

# Lhasa to Kathmandu Overland

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## Day 1

### **Fly to Lhasa. Acclimate to the High Elevation of Lhasa (3658m)**

When you arrive in Lhasa either by train or flight, your guide will greet you and take you to your hotel. Tourists may view the YarlungTsangpo River/ Bhamaputra river (the Longest and largest river in Tibet) and Lhasa river on their way to Lhasa. After arriving in Lhasa, you can take a rest and get acclimatized to high altitude. If you feel to go out, then you can go to the Potala Square, where you will enjoy the fountain with different colors and get amazing photos of the Potala and around. Insider Tips: For the new-comers of Tibet, to get acclimatized to the high altitude in Tibet. Having a good sleep in your hotel is a good option. Don not rush to visit attractions inside Lhasa city. Stay overnight in Lhasa.

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## Day 2

### **Lhasa tour - Potala Palace, Jokhang and Barkhor street (B)**

Today's tour will first bring you to the Potala Palace which is the winter palace of the Dalai lama. It was put to use since the 7th Century by the 33rd great king of Tibet. The most valuable collections of Potala Palace are the gilded burial stupas of former Dalai Lamas and meditation Cave of the 33rd great king of Tibet. Then after lunch, tourists head to Jokhang temple which was founded by the 33rd great king of Tibet in the 7th century. Inside you can see the statue of Buddha Sakyamuni at the age of twelve. Outside, you can see pilgrims making prostrating in front of Jokhang Temple. Around the temple is Barkhor street, where you can do kora (a religious circle of a building or mountain) with pilgrims and locals, and explore the old market. Stay overnight in Lhasa.

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## Day 3

### **Lhasa tour: Drepung Monastery/ Sera Monastery (B)**

In the morning, you are going to visit Drepung monastery which is one of the “great three” Gelug monasteries of Tibet, founded in 1416 by Jamyangchoge, one of the Tsongkhapa’s main disciples. You can visit biggest monastery kitchen inside the monastery and enjoy Buddhist Sculpture Carving workshop near Drepung. In the Afternoon, Tourists will visit Sera Monastery which is another one of the “great three” Gelug monasteries of Tibet. The hot attraction is the Monks debate at around 3 - 5 in the afternoon. In addition, you can tour the Tibetan religious scripture printing house; inside the monastery, you can see three sand Mandalas and colorful Rock Painting of Buddha. Stay overnight in Lhasa

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## Day 4

### **Lhasa?Gyantse?Shalu Monastery, Camping (D)**

In the morning, drive from Lhasa to Shigatse .On the way, drive over the Gampala pass (4790 m), and you will have a glimpse of Yamdrok-tso (4400m) .The Lake is surrounded by many snow-capped mountains and in the distance you can have spectacular views of Holy Mount Nyenchen Khangsar, (7191m) the highest mountain near Lhasa .Later, we will pass and enjoy the Korola Glacier on the roadside; At Manak Dam Lake, you can hang pray flag at Simila Mountain Pass; Then, we will arrive in Gyantse, historically Tibet's third largest city (after Lhasa and Shigatse).In Gyantse, we will visit the famous Pelkor Monastery and Gyantse Kumbum and enjoy the Far view of Gyantse Fortress. After one driving, we arrive in Shalu Monastery, Visit Shalu Monastery, the seat of Buton. Rinchendrub(1290-1346), who was the great master of the Tibetan translations of the Indian Buddhist. Near Shalu, is the beginning of our trekking tour. moving to the best camp site few kilometers away from Shalu, we will have our first camping in here.

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## **Day 5**

### **Shalu (3980m)/ upper Lungsang(4060m), Trekking 5 -6 hours, 12km, Camp (B, L,D)**

We start trekking after breakfast at the camp to Upper Lungsang which is 4060m above sea level. on the way, you will pass Ripu hermitage, flood plain, Phunup village, showa-la pass. In this way, you will have experience the Tibetan farmer's countryside life and see how local Tibetan in countryside practise their Buddhist life. Stay overnight at upper Lungsang Camp

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## **Day 6**

### **Upper Lungsang/Ngor Monastery/Nartang Monastery/Shigatse, (trekking 5 -6 hours, 14km) (B,L)**

Trek through the farming fields to the Ngor village. The Ngor monastery is renowned for its Sanskrit library and Newar-style (a tribe in Nepal) murals. There were once five assembly halls, 18 colleges and 400 monks. Cross the Char-la pass (4550m), there was once a trade link between Shalu and Sakya Monastery, but now has disappeared. Need to trek cross a steep slope of raw expanses of rock. Trek from Ngor to Nartang by passing several villages, saddles, and one electric utility. near the ending, we will drive to Shigatse City, which is the second biggest city of Tibet, also the seat of Pamcham Lama. Stay overnight in Shigatse.

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## **Day 7**

### **Shigatse(3900m) to Sakye (4400m) to Tingri (4300)**

This morning depart Shigatse on the half day drive to Xegar(240 km/ 5 Hrs), visiting Sakya (which is the main monastery at Sakyapa.) and passing through Lhatseen route. Lhatse is essentially a truck stop, while Xegar, also known as New Tingri (or Zegar).Sakya Monastery was built in 1073 by Khön Könchok Gyalpo. It is located in the city of Sakya, in the Tibetan region of Tsang, about one hundred miles north of the border between Tibet and Nepal. The region is unique for its gray (kya) earth (sa), hence the name Sakya. From 1073 until 1959, this monastery served as the seat of the Sakya Order and of the Sakya Trizins who are the spiritual leaders of the order.Sakya Monastery was built at an auspicious location prophesied by the great Indian master Atisha, who foresaw that emanations of Mahakala, Manjushri, Vajrapani, and Avalokiteshvara would take birth at this place and perform great activities for the benefit of the Dharma and all beings. Continue drive to Tingri (Xegar) and overnight.

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## **Day 8**

### **Tingri to EBC (5200m) and return back to Tingri**

Depart Xegar (also known as Tingri) on the drive to Chomalungma (Mt. Everest) and the Everest Base Camp (100 Km – 02 Hours). Once at Ronbuk, you have the option of either walking (approximately two hours) or taking an environmental protection bus to the Everest Base Camp, as cars are not permitted in the valley due to environmental concerns. You may have spent years anticipating this moment, after all, there are many awe-inspiring sites in the world, but there is only one highest point. To behold Mt. Everest is to stand within the circumference of a great gravity, one that has drawn explorers and pilgrims for centuries. A mountain possessed of an unsurpassed majesty, it is nature's signature piece, and its summit represents earth's best effort to reach heaven. The walk is very level but the altitude could have you breathing hard within a few minutes of starting, so take it slowly. Then leave Rongbuk drive back to Shegar. Stay overnight in Shegar.

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## **Day 9**

### **New Tingri to Kyirong Border (330 Km/6-7 Hrs)**

In the morning, you will visit Shegar Chode Monastery, a small Gelugpa institution built in 1269. A painting inside depicts the monastery at its height, when it had around 800 monks. These days only a few remain, but they are happy to have visitors sit and chat with them in the courtyard. Keep an eye out for the 'longevity sheep' (sheep that were saved from slaughter) that hang out in the courtyard. After that, we can drive to Kyirong border. On the way, tourists can enjoy breathtaking vista of Mt. Shishapangma and the Pekutso Lake. After passing the Ghungtang Lhamo (5236M), we will arrive in Kyirong in late afternoon. Stay overnight in the guesthouse in Kyirong

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## **Day 10**

### **Kyirong border to Kathmandu (B) 170KM/7-8 Hrs**

Our Tibetan guide will assist you to exit China via Gyirong border.

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