

Valid time: Jan 1, 2017 to Dec 31, 2017

7- Days Lhasa to Kathmandu Overland Tour

Outline Itinerary

B=Breakfast

Day & Date	Place & Transport	Accommodation	Meals Plan	Today's Activities or Sightseeing
Day 01	Arrival Lhasa	EconomyHotel	-	Airport/train station to Hotel transfer, rest in Lhasa to acclimatize the high altitude
Day 02	Lhasa	Economy Hotel	B	Potala Palace, Tibet Museum, Jokhang, Barkhor Street, Thangka Workroom
Day 03	Lhasa	EconomyHotel	B	Drepung Monastery, Tibetan Carpet Factory, Sera Monastery
Day 04	Lhasa to Gyantse to Shigatse(330km)	Economy Hotel	B	Karola Glacier, Yamtso Tso Lake, Gyantse Kumbum
Day 05	Shigatse to Rongpuk(350km)	Tent or Guest House	B	Tashi Lhunpo Monastery, Rongpuk Monastery, far view Peaks of Himalayas.
Day 06	Rongpuk to EBC to Old Tingri	Economy Hotel	-	Everest Base Camp

Day 07	Old Tingri to Nepal Border	-	B	Tour Guide will help you check out from China, Say Good-bye to you at the border
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Detailed Itinerary

Day 1 Arrive in Lhasa by plane or by train

You are warmly welcome to Tibet by saying Tashi Delek at the Train station/airport by our professional employee and send you to reserved hotel in Lhasa. Then have a good rest to acclimatize the high altitude in the afternoon.

Overnight at Lhasa

Meals included : ——

Hotel:YAK Hotel (or other similar Hotel)

Day 2 Lhasa Sightseeing: Potala Palace/ Jokhang Temple/Barkhor Street (B,D)

Morning section to visit the famous Potala palace and explore the grandest of this myriad chapels.

Afternoon we will visit the holist temple in Tibet, the Johkang Temple, and at Barkor Kora,which is the most famous Kora in Tibet,we can buy Tibentan traditional or religious things.

Overnight at Lhasa

Meals included : Breakfast & Dinner

Hotel:YAK Hotel (or other similar Hotel)

Day 3 Lhasa Sightseeing: Drepung Monastery/ Sera Monastery (B)

Today, we will visit two important monasteries in Lhasa, the Drepung and the Sera. If we are very lucky, we may even come across Sera Monastery's Monks debating which was held in the courtyard at around 3:00-5:30 in the afternoon.

Overnight at Lhasa

Meals included : Breakfast

Hotel: YAK Hotel (or other similar Hotel)

Day 4 Lhasa/Yamdrotso lake/Gyangtse/ Shigatse (B)

Passing by the green farmland of Nyangchu Valley, Yamdro-tso lakes, Karo-la glacier roadside at 4960m, We move westwards to the second biggest city Shigatse, where spiritually hosted by Pamchan Lama. And in Gyantse, Kubum monastery is also a famous monastery which could not be missed.

Overnight at Shigatse

Meals included : Breakfast

Hotel: Tsangba Hotel (or other similar Hotel)

Day 5: Shigatse/ Lhatse/ Tingri (Shegar)/Tingri/ Rongphu Monastery(B)

In the morning, we will visit the largest Monastery in west Tibet, the Tashilunpo monastery. Then drive westwards the Friendship way to Tingri. When we reach E.B.C, if it is in clear weather, we can have a glimpse of 4 mountains which are 8000m high or more,

Overnight at Rongphu Monastery Tent or Guest House

Meals included : Breakfast

Hotel: Tent or Guest House

Day6: Rongphu Monastery/Evrest Base Camp/Old Tingri

Early in the morning before sun rise on the top of Mt, Everest, you can have a full view the magnificent Mt. Everest standing like a snow-capped pyramid in front of you at Rongbuk, which is the vantage point for watching Mt. Everest. Rongphu Monastery is the highest temple in the world. To Everest Base camp, there are two choices (1: trekking from tent to base camp 4/km one way. 2: you can choose the mini bus from tent to base camp.) If you choose the trekking then around 6am in the morning our tour guide will lead you. When you arrived, you can enjoy the time to view the Mt, Everest beauty. Then come back to tent and tour guide will take you to take visit Mt, Everest. After that our tour guide will lead you to Rongbuk Monastery. Then drive back to the main road(318 national high way). On the way to Old Tingri

- After 3 to 4 hours driving, we will reach Old Tingri and spend night here. The accommodation at Old Tingri is quite basic, the altitude is around 4500m.

Meals included: ——

Hotel: Snow leopard Hotel (or other similar Hotel)

Day07: Old Tingri to Zhangmu, Nepal Border (Friendship Bridge)

In early morning, our guide and drive will take you to Zhangmu and drive on the Friendship Highway G318 again. It will be 5 to 6 hours driving from Old Tingri to Zhangmu.

The altitude and atmosphere of Zhangmu is 2300 m. When you arrive at there, our tour guide will drop you off at the border bridge, You are kindly required to hike on your own to cross the border bridge which is 50ms long, then check in Nepal side, you can get the Nepal visa upon arrival with 30USD, please prepare one photo at passport size to get Nepal Visa. Next step, you need to find a car or bus towards Kathmandu, 50ms ahead from border bridge, dozens of car or bus are parking here to pick up

travelers;3000 Nepali Rupee for a taxi rental to Kathmandu(50USD) , 50 Nepali Rupee(Appro.1USD)

for a bus seat.End tour at Nepalese Border.

Meals included : Breakfast

Hotel:——

Services Included

1. Tibet Entry Permit and Alien's travel Permit

2. Transport

- Transfer between airport/train station and Lhasa city

- Lhasa City transportation, Tourist Vehicle according to Group size

-Lhasa-Gyantse-Shigatse-EBC-Zhangmu, Tourist Vehicle according to spring/summer/autumn,

3. Admission fee of all tourist sites in itinerary

4. Environment friendly local bus between Rongpuk and EBC

5. Professional Tibetan English speaking tour guide

6. Oxygen provided while travelling to EBC

7. Hot water bottle and sleeping bag provided in winter while travelling to EBC

8. Travel Agency Service Charge

9. Tourist Accident/Casualty Insurance;

10.Accommodation

- Economy Hotel sharing twin room with breakfast buffet in Lhasa and Shigatse;

Hotel in Lhasa:Lhasa YAK Hotel (**or other similar Hotel**)

TEL : 0891-6300009

Address : No.100 Beijing East Road, Chengguan District, Lhasa

Hotel in Shigatse: Tsangba Hotel (**or other similar Hotel**)

TEL: 0892-8669888 FAX:0892-8667888

Address:Shigatse,RenbuRoad ,No.9

- Tent or Guest House at Rongpuk
- 2-star facility accommodation sharing twin room with Chinese style breakfast in Old Tingri

Hotel in Old Tingri: Snow leopard Hotel (**or other similar Hotel**)

TEL:0892 - 8262268

11. One welcome Dinner in Lhasa

Services Excluded

1. Lunches and Dinners
2. Tips to driver and tour guide, Tip as you wish
3. Breakfast at Rongpuk
4. Other personal expense

Optional Service: Our company provide Kodari(Nepal border) to Kathmandu private transfer service at

180USD/car, if you need, please ask it from your travel advisor.

Fixed Departed Days in 2017

April: 3, 7, 17, 20

May: 11, 15, 23

June:

July:

August:

September: 23

October:

November:

December:

Price per person in USD

	Nov 16-Mar 31	Apr 1-Jun 25	Jun 26-Aug 25	Aug 26-Oct 15	Oct 16-Nov 15
Twin/Triple Share		984		1029	
Single Supplement		179		186	

The hotel inclusive in this quotation is Lhasa Yak Hotel 3 star or Gorkha Hotel 3 star. You can upgrade to local 4 star at extra cost of USD60 per person. (Lhasa Gnagjian Hotel 4 *)

Important notice

- A minimum of 2 adults per booking is required
- Adult price is based on twin / triple share of a hotel room
- Child price is based on child without extra bed
- If you need one adult in one room, additional single supplement will be informed and charged
- If you need extra bed for child, additional cost will be informed and charged
- Please notice the hotel allows only maximum of 3 persons to stay overnight in one room
- Economic class hotel: Lhasa Yak Hotel / Tibet Gorkha Hotel / Mandala Hotel, Shigatse Zangba Hotel / Manasarover Hotel; Comfortable class hotel: Lhasa Gnagjian Hotel, Shigatse Tashichota Hotel, Shigatse Hotel
- Please be prepare the hotel facilities and service standard in Tibet will not be as good as cities in inland China. A 4-star hotel in Tibet equals maybe the standard of a 3-star hotel in Beijing. At Rongphu Monastery Kent, hot water is only available for limited hours.

- For shuttle bus between airport and hotel, each passenger (except an infant) can check-in a maximum of 2 pieces of baggage, total dimensions per bag shall not exceed 158 cm (62") . Over sized and excess baggage are subjected to the availability of storage space on coach, and surcharge will be charged.
- If you do not want to wait for our airport shuttle bus, the taxi fare will be paid by yourself.

Travel from a Chinese city to Lhasa

- If you travel from a Chinese city to Lhasa, all foreign travelers need a Tibet Travel Permit (TTP) in addition to a Chinese visa. TTP is inclusive in our package, the local operator in Lhasa will apply for you. China visa application is not included.
- Please first obtain a Chinese visa from a Chinese Embassy on your own and then book this package at least 20 days prior of your arrival day in Tibet. If the Chinese Embassy requests an invitation letter for Chinese Visa, Our local tour operator can prepare one and send it to you.
- Our local tour operator will apply for a TTP for you (minimum 15 days lead time) and send it to one of their offices for you to collect. Office locations include Beijing, Shanghai, Xian, Guilin, Chengdu, Kunming, Guangzhou, Shenzhen, Hong Kong, Zhuhai, Changsha, Nanning and Macau.
- To apply for the TTP, please provide traveler's name (as appears on passport), nationality, age, sex, occupation, and passport number as well as photocopies of your passport and Chinese visa.
- The following travelers can not get a TTP issued by Tibet Tourism Bureau: diplomats, journalists, professional media photographers, and government officials. These travelers need to apply directly to the Foreign Affairs Office at Lhasa City Hall: your local tour operator is unable to help.

My travel day is not in the list

- If your travel date is not on our fixed depart list, please choose a random departure date we already have, state your ideal travel date and submit. Our local operator in Lhasa will check the availability and come back to you with a proposal: OK to form a new group, or 100% refund will be issued

Click here to Submit Enquiry

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