

Overview

From the sacred peaks of Tibet to lush green Nepalese valleys, explore the best of the Himalaya on this 2-week tour. Discover mighty temples and small outposts on a journey that offers incredible vistas at every turn of the trail. Our expert team will take the hassle out of planning and help you find the secluded spots only the locals know—and leave you with time to explore. In the thin mountain air of Rombuk, the highest monastery in the world, you'll enjoy unparalleled views of Mt Everest. So make sure your camera is charged—you're going to need it.

Itinerary Details

Day 01 : Kathmandu

Welcomed at the airport and transfer to hotel. Free day at leisure. Welcome dinner with cultural performance. Accommodation in a deluxe 3 star hotel.

Day 02 : Kathmandu

While applying your Chinese visa, you will explore the ancient medieval arts and architecture of Kathmandu . Visit Monkey temple, Bodhanath-the biggest Buddhist stupa and medieval principality of Bhaktapur as known as the city of devotees. Free afternoon for you to prepare for the trip. Overnight hotel.

Day 03 : Flight To Gonkar Airport Of Lhasa And Transfer To Hotel. (B)

Our representatives greet your arrival at the airport and it is a short drive to the holy Lhasa city along the Lhasa river within a valley enclosed by barren mountains, far before reaching to the city you will have the first glimpse of tremendous Potala Palace appearing out from the rest of the city by perching on the red hill. Then check in the hotel which is located in the old part of the town and which is also known as Tibetan area that centered by mystical Jokhang temple and the bustling Bakhor street.

Day 04 : At Lhasa (B)

Full day sightseeing of Lhasa, visiting Potala Palace-probably the principal target of most of the visitors, Sera Monastery-the last of the three Yellow Sect monasteries to be built in Lhasa and the tour concludes in Norbulinka- the summer palace of the Dalai Lama. Accommodation in the middle range Dhud Gu or Kyichu or Gorkha Hotel

Day 05 : At Lhasa (B)

Today, you will visit Drepung Monastery-the largest, richest and the most powerful of the three major Yellow Sect monasteries of Tibet, the ancient Jorkhang Temple in the old

Tibetan quarter of Lhasa and the Barkhor Street that forms the pilgrim circuit around the Jorkhang Temple. Accommodation in the middle range Dhud Gu or Kyichu or Gorkha Hotel

Day 06 : Lhasa-Gyantse (13467ft, 176miles, 6 Hrs). (B)

Estimated Travel Time:6-7 hours Approximate Distance: 267 km The drive to Gyantse is a spectacular one, crossing three passes over 5000 meters and skirting the shores of the beautiful turquoise lake, Yamdrok Tso. Once of major importance as a wool trading centre on the routes between India, Sikkim, Bhutan, Tibet and China, Gyantse retain the feel of old Tibet. The imposing hill fortress, Gyantse Dzong, dominates views of the town. It is also the site of Pelkor Chode Monastery, founded in 1418 and the unique Gyantse Kumbum (meaning 100,000 images), which forms a 3-dimensional mandala containing a seemingly endless series of tiny chapels full of Buddhist images – Buddhas, demons, protectors and saints.

Day 07 : Gyantse-Shigatse (12,785ft, 57miles, 2 Hrs) (B)

Estimated Travel Time: 2 hours Approximate Distance: 94 km It is a short drive to Shigatse, Tibet's second-largest town, and the seat of the Panchen Lama who ranks second in importance to the Dalai Lama. The huge complex of Tashilhunpo is visited daily by hundreds of devotees, armed with yak butter to feed the lamps, who prostrate themselves around the stupas or walk up to the chapel that houses the 26m-high, gold-plated statue of the future Buddha Shigatse bazaar also buzzes with life. Stalls, selling everything from slabs of yak butter to yak wool, prayer wheels and rosaries, line the streets and Tibetans vie with each other to win a sale. Be tempted by the antiques, jewelry and fur hats with elaborate gold brocade designs or perhaps visit the carpet factory where hand-woven carpets are made to traditional designs. Then perhaps join the pilgrims on their evening kora (circumambulation) around the perimeter of the monastery.

Day 08 : Shigatse-Shegar (4050m/13500ft, 182km/121miles, 5 Hrs) (B)

Drive to Shegar, also known as New Tingri. The journey involves crossing of two high passes Tropu La (16,236 ft) and Gyatso La (17,122 ft). Check in hotel and take rest for a while. Later visit the ruins of historic Shegar Dzong, once the capital of Tingri region. If time permits, visit Shegar Chode Monastery, which is a small Gelugpa institution.

Day 09 : Xegar- Dza Rongbuk Monastery(4980m/16,600ft)-Everest Base Camp

Estimated Travel Time: 9 hours Approximate Distance: 296 km An exhilarating drive brings us to Rombuk - 5000m and a mere 7km below Everest Base Camp. The view from here is utterly spectacular! Rombuk is certainly the highest monastery in the world and its guesthouse offers very basic accommodation, but the views that surround us more than compensate - lie in bed and watch the moonlight illuminate the mountain. The monastery here was first built in 1902 by the Nyingma Lama and originally housed more than 500

monks. Today, only about 50 monks and nuns remain, sharing the same prayer hall but with separate residences. The nuns here are great fun and will be delighted to have you join their evening prayers. The energetic can make the 7km hike to Base Camp for a closer view this magnificent mountain, for the rest – the bus is a go.

Day 10 : Driv To Lao Tingri

Estimated Travel Time: 4 hours Approximate Distance: 90 km The road down to Lao Tingri is a rough one – but spectacular views adequately compensate. Lao Tingri is a small, typical Tibetan town on the highway to Kathmandu – Qomolangma (Mt Everest) and Cho Oyo are still visible.

Day 11 : Drive To Zhangmu

Estimated Travel Time: 6 hours Approximate Distance: 208 km Called Dram in many guide books and maps, the border town of Zhangmu clings precariously to the cliff face, 10km above the bridge across the river which marks the physical China-Nepal border. The small town has become the major trading post between the two countries and is always packed with trucks transshipping their goods. The subtropical oceanic climate endows the small town with warm, humid weather and beautiful scenery throughout the year. The giant hills around Zhangmu are heavily wooded, with frozen 'icicles' during the winter and with beautiful waterfalls in summer.

Day 12 : Kathmandu

Estimated Travel Time: 4 hours Approximate Distance: 100km After completing Chinese immigration we drive down to the bridge where we say goodbye to our Tibetan guide and drivers. Completing Nepal immigration it is only 132kms to Kathmandu, but it can be a slow trip – the first section of the road is narrow and winding as it continues down the ravine and occasionally blocked by landslides. All being well we will be in Kathmandu early afternoon with time for shopping and sightseeing before a final dinner together. Visit The Sisterhood of Survivors Project, a grassroots organization that trains survivors of human-trafficking to become certified paralegals. We will be greeted by some of the beneficiaries of this program and learn about traditional Nepali food, learning how to make traditional Nepalese momos (dumplings) with some of the survivors, and then enjoying an authentic local lunch.

Day 13 : Depart Kathmandu

You may depart at any time today.