

Trip Name : Tibet Shangri-La Tour

Starting Point	Fly 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	5010 mt.

Trip Details:

The one-hour long Trans-Himalayan flight from Kathmandu to Gonggar Airport in Lhasa is one of the most spectacular flights in the world that offers the breathtaking view of the tallest Mount Everest (8,848m/29,028ft) and other great mountains. Lhasa (3,600m/11,811ft) is the capital city of Tibet. In Lhasa, there are plenty of scenic spots and historical attractions such as the Potala Palace of the Dalai Lama with thirteen storeys and 1000 rooms, Norbulingka Palace, Samye, Drepung and Sera Monastery and the holiest Jokhang Temple. Samye Monastery was the first Buddhist Monastery built in Tibet, probably founded during the 770s. Phalkor Monastery is located in Gyantse. The famous Kumbum pagoda, built in collaboration with Newari artists from Nepal and Tibet, also stands in the same courtyard where Phalkhor Monastery is with nine storeys, 108 doors and 77 chapels. Sera together with Ganden and Drepung Monastery in Lhasa are known as the 'three Great Monasteries of Tibet'. Jokhang Temple formerly called the Trulnang or temple of 'magical appearance' built in the 7th century. The overland tour that covers most of the best parts of Tibet such as Tsedang, the historic town of Gyantse, the Yamdrok Tso Lake, the famous Tashilhunpo Monastery at Shigatse (Xigatse) and the scenic drive to Lhasa along the valley formed by the Bhramaputra River (Yarlung Tsangpo) are the major highlights of Tibet Shangri-La Tour.

Note:

- Only Private Tours are available.
- Tour is available on Budget/Standard/Deluxe category.
- 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)
- 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) and drive to Tsedang (3,400m/11,155ft).

Take a Trans-Himalayan flight from Kathmandu to Gonggar Airport in Lhasa. Reception will be given by our Tibetan Guide and drive to Tsedang (approximately 2 hours). In the afternoon, visit Yambu Lhakhang. Stay overnight (O/N) at Hotel (BB-Bed and Breakfast).

Day 02 : Sightseeing in Tsedang.

Visit to Samye Monastery & the village of King. Stay O/N at Hotel (BB).

Day 03 : Drive Tsedang to Gyantse (3,950m/12,959ft).

Drive to Gyantse - 291km via Yamdrok Tso Lake. Stay O/N at Hotel (BB).

Day 04 : Drive Gyantse to Shigatse (3,900m/12,795ft).

Early morning visit to Kumbum Stupa and Palkor Chode. Drive to Shigatse - 90km, in the afternoon. Visit Tashilunpo Monastery & the local Shigatse market. Stay O/N at a Hotel in Shigatse (BB).

Day 05 : Drive Shigatse to Lhasa.

Drive to Lhasa via the northern route - 280km. The drive is scenic as the road lies along the valley formed by the Bhramaputra River (Yarlung Tsangpo). Stay O/N at Hotel (BB).

Day 06 : Sightseeing in Lhasa.

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

Day 07 : 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.