

10 days Tibet Nepal

Day 01 : Arrival at Lhasa airport, will be greeted and transfer to hotel in Lhasa, hotel stay at Mandala or the Oh Dan hotel

Day 02 : Guided tour to Drepung monastery in the morning/afternoon the old town and Jokhang temple, Barkhor market

Day 03 : Guided tour to Potala Palace in the morning and the Summer Palace and Sera monastery in the afternoon

Day 04 : Lhasa - Yamdrok lake - Gyangtse 355kms / 9hrs

Leaving Lhasa and the KyiChu valley towards the Khampa la pass (4730metres), at the pass we have a short break for stunning views of some major white peaks in the eastern regions of Himalaya to the south and the young Norjing Gang Sang spiritual snow mountain range to the west across the turquoise colored waving waters of Yamdrok lake, descending from the pass down close to the lake and driving passing the local nomadic and farming villages as far as to the western edge of Yamdrok lake where we have our lunch break at Nagar Tse, after lunch continue our scenic driving to Karo la pass (5050metres) where we have our first high altitude adventure experience of Norjing Gang Sang glacier peak and visiting the local nomads with the Yaks, we have our arrival in Gyangtse late afternoon , check in hotel in Gyangtse, Jian Zang or similar (3850metres), Jian Zang hotel or similar

Day 05 : Gyangtse sightseeing - Shigatse 90kms / 2hrs

After breakfast, we visit the local historical and the cultural centers, The Palkhor Chode monastery including the Kumbum stupa (the only survival with such distinctive structure and the thousands of art works) and a climb to the ancient local Gyangtse fort is worthy choice by being in Gyangtse, at noon we drive through Nying Chu valley, passing local farming Tibetan villages with stops at their farm-lands and as well as stops at a few local villages with visits to a few of the local families, arriving in Shigatse afternoon, check in the hotel, same day afternoon touring the Tashi Lunpo monastery and the local traditional market, hotel stay at Manasarovar or similar

Day 06 : Shigatse - Sakya monastery - Shekar 290kms / 7hrs

Leaving Shigatse town, Drive continue west on the friendship high way to Sakya, visit Sakya monastery (The main seat of Sakya pa sect of Tibetan Buddhism) a monastery which was once became the political center of majority parts of Tibetan territory and its history dates back to the 11th century contemporary to the second diffusion of Tibetan Buddhism in Tibet), It has now still the largest library for ancient Buddhist scriptures although thousands of precious scriptures were destroyed during cultural revolution, after the visit we take our lunch there and late after noon drive to Shekar, at Shekar hotel

Day 07 : Shekar - Rombuk - Everest base camp - Zhangmu 340kms / 9 hrs
Early departure to enjoy a sun-rising panoramic view of Himalaya range from Gyawu la pass, continue driving to Rombuk, visit Rombuk monastery and then spend afternoon enjoy a hiking or drive from Rombuk to Everest base camp, afternoon, drive to Old Tingri, with a short tea break in the village and then continue overland trip crossing Thongla pass 5050m down to Zhangmu, hotel stay there at Caiyuan or similar

Day 08 : Zhangmu - Kodari border - Kathmandu 148kms / 4hrs
After breakfast, we leave the last town in Tibet cross border to Nepal, our Nepali representative will greet you at the border and then start your Nepal trip, drive through the scenic spots from Kodari to Dulikhal and then with a stop at Baktapur founded in 889, was once capital of the whole Valley. As well as an impressive Durbar Square and numerous temples, Bhaktapur is famous for its pottery – whole streets are filled with pieces of all shapes and sizes set in the sun to dry, and then on to Kathmandu to visit the Patan there, once an independent Kingdom, lies only a few kilometers south of Kathmandu, but is quite different in atmosphere. Patan's Durbar Square contains some of the finest Newari urban architecture in all of Nepal as well as Hindu and Buddhist monuments, over night hotel stay at Harati or similar in Kathmandu

Day 09 : Kathmandu valley sightseeing
After breakfast, we visit the Boudhanath one of the most sacred Buddhist stupa in the valley, Swayambhunath temple dating back at least as far as 5th century and is also one of the most sacred Buddhist sites, Pashupatinath, is one of the most sacred shrines to Shiva on the entire subcontinent. It is situated on the banks of the Bagmati River , whose waters offer the same guarantee of release from rebirth as the Ganges . The

same promise applies to the dead and this is also Nepal 's most important Hindu cremation site and Kathmandu durbar square, is a constant, teeming mass of life. With over 50 monuments, some dating back to the 12th century, the most famous are the remains of the old Royal Palace and the Kumari Bahal, residence of the living goddess, over night at Harati or similar

Day 10 : Kathmandu departure ;
Transfer to airport for flight departure ;