

## Tibet Biking Tour

**Destinations:** Chengdu, Lhasa, Kampala, Baidi, Gyantze, Geding, Younongla, Lhatse, Gyatsola, Shegar, Rongbuk, Pang La, Old Tingri, Near Nyalamu, Zhangmu, Dhulikhel, Kathmandu

**Tour Features:** Spend 23 days sight-seeing and biking on the roof-of-the-world. Begin your tour in Lhasa, Tibet's holy city. Then it's on your bike and on the road through isolated villages, high mountain passes, and breath-taking scenery. You'll stop at monasteries and historic sites on your way to Rongbuk, base camp for Mt. Everest climbers. Finish up at Friendship Bridge, on the border between China and Nepal.



**Tour Code:** CCT-TAT08S

**Tour Class:** Standard

**Tour Departure:** Flexible

**Inclusion & Exclusion**

[Tour map](#)

**Tour Price: From 3,403 USD**

Off season	Quotations	Single Supplement
10 Person or up	USD3,403/Person	USD660/Person
6-9 Person	USD3,929/Person	USD665/Person
2-5 Person	USD5,622/Person	USD665/Person

Should-season	Quotations	Single Supplement
10 Person or up	USD3,485/Person	USD715/Person
6-9 Person	USD4,001/Person	USD720/Person
2-5 Person	USD5,694/Person	USD720/Person

Peak season	Quotations	Single Supplement
10 Person or up	USD3,594/Person	USD725/Person
6-9 Person	USD4,165/Person	USD730/Person
2-5 Person	USD6,168/Person	USD730/Person

## Itinerary

### Day 01 Arrive Chengdu (D)

Arrive in Chengdu. You are greeted by your guide at the airport and transferred to the first-class Jinyu Sunshine Hotel.

### Day 02 Chengdu / Lhasa (B, L)

Fly to the holy city of Lhasa, capital of the mystical Buddhist Kingdom of Tibet. Locked away in its mountain fortress of the Himalayas, Tibet has had a unique hold on the imagination of the West. You are greeted by tour guide at the airport. Lunch is served in the local best restaurant. Check into the first-class Tibet Hotel. Lunch will be arranged the local popular restaurant.

### Day 03 Lhasa (B, L)

Tour starts from the religious Potala Palace built in the 7th century by the famous Tibetan king-Songtzen Gampo. After enjoying a Tibet-style lunch, you will visit Jokhang Temple, situated in the old section of Lhasa. King Songtzen Gampo built this temple in the mid-7th century A.D. Now it is the most sacred place in Tibet. Pilgrims come here to pay homage from all over Tibet. In the late afternoon, you will you will have a chance to stroll on Barkhor Street.



### Day 04 Lhasa (B, L)

Full day sightseeing takes you to Drepung Monastery "Drepung" in Tibetan means "the hill of rice", because this white Monastery looks like a big hill of rice. After having a western-style lunch,, you will visit Norbulingka Park. In 1752, the 7th Dalai Lama built the first palace here for successive Dalai Lamas to carry out their political and religious activities during the summer season. Continue cycling to Sera Monastery. Sera means 'Hailstone' in Tibetan, and legend tells that it hailed during the foundation of this famous monastery.

### Day 05 Lhasa / Chushur (50km) (B, L, D)

Jump on your bike and head to Chushur. Chushur is located to the southwest of Lhasa and the lower reaches of Lhasa River. It is 60 kilometers from Lhasa to Chushur and 77 kilometers from east to west and 36 kilometers from north to south. Overnight in tents.

### Day 06 Chushur / Kampala / Baidi (70km) (B, L, D)

Back on the road and tackle the long, tough yet scenic days that lead you across the Kampala pass (5000m), get to Baidi Village. Overnight in tents.

### Day 07 Baidi / Karola / Longma (70km) (B, L, D)

Continue cross the Karola pass and tour to Longma. Overnight in tents.

### **Day 08 Longma / Gyantze (70km) (B, L, D)**

This is another fairly easy day as we cruise downhill to Gyantse. We will spend the night in the local best Gyantse hotel. Relax and enjoy the hot showers.

### **Day 09 Gyantse / Shigatse (90km) (B, L, D)**

After breakfast, we will visit many historic sites: Palkhor Monastery and the Kumbum monastery, a large gold roofed Stupa, have much to explore in its intricate buildings. Palkhor Choede enjoys a high status in Tibet Buddhism history because it houses three sects - Sakyapa, Kadampa and Gelugpa together. After all the visits, continue ride to Shigatse. Check into the local best Shigatse Hotel.



### **Day 10 Shigatse (Tashilhunpo Monastery) / Geding (60km) (B, L, D)**

Today you will visit Tashilhunpo Monastery, traditional seat of the Panchen Lama who is the second holiest man in Tibet. In the afternoon, you will head towards the next place – Geding. Overnight in tents.

### **Day 11 Geding / Younongla Pass (53km) (B, L, D)**

Back on the road. On the way, we will pass by the Younongla Pass, over 5000 m in elevation. It could be a hard day, and then reach our campsite before the nightfall. Overnight in tents.

### **Day 12 Younongla / Lhatse (44km) (B, L, D)**

Jump on your bike and head to Lhatse. From this challenging pass we are rewarded with our first views of Everest in the distance. The night will be spent in the small town of Lhatse. Check into the local best Lhatse Hotel.

### **Day 13 Lhatse / Gyatsola Pass (80km) (B, L, D)**

Lhatse is a small town of a few thousand people in Tibet, just west of the mountain pass leading to Gyatsola Pass. Overnight in tents.

### **Day 14 Gyatsola / Shegar (30km) (B, L, D)**

Today you will proceed to drive southwest to Shegar County, also called new Tingri. Shegar is only a very small town by the roadside. Stay at the local best Mt. Everest Hotel.



### **Day 15 Shegar / Pang La. (45km) (B, L, D)**

Our goal today is to bike ten kilometers off the main road to the Pang La pass and ascend this pass before nightfall. We will spend the night in a small settlement on the south side of the pass. Overnight in tents.

### **Day 16 Pang La / Rongbuk Monastery (55km) (B, L, D)**

The majority of today's ride is flat as we head toward Rongbuk. However, we must climb a steep 10 kilometers before we reach Rongbuk Monastery. It is such a relief to see Everest come into view as we end this long day. Overnight in tents.

### **Day 17 Rongbuk / Everest Base Camp / Rongbuk (14km) (B, L, D)**

Today is a much needed rest and sightseeing day in Rongbuk. Rongbuk used to be the largest monastic center in the region. Now it is the power place through which all seeking the highest peak via the North Face must pass. Rongbuk is the sacred threshold to Mount Everest, with the most dramatic views in the world. Check into the local best Rongbuk Hotel.

### **Day 18 Rongbuk / Pang La (55km) (B, L, D)**

Today we cycle to Pang La. Overnight in tents.

### **Day 19 Pang La / Shegar / Old Tingri (105 km) (B, L, D)**

Today you will take a long and hard riding. Reach to old Tingri before the nightfall. Check into the local best Snow Leopard Guesthouse.

### **Day 20 Old Tingri / Near Nyalamu (105 km) (B, L, D)**

After breakfast, continue to your cycling tour. Spectacular views of the roof of the world and the edge of the Tibetan Plateau. Overnight in tents.



### **Day 21 Near Nyalamu / Zhangmu (80 km) (B, L, D)**

Today you will reach to Zhangmu, check into the local best Zhang Mu.

### **Day 22 Zhangmu / Friendship Bridge / Dhulikhel (86 km) (B, L, D)**

In the morning cycle to Tibet and Nepal at Friendship Bridge. Cross the border. Pick up from Kodari lunch on the way, ride to Dhulikhel. Dinner and Overnight at Mirable Resort Hotel.

### **Day 23 Dhulikhel / Kathmandu (B)**

After breakfast ride to Kathmandu, services ends!

### **Remarks:**

1. Seasonality

Shoulder season: March 15-31, April, May, June, July, August, October, 2010

Peak season: July, August, September, 2010

2. Above prices are not valid during Spring Festival and National Holiday (1-7 October). Please contact us if your equerries fall into the above periods.

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