



# TibetanGuide

M I M A D H O N D U P

## FRIENDSHIP WAY: LHASA-KATHMANDU OVERLAND – 7 days / 6 nights Express Group Tour –

---

Tashi delek! Tibetan Guide Travel Tours is your trustworthy boutique travel agency based in Lhasa that offer bespoke guided tours across the Tibetan Plateau. Being a Tibetan owned business and with highly experienced Tibetan drivers and tour guides, we well know our traditions and mother land. We are confident that you would not be disappointed if you choose our services; safety and customer satisfaction is our priority. We have our own tourism license and one of the few authorised to receive foreign groups and apply for their Tibet Travel Permit without any intermediary.

### Proposed itinerary

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

Welcome to Lhasa! Your English-speaking Tibetan guide and driver will warmly welcome you and accompany you to your hotel. Lhasa is one of the highest cities in the world. We understand that the high altitude of Tibet can be challenging for some, so we recommend taking your time to acclimate. Rest assured, we will provide all the necessary support to ensure your well-being. Remember to drink plenty of water and take a good rest to minimise any altitude sickness symptoms. Get ready to embark on a once-in-a-lifetime adventure! Optional activities available: local tea house experience, blind massage, cooking classes, religious offerings at temples or monasteries, visit to a Tibetan family, and more. Please consult with us. *Overnight in Lhasa.*

#### Day 2: Lhasa sightseeing

At the assigned time, we'll begin our tour by visiting the iconic Potala Palace. Built in the 17th century by the fifth Dalai Lama, this magnificent palace offers breathtaking views of the entire city and is home to the private quarters of the Dalai Lama, numerous grand state rooms, and chapels. Afterward, we'll visit the revered Jokhang Temple, founded in the 7th century by Songtsen Gampo, which is considered the most sacred monastery in Tibet. Immerse yourself in the rich cultural heritage of this magical land: take a stroll through the vibrant Barkhor old quarter and follow pilgrims from all over the Tibetan plateau on a kora around the Jokhang Temple. Kora is a term used in Tibetan Buddhism that refers to the practice of circumambulating around a sacred site, such as a temple, stupa or mountain, as a way of showing devotion and accumulating merit. The practice involves walking clockwise around the site, often while reciting mantras, prayers or other sacred texts. It is also believed to bring good fortune and blessings to those who undertake it. *Overnight in Lhasa.*

#### Day 3: Lhasa sightseeing

Today we'll visit Drepung and Sera monasteries. After breakfast, we'll venture to the outskirts of Lhasa to witness the grandeur of the Drepung Monastery, the largest in Tibet, which once housed 7000 monks. Along with the monasteries of Ganden and Sera, Drepung is one of the three great centers of Tibetan Buddhist education in the Gelugpa school, also known as the Yellow Hat Sect. Founded in the 15th century, it was the former residence of the Dalai Lama before the construction of the majestic Potala Palace. In the afternoon, you'll be mesmerised by the famous debates of the Sera Monastery, where the monks engage with vibrant energy in intellectual discourse and challenge each other's understanding of Buddhist philosophy. It's a truly awe-inspiring experience not to be missed! *Overnight in Lhasa.*

# Friendship Way

## 7 days Express Group Tour



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

Let the adventure begin! We'll hit the road and head West to reach Shigatse, the second largest city in Tibet, before dinner time. We'll start ascending the Kampa-la Pass [4797m], where you'll witness the stunning Mt. Noijin Kangsang [7206m] and the breathtaking turquoise waters of holy lake Yamdrok-Tso. An unreal sight that will leave you spellbound all along the way to the Karo-la Pass [5050m], where you'll marvel at the glacier that majestically hugs the roadside. The last stop will be the charming Gyantse town, home to the Kumbum Stupa inside Pelkor Chode Monastery, renowned for its exquisite Tibetan art paintings. From the top of the Kumbum, you'll also be treated to a magnificent view of the majestic Gyantse Dzong fortress overlooking the valley. *Overnight in Shigatse.*

### Day 5: Shigatse – Everest North Face [334Km, 5000m]

Another thrilling day! We'll reach one of the major highlights of our trip, near Mt. Everest North Base Camp [5200m]. As early as possible, we'll be visiting the Tashilhunpo Monastery, built in the 15th century by the first Dalai Lama and currently the seat of the Panchen Lama. Then, the journey to Rongbuk involves crossing the high passes of Gyatso-la [5220m] and Pang-la [5150m]. Gyatso-la gives the opportunity to view Mt. Everest and the Himalayas for the first time; and from the top of the Pang-la you'll enjoy amazing views of several peaks like Makalu, Lhotse, Cho Oyu, and Mount Everest. The Rongbuk Monastery is located at the foot of the Everest, and the highest monastery in the world. You'll spend the night at the tourist camp site located a few Kilometres from the real EBC used by climbing expeditions, where you'll have direct views of Mt. Everest (Qomolangma). Since 2018 tourists are not allowed to visit the EBC due to environmental protection and now there is a eco-bus shuttle to access Rongbuk. *Overnight at simple guesthouse tent (dorm bed without bathroom). Sleeping bag is recommended.*

### Day 6: Rongbuk – Kyirong [400Km, 2800m]

Today begins the end of your Tibetan journey through the most sacred Buddhist monasteries and mightiest mountains on earth, out of the barren Tibetan Plateau to the lush foothills of Nepal. For those eager to embrace an early start, witness the sunrise with breathtaking views of the Everest peak on the horizon [8848m]. Following breakfast, we visit Rongbuk Monastery, offering a final gaze at Mt. Everest's North Face. Our journey then takes us northwest, traversing high passes that reveal enchanting panoramas of the surrounding Himalayan peaks, including Cho You and Shishapangma, and the pristine Peikutso lake; where we turn South towards the jagged summits 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 Kyirong.*

### Day 7: 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 (more info at Nepal Immigration website). If you entered Tibet from Nepal, remember to keep one photocopy of your Tibet Group VISA when leaving Tibet. We can provide private transportation and guiding services in Nepal (not included). *End of our services.*

*Consider extending your trip exploring the [Langtang Valley & Tserko Ri Trek](#). 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).*

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

# Friendship Way

## 7 days Express Group Tour



---

**PRICE :** **Contact us for the latest available rates.** Discounted price from November 1st to March 31st.  
– Single room occupancy available at additional cost (hotels only).

**TOUR :** Lhasa visits order might change depending on your travelling dates.

**Day 01** Lhasa arrival [3650m].

**Day 02** Lhasa sightseeing: Potala Palace & Jokhang Temple.

**Day 03** Lhasa sightseeing: Drepung & Sera monasteries.

**Day 04** Lhasa – Shigatse [354Km, 3840m]: Yamdrok-tso lake, Kyangyong & Karo-la glaciers, Pelkor Chode Monastery (Kumbum Stupa).

**Day 05** Shigatse – Everest North Face at Rongbuk [334Km, 5000m]: Tashilhunpo Monastery, Eco-bus service to Rongbuk Monastery, Everest Base Camp (when access allowed again).

**Day 06** Rongbuk – Kyirong [400Km, 2800m]: Cho Oyu, Shishapangma, Peiku-tso lake views.

**Day 07** Tibet departure: Kyirong – Nepal Border [20Km] – Optional transfer to Kathmandu [170Km, extreme road condition]

---

### ACCOMMODATION:

Lhasa 4 nights, Shambhala Palace Heritage Hotel, a Tibetan style boutique hotel in the Barkhor Old Quarter.  
Shigatse 1 night, Gesar Hotel 4\* (VIP building).  
Rongbuk (Everest) 1 night, Mt. Everest Tourist Camp Dormitory Tent or Rongbuk Monastery Guesthouse.  
Kyirong 1 night, Port Business Hotel or similar.

### INCLUDED :

All necessary travel permits in Tibet.  
All entrance fees to temples, monasteries and palaces as described in your itinerary.  
All environmental fees to lakes, glaciers and National Parks.  
Accommodation on a 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.  
Vehicle fuel, tools and vehicle repairs (if necessary).  
Oxygen tank & bottled mineral water available in the group vehicle.  
Welcome dinner.

### NOT INCLUDED :

China VISA  
Plane or train tickets in / out of Tibet. Transportation in Nepal.  
Meals, drinks and any other personal expenses.  
Extra expenses incurred due to unexpected natural events (delays, road washouts, snowfall...)  
Tips to guide and driver, but this totally depends on you.  
Anything not specified in the "included" section.

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