

Contact Details:

- ✓ Web: - www.nepaltouroperators.com
- ✓ Email: - nepaltouragency@gmail.com
- ✓ Cell No: - +9779871016865 (whatsapp, viber, WeChat)

Tibet is one of the most famous travel destinations for the cultural, religious, and adventurous trip. Its departure and arrival point is in Lhasa. The Highlights of the Tibet tour package are Cultural visit to the Potala Palace and religious visit to Mount Kailash. We provide complete travel package tours to Tibet and Kailash with Tibet travel visa.

9 nights 10 days Tibet tour

- ❖ Visit the palaces and monasteries in Lhasa, the capital of Tibet
- ❖ Visit Yamadruk Lake and Palacho Monastery, rural Tibetan shrines
- ❖ Hike high mountain trails with spectacular views of Mount Everest
- ❖ Visit Everest base camp and reach the highest peak in the world.

Travel Itinerary

During your 9 Nights 10 day visit to Tibet, You will visit and enjoy beautiful Tibetan towns and villages such as Lhasa, Shigatse, Gyantse, Rongbuk, and Kierong. The main attraction of this trip is to go to Mount Everest base camp, the highest peak in the world, Everest, to finish the ten-day of your journey. During your 9 Nights and a ten-day visit to Tibet, you will visit popular Tibetan sites such as the Potala, Norbulingka Palace, Barkhor Bazaar, Traditional Tibetan Hospital, and Gayatse Jong. The tour also includes several magnificent Tibetan monasteries from around the world, including Sera, Falcott, Drepung, Shalu, Tiluhanpo, Shakya, and Rongbook. During this tour, you will also visit the 15th century Ganden Monastery and the Drepa Caves, which are still a sacred sanctuary for Tibetan monks. The 9-night, 10-day Lhasa tour by land through Everest base camp also allows you to explore the mysterious Yamadruk Tso Lake and conquer some of the highest passes such as Lalung La, Khamba La, Karo La, and Gayatso La. The

trip reaches the base camp of Mount Everest is a glimpse of the spectacular Rongbook Glacier and offers spectacular views of Shishapangma and mt. Cho Oyu.

Day to day Itinerary

Day 01: Welcome to Lhasa airport and transfer to the hotel

You arrive in Lhasa by direct flight from Nepal or the Chinese mainland. If you decide to travel from Nepal, you will take advantage of the hour-long Himalayan plane that takes you over the Everest, Kanchenjunga and other Himalayan peaks and glaciers. If you choose to travel to Lhasa through mainland China, you can go from major Chinese cities or take the world's highest railway line to Lhasa. Upon your arrival in Lhasa, our representative will take you to your reserved hotel in Lhasa from the airport or the train station. We suggest you take plenty of rest during the rest of the day to reduce altitude sickness.

Day 02: Sightseeing around the Lhasa city

After having breakfast, you will start sightseeing around Lhasa in the magnificent Potala and Norbulingka palaces, known as the Winter Palace and Summer Palace. Built-in the 17th century, Potala Palace offers breathtaking views of the whole city and is a private quarter of the Dalai Lama. Norbulingka Palace is considered to be the most extensive artificial garden in Tibet. Next, you will visit the traditional Tibetan hospital, which is the center for cure, research, training, and manufacture of Tibetan medicine.

Meals included: Breakfast

Day 03: Continue Sightseeing in Lhasa

Today, after breakfast, visit Drepung Monastery, Jokhang Temple, Serra Monastery and Barkhor Bazaar. The Drepung Monastery, built in the 14th century, is considered the largest monastery in the world, and it was a house for 10,000 monks. However, only a few hundred have decreased significantly. The history, culture, and religious beliefs of the Tibetan people are highly concentrated in this beautiful monastery. The Sera Monastery is a protected monastery with white walls and golden ceilings. The main attraction of visiting

this monastery is the confrontation of the monks, which takes place every day except Sundays. The Jokhang Temple is another important holy place that reveals the deepest secrets of Tibetan Buddhism. Inside, you can see a statue of the Sakyamuni Buddha at the age of twelve. You will continue going to the Barkhor Bazaar is the hub of Lhasa With a series of outdoor stalls, shops, and travelers.

Meal included: Breakfast

Day 04: Full day tour in Ganden Monastery and Drespa Caves

Today you are going to visit Ganden Monastery, Drepka Cave, and return to Lhasa. Ganden monastery location is about 55 km east of Lhasa in the Wangbar Mountains in the Lhasa district. It is the oldest of the six Gelug monasteries in Tibet and one of the "Big Three." Ganden Monastery has many beautiful and delicate sculptures and sculptures. It has a gemstone suit that was worn by Emperor Qianlong and given to the monastery as an offering to the founder of the Galag branch, Song Khapa. In the afternoon, you will visit Drayerpa Cave in the beautiful valley with breathtaking scenery. There are more than 30 Lama Caves that want to meditate in a quiet environment. In the afternoon you return to Lhasa and spend the night.

Meal included: Breakfast

Day 05: from Lhasa to Gyantse through Caro La pass and Yamadrok Tso lake

Today, you take an excellent trip to Gyantse. Along the way, you make a brief stop at Khamba La Pass to admire the beauty of Yamadrok Tso. There are three largest sacred lakes in Tibet and the beautiful Najin Kang Song Glacier. You will soon reach another pass called Caro La Pass. From your vehicle, you can enjoy the view of a vast glacier that falls on the road before reaching Gyantse. In Gyantse, you visit the Stupa Khumba, the Falakot Monastery, and one of the best-preserved Dargahs in Tibet and Gayatse Jong.

Meal included: Breakfast

Day 06: Visit Gyantse to Shigatse via Shalu Monastery

In the morning, drive to Shigatse, the second-largest city in Tibet. On the way, you visit the Shalu Ashram. 1040 AD, the monastery, founded in Shalu, is famous for its beautiful and ancient murals. Then you continue to Shigatse. You see the historical and cultural significance of the famous Tashi Lappo monastery, the residence of the Pachnach Lama, who founded the first Dalai Lama at the Jendun Drupe in 1447.

Meal included: Breakfast

Day 07: from Shigatse to Rongbuk through Sakya Monastery

After breakfast, you start your journey to Rongbuk through some beautiful villages and get your first view of Mount Everest from the foot of the Guayatsa La Pass.

Along the way, you visit the Sakya Ashram, also known as Pel Sakya, the ancestral temple of the Sakya branch of Tibetan Buddhism, which provides access to the Buddha's teachings. After visiting Shakya monastery, you continue to Rongbook. Beyond Lalung La Pass, You arrive at the Rongbook Monastery at the foot of mighty Everest, and it is the tallest mountain in the world. During your trip here, you also enjoy the impressive view of the mountains that surround you, including the remarkable aspect of the north face of Mount Everest.

Meal included: Breakfast

Day 08: Drive to Kyirong from Rongbook through Everest Base Camp

In the morning, you visit Everest Base Camp, the foot of the highest mountain in the world. You also enjoy spectacular views of 8,000m—high peaks, such as the mighty Everest, Shisebangma, and Mount Cho Oyu. Everest is known as Chomolungma in Tibet. Today you complete one of the main attractions of your trip and reach the base camp of Everest, and you can see the magnificent Rongbook Glacier. You make a 16 km round trip to Everest base camp. After spending some time in the Base camp of Everest, you will make Kyirong your next destination. It is the last contact with the Tibetan plateau, where pilgrims stop

and prayer flags, incense, and prayer notes in the air. You will spend the night in Kyirong.

Meal included: Breakfast

Day 09: Drive to Kathmandu from Kyirong

After breakfast, complete the border formalities then drive to Kathmandu. The road that connects Tibet to Nepal via Kerung runs through the Nepalese cities of Trishuli, Dhuncha, Sairabubesi, and Rasuwagadi, which runs along a small mountain road. On the way, you can see the numerous waterfalls, rivers, valleys, and lush green forests and enjoy the beautiful landscape. Upon arrival in Kathmandu, you will check in to your hotel and rest for a while. Later in the evening, you can walk around the Thamel area.

Meal included: Breakfast

Day 10: Drop to Kathmandu international airport

Your trip ends today. About 3 hours before your scheduled flight, we will take you to the airport for your next destinations. If you want to extend your vacation, then we are happy to design your itinerary.

Meal included: Breakfast

The cost is included

- ❖ All require Tibetan travel permits fees
- ❖ Collection and delivery at the airport.
- ❖ Everest National Park entrance fees
- ❖ Private vehicles for transport as per the group size and Itinerary
- ❖ . Accommodation on twin sharing with breakfast during Tibet tour.
- ❖ An English speaking, experience Tibetan tour guide
- ❖ All Entrance fees for a visit to monasteries according to the itinerary
- ❖ All applicable documents, government taxes and service fees.
- ❖ One night three-star accommodation in Kathmandu with breakfast

Costs not included

- ❖ Tibet entry visa fees
- ❖ International flights to and from Lhasa
- ❖ Travel and health insurance
- ❖ Lunch and dinner during tour in Tibet and Nepal
- ❖ Tips for Driver and Guide
- ❖ Nepal entry visa fees

Accommodation and meals

During the Tibet tour, you will stay in a three-star category hotel. It is also possible to upgrade to a higher rated hotel by paying additional fees. All accommodations are in a double or twin share basis.

All of your tours include a daily breakfast. Lunch and dinner are not adding as we prefer to give our customers the freedom to try the local food themselves. Meals are usually served at the hotel. We cannot guarantee special meal requests, but we will do our best to meet your specific nutritional needs for meals.

Acclimatization

At a higher altitude, you get less oxygen in the air. It takes your body a few days to get used to this less oxygenated environment. During this visit, you will spend the first four nights in Lhasa, which gives us plenty of time to acclimatize.

Therefore, it is a good idea to exercise or jog regularly, preferably a few weeks before traveling at high altitudes. We recommend that guests consult their doctor before starting their trip, especially those who suffer from known heart, lung, or blood disorders.

Best travel time

Summer (June, July, and August) and autumn (September, October, and November) and Spring (April and May) are the best seasons for this trip in Lhasa. We can also enjoy this trip in the winter months, but it can get colder.

Necessary documents

The documents below are essential and must be with you at all times.

- ❖ Minimum of six-month Valid passport
- ❖ Health and travel insurance card
- ❖ Plane or train tickets etc.
- ❖ Few passport size photos
- ❖ All necessary entry permits

Changes in travel Itinerary and cancellations

We endeavor to arrange tours as stated on itinerary but reserve the right to change the itinerary or replace activities, hotels, meals, or transportation if we deem it necessary due to any reason. We also have the right to cancel the trip any time for any reason, like unforeseen circumstances or circumstances beyond our control. In this case, we will book you again on another day. However, if we cannot book you again, we will return a full amount