



# **15 DAYS LHASA – KAILASH TREK – EBC EXCURSION GROUP TOUR**

Lhasa Mount Kailash trek and EBC Excursion group tour is a 15 days tour created by Himalayan Social Journey for all those interested candidate who wants to explore the rich culture of Tibet and the stunning tibetan plateau at the same time. In this journey, you will be traveling to the main city of Tibet; Lhasa to observe the artistic beauty and to observe the unique architecture of the building, monasteries and the statues and monuments. Furthermore, you will be traveling to the Gyantse, Darchen, Sighatse, Saga, Lhatse, Mt. Kailash, Mansarovar Lake and places like Dirapuk. More importantly, these places are completely different than the central Tibet. These places are remote with less population. Hence, the place offers unspoiled beauty with spectacular view of the Tibetan plateau. Also, the major highlight of the trip Mt. Kailash and Mansarovar is absolutely breathtaking. Mt. Kailash is sacred mountain hence has a very important meaning for the people who follow Buddhism, Hinduism and Jainism. Therefore, Mt. Kailash is one of the most visited pilgrimage site in the world. Moving forward into the journey, you will be driving along the Pektso Lake and you will get to view the gorgeous view of Mt. Everest from the Everest Base Camp. Along with the view of mighty Everest you will also get to see Mt. Makalu, Mt. Lhotse, Mt. Cho Oyu and many other peaks.

# Outline Itinerary ( 15 Days )

## **Day 1 : ARRIVAL IN LHASA EITHER BY AIR OR TRAIN AND MEET WITH YOUR FELLOW TRAVELLERS IN LHASA**

A short flight into Tibet give you a panorama of the snowy Himalayan ranges or the days of train ride over the high plateau by crossing mighty Thangu la ranges get you to Lhasa with beautiful sceneries along the route, your arrival at the Gonggar airport or Lhasa Train Station will be greeted by our Tibetan guide and driver and transfer to your hotel in Lhasa city, from the airport to Lhasa it is about 60km and it takes less than an hour through the recently built highway, from the train station it is only 25km and it takes about half hour, check in the hotel and may be meet with other fellow travelers, then take it easy for the rest of the day to acclimatize and alleviate the jet lag.

Accommodation in Sheraton hotel (Note: If your arrival time is different from others then we will arrange private airport/train station pick up without any additional cost, so please let us know your arrival time and detail information of flights/train)

## **Day 2 : LHASA ESCORTED TOUR.**

Attractions; Jokhang temple and bustling Bakhor street and Sera monastery. Today is the your first day on the high plateau and some of you may have little head ach which is very common for travelers by the high altitude, so drinking enough water and mild activity on the first few days is recommendable. In the morning our guide will meet you at the hotel and take an easy visit to Jokhang Temple in the center of the Old Lhasa city. Jokhang temple is one of the most scared temples in all over Tibet and it is always bustling with earnest local pilgrims since from early days. After that you have time to walk around the Bakhor street which is the one of the most devotional circuit as well as crowded central market of Lhasa, during the old days it is the most famous local market but now it is changed to tourist gift shopping center. The amazing day will ended with a visit to the Sera Monastery, it is built in the fifteenth century by the Jamchen Choji Sakya

Yeshe who is disciple of Tsongka pa, few different monastic colleges in Sera is home to several hundred monks from different part of Tibet, the famous Buddhist philosophical debates among the monks are happening every day in the afternoon except Sunday. Continues acclimatize and alleviate jet lag rest of the day. Accommodation in hotel

### **Day 3 : LHASA ESCORTED TOUR.**

Attractions; Potala palace and Drepung monastery Today we will visit the famous Potala Palace, the cardinal landmark of Tibet and the masterpiece of Tibetan architecture, it was first built by 33rd King Songtsen Gangpo in 7th century and later in 17th century rebuilt by 5th Dalai Lama, since then it was home to the Dalai Lama and his government. Walking though the long steps are quite challenging but it is worthwhile to leave your footsteps in the spiritual palace of God of compassion, which listed in the world heritage in 1994. And in the afternoon, we will visit the Drepung monastery, once the world's largest monastery that housed for more than 10,000 monks, it was resident of the Dalai Lama prior to Potala Palace, but several destructions were taken place in different time but still you have lots of things to see by walking through numbers of narrow and twisted lane through the monks apartments is thrilling. Continues acclimatize and alleviate jet lag rest of the day. Accommodation in hotel

### **Day 4 : LHASA(3600m) - GYANTSE (3900m) - SHIGATSE(3900m), 350 km**

Attractions; Yamdrok lake, Mt.Nyechen Kangsar glacier, Gyantse Kubum stupa and Pelkhor Choede monastery. We start drive toward south west, through the zigzag road climb up the Kampa la pass (4700m), from there you will be amazed by the breathtaking glimpse of the holy Yamdrok lake with its turquoise color and snow capped Mt.Nyenchen Khangsar in the distance, then continues drive along the lake for few kilometers get us

to the lunch stop at Nagar tse. The rest of the day will be spent enjoying the many magnificent valleys and exquisite Tibetan villages that pass through; en route we will stop at Karo la (5150m) to see the holy mount Nyenchen Kangsar glacier. Arrival at Gyantse, we visit Kumbum stupa and Palkhor Choede monastery, this magnificent multi-door structure is the largest stupa in Tibet, it is not only well known for its architecture but also its old sculptures and paintings all around its inner walls, late afternoon drive to Shigatse which is only 90km. Overnight in hotel

### **Day 5 : SHIGATSE (3900m) – LHATSE (4200m), 150km**

Attractions; Tashi lhunpo monastery and Sakya monastery. Today we will visit Tashi Lhunpo monastery in morning and guide will make his/her time to obtain the ATP permit from the local PSB, Tashi Lhunpo monastery is one of the largest functioning monastery in the western part of Tibet which has more than 600 years of history, it is a different experience by walking with local pilgrims through temples and twisted lanes within the old buildings in the campus. Then drive to Lhatse for the night, en route we will drive off the main road to Sakya monastery which is located in a small village, this area and monastery has a different architectural design and color. Sakya monastery was an important scholastic study center in the 13th century and under the leadership of Sakya Pandita Kunga Gyaltsen, Sakyapa ruled Tibet for decades during that period of time. Overnight in hotel.

### **Day 6 : LHATSE (4200m) – SAGA (4500m), 340km**

Today we will drive straight to Saga through a long valley of Brahmaputra tributary, compare to the last few years, the road condition is much better as it is recently reconstructed and paved. Overnight at hotel

## **Day 7 : SAGA – DARCHEN (5000m), 520km**

Attractions: View of Lake Manasarovar and Mt Kailash. Today the thrilling journey across the dry and vast plain with stunning views of great Himalaya in the south and Trans-Himalayan in the north, the moonscape plain of the region is home for sparse lone nomads whose lifestyle remains close to what it has been for centuries, and numbers of plateau wild lives. Different natural landscapes like sand dunes and picturesque mountain views are not only the great beauty of the day but also the holy lakes and mountains. Then we will reach to the Manasarovar Lake (victorious lake) in the late afternoon, which is one of the holiest lakes in Tibet and every year it receives hundreds of hundreds of pilgrims from all corner of Tibetan plateau, India and Russia. The lake is surround by several prominent peaks like Gurla Mandata (7760m). Then we will further drive to Darchen which is the starting point of the Mt Kailash (7762m) trekking, you will also have great view of the Kailash from the front. Darchen is a small nomadic village and now increasing number of guesthouses and restaurants make it more commercial. At your arrival you have plenty of time to explore around the town and prepare for the trekking, you can also hiking around the hills to get physically ready for the trekking. In the afternoon, your guide will arrange others trekking necessities like porters and yaks for your luggage transportation. You can find different restaurants according to your taste or your guide will help you to find some better ones. Overnight at hotel.

## **Day 8 : 1st DAY TREKKING TO DIRAPUK. 20km.**

Attractions; the views on the both side of the valley that you are going to trek. Today our trekking start from Darchen and tracing the small trail in the clockwise circuit around the Peak on an average altitude of 4700m. You will encounter numbers of local Buddhist

pilgrims doing along your way and several Bon believers in the anti-clockwise direction. After 4 hours trek we will reach to Tamdin(4780m) where a nomadic tents serves simple lunch and boil water. From there it is only 4km to Dirakpuk monastery but between this stretches has the some of the best scenery of the entire kora. Dirakpuk was rebuilt in 1985 located on the north side of the Lha-chu River facing to the north face of the Mt. Kailash. Dirakpuk name originally comes from a word Dira that means female yak horn and Puk means cave that in a mythical story says a female yak opened the cave. Overnight at Dirapuk guesthouse

## **Day 9 : 2nd DAY OF THE TREKKING TO ZULTUL PUK(4790m) 18km.**

Attractions; the once and only chance of challenging to cross the Dikpala (5000m) and Dormala (5600m) next to Dikpala Today is the most challenging part of the trekking where we will cross two passes, though there are not too steep but the altitude make is more tiring and slow, after we cross Dikpala (5000m) & Dormala (5600m), the passes are remarked by heaps of prayer flags and cairns, It is worthwhile to spend some minutes on the pass to view and relax, as you are right backside of the Mt. Kailash and offers great view of the holy peak. Then we will climb down into the long valley and stop lunch at Shabjay Dakpo nomadic tent for lunch. Zuktul puk monastery (4790m) also calls the miracle cave that is built by two religious figure Milarepa and Naro Bonchung. And still you can see the footprint and handprint of Milarepa inside the cave. Overnight at Zultul Puk guest house

## **Day 10 : LAST DAY TREKKING AND DRIVE TO LAKE MANASAROVAR. (12km trekking and 80km drive).**

Attractions; close view of the Manasarovar lake and Thuktso lake. Today is an easy day trek to complete the circuit and your driver will pick you up from Tashi Do (which is also called as Dzongsar). Then continues drive to Lake Manasarovar and overnight at guesthouses near the lake.

## **Day 11 : TRACE THE ROAD BACK TO SAGA**

Today we will trace the road back to Saga for the night. hotel

## **Day 12 : SAGA – EBC (5150m).**

Attractions: Rongbuk monastery and Mt. Everest base camp. Today we will drive straight to EBC by driving along the Pekutso Lake, you will have a picturesque of Mt Shishapama and other peaks of mighty Himalayans too. Continues drive towards south-east, from Old Tingri you will amaze the spectacular Himalayan Ranges and its mighty peaks beyond 8000m, Mt.Makalu (8463m), Mt.Lotse (8516m), Mt.Everest (8844m) and Mt.Cho Oyu (8201m) from Left to right, drive off the main road and head into the valley to the south to the day's destination - Everest Base Camp located near the Rongbuk valley. Rongbuk is the highest monastery in the world and it consist both monks and nuns. Rongbuk monastery guesthouse or tent.



### **Day 13 : EBC (5150m) – SHIGATSE, 350km.**

After we enjoy the sunrise view of the Mt Everest, we will gradually drive back to Shigatse through the friendship highway, you will have beautiful hot shower at the hotel and rest. Overnight at hotel

### **Day 14 : SHIGATSE – LHASA, 450km/300km**

Today we will drive back to Lhasa, in the afternoon you have some time to explore around the town and buy some gifts for your family and friends at home.

Accommodation in hotel

### **Day 15 : LHASA AIRPOR/TRAIN STATION SENDS OFF.**

Today our guide and driver will send you to the airport or train station and it is time to say your good bye and depart to your next destination. Before your departure, we will appreciate if you can spend a short time to evaluate our services either by filling the feedback form or simply send us an email.

## Include / Exclude

- All necessary travel permits to Tibet;
- Entrance ticket fees for all the sight spots listed in the program;
- Private transportation in Tibet;
- Private guide: English speaking local Tibetan guide;
- Oxygen cylinder for the group;
- Lodging and meals for guide and drivers;
- First aid kit;
- Liability travel insurance;
- Travel insurance covers trip cancellation and emergency evacuation(recommended);
- Expenses of a personal nature (alcoholic beverages, laundry, phone call, etc.);
- International and domestic flight/train.(Note: we accept flights and train tickets bookings in advance);



# Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, "Ecstasy is within you, safety the first."

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