



# Tibetan Guide

M I M A D H O N D U P

## Mt Everest North Base Camp, Mt Kailash Pilgrimage Kora & Guge Kingdom Tour

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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. They have reach Tibet culture and experienced good attitude and also service. So we sure that your trip will be not disappointed if you chose our services.

### 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. 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, we admire the majestic Gyantse Dzong (fortress) overlooking the valley. Finally, we reach Shigatse before dinner.

*Overnight at Gesar Hotel*

**Day 5: Shigatse – New Tingri [250Km, 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 Snowland Hotel*

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

Exciting day today: we reach one of the major highlights of our trip, Mt. Everest North Base Camp [5250m] (trekking or take bus). From New Tingri we continue driving towards Rongbuk Monastery, located at the foot of the Everest and the highest monastery in the world. 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 km after Rongbuk Monastery and from where we have direct views of Mt. Everest.

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

**Day 7: Rongbuk – Saga [300Km, 4490m]**

After spending some time at the base of Mt. Everest we drive North West crossing high passes with enchanting views of the surrounding Himalayan peaks like Cho Oyu, Shishapangma and wild Peikutso lake.

*Overnight at The Grand Hotel of Western Post or similar*

**Day 8: Saga – Mapam Yumtso lake [465Km, 4556m]**

Today early morning we enter in the semi-nomadic regions of Tibet's far west. We will enjoy the authentic Tibetan landscapes during this long drive journey through the biggest and highest plateau in the world. We follow Yarlung Tsampo river West (also called Brahmaputra in India) until the lake Manasarovar (Mapam Yumtso in tibetan language), one of the three most sacred lakes in Tibet. Hindus believe that whoever bathes in it will clean all their sins and provide good karma.

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

**Day 9: Mapam Yumtso Lake – Darchen [35Km, 4670m]**

In the morning we enjoy sunrise at the beautiful holy waters of Lake Manasarovar. After visiting Chiu monastery we drive to the little city of Darchen, at the foot Mount Kailash, where we will get ready for the trek.

*Overnight at Himalaya Kailash Hotel*



**Days 10-12: Mt. Kailash Kora [52Km, max. altitude 5630m]**

We begin the circumambulation of Mt. Kailash by going to an important pilgrimage area called Tarpoche. From here we begin the Pilgrimage Kora of Mount Kailash, most sacred mountain in Asia. Tibetans and Hindu people from all over the World come here for religious reasons.

Trek to Dira-Puk Monastery [20Km, 5-6h, 5050m].

Trek to Zutul Puk Monastery, [18Km, 6-8h, 4820m].

Trek to Darchen [14Km, 3-4h, 4670m]

*Overnight at guesthouse dorm bed without bathroom during trekking (2 nights). Sleeping bag recommended. In Darchen, overnight at Himalaya Kailash Hotel*

**Days 13-15: Darchen – Zanda – Manasarovar Lake [500Km]**

We have a long day drive along rough road where we will enjoy beautiful views of the unique landscapes until we finally reach the oasis town of Zanda. We explore Tholing monastery and Tsaparang citadelle. Tholing, which was once the most important monastic complex in western Tibet, is a awesome sight. Below stands the first capital of Guge whilst the skyline comprises a vast sweep of the Ladakh Himalaya. Guge's later capital at Tsaparang is of even greater significance in the history of Buddhist art, its fantastic wall murals displaying evidence of close links with Ladakh and Kashmir. We will rediscover the cave dwellings, secret twisting paths tunnels linking the palaces.

*Day 13-14: Overnight at Zanda Hotel or similar in Zanda.*

*Day 15: Overnight at guesthouse (dorm bed without bathroom)*

**Days 16-17: Manasarovar lake – Saga – Shigatse [935Km]**

We drive East again through arid landscapes of sand dunes and wonderful views of the Himalaya Range.

*Day 16: Overnight at The Grand Hotel of Western Post or similar*

*Day 17: Overnight at Gesar Hotel in Shigatse.*

**Day 18: Shigatse – Lhasa [272Km]**

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.

*Overnight at Shambhala Palace or House of Shambhala Hotel*

**Day 19: Tibet departure**

Enjoy your last hours in Tibet exploring Lhasa by your own until your guide and driver meet you at the hotel to transfer you to the airport.

*End of our services.*

*Consider extending your trip spending extra days in Lhasa city or surroundings. Like one-two more days visiting holy Namtso lake in North Lhasa (250Km, 4-5 hours drive, one way).*

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



**PRICE: 2400 EURO per person.**

Group size: Min 4 people / Max 12 people.

Single occupancy supplement (Lhasa-Shigatse-New Tingri-Saga-Darchen-Zanda): 420 EURO

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

- Train station transfer: 150 Yuan

- Airport transfer: 300 Yuan

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

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**Days 2-3:** Lhasa sightseeing

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

**Day 5:** Shigatse – New Tingri [250Km, 4300m]

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

**Day 7:** Rongbuk – Saga [300Km, 4490m]

**Day 8:** Saga – Manasarovar lake [465Km, 4556m]

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**Days 10-12:** Mt. Kailash Kora [52Km, max. altitude 5630m]

**Days 13-15:** Darchen – Guge Kingdom – Manasarovar Lake [500Km]

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**Day 18:** Shigatse – Lhasa [272Km]

**Day 19:** Tibet departure

### Included

- All necessary travel permits in Tibet.
- All entrance fees as described in the itinerary above.
- Experienced Tibetan guide in Tibet (English language).
- Porters / yaks to carry baggage and 1 safety horse during Mt. Kailash Kora (extra fee for horse personal use)
- Transportation in Tibet (Airport / train station group pick up & drop off).
- Vehicle fuel, tools and vehicle repairs (if necessary).
- 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, Saga, Darchen and Zanda hotels. At Mt. Everest, Chiu monastery and Kora around Mt Kailash guesthouses (dorm bed, no shower) without breakfast.

In Lhasa, Shambhala Palace or House of Shambhala Hotel 3\*\*\* (Barkhor)

In Shigatse, Gesar Hotel 4\*\*\*\*

In New Tingri, Snowland Hotel 2\*\*

In Saga, The Grand Hotel of Western Post or similar 3\*\*\*

In Darchen, Himalaya Kailash Hotel 4\*\*\*\*

In Zanda, Zanda Hotel or similar 3\*\*\*

### Not included

- China VISA
- Plane or train tickets in or out of Tibet.
- Meals and drinks
- Horse for personal use during Kailash Kora
- Personal expenses
- Extra expenses incurred due to unexpected natural events (delays, road washouts, snowfall...)
- Tips to guides and driver, but this totally depend on you.



## VISA & Tibet travel permits

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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 in advance**. We will do the rest.

Application process depends on your entry point:

### From mainland CHINA

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We need clear scan copy of your passport and visa.

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 or a friend's house. If you are arriving by train, you will only need a photocopy of the permit.

### From NEPAL

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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 two working days to be able to get you visa and it costs 150 USD for non-USA passport holders.

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