

Overview

Tibet is a rich and beautiful land with an average altitude over 4,000m (13,120ft) above sea level. Possessing more than fifty peaks above 7,000m (22,960ft), Tibet is home to eleven Himalayan mountains over 8,000m (26,240ft). China, India, Nepal, Sikkim, Bhutan, Burma and Kashmir border the Tibet.

Tibet - People and Culture: Over two million people inhabit this land of rich natural resources and ancient cultures. Spiritual traditions, temples and monasteries, lakes and rivers, and mighty snow clad peaks are just a few of the intoxicating wonders to be experienced by adventurous travelers destined to visit this place. Buddhism, with a history of some 1,300 years is shaped into a unique form of "Lamasm". Tibetan history, culture and religion are mixed together and infiltrate every aspect of social life. Tibetan religious arts have a distinctive style with adoption of Indian and Chinese Buddhist influence, thus forming a pearl of Oriental Buddhist art. People living on the Tibetan plateau, such as Tibetans, Monpas, Lhopas and Moslems, have their own ways of living, marriage, burial and other ceremonies. Festivals in Tibet are in big variety. The Tibetan New Year, the largest festival, is followed by others such as the Wangkor Festival and horse races. For the dead, sky burials, water burials, cremations and stupa burials are practiced, but the sky burial is the most common. Science and culture in Tibet include technology, medicine, grammar, logic, Buddhist philosophy, rhetoric, words and expressions, syntax, drama and astrology. Tibet is known as the Sea of Songs and Dances; folk songs and dances are diverse, especially during the "Shoton Festival" in August.

How to get there? This unique land is now easily accessible from Kathmandu, the capital of Nepal. Schedule air services fly from Kathmandu to Lhasa, and back every Tuesday and Saturdays with additional flights on Thursdays from July. This flight last a little over one hour and gives you a panoramic view of the Himalayas. Our sponsors have different package tour programs to this fascinating land. They will give you a reason to get up early. Please check out their Programs to find out how. A trip not be missed in this lifetime!

Itinerary Details

Day 01 : Kathmandu (1310m) - Kerung Border(2800m) 185Km. 08 – 09 Hours

Drive Early in the Morning scenic drive to Kerung Border Nepal Tibet Border through the beautiful Nepalese countryside and after necessary border formalities at Nepali immigration and cross the bridge process for all necessary formalities in Chinese immigration continue drive to Kerung Town. O/N stay at Guest House.

Day 02 : Kerung Town(2800m) - Tengri(4,300m)/ Lhatse(4,350m) 370 Km 05 -06 Hours Drive.

After Breakfast drive uphill to the height plateau of the world with the typical view of Tibetan landscape offering sheer feeling of standing of the roof of the world from where

Tibet Tour

weather permitting, breathtaking panorama of beautiful Himalayan ranges including Mt. Cho Oyu (8,201m) and Mt. Xishapangma (8,012m) but dwarfed by the vastness of the Tibetan plateau. From Tingri one can enjoy the magnificence of Mt. Everest (8,848m). O/N stay at Guest House.

Day 03 : Tengri(4,300m)/ Lhatse(4,350m) – Shigatse(3,900m) 235km/ 265Km 05 -06 Hours Drive.

After Breakfast continue drive scenic crossing over Gyatshu La(5,220m), the highest pass en route to Lhasa via Lhatse from where a road to Mt. Kailash bifurcates to the west. O/N stay at Guest House.

Day 04 : Shigatse(3,900m) – Gyantse (3,950m) 90Km 04 -05 Hours Drive

After Breakfast Morning Sightseeing to the Panchen Lama's Tashilhumpu Monastery. Drive to Gyantse and visit Kumbum Stupa and Phalkhor Monastery. Stay Overnight at Hotel. O/N stay at Guest House.

Day 05 : Gyantse(3,950m) - Lhasa(3,650m) 261 Km 05 -06 Hours Drive

After Breakfast full day picturesque drive crossing over Karola(5,010m), Kambala(4,749m), Colorful Yamdrok-Tso Lake and the Tibetan lifeline river Brahma Putra (Yarlung Tsangpo). O/N stay at Guest House.

Day 06 : Sightseeing in Lhasa(3,600m)

After Breakfast Two full days sightseeing tour to Lhasa including Jokhang Temple, Barkhor Bazar, Potala Palace, Drepung and Sera Monasteries. Stay Overnight at Hotel.

Day 07 : Lhasa to Kathmandu or Main Land China.

After Breakfast drive to Gonggar Airport or Train Station for your departure flight to Kathmandu or to your onward destination.