

TIBET



Tibet, popularly known as the “**Roof Of The World**” is a destination apart from most in the world. The landscapes with the rolling hills of the high plateau and the stunning Himalayas are breathtaking. Tibet with its brilliant ancient monasteries and unique local customs is a total spell bound experience. Lonely Planet says, “For anyone who travels with their eyes open, a visit to Tibet will be a memorable, fascinating but sobering and at times even saddening experience.”

ITINERARY

15 Aug/Day 01: Kathmandu (arrival)

Upon arrival, you will be met, assisted and transferred to the Hotel Yak & Yeti.

Overnight at Hotel Yak & Yeti.

16 Aug/Day 02: Kathmandu

Following breakfast: Tibet briefing and preparation.

17 Aug/Day 03: Kathmandu-Lhasa (3650m/11975ft)

Following breakfast transfer to the airport for your Kathmandu-Lhasa flight by Air China (1 hr/15 min). Upon arrival you will be met, assisted and transferred to Lhasa (1hr) where you will check into the Hotel. The rest of the day will be free for rest and acclimatization.

Overnight Hotel.

18 Aug/Day 04: Lhasa

Guided sightseeing tour of Potala, the winter palace of the Dalai Lama. Stunningly dominating the skyline of Lhasa atop the crest of Marpo Ri Hill, the 7th century Potala is considered Lhasa's most holy destination for a pilgrimage. Winding up the hill, a stone path leads to the 14th storey, 100 room, and 23,000 square foot palace. Each day thousands of pilgrims give the prayer wheels lining the path a clockwise spin as they make their way up to the entrance. After a guided tour of the Potala Palace, we go to see the Nechung Monastery, the seat of Nechung, Tibet's State Oracle. Major decisions of the state are made in consultation with the Nechung Oracle. Next we visit the Drepung Monastery. Drepung once housed 10,000 monks. If we're lucky we will quietly ease into a dark columned hall to see and hear the lilting, booming and chanting of the sutras or perhaps sit under a willow tree and watch as the monks engage in theatrical debate.

Overnight Hotel.

19 Aug/Day 05: Lhasa

Start off with a walking tour of Jokhang Monastery and the bustling Barkhor Market. The Jokhang, also known in Tibetan, as the Tsuglhakhang is the most revered religious structure in Tibet and is the home of the statues of the revered Buddha, Shakyamuni. While all Buddhist statues are magnificently robed in colourful brocade adorned with pearls, turquoise, coral and silver, solid gold bowls of holy water rest before Shakyamuni as well as offerings of Yuen (money) and Khata (scarves) left by pilgrims. You then have a guided tour of the Norbulinka, the summer palace of the Dalai Lama.

Overnight Hotel.

20 Aug/Day 06: Lhasa - Gyantse (3950m/12959ft)

Your route follows the Kyi Chu to the Tsangpo, the highest river in the world. We cross the Tsangpo and begin a hairpin ascent to the Khampa La ("La" means pass in Tibetan) then a thousand feet down to Yamdrok Lake. We drive via Yamdrok, the Turquoise Lake to Gyantse across Khampa La at 5050 m and Karo La. At Gyantse we visit the Kumbum Stupa, a magnificent tired stupa (Chorten) that is the largest in the world. You also visit the Pelkor Chode Monastery. This monastery was founded in 1418 and was once a complex of 15 monasteries.

Overnight Hotel.

21 Aug/Day 07: Gyantse - Shigatse (3860m/12660ft) 90 km.

Drive to Shigatse and en route visit the Shalu Monastery and the Tashilhunpo Monastery, which is the seat of the Panchen Lama – the second highest-ranking religious leader of the Buddhist religious order. Tashilhunpo is one of the few monasteries in Tibet to weather the Cultural Revolution relatively unscathed. Shalu is divided into a Tibetan style monastery founded in the 10th century and the Chinese-influenced inner Serkhang, founded in the 15th century. A visit to the famous Shigatse Market.

Overnight Hotel.

22 Aug/Day 08: Shigatse Old Tingri (4300m/14107ft)

Drive to Old Tingri a town in southern Tibet. Mountain climbers preparing to ascend Mt Everest and Cho Oyu often use it as a base. The old Shekar Dorje *Dzong*, or fort, is above the new town and used to enclose Shekar Chode, a Gelug monastery that was completely destroyed but is being restored. It is known for its spectacular views of Mt Everest, Lhotse Makalu and Cho Oyu, which comprise four of the six highest mountains in the world. Tingri used to be an important trading post where Sherpas from Nepal exchanged grains and iron for Tibetan wool, livestock and salt. The Chinese army has a small base nearby.

Overnight Hotel.

23 Aug/Day 09: Old Tingri - Zhangmu (2300m/7545ft)

After breakfast drive to Zhangmu where you spend the night. Enroute stop to visit Milarepa's Cave and Nylam Pelgye Ling, the small temple built over it. Milarepa was a famous Buddhist mystic and composer of songs who lived in the late 11th and early 12th centuries. Known as 'Khasa' to Nepalese traders and Dram to Tibetans, Zhangmu is tucked into a fertile valley and used to be an important trade center. The population is a mix of Han, Tibetan and Nepali. Nowadays barrack style Chinese communes surround the typical old flat roofed mud-brick houses.

Overnight Hotel.

24 Aug/Day 10: Zhangmu-Kathmandu

After breakfast drive down to Friendship Bridge across the Bhote Koshi River. After immigration/customs clearance in Tibet and Nepal your waiting vehicle will drive you to Kathmandu. The drive through the beautiful Nepalese countryside is sometimes on a level trail, making some ups and downs through the rice fields, crossing the small settlements en route and finally climbing until we reach the outskirts of the Kathmandu Valley. From there it is a 30 minutes drive through the bustling areas of the Valley until you reach your hotel.

Overnight at Hotel Yak & Yeti

25 Aug/Day 11: Kathmandu (departure)

Breakfast at the hotel.

Free time

Transfer to airport for departing Kathmandu.

COST:

**USD 2600 PER PERSON SHARING A DOUBLE/TWIN ROOM
USD 3000 PER PERSON IN A SINGLE ROOM**

The above costs include:

- 3 nights accommodation at the Yak and Yeti Hotel with breakfast.
- 7 nights accommodation with breakfast in Standard 3 star hotels in Tibet.
- All entrance fees and sightseeing's as mentioned in the itinerary.
- Airfare Kathmandu/Lhasa including airport tax.
- Tibet /China visa fees and urgent charges
- All airport transfers

The above costs does not include:

- Lunch and Dinner in Kathmandu and Tibet
- Porterages and Tips
- Nepal Visa fees
- Photography Fees in Tibet
- Any insurance, medical and emergency evacuation
- Extra costs due to landslides and natural causes

NOTE:

01. Above visa fees and airfares are subject to change as per Chinese Embassy and Airlines,
02. We (Local agent) will not be liable for any damage or cancellation of the tour due to close of Chinese Embassy without prior notice.

3 STAR CATEGORY HOTELS PROVIDED IN TIBET

- HTL GANGYAN OR HTL GORKHA OR HTL TRICHANG OR HTL SHANGBALA OR SIMILAR IN **LHASA**
- HTL GYANTSE OR HTL YETI OR SIMILAR IN **GYANTSE**
- HTL XIGATSE OR HTL MANASAROVAR OR SIMILAR IN **XIGATSE**
- HTL SNOW LION IN **OLD TINGRI**
- HTL ZHANGMU IN **ZHANGMU**.