



LYN TAYLOR'S ADVENTURE TRAVEL
Nepal... Africa... Where ever !!!

OVERLAND LHASA TO KATHMANDU

EX KATHMANDU



You will begin your tour in Lhasa **The Roof of the World**. Tibet is the highest plateau in the world with an average altitude in excess of 3500 meter. Lying to the north of the great Himalayan range which separates it from its neighbour's India, Nepal and Bhutan, Tibet is an untamed land of nomads (drokpas), monasteries, yaks, sand dunes, and high-altitude desert. Still a remote frontier it offers some of the most breathtaking scenery and the highest Mountain Range on Earth.

We drive Friendship highway by Toyota Land cruiser 4-wheel drive passing through small Tibetan settlements, nomadic herdsman wandering across the wide arid plains and awe-inspiring mountain peaks. The highlight of this trip is the visit to Everest Base Camp where you will be rewarded with spectacular views of Mount Everest's north face.

The native people of Tibet strike a dramatic contrast to the landscape with their colorfully woven clothes, bright faces, infectious smiles and resilient natures. Road's wind their way to overnight destinations of **Xegar, Shigatse and Gyatse** where the monasteries Tashilhumpu, Phalkor and Khumbum are visited. You will find yourself in an atmosphere created by religious art, Buddhist icons, burning butter lamps, incense smoke and resident monks. Castle fortresses, cobbled streets, open air markets and Tibetan fare also set the mood.

Along the plateaus awe inspiring mountain ranges make their breathtaking presence felt on the horizon, with a view of **Everest, [known as Chomolongma by Tibetan's meaning "Goddess Mother of the Universe"]** seen from Tingri and the sacred mountain of the Snow Lion. The road slowly climbs to where prayerflags and mani stone cairns adorn the high mountain passes and the dazzling Glacier of Mount Nozinkangsa [7,223m] on Karo La Pass [5,010m] looms unexpectedly around the bend. After a drive around Tibet's third largest holy lake [Yamdruk Tso], The Turquoise Lake, a panoramic view can be seen from atop the Kamba La Pass [4,794m].

After passing through the countryside of Tibet ascend to the border of Nepal and the Friendship bridge that links Nepal to China. As we go through the lengthy border process we then continue by vehicle to Kathmandu. The scene changes dramatically as the road zig zags through the deep cut, lush Gorges of the Bhote Koshi River passing by whitewashed villages of flat roofed, mud brick houses with their smoking juniper chimney's, rice and corn fields, picturesque mountains and a culture steeped in history and tradition.



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ITINERARY:

01 Arrive Kathmandu where you will be met by a representative from our office. Transfer to the your , free afternoon to explore Thamel. Our representative will ask for your passports and passport photos to allow our office to apply for your Tibet visa. Your passports will be returned to you in the evening. **Please bring 4 passport photos (B)**

02 KATHMANDU – Today you will be met by your city guide and taken on a 1/2 Day sightseeing tour of Bhaktapur and Pasapatinath. In the evening your guide will brief you on the Tibet tour. (B)

03 FLIGHT: KATHMANDU - LHASA.

After landing at Gonggar Airport and meeting our Tibetan guide, it is a further 2-hour drive by Landcruiser jeep to Lhasa where we will check in to the Hotel Dhood Gu or Dhood Gu. It's advisable to rest and take it easy for the remainder of the day due to Lhasa's altitude. **(B)**

04 IN LHASA

Today will be spent visiting several of Lhasa's many monasteries in the company of a guide and interpreter. One of these is the Sera Monastery, one of the best-preserved monasteries in Tibet. Within its whitewashed walls and golden roofs, several hundred monks live and study. After lunch we'll visit the Norbulingka, the summer palace of the Dalai Lama, as well as the Jokhang Temple. This temple is possibly the most sacred shrine in Tibet and there is always a procession of devout Tibetans through the complex. Surrounding the Jokhang is the Barkor - a maze of narrow cobbled streets that is the central market of Lhasa. **(B)**

05 IN LHASA

This morning we will visit the Potala Palace, which dominates the city of Lhasa. A spectacular building, it contains the private quarters of the Dalai Lama as well as numerous grand staterooms and many important chapels. There has been a palace on this site since the 5th or 6th century, but the present palace was constructed in the 17th century. A visit to the Drepung Monastery this afternoon will complete a truly awe- inspiring day. Founded in the 14th century, this monastery was once the largest in the world with a population of around 10,000 monks. These days that figure is down to several hundred, but there is still much here of interest as it was left relatively unscathed during the Cultural Revolution. This is a at leisure in which we are free to explore further, revisit a favourite monastery or simply sit in a café overlooking the Barkor and watch the pilgrims as they circumnambulate the Jokhang, stopping regularly to peruse the merchandise at the stalls lining the route. **(B)**

06 DRIVE LHASA - GYANTSE [3950M] 261 KM

Today we start our overland journey towards Kathmandu. Travelling by jeep along the Friendship Highway we cross the Khamba La [4794m] from which there is stunning views across the waters of Yamdrok-tso Lake to the snowy summit of Nazin Kang Sa [7252m]. We continue westwards over another high pass the Karo La [5045m] where we are treated to the spectacular sight of a huge glacier tumbling down to within a few hundred metres of the road. After passing through beautiful valleys and colourful Tibetan villages we arrive in the town of Gyantse. Our overnight accommodation is at the Gyantse Hotel. **(B)**



07 DRIVE GYANTSE [3950M] - SHIGATSE [3900M] 90KM

Before leaving Gyantse we have time this morning to visit the Gyantse Dzong and Gyantse Kumbum. The Dzong is a fort dating from the 14th century from which there are amazing views of both Gyantse itself and the surrounding Nyang Chu Valley. The Kumbum is a large gold-domed stupa and its many small chapels house an impressive array of Tibetan Buddhist murals. We then continue on to Shigatse, a short drive of only 90kms, arriving in time for lunch. Shigatse is the second largest city in Tibet and after exploring the local market we will make a detailed visit to the Tashilhunpo Monastery. This monastery is one of the largest functioning monasteries in Tibet and there is much to explore within its high surrounding walls. Overnight at either Shigatse Hotel or Woutse Hotel. **(B)**

08 SHIGATSE [3900M] - SHEGAR/NEW TINGRI [4050M] 244KM

Today we continue along the Friendship Highway, marvelling once more at the barren yet spectacular landscape of Tibet. Beyond the small town of Lhatse we cross the highest pass on our journey, the Gyamtso La [5220m]. From here we descend to the plains, passing lonely monasteries and the camps of nomadic herders, en route to Shegar and our overnight accommodation at Hotel Quomolongma. **(B)**

09 DRIVE SHEGAR [4050M] - RONGBUK [5000M] 68KM

Shortly after leaving Shegar, we turn off the Friendship Highway and head south over the Pang La [5150m] towards the main Himalayan range. The view from the top is incredible with uninterrupted views stretching from Makalu to Shishapangma. Below the pass, Everest initially is hidden from view, but as we turn the corner into the Rongbuk Valley it reappears, more impressive than ever. We stay overnight at the Gompa Guest House. **(B)**

10 RONGBUK EVEREST BC

We spend a night here in Rongbuk Everest Base Camp. This is a good place to read a book: just how often do you get a chance to sit and read at 5000m and with the stunning view of Everest's north face. **(B)**

11 DRIVE RONGBUK [5000M] - NYALAM 215KM

Today we rejoin the Friendship Highway and drive to Tingri. Upon leaving Tingri, we cross another two high passes, the Lalung La [5124m] and the Shung La [5200m]. Once more we are rewarded with magnificent views of the surrounding peaks of Shishapangma, Cho Oyu, Menlungtse and Gauri Shankar. Now we begin our descent from the Tibetan Plateau to Nyalam just 30 km before the Nepalese border. With dramatic suddenness, everything appears incredibly lush and green. **(B)**

12 DRIVE NYALAM - KATHMANDU [1400M] 153KM

From Nyalam we drive the last 30 kilometres to the Friendship Bridge, which spans the Bhote Koshi River and marks the Chinese - Nepalese border. We say goodbye to the Tibetan guide and driver and walk to Nepalese Immigration Control in Kodari where our Nepalese staff will meet you and transfer to your hotel in Kathmandu **(B)**



Day 13 TRANSFER TO THE AIRPORT FOR YOUR ONWARD JOURNEY (B)

- Price includes

- 01) Private tour guide and 4WD with experienced driver from Lhasa to Gyantse
- 02) Hotel Accomodation and breakfasts 3 star during your overland journey from Lhasa to Kathmandu. Including breakfast
- 03) All the land transportation fee to the places mentioned in the itinerary.
- 04) A local English-speaking Chinese and Tibetan Guides
- 05) ½ day Sightseeing Kathmandu
- 06) English Speaking Tibet tour guide.
- 07) Service charge for preparation, arrangement, coordination before and during the trip.
- 08) The necessary Tibet travel permits, including Tibet Visa permits TTB, PSB and etc.
- 09) All necessary entrance fees of sightseeing places mentioned in the itinerary.
- 10) 3 nights 3-star hotel Kathmandu
- 11) Airport Transfers
- 13) Flight Kathmandu/Lhasa

Our complimentary offer for this tour:

- 01) 2 bottle of mineral water per person per day
- 02) Oxygen for emergency use

Price excludes:

- 02) Private expense like laundry, IDD calls, drinks in the room, etc
- 03) Extra expenses and/of additional days caused due to unexpected events (delays, portorage because of land slides and other natural events.)
- 04) Tour guides and driver's tips
- 05) Lunch and dinner not included in the tour plan
- 06) Nepal visa on arrival at Kathmandu airport please apply for a multiple visa the cost is US\$50. For the Tibet visa our office in Kathmandu will apply for the visa at the border of Tibet and Nepal US\$30

Note: B= Breakfast, L= Lunch, D= Dinner

INFORMATION ON TIBET

Linked to Nepal by the Friendship Highway lies Tibet, The Roof of the World. Still a remote frontier it offers some of the most breathtaking scenery and the highest Mountain Range on Earth. Passing through the countryside of Nepal the scene changes dramatically as the road zig zags through the deep cut, lush



Gorges of the Bhote Koshi River and steep mountains before winding down to the stark, expansive plateaus of Tibet.

Roads pass by whitewashed villages of flat roofed, mud brick houses with their smoking juniper chimney's, shepherds herding their longhaired goats and yaks, fields of barley, picturesque lakes and mountains and a culture steeped in history and tradition.

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Winding down following the banks of the Yarlung Tsanpo River , (the Yarlung Valley being the birthplace of Tibetan culture) Lhasa is reached by highway. Still a city of intrigue offering experiences and establishments of the old world.

CLOTHING ACCESSORIES: From Oct - March warm clothes are required as the nights are cold. From April - September light clothes to shun the scorching heat. However a jacket and a sweater are advised throughout the year as the weather may unexpectedly change at any time. The recommended item are: A domestic first aid kit, toilet and tissue papers flashlight, sleeping bag, comfortable walking shoes, dust masks, utility knife, sun, hat, sun glasses, suntan lotion, and a limited number of clothes.

CUSTOM: There is no prohibition on still and video cameras, tape recorders as long as they're registered with a custom official, printed matters considered unsuitable by the Chinese government are prohibited. Customs regulations forbid the export of art objects created prior to 1959 or souvenirs in amounts deemed to be excessive.

FOOD & DRINK: Tibet has only a handful of towers and Tibetan cuisine is not exactly the most varied in the world. It is handy to carry, nuts and raisins, chocolate, Gatorade.

BUSINESS HOURS: Government offices are usually closed on SATURDAY and SUNDAY.

CURRENCY: RENMBI, the people's money used by millions of Chinese everyday, circulates in notes of 1,2,5,10 and 50, 100 yuan, 1,2 and 5 jiao; There are



also coins for 1,2 and 5 fen. With the Chinese currency Renminbi, one yuan is divided into 10 jiao, into 10 fen (US\$ 1= 8 yuan)

AIRPORT: Lhasa Gonggar airport is approx 96kms away from Lhasa]

AIRPORT TAX: Included in your ticket.

AIR TICKET RECONFIRMATION: Our office in Kathmandu will arrange your air ticket and airport transfers.

CANCELLATION POLICY: A cancellation charge of 50% for reconfirmed booking up to SEVEN DAYS before departure to TIBET will be charged after which NO REFUND will be entertained. Further under no circumstance will there be a refund on NO SHOW UPS and DELAY in ARRIVALS.

HEALTH & ALTITUDE PROBLEMS: Travelling in Tibet involves high altitude and can be strenuous. Clients with heart and lung problems or blood diseases should consult their doctor before booking the trip. Very rare cases of altitude sickness have been reported. Simple headache, fever, loss of appetite and stomach disorders can happen before the acclimatisation. Advised, drink approx 3 litres of water per day, do not strain yourself, move slowly, breathe deeply and take regular rests please do not smoke & do not drink alcohol.

NOTE: CLIENTS TRAVEL AT THEIR OWN RISK WHILE IN TIBET

SOME QUESTIONS YOU MAY HAVE ABOUT THE TRIP

1. What type of vehicle is used on the overland trip?

Landcruiser or similar.

2. How far do I have to walk to cross the Friendship bridge on the Nepal Tibet border.

Five minutes once you pass through the Chinese customs. You will be required to carry your bag to the Nepal side of the border as your guide and driver are not allowed across the Friendship Bridge. Your Nepal guide will be on the other side of the Friendship Bridge to assist you through immigration on the Nepal side. Once formalities have been completed you will then proceed to your vehicle for the 3 hour drive to Kathmandu.

3. I know that the accom. before Lhasa is very basic, but is there a chance to shower anywhere. Whilst staying in guesthouses and hotels there are hot showers available except at Everest Base Camp Guesthouse. It is very, very basic accommodation and food.

4. How cold will it be at that time of year

Minimum 10 - Maximum 22, the sun is scorching and you will burn quickly if not covered by long pants and top

5. The trip cost is based on 6 persons travelling in the group. If there are less than 6 you will be advised of any extra cost when booking your tour.



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