



**Himalayan Glory  
Travels and Tours**  
"Holiday Planner in Himalayas"

# Himalayan Glory Travels and Tours

## Tibet Lhasa Tour

### Trip Overview

#### **Ride along the world's highest highway to the Roof of the World, Lhasa**

The Overland tour to Lhasa Tibet begins from Kathmandu. Organized for individual travelers and the private groups addressing the budget and preference, the tour prioritizes simple and quality services. En route to Lhasa, we will pass through a few of Tibet's most significant natural and cultural landmarks. Lalung-La pass, a high pass (5200m) offers you best view of Mt. Shishapangma and more trans Himalaya range. At Tingri, travelers get a glimpse of northern side of Mt. Everest. Shigatse, Tibet's second largest city and home to the throne of Panchen Lama, Gyantse, The ancient trading hub of Tibet, where the East and West converged in a bustling ancient metropolis. Kamba-La glacier, Yam Druk Tso (Lake), the largest fresh water lake in Tibet, named Turquoise Lake for its crystalline waters and heartbreakingly beautiful highlights of the road journey along the Friendship Highway.

The tour also incorporates a two-day cultural excursion in Lhasa. During these two days, the group will visit the Potala Palace (the residence of Dalai Lama), the Norbulinkha Palace (the summer residence of Dalai Lama), Jokhang temple and Barkhor Square, Sera Monastery and Drepung Monastery. Finally, you will be escorted to the Gonggar Airport for your exit out from Lhasa (either to Kathmandu OR to any other city of mainland China). Alternatively, it is possible to ride the world famous train over the Roof of the World. From Lhasa, the train reaches Chengdu, Beijing, Shanghai, Xian, Xining etc.

All Tibet Travelers with unique or specialized agendas can easily participate in this tour due to the flexibility of arrival and departure locations. It is possible to head to mainland China after finishing the tour in Lhasa, fly back to Kathmandu or any other destination in the world! We make one group permit for all traveler, but different group visas, so once the individual finishes the tour in Lhasa, they can simply separate with others and travel freely as they desire.

### Trip Highlights

#### **Day 1: Day 1: Drive, Kathmandu to Nyalam (3750 m.): about 6 to 7o hours**

Early morning drive, from Kathmandu to Nepal-Tibet border (Kodari) by private vehicle. After finishing immigration formalities both Nepal & China side, the group will continue up the steep, winding road to Nyalam. Overnight at Nyalam local Guesthouse or similar (dormitory room with common toilet) On B/B plan.

#### **Day 2: Day 2: Drive, Nyalam to Lhatse (3950 m.): about 6 to 7 hours drive**

After breakfast, the group will commence the journey to Lhatse. After passing the Nyalam (after 10

km), the convoy will stop for approximately 15 minutes to visit Milareppa cave(Cave Monastery, where it is said that the famous Tibetan poet and Yogi learned to fly after years of meditation in solitude. After visiting the Cave Monastery, the journey to Lalung-La Pass (also called Nyalam Thong-La: 5200m). A stop on this pass to allow the group to observe the rugged beauty of the Himalayas. Shisapangma, the highest mountain in Tibet, is also visible from the pass. Its mass and majesty inspires the traveler with a sense of humility and awe, which is only to be matched by the glistening waters of Yamdruk Tso. Passes through Lao Tingri, where we will have a lunch break and Mt. Everest and Mt. Cho-Oyu can be seen from there. After Lao Tingri, continue drive to Lhatse via Xegar (Tingri) and Gyajo-La Pass. Overnight at Farmer Guesthouse OR similar (dormitory room with common toilet) on B/B plan.

### **Day 3: Day 3: Drive, Lhatse to Shigatse (3900 m.): about 4 to 5 hours drive**

After breakfast, the drive journey to Shigatse. Today, you will drive through only one high pass, which follows from Lhatse. Shigatse is the second largest city of Tibet, and is home to the famous Tashilungpo Monastery and throne of the Panchen Lama. Overnight at Hotel Qomolangma Friendship OR similar (twin sharing room with attached bath) on B/B plan.

### **Day 4: Day 4: Drive, Shigatse to Gyantse (3950 m.): about 3 hours drive**

After visiting Tashilhunpo Monastery in the morning, a short drive to Gyantse, which is known for its cultural significance – Palkhor Monastery, Khumbum Stupa, and Gyantse Dzong. Gyantse was once the ancient trading hub of Tibet. You will visit monuments in Gyantse in the afternoon, and will enjoy free time for personal activities in the evening. Overnight at Hotel Utse OR similar (twin sharing room with attached bath) on B/B plan.

### **Day 5: Day 5: Drive, Gyantse to Lhasa (3650 m.) via Yamdruk Lake: about 6 to 7 hours drive**

Morning after breakfast, Your journey to the capital city of Tibet. The highlight of this day is the beautiful turquoise lake (Yamdruk Tso, the largest fresh water Lake in Tibet) and Karo-La Pass (Glacier Pass). After crossing Kamba-La and the Yarlung River (River Brahmaputra), the journey ends in Lhasa. Overnight at Hotel Flora OR similar (twin sharing room with attached bath) on B/B plan.

### **Day 6: Day 6: A full day Lhasa sightseeing tour**

You will visit Jokhang temple, Barkhor Square and Potala Palace (the residence of Dalai Lama). Overnight at Hotel Flora OR similar (twin sharing room with attached bath)on B/B plan.

### **Day 7: Day 7: Another full day in Lhasa for Sightseeing tour**

Today visit Drepung Monastery and Sera Monastery. Drepung Monastery is situated on the Western part of Lhasa city. The Monastery was built on 1416, and has served as the spiritual and political center of Tibet. During the reign of 5th Dalai Lama, the Monastery was occupied by over 10,000 Monks. Sera Monastery was founded in 1419 and is considered the most influential monastery in Tibetan history, as each Dalai Lama received his education and training from the ancient institution. The monastery is situated on the northern corner of Lhasa city, and is characterized by its extensive collection of deity statutes and sprawling galleries. Overnight at Hotel Flora OR similar (twin sharing room with attached bath) on B/B plan.

### **Day 8: Day 8: Departure from Lhasa**

You can fly out from Lhasa to Kathmandu or any other major city in China (and beyond).

Alternatively you can also make a memorable train journey from Lhasa to mainland China.

## **Cost Include**

- As per itinerary accommodation hotel in Kathmandu with bed and Breakfast on star hotels.
- Tibet Travel permit, Tibetan Guide, All Monastery and Kailash entry Fees and Tibet Visa.
- English/German speaking guide from Nepal and English Speaking guide in Tibet.
- Airport -Hotel - Airport transfer in Kathmandu.
- Fare well dinner and welcome dinner in typical Nepali restaurant.
- Sightseeing as per itinerary in Kathmandu including all entrance fees with guide

## **Cost Exclude**

- Personal expenses for Nepal-Tibet
- Personal Travel insurance and Rescue Evacuation on the tour.
- All expenses of personal nature
- Bar bills and Beverage
- Tips for staff
- Photography charges
- Extra cost incurred in case of Landslide or natural problem.
- Lunch and dinner in Kathmandu as per itinerary
- Nepal visa and Re-Entry Nepal visa. (If you have American Passport We need Extra Visa Cost that Cost 195US\$ per person)
- International Phone calls and media.
- Personal clothes & equipment for trekking tour

## **Route Map**

## **Joint Group Cost:**

US\$1700