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## Tibet Overland with Everest Base Camp –Fixed departure Trip - 2011

### The classic route across the roof of the world.

From the tiny monastery at Rhongphu the view of Qomolangma (Mt Everest) is absolutely magnificent as it stands alone at the head of the valley - a walk or drive to Base Camp brings you even closer.



### Detailed Itinerary:

**Day 01:** The flight to Lhasa is spectacular. From Gongkar airport it is about 1½ hours' drive to Lhasa, first along the Yarlung Tsangpo then into the Kyi Chu Valley.

**Days 02-04:** With a relaxed pace to allow for the effects of altitude, explore this fantastic city on the roof of the world. The spiritual heart of Tibet is the Jokhang Temple and every morning is full of life as pilgrims bring offerings of butter and barley flour. The Potala Palace rises above the city and, more than any other sight, symbolizes the history and culture of Tibet. Nearby are the huge monastic universities of Drepung and Sera – still active institutions.

**Day 05:** A long, yet scenic day's drive across the Khamba La and Kora La (passes), along the shores of Lake Yamdrok Tso to Gyantse. Once an important trading town, Gyantse retains a feel of 'old' Tibet.

**Day 06:** In the morning visit Gyantse's monastery – Pelkor Choede – and the justifiably famous Kumbum, within the same complex. There may also be time to visit the dzong (fort) that towers above the town. In the afternoon we make the short (2-3 hour) drive along the valley to Shigatse.

**Day 07:** Tashilhunpo is the seat of the Panchen Lama, second only in importance to the Dalai Lama. Its numerous halls contain a 21.6-meter wooden statue of Maitreya, the future Buddha and elaborate, jewel encrusted reliquary chorten. After lunch drive via Sakya to Xegar. Sakya was the seat of political power in central Tibet from the 10th to mid 14th century. The fortified monastery is still head of one of the most important schools of Tibetan Buddhism.

**Day 08:** Turn off the Friendship Highway for a stunning drive through Qomolangma National Park to reach the tiny Rhongphu Gompa at 5000m. The view from here is utterly spectacular!

**Day 09:** Trek or drive the 7kms to Everest Base Camp (5200m) before heading to Lao Tingri via a rough, yet scenic track crossing small rivers and passes.

**Day 10:** Another high pass gives a last, spectacular view of the Himalaya before we leave the Tibetan Plateau, descending to Zhangmu – on the China-Nepal border. Completing border formalities the drive back to Kathmandu continues down the Bote Khosi valley.



### ITINERARY

#### Day

- 01 KTM-flight to Lhasa / transfer to hotel Yak htl x 04 nights
- 02 Visit Drepung and Sera
- 03 Visit Potala, Jokhang and Norbulinka
- 04 Lhasa
- 05 Gyantse / Jianzang hotel
- 06 Pelkhor Chode - Shigatse / hotel Manasarovar
- 07 Tashi Lumpo - Sakya - Lhatse / Shanghai hotel (or Sakya htl)
- 08 Rombuk / Everest gh
- 09 Lao Tingri / Snow Leopard gh A
- 10 Zhang Mu Kodari - Kathmandu

### ITINERARY EXTENSION

- 10 Nyalam - hiking excursion / Nyalam gh A
- 11 Shigatse / htl Manasarovar
- 12 Lhasa / Yak htl A
- 13 end of services

### Departure dates 2011

**April 07, April 14, April 28, May 12, May 19, May 26, June 09, June 23, July 14, July 28, Aug11, Aug25, Sept 08, Sept 15, Sept 29, Oct 06, Oct13, Oct20, Nov 01, Nov 15**

The dates mentioned are the day you will be in Lhasa to joining the group. If travelling from Kathmandu, you need to be here two days prior to joining the group in Lhasa. Joining from Chengdu one night in Chengdu will be enough.

### Trip Cost:

- Euro 830 P/P. SGL Supplement :Euro 270
- Extension to Lhasa Euro 150P/P. SGL supplement Euro 80
- Separate transfer from or to airport Euro 60 (01 to 05 pax) incl. vehicle & Guide.
- Separate transfer from Train Station Euro 28 (01 to 03 pax) & Euro 34 (04 to 05 pax) Incl. Vehicle & Guide
- Extra accommodation: Euro 45 per room per night
- Flight Cost: (subject to change)**
- KTM- LXA: USD 406 per person
- Chinese Visa Cost: USD 114 p/p, USD 198 (For US passport holders)**

### Tour cost includes

- Accommodation as per itinerary (Lhasa, Gyantse & Shigatse - twin share. Other accommodation twin or multi share)
- Land transport as per itinerary by landcruisers
- All airport transfers From Kathmandu only
- Sightseeing as per itinerary (Potala Palace, Jokhang Temple, Drepung, Sera, Pelkor Choede, Tashilumpo, Sakya, Qomolangma National Park)
- English speaking interpreter / guide
- Yamdrok and Everest Base camp entrance fees

### Not included in the tour cost

- All Services In Nepal
- Monastery entry fees
- Personal expenses such as drinks, postage, laundry and souvenirs.
- All Meals
- Visa and passport fees
- Travel insurance
- Emergency evacuation
- Tips and gratuities
- Costs arising from unforeseen events outside the control Snow Jewel

## Accommodation

Accommodation in Lhasa, Gyantse and Shigatse, Lhatse is available on a twin share basis with either shared or private facilities. Outside these towns standards of accommodation are quite basic.

## Transport

Transport in Tibet is by private 4WD landcruiser.

## Food

No meals is included.

In Kathmandu restaurants of every style and price-range abound. Chengdu is famous as the home of Sichuan Hotpot.

In Lhasa there is also quite a variety, although not as extensive as Kathmandu. Elsewhere in Tibet the variety is much more limited.

## Money

It is best to bring a mixture of cash and travelers checks in major currencies - USD, CAD, EUR, AUD - and ensure you have a mixture of large and small denominations. Everyone's spending is different, but as a guide we suggest Euro 10-15 per day (if you drink or smoke this could be higher). Shopping is difficult to predict, but most people buy more than they intended.

## Insurance

It is essential that you take out comprehensive travel insurance prior to your trek. Your travel insurance must provide cover against personal accident, medical expenses, emergency evacuation and repatriation and personal liability. We also recommend that it cover cancellation, curtailment and loss of luggage and personal effects.

## Health

There are no specific health requirements for entry into Nepal or China. However, you should consult your doctor for up-to-date information regarding vaccinations, high altitude medication and medications for any reasonably foreseeable illnesses whilst traveling in Nepal and China.

Please be aware that medical facilities are not of the same standard you might expect at home. We strongly recommend that you carry a personal First Aid kit as well as sufficient quantities of any personal medical requirements (including a spare pair of glasses).

## Altitude

AMS (acute mountain sickness) is a serious issue. It is the result of the failure of the body to adapt to high altitude and can affect anyone, regardless of age or fitness. It usually occurs above 1,800 meters and the likelihood of being affected increases as you ascend. On arrival in Lhasa breathlessness, lethargy and mild headaches are not uncommon and generally decrease as your body adjusts. Taking it easy at first and maintaining adequate fluid intake is essential. Please advise your guide if you feel more severe symptoms and do not medicate yourself without discussing it with them first.

## Climate

Tibet is a land of climactic extremes and whilst it is not generally as harsh as expected, it is a good idea to be prepared for cold at any time of the year – it is wind chill rather than air temperature that makes the difference here. In central Tibet weather is usually mild from May through October. Evenings may be cool, particularly early or late in the season. Rain is frequent in July and August. In Western Tibet and at higher altitudes (Rhongphu, Namtso) it can be cold at any time of year if the wind is blowing off the mountains. From December into April travel in Tibet is possible, although you must be prepared for delays if passes become blocked by snow. Trekking is not possible at this time.

## Joining from Chengdu

You should obtain a tourist visa in your home country or Hong Kong prior to arrival in China. This visa should be valid for the entire time that you will be in China (including Tibet). On your visa application you should mention Beijing, Shanghai, Chengdu, Guilin as places you will visit. Do not mention Lhasa or Tibet on your visa application or your visa will be refused.

## Joining from Kathmandu

It is only possible to enter Tibet from Nepal with a visa issued by the Chinese Embassy in Kathmandu. In order to apply for your visa you must provide Snow Jewel with a photocopy of the details page of your passport 21 days prior to your trip. The visa will be issued once you arrive in Kathmandu – it takes one full day. The Chinese Embassy in Kathmandu issues visas on Monday, Wednesday and Friday only so you must plan your itinerary to allow for this. Chinese Visa Cost: USD 114 (USD 198 for US passport holders). Travel Permits are required for Tibet. Snow Jewel will apply for your permit on your behalf.

## Flights

Air China operates between Chengdu and Lhasa 3-5 times daily, depending on demand.

Air China operates between Lhasa and Kathmandu on Tuesdays, thursday and Saturdays and flights fill quickly.

Whilst your ticket will not be issued before your travel permit, seats may be booked well in advance. Your full name, nationality and passport number are necessary to make the booking.

If you would like to book the accommodation and other required services in Kathmandu please feel free to contact us:

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