

# Central Tibet Overland Tour | Duration: 12 Days

## Days | Cost: \$1999

Central Tibet Overland Tour leads you to the most fascinating land in central Tibet, start from Kathmandu. The trip exhibits the best tour experiences insight into the life and culture of the friendly Tibetan people and get the wonderful opportunity to experience all these cultural and natural delights by joining central Tibet overland tour. Firstly spend some days in Kathmandu visiting Temple, Stupa and palaces. Then fly to Lhasa and spend 3 nights in Lhasa making sightseeing tours of Potala, Jokhang, Norbulinka & Barkhor. Afterwards, you make an overland tour on the Tibetan plateau from Lhasa to Kathmandu. The landscapes are so overwhelming that you accept the strains of this trip gladly, particularly as you will visit on the way some very interesting and important monasteries and Stupa (Sakya, Shigatse, Gyantse). Central Tibet Overland Tour always possesses expedition character and requires flexibility, tolerance and spirit of adventure of every participant due to the high altitude. Note: This tour is on-demand tour so you can contact and choose your own time.

### At a Glance:

- **Tour code:** MCTO003
- **Style:** Multi Country
- **Grading:** ▲▲▲▲▲
- **Suitable for:** 5200m
- **Duration:** 12 Days
- **Start in:** Kathmandu |Airport
- **End in:** Kathmandu |Airport
- **Transport:** Private
- **Price:** 1999

### Highlights of the tour:

- Mingle with cultural and historical heritage sites of Kathmandu
- Sightseeing of Lhasa, Potala palace
- Experience cultural and natural delights
- Explore ancient Tibetan monasteries
- Take a look at tranquility of Yamdrok lake
- Best Everest view from Tingiri
- Explore wonderful Tibetan Landscape

## **What's Included:**

- Airport pick up and drop.
- Welcome and farewell dinner.
- All sightseeing trip as mentioned.
- All entry fees during sightseeing.
- All Hotel accommodation.
- All Transport on Private Coach.
- 3-4\* accomodation with breakfast
- Flight Ticket KTM-Lhasa (500\$)
- English speaking Local Guide

## **What's Not Included:**

- Meals other than Breakfast
- Drinks and bar bill
- Tipping
- Travel and medical insurance
- Personal Insurance
- Chinese Visa 85-150\$ depend on Nationality
- Additional costs due to illness, force majeure, changes of flight and itinerary

## **Arrival in Kathmandu**

Arrival at Tribhuvan International Airport, Kathmandu. A traditional warm welcome by our airport representative. Briefing about the package in the hotel. Rest time at Leisure. Evening typical welcome dinner.

## **Kathmandu sightseeing**

You will be taken for sightseeing of Kathmandu Valley to explore the vibrant city after breakfast at your hotel. Drive to famous Buddhist Stupa Swayambunath, also known as Monkey temple, on the hill of Kathmandu Valley where you can see stunning view of mountains and Kathmandu valley. This temple attracts Buddhists and tourists from around 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 from far and wide. Next is Pashupatinath, the temple of Lord Shiva. This is probably the most famous temple for Hindu in Indian Sub-continent. There is crematorium beside the temple where dead bodies are burnt to ashes. After exploring Pashupatinath you will visit fascinating sights of Patan Durbar Square, one of the most glorious examples of traditional Nepalese architecture, full of centuries old temples and palaces.

## **Fly to Gonggar /Transfer to Lhasa /Hotel**

Today after having hot breakfast you will be heading to airport and fly to Lhasa Gongga International Airport . Drive to Lhasa through the picturesque scenes will take two hours from airport and after reaching Lhasa check in hotel you will be staying at hotel that night.

## **Visit Potala, Sera and Norbulinka /hotel**

This day you will be sightseeing tour at Lhasa includes Potala palace,Sera & Norbulinka. Potala Palace,The winter Residence of Dalai lama. The palace witnessed the life of the Dalai Lamas and the important political and religious activities in the past centuries. Norbulingka is next place where you will be visiting, which is summer Palace of Dalai lama. Norbulingka is now undergoing complete restoration. Presently, the complex contains a small zoo, botanical gardens, and a mansion. After that end of the day you will be exploring Sera Monastery founded by Tsong Khapa's. It became famous for its tantric teachings, while Drepung drew fame from its governing role. Sera was smaller than Drepung, with 7,000 monks, but was very rich and comparable in power. The monks of Sera were considered clever and dangerous.Tonight night stay at hotel.

## **Visit Drepung, Jorkhang & Barkhor /hotel**

The second day in Lhasa tour includes Jokhang Temple, Drepung and Barkho. Jorkhang temple constructed in the 7th century AD to house the statues of Buddha that princesses Bhrikuti from Nepal and Wen Cheng from Tang Dynasty China brought as gifts for their future husband, King Songtsan Gampo. The temple, a splendid four-floor building facing west under a gilded rooftop, is on Barkhor Square in the center of the old section of Lhasa. After that you will visit Drepung Monastery. Drepung was founded in 1416 by a disciple of Tsong Khapa, was the biggest and richest monastery in Tibet and its lamas helped to train each new young Dalai Lama. Drepung was also home to the Nechung, the state oracle. At its height, Drepung had over 10 000 monks, and governed 700 subsidiary monasteries and owned vast estates. Drepung belongs to the Gelupa sect and at lastly you will visit Barkhor. Barkhor is a Street market, a circular street around the Jokhang temple in the center of the old section of Lhasa, it is the oldest street in a very traditional style in Tibet, where you can enjoy bargaining with the local Tibetan vendors for the handicrafts which are rare to be seen elsewhere in the world. Tonight you will spend your night stay at hotel.

## **Drive to Gyantse via Yamdrok Lake/ hotel**

Early morning wake up and take a drive to Gyantse via Yamadroke Lake and high passes. Gyantse,The town itself is quite small & most sights can be seen on foot. The town is Located by the Nyang-chu River. Visit Kumbum chorten & Phklkor monastery which was built around 1400 AD. Gyantse is regarded as the forth largest city in Tibet. It once was a major center for trade with India, and in 1904 the city became a battlefield when the British Army under Colonel Frances Younghusband attacked the city. Then after explore a beautiful Yamdrok Lake which is very popular and important of Tibet. Overnight in hotel.

## **Drive to shigatse/visit monastery/hotel**

Day begins with the delicious breakfast, continue on your drive to Shigatse, officially known as Xigazê, is a

prefecture-level city of the Tibet Autonomous Region of China, Shigatse, also named Xigatse, means 'the fertile land' and it is an important Tibetan communication hub and air of modernization pervades the area. Shigatse is of great importance for its location in this area. It is 300 kilometers (about 186 miles) away from the world's highest peak Mt. Everest, 150 kilometers (about 93 miles) away from the Sakya Monastery and also on the only path to Tibet's holy lakes. Visit to the famous Tashilumpo Monastery, which was built around 1400 AD, the seat of Panchen Lama until his death in 1989 with its huge Thanka Wall very visible on north side of the road.

## **Drive to Xegar/visit Sakya/ Hotel**

Today you will leave shigatse and continue your drive to Xegar. where you will visit Sakya Monastery, Located in Sakya county southwest of Shigatse, Sakya, meaning "Grey Soil" in Tibetan, since the soil around is grey. The Sakya Monastery is the principal monastery of the Sakyapa Sect of Tibetan Buddhism. which is historic and culturally important monastery in Shigatse. Overnight in hotel.

## **Drive to Zhangmu/hotel**

After having breakfast you will take a drive to Zhangmu. It is a custom town and port of entry located in Nyalam country on the Nepal-Tibet border, just uphill and across the Bhote Koshi river from from the Nepalese town of Kodari. You will visit the Nepal-Tibet border and night stay at hotel.

## **Drive to Dhulikhel/hotel**

You will leave Zhangmu today and continue your drive to dhulikhel. Dhulikhel is located at the eastern rim of Kathmandu Valley, south of the Himalayas at 1550m above sea level and is situated 30 km southeast of Kathmandu and 74 km southwest of Kodari. Main attractions of Dhulikhel are temples and scenic mountain views to enjoy from Karyolung in the east to Himalchuli in the west from where you can observe a stunning panorama of peaks unfolds, from Langtang Lirung in the east, through Dorje Lakpa to the huge bulk of Gauri Shankar and nearby Melungtse (7181m) and as far as Numbur (5945m) in the east. This is a real Newari town, with a temple-lined village square and a life outside of exposing tourists to the views.

## **Drive to Kathmandu/rest day at leisure/hotel**

Drive to kathmandu from Dhulikhel. when you reach at kathmandu you will rest at leisure time or spend the rest of the day sightseeing, exploring, shopping or just relaxing in Kathmandu's numerous cafés and roof-top restaurants. Spend your night in Kathmandu hotel.

## **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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