Beijing to Kathmandu Tibetan Adventure – 11 Days

You’ll cross mainland China by express train, starting in Beijing and ending in Lhasa, the current capital of the Tibet Autonomous Region and one of the highest (3,490m) cities in the world. From here you’ll travel around Tibet, visiting the region’s most sacred and spiritual monasteries and temples, observe the stunning flora and fauna of several different areas of the Tibetan plateau and immerse yourself in the local culture of this fascinating and mysterious destination. You’ll also join an exclusive club of travellers to visit the Mount Everest Base Camp, where you’ll meet climbers and other adventurers before flying to Kathmandu, Nepal.

Details

<table>
<thead>
<tr>
<th>Participants:</th>
<th>Private Tour – Your small group of up to 9 travellers will not be joined by other travellers during this tour.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trip Length:</td>
<td>Day(s) - 1 Night(s)</td>
</tr>
<tr>
<td>Tour Departure Dates:</td>
<td>Every day, except: • From 12 February to 10 April, • From 29 April to 3 May, • From 28 September to 8 October. • Other dates according to government announcements.</td>
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<td>Travel Season:</td>
<td>The best time to travel in Tibet is from April to June and during the month of October.</td>
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<tr>
<td>Type of Transportation:</td>
<td>Train in hard-sleeper berth, local van or car, plane in economy class</td>
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<td>Type of Accommodation:</td>
<td>Standard room in single or double occupancy.</td>
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<td>Physical Rate:</td>
<td>4/5</td>
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<tr>
<td>Child Policy:</td>
<td>This tour is not recommended for children below 6 years of age due to the physical requirements of certain portions of the tour.</td>
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Included in Price:

- **Meals:** 8 breakfasts
- **Accommodation:** 8 nights in a standard hotel
- **Transportation:** Train Ticket from Beijing to Lhasa with Hard Sleeper Berth, Private Arrival Transfer from Lhasa Station to hotel, Private Transfer by local car or van from Day 4 to Day 10, private transfer from Lhasa to airport on Day 11, Plane ticket from Lhasa to Kathmandu in Economy class
- **Activities:** All entrance fees mentioned in the program.
- **Guides:** You will be accompanied by an English-speaking guide from Day 4 to Day 11.
- **Miscellaneous:** Tibet travel permit processing.

Please Note:

- You can upgrade your hard sleeper berth to a soft sleeper berth for an additional cost of CNY640 per ticket. Be aware that availability of these berths is very limited and cannot be guaranteed in advance. To request this upgrade, please contact us by email.
- Visiting the Potala Palace is subject to ticket availability.

Excluded From Price:

- All meals and refreshments not stated under Inclusions,
- Tips for your guide and driver,
- Nepal entry visa,
- Transportation during free days,
- All other expenses not stated under Inclusions.
Itinerary

Day 1: Board the Beijing to Lhasa Z21 train.

Not much to do today except arrive at Beijing West Railway Station and board the 08:00 PM Z21 train and occupy your hard sleeper berth. We recommend arriving 1.5 hours before your scheduled departure time. Your tickets will be delivered to your hotel.

Your adventure begins!

Meals: None
Accommodation: Overnight on the train
Transportation: Beijing to Lhasa in a hard sleeper berth

Please note: You can upgrade your hard sleeper berth to a soft sleeper berth for an additional cost of CNY640 per ticket. Be aware that availability of these berths is very limited and cannot be guaranteed in advance. To request this upgrade, please contact us by email. Also, there is a dining car aboard the train where you can eat lunch and dinner, but the meals served are simple Chinese fare. You may wish to consider packing your meals before departing Beijing.

Day 2: Admire the picturesque scenery of rural China as you speed across the country.

You’ll spend the full day on the train today, looking out the window and gazing at the countryside, arriving at Xining in the late afternoon. Xining is the capital of Qinghai province, nestled at the bottom of the Tibetan plateau and is the starting point for the special train that will take you up into Lhasa. As you begin your climb, you’ll be stunned by the majestic views of the Tibetan Plateau, the tremendous open spaces, vast expanses of grassland dotted with herds of antelope and yak, snow-topped mountains and crystal clear lakes. As the sun sets, you’ll settle down again for the night as you continue your journey up the Tibetan Plateau.

Meals: None
Accommodation: Overnight on the train
Transportation: Beijing to Lhasa in a hard sleeper berth

Day 3: Arrival in Lhasa, the religious and administrative capital of Tibet since the mid-17th century.

You’ll wake on the train and look out your window to stunning views of the Tibetan Plateau until you arrive in Lhasa at around noon. Your English-speaking guide will pick you up at the train station and accompany you by car or van to your local 3 star hotel. You’ll spend the rest of the day at your leisure, recovering from and meditating on the amazing 3,600km journey you’ve just completed.

Meals: None
Accommodation: Overnight at Lhasa hotel
Transportation: Beijing to Lhasa in a hard sleeper berth, Private Arrival Transfer from Lhasa Station to hotel,

Day 4: Full day Lhasa City Tour

Your guide will arrive at 09:00 am at your hotel, where you will plan your full-day activities in Lhasa’s inner city with your guide. Your guide and driver will return you to your hotel at 05:00 pm.
Day 5 : Visit to the Potala Palace, Jokhang Palace and Barkhor Street.

A full day awaits you, with your guide picking you up at around 09:00 am. You'll start with a guided tour of the Potala Palace, former residence of the 14th Dalai Lama and current World Heritage Site. You'll visit the different chapels and palaces on the site with your guide, who will help you understand the history and significance of each area.

You'll then spend a few hours visiting the Jokhang Temple on Barkhor Square, considered the most sacred temple in Tibet, and a fascinating combination of Indian, Tibetan and Nepalese architectural styles. From here you'll visit Barkhor Street, an area of narrow alleys that surround Jokhang Temple which Buddhists travel around as a sign of devotion. You'll interact closely with the locals in this area to better understand their culture and daily lives.

Day 6 : Your journey continues as you leave Lhasa to explore spectacular countryside lakes and temples.

Your guide will meet you at your hotel at 08:00 am and you'll start your five-hour journey to Gyantse. On the way, you'll stop at Yamdrok Lake, a freshwater lake surrounded by snow-capped mountains and considered to be one of the three sacred Tibetan lakes. From here you'll head towards a high pass where you can see the Karo La glacier, one of nature's most imposing sites and a wonder when the sun reflects off of it. The pass marks the end of the desert passes and you'll start to see green again as you head downwards.

You'll arrive in Gyantse, what was once the third biggest city in Tibet after Lhasa and Shigatse and positioned on an ancient trade route. You'll visit the Pelkor Chode Monastery, a complex of multiple structures that includes one of the largest kumbum and its over one hundred stacked chapels as well as an historic fort. In the afternoon, you'll head from Gyantse by car or van for another two hours to Shigatse, where you'll check-in to a 3-star hotel.

Day 7 : Venture from Shigatse to Tingri Shegar and visit the Tashi Lhunpo Monastery.

You'll wake and enjoy breakfast in Shigatse and continue on your journey, this time for five hours by car or van to Tingri Shelkar Town. In the morning, you'll visit the Tashi Lhunpo Monastery, a 15th century spiritual and cultural center important for being the traditional seat of the Panchen Lama.

In the afternoon we'll continue on to Tingri Shelkar town, where you'll check-in at a 3-star hotel.

Day 8 : Reach the peak of adventure, and head to the Mount Everest Base Camp.

We'll leave Tingri Shelkar around 09:00 am and head by car or van to the Everest Basecamp. On the way, we'll stop at the Rongbuk Monastery, near the base of Mount Everest, which sits at an amazing 5 kilometers above sea-level. You'll follow in the footsteps of the early explorers of the 1920s and 1930s who visited this monastery as they made their way from the Darjeeling foothills of India. The monastery affords a spectacular view of the north-face of Mount Everest.

Day 9 : Travel from Shegar Town to Shigatse
After breakfast, we will travel the 340 km back to Shigatse, around 6-7 hours by car or van and check-in to our 3 star hotel.

**Meals:** Breakfast  
**Accommodation:** Overnight at Shigatse hotel  
**Transportation:** Private Transfer by local car or van

Day 10 : Travel from Shigatse to Lhasa

Another long day on the road awaits, leaving Shigatse in the morning and traveling the remaining 260 km to Lhasa, another 6 hours by car or van. We’ll arrive in Lhasa in the early afternoon and check in at our local 3* hotel and relax.

**Meals:** Breakfast  
**Accommodation:** Overnight at Shigatse hotel  
**Transportation:** Private Transfer by local car or van

Day 11 : Your Tibetan adventure complete, fly over the Himalayas into Nepal!  
We will take a very early breakfast at hotel, then our guide and driver will pick us up and bring us by car or van to the airport. From here we’ll fly to Kathmandu in economy class.

**Meals:** Breakfast  
**Transportation:** Transfer by local car or van from hotel to Lhasa airport, Economy-class plane from Lhasa to Kathmandu

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**Map**

<table>
<thead>
<tr>
<th>Locations Visited:</th>
<th>Beijing, Lhasa, Kathmandu</th>
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<tbody>
<tr>
<td>Start City:</td>
<td>Beijing</td>
</tr>
<tr>
<td>End City:</td>
<td>Kathmandu</td>
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</tbody>
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