TibetanGuide
MIMA DHONDUP

FRIENDSHIP WAY: LHASA-KATHMANDU OVERLAND – 8 days / 7 nights 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] **[– , – , D]**
Welcome to Lhasa! Our Tibetan staff will warmly greet 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 acclimatise. Rest assured, we will provide all the necessary support to ensure your well-being. Remember to drink plenty of water and get plenty of rest to minimise any symptoms of altitude sickness. Prepare to begin your journey of a lifetime! *Overnight in Lhasa.*

Day 2: Lhasa sightseeing: Potala Palace & Jokhang Temple. **[B, – , –]**
At the scheduled 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 over Lhasa and houses the Dalai Lamas' private quarters, grand ceremonial halls and numerous chapels filled with sacred Buddhist treasures. Afterwards, we'll visit the revered Jokhang Temple, founded in the 7th century during the reign of King Songtsen Gampo and considered the holiest temple in Tibet. Immerse yourself in the rich cultural heritage of this magical land as you stroll through the vibrant Barkhor Old Quarter, following pilgrims from across 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 a sacred site, such as a temple, stupa, or mountain, as an expression of devotion and a way of accumulating spiritual merit. The practice involves walking clockwise around the site, often reciting mantras and prayers, in the belief that this practice brings blessings, good fortune and spiritual purification. *Overnight in Lhasa.*

Day 3: Lhasa sightseeing: Drepung & Sera Monasteries. **[B, – , –]**
After breakfast, we'll head to the outskirts of Lhasa to visit Drepung Monastery. Founded in 1416, Drepung was once the largest and most powerful monastery in Tibet, housing over 7000 monks. Along with Ganden and Sera, it is one of the three great monastic universities of the Gelug school of Tibetan Buddhism, also known as the Yellow Hat School. Drepung was also the residence of the early Dalai Lamas before the construction of the Potala Palace. In the afternoon, we'll visit Sera Monastery, where we'll witness the famous philosophical debates between Buddhist monks. With animated gestures, rhythmic clapping and lively exchanges, the monks challenge each other's understanding of Buddhist teachings in a centuries-old tradition that remains an essential part of their monastic education. It's a fascinating experience and one of the highlights of any visit to Lhasa. *Overnight in Lhasa.*

Day 4: Lhasa – Gyantse [268km, 3980m] **[B , – , –]**

Get ready for an exciting day: we'll start driving west towards the Tsang region to ascend the Kampa-la Pass [4797m], where you'll witness the stunning Mt. Noijin Kangsang [7206m] and the breathtaking turquoise waters of the holy Lake Yamdrok-Tso. An unreal sight that will leave you spellbound all the way to the Karo-la Pass [5050m], where you'll marvel at the glacier that majestically hugs the roadside. If the group's timing allows, you'll have the chance to walk to Jayang-tso Lake and see the Kyangyong Glacier. Our last stop of the day will be at Ralung Monastery, founded in the late 12th century, nestled in a remote and serene area surrounded by stunning mountain landscapes. Although less visited than other major monasteries in Tibet, it holds great importance in Tibetan Buddhism, particularly for the Drukpa Kagyu lineage in Bhutan. Finally, we'll arrive in the charming town of Gyantse before dinner. *Overnight in Gyantse*.

Day 5: Gyantse – Shigatse – Sakya [245km, 4320m] **[B, – , –]**

Our first visit today will be to the Kumbum Stupa inside the 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. On the way to Sakya, we'll make a short detour to Shigatse [3840m], Tibet's second-largest city, to visit the historic Tashilhunpo Monastery, founded in the 15th century by the First Dalai Lama and traditionally the seat of the Panchen Lama. One of the highlights of our journey, its greatest treasure is the magnificent golden statue of Maitreya Buddha (the Future Buddha), a colossal 26-metre-high figure covered in gold and copper, considered one of the largest of its kind in the world. Returning to the Friendship Highway, we'll continue our journey to Sakya to end the day. The lucky ones might even witness the sunset from atop the monastery walls, accompanied by the hypnotising sound of the monks playing their dungcheng, a traditional long Tibetan horn. *Overnight in Sakya*.

Day 6: Sakya – Rongbuk (Mt. Everest) [240km, 5000m] **[B, – , –]**

Another thrilling day! We'll reach one of the major highlights of our trip, near Mt. Everest North Base Camp [5200m]. First, we'll visit the stunning Sakya Monastery, the principal seat of the Sakyapa Sect founded in 1073 and one of the 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 Gelugpa Sect. With its unique Mongolian-style architecture, this monastery stands out from any other you've seen before. The journey to Rongbuk involves crossing the high passes of Dong-la [4800m] and Gawu-la [5150m]. The Dong-la Pass offers the opportunity to see the little-known eastern face of Everest (Kangshung) and the Himalayas for the first time; and from the top of the Gawu-la you'll enjoy amazing views of several peaks, including Makalu, Lhotse, Cho Oyu, and Mount Everest. Rongbuk Monastery is located at the foot of Everest and is the highest monastery in the world. You'll spend the night at the tourist campsite located a few kilometres from the actual Everest Base Camp used by mountaineering expeditions, where you'll have direct views of Mt. Everest (Qomolangma). Since 2018, tourists have not been allowed to visit the EBC due to environmental protection, and there is now an eco-bus shuttle to access Rongbuk. *Overnight in Rongbuk*.

Day 7: Rongbuk – Nyalam [291km, 3750m] **[B, – , –]**

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 Everest's peak on the horizon [8848m]. After breakfast, we'll visit Rongbuk Monastery for a final view of Mt. Everest's North Face. Our journey then takes us northwest, traversing high mountain passes that reveal enchanting panoramas of the surrounding Himalayan peaks, including Cho Oyu and Shishapangma. As we descend from the Roof of the World, the climate and landscape change dramatically, becoming milder, more humid, and lushly green. *Overnight in Nyalam*.

* ***Travel Contingencies:*** *In the worst-case scenario, if border crossings are inaccessible due to temporary road closures, we will return to Shigatse and, on the following day, travel directly to Lhasa Airport to take an alternative flight to Nepal (please note that the cost of this flight is not included).*

Day 8: Tibet departure & transfer to Kathmandu [155km, 1310m] **[B, – , –]**
After breakfast, your guide and driver will meet you at the hotel to transfer you to the Nepal border and assist you during Chinese customs clearance formalities. If you entered Tibet from Nepal with a Group Visa, remember to keep one photocopy of it when leaving Tibet. Once on the Nepalese side, our new Nepali driver will pick you up and transfer you by 4x4 to your final destination in Kathmandu (Thamel – Garden of Dreams). You can apply for your visa on the spot: USD 30/50/125 for a 15/30/90-day visa (more information is available on the Nepal Immigration website; online application receipt required). ***End of our services.***

* ***Important Notice About Road Conditions to Kathmandu:*** *The road between Tibet and Kathmandu is in poor condition, particularly during the rainy season, which usually lasts from June to October (the monsoon season), depending on the year. Although infrastructure improvements are ongoing, the route remains fragile and subject to disruption. Floods or landslides may temporarily block the only road connecting Tibet and Kathmandu. In such cases, travellers may need to walk with their luggage (porters can usually be hired on site), wait for extended periods, cover additional expenses, miss flights, or, in extreme circumstances, return to Lhasa. We recommend ending the tour in Lhasa if you are not comfortable assuming these risks (see our Everest North Face Group Tour).*

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.

Early arrival / late departure available: Consider taking a relaxing day in Lhasa on your own! It's also possible to spend few more days visiting the Lhasa surroundings or even the holy Namtso lake in North Lhasa (250Km, 3 hours drive, each way). Please, contact us for further information about any available extension of your trip.

FRIENDSHIP WAY: The Crossing of the Himalayas

7 nights Group Tour

TOUR : Max. 8 people. The sequence of visits may change depending on local conditions.

Day 1 Lhasa arrival [3650m].
Day 2 Lhasa sightseeing: Potala Palace & Jokhang Temple.
Day 3 Lhasa sightseeing: Drepung & Sera monasteries.
Day 4 Lhasa – Gyantse [268km, 3980m]: Yamdrok-tso Lake, Karo-la Glacier, Ralung Monastery.
Day 5 Gyantse – Shigatse – Sakya [245km, 4320m]: Pelkor Chöde & Tashilhunpo Monasteries.
Day 6 Sakya – Rongbuk (Everest) [240km, 5000m]: Sakya Monastery, Qomolangma National Park, eco-bus to Rongbuk Monastery.
Day 7 Rongbuk – Nyalam [291km, 3750m]: Cho Oyu & Shishapangma viewpoints.
Day 8 Tibet departure: Nyalam – Zhangmu/Kodari Border [40km] – Transfer to Kathmandu [115km]

PRICE : Contact us for the latest available rates.
– Single room occupancy available at additional cost (hotels only).

INCLUDED
All necessary travel permits for Tibet (delivery to any address within mainland China).
Experienced English-speaking Tibetan guide.
Transportation within Tibet (Lhasa airport/train station pick-up at any time — no extra fees).
Transfer from Zhangmu/Kodari border to Kathmandu (Thamel – Garden of Dreams).
All entrance fees to temples, monasteries, and palaces.
All environmental protection fees for lakes, glaciers, and national parks.
Accommodation in shared twin rooms with breakfast at hotels, as described in the itinerary (hotels only).
At Mt. Everest Tourist Campsite: private room in a tent, with shared common areas and outdoor public latrines (breakfast included; no private bathroom). From November to February, rooms at Basum 8848 Hotel are included.
Driver's and guide's meals and accommodation. Vehicle fuel, tools, and repairs if needed.
Oxygen tank for emergencies & bottled mineral water available in the group vehicle (fair use, 2 water bottles/day).
Welcome dinner.

ACCOMMODATION
LHASA: Shambhala Palace Heritage Hotel or Banakshol Hotel 3*.
GYANTSE: Yuthok Hotel 3* or similar.
SAKYA: Nyetsang Hotel 4*.
RONGBUK: Everest Tourist Campsite Tents or Rongbuk Monastery Guesthouse (upgrade subject to availability).
NYALAM: Thongla Grand Hotel or similar.

**At Mt. Everest, the main accommodation area is the Tourist Campsite Tent area, offering private rooms of different sizes with common areas and outdoor public latrines. Subject to availability, it may also be possible to upgrade to the Rongbuk Monastery Guesthouse (simple rooms with toilet facilities but no shower; hot water and heating are available, although pipes may freeze in winter). During winter, depending on weather conditions, we may stay at the 8848 Hotel in Basum Village.*

NOT INCLUDED
China / Nepal visa (ask us for details).
Hand delivery of Tibet Entry Permits at mainland China airports.
Plane or train tickets to/from Tibet.
Accommodation, visits or transfers in mainland China or Nepal, unless specified.
Meals, drinks, and other personal expenses not specified.
Personal travel / medical insurance (highly recommended).
Expenses arising from unforeseen events, whether third-party or weather-related (delays, cancellations, floods, landslides, snowfalls, natural disasters, etc.).
Tips for the guide and driver (optional, but expected if the service has been satisfactory).
Anything not specified under the "Included" section.

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