



# TibetanGuide

M I M A D H O N D U P

## FRIENDSHIP WAY: LHASA-KATHMANDU OVERLAND – 8 days / 7 nights Group Tour –

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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]

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Welcome to Lhasa! Your English-speaking Tibetan guide and driver will warmly welcome 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 acclimate. Rest assured, we will provide all the necessary support to ensure your well-being. Remember to drink plenty of water and take a good rest to minimise any altitude sickness symptoms. Get ready to embark on a once-in-a-lifetime adventure! *Overnight in Lhasa.*

#### Day 2: Lhasa sightseeing

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At the assigned 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 of the entire city and is home to the private quarters of the Dalai Lama, numerous grand state rooms, and chapels. Afterward, we'll visit the revered Jokhang Temple, founded in the 7th century by Songtsen Gampo, which is considered the most sacred monastery in Tibet. Immerse yourself in the rich cultural heritage of this magical land: take a stroll through the vibrant Barkhor old quarter and follow pilgrims from all over 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 around a sacred site, such as a temple, stupa or mountain, as a way of showing devotion and accumulating merit. The practice involves walking clockwise around the site, often while reciting mantras, prayers or other sacred texts. It is also believed to bring good fortune and blessings to those who undertake it. *Overnight in Lhasa.*

#### Day 3: Lhasa sightseeing

[B, –, –]

Today we'll visit Drepung and Sera monasteries. After breakfast, we'll venture to the outskirts of Lhasa to witness the grandeur of the Drepung Monastery, the largest in Tibet, which once housed 7000 monks. Along with the monasteries of Ganden and Sera, Drepung is one of the three great centers of Tibetan Buddhist education in the Gelugpa school, also known as the Yellow Hat Sect. Founded in the 15th century, it was the former residence of the Dalai Lama before the construction of the majestic Potala Palace. In the afternoon, you'll be mesmerised by the famous debates of the Sera Monastery, where the monks engage with vibrant energy in intellectual discourse and challenge each other's understanding of Buddhist philosophy. It's a truly awe-inspiring experience not to be missed! *Overnight in Lhasa.*

# Friendship Way

## 8 days Group Tour



### Day 4: Lhasa – Shigatse [354Km, 3840m]

[B, -, -]

Let the adventure begin! We'll hit the road and head West to reach Shigatse, the second largest city in Tibet, before dinner time. We'll start ascending the Kampa-la Pass [4797m], where you'll witness the stunning Mt. Noijin Kangsang [7206m] and the breathtaking turquoise waters of holy lake Yamdrok-Tso. An unreal sight that will leave you spellbound all along the way to the Karo-la Pass [5050m], where you'll marvel at the glacier that majestically hugs the roadside. The last stop will be the charming Gyantse town, home to the Kumbum Stupa inside 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. *Overnight in Shigatse.*

### Day 5: Shigatse – Sakya [145Km, 4320m]

[B, -, -]

As early as possible, we'll be visiting the Tashilhunpo Monastery, built in the 15th century by the first Dalai Lama and currently the seat of the Panchen Lama. Back to the Friendship Highway, we'll take you to 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 architecture, this monastery stands out from any other you've seen before. The lucky ones may get to 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. Important: In case there is any local restriction the day you arrive to Lhasa, we will continue our journey and stay overnight in Lhasa (55Km).*

### Day 6: Sakya – Rongbuk (Mt. Everest) [230Km, 5000m]

[B, -, -]

Another thrilling day! We'll reach one of the major highlights of our trip, near Mt. Everest North Base Camp [5200m]. The journey to Rongbuk involves crossing the high passes of Dong-la [4800m] and Gawu-la [5150m]. Dong-la The Dong-la Pass gives 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 like Makalu, Lhotse, Cho Oyu, and Mount Everest. The Rongbuk Monastery is located at the foot of the Everest, and the highest monastery in the world. You'll spend the night at the tourist camp site located a few Kilometres from the real EBC used by climbing expeditions, where you'll have direct views of Mt. Everest (Qomolangma). Since 2018 tourists are not allowed to visit the EBC due to environmental protection and now there is a eco-bus shuttle to access Rongbuk. *Overnight at simple guesthouse tent (dorm bed without bathroom). Upgrade to private room available (contact us for further details before booking).*

### Day 7: Rongbuk – Kyirong [400Km, 2800m]

[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 the Everest peak on the horizon [8848m]. Following breakfast, we visit Rongbuk Monastery, offering a final gaze at Mt. Everest's North Face. Our journey then takes us northwest, traversing high passes that reveal enchanting panoramas of the surrounding Himalayan peaks, including Cho You and Shishapangma, and the pristine Peikutso lake; where we turn South towards the jagged summits of the Langtang Himal. Climate and landscape suddenly change to milder, humid and greener while descending in altitude out of the Roof of the World. Due to the closure of the border crossing on the Friendship Bridge at Zhangmu / Kodari after 2015 Nepal Earthquake, a new border crossing for tourists has been opened at Kyirong connecting Nepal's Langtang Region with Tibet. *Overnight in Kyirong.*

### Day 8: Tibet departure: Kyirong – Nepal Border [20Km] – Optional Kathmandu transfer [170Km]

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After breakfast, your guide and driver meet you at the hotel to transfer you to the Nepal Border and assist you during the China Customs Clearance formalities. If you entered Tibet from Nepal, remember to keep one photocopy of your Tibet Group VISA when leaving Tibet. We can provide private transportation and guiding services in Nepal (not included). *End of our services.*

### Recommended extension: Group transfer to Kathmandu + Hotel [170Km, extreme road condition]

Once on the Nepalese side, our new Nepali driver will pick us up and transfer us by 4x4 to our hotel in Kathmandu. You can apply for your visa on the spot: 30/50/125 USD for a 15/30/90 day visa (more information on the Nepal Immigration website, online application receipt required). *Overnight in Kathmandu.*

# Friendship Way

## 8 days 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 / Nepal extension available:** take 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). Consider exploring the Langtang Valley & Tserko Ri Trek in Nepal just after departing Tibet. Please, contact us for further information about any available extension of your trip.

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**PRICE :** **Contact us for the latest available rates.** Discounted price from November to February.  
– Single room occupancy available at additional cost (hotels only).

**TOUR :** Max. 12 people. Lhasa visits order might change depending on your travelling dates.

**Day 01** Lhasa arrival [3650m].

**Day 02** Lhasa sightseeing: Potala Palace & Jokhang Temple.

**Day 03** Lhasa sightseeing: Drepung & Sera monasteries.

**Day 04** Lhasa – Shigatse [354Km, 3840m]: Yamdrok-tso lake, Karo-la glacier, Pelkor Chode Monastery.

**Day 05** Shigatse – Sakya [145Km, 4320m]: Tashilhunpo & Sakya monasteries.

**Day 06** Sakya – Everest North Face at Rongbuk [230Km, 5000m]: Qomolangma National Park, Eco-bus service to Rongbuk Monastery.

**Day 07** Rongbuk – Kyirong [400Km, 2800m]: Cho Oyu, Shishapangma & Peiku-tso lake views.

**Day 08** Tibet departure: Kyirong – Nepal Border [20Km] – *Optional transfer to Kathmandu [170Km]*

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### ACCOMMODATION:

Lhasa: Shambhala Palace Heritage Hotel, a Tibetan style boutique hotel in the Barkhor Old Quarter.

Shigatse: Shiga Yangcha Grand Hotel or similar.

Sakya: Yuan Mansion Hotel 3\* or similar.

Rongbuk (Everest): Mt. Everest Tourist Camp Dormitory Tent or Rongbuk Monastery Guesthouse (upgrade subject to availability).

Kyirong: Phuntsok Khamsang Hotel or similar.

### INCLUDED :

All necessary travel permits in Tibet.

Experienced Tibetan guide in Tibet (English language).

Transportation in Tibet (Airport / train station group pick up & drop off – anytime, no extra fees).

Accommodation on a double shared room basis with breakfast described in the itinerary above.

At Mt. Everest Tourist Camp Dormitory Tent, dormitory-style accommodation with breakfast (no bathroom). Rongbuk Monastery Guesthouse rooms are included from November to February (with bathroom but no shower; hot water and heating).

All entrance fees to temples, monasteries and palaces as described in your itinerary.

All environmental fees to lakes, glaciers and National Parks.

Driver and guide's food and accommodation.

Vehicle fuel, tools and vehicle repairs (if necessary).

Oxygen tank for emergency & bottled mineral water available in the group vehicle (fair use, 2 bottles/day).

Welcome dinner.

### NOT INCLUDED :

China / Nepal VISA

Plane or train tickets in / out of Tibet.

Transportation & accommodation in Nepal (optional)

Meals, drinks and any other personal expenses.

Extra expenses incurred due to unexpected natural events (delays, road washouts, snowfall...)

Tips to guide and driver, but this totally depends on you.

Anything not specified in the "included" section.

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