

Tibet extension from Kathmandu 2019



Extension Option - Tibet



A visit to Tibet offers an exciting extension to your holiday in the Himalaya, and regular flights to Lhasa from Kathmandu make it possible to visit most of the major sights in and around Lhasa on an 8 day itinerary. Tibet's high plateau offers totally different and starker scenery to that of the other Himalayan countries. Here you will see some of the most important historical and cultural sites of Tibetan Buddhism - the Potala Palace and Samye, Ganden and Drepung Monasteries.

If taking this extension, our agents in Kathmandu will need to deliver your passport to the Chinese Embassy in Kathmandu where your Tibet visa will be processed. The embassy will need your passport for 2-3 nights after which it will be returned to you by our agents. You will then be able to fly to Lhasa the next day. The embassy is only open on weekdays and the flight to Lhasa is generally in the early morning - both of these factors affect how long you will need to spend in Kathmandu. You therefore need to let us know in good time if you wish to take this extension.

SUGGESTED ITINERARY

Day 1 - Fly to Gonggar. Drive to Tsedang, 3,550m/11,647ft.

You will be picked up from your Kathmandu hotel and transferred to the airport for the flight to Gonggar in Tibet where you meet your Tibetan guide and driver. You will then drive east to the city of Tsedang which has an important place in the history of Tibet. It was here, on the nearby hill called Gongpo Ri that, according to legend, the Tibetan race originated from the union of a monkey and an ogress; Tsedang was said to have been their playground. It has a Tibetan quarter with traditional houses and several monasteries of interest but it is probably best to rest and take it easy to help acclimatise to the altitude.

Overnight: Hotel in Tsedang

Meals: (B L D)

Day 2 - Visit Samye Monastery. Explore the area around Tsedang.

After breakfast today you will visit Samye Monastery, one of the finest and most important monasteries in Tibet. Later you will explore the area around Tsedang, considered to be the cradle of Tibetan civilisation. In the nearby Yarlung valley you can see the imposing fortress of Yumbulakhang, a distinctive tapering structure perched on a crag. In nearby Chongye are found the burial mounds of Tibet's earliest kings.

Overnight: Hotel in Tsedang

Meals: (B L D)



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Day 3 - Drive to Lhasa, 3,658m/12,001ft - orientation walk.

Today you drive from Tsedang to Lhasa visiting Mindroling Monastery on the way. Arriving in Lhasa, your first view of the Potala Palace is breathtaking. After lunch you will take an orientation walk to the centre of town and walk with the crowds round the outer 'kora' of the Jokhang Temple, the most sacred temple in Tibet and the centre of the Tibetan city. Your hotel is in the Tibetan quarter of the city.

Overnight: Kyichu Hotel or similar.

(Meals: B L D)

Day 4 - Visit Potala Palace, Jokhang and the Barkhor.

Today you will visit the Potala Palace. Construction of the grand palace that we see today began in 1645 during the reign of the Fifth Dalai Lama and served as the home of successive Dalai Lamas and their monastic staff up to 1959. You will start your tour at the top of the building and work your way down through a maze of rooms and highly decorated chapels and colourful assembly halls. After lunch you will visit the Jokhang Temple. Pilgrims from all over Tibet flock to visit this temple and you will join them as they slowly move round inside, making offerings and feeding the many flickering butter lamps. You may also visit the Barkhor near the Jokhang, a market full of vendors selling all manner of wares, from stirrups for dashing nomad horseman to tacky souvenirs for Chinese tourists.

Overnight at Kyichu Hotel or similar

(Meals: B L D)

Day 5 - Visit Drepung Monastery, Norbulingkha and Tibet Museum.

In the morning you will drive out to visit Drepung, one of the major monasteries of the Lhasa area. Later you will visit the Norbulingkha, formerly the summer palace and gardens of the Dalai Lama. It was from here that the present Dalai Lama escaped in 1959. The nearby Tibet Museum with galleries on Tibetan Buddhism, arts crafts and objects of everyday life is well worth a visit.

Overnight at Kyichu Hotel or similar

(Meals: B L D)

Day 6 - Visit Ganden Monastery and Drak Yerpa.

After breakfast you drive east of Lhasa to visit Ganden monastery which, along with Sera and Drepung, is one of the three great Gelukpa monasteries of the Lhasa region. On your way back to Lhasa you will visit the atmospheric hermitage of Drak Yerpa.

Overnight at Kyichu Hotel or similar

(Meals: B L D)

Day 7 - Visit Sera Monastery. Time at leisure.

Today you will drive 40 minutes to Sera Monastery, the final of the three great Gelukpa monasteries that you visit on this extension. This monastery dates back to the 15th century and is famous for its monastic debates. In the afternoon you have time for further sightseeing to visit a nunnery or the tent factory, or perhaps for some last minute souvenir shopping.

Overnight at Kyichu Hotel or similar

(Meals: B L D)

Day 8 - Fly to Kathmandu.

Today you will drive to Gonggar airport for your return flight to Kathmandu. On arrival you will be taken to the hotel of your choice.

(Meals: B)

Price: £1,995 per person based on a minimum of 2 persons travelling and sharing a room. Single room supplement: £210 per person. (Prices valid until 31 December 2019)

Price includes: Kathmandu airport transfers; flights Kathmandu/Gonggar/Kathmandu; English-speaking guide; driver and private vehicle in Tibet; all sightseeing and entry fees as stated; all accommodation in Tibet on a twin share basis; all meals in Tibet.

Price does not include: Tibet visa/permit (normally around \$100 and payable in Kathmandu - via our agents); hotel accommodation or meals in Kathmandu before or after the extension - we will quote for this to fit your itinerary. Contact our office to discuss.