

Trip Name : Tibet Overland Tour

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|----------------|-----------------------|
| Starting Point | Drive in KTM-Lhasa    |
| Ending Point   | Fly out Lhasa-KTM     |
| Type           | GuestHouse/Hotel      |
| Grade          | Medium-Hard           |
| Duration       | 8 Days                |
| Best Time      | March through October |
| Max. Elevation | 5220 mt.              |

### Trip Details:

Tibet Overland Tour is an adventure travel in the highest plateau of the world, a land so rich in culture, tradition and has been a mysterious and timeless landscape, cut off from the rest of the world by the mighty Himalayas, aptly called the Roof of the World. The first part of the tour offers fascinating views of the incredible formation of the highest plateau of the world while the second part brings us so close to the unique culture, legends, myths, rituals and festivals. The third or last part takes us over the majestic Himalayas offering breathtaking view of the Himalayan ranges including Mt. Everest (8,848m/29,028ft) by an-hour long trans-Himalayan flight on the way back from Lhasa to Kathmandu. 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, Norbulingka, the summer palace of the Dalai Lama, Drepung Monastery, Sera Monastery and Jokhang Temple-the holiest shrine of Tibet. This is the right overland tour which covers most of the best parts of Tibet along friendship highway to the famous Tashilhunpo Monastery at Shigatse (Xigatse), the historic town of Gyantse, the Yamdrok Tso Lake and the spectacular view of snow capped peaks including northern face of the majestic Mt. Everest. Tibet is a cold and dry land and visit to Tibet in summer is found to be more popular, however some of our clients have recommended that visit to Tibet in winter is "good" if you are interested in the cultures and festivals of Tibet.

### Note:

- **Fixed Departure Budget Tours are available on Every Saturdays.**
- **Private Tours are 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)
- Group transfer from Kathmandu to Kodari border by a private vehicle and 4WD transfer onward to Lhasa
- Economy class air ticket for Lhasa to 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
- Additional porter cost due to landslides, other natural calamities and while crossing Friendship Bridge
- 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 Changuarayan 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 : Drive Kathmandu to Nyalam (3,700m/12,139ft).**

Early morning drive to Kodari (Nepal-Tibet border). After completing immigration and custom formalities, drive uphill to Zhangmu immigration post and again complete the custom formalities then further drive to Nyalam, 6-7 hrs, 156km. Stay overnight (O/N) at Guest House (BB-Bed and Breakfast).

**Day 02 : Drive Nyalam to Lhatse (4,350m/14,272ft).**

Drive to Lhatse, 7 hrs, 244km crossing over Nyalam La Pass (3,800m/12,467ft) and Lalung La Pass (5,050m/16,569ft). The drive offers an amazing view of the high mountains including Mt. Everest (8,848m/29,028ft) and more. Stay O/N at Guest House (BB).

**Day 03 : Drive Lhatse to Shigatse (3,900m/12,795ft).**

Drive to Shigatse, 7-8 hrs, 244km. Stay O/N at Hotel (BB) in Shigatse.

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

In the morning, visit Tashilunpo Monastery and the local market of Shigatse. Drive to Gyantse, 2 hrs, 90km in the afternoon. Visit Phalkor Monastery and Khumbum Stupa in Gyantse. Stay O/N at Hotel (BB) in Gyantse.

**Day 05 : Drive Gyantse to Lhasa (3,600m/11,811ft).**

Drive to Lhasa, 7-8 hrs, 259km crossing over two high passes: the Karo La (5,010m/16,437ft) and the Kamba La (4,794m/15,729ft) via Yamdrok Tso Lake (4,425m/14,518ft). Stay O/N at Hotel (BB).

**Day 06 : Sightseeing in Lhasa.**

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

**Day 08 : 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.**