

Tibet Overland Tour to Katmandu

Destinations: Chengdu, Lhasa, Gyantze, Shigatse, Tingri, Zhang Mu, Katmandu

Tour Features: Spend 14 days in the most mysterious and exotic region of China and Nepal. After enjoying the lovely giant panda in Chengd, get to Tibet where you'll explore the wonders of this ancient mountain kingdom. A visit to the Potala Palace in Lhasa and other cultural relics in Gyantze and Shigatze are a prelude to travel into the Himalayan Mountains, where more monasteries and Buddhist historical sites will be seen. You'll enjoy a visit to the base camp at the foot of Mt. Everest, a look at the Rongbuk Glacier and views of the region's spectacular scenery before crossing Friendship Bridge into Nepal and your final destination, Katmandu



Tour Code: CCT-TAT06S

Tour Class: Standard

Tour Departure: Flexible

Inclusion & Exclusion

[Tour map](#)

Tour Price: From 1,760 USD

Off Season	Quotation	Single Supplement
10 Person or up	USD1,760/Person	USD380/Person
6-9 Person	USD2,160/Person	USD400/Person
2-5 Person	USD2,910/Person	USD400/Person

Shoulder Season	Quotation	Single Supplement
10 Person or up	USD1,830/Person	USD435/Person
6-9 Person	USD2,230/Person	USD450/Person
2-5 Person	USD2,980/Person	USD450/Person

Peak Season	Quotation	Single Supplement
10 Person or up	USD1,880/Person	USD450/Person
6-9 Person	USD2,300/Person	USD470/Person
2-5 Person	USD2,390/Person	USD470/Person

Itinerary

Day 01 Chengdu

Arrive in Chengdu, the hometown of Giant Panda. Meet your guide at the airport and transfer to 4-star Jinyu Sunshine Hotel.

Day 02 Chengdu (B, L)

Full day tour takes you to visit the **Dufu Cottage**, the former residence of the most famous poet in ancient China. A hot pot lunch will be served for you at the local restaurant. Then you will visit the **Panda Center**, one of the most important centers in China for the captive conservation of giant pandas.

Day 03 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 and transferred to the first-class Tibet Hotel. A welcome lunch will be arranged at the local famous restaurant.

Day 04 Lhasa (B, L)

Tour starts from the religious **Potala Palace** built in the 7th century by the famous Tibetan king-Songtzen Gampo. The present one was built by the 5th Dalai Lama in the 17th century. It became known as the "Winter Palace" by the 1750, when the 7th Dalai Lama built the Norbulingka Park as his summer residence. After having a western-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. Tonight you will have a chance to stroll on **Barkhor Street** to mingle in the crowds and enjoy the market activity.



Day 05 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. This monastery occupies an area of 150,000 square meters with 7700 lamas and becomes the largest monastery in Asia. After enjoying a local Tibet-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. Today Norbulingka has become a public park for picnicking, relaxing and entertainment. Continue to visit **Sera Monastery**. Sera



means 'Hailstone' in Tibetan, and legend tells that it hailed during the foundation of this famous monastery.

Day 06 Lhasa / Gyantze (B, L, D)

Drive to Gyantze, the once fortified city at the junction of two major caravan routes: one to India and the other to Nepal. Pass the giant **Yamdrok Yamtso Lake**, the holy lake of the Tibetan people. Check into the local best Gyantze Hotel. Dinner is served at your hotel.

Day 07 Gyantze / Shigatse (B, L, D)

After breakfast, you will visit the **Palkhor Monastery** and the ten-thousand-Buddhist Pagoda. Then take a coach to Shigatse. After a rest from the drive, visit the **Tashilhunpo Monastery**, the traditional seat of the Panchen Lama who is the second holiest man in Tibet. Enjoy the dinner and stay at the local best Shigatse Hotel.

Day 08 Shigatse / Tingri (B, L, D)

Travel through the Western part of Tibet to get to Tingri. The scenery along the way is really fantastic. Check into Tingri Everest Hotel and have a rest. The rest of the day will be at leisure for you to relax and make preparation for the sightseeing next day. Dinner is served at your hotel.

Day 09 Tingri / Base Camp / Tingri (B, L, D)

Drive to the Everest Base Camp via the famous **Rongbuk Monastery**, located half-way up the mile-wide, 20-mile long valley at 16,500 feet, is accessible today by vehicle over rugged road. Then drive to the **Mt. Everest Base Camp**. Everest Base Camp (16,900 ft) and the Rongbuk Glacier are approximately 2-3 hrs above the monastery. The route passes retreat caves, the ruins of the nunnery of Sherab Chholing and the fast flowing Dzaka Chu. Stay in the Tingri Everest Hotel tonight.



Day 10 Tingri / Zhang Mu (B, L, D)

After early breakfast, depart Tingri for Zhang Mu, which is about 7-9 hours drive from Tingri. You will also be able to see a magnificent Panorama of the northern flanks of the Himalayans and other side of Mt. Everest on the way. A buffet dinner will be arranged the local best Zhangmu Hotel.

Day 11 Zhang Mu / Katmandu (B, L)

After breakfast you will take coach to **Kodoric (friendship bridge)**, cross the border. Our Katmandu guide will pick you up at the Nepal side and transfer to the first-class Vaishali Hotel.

Day 12 Katmandu (B, L)

After breakfast, proceed for half-day sightseeing tour of **Pashupatinath Temple, Boudhanath Stupa** and **Swoyambhanath Stupa**. Rest of the day is free for you to explore on your own.

Day 13 Katmandu (B)

Morning visit to **Patan**, the "city of grace and fine arts;" see beautiful palaces of art and architecture; continue the tour to the **Bhaktapur Durbar Squares**. In the afternoon, free for personal activities.

Day 14 Katmandu Departure (B)

After breakfast, transfer to the airport for your departure flight.

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 enquiries fall into the above periods.

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