

Beijing to Kathmandu | Duration: 19 Days Days | Cost: \$3999

We start our Beijing to Kathmandu tour from Beijing, one of majestic cities in the world. Visit some historically important landmarks including Tiananmen Square, the Forbidden City, and the Great Wall, the only man-made object that can be seen from the moon with naked eyes. After tasting some of the most exquisite cuisines of China, leave for Xian and marvel at the Terracotta Warriors which is one of the most important discoveries of the 20th century. We wander the exotic Muslim quarter before boarding our train to Lhasa. Here we visit some important highlights of this ancient city including the Potala Palace, the Jokhang Temple and the Norbulingka. Then we take spectacular overland drive through Tibet to Kathmandu, the Capital city of Nepal. The highlights Beijing to Kathmandu tour is exploring ancient cities of China, Tibet and Nepal which will give you an insight into three ancient cultures, Chinese, Tibetan and Nepalese as well as the memory of taking the world's highest railway and visit of the Everest Base Camp will last till you live.

At a Glance:

- **Tour code:** MBJK001
- **Style:** Multi Country
- **Grading:** ▲▲▲▲▲
- **Suitable for:** Everyone
- **Duration:** 19 Days
- **Start in:** Beijing |Airport
- **End in:** Kathmandu |Airport
- **Transport:** Private
- **Price:** 3999

Highlights of the tour:

- Explore the Forbidden City, the Tiananmen Square, the Great Wall of China and the Temple of Heaven
- Aboard the world's highest railway
- Visit Xian and marvel at the Terracotta Warriors
- Explore Lhasa and oldest monastery Samey and Ganden.
- Visit Gyantse, Yamdrok Lake, Sigatse, Sakya, Xegar
- Explore Everest Base Camp and Rongpuk Monastery
- Take a breathing Overland trip to Kathmandu through Tibetan plateau
- Visit Palace, Monastery, Stupa and Temple of Kathmandu

What's Included:

- All transfer on train soft sleeper (If no soft sleeper available difference money will be refunded) and on private coach
- Hotel accommodation 3* base with breakfast
- All sightseeing and entry fee as on itinerary
- English speaking local guide in each city
- Everest Base Camp Special permit
- Bottle Oxygen in a Car
- All government taxes

What's Not Included:

- Travel Insurance
- Nepalese Visa (25\$)
- Tips for staff
- Lunch and dinner
- Additional costs due to illness, force majeure, changes of flight and itinerary
- Personal drinks and Bar Bill.

Arrive Beijing transfer to hotel

On arrival you will need to make your own way to the Hotel. There are no activities planned until an evening welcome meeting. After introduction, tour leader will review the details of trip. Short brief from your guide about your further program.

In Beijing

Your Day will begin with Breakfast at your hotel. After breakfast you will visit Tiananmen Square and the Forbidden City. Tiananmen Square is the world's largest public square and is located only a short distance from hotel. People flying kites, a popular pastime all over China, stand next to guards under the ever-watchful eye of Chairman Mao's portrait. Whichever way you turn there is another photo opportunity to be found in this huge open space. From here you will enter The Forbidden City through the Gate of Heavenly Peace. The Forbidden City is a masterpiece of 5000 years of Chinese civilization and still vividly displays the power and prestige of the former dynasties. Sprawling over acres, the City is a magnificent group of palaces, pavilions, courtyards and deep terracotta walls. Ornatly furnished palace rooms, priceless artworks and treasures are all now open to the public after 500 years of seclusion. After lunch you will visit the Temple of Heaven (time permitting). The Temple itself is an architectural highlight however it's the crowds of people that makes this spot so interesting and memorable. Thousands of people gather here to practice ballroom dancing, Tai chi and calligraphy. After

relaxing in the late afternoon you will make your way to the famous Chinese Acrobat show. Set in an old theatre, the Acrobat show is something to see as very talented young men and women enthrall the crowd with daring feats involving bicycles, dragons, swords and double-jointed body parts. Overnight at hotel.

Beijing, Great Wall day trip

You will make an early morning start today to explore the Great Wall at the Mutianyu section. According to Mao Zedong: He who has not climbed the Great Wall is not a true man. This is approximately a 1.5 hour drive outside of Beijing, slightly further than the popular and very busy Badaling Gate section. On arrival you will have the option to complete a 2 -3 hour walk along this beautiful section of the wall. Mutianyu is renowned for its Ming Dynasty guard towers and superb views. The scene here is as one would expect of one of the world's great man made wonders, with huge steep ramparts criss crossing this mountainous area. Those deciding not to undertake the walk will be able to enjoy this section of the wall by cable car. The Great Wall of China is one of the Seven Wonders of the World and is one of the world's most unusual and awesome sites. Commenced 2000 years ago, it was built as a defense line to keep out invaders, along the course of several thousand kilometers. The Emperor Qin Shihuang unified the various northern walls into the Great Wall which you will see today. Return to Beijing in the evening. Tonight you have the option to try one of Beijing's restaurants or perhaps you may wish to have a traditional Peking Duck dinner.

Beijing, overnight train to Xian

For those who are keen, you will rise early this morning and travel to the Summer Palace. This huge area is punctuated by the picturesque Kunming Lake. Once a secluded resting place for the imperial court this collection of temples, gardens, pavilions and lakes is now one of the most visited places in all of Beijing. This afternoon you will transfer to the train station for your overnight train journey to Xian in comfortable air-conditioned sleeper cabins.

Arrive Xian

This morning you will arrive in Xian, the traditional starting point of the Silk Road. The old walled city of Xian, the capital of Shaanxi Province, is a vivid example of old and new China. The modernized new city bustles around the quaint, winding lanes of the Old Quarter, where old men can be seen smoking pipes and watching the world go by, as butchers pull their carcass-laden carts and hawkers sell their wares. Following breakfast you visit the famous Terracotta Warriors. These warriors stand in their thousands outside the tomb of Qin Shihuang where they were uncovered in 1974 by peasants digging a well. Each warrior stands over 6 feet tall and has different features and characteristics. Some stand in a vanguard with crossbow and longbow bearers; others hold spears, daggers and axes at the ready. They are accompanied by dozens of horse-drawn carriages and enormous terracotta horses. The sight of the warriors arising from their muddy grave, some intact, others still submerged in the ground, is an extraordinary one.

In Xian

Following breakfast you will embark on a leisurely walking tour the old City Wall and Muslim Quarter. The City Wall of Xian is one of the few cities in China where the old city walls are still standing. These walls were erected during the Ming Dynasty in 1370. You will explore this historic structure before venturing amongst the small lane ways and exotic smells of the Old Muslim Quarter. This area has been home to the cities Hui

community (Chinese Muslims) for centuries. To get to know this alternate side of Chinese culture you immersed yourself in the butcher shops, sesame seed oil factories and hidden mosques that make this area so fascinating.

Xian, overnight train to Lhasa

Xian, the major gateway to the Tibetan Plateau. It is an ancient highland city on the Yellow River which offers many scenic spots and historical sites. The city itself has a strong Islamic flavor, as it is home to many Hui people. Dongguan Mosque is the biggest mosque in Qinghai Province. It was built in 1380, boasting a history of more than 600 years. You travel independently on a comfortable, air-conditioned overnight train to Lhasa.

Arrive Lhasa

The train will arrive in Lhasa at approximately 2.35pm. You will be meet our local Tibetan guide and driver at the station. You will then transferred to hotel for a hot shower and freshen up before heading out for a delicious local Tibetan dinner.

In Lhasa

In the morning you will be taken to a scenic drive to see the ancient cave residence and meditation center of King Songtsen Gampo and a small temple where the first written letters in Tibetan are housed. Take a leisurely walk to Sera Monastery. Sera once housed nearly 5000 monks. You will also visit the famous Polata Palace, for centuries the official residence of the Dalai Lama, and the greatest achievement of Tibetan architecture. Time permitting you will visit Drepung Monastery which once housed over 10000 monks. This was a great monastic university which had quarters for monks from Sichuan, Qinghai, Chamdo, Siberia, Ladakh and Mongolia. Four colleges taught different aspects of Buddhism. Ganden Potang, built by the 2nd Dalai Lama was used as residence for the subsequent Dalai Lamas.

In Lhasa

In the morning you will wonder around Barkhor and see Jokhang temple. You will visit Jokhang and the jewelled Jowo. Later in the day you can visit the Lukhang, set in the middle of a lake. The temple is one of the gems of Lhasa, and contains artwork related to Tibetan medical practices (3950m).

Drive to Gyantse

From Lhasa you will drive down the Kyichu Valley to the Yarlong Tsampo (Brahmaputra) before ascending to the Khamba La (Khamba Pass) at 4900m. The views are outstanding, in the foreground is the vast freshwater Yamdrok Tso or Turquoise Lake, while to the south the snow-capped ranges merge with the main Himalayan range. You will drive around the lake before crossing the Karo La (5200m) to reach Gyantse.

Explore Gyantse

Gyantse is a remarkable place that has escaped much of the Chinese influence evident in other major Tibetan towns. It is dominated by the ancient fort that was besieged by British forces in 1904 during the famous Young husband expedition. You will also visit the remarkable octagonal chorten, the Kumbum (or Pango Chorten) –

built in 1444 on a series of four levels, each of which contains separate chapels. In the afternoon you will be taken to a drive to Shigatse.

Explore Shigatse

Tibet's second-largest city, Shigatse, is the traditional capital of Tsang and home to the Tashilhunpo Monastery, Tibet's largest functioning monastic institution. The Tsang kings once ruled over the region from the fortress north of town. Most people spend only a day in Shigatse, visiting the monastery and wandering up and down the city's Walking Street, a tourist-friendly section of Qingdao Lu. The city is divided up into a traditional Tibetan quarter and brand-new Chinese town. Shigatse is quite pleasant, but you didn't travel all the way to Tibet to see another unremarkable city. In Shigatse you will visit the famous Tashilhunpo Monastery, founded in 1447 by the 1st Dalai Lama. Since the time of the 5th Dalai Lama in 1642, the abbot of Tashilhunpo has been known as the Panchen Lama (literally the 'Great Scholar'). Over the generations, the Panchen Lama became established as the chief spiritual and temporal adviser of the huge western portion of Tibet known as Tsang, and at times was even considered a rival to the Dalai Lama. During the Cultural Revolution much of the Tashilhunpo and the nearby fort were destroyed, and what you will see today is a huge complex in various stages of rebuilding. Of particular interest are the huge temple to the Maitreya Buddha (the 'Buddha to Be'); the tomb of the 10th Panchen Lama (who died in 1989), which is said to be encased with over 300kg of gold; the Palace of the Panchen Lama; and the tomb of the 5th to 9th Panchen Lamas. The latter, recently reconstructed, contains the remains of the former Panchen Lamas that were retrieved after their separate tombs were demolished by Chinese troops in 1966. Also of interest is the main Assembly Hall, adjacent to many of the important chapels that are in everyday use.

Drive to Rongphu Monastery

The drive over the Pang La (5150m) affords your first views of the north face of Everest (8848m). From the pass you will descend to the village of Phadruchi, before driving up the Rongphu valley to Rongphu monastery and unrivalled views of the mountain's north face. At Rongphu you will stay in the small lodge attached to the monastery, which has recently been reconstructed following the excesses of the cultural revolution in the 1960s. Nowadays there are about twenty monks in attendance. Explore Rongphu monastery.

Explore Base Camp and drive to Nylam

You will have the opportunity to drive towards the famous 1922 Base Camp, where interwar British expeditions camped before making their attempts to climb Everest. Transportation to Everest Base Camp is via shuttle service and will take approximately 20-25 minutes. Nylam is a one-street town with a fairly grim Chinese facade. It's about 30km from the Nepali border, 152km from Tingri, It's also a base for trekking in the southern Shishapangma region.

Drive to Kathmandu

You will be taken to the scenic drive to Kathmandu where you will have the opportunity to see Himalaya, fascinating scenery on road as well as beautiful village of Nepal. You can also experience spectacular view of beautiful landscape. Overnight at hotel in Kathmandu.

Sightseeing of Kathmandu

Your day will begin with breakfast at your hotel. You will be taken for sightseeing of Kathmandu valley to explore color and contrast of the vibrant city. Drive to famous Buddhist Stupa "Swayambunath" or known as Monkey temple on the hill of Kathmandu valley where you can see stunning view of mountains and Kathmandu. This temple attracts Buddhists and tourists from round the world. Swayambhunath Stupa is the most ancient and enigmatic of all the holy shrines in Kathmandu valley. Its lofty white dome and glittering golden spire are visible for many miles and from all sides of the valley. Then you will be taken to Pashupatinath Temple. Pashupatinath is the most important Hindu temple dedicated to god Shiva. Every year this temple attracts hundreds of elderly followers of Hinduism. This is also the cremation center. After exploring this temple you will visit fascinating sights of Patan Durbar Square, one of the most glorious examples of traditional Nepalese architecture, full of century's old temples and palaces.

Rest day at leisure Time/hotel

It's a leisure time in Kathmandu, where the rest of the day is free for shopping, sightseeing or relaxing. This is an extra day in case of bad weather. Free time to explore Kathmandu before transferring to the airport for flight back.

Drive to Airport for Return flight

Your final day in Kathmandu is a free day to you to do as you choose. Many people take the time to shop, others enjoy exploring the cultural side of the city. Our local guide can advise you on the best shops in the area. Final farewells! Our airport representative will travel with you to the airport.

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