



15 days Mt. Everest and Mt. Kailash group tour

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📍 Lhasa → Shigatse → Mount Everest → Saga → Mount Kailash Kora → Manasarovar Lake → Shigatse → Lhasa

This adventure group tour bring you to visit 2 important Tibetan mountains. Hike at Everest Base Camp, plus a full Kora trek at holy Mt. Kailash. Plus visit Holy Lake Manasarovar, makes for an unforgettable experience for your Tibet trip.

Type

Group, maximum of 12 person(s)

Duration

15 days

Theme

Overland, Photography, Trekking & Biking

Trip code

FDT-08

Tour dates

From £ 1,420

Itinerary

Our longest group tour starts from the holy city Lhasa, where you can feel the different lifestyle and existing culture of the roof of the world. Then proceed to see the world highest peak Mt. Everest along Tibet Nepal Friendship Highway by passing Shigatse and Shegar.

Later, we will head to the other prime focus of this journey - the glories peak Mt. Kailash, you will pass through Pelku Tso Lake and Great Himalayan Range on the driving way. As one of bonus, you will take the 3 days kora trek to worship the holy mountain Kailash together with the pilgrims from Buddhists, Bon, Hindus and Jains.

Day 01 : Arrival in Lhasa [3,650 m]



Upon your arrival at Lhasa Gonggar airport or Lhasa railway station, you will be greeted by your Tibetan guide and transferred you to your hotel in the city. From the airport to Lhasa is 68 km (42 mi), roughly an hour drive to your hotel. After checking into the hotel, you will have the remainder of the day to rest and acclimatize to the high altitude.

Day 02 : Lhasa City Sightseeing (B)

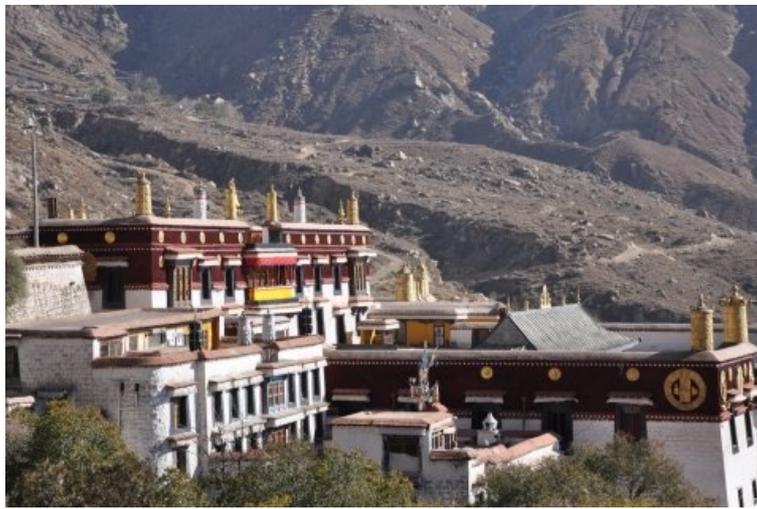


For the first day in Lhasa, you will visit Potala Palace and Jokhang Temple. **Potala Palace** is the best known cultural landmark in Tibet. It is most renowned as the residence of the lineage of Dalai Lamas (Avalokiteshvara), though the massive structure contains a small world within itself.

Jokhang Temple is the most sacred building in Tibetan Buddhism, located in the heart of Lhasa old town. It is the most sought after pilgrimage destination for all Tibetans.

Barkhor Street is a popular Kora (holy walking path) which surrounds the Jokhang Temple. Always full of Tibetan faithful, visitors may find mingling with local pilgrims around the Barkhor Street uniquely engaging. It is also a popular shopping district where you can buy gifts for your family and friends. (B) = Breakfast

Day 03 : One Day Tour to Drepung Monastery and Sera Monastery (B)



Today you will visit the two famous monasteries in Lhasa, the Drepung and Sera Monastery.

Drepung Monastery was the seat of the Government prior to Potala, it was once the world largest monastery in the history with 10,000 monks hailed from different monasteries all over Tibet.

Sera Monastery's famous debating monks go back and forth in their debates every day between 3 pm to 5 pm (except on Sunday), performance is well worth seeing.

Day 04 : Lhasa - Yamdrok Lake - Gyantse [4,040 m] - Shigatse[3,840 m], 360 KM 7 Hours' Drive (B)



Make your first day driving towards Everest, today's highlight is Yamdrok Lake, Karola Glacier, Gyantse Kumbum.

Yamdrok Lake is one of the 3 holiest lakes in Tibet and the easiest one to reach from Lhasa. The scenery on the way to Yamdrok Lake is fantastic - the road winds through snow-capped mountains and drives along the lake for about half an hour, during which you can get out of the car to touch the blue water and take photographs.

Karo La Pass [5,100 m] overlooks Mt. Nyenchen Kangsar glacier. A short stop is arranged for this great photo opportunity.

Gyantse Kumbum is one of the most stunning architectural wonders in Tibet. A Kumbum is a type of Tibetan chapel, and Gyantse's boasts multiple levels and 108 small chapel rooms.

Day 05 : Shigatse - Lhatse [4,021 m] - Rongbuk [4,900 m], 340 KM, 7-8 Hours' Drive (B)



After breakfast, you will visit **Tashilunpo Monastery**, it is one of the six prominent yellow hat sect monasteries and is the seat of the Panchen Lama lineage. There is a panoramic view of the whole monastery from the entrance, as well as a massive Jamba Buddha Statue.

In the afternoon, drive further to Rongbuk, cross **Gyatsola Pass** [5,200 m] and **Gawula Pass** [5,250 m] to see the spectacular Himalayan Ranges and the glorious peaks of Mt. Makalu [8,463 m], Mt. Lhotse [8,516 m], Mt. Everest [8,844 m], Mt. Cho Oyu [8,201 m] and Mt. Shishapama [8,020 m]. Enjoy the splendid sunset at EBC.

Note: It is cold and windy in the valley, so we recommend taking the warm clothes. Also, food options are scarce, so be sure to prepare for providing your own meals at Rongbuk.

Day 06 : E.B.C - Old Tingri [4,330 m] - Saga [4,610 m], 400 KM, 8 Hours' Drive



If the weather permits, you will see the sunrise at E.B.C. Late morning start driving northern to Saga, pass several high plateau lakes, towns, herders tents and along the route with plateau mountain ranges, diverse forms of mountains are overlooking through the valley.

Day 07 : Saga - Paryang [4,750 m] - Darchen [4,670 m], 520KM, about 9 Hours' Drive



Morning drive from Saga to Paryang, you will pass through the small dusty town of Zhongba amidst enchanting panoramic views, dotted nomads tents are mingled with their herds of animals on the open plateau. Pass numbers of villages and camps of Yak herders with the distance view of snow-capped mountains, cross the Mayun-la pass [5,216 m], if lucky might see many wild animals at the plateau grasslands. Finally reach the tiny village of Darchen, it is the starting and ending point of the Mt. Kailash trekking.

Day 08 : Mt. Kailash Kora 1st Day / Darchen - Dirakpuk [5,080 m], 20KM, about 6 Hours' Trekking



The first day's trekking starts from the Serzhong and a gradual walk with multitudes of other local pilgrims chanting and praying. From the valley, you can see the Choku Monastery up on the hillside. The trail leads to a few ups and downs until you reach the camp at Dirapuk [4,750 m]. You will meet many more Bon pilgrims going in the opposite direction (Anti-clockwise) because Mt. Kailash is being worshiped by four different religions, viz Buddhisms, Bons, Hindus, and Jains.

Day 09 : Mt. Kailash Kora 2nd Day / Dirakpuk-Drolma La Pass [5,630 m] - Zuktulpuk [4,820 m], 18KM, 7-8 Hours' Trekking



Today your trekking leads to the much higher side of the holy path just beneath the Mount Kailash. It will bring you to one of the highest points at Drolma La [5,200 m], and the pass is quickly descending to the gradual field towards Dzutul-puk for the overnight camp, Dzutul Puk in Tibetan and which means magical cave, this small monastery is connected to an interesting story of talent competition between Great Yogi Milarepa (Buddhist) and Naropa (Bon).

Day 10 : Mt. Kailash Kora 3rd Day / Zuktulpuk - Darchen, 14KM, about 3 Hours' Trekking



The winding gradually comes out of the valley and the river allows to follow into the Barka plain, the trekking stops at Trangser Trangmar and your car take you to Darchen. Afterward, we will drive to visit the Lake Manasarovar. Manasarovar is the lake of compassion, tranquility, and bliss.

Day 11 : Darchen - Paryang - Saga, 520KM, 9 Hours' Drive



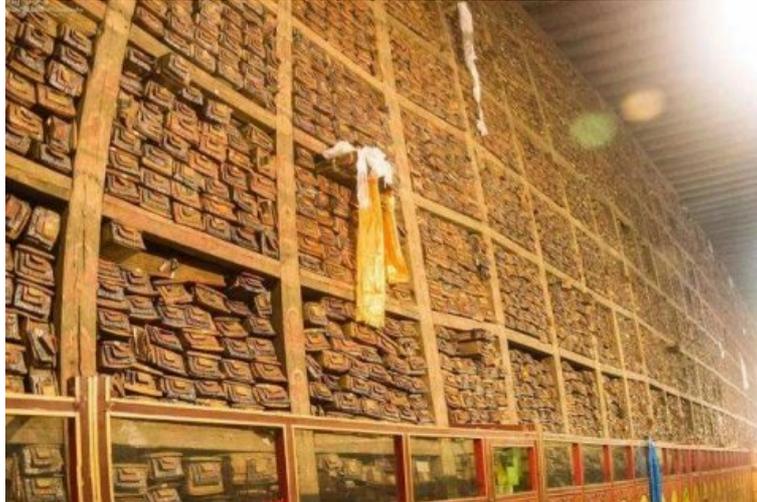
Today drive back to Saga retracing the same route, you will have the last view of the Mt. Kailash on the way.

Day 13 : Saga - Sakya, 350KM, 6-7 Hours' Drive



Today drive back to Sakya. Enjoy the views along the way.

Day 14 : Sakya - Shigatse, 170 KM, 3 Hours' Drive (B)



After breakfast, you will visit Sakya ancient town and Sakya monastery, to see the amazing murals and huge collection of scriptures and statues. Afterward, head back to Shigatse.

Day 14 : Shigatse - Lhasa, 280 KM, 5 Hours' Drive (B)



Morning drive back to Lhasa via northern friendship highway, along the body of Brahmaputra River, various landscapes will attract your attention. In the afternoon, you will have the free time in Lhasa on your own, enjoy the last day of the holy city Lhasa and its beauty.

Day 15 : Lhasa Train Station or Airport Drop Off (B)



Today is your last day of this 15 days group tour in Tibet, your guide and driver will see you off at the Lhasa Airport or Train Station, which concludes the tour.

Note: The tour is also available for tourists who end in Gyirong border, if the group has members to exit Tibet to Kathmandu from Gyirong, we will see them off at the Tibet-Nepal border, and the itinerary from the Day 12 will be done with a detour to Gyirong, which will give you one extra destination to Kelong Valley.

Dates and prices

Fri 10 Apr 2020 - Fri 24 Apr 2020 £ 1,420

Thu 16 Apr 2020 - Thu 30 Apr 2020 £ 1,420

Wed 22 Apr 2020 - Wed 6 May 2020 £ 1,420

Mon 27 Apr 2020 - Mon 11 May 2020 £ 1,420

Fri 1 May 2020 - Fri 15 May 2020 £ 1,420

Thu 14 May 2020 - Thu 28 May 2020 £ 1,420

Sat 23 May 2020 - Sat 6 Jun 2020 £ 1,420

Fri 29 May 2020 - Fri 12 Jun 2020 £ 1,420

Fri 12 Jun 2020 - Fri 26 Jun 2020 £ 1,420

Tue 23 Jun 2020 - Tue 7 Jul 2020 £ 1,420

Sun 28 Jun 2020 - Sun 12 Jul 2020 £ 1,558

Wed 29 Jul 2020 - Wed 12 Aug 2020 £ 1,558

Thu 6 Aug 2020 - Thu 20 Aug 2020 £ 1,558

Thu 27 Aug 2020 - Thu 10 Sep 2020 £ 1,558

Wed 9 Sep 2020 - Wed 23 Sep 2020 £ 1,558

Fri 25 Sep 2020 - Fri 9 Oct 2020 £ 1,558

Sun 25 Oct 2020 - Sun 8 Nov 2020 £ 1,420

Inclusions

Tour notes:

- Complementary airport pick up and drop off is included.
- We have 2 scheduled arrival pick up shuttles that depart the airport for Lhasa city at 12:20 pm and 16:00 pm.
- We have 2 scheduled departure drop off shuttles that depart Lhasa city at 7:30 am and 11:00 am.
- Please note prices are based in CNY.

General inclusions:

- All required government taxes and fees.
- Domestic travel accident insurance.
- Meals allowance for your guide and driver.
- All required Tibet permits and domestic travel documents.
- If traveling alone request a private room alone, the single room supplement will be required.
- Where possible 3 star hotels will always be provided, if the city or town does not have then the local guest house or monastery guest house will be provided (i.e. tent / dormitory bed, no private bathroom etc.)
- All entrance tickets as noted in the tour's itinerary.
- Environment friendly local bus between Rongbuk and EBC.
- Local Tibetan guide fluent in English, Chinese or Japanese that is certified by the state tourism build. (If your native language is not

listed please let us know, we are certain we can assist your needs.)

- Transportation will be provided via a comfortable and clean car, minivan or tourist bus depending upon the groups size.
- Vehicle and guide's entrance tickets to Everest Natural Reserve Region.
- Welcome dinner.

General exclusions:

- Personal expenses such as laundry, drinks, internet access, fax, telephone calls etc.
- Tips for your guide and driver.
- Optional activity during this trip, such as horse or yak riding.
- Meals that are not specified in the tour itinerary.
- Yaks and porters for Kailash trekking to carry luggage, can often be arranged during the tour at an approximate cost of CNY 300 per day per yak.
- Flight tickets or train tickets in and out of Lhasa (Please note: We can offer you train and/or plane tickets in and out Lhasa from all cities within China. Please check the latest price with us via email.)
- Private Lhasa Train station or Airport transfer if your arrival time isn't within our free service time. 250 CNY per vehicle from/to train station and 400 CNY per vehicle from/to airport.

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