

KATHMANDU TO TIBET TOUR



The **Kathmandu to Tibet tour** starts from Kathmandu after few days sightseeing around Kathmandu city and this overland tour end in Lhasa. This tour offers wonderful views of the Himalaya and the attractive Tibetan landscapes welcome you on the overland drive from Kathmandu to Lhasa. Along the way to Tibet, We explore and visit Sakya Monastery located at Shigatse, the second biggest city in Tibet. We also visit the Tashihunpo monastery, the seat of the Panchen Lamas. The Kathmandu to Tibet tour also allow us to visit the famous potalpa place in Lhasa, the historic city of Gyantse with its unique Palkor Monastery and Kumbum Chorten.

This is incredible **Overland Tour from Kathmandu to Lhasa** covers some of the most beautiful parts of Tibet, enabling you to have a promising holiday that is more than a dream - a journey full of adventure and discovery. Explore Tibet through this special package at a very special price like never before. With 3 star or 5 Star category hotel accommodation in Kathmandu and Lhasa as well as on the way to Lhasa best available hotel and guest house all bed & breakfast accommodation. Visit Tibet with us, you will be fascinated.



Activity Levels:

This involves longer treks (5 to 10 days) on maintained trails. The best way to prepare for a trek in Nepal is to make sure you're fit.

Duration:

11 days

AT A GLANCE

- Mighty mountain landscapes, traditional monasteries, impressive encounters with monks and nomads
- Experience authentic Tibetan culture by visiting the most unique Buddhist monasteries and sites.
- Enjoy the magnificent high plateau landscape along the leisure driving from Kathmandu to Lhasa, via Shigatse

Cost Includes

- 2 Nights Hotel in Kathmandu with Breakfast

- 1 Nights Hotel in Nagarkot with Breakfast
- Kathmandu to Kerung border by Jeep
- Airport transfers by Private vehicle
- Local Tour guide during tour in Kathmandu
- Tibet travel permit & other necessary permits
- All entrance ticket fees for all tourist sites
- Daily Breakfast for whole tour
- Comfortable Tourist Vehicle as per Group Size
- English-speaking Tibetan local tour guide
- Best available Hotel Accommodations;
- Service Charge & Government Taxes
- Drinking water provided during the trip
- One shared big Oxygen tank in the car.
- Tourist accident/casualty insurance

Cost Excludes

- Visa, air tickets/train tickets to & from Tibet.
- Sightseeing not listed in the itinerary.
- Meals not listed in the itinerary except breakfast
- Personal expenses such as laundry & drink
- Gratuities, tips to guides, drivers & bellboys
- Excess Baggage Charges.
- Single room supplement

ITINERARY

Day 01:: Arrival in Kathmandu (1,300m /4,264 ft.) and transfer to hotel

Provide us your correct international flight details). Please meet our Guide and driver who will be waiting outside the Kathmandu international airport terminal. Our Guide will be holding welcome banner with your name and our company name Mountain Sherpa trekking & Expedition at the Kathmandu international airport and take you to your hotel.

If it's a clear day when you are flying into Kathmandu, then your tour begins right from the skies itself. The sights from the windows of our jet shows us glimmering snow-capped mountain peaks spread out down below us, giving us the first thrills of our just begun vacation, sparking off a whole reaction of unforgettable experiences that stay with us for some time to come. As soon as your plane hits the tarmac of Tribhuvan International Airport, Mountain Sherpa Trekking office representative and driver will be on standby to meet and greet you at the airport and escort you to your hotel. The rep will help you check into your designated hotel, and after going to our rooms and refreshing ourselves we will be briefed about our daily activities. The rest of your time is free to move around the neighborhood and get familiar with your surroundings. Overnight stay at Hotel

Day 02:: Full day Kathmandu city tour and drive to Nagarkot

After breakfast we visit Swayambhunath, Buddhanath and Pashupatinath Temple. All places are the most important places of worship in the valley. Frequented by a multitude of pilgrims and sadhus from all over the Indian subcontinent, these sanctuaries are, with the picture of Nepal, places of contest: Hindus and Buddhists gathered in one place of worship, sadhus and monks in search spiritual, families assistant in recollection cremation of a parent, Brahmin priest officiating at a religious ceremony, snake charmers seeming to come straight out of a children's storybook, quarrelsome monkeys ... to better grasp Nepal a visit to these places of worship is imperative. Next, we drive to Nagarkot in order to enjoy fantastic view of the Himalaya. Nagarkot is one of the most famous viewpoints. Nagarkot is located 32 km east of Kathmandu at an altitude of

2175 m above sea level.

What's included: breakfast, tour and accommodation

Day 03:: Hike from Nagarkot to Changu and visit Bhaktapur City

Today early morning we enjoy the best sunrise views over the Himalayas and amazing surrounding landscapes. After breakfast, we leave hotel and hike from nagarkot to Changu Narayan, which takes approximately 3-4 hours. Which is very beautiful and scenic hike with the views of local village, forests and valley views. En route, we visit bhaktapur and pause to meet a local Newari community and learn about their enduring cultural traditions. Then, enjoy lunch at a local restaurant, before returning to your Kathmandu hotel by late afternoon with the remainder of your day at leisure.

In this tour, you have opportunity to see both Mountains & sunrise over Himalayas from Nagarkot and also visit 2 Heritage site Bhaktapur Darbar Square and Changunarayan Temple (one of the oldest Temple in Nepal). In the evening, there will be welcome dinner in a typical Nepali Restaurant where we will be able to enjoy Nepali food with Traditional Nepali Cultural dance and folk music.

Overnight stay at Hotel

Day 04:: Kathmandu (1300) -Kerung Border (145 Km) 06-07 hours drive

Today the time has finally come: Our overland journey up to the roof of the world begins. On the Pasang-Lhanu-Highway you drive along the river Trisuli to the border town of Rasuwa Ghadhi. Here you say goodbye to your Nepalese tour guide and cross on foot (about 100 meters) the Rasuwa Bridge, which is also the border crossing. Welcome to Tibet! Your Chinese tour guide is already waiting for you. Our destination today is the Tibetan city of Kyirong. Here, at an altitude of 2,350 meters, there is a very mild and subtropical climate, which is rare for Tibet. 185 km. stay overnight at Guest House.

Day 05:: Kerung - Tingri (4300m) / Lhatse (4,350m): 225 Km/244 Km

Day drive uphill to the highest plateau of the world with the typical view of Tibetan landscape offering sheer feeling of standing on the roof of the world. from where, weather permitting, breathtaking panorama of beautiful Himalayan ranges including Mt Cho Oyu (8201 M) & Mt Xishapagma (8012M) but dwarfed by the Vastness of the Tibetan plateau. From TINGRI, one can enjoy the magnificence of Mt. Everest (8,848 M). Stay overnight at Guest House

Day 06: : Tingri/Lhaste - Xigatse (3,900 M): 244 Km

Continue scenic drive crossing Over Gyatchu La (5,220M) also know as Jia Tsuo pass, the highest pass en route to Lhasa via Lhatse from where a road to Mt Kailash bifurcates to the west.

The endless expanse of the Tibetan highlands and the snow-capped peaks that stand out against the deep blue sky accompany us on our journey. We cross the Jia Tsuo Pass, which is about 5,200 meters high, and reach Shigatse at an altitude of 3,900 meters during the day. Depending on the road conditions, we visit the monastery-like Sakya monastery on the way. 240 km

Stay overnight at hotel.

Day 07:: Xigatse - Gyantse (3,950m): 100 Km

Morning we do sightseeing tour to the **Panchen Lama's Tashilhumpu Monastery**. Through the fertile plain of the Nyangchu River we drive to Gyantse at 4,070 meters altitude. On the way we visit the monastery Shalu. Once in Gyantse, we visit the Phalkor Monastery with the famous Kumbum Stupa, a walk-in reliquary. This stupa with its unique murals is one of the most impressive buildings of Tibetan architecture. A Tibetan family gives us insights into their kingdom on the way. 100 km

Stay overnight the Hotel.

Day 08:: Gyantse - Lhasa (3,650m): 261 Km

Today we Drive to Lhasa from Gyantse by Southern Friendship highway. Full day picturesque drive crossing over Karola (5,010m), Kambala (4,749m), Colorful **Yamdruk-Tso Lake** and the Tibetan lifeline river Brahma Putra (Yarlung Tsangpo). You will pass by the fertile Nyangchu Valley, a wide agricultural plain. Where you can see colorfully decorated yaks and Tibetan farmers to till the land use horses.

Best available Hotel accommodation in Lhasa

Day 09:: Full day Sightseeing In Lhasa

In the morning our guide will meet you at the hotel and first take you to visit famous Potala Palace, the cardinal landmark of Tibet and the masterpiece of Tibetan architecture, it was first built by 33rd King Songtsen Gangpo in the 7th century and rebuilt it later in 17th century by 5th Dalai Lama, now it is a museum and world heritage site.

In the afternoon, we will go to visit Jokhang Temple in the center of the old Lhasa city. Jokhang Temple is one of the most sacred temples in all over Tibet and it is always bustling with earnest local pilgrims since from early days. After that you will take a walk around the Barkhor street which is the one of the most devotional circuit as well as crowded central market of Lhasa, Barkhor Street is located in the old area of Lhasa City Tibet, it is a very ancient round street surrounding the Jokhang Temple and the locals are always proud of it. As a symbol of Lhasa, it is also a must-see place for visitors.

Best available Hotel accommodation in Lhasa

Day 10: : Second day sightseeing around Lhasa Suburb

Today's first attraction is to visit Drepung Monastery, which is the world's largest monastery that housed for more than 10,000 monks; it was the resident of the Dalai Lama. After lunch, you will continue to visit the Sera Monastery, which was founded in 1419 by Tsongkapa's disciple Jamchen Choeje. The most attractive thing of Sera Monastery is Buddhist Scriptures debating held in the courtyard between 15:00 - 17:00 from Monday to Saturday

Day 11: : Fly from Lhasa to Kathmandu or depart to your onward destination to Mainland China

Early morning drive to Gonggar airport or train station for your departure flight to Kathmandu or to your onward destination to Mainland China.