

Trip Name : Central Tibet Tour

Starting Point	Fly in KTM-Lhasa
Ending Point	Fly out Lhasa-KTM
Type	GuestHouse/Hotel
Grade	Easy
Duration	5 Days
Best Time	March through October
Max. Elevation	3600 mt.

Trip Details:

The one-hour long Trans-Himalayan flight between Kathmandu and Lhasa of Tibet is one of the most scenic flights in the world that offers the breathtaking close-up views of the highest Mount Everest (8,848m/29,028ft), Cho Oyu (8,201m/26,907ft), Makalu (8,463m/27,767ft), Shishapangma (8,012m/26,287ft) and other great mountains. Lhasa is the capital city of the Tibet Autonomous Region of People's Republic of China situated at an altitude of 3600 meters (11,811ft). In Lhasa, there are plenty of scenic spots and historical attractions such as the Potala Palace of the Dalai Lama with thirteen storey and 1000 rooms, Norbulinka, the summer palace of the Dalai Lama, Drepung Monastery, Sera Monastery and Jokhang Temple-the holiest shrine of Tibet. King Songtsen Gampo was the first Tibetan ruler to establish a palace on this outcrop. The total height of the Potala is 117 meters. Sera means 'hailstone' in the Tibetan language. Sera Monastery together with Ganden Monastery and Drepung Monastery in Lhasa are known as the 'three Great Monasteries of Tibet'. The Drepung Monastery is one of the three great Gelukpa Monasteries. Jokhang Temple formerly called the Trulnang Temple or temple of 'magical appearance' – erected by King Songtsen Gampo in the 7th century. The other highlight of this trip is the Nam Tso Lake (4,718m/15,479ft) which is located at 265km away from Lhasa and very much popular for its spectacular tidal views which are 70km long and 30km wide, the second largest salt water lake in the Tibetan Plateau.

Note:

- Only Private Tours are available.
- Tour is available on Budget/Standard/Deluxe category.
- Tour includes accommodation and breakfast only.
- Operation of Tibet Tours are subjected by the Chinese authority.

Season for Tibet Travel:

Tibet travel is ideally good for the period of March through October. The best times considered to visit are spring, early summer and late autumn. Because of Tibet's high altitude, it is wiser to get prepared before starting the journey. Due to the large temperature differences during the day, warm clothes should be taken to keep away the cold. Since the land also receives a great deal of sunshine; sunglasses, sunscreen and a sun hat are indispensable items that are required while travelling in Tibet.

Cost Includes:

- Tibet Travel Permit
- Chinese visa fee (Normal)
- Economy class air tickets for Kathmandu-Lhasa-Kathmandu
- Accommodation on a twin share basis as per in the itinerary on BB plan
- An English speaking Tibetan Guide
- Sightseeing as per mentioned in the itinerary

- All necessary Hotel/Airport/Hotel transfers
- Monasteries' entrance fees

Cost Excludes:

- Hotel and meals in Kathmandu
- Nepal visa fee
- Urgent and additional Visa fee to the US citizens
- Lunch, Dinner, Alcoholic beverages & Bar bills
- All expenses of personal nature, phone calls, laundry etc.
- Charge of photography
- Tips to the staff
- Rescue, Evacuation and Cost of Insurance

Add-Ons:

Kathmandu City Tour

Activity: Cultural tour to the World Heritage Sites.

Major sites: Swoyambhunath, Boudhanath, Pashupatinath, Kathmandu/Patan/Bhaktapur Durbar Square and Changunarayan Temple.

Duration: Full/Half day.

Frequency: Tour can be organized in any day and at your suitable time.

Cost: US\$ 50 per person. Group discounts available.

Ground transfer: Included by a private vehicle as per group size (Car/Van/Bus).

Guide: English Speaking City Tour Guide included. Additional language Guides are also available on demand.

Meals: Not included.

Entrance fee: Applicable and not included.

Mt. Everest Flight

Activity: Mount Everest sightseeing flight.

Duration: One hour.

Frequency: Everyday in the morning between 6am to 9am.

Cost: US\$ 224 per person. Group discounts available.

Ground transfer: Included by a private vehicle. Two persons minimum needed.

Airport tax: Included.

Airline: Buddha Air, Simrik Airlines and Yeti Airlines.

Jungle Safari in Chitwan National Park

Activities: Jungle safari on elephant-back, jungle walk, canoe ride, jeep drive, experience of Tharu culture.

Accommodation: Resorts, Hotels and Lodges.

Transportation: Private Car included (Kathmandu/Pokhara-Kathmandu).

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 225 per person.

Jungle Safari in Bardia National Park

Activities: Jungle safari on elephant-back, jungle walk, boat ride, jeep drive.

Accommodation: Jungle lodges.

Transportation: Not included.

Meals: Included.

Duration: 4 days and 3 nights.

Cost: Starts from US\$ 475 per person.

Bird Watching in Koshi Tappu Wildlife Reserve

Activities: Bird watching, boat ride and wildlife viewing on jeep drive.

Accommodation: Resorts, Tented camps.

Transportation: Not included.

Meals: Included.

Duration: 3 days and 2 nights.

Cost: Starts from US\$ 480 per person.

Rafting in Nepal

Trishuli River: 2/3 Class –1 Day – 17 Kilometers – Cost starts from US\$ 30 per person.

Seti River: 3 Class – 2 Days – 32 Kilometers – Cost starts from US\$ 80 per person.

KaliGandaki River: 4 Class – 3 Days – 56 Kilometers – Cost starts from US\$ 140 per person.

BhoteKoshi River: 4/5 Class – 2 Days – 18 Kilometers – Cost starts from US\$ 85 per person.

- **Cost includes:** Top quality Rafting equipment, Highly trained Crew, Well organized camping, Hygienic food.

- **Transportation:** Bus transportation included and depends.

Bungy Jumping / Canyoning / Paragliding / Ultralight Flight

We can check and deliver information and cost as per your interest received for Bungy Jumping, Canyoning, Paragliding and Ultralight Flight. Bungy and Canyoning can also be customized together.

Shopping Tours

Package available on demand.

Shopping items: Pashmina items, Paubha/Thangka, Woolen Carpets, Root Art, Ceramics, Shaligram (Holy Rocks), Masks of deities, Khukuri, Tea, Spices, Garments and Knitwear, Musical Instruments and Music, Glass Ornaments, Jewelry and Gems, Metal Wares, Sculptures, Wood Carvings, Rudraksha (Rosary), Incense, Natural Buttons, Fiber Products, Wood Game Boards, Fancy Hats, Bamboo Crafts, Bags and Accessories, Leather Articles, Lokta Paper and items made by Lokta, Nepali Dolls, Home Decors, Books and Maps and innumerable other unique items which are found nowhere else.

Trip Itinerary:

Day 01 : Fly Kathmandu to Lhasa (3,600m/11,811ft).

Take a Trans-Himalayan flight from Kathmandu to Gonggar Airport in Lhasa. Reception will be given by our Tibetan Guide and transfer to the Hotel in Lhasa City. Stay overnight (O/N) at Hotel (BB-Bed and Breakfast).

Day 02 : Sightseeing in Lhasa.

Guided sightseeing tour of Sera Monastery, Jokhang Temple and Barkhor Market. Stay O/N at Hotel (BB).

Day 03 : Sightseeing in Lhasa.

Guided sightseeing tour of Potala Palace & Drepung Monastery. Stay O/N at Hotel (BB).

Day 04 : Lhasa to Nam Tso Lake (4,718m/15,479ft).

Drive 265 kilometers from Lhasa to Nam Tso Lake. Stay O/N at Guest House (BB).

Day 05 : Fly Lhasa to Kathmandu.

Transfer back to Gonggar Airport for a flight to Kathmandu.

Option available for extending your trip with Jungle Safari adventure, white water rafting or a trip of your choice.