



Kathmandu – Lhasa Tour

A legendary adventure to the foot of the world's highest peak.

● Trekking at a Glance

DURATION

10 Days

MAX ALTITUDE

4,780m

BEST TIME

Apr-Oct

ACCOMMODATION

Hotel

THE OVERVIEW

Tibet, the mystical Shangri-La and "Roof of the World," has long inspired explorers and sages. This land, rendered inaccessible by the harsh Himalayas and bandits, evokes awe and mystery. Known for its ancient Buddhist culture, stunning landscapes, artistic monasteries, and hidden valleys, Tibet offers a unique blend of history and natural beauty. The centuries-old caravan trails and exotic cities are a testament to a time untouched by modernity. Embark on a 10-day journey to Tibet, where you'll explore Lhasa's bustling streets and the serenity of ancient monasteries like Jokhang and Samye. This tour offers a rare opportunity to experience Tibet's...

01

Arrival in Kathmandu

Arrive in Kathmandu, Nepal's capital, and transfer to your hotel. You will have the day free to relax and explore the vibrant streets of Thamel or rest in preparation for the journey ahead.

ALT: 1,400m

02

Free Day, Walk Around Thamel

Enjoy a free day to explore Thamel, the tourist hub of Kathmandu. You can shop for souvenirs, visit nearby attractions, or simply enjoy the local food and culture.

ALT: 1,400m HIKE: 3-4 hours MEAL: B, L, D

03

Drive to Gathe Khola

Embark on a scenic drive to Gathe Khola, passing through picturesque landscapes. Enjoy the views as you travel into the Tibetan borderlands. Overnight stay at a hotel

ALT: 2,500m MEAL: B, L, D

04

Drive from Kerung to Sanga

Continue the journey by road from Kerung to Sanga, experiencing more of the Tibetan highland scenery along the way. Relax and enjoy the local surroundings.

ALT: 3,200m MEAL: B, L, D

05

Drive from Sanga to Singatse, Visit Tashi Lhamo Monastery

Today, drive to Singatse, visiting the famous Tashi Lhamo Monastery. Discover the spiritual side of Tibet and learn about Tibetan Buddhism as you explore this sacred site.

ALT: 3,800m HIKE: 3-4 hours

06

Drive from Singatse to Lhasa

Continue your journey to Lhasa, the spiritual heart of Tibet. Enjoy the majestic landscapes as you approach this ancient city. Upon arrival, take a moment to soak in the atmosphere of Lhasa.

ALT: 3,650m MEAL: B, L, D

07

Explore Lhasa, Visit Potala Palace, Jokhang Monastery, and Sera Monastery

Explore Lhasa's famous sites, starting with the majestic Potala Palace, the spiritual home of the Dalai Lama. Next, visit Jokhang Monastery, and end the day with a tour of Sera Monastery.

ALT: 3,650m HIKE: 4-5 hours MEAL: B, L, D

08

Lhasa to Samye Monastery Tour

Take a full-day tour to Samye Monastery, one of Tibet's oldest and most important. Explore the surrounding area and gain insights into Tibetan Buddhist culture.

ALT: 3,500m HIKE: 5-6 hours MEAL: B, L, D

09

Fly from Lhasa to Kathmandu

After an unforgettable journey in Tibet, fly back to Kathmandu. Spend the rest of the day relaxing or shopping for souvenirs before heading home.

ALT: 1,400m MEAL: B, L, D

Kathmandu Sightseeing and Departure

Enjoy a sightseeing tour of Kathmandu, visiting famous attractions such as Swayambhunath and Pashupatinath Temple. In the evening, transfer to the airport for your departure flight.

ALT: 1,400m HIKE: 4-5 hours MEAL: Breakfast

END OF SERVICES

- What's Included

- Airport pickup and drop
- 3 nights accommodation at a hotel in Kathmandu
- Transportation (throughout the tour)
- Tibet Government Tax
- 6 days of trekking food (Breakfast, Lunch, Dinner, and Tea/Coffee)
- Tibet Tour Guide
- Visa Fee
- Trekking Permit
- Langtang National Park Fee
- Tibet Transportation (Tourist Bus)
- 6 days accommodation in Tibet hotels
- Sightseeing tour in Tibet
- Welcome dinner

- What's Not Included

- Travel insurance
- Tips for guide and staff
- Tips for the driver

CERTIFIED & AUTHORIZED AGENCY

TAAN NMA NTB NEPAL GOVERNMENT

Ready for the adventure?

Contact our travel specialists to customize your trek experience or book your spot today.

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