

Trip Name : Tibet Everest Base Camp Tour

Starting Point	Fly in KTM-Lhasa
Ending Point	Drive out Lhasa-EBC-KTM
Type	GuestHouse/Hotel
Grade	Medium-Hard
Duration	10 Days
Best Time	March through October
Max. Elevation	5220 mt.

Trip Details:

The one-hour long Trans-Himalayan flight between Kathmandu and Lhasa is one of the memorable flights in the world that offers the breathtaking view of the world's highest Mount Everest (8,848m/29,028ft) and other great Himalayan range. The holy city Lhasa (3,600m/11,811ft) is the capital of Tibet. In Lhasa, 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 Monastery. Sera together with Ganden and Drepung Monastery in Lhasa are known as the 'three Great Monasteries of Tibet'. The tour starts crossing over the high passes of Karo La (5,010m/16,437ft), Kamba La (4,794m/15,729ft) and the colorful Yamdrok Tso Lake (4,425m/14,518ft). Then we cross the Gyatchu La pass (5,220m/17,126ft), the highest point on our journey with a visit to the Shakya Monastery. We drive to Ronbuk and visit Ronbuk 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 to Nyalam by crossing over the Lalung La pass (5,050m/16,569ft) from where the views of Mt. Cho Oyu (8,201m/26,907ft) and Mt. Xishapangma (8,012m/26,287ft) are truly magnificent. When necessary border formalities are completed, we cross 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.

Note:

- Only Private Tours are available.
- Tour is available on Budget/Standard/Deluxe category.
- This tour can be done vice-versa as well.
- Tour includes accommodation and breakfast only.
- Operation of Tibet Tours is 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)
- Rongbuk entrance & Everest Conservation fee

- Economy class air ticket for Kathmandu to Lhasa
- 4WD Jeep transfer from Lhasa to Kodari border via EBC and group transfer to Kathmandu by a private vehicle
- Rongbuk-EBC-Rongbuk transfers by horse cart
- 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
- 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
- Lunch, Dinner, 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 Gyatshu 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 Nyalam (3,700m/12,139ft).

Drive to Nyalam, 297km through the beautiful Tibetan landscape accompanied by the magnificent impression of the highest range of the Himalayas. Continue drive to Nyalam by crossing over the Lalung La pass (5,050m/16,569ft) from where one can enjoy the views of Mt. Cho Oyu (8,201m/26,907ft) and Mt.

Xishapangma (8,012m/26,287ft). Stay O/N at Guest House (BB).

Day 10 : Drive Nyalam to Kathmandu.

Drive to Kathmandu, 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.