Nepal to Tibet **13 days**

Journey beyond cosmopolitan Kathmandu to holy Tibet - 'the roof of the world'. Uncover the world's most holy Hindu temple, the world's highest monastery and the tallest mountain, set amongst spectacular Himalayan vistas and enlightening Buddhist stupas.

Please Note: Due to restrictions imposed by the Chinese government on Tibet for the time being it is difficult to attain a permit to travel to this region. Please contact us for further details regarding the Tibet situation.

TOUR DETAILS:

- Starts in: Kathmandu / Ends in: Kathmandu
- Departs: Thursdays
- Local Payment:
- Breakfast:12, Lunch: 0, Dinner: 1
- Hotel Rating: Basic 3 star hotels, 1 night tented camp
- Tour Guide: Local guides

ONLINE RESOURCES:

- For a detailed GO GUIDE - click here
- To book this trip - click here
- To enquire about this trip - click here

TOUR MAP:

QUICK WEB LINKS

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Day 1: Kathmandu

Thursday. Welcome to Nepal and the start of your holiday. Arrive Kathmandu airport and transfer to hotel. This evening enjoy a welcome drink and briefing. Overnight - Kathmandu

Day 2:

Kathmandu is a fascinating blend of old and new, the largest and most cosmopolitan city in Nepal and yet in places, seemingly unchanged since the middle-ages with temples, shrines and living gods. We spend the day exploring the Kathmandu Valley; highlights include the Buddhist Swayambhunath Pagoda and the colossal Bodhnath. We also visit Patan Durbar square, which is brimming with temples and unique architecture. This evening enjoy dinner and a dance performance at the cultural village. Overnight - Kathmandu

Day 3: Lhasa

Kathmandu – Lhasa. This morning head to the skies for the fantastic scenic flight to Tibet - the 'Roof of the World'. Rising more than 2 miles above sea level the Tibetan plateau is a mystical realm of breathtaking mountain scenery, spectacular Buddhist architecture and fascinating culture. Upon arrival transfer to Lhasa, where the rest of the day is free to relax and acclimatise. Overnight - Lhasa

Day 4: Jokhang temple

Over the next two days explore the mythical city of Lhasa, home to the Dalai Lama's until the 1950's. Just north of Lhasa is the Sera monastery which after 600 years, is still a working retreat, although these days only hundreds of monks rattle around in the massive buildings that were built for thousands. It is one of the great Gelukpa 'Universities' where you can witness the monks learning scriptures in the Debating Garden. We'll also explore the fascinating Jokhang temple which is the holiest shrine in Tibet and houses a solid gold shrine of the enlightened Buddha, around which, in varying degrees of exertion, all Tibetans prostrate themselves at some point in their lifetime. Overnight - Lhasa

Day 5: Potala temple

Continuing our exploration of Lhasa, we travel to the Potala Palace - an enduring symbol of Lhasa and the winter home of the Dalai Lama. Our sightseeing also includes the monastery of Drepung; once the largest monastery in the world, home to 10,000 monks, but tragically torn asunder during the Cultural Revolution and still rebuilding its walls and status today. Overnight - Lhasa

Day 6:

Lhasa – Gyantse. Departing Lhasa, we head off along the Friendship Highway to the attractive city of Gyantse. The journey is incredibly scenic, crossing two mountain passes, the Kambala pass (4794m) and Karola (5010m) pass via the beautiful lake Yamdrok Tso. Gyantse is 3rd largest town in Tibet but most influenced by Chinese attractions. Overnight - Gyantse

Day 7: Gyantse Kumbum and Shigatse

Gyantse - Shigatse. Gyantse's main highlight is the Kumbum, constructed in 1440, it is an eight storey building and the best preserved example of unique Tibetan architecture. Kumbum means "a hundred thousand images" and this fabulous building is lavishly decorated, with paintings smothering the walls and topped with a gold dome. After sightseeing at the Kumbum stupa and Phalor Monastery in Gyantse we continue our journey to Shigatse, Tibet's second largest city. Upon arrival we visit the free Tibetan market and the Tashilunpo Monastery; a huge monastic compound of golden roofed buildings and cobbled lanes, founded by the first Dalai Lama in 1447. Overnight - Shigatse

Day 8:

Shigatse – Xegar. Be prepared for a bumpy ride driving through the spellbinding Everest Region to Xegar which was once the Capital of the Tingri region. Here we visit the impressive Xegar Dzong (fortress). Overnight - Xegar

Day 9:

Xegar – Rongbuk monastery - Everest Base Camp – Old Tingri. This morning drive the Pangla pass to the Rongbuk; at 4930metres above sea level, it is the world's highest monastery and the spectacular views of Everest's north face are well worth the arduous journey. The Himalayas boast eight out of the ten highest mountains in the world and extend across 2400 kilometres. The mighty Mount Everest has the world's tallest peak and today we visit it's famous base camp; the starting point of many intrepid expeditions to reach its lofty summit. We spend a few hours exploring the area before taking a short drive south to the town of Old Tingri (via the stunning Lamna pass), where we spend the night. Overnight - Tingri

Day 10:

Tingri – Zangmu – Borderland. Today begin the journey back to Nepal, driving up to the steep Lalung La Pass, where we'll be treated to some amazing views of the Himalayas and Everest, before our sharp decent along narrow windy roads, through lush forested mountainsides and deep gorges. Continue to the Tibet-Nepal border town of Zangmu. Crossing the border back into Nepal we stop at a border resort for the night where bungee jumping and rafting are available to book locally if you're feeling adventurous! Overnight - Nepal Border (permanent tented camp)

Day 11: Bhaktapur - a typical Newari town

Borderland - Bhaktapur. Today we drive to Bhaktapur, a typical Newari town. Despite its close proximity to Kathmandu, Bhaktapur seems worlds apart. This enchanting old town is peacefully traffic free and has retained its centuries old traditions, crafts and trades. Bhaktapur Durbar Square is home to beautifully carved Malla dynasty palaces and pagodas and the cobblestone streets, temples, shrines and squares are full of character. Overnight - Bhaktapur

Day 12: Onward to Kathmandu

Bhahtpur – Kathmandu. Drive back to Nepal's cosmopolitan capital city today, where you can enjoy the remains of the day at leisure. Overnight - Kathmandu

Day 13: Kathmandu

Tuesday. Hotel check-out and onward transfer to the airport.

WHAT YOU SEE AND WHAT YOU GET:

Below is a list of key highlights and what is included on this tour. Further, where appropriate, we have listed the items that are not included in the tour price.

Trip Highlights

- Kathmandu and the Kathmandu Valley - Patan Durbar Square, Swayambhunath Pagoda, Bodhnath Buddhist stupa and various other temples and shrines
- Views of the Himalaya Mountains including Everest and Kanchenjunga on the scenic flight to Tibet.
- Lhasa - Sera Monastery, Barkhor Bazaar, Potala Palace, Drepung Monastery.
- Spectacular mountain vistas along the Friendship Highway
- Tashilunpo Monastery, Xegar Dzong (fortress), Rongbuk Monastery
- Everest Base Camp

- Gyantse - Kumbum Stupa and Phalor monastery
- Bhaktapur Durbar Square

What's Included

- 12 breakfasts
- 1 dinner at a Nepali cultural evening
- 11 nights - basic 3 star hotels, 1 night permanent tented campsite
- Airport arrival and departure transfer on day 1 and day 13
- One way economy flight from Kathmandu to Lhasa
- Tibet visa assistance (excludes cost)
- All entrance fees to included sites
- Touring of Kathmandu, Kathmandu Valley & Lhasa, Friendship Highway and Everest Base Camp.
- English speaking local guides
- All relevant transfers and transportation in private vehicles
- Please Note: Flight from Kathmandu - Lahsa based on the lowest fare class available booked in advance. Should all seats be taken in this fare class a flight supplement will apply.

What's Not Included

- International flights, departure tax and visas. on the go will make all the necessary arrangements for your Tibet visa in advance of your travel. Upon arrival to Kathmandu, Tibet visa costs (approximately USD$175 for US passport holders, USD$85 for all other nationalities) will need to be paid by you directly to our representative.
- Tipping - an entirely personal gesture

PRICES AND DATES: from USD $3,789

Prices shown are per person travelling. 'Twin/Double' prices per person apply when there are 2 people travelling, sharing a room. The 'Single supplement' applies for single travellers who require their own room and needs to be added to the 'Twin/Double' price. If you are happy to be paired up with another single traveller of the same sex on your tour, this can be arranged, (if another solo traveller of the same sex is already booked upon the tour), thus avoiding the single person supplement. All our scheduled tour departures are guaranteed subject to a minimum of 2 travellers.

2013

Date	Price/Person	Single Supp.
23 MAY - 04 JUN	USD $3,789	USD $599
13 JUN - 25 JUN	USD $3,789	USD $599
25 JUL - 06 AUG	USD $3,789	USD $599
08 AUG - 20 AUG	USD $3,789	USD $599
22 AUG - 03 SEP	USD $3,789	USD $599
05 SEP - 17 SEP	USD $3,789	USD $599
19 SEP - 01 OCT	USD $3,789	USD $599
03 OCT - 15 OCT	USD $3,789	USD $599
17 OCT - 29 OCT	USD $3,789	USD $599
31 OCT - 12 NOV	USD $3,789	USD $599
14 NOV - 26 NOV	USD $3,789	USD $599

2014

Date	Price/Person	Single Supp.
03 APR - 15 APR	USD $3,789	USD $599
17 APR - 29 APR	USD $3,789	USD $599
01 MAY - 13 MAY	USD $3,789	USD $599
22 MAY - 03 JUN	USD $3,789	USD $599
12 JUN - 24 JUN	USD $3,789	USD $599
24 JUL - 05 AUG	USD $3,789	USD $599
07 AUG - 19 AUG	USD $3,789	USD $599
21 AUG - 02 SEP	USD $3,789	USD $599
04 SEP - 16 SEP	USD $3,789	USD $599
18 SEP - 30 SEP	USD $3,789	USD $599
02 OCT - 14 OCT	USD $3,789	USD $599
16 OCT - 28 OCT	USD $3,789	USD $599
30 OCT - 11 NOV	USD $3,789	USD $599
13 NOV - 25 NOV	USD $3,789	USD $599

Supplementary Prices

	Price/Person	Single Supp.
Pre-Accommodation - 3 Star	USD $79	USD $50
Pre-Accommodation - 4/5 Star	USD $149	USD $130
Post-Accommodation - 3 Star	USD $79	USD $50
Post-Accommodation - 4/5 Star	USD $149	USD $130
Nepal to Tibet - Hotel Upgrade	USD $840	USD $770

POSTCARDS:

Here's what some of our past travellers have written in to us and said about their experiences on this trip.

Excellent trip & very good value. Very pleased with joining hotel - a small haven in chaotic Kathmandu. Local agents very efficient & tour guide Ms Pema in Tibet was a lovely lady. Very comfortable Land Cruiser for some long journeys. Tibet is a fascinating country to visit,

but it would have been very difficult without such a helpful & knowledgable guide. This was our 3rd trip with OTG, and have no hesitation in booking again.

Mr David Zahra, Nov 2010

The local agents were VERY good and I would recommend On the Go as long as you continue to use them. Overall a very enjoyable experience!

Paul Faulkner, Oct 2009