

Trip Name : Everest Base Camp And Kailash Trek

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| Starting Point | Fly in KTM-Lhasa |
| Ending Point | Drive out Lhasa-EBC-Kailash-KTM |
| Type | TeaHouse/Camping Trek |
| Grade | Hard |
| Duration | 22 Days |
| Best Time | April through September |
| Max. Elevation | 5630 mt. |

Trip Details:

The one-hour long Trans-Himalayan flight starts from Kathmandu across the great Himalayan range and arrives in Lhasa. This flight is considered as one of the most scenic flights in the world that offers the breathtaking view of the highest Mount Everest (8,848m/29,028ft). In Lhasa (3,600m/11,811ft), there are plenty of scenic spots and historical attractions such as the Potala Palace of the Dalai Lama, Norbulingka Palace, the holiest Jokhang Temple, Barkhor market, Sera and Drepung Monasteries. The tour starts crossing over the high passes of Karo La (5,010m/16,437ft), Kamba La (4,794m/15,729ft), colorful Yamdrok Tso Lake (4,425m/14,518ft) and Gyatchu La pass (5,220m/17,126ft). We drive to Rongbuk and visit Rongbuk Monastery, the highest monastery in the world. The next day, we make an excursion to the Everest Base Camp (5,150m/16,897ft)-8km, the tallest peak right in front as if communicating with us in a spiritual language and filling us with stunning views of its north face. After the visit to the Everest Base Camp, we continue our drive towards Mount Kailash. Mt. Kailash (6,714m/22,028ft) is considered to be the most sacred and holy mountain in the world. It is one of the famous pilgrimage sites for Hindus and Buddhists. Lake Manasarovar is also the abode of purity like Mount Kailash. Mount Kailash and Lake Manasarovar attract Hindus from all over the world for their religious value. Hindu pilgrims who trek around the 32 mile circumference of Mount Kailash use the term 'Parikrama' while the Tibetans refer to the clockwise circumambulation as 'Kora'. The circumference starts and finishes at Darchen (4,560m/14,961ft), a small settlement serving as the base camp to the holy mountain. The highest point en-route and around Mount Kailash is Drolma La Pass (5,630m/18,472ft). Our journey ends crossing the Friendship Bridge that spans the Bhote Koshi River and marks the Nepal-Tibet border. We then drive to Kathmandu-156km through the scenic countryside of Nepal.

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.

High Altitude Warning:

The days can be very sunny and bright. It can also snow, rain, hail and become very cold so that cloths are required for all conditions. The trekkers should eat as much as and as often as possible. Alcohol, cigarettes and sleeping pills all thin the blood and must be avoided while at altitude. If there is any symptom of altitude sickness seen, in fact, very little can be done except stop, descend and rest. The Tent at night shouldn't be zipped all the way down. Heat exhaustion can result from lack of air circulation. Our expedition crew will accompany the trek on the Mount Kailash section.

Experience Required:

Trekking in Tibet is more demanding than the vehicle tours. However, treks in Tibet are more suitable for

passionate trekkers who have courage to walk at least 6-7 hours each day. You might even need to walk 7 to 8 hours or more on some days. But, if you have passions, good health with average physical fitness and self confidence, trekking in Tibet can be completed successfully. Regular exercising and jogging for some weeks prior to the trip is a good idea to enhance your strength and stability. If you have any previous hiking experience, that would be an asset. It is important that you consult with your doctor before making decision for this trek if you have any medical problems in the history. Participants with pre-existing medical conditions such as heart, lungs or any other serious disease should inform Trekking Encounters before booking this trip.

Note:

- Only Private Tours are available.
- Tour is available on Budget/Standard/Deluxe category.
- Tour includes Full Board meals and accommodations at Camps and Guest-Houses towards Mt. Kailash section and accommodation and breakfast only for the rest part.
- Operation of Tibet Tours is subjected by the Chinese authority.

Cost Includes:

- Tibet Travel Permit
- Chinese visa fee (Normal)
- Rongbuk entrance & Everest Conservation fee
- Rongbuk-EBC-Rongbuk transfers by horse cart
- Mt. Kailash circuit fee
- Economy class air ticket for Kathmandu to Lhasa
- All accommodations on a twin share basis at Hotel/Guest House/Camps (Tents)
- All Camps with Full Board (3 Vegetarian Meals) basis as per mentioned in the itinerary at our own kitchen in Mt. Kailash en-route and breakfast only in cities at Hotels and Guest Houses
- 4WD Jeep transfer from Lhasa to Kodari border via EBC and Mt. Kailash/Manasarovar and comfortable Jeep/Mini-Coach in Nepal
- Kitchen crew including an experienced Cook
- One Support Truck for carrying Sherpas, food and camping equipment
- Yak porters for 3 days
- An English speaking Tibetan Guide
- Sightseeing as per mentioned in the itinerary
- All necessary Hotel/Airport/Hotel transfers
- Food and camping equipment such as Sleeping Tents, Mattresses, Toilet Tent, Kitchen Tent etc.
- Monasteries' entrance fees
- One portable oxygen cylinder to each for emergency (800ml)

Cost Excludes:

- Hotel and meals in Kathmandu
- Nepal visa fee
- Urgent and additional visa fee to the US citizens
- Personal warm gears like sleeping bag and jacket, Sun hat, Sun glasses, Sun cream etc.
- Lunch and Dinner in Hotels and Guest Houses
- Alcoholic beverages & bar bills
- All expenses of personal nature, phone calls, laundry etc.
- Charge of photography
- Tips to the staff
- Additional porter cost due to landslides, other natural calamities and while crossing Friendship Bridge
- Rescue, Evacuation and Cost of Insurance
- Additional portable oxygen cylinder

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 Potala Palace, Jokhang Temple and Barkhor Market. Stay O/N at Hotel (BB).

Day 03 : Sightseeing in Lhasa.

Guided sightseeing tour of Sera & Drepung Monasteries. Stay O/N at Hotel (BB).

Day 04 : Drive Lhasa to Gyantse (3,950m/12,959ft).

Drive to Gyantse, 7-8 hours, 259km crossing over picturesque Karo La pass (5,010m/16,437ft), Kamba La pass (4,794m/15,729ft) and colorful Yamdrok Tso Lake (4,425m/14,518ft). Stay O/N at Hotel (BB).

Day 05 : Drive Gyantse to Shigatse (3,900m/12,795ft).

In the morning, guided sightseeing tour to Kumbum Stupa and Phalkor Monastery at Gyantse. Drive to

Shigatse, 2 hours, 90km through the typical Tibetan countryside. Stay O/N at Hotel (BB).

Day 06 : Drive Shigatse to Tingri (4,100m/13,452ft).

In the morning, visit Panchen Lama's Tashilhunpo Monastery at Shigatse. Drive to Tingri, 270km crossing over Gyatchu La pass (5,220m/17,126ft). You can see Mt. Everest (8,848m/29,028ft) towards the south right from the roadside of Tingri. Stay O/N at Guest House (BB).

Day 07 : Drive Tingri to Rongbuk (4,800m/15,748ft).

Drive to Rongbuk, 110km through the scenic Tibetan countryside. Explore the Rongbuk Monastery (the highest monastery in the world). Stay O/N at Guest House (BB).

Day 08 : Rongbuk - Everest Base Camp (5,150m/16,897ft) - Rongbuk.

Excursion to Everest Base Camp, 8km, the highest peak right in front of you as if communicating with you in a spiritual language and filling you with the satisfaction that you have made it to the base camp of Mt. Everest (8,848m/29,028ft). Return trip to Rongbuk. Stay O/N at Guest House (BB).

Day 09 : Drive Rongbuk to Paiko Tso Lake (4,350m/14,272ft).

Drive to Paiko Tso Lake, 7-8 hrs. Stay O/N at Camp (Full Board).

Day 10 : Drive Paiko Tso Lake to Zhongba (4,700m/15,420ft).

Drive to Zhongba, 6-7 hrs. Stay O/N at Camp (Full Board).

Day 11 : Drive Zhongba to Mayum La pass (5,200m/17,061ft).

Drive to Mayum La pass, 6-7 hrs. Stay O/N at Camp (Full Board).

Day 12 : Drive Mayum La pass to Lake Manasarovar (4,550m/14,928ft).

Drive to Lake Manasarovar, 6-7 hrs. Stay O/N at Camp (Full Board).

Day 13 : Drive Lake Manasarovar to Darchen (4,560m/14,961ft).

Explore Lake Manasarovar. Drive to Darchen, 1hr. Stay O/N at Guest House/Camp (Full Board).

Day 14 : Trek Darchen to Diraphuk (4,890m/16,044ft).

Start trek (circumference to Mt. Kailash), 6-7 hrs. Stay O/N at Camp (Full Board) at Diraphuk.

Day 15 : Trek Diraphuk to Zutul Puk (4,790m/15,715ft) crossing over Drolma La Pass (5,630m/18,472ft).

Continue trek (circumference to Mt. Kailash) over Drolma La Pass (5,630m/18,472ft), 6-7 hrs. Stay O/N at Camp (Full Board) at Zutul Puk.

Day 16 : Trek Zutul Puk to Darchen.

Trek ends at Darchen, 6-7 hrs. Stay O/N at Camp (Full Board).

Day 17 : Drive Darchen to Tirthapuri (4,300m/14,108ft).

Drive to Tirthapuri, 3 hrs. Enjoy and relax at natural hot water spring. Stay O/N at Camp (Full Board).

Day 18 : Drive Tirthapuri to Nyogze (4,350m/14,272ft).

Drive to Nyogze, 6-7 hrs. Stay O/N at Camp (Full Board).

Day 19 : Drive Nyogze to Paryang (4,450m/14,600ft).

Drive to Paryang, 5-6 hrs. Stay O/N at Camp (Full Board).

Day 20 : Drive Paryang to Saga (4,400m/14,436ft).

Drive to Saga, 6-7 hrs. Stay O/N at Camp (Full Board).

Day 21 : Drive Saga to Upper Nyalam (3,750m/12,303ft).

Drive to Upper Nyalam, 7-8 hrs. Stay O/N at Guest House (BB).

Day 22 : Drive Upper Nyalam to Kathmandu.

Drive to Kathmandu (6-7 hrs), 156km. Completion of necessary border formalities is required at the Zhangmu and Kodari border. Driving involves the scenic countryside of Nepal.

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