



DISCOVERING TIBET



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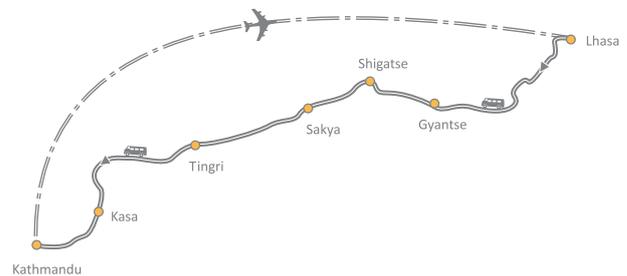
An ideal program for a first discovery of the Land of Snows. Temples and monasteries and Tibetan villages dotted chortens stages of this circuit. The landscapes are often exceptional arid plateaus, rugged, snowy peaks and turquoise lakes ... A complete overview of both natural and cultural wealth of Tibetan millennium.

STRENGTHS

- All major places of Central Tibet: Lhasa, Gyantse, Shigatse and Sakya.
- Visit the main temples and monasteries: Potala, Jokhang, Tashilumpo ...
- Beautiful scenery in the Himalayas.

LEVEL Moderate (7 / 20)

A discovery primarily cultural but on a circuit that essentially takes place at high altitude. Physical fitness essential.



FRAME

accompanied by our local guide.

SIZE OF GROUP

From 4-12 persons.

The price includes

- Kathmandu flight> Lhasa in economy class
- Ground transfers as mentioned in the program (4x4 minibus in Nepal and Tibet)
- Accommodation in hotels, lodges, guesthouses, private houses ... as described in the program, based on double occupancy
- Entries in the sites visited as described in the program
- Meals as described (B = breakfast, L = Lunch, D = dinner)
- Assistance of local guide francophone our local, charges and fees
- Support a local team: driver (s)
- A record of travel before departure
- A pharmacy group

The price does not include

- Anything that is not listed in "this price includes"
- Travel Insurance Property & Casualty (3.5% of the tour price), not mandatory but recommended
- Supplements for single room: 530 € (subject to availability, payable at time of booking).
- Visa fees (payable locally Tibet, Nepal multiple entry visa for a period of 15 days, taken before the departure for 25 € excl o files and post on site for \$ 25)
- Individual equipment necessary to implement the program

Payable in

- Drinks, tips left in the local team and all personal expenses
- Meals that are not described in this detail (see BLD)
- International airport taxes (about \$ 11 for the flight Kathmandu> Lhasa and about 25-30 \$ for the return flight Kathmandu.
- China Visa Special Tibet to be paid at our office, between 60 and 120 U.S. dollars

Itinerary

Day 1: Flight

Day 2:> Kathmandu.

Arrival in Kathmandu and transfer hotel. First discovery of the Nepalese capital located at 1350 m.

Accommodation: Hotel

Day 3: Kathmandu.

Visit Durbar Square in the heart of the old city, and Bodnath Swayanbu, the two major Buddhist shrines in the valley.

Accommodation: Hotel

Meals: B

Day 4:flight > Lhasa. Transfer> Tsethang.

Flight in the morning on Gonggar Airport, Lhasa. Approximately two hours drive to win Tsethang.

Transfer: 2h

Accommodation: Hotel

Day 5: Transfer Yumbulhakang> Samye> Lhasa.

Visit the fortress of Yumbulhakang which was founded by the mythical first king of Tibet. Crossing the Tsangpo by ferry. Visit Samye, the first monastery built in Tibet by the king Trisong Detsen. Walk towards the hermitage overlooking the valley. Drive to Lhasa. A total of seven hours away.

Transfer: 7

Accommodation: Hotel

Day 6: Lhasa.

Visit the Potala, the residence of Dalai Lamas (many chapels, paintings, sculptures and extraordinary chortens) and the Jokhang Temple in Lhasa's most famous crowd where many pilgrims sometimes more distant villages. Walk on the Barkhor.

Accommodation: Hotel

Day7: Lhasa.

Visit the great monastic universities of Sera and Drepung. These famous monasteries with their temples, houses and narrow streets, greeted thousands of monks until 1959. Back to Lhasa. Visit the temple of Ramoche. Last round of Barkhor.

Accommodation: Hotel

Day 8: Transfer> Gyantse.

Early morning in minibus. Crossing the Kamba La (4850 m) and descent to the turquoise waters of Lake Yamdrok. Ski to the Karo La (5050 m) located at the foot of the snow Netsekangsang (7191m). Arrive Gyantse (3950m) after 6-7 hours away.

Transfer: 6h/7h

Accommodation: Hotel

Day9: Transfer> Shalu> Shigatse.

Visit the famous monasteries and Kumbum of Gyantse, Tibet's great cultural treasure. Very many chapels with paintings and statues exceptional. Continue to Shalu monastery where he lived Buton Rinpoche (fourteenth century). Paintings unique blend of styles and Newar Chinese Yuan Dynasty. Check-in Shigatse after a 3 hour drive.

Transfer: 3 hours

Accommodation: Hotel

Day10: Shigatse.

Visit the great monastic city of Tashilhunpo, the seat of Panchen Lamas. Chortens impressive temples. Walk in the Old Market and on the way kora (2h) and the monastery overlooking the valley. Beautiful panorama.

Accommodation: Hotel

Day11: Transfer> Sakya> Shegar.

Road to Shegar. Stop Sakya typical village houses gray and blue and recalling the huge monastery fortresses Mongol impressive library

and magnificent assembly hall, one of the largest in Tibet. Continuation to Shegar (4350 m), a pretty village built at the foot of a fortress. A total of 6 to 7 hours of road.

Transfer: 6h/7h

Accommodation: Lodge

Day 12: Transfer> Tingri> Kasa.

Crossing Tingri (4340 m) located on a huge plateau dotted with beautiful small Tibetan villages amid peaks over 8,000 m: Everest, Cho Oyu ... Nyalam Tong The Passage (5050 m) with a wide panorama of the Himalayas (Shishapangma and various heights). Down to the border with Nepal. Stop Kasa road after 7am (2300 m).

Transfer: 7

Accommodation: Hotel

Day13: Transfer> Kathmandu.

Formalities Chinese and Nepalese border and back to Kathmandu (5 hrs drive). Crossing many villages close to the edges of the road or scattered among the terraced fields.

Transfer 5h

Accommodation: Hotel

Day 14: Kathmandu.

Visit the Kathmandu Valley. Transfer to Bhaktapur, the ancient royal city. Discovery of Durbar Square and Taumadhi Tol dominated by the temple of Nyatapola with a roof composed of five levels. Continue to Patan, also a former royal city (beautiful Newari architecture). Visit Bungamati path, traditional Nepalese village.

Accommodation: Hotel

Day 15: Kathmandu and return flight.

Free day in Kathmandu. , transfer to the airport and register on the return flight.

For security reasons (weather or other) and in the interest of participants, the guide reserves the right to change the route described above.

INFORMATION:

Formalities: Valid passport required and must be valid more than six months after the scheduled return date of travel.

Nepal Visa multiple entry: This visa is to take place on arrival at Kathmandu airport (allow 2 files) or from the Embassy of Nepal in Paris.

Multiple entry visa: \$ 25 for 15 days max

Visa Tibet. Tirawa is responsible for obtaining the visa. Each participant will be paid 60 to \$ 120 (depending on time) directly to our office upon arrival in Kathmandu.

We sent upon registration a copy of the Administrative page of each passport and two passport photos.

Climate: The climate is characteristic of a high-altitude, large temperature gradient with a very low humidity.

The months from June to September focused the majority of annual rainfall, the comparatively low compared to the monsoon raging south of the Himalayas. The average temperature in Lhasa is so soft, about 17 ° C. Note: Whatever the time of year, it can snow above 3800 meters. The passages passes performed with an early morning departure, temperatures can drop very low (between -10 ° and -20 °).

Travel: minibus and 4x4.

Accommodation: hotels, lodges.

Lunch: Cold or hot meals at noon (depending on location), hot meal in the evening (the restaurant is in the cities, be prepared by the owners of lodges and guest house).

Portage: No porting.

Glossary: B Breakfast / Breakfast - Lunch L / lunch - dinner D