



Tibet: 18d Very Essence Tibet Trekking

Grade: Moderate

Altitude: 5,400 m.

Highlights:

This unique Tibet itinerary follows the trail along the cradle of Tibetan civilization. After sightseeing the Tibetan capital of Lhasa we take our four-wheel-drive vehicles for the visiting of Tsetang via the Samye monastery. Another day driving takes us to Tsome from where our fantastic trekking will begin through the Tibet-Bhutan border Himalayas. It will take five days walk to the holy Kulhakangri mountain where we will visit the base camp at 4.500 meters. During our trekking, we will pass Tsemalang, Mendang, Bashar and also the Meshangla pass which is at 5.000 meters. At the base camp of the holy Kulhakangri mountain, you can see all the other high majestic mountains. After two more days trekking around the Kulhakangri base camp, we drive to the classic cities of Gyantse and Shigatse and then to the Nepali border at Zhangmu via Shegar or New Tingri. Through green valley's we leave the heights of Tibet to return to Kathmandu. But now Zhamgmu Border is closed due to earthquake occur in 2015. instate of that recently new border is open for the foreigner Named Gyroing Border. so there is change on below itinerary instates of Zhangmu Border we move our itinerary to Gyroing border. Best Season: April, May, June, July, August, September & October

Day to day:

Day 01: Kathmandu to Lhasa:

We fly from Kathmandu to Lhasa, the capital of the autonomous Tibetan region, o/n in hotel.

Day 02-03: Sightseeing tour of Lhasa:

Of course you will see the main highlights. Lhasa has many sites of historic interest, including the Potala Palace, Jokhang Temple, Sera Monastery, Zhefeng Temple, Drepung Monastery and Norbulingka.

Day 04: Today we drive to Tsetang via Samye. :

Samye shows you Tibet's first monastery, located only 30 km from Tsetang. The Samye Monastery or Samye Gompa is the first Buddhist monastery built in Tibet under the patronage of King Trisong Detsen of Tibet who sought to revitalize Buddhism. Tsetang is one of the largest cities in Tibet and is located in the Yarlung Valley, 183 km southeast of Lhasa. Tsetang was the seat of the ancient kings of Tibet and, as such, a place of great importance. It is at an elevation of 3,100 metres. It is situated near the flank of Mount Gongbori (3.400m) and is home to many ancient ruins. It is known as the cradle of Tibetan's civilization.

Day 05: Tsetang :

Sightseeing in Tsetang The 14th century monastery of Tsetang, Ganden Chökhöring, was originally Kagyupa but was taken over by the Gelugpas in the 18th century. Ngamchö is also a Gelugpa monastery and contains the bed and throne of the Dalai Lama and has a chapel devoted to medicine.

Day 06: Drive to Tsome.:

The town of Tso-me or Tamzhol is dramatically set within the eroded gorge of the Tamzhol-chu (sometimes known as Lhodrak Shar-chu), which rises from the watershed at Shar Khaleb, and surges southwest through the East Lhodrak region to converge with the Kuru-chu (Lhodrak Nub-chu) below Kharchu.

Day 07: Trek Tsome to Kulhakangri.:

Start trekking Today we start our trekking to Kulhakangri by taking the first trail to Tsemalang. We will travel through the region of Lhodrak- a stronghold of Tibetan Buddhist culture.

Day 08: Trek to Meshang La. :

Trek to Meshang La.

Day 09: Trek to Mendang :

Trek to Mendang

Day 10: Drive to Basear. :

Drive to Basear.

Day 11: Trek to Kulhakangri Base Camp :

Today our main destination will be reached. As a stunningly beautiful peak, Kula Kangri sits on the Tibet-Bhutan border. Kula Kangri is claimed by many authorities to be the highest mountain in Bhutan but this is disputed by others, who claim that Kula Kangri is wholly in Tibet The mountain is considered holy, and is a pilgrimage destination for Tibetans. Kula Kangri is surrounded by a series of 6-7,000 meter peaks all of which remain unclimbed. The peak was first climbed by the Japanese in 1986 via the NW ridge (7,538 Meters). kula-kangri

Day 12-13: Kulhakangri Base Camp:

Excursion to Kulhakangri Base Camp at 4.500 m.

Day 14: Drive to Shigatse :

After all the trekking its time for relaxation and another inspiration since we are visiting classic cities like Shigatse, a county-level city and the second largest city in Tibet. The city is located at an altitude of 3,840 metres. Shigatse contains the huge Tashilhunpo Monastery, founded in 1447.

Day 15: Shigatse:

Sightseeing in Shigatse.

Day 16: Drive to Shegar:

Drive to Shegar, also known as New Tingri Shekar, a small town approximately 60 km north-west of Mount Everest and just over 50 km from the Nepali border.

Day 17: Drive to Friendship Highway to Zhangmu:

Drive over the famous Friendship Highway to Zhangmu. Zhangmu is a customs town and port of entry located in Nyalam County on the Nepal - Tibet border, just uphill and across the Bhote Koshi River from the Nepalese town of Kodari. Zhangmu is very different to the Tibetan cities you just visited by having a mild and humid subtropical climate, just a few hours away from the roof of the world you came from.

Day 18: Zhangmu to Kathmandu:

Drive to Kathmandu.

What is included?

- Pickup and drop from the international airports in Kathmandu and Lhasa
- English speaking Tibetan guide
- Full board (3 meals a day) except Lhasa
- Pension fund , insurance for local staff of Himalayan Leaders
- Transport with land cruiser
- Hotel with breakfast in Lhasa

- Flight fare from Kathmandu -Lhasa
- Tibet travel permits, Tibet visa and monument entrance fees

What is excluded?

- Nepal visa (30usd and 4 passport photos, available at the airport in Kathmandu)
- International Airfare
- Nepal re-entry visa fee
- Extra transport or horse in case of road block and any accident
- Gratitude (tip) for the staff etc
- Travel insurance in case of emergency
- Lunch and dinner in Lhasa, Last resort and Kathmandu
- Personal expenses