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## 12 days Tibet train tour from Beijing to Kathmandu via Everest

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Beijing  
Lhasa  
Shigatse  
Sakya  
Mount Everest  
Gyirong Border  
Kathmandu

This 12 day Tibet tour starts from Beijing, the capital city of China to the highest mountain in the world -Mount Everest then continues to Kathmandu in Nepal. A train ride on Tibetan plateaus also gives you another travel experience in China.

Type  
Private  
Duration  
12 days  
Theme  
Overland, Train travel  
Trip code  
CTTT-02  
Price  
From CN¥ 11,000 per person  
CN¥ 10,000  
you save CN¥ 1,000 (10%)

### Itinerary

After a few days visit to China's capital city of Beijing, then hop on the highest train to Lhasa, enjoy the stunning views of the typical Tibetan high plateaus at the last half of the train journey. Spend several days in Lhasa to visit the highlights of this buddhism spirit center while acclimatizing the high altitude, then continue the travel to the highest mountain in the world - Mount Everest, enjoy the breathtaking natural landscapes along the road. The tour finally ends when you reach Kathmandu in Nepal after crossing the border at Gyirong town.

Day 01 :

Arrival in Beijing



Arrive at the Beijing Capital Airport, be met and transferred to hotel by your guide and driver, have a good rest by your own. Overnight at Beijing.

Day 02 :  
Beijing (B)

Today you will start your tour with a guided visit to **Tiananmen Square**, it is the world's largest public square and represents the heart of Imperial Beijing. It's also a notable symbol to Chinese people as to where many historical events once took place.

Afterward, head to the **Forbidden City**, which is located just at the north end of Tiananmen Square. Forbidden City is one of the earliest attractions declared as a World Heritage Sites in China, and UNESCO acclaimed it as the largest collection of preserved ancient wooden structures in the world. Visiting the Forbidden City will give you an incredible experience into Chinese culture and history, as it is a magnificent Imperial Palace that was the home of 24 Ming and Qing Dynasty emperors from 1420 to 1912.

Continue your journey to **Jingshan Park**, situated directly across from the Forbidden City. A climb to the park's summit will reward you with a breathtaking panoramic view of the Forbidden City and the vast Beijing cityscape.

Enjoy your lunch then in the afternoon, head to the **Summer Palace** in northwest Beijing. The Summer Palace is a royal garden that surrounding Kunming Lake and Longevity Hill more traditionally know as Wanshou Shan. Along being a UNESCO World Heritage site it is one of the four classic gardens of China. This palace was built by the emperors during Qing dynasty as a summer time retreat. You will easily see many spectacular gardens, palaces and temples throughout. *In the evening, you may choose to enjoy the Kong Fu Show or Peking Opera. (Optional)*

Day 03 :  
Beijing (B)

Morning excursion to the most beautiful section of the Great Wall - the Mutianyu Great Wall. The hike takes about 2-3 hours. After lunch drive to visit Changling, one of the 13 Ming Tombs of the 13 emperors of the Ming Dynasty (1368 - 1644). In the evening transfer you to the train station for the train to Lhasa.

Day 04 :  
On the train



Enjoy the scenery as you travel closer to Tibet on the highest railway in the world.

Day 05 :

Arrival at Lhasa [3595m]



Today you will see the beautiful Tibetan plateau with the nomads' groups, Kekexili Nature Reserve, etc. Arrival at Lhasa around 18:30, Lhasa train station pick up and transfer to your hotel in Lhasa. Overnight at Lhasa.

Day 06 :

Lhasa City sightseeing, visit Potola Palace & Jokhang Temple (B) - Walking tour is arranged today

Today you will visit Jokhang temple and Potala Palace. Jokhang temple is the most sacred shrine in Tibet which was built in the 7th century and located at the heart of old town in Lhasa, the circuit around it called Barkhor street, which is a good place to purchase souvenirs. Potala Palace is the worldwide known cardinal landmark of Tibet. The massive structure itself contains a small world; within it. Mostly it is renowned as residence of the Dalai Lama lineages (Avalokiteshvara). Both of them are the focal points of pilgrims from the entire Tibetan world, multitudinous pilgrims are circumambulating and prostrating in their strong faith. Overnight at Lhasa.

Day 07 :

Lhasa City sightseeing, visit Drepung monastery, Sera monastery & Norbulingka summer palace (B)

Today you will be arranged to visit Drepung, Sera monasteries and Summer Palace - Norbulingka palace. Both Drepung and Sera monasteries are Gelugpa (yellow hat) sect monastic colleges. 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 is famous for its Buddhism philosophical debate practice, the clapping sound and aggressive expression of the monks are well worth to see. Norbulingka is the summer palace of Dalai Lama, you can visit the residences of different lineages of the Dalai Lama. The park is crowded with picnickers and traditional activities during the Shoton (Yogurt festival) in August. Overnight at Lhasa.

**Day 08 :**

Lhasa / Yamdrok Lake [4441m] / Gyantse [3980m] / Shigatse [3840m], 360KM, 7hrs (B)

Morning drive up to Kampala pass [4794m], you will have a glimpse of Yamdrok-tso and spectacular views of Holy Mount Nyenchen Khangsar in the distance, the turquoise coloured Lake Yamdrok Yutso is one of the three holy lakes in Tibet, the unforgettable vista of pincer-shaped turquoise water of the lake and amazing spectacle of Mt. Nyenchen Khangsar glacier from Karo la pass are wonders of the day. Continue along the Friendship southern Hwy drive to Gyantse, visit the famous stupa - Gyantse Kumbum, one of the most stunning architectural wonders in Tibet. Late afternoon drive to Shigatse. Overnight at Shigatse.

**Day 09 :**

Shigatse / Sakya [4280m] / Shegar [4250m], 290KM, 6 hours drive (B)

Morning visit Tashilunpo Monastery and the spectacular tombs of Panchen Lamas, monks in this monastery are nice looking in their hand-made traditional shoes-'Tsomba' in Tibetan. Late morning drive to visit Sakya Monastery which is the main monastery of Sakyapa sect, houses around the monastery are also in a typical gray color. Hike around the monastery northern ruins and continue driving to Shegar, on the way you will have the first sight of Mount Everest in a clear day. Overnight at Shegar.

**Day 10 :**

Shegar [4250m] / Rongbuk Monastery [4900m] / E.B.C [5250m], 100KM, about 2-3 hours drive (B)

Early morning start driving to Rongbuk, on the top of the Gawu la you will see the spectacular Himalayan Ranges and its glorious peaks viz Mt.Makalu [8463m], Mt.Lotse [8,516m], Mt.Everest [8,844m], Mt.Cho Oyu [8,201m] and Mt.Shishapama [8020m] from Left to right, climbing down through numbers of switchback bends lead to the dry valley of Tashi Zom and then to Rongbuk.

Rongbuk is the highest monastery in Tibet and it consists of both monks and nuns, it is also a good point to see the gorgeous sunset over Mount Everest when it is a clear day. Overnight at Rongbuk monastery guesthouse.

**Day 11 :**

Rongbuk / Old Tingri [4250m] / Gyirong [2250m] 370KM, 6-7 hours drive

In the morning enjoy the sunrise over Mount Everest, have a relax morning at guest house for breakfast, then start driving to the border village - Gyirong town where you gonna continue your trip to Kathmandu. On the way enjoy the stunning views of Mount Shishapangma [8,020m], the 14th highest peak in the world along with the beautiful turquoise Peiku-tso lake at the foot of the mountain. Arrive at Gyirong town in the late afternoon and check into one local hotel for overnight.

**Day 12 :**

Gyirong border / Kathmandu, 150km, 7-8hrs (B)

Morning drive to Gyirong border to exit China with your Tibetan guide's help. Our contacted Nepalese driver will meet you with your name sign at the border, after checking in at Nepali Immigration office, then drive about 6-7 hours to Kathmandu city, enjoy the scenery of great white waters along the way. Tour ends when you arrive at Kathmandu.

P.S. The road from the border to Kathmandu is quite tough, we will use a jeep for this transfer, each jeep will carry maximum 5 passengers.

**Inclusions**

**Tour notes:**

Please note prices are based in CNY.

**General inclusions:**

All required government taxes and fees.

Please contact one of our Tour Advisors to get a custom quotation made to your requirements.

All required Tibet permits and domestic travel documents.

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.)

Lodging at E.B.C. will be at either Rongbuk Monastery's Guest House or E.B.C Tent Guest House (dormitory bed with semi-private bathroom)

All entrance tickets as noted in the tour's itinerary.

Guide fluent in English, Chinese or Japanese that is certified by the state tourism build and from the local community. (If your native language is not listed please let us know, we are certain we can assist your needs.)

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.)

Airport and/or train station pick-up and drop-off.

Comfortable and clean 7/8 seats minivan for groups of 5 persons or less; for larger groups minibus and tourist coach are available.



Nepal border pick up and transfer to your hotel in Kathmandu.

Train sleeper cabin either hard or soft-sleepers based on your selection to Lhasa.

**General exclusions:**

Personal expenses such as laundry, drinks, internet access, fax, telephone calls etc.

Tips for your guide and driver.

Nepal visa (you can get upon arrival at Kodari, USD 25 for a 15 day tourist visa)

Meals that are not specified in the tour itinerary.

Hotel in Kathmandu.

Optional Attractions that are not specified in the itinerary.

Sightseeing bus ticket at Everest Base Camp (E.B.C.) - 25 RMB per person. If you prefer you can hike up.

Flight and/or railway ticket(s) to the first city of the tour and departure from the last city of the tour.

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