

Earthbound Expeditions

Kathmandu to Lhasa Overland Tour

12 days, from US$2,587 per person

Duration	Group size	Country
12 days	**6 People**	**Tibet**

Kathmandu to Lhasa Overland Tour Overview

Kathmandu to Lhasa overland tour: the high road to Lhasa

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Join our Kathmandu to Lhasa overland tour:
an overland journey from Kathmandu to Tibet, the roof of the world. Everest Base Camp can be added if you wish.
The Kathmandu to Lhasa highway offers views of the Himalaya and the Tibetan countryside. On the way, you visit Shigatse, the second largest city in Tibet, and the Tashi Lhunpo Monastery, and you can also include Everest Base Camp.

On our Kathmandu to Lhasa tour, the drive goes via Kerung and Lhatse to Shigatse. The Tashi Lhunpo Monastery, seat of the Panchen Lama, is a large complex with golden roofs and impressive chapels. Gyantse, our next stop, has suffered damage over time, but its Palkor Chode temple and Kumbum Chorten hold some of the most remarkable works of art in Tibet and give a view of a past era.

In Lhasa, the capital of Tibet, there is ample time to explore the Potala Palace, the former home of the Dalai Lama and Tibet's best-known landmark, with over 1,000 rooms and 10,000 shrines. You also visit the Jokhang, Tibet's holiest temple, with its priceless statues and frescoes, and the Norbulingka, or Summer Palace, from which the present Dalai Lama fled in 1959.

If you wish to shop, visit the Barkhor, the busy bazaar of old Lhasa, which lies on the pilgrims' circumambulation route around the Jokhang.

At the end of the Tibet tour, you fly back from Lhasa to Kathmandu on a flight with close views of the Himalaya, including Everest. The trip begins and ends with three days in Kathmandu, with plenty of time to see the city's many attractions.

Itinerary

Day 1

Arrive in Kathmandu

Arrival day. You must arrive on a Monday, Wednesday or Friday morning, before 9:30 am. We meet you at the airport and transfer you to your hotel. The rest of the day is free, followed by a briefing on the programme.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: None

Day 2

Kathmandu sightseeing and drive to Nagarkot

A full day of sightseeing in the Kathmandu Valley, including the Hindu temple complex at Pashupatinath (a UNESCO World Heritage Site) and Boudhanath, the largest Buddhist stupa. You also visit Swayambhunath, the Monkey Temple (about 2,000 years old), and the city of Patan. Later, drive to Nagarkot (7,200 ft), a hill station with fine views of the Himalaya on a clear day.

Altitude: 2,175 m On foot: Easy walking, 2–3 hrs Night: Hotel, Nagarkot Meals: Breakfast

Day 3

Nagarkot to Kathmandu via Bhaktapur

After watching the sunrise and mountain views from Nagarkot, hike down to Banepa (about 4 hours) and drive back to Kathmandu via the historic town of Bhaktapur. Overnight in Kathmandu, with breakfast.

Altitude: 1,400 m On foot: 4 hrs Night: Hotel, Kathmandu Meals: Breakfast

Day 4

Drive to the Tibet border

Early in the morning, drive to the border at Kerung and complete immigration and customs formalities on both the Nepal and Tibet sides. This is a group tour, with at least 7 people on each departure. Please note that guest houses in Tibet are quite simple, especially as far as Xegar.

Altitude: 2,800 m On foot: None, 7–8 hr drive Night: Guesthouse, Kerung Meals: Breakfast

Day 5

Tibet overland drive to Xegar or Lhatse

Sights along the way include the ruins of old dzongs (fortresses) and views of the mountains, including Mount Everest. The route crosses a high pass of about 5,200 m (Nayalu La). Please drink at least 3 litres of water each day while you are in Tibet. The road is rough in places, but the views are very good. Overnight in Xegar or Lhatse.

Altitude: 4,350 m On foot: None, 7–8 hr drive Night: Guesthouse, Shegar Meals: Breakfast

Day 6

Drive from Xegar or Lhatse to Shigatse

Drive to Shigatse, home of the Tashi Lhunpo Monastery with its golden roof, the seat of the Panchen Lama until his death in 1989. Overnight in Shigatse.

Altitude: 3,900 m On foot: None, 5–6 hr drive Night: Hotel, Shigatse Meals: Breakfast

Day 7

Shigatse sightseeing and drive to Gyantse

In the morning, visit the Tashi Lhunpo Monastery, the seat of the Panchen Lama. It has three large temples with golden pagoda roofs, one of which holds a statue of the Future Buddha, 13 ft wide and 26 ft high. The monastery is a fine example of Tibetan architectural and cultural heritage, with hundreds of monks walking around and chanting Om Mani Padme Hum for world peace. Drive to Gyantse and visit the Kumbum Stupa, a temple built in three architectural styles (Nepali, Chinese and Tibetan), with 108 rooms holding statues of 108 different deities. The Gyantse Dzong houses a British war museum with many old weapons and statues, each with its own history.

Altitude: 3,977 m On foot: Easy walking, 2–3 hrs Night: Hotel, Gyantse Meals: Breakfast

Day 8

Drive from Gyantse to Lhasa

A scenic drive over the Karo La and Kamba La passes, with good views of Yamdrok Tso Lake. You then cross the Brahmaputra River and arrive in Lhasa.

Altitude: 3,656 m On foot: None, 6–7 hr drive Night: Hotel, Lhasa Meals: Breakfast

Day 9

Two full days of sightseeing in Lhasa

In Lhasa, the capital of Tibet, there is ample time to explore the Potala Palace, the former home of the Dalai Lama and Tibet's best-known landmark, with over 1,000 rooms, 10,000 shrines and a golden roof containing over 3,500 kg of gold. You also visit the Jokhang, Tibet's holiest temple, with its priceless statues and frescoes, and the Norbulingka, or Summer Palace, from which the present Dalai Lama fled in 1959.

The Jokhang is the oldest temple in Lhasa and holds a statue of the Buddha at 11 years of age, given to Songtsen Gampo in the 7th century by the family of his Chinese queen. We also take you to the Sera and Drepung monasteries around Lhasa. If you wish to shop, visit the Barkhor, the busy bazaar of old Lhasa, which lies on the pilgrims' circumambulation route around the Jokhang and is a good place for souvenirs of Tibet.

Altitude: 3,656 m On foot: Easy walking, 2–3 hrs Night: Hotel, Lhasa Meals: Breakfast

Day 10

Fly back to Kathmandu

Fly back to Kathmandu. The rest of the day is free, or you can take optional sightseeing. In the evening, you can join a Nepali cultural show and dinner.

Altitude: 1,400 m On foot: None, flight day Night: Hotel, Kathmandu Meals: Breakfast, Dinner

Day 11

Departure

Transfer to the airport for your flight home.

Altitude: 1,400 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- All airport pickups and drops, and services in Kathmandu
- 3-star hotel accommodation in Kathmandu (depending on the package you choose)
- Kathmandu Valley sightseeing with guides and entrance permits
- Tibet visa and travel permit
- Simple hotels in Tibet from days 4 to 11, on a twin-share basis
- All entrance fees for sightseeing in Tibet
- Transport by bus, van or jeep

Not included

- Meals in Kathmandu and in Tibet (Lhasa, Gyantse, Shigatse or further)
- Bar bills (soft drinks, beer, water, etc.) and other personal expenses
- Nepal re-entry visa (for NRIs, Europeans and Americans)
- Emergency rescue charges, if necessary
- Tips and gratuities for staff
- Photography charges, where applicable in Tibet

Photos, videos and reviews of this trip: earthbound.rajansimkhada.com/kathmandu-to-lhasa-overland-tour-12-days