

Tibet Tour - 07 nights/08 Days Package



Highlights:

Nepal is one of the richest countries in the world in terms of bio-diversity due to its unique geographical position and altitude variation. The elevation of the country ranges from 60 meters above sea level to the highest point on earth, Mt. Everest at 8,848 meters, all within a distance of 150 kilometers resulting in climatic conditions from sub-tropical to arctic.

This wild variation fosters an incredible variety of ecosystems, the greatest mountain range on earth, thick tropical jungles teeming with a wealth of wildlife, thundering rivers, forested hills and frozen valleys.

These itinerary for 4 days let you experience cultural aspects of this beautiful country – NEPAL. This program features the old heritage and culture of the Kathmandu valley.

Tibet: Know as the "Roof of the world", Qinghai-Tibet Plateau is the highest plateau in the world. Tibet is just in the south of Qinghai-Tibet plateau, at a geological location within 26°50"-36° 53" degrees north latitude and 78° 25" -99° 06" degrees east longitude. Covering an area of over 1.2million square kilometres, the autonomous region takes up about one-eighth of China. To the north, it neighbours Xinjiang Uygur Autonomous Region and Qinghai Province; on the east and southeast, it is adjacent to Sichuan and Yunnan provinces; on the south and west it borders Myanmar, India, Sikkim, Bhutan and Nepal, as well as Kashmir on a border line of 4,000 kilometres stretching from east to west.

Tibet has some of the world's tallest mountains, with several of them making the top ten list. Mount Everest, at 8,848 metres (29,029 ft), is the highest mountain on Earth, located on the border with Nepal. Several major rivers have their source in the Tibetan Plateau (mostly in present-day Qinghai Province). These include Yangtze, Yellow River, Indus River, Mekong, Ganges, Salween and the Yarlung Zangbo River (Brahmaputra River). The Yarlung Zangbo Grand Canyon, along the Yarlung Zangbo River, is regarded by some as the deepest canyon in the world, and is even slightly longer than Grand Canyon, hence it is regarded by many as the world's largest canyon. The Indus, Brahmaputra rivers originate from a lake (Tib: Tso Mapham) in Western Tibet, near Mount Kailash. The mountain is a holy pilgrimage for both Hindus and Tibetans. The Hindus consider the mountain to be the abode of Lord Shiva. The Tibetan name for Mt. Kailash is Khang Rinpoche. Tibet has numerous high-altitude lakes referred to in Tibetan as tso or co. These include Qinghai Lake, Lake Manasarovar, Namtso, Pangong Tso, Yamdrok Lake, Siling Co, Lhamo La-tso, Lumajangdong Co, Lake Puma Yumco, Lake Paiku, Lake Rakshastal, Dagze Co and Dong Co. The Qinghai Lake (Koko Nor) is the largest lake in the People's Republic of China.

The atmosphere is severely dry nine months of the year, and average annual snowfall is only 18 inches, due to the rain shadow effect whereby mountain ranges prevent moisture from the ocean from reaching the plateaus. Western passes receive small amounts of fresh snow each year but remain traversable all year round. Low temperatures are prevalent throughout these western regions, where bleak desolation is unrelieved by any vegetation beyond the size of low bushes, and where wind sweeps unchecked across vast expanses of arid plain. The Indian monsoon exerts some influence on eastern Tibet. Northern Tibet is subject to high temperatures in the summer and intense cold in the winter.

Tibetan cultural influences extend to the neighboring states of Bhutan, Nepal, regions of India such as Sikkim, Ladakh, Lahaul, and Spiti, and adjacent provinces of China where Tibetan Buddhism is the predominant religion.

Itinerary:

DAY 01 KATHMANDU – ZHANGMU- 121KM/5hrs.

After early breakfast at hotel you will be driven to Zhangmu. Driving 115 Km through the panoramic Araniko highway and arrive at Kodari, the Nepal China Border.

After crossing the Friendship bridge (Nepal/China border) at Kodari where you are met by Chinese Travel agent proceed to Zhangmu. After immigration and custom formalities check-in at Zhangmu Hotel.

Overnight at the hotel

DAY 02 ZHANGMU – XEGAR – 244 KM/6hrs.

After breakfast at Lodge, you will be driven to Xegar. After 3 hours drive you will reach Nylam pass (4000m), the old trading post. From here, if weather permitting, you can see Mt. Xixapangma (8013m), Mt. Makalu (8463m), Mt. Everest (8848m), Mt. Lhotse (8516), Mt. Cho Oyu (8201m), Gauri Shanker (7134m) and other Mountains.

After 03 hours further drive you will reach Xegar.

Overnight at the hotel .

DAY 03 XEGAR – XIGATSE - 244KM/6 hrs.

After breakfast at hotel, you will be driven to Shigatse via Shakya Monastery - meaning "Grey Soil" in Tibetan since the soil around is grey, is the center monastery of Sakyapa sect of Tibetan Buddhism. Its wall was painted with red, white and grey strips, which represent Manjushri, Avalokiteshvara and Vajrapani respectively. Since the monastery has a colossal collection of highly valuable art pieces, it is deemed as "Second Dunhuang". The monastery is divided into the Northern Monastery and the Southern Monastery by Drum River. The Northern monastery was the first one which was founded by Khon Konchog Gyalpo in 1073, from which Sakyapa arose and once ruled Tibet. Unfortunately, it is nothing but ruins now due to severe destruction in the Cultural Revolution (1966-1976), however the ruins reflect its glory and resplendence. The Southern Monastery was built in 1268 by the fifth Sakya Throne Holder, Drogon Chogyal Phakpa, known as Phakpa.

Arrive Xigatse in the evening, upon arrival check-in at hotel.

Overnight at the hotel Shigatse.

DAY 04 XIGATSE - GYANTSE 90 KM/2 hrs.

After buffet breakfast you will proceed to visit Tashilhunpo Monastery, the traditional seat of Panchen Lama You will see a 26 Meter high golden statue of future Buddha, huge thanka wall, debating and studying Lamas and monks etc. Later visit free market of old Xigatse town.

After lunch drive to Gyantse which takes 2 hours. Gyantse is a small town situated at 3800 meters.

Immediately upon arrival at Gyantse a tour of the Immense Kumbum Chorten and Palkhor Monastery is made. After that you will be free for walking around Gyantse including the local carpet factory.

Overnight at the hotel

DAY 05 GYANTSE - LHASA – 261KM/7hrs.

After breakfast, drive from Gyantse towards Lhasa crossing the Karola pass (5200m). Continuing after a beautiful drive of one hour round the lake Yamdrok Yamtso further on the Kamba La Pass (4900m) is reached.

Descending, you get down to Yalong Tsangpo (Brahmaputra river), where the graveled road ends and metalled road is met for Lhasa. After one hour's drive from this point you will reach Lhasa.

Lhasa

Lhasa the traditional capital of Tibet and the capital of the Tibet Autonomous Region is the largest city in Tibet with an area of 544 square kilometers. Lhasa is the center of Tibet's political, economic, cultural and religious activities. Lhasa literally means "The Place of Gods". It is situated at the foot of Mount Gephel, on the north bank of River Lhasa, a tributary of the Yarlung Tsangbo River, at an altitude of 3,700 meters and counts among the one of the highest cities in the world. With more than 3,000 hours of sunshine annually, Lhasa is famed as "the City of Sunshine" also. There are many historic sites and famous relics in the city proper and its suburbs, among which the Potala Palace, Jokhang Temple, Drepung Monastery, Sera Monastery and Gandan Monastery are world famous. The city is the traditional seat of the Dalai Lama and the Potala and Norbulingka palaces and in Tibetan Buddhism is regarded as the holiest centre in Tibet. Lhasa enjoys mild weather and is free of both frigid winters and unbearably hot summers. It rains mainly in July, August and September. The rainy seasons in the summer and fall are widely regarded the "best" seasons of the year, during these seasons it rains mostly at night and days are bright and sunny.

Overnight at Lhasa

DAY 06 /Day 07 LHASA

Lhasa Two full day will be spent in Lhasa, the religious, cultural, and economic centre of Tibet. Sightseeing will include:

Potala Palace: A fortress built atop Red Hill in the seventh century which over the years became a 13th storey, 1000 rooms from citadel to the primary of Buddhism of Tibet.

Norbulinka: The name means “Jeweled Garden” a fitting title for this 200 years old park stretching 360,000 sq. meters. The 370 room Summer Palace of the Dalai Lama is located inside the park.

Drepung Monastery: This ancient structure is said to be the largest Monastery in the world which once housed 10,000 Lamas.

Jokhang Temple: This oldest Buddhist temple in Tibet (1300 years) contains Tibet’s most precious religious relic-a golden Sakyamuni Buddha, a gift of the Chinese Princess Wen Cheng. This relic is displayed in the Great Hall and is still sought out by the religious pilgrims.

Barkhor: This is Lhasa’s inner pilgrim circuit shaped roughly like an octagon which runs around the Jokhang Temple and a typical Tibetan market place.

Sera Monastery: Located outside of the Lhasa city proper is the home to 150 Monks. It commands a spectacular view of Lhasa from its location at the foot of the Wudu Mountain. Several Buddhas of the Nepalese/Indian School are on display in the great meeting hall.

Overnight at the hotel

**DAY 08 LHASA- KATHMANDU – CA 407 at 10 :40hrs/09 :45hrs
KTM TIME**

Early morning you will be transferred to Gonggar airport Lhasa to board flight for Kathmandu.

Arrival at Kathmandu airport, waiting at the transit to connect Kathmandu onward flight.

END OF THE TOUR

Tibet Tour Price:

No of Pax (on twin sharing basis)	07 nights/08 day Tibet our package using Hotel Shambala, Lhasa on BB basis
02-04 paying pax	US\$ 1056.00 PP
Single Room Supplement	US\$ 552.00 Net Per Single Room

EXTRAS: subject to change

- One way LXA-KTM 'Y' class airfare – US\$ 390.00 PP (including airport tax for LXA-KTM flight)
- Tibet Visa Fee – US\$ 120.00 PP except USA National – US\$ 220.00 PP

HOTELS ENVISAGED:

CITY	HOTELS	ROOM CATEGORY	NO. OF NIGHTS
Zhangmu	Hotel Zhangmu	Standard room	01
Xegar	Hotel Everest or similar	Standard room	01
Shigatse	Hotel Shigatse or similar	Standard room	01
Gyantse	Hotel Gyantse or similar	Standard room	01
Lhasa	Hotel Shambala 3***	Standard room	03

ABOVE RATES INCLUDE:

A	ACCOMMODATION: ❖ On twin sharing basis as mentioned above.
B	MEALS: ❖ Bed and breakfast basis in Tibet.
C	TRANSPORT. <u>In Tibet</u> ❖ Using Non airconditioned vehicle for arrival and departure transfers, sightseeing, and excursions as per itinerary using Tibetan English speaking guide.
D	GUIDE: ❖ English speaking (Tibetain) guide during sight seeing tour in Tibet. ❖ Services of 01 Sita Representative on airport arrival and departure transfers in Kathmandu.
E	PORTERAGE ❖ Porterage on arrival/departure at airports

Rates DO NOT include:

- Insurance coverage
- Visa charges – Nepal visa can be obtained upon arrival in Kathmandu airport.
- Single Multipor visa fee is US\$ 25.00 PP payable cash in US\$ to the immigration authority at the airport.
- Personal expenses like telephone bills, laundry charges, table drinks, camera/video-camera fee at monuments etc.
- Any other items not mentioned above.

Above rates are nett, inclusive of presently applicable taxes and non-commissionabel to you valid till April 2010.

General Information for Tibet Tour

TIBET PERMIT:-

We will arrange for Tibet Travel permit through our Tibetan counter part. We would require the passport details of clients in following order to apply for the permit.

- Name (as it appears in the passport)
- Gender
- Nationality
- Passport Number
- Date of issue and expiry of the passport
- Date of Birth
- Place of Birth
- Occupation
- scan copy of passport the client

TIBET VISA:-

We will arrange for Tibet visa from Chinese Embassy in Kathmandu. In order to do needful, we would require scan copy of clients passport at least 40 days prior to the commencement of tour, followed by the actual passport five days prior to the visa issuing days. The Chinese Embassy in Kathmandu remains open on MONDAYS, WEDNESDAYS and FRIDAYS only.

Best Time to Visit Tibet:

Despite the high altitude of the Tibetan Plateau, the daytime temperatures are actually quite mild. Between April and November the average temperature ranges from 15-25 degrees Celsius and the skies are generally clear and blue. From July to August though there can be the odd shower during the day. The nights, however, can be very cold and temperatures can drop below 0 degrees Celsius. During the day a light shirt or jumper and lightweight pants will be suitable, but a warm fleece or down jacket is recommended for the evenings. The best time of year for overland tours in Tibet is from April to October.

Health:

Vaccination requirements change frequently, so it is suggest to consult your doctor at least 2 months prior to your trip. It is also recommend that you carry a basic first aid kit. The main health consideration in Tibet is altitude related illness or Acute Mountain Sickness (AMS). You may experience some mild symptoms initially, such as headache, lethargy, nausea and difficulty in sleeping, but these would lessen within a few days. A supply of bottled oxygen is carried in the vehicle at all times. Hotels in Lhasa are equipped with oxygen.

Doctors are available on call. If you have ever suffered from altitude sickness, or have a heart or breathing complaint, we would highly recommend you to consult your doctor about your suitability for traveling to Tibet prior to the tour. It is recommended to rest in the afternoon in Lhasa upon arrival in order to get acclimatization. However please note that age is no barrier to enjoy an unforgettable trip to Tibet.

Altitude:

Lhasa:- 3650 M above Sea Level
 Gyantse - 3950 m above Sea Level
 Shigatse - 3900 m above Sea Level
 Tsedang - 4200 m above Sea Level

Present flight schedule of Air China are as follows:

Novemembr 2008 to March 2009

<u>Origin</u>	<u>Destination</u>	<u>Flight no:</u>	<u>Dep</u>	<u>Arr</u>	<u>Frequency</u>
Kathmandu	Lhasa	CA 408	1100	1420	Sat & Tuesday.
Lhasa	Kathmandu	CA 407	1140	1045	Sat & Tuesday.

April to 30 June 2009

<u>Origin</u>	<u>Destination</u>	<u>Flight no:</u>	<u>Dep</u>	<u>Arr</u>	<u>Frequency</u>
Kathmandu	Lhasa	CA 408	1100	1420	Sun, Tues, Thurs, Sat
Lhasa	Kathmandu	CA 407	1140	1045	Sun, Tues, Thurs, Sat

01 Jul – 30 October 2009

<u>Origin</u>	<u>Destination</u>	<u>Flight no:</u>	<u>Dep</u>	<u>Arr</u>	<u>Frequency</u>
Kathmandu	Lhasa	CA 408	1100	1420	Everyday
Lhasa	Kathmandu	CA 407	1140	1045	Everday

Subject to change flight schedule as per the Air China.