasa sightseeing: Potala & Norbulingka Palaces.

Day 4 Lhasa – Shigatse [354Km, 3840m]: Yamdrok-tso lake, Karo-la glacier, Pelchor Chode Monastery.

Day 5 Shigatse – Sakya – New Tingri [280Km, 4300m]: Tashilhunpo & Sakya Monastery.

Day 6 New Tingri – Everest North Face [120Km, 5000m]: Eco-bus service to Rongbuk Monastery, Everest Base Camp (when access allowed again)

Day 7 Rongbuk – Kyirong [400Km, 2800m]: Cho Oyu, Shishapangma, Peiku-tso lake.

Day 8 Tibet departure: Kyirong – Nepal Border [20Km] – Kathmandu [170Km, extreme road condition]

INCLUDED :

All necessary travel permits in Tibet.

All entrance fees as described in the itinerary above.

Accommodation in shared room basis with breakfast described in the itinerary above.

Experienced Tibetan guide in Tibet (English language).

Transportation in Tibet (Airport / train station group pick up & drop off).

Driver and guide's food and accommodation in Tibet.

Vehicle fuel, tools and vehicle repairs in Tibet (if necessary).

Oxygen tank & bottled mineral water available in the group vehicle in Tibet.

Transfer from Nepal border to Kathmandu by jeep (extreme road condition).

Welcome dinner in Lhasa.

NOT INCLUDED :

China / Nepal VISA

Plane or train tickets in / out of Tibet.

Meals, drinks and any other personal expenses.

Accommodation / sightseeing services in Nepal

Extra expenses incurred due to unexpected natural events (delays, road washouts, snowfall...)

Tips to guides and driver, but this totally depend 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 send 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. We will send it by email so you can print it.

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 around 110 USD for most passport holders (little more for USA, Argentina, Brazil, Canada, Romania & some other countries).

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

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