

THE CHINA TRAVEL COMPANY

"We regard each and every trip we organise as a trip of a lifetime."

TT-05 | SACRED TIBET



★ **ITINERARY PAGE 9**

★ **PRICING & INCLUSIONS PAGE 31**



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ABOUT OUR COMPANY

Established as one of the UK's leading, independent and family owned China tour specialist our focus is on well thought through private and tailor made rail adventures. Our emphasis is very much on creating the right trip for you and we work closely with you in order to achieve this. We regard the China as a trip of a lifetime and use our experience and knowledge to make it that for you.

ALL TOURS ARE FINANCIALLY PROTECTED

We are members of **ABTA** (Y1699) and our tours are **ATOL** protected (license 10287) giving you full peace of mind when booking with us both for monies paid to us as well as the code of conduct and high standards we are both delighted to and required to uphold.



LHASA • GYANTSE • SHIGATSE • KAILASH • EVEREST • KATHMANDU



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PRIVATE TIBET TOUR : TT-05 SACRED TIBET

Dear Sir / Madam,

Please find full details of this itinerary in this dossier. If you have any questions at all please do not hesitate to contact me.

Best regards,
The China Travel Company.

THE CHINA TRAVEL COMPANY

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16 NIGHT / 17 DAY PRIVATE TOUR VISITING :



LHASA

Tibet's otherworldly capital with stunning architecture and setting.



GYANTSE

Tibet's third largest city with an atmospheric fort with superb views.



SHIGATSE

Home to Palcho Monastery & Kumbum & vast Tashilhunpo Monastery.



KAILASH

Remote sacred mountain making for the ultimate Tibet adventure.



EVEREST

See the world's highest mountain from its best with superb views.



KATHMANDU

The chaotic yet refreshing capital of Nepal with not a dull moment.



Vicky & Simon White

"Thank you so much for what you did, not just booking the trip, but in your advice and guidance in the preparation phases. Everything we did and saw exceeded our expectations. It was without doubt the highlight of our 3 month 10 country tour. Not only would we recommend you, we will use you again."

[CLICK HERE TO READ MORE VIEW MORE FEEDBACK ON OUR WEBSITE](#)



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DAY

- 1 • LHASA**

Arrival in Tibet's Capital of Lhasa with a transfer to your hotel & free time.

Kyichu Hotel ★ ★ ★ [Learn more...](#)
- 2 • LHASA**

Drepung Monastery, Nechung Residence, Sacred Jokhang Temple & surrounding Kora.

Kyichu Hotel ★ ★ ★ [Learn more...](#)
- 3 • LHASA**

The truly spectacular Potala Palace & Ancient Sera Monastery.

Kyichu Hotel ★ ★ ★ [Learn more...](#)
- 4 • GYANTSE**

Kambala Pass, Beautiful Yamdrok Lake & the Norjing Gangsang Glacier.

Gyantse Hotel ★ ★ ★
- 5 • SHIGATSE**

Palcho Monastery & Kumbum & vast Tashilhunpo Monastery & Market.

Tashi Choten Hotel ★ ★ ★
- 6 • SAKYA**

Ancient Sakya Monastery & its Buddhist Scripture Library.

Manasarovar Sakya Hotel
- 7 • PARYANG**

Continue heading off the beaten track into the Wild West of Tibet.

Locally Run Guesthouse



DAY

- | | | |
|--|-----------------------|---|
| 8 | • DARCHAN | <p>Cross the high altitude grasslands with a chance to see wildlife.</p> <p>Locally Run Guesthouse</p> |
| <hr style="border-top: 1px dotted #c00;"/> | | |
| 9 | • DRI RA PUK | <p>Trek the 5,700m Dolma Pass, the scenery and spirituality of Kailash.</p> <p>Locally Run Guesthouse</p> |
| <hr style="border-top: 1px dotted #c00;"/> | | |
| 10 | • ZUL TRUK PUK | <p>Explore some of the mystical sites of Mount Kailash.</p> <p>Locally Run Guesthouse</p> |
| <hr style="border-top: 1px dotted #c00;"/> | | |
| 11 | • MANASAROVAR | <p>Complete the Kailash Circuit and retire to Lake Manasarovar to rest up.</p> <p>Locally Run Guesthouse</p> |
| <hr style="border-top: 1px dotted #c00;"/> | | |
| 12 | • MANASAROVAR | <p>A well deserved day relaxing at Lake Manasarovar.</p> <p>Locally Run Guesthouse</p> |
| <hr style="border-top: 1px dotted #c00;"/> | | |
| 13 | • SAGA | <p>A wild drive through a remote & spectacular landscape.</p> <p>Locally Run Guesthouse</p> |
| <hr style="border-top: 1px dotted #c00;"/> | | |
| 14 | • EVEREST | <p>The Superb Gyawu Pass View of the High Himalayas & Drive to Everest From Rombuk.</p> <p>Rombuk Monastery or Tent</p> |



DAY

15	• KYRIONG	Sunrise at Everest & the amazing descent off the plateau to the border with Nepal. Puntsok Rapsel Hotel ★ ★
16	• KATHMANDU	Entering Nepal and the lush Kathmandu Valley with its change of culture. Hotel Tibet ★ ★ ★
17	• END	Free time to explore the sights of Kathmandu before your onward travel. N/A



YOUR DAY BY DAY ITINERARY

The following pages detail your itinerary day by day. All our trips are tried and tested and, between us, we have visited all destinations and accommodation and travelled on modes of transport. We like to offer our clients the greatest flexibility possible with their trip so if there is anything you would like to change please contact us.

JUST ASK US IF YOU WOULD LIKE TO MAKE ANY CHANGES

"We returned to the UK yesterday, completing our 3 weeks in China. Thanks very much for organising our itinerary. Everything went like a dream. Being met at each destination was a real boost and each of these guides were extremely helpful. Accommodation was all good and transport/ tickets all went smoothly. Would have been difficult to do this trip without your organisational help. Thank you!"

Simon & Helen Randfield



YOUR DETAILED DAY BY DAY ITINERARY

DAY 1

DATE TBC

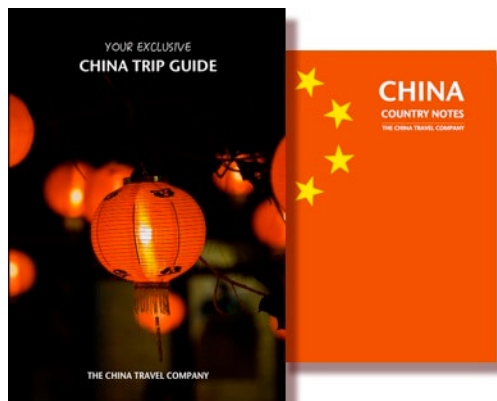
LHASA

ARRIVAL IN TIBET'S CAPITAL, TRANSFER TO YOUR HOTEL & FREE TIME

Arrival in Lhasa with a warm welcome from your guide and driver who will transfer you to the hotel. Lhasa, at a quite manageable altitude of 3,650 meters (12,000 feet), is a unique city and a real highlight. The setting, history, architecture, people and contrasts all make for a very special travel experience. Free time to relax and adjust to the altitude or start exploring the city.

TOP TIP: Take it easy this first day in Lhasa allowing yourself to slowly acclimatise to the altitude. Keep hydrated and avoid coffee and alcohol.

 **Meals Included:** None Today.



YOUR EXCLUSIVE TRIP GUIDEBOOK

Tap in to our knowledge of China with our exclusive guidebook personalised to your trip. These books are packed full of tips about the country, what to take, currency, destination guides and much more. The perfect way to prepare for and get the most out of your China experience with us!

OVERNIGHT

KYICHU HOTEL



Well located in the Old City with much of interest in the area. Hotel is designed in the traditional Tibetan style and has a pleasant garden.

[CLICK HERE TO LEARN MORE](#)



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YOUR DETAILED DAY BY DAY ITINERARY

DAY 2

DATE TBC

LHASA

DREPUNG MONASTERY, NECHUNG RESIDENCE, SACRED JOKHANG TEMPLE & KORA

Today first head 5 km out of Lhasa to Drepung Monastery, the largest in Tibet located on Gambo Utse mountain. Founded in 1416, it was the principal seat of learning for the Gelugpa school and at its height was thought to contain up to 10,000 monks (now there are 300). About 10 minutes walk from Drepung is Nechung Chok which was the residence of the State Oracle of Tibet. This small monastery was also evocatively known as the "Demon Fortress of the Oracle King."

After lunch (own arrangement) visit the Jokhang Temple constructed in 642 AD and considered the most sacred and important temple in all Tibet. It is located at one end of Barkhor Square, a fascinating meeting point for pilgrims from all over the region making for an intense atmosphere infused with incense and devotion. Surrounding the temple is the Barkhor Kora, a 1 km circular walk for pilgrims and locals as well as a fascinating market selling all the goods a pilgrim might need on their travels.

 **Meals Included:** Hotel Breakfast.

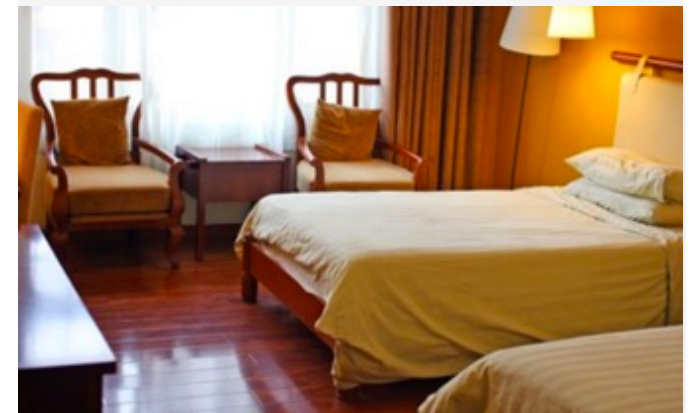
OVERNIGHT

KYICHU HOTEL



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"A destination hard to describe and totally unique."



Averages

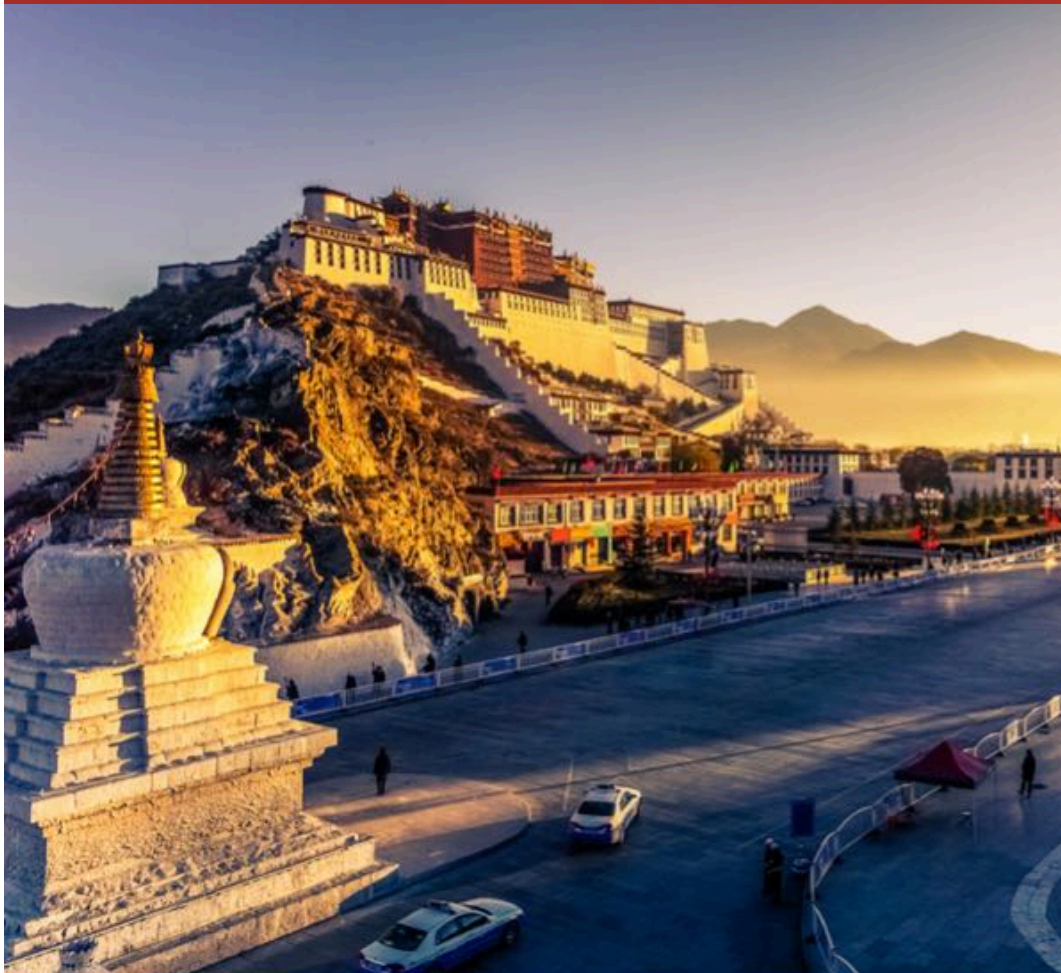
Max temp °C

Min temp °C

Rainfall mm

	J	F	M	A	M	J	J	A	S	O	N	D
Max temp °C	7	9	13	16	20	23	23	21	20	17	12	8
Min temp °C	-9	-6	-2	2	6	10	10	10	8	2	-4	-8
Rainfall mm	1	1	3	6	28	71	117	121	69	9	2	1

POTALA PALACE



FRIENDLY PEOPLE



TEMPLES



YOUR DETAILED DAY BY DAY ITINERARY

DAY 3

DATE TBC

LHASA

THE TRULY SPECTACULAR POTALA PALACE & ANCIENT SERA MONASTERY

Today you visit one of the architectural highlights of China - if not the world - the vast Potala Palace, former residence of Dalai Lamas. Building started in 1645 and has been added to over the centuries. It is 13 stories high and contains over 1,000 rooms, 10,000 shrines and 200,000 statues. You will see some of the meeting rooms as well as the extraordinary chapels with their vast gold and jewel encrusted shrines to previous Dalai Lamas - the chapel of the 5th Dalai Lama has a stupa coated in 3,727kg of gold and 18,680 precious stones. The Potala dominates Lhasa and the views from the palace stretch out across the city to the surrounding mountains.

Continue to Sera Monastery, spread over 28 acres at the base of Pubuchok mountain and built in 1419. The highlights are the great assembly hall and some of the colleges located within the complex with their wealth of architectural features and shrines.

 **Meals Included:** Hotel Breakfast.

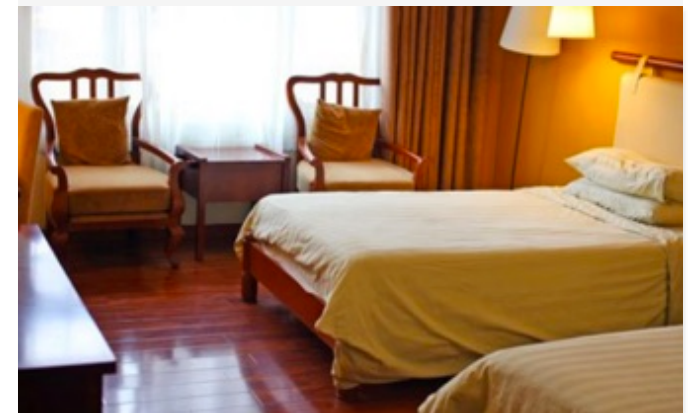
OVERNIGHT

KYICHU HOTEL



Well located in the Old City with much of interest in the area. Hotel is designed in the traditional Tibetan style and has a pleasant garden.

[CLICK HERE TO LEARN MORE](#)



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DAY 4

DATE TBC

GYANTSE

KAMBALA PASS, BEAUTIFUL YAMDROK LAKE & THE NORJING GANGSANG GLACIER

Today we journey to Gyantse, 230 km south of Lhasa. The city is soon left behind as the road winds up the 4,780 meter (15,680 foot) Kambala pass colourfully strewn with prayer flags fluttering in the wind. See spectacular views in all directions before the road descends to the beautiful, 72 km long Yamdrok lake with its dramatic backdrop of snowcapped mountains. Follow the lake shore before heading back into the hills passing the Norjing Gangsang Glacier, where we can stop for photos.

Continue along the road stopping at villages and scenic spots before reaching Gyantse (3,977 meters / 13,050 feet), Tibet's third largest city. Free time to explore the city and if you have the energy the walk up the Dzong (fortress) that dominates the skyline is well recommended for both views and acclimatisation.

 **Meals Included:** Hotel Breakfast.

OVERNIGHT

GYANTSE HOTEL



The best hotel in Gyantse although as with anywhere in Tibet you do need to remember where you are and that this town is very remote.

[CLICK HERE TO LEARN MORE](#)



Photos for guidance only & not necessarily the room booked



江孜镇 GYANTSE HIGHLIGHTS

"Climb up to the fortress
for its stunning views
over the city."



Averages

Max temp °C

Min temp °C

Rainfall mm

	J	F	M	A	M	J	J	A	S	O	N	D
Max temp °C	7	9	12	16	20	22	21	20	19	16	11	8
Min temp °C	-12	-9	-5	0	4	8	9	9	6	-1	-8	-12
Rainfall mm	1	1	6	6	23	76	155	142	55	3	1	0

FORTRESS



OLD TOWN



TEMPLES



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YOUR DETAILED DAY BY DAY ITINERARY

DAY 5

DATE TBC

SHIGATSE

PALCHO MONASTERY & KUMBUM & VAST TASHILHUNPO MONASTERY & MARKET

This morning visit Gyantse's main monastery, the Palcho or Pelkhor Choede in Tibetan. The sprawling monastery complex dates back to the 9th century. It is most famous for the Kumbum, a 32 meter high 9 floored shrine which contains 108 unique chapels and is the largest of its kind in Tibet.

It is a 100 km drive to Shigatse at (3,840 meters / 12,600 feet) where we visit the Tashilhunpo Monastery founded in 1447 by the first Dalai Lama and has since been the traditional seat of the "Tashi" or Panchen Lama. The monastery is fascinating as is the walk around the Kora which stretches up the hillside behind the monastery offering superb views of the complex and Shigatse itself. We also visit the local market.

 **Meals Included:** Hotel Breakfast.

OVERNIGHT

TASHI CHOTEN HOTEL



About the best available option in Shigatse and has some local character in its design and rooms. Good location and helpful staff.

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YOUR DETAILED DAY BY DAY ITINERARY

DAY 6

DATE TBC

SAKYA

ANCIENT SAKYA MONASTERY & ITS BUDDHIST SCRIPTURE LIBRARY

Drive on 127 km to Sakya monastery (altitude 4,050m), the seat of the Sakyapa school of Tibetan Buddhism. This monastery's architecture is very different to others in Tibet as it is Mongolian in design dating back to 1268. Spend time in the afternoon exploring the monastery which has biggest Buddhist scripture library in Tibet that survived the cultural revolution. Time can also be spent in surrounding local villages.

 **Meals Included:** Hotel Breakfast.

OVERNIGHT

MANASAROVAR SAKYA HOTEL



Pretty much your only choice here in Sakya, you don't come all the way here for the hotels but this is the best place to stay in town.

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YOUR DETAILED DAY BY DAY ITINERARY

DAY 7

DATE TBC

PARYANG

HEADING OFF THE BEATEN TRACK INTO THE WILD WEST OF TIBET

Today the real adventure begins as we leave the main Friendship Highway on the road to the capital of West Tibet, Ngari. We cross the Brahmaputra river to the North and drive west via Lang Tso lake, Namring lake and across the rich grass lands of the Sang Sang nomads as far as Saga (4,580m). Drive on through this important Tibetan farming area. Our road parallels the Brahmaputra river with the high Himalaya visible to the South. A long day of driving - 520 km taking about 10hrs - but the stunning scenery makes it well worthwhile.

 **Meals Included:** Hotel Breakfast.

OVERNIGHT

LOCALLY RUN GUESTHOUSE



Basic guesthouse accommodation. Best to bring your own sleeping bag with you. Note that breakfasts are not included at most guesthouses.

[CLICK HERE TO LEARN MORE](#)



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DAY 8

DATE TBC

DARCHAN

CROSSING THE GRASSLANDS WITH THE CHANCE TO SEE WILDLIFE

Today drive 295 km taking about 8hrs crossing the wide open grasslands of Paryang and Horba. There are spectacular views of the Himalaya to the south. Crossing Maryum pass we drive by Duk Tso lake where it can be possible to see wildlife such as wild ass, gazelles and antelope. Drive on to Horchu village near Manasarovar lake before reaching Darchen at 4,580m. This is the southern base of sacred Mt Kailash and starting point of the holy circuit trek around the mountain.

Tibetan pilgrims do the 52 km circuit in a single day starting before dawn and completing before sunset but we take a leisurely 2 and half days to better appreciate this unique area. We use porters to carry our bags and spend the evening making final preparations for the trek.

 **Meals Included:** None today but there are local teahouses along this route.

OVERNIGHT

LOCALLY RUN GUESTHOUSE



Basic guesthouse accommodation. Best to bring your own sleeping bag with you. Note that breakfasts are not included at most guesthouses.

[CLICK HERE TO LEARN MORE](#)



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DAY 9

DATE TBC

🇨🇳 DRI RA PUK

THE 5,700M DOLMA PASS, THE SCENERY AND SPIRITUALITY OF KAILASH

This is the most challenging day of this trip walking 17 km (about 8 hours) crossing the Dolma pass at a literally breathtaking 5,700m altitude. We take our time today both due to the altitude and to take in the stunning scenery and very special spiritual feeling the mountain generates for so many. It may be quite late before we finish the trek on the east side of Kailash at 4,680m.

🍴 **Meals Included:** None today but there are local teahouses along this route.

OVERNIGHT

LOCALLY RUN GUESTHOUSE



Basic guesthouse accommodation. Best to bring your own sleeping bag with you. Note that breakfasts are not included at most guesthouses.

[CLICK HERE TO LEARN MORE](#)



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冈仁波齐 MOUNT KAILASH HIGHLIGHTS

"Incredible journey to this spiritual and uplifting mountain."



Averages

Max temp °C

Min temp °C

Rainfall mm

	J	F	M	A	M	J	J	A	S	O	N	D
Max temp °C	7	9	12	16	19	22	22	21	20	16	11	8
Min temp °C	-10	-7	-3	1	5	9	10	9	7	1	-5	-9
Rainfall mm	0	0	0	1	5	9	14	15	10	2	0	0

MOUNT KAILASH



SACRED EXPERIENCE



LAKE MANRASOVAR



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DAY 10

DATE TBC

ZUL TRUK PUK

EXPLORING SOME OF THE MYSTICAL SITES OF KAILASH

A second day of trekking covering 22 km (about 10 hours). Today we explore some of the mystical sites in the Mt Kailash region and the walk is a slow and leisurely ascent to tonight's guest house at an altitude of 4,780m and which is located near the historical hermitage of the great poet saint Milarepa on the northern side of Kailash.

 **Meals Included:** None today but there are local teahouses along this route.

OVERNIGHT

LOCALLY RUN GUESTHOUSE



Basic guesthouse accommodation. Best to bring your own sleeping bag with you. Note that breakfasts are not included at most guesthouses.

[CLICK HERE TO LEARN MORE](#)



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DAY 11

DATE TBC

MANASAROVAR

COMPLETE THE KAILASH CIRCUIT AND RESTING AT LAKE MANASAROVAR

A final morning of trekking covering 14 km and taking 4 to 5 hours with the intense satisfaction of having completed the circumnavigation of Mt Kailash as we return to Darchen to meet our well rested driver and vehicle! Drive on 30 km to Lake Manasarovar considered the most sacred lake in Tibet. Here we will be resting up for two nights on the western shore of the lake at an altitude of 4,560m.

 **Meals Included:** None today but there are local teahouses along this route.

OVERNIGHT

LOCALLY RUN GUESTHOUSE



Basic guesthouse accommodation. Best to bring your own sleeping bag with you. Note that breakfasts are not included at most guesthouses.

[CLICK HERE TO LEARN MORE](#)



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DAY 12

DATE TBC

LAKE MANASAROVAR

A WELL DESERVED DAY RELAXING AT LAKE MANASAROVAR

A well deserved rest day to relax at the lake, perhaps having an equally well deserved and needed hot bath in the medicinal natural hot-spring to soak your tired muscles!

 **Meals Included:** None (to be arranged locally).

OVERNIGHT

LOCALLY RUN GUESTHOUSE



Basic guesthouse accommodation. Best to bring your own sleeping bag with you. Note that breakfasts are not included at most guesthouses.

[CLICK HERE TO LEARN MORE](#)



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DAY 13

DATE TBC

SAGA

A WILD DRIVE THROUGH A REMOTE & SPECTACULAR LANDSCAPE

Back in the jeep we drive 500 km taking about 10 hours through a wild and uninhabited landscape. We cross wide plains, shallow rivers and pass by a few local truck stops with makeshift tea houses. We pass the stunning Mayum lake and climb Mayum La pass where we should be rewarded with a magnificent mountain panorama, finishing back in Saga (4,580m) to overnight.

 **Meals Included:** None today but there are local teahouses along this route.

OVERNIGHT

LOCALLY RUN GUESTHOUSE



Basic guesthouse accommodation. Best to bring your own sleeping bag with you. Note that breakfasts are not included at most guesthouses.

[CLICK HERE TO LEARN MORE](#)



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DAY 14

DATE TBC

EVEREST

GYAWU PASS VIEW OF THE HIGH HIMALAYAS & EVEREST FROM ROMBUK

Today's drive is 330 km (about 9 hours). Leaving Saga we cross the Brahmaputra river driving through nomadic areas before entering the natural reserve of Mt. Shishapangma to reach beautiful Paiku Tso lake. Further on we rejoin the Friendship Highway driving on to Rombuk Monastery and its superb viewpoint of Everest.

The sunset on Everest is sublime as well as the mountain under a star or moonlit night - pray to the mountain Gods for no clouds! Rough and ready high altitude night at either Rombuk Monastery or seasonal tented accommodation run by local nomads (approximately May to October).

PLEASE NOTE: Since 2019 we can only travel as far as to Rombuk monastery as tourists are no longer allowed up to the Base camp area which was a short journey further on. The Everest view will be the view from Rombuk monastery, which is basically similar to that from base camp. The memorial stone pillar from Everest base camp has also been moved to Rombuk monastery area.

 **Meals Included:** Hotel Breakfast.

OVERNIGHT

LOCALLY RUN GUESTHOUSE



Basic guesthouse accommodation. Best to bring your own sleeping bag with you. Note that breakfasts are not included at most guesthouses.

[CLICK HERE TO LEARN MORE](#)



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珠穆朗玛峰 MOUNT EVEREST HIGHLIGHTS

“More accessible and better views than on the Nepalese side.”



Averages	J	F	M	A	M	J	J	A	S	O	N	D
Max temp °C	4	4	7	10	15	17	16	16	17	12	7	4
Min temp °C	-17	-15	-12	-5	0	5	8	6	2	-7	-12	-15
Rainfall mm	22	28	60	82	122	130	108	106	118	74	48	32

ROMBUK MONASTERY



SUNSET



RUGGED HIKES



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DAY 15

DATE TBC

KYIRONG

SUNRISE AT EVEREST & THE AMAZING DRIVE ON TO THE BORDER

Despite the inevitable cold it is well worth trying to get up just before dawn to catch the sunrise on Everest. The morning is spent exploring the area around camp before driving on late morning to Kyirong the last town on the Tibetan side of the border. On the way, you can spot the breathtaking Mt. Shishapangma and Pekutso Lake. After passing Ghungtang Lhamo (5236m), we will finally arrive in Kyirong in late afternoon.

The scenery rapidly changes as the altitude decreases, greening up and becoming lush and by the time the border town, perched on the steep mountainside, is reached. The world looks a very different place to what it did this morning as you prepare for your last night in Tibet.

 **Meals Included:** Hotel Breakfast.

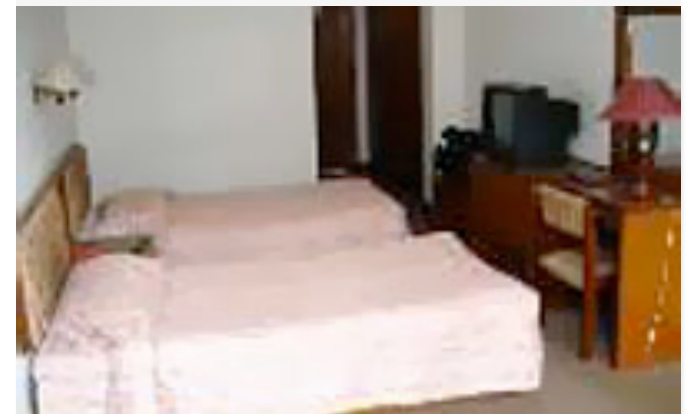
OVERNIGHT

PUNTSOK RAPSEL HOTEL



After a night at Rombuk or in a tent this will feel like a comfortable hotel and is indeed the best in the border town of Zhangmu.

[CLICK HERE TO LEARN MORE](#)



Photos for guidance only & not necessarily the room booked



YOUR DETAILED DAY BY DAY ITINERARY

DAY 16

DATE TBC

KATHMANDU

ENTERING NEPAL, THE LUSH KATHMANDU VALLEY & CHANGE OF CULTURE

After breakfast drive the 25km to the actual border and say goodbye to your Tibetan driver and guide. Pass through China immigration and walk across the short stretch of no mans land to Nepalese immigration in the town of Rasuwagadhi where your driver will be waiting for you. If you need to obtain a Nepal visa now is the time to do that. The 130 km 5 to 6 hour drive down to Kathmandu is initially through stunning lush mountain scenery which steadily becomes more tropical and couldn't be further removed from the dry Tibetan Plateau.

Far more India than China, Kathmandu makes Chinese cities look exceptionally well ordered! Life appears frantic and chaotic here. Long a travellers mecca for Himalayan trekking, Kathmandu has mastered the art of providing creature comforts to the weary traveller. The city is culturally rich and beyond it the rest of Nepal and the sub-continent awaits! Your driver will drop you at the hotel in Kathmandu with the rest of the day free.

 **Meals Included:** Hotel Breakfast.

OVERNIGHT

HOTEL TIBET



A superb mid-range option we use on many trips that feature Kathmandu. Close to the action in the city but just far enough away to be a quiet retreat.

[CLICK HERE TO LEARN MORE](#)



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काठमांडौ KATHMANDU HIGHLIGHTS

"Just the ticket & tonic
after a rugged trek
though Tibet."



Averages

Max temp °C

Min temp °C

Rainfall mm

	J	F	M	A	M	J	J	A	S	O	N	D
Max temp °C	16	18	21	24	25	25	24	25	24	23	20	17
Min temp °C	2	4	7	10	13	16	17	16	15	12	7	3
Rainfall mm	12	6	12	21	51	93	132	132	90	18	0	12

STUPA



SADHUS



DURBAH SQUARE



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DAY 17

DATE TBC

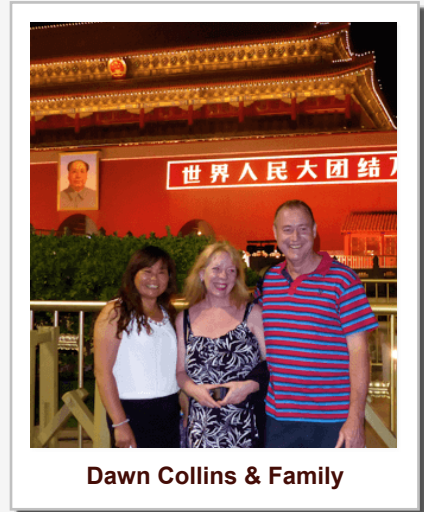
END

FREE TIME TO EXPLORE THE SIGHTS OF KATHMANDU BEFORE ONWARD TRAVEL

Free time in Kathmandu until a transfer to the airport for your flight out of Nepal. If you prefer to stay longer in Nepal we can book additional hotel nights for you as well as some short tours around the Kathmandu Valley or longer excursions through the country.

NOTE: An altitude of over 5,700 meters (18,100 feet) is reached on this trip. Whilst the vast majority of people experience little more than shortness of breath there is a very small risk of more severe complications such as acute mountain sickness (AMS). Note that level of fitness and age are no indication as to whether you are more susceptible or not to AMS. [Click here for more information.](#)

 **Meals Included:** Hotel Breakfast.



Dawn Collins & Family

"I cannot praise the company and the team enough for the help we got planning this trip - right down to the finer details.

I have never received the customer service of this level from another tour operator, and would have no reservations about recommending your company."

[VIEW MORE FEEDBACK](#)



• Price guide* per person based on 2 people travelling: **UK £ 4,265 / US\$ 5,330**

** Prices vary by date, availability and the number of people in your party. Please contact us for a firm quote.*

A full list of what is included in this price can be seen on the following pages. Note that this does not include any international flights or visas.

• Booking and payment terms:

Once we receive completed booking forms we will book and confirm services for you and send an invoice for the deposit payment of 20% per person (plus any international flights we are booking) with full payment due 60 days before departure. All payments to us are protected under our ATOL or ABTA licenses and we accept payment by Credit Card, Debit Card (no fee) or bank transfer. [Click here to read our Booking Terms & Conditions.](#)

• Our pricing policy:

We believe that the the pricing for this tour offers excellent value for the services and standards we operate and we frequently check our pricing against that of other operators. If you feel you have a similar quote that is of a lower price we are happy to reconsider our pricing for you if you can forward the other quote so we can fairly compare. We would add that in our experience we usually find some differences that, although they may appear subtle, make both a significant difference to the price and, more importantly, the quality of the trip experience.



INCLUSIONS & EXCLUSIONS FOR THIS ITINERARY

Here you will find the inclusions and exclusions for this itinerary. We guarantee you will receive the services below although on very rare occasions one service may need to be replaced with another similar one as there are a lot of complex logistical elements to a trip like this.

■ INTERNATIONAL PLANE TICKETS: Tickets for flights the start and finish of the above trip

✈ International flight tickets are NOT included in this itinerary. We CAN arrange these for you.

■ TRANSPORT: Between destinations and other than plane or train

✓ Lhasa to Kathmandu - Your own vehicle with a driver and guide (lodging and food for the guide and driver is included in the price). The trip also includes porters for the trek around Mount Kailash.

■ ACCOMMODATION: Let us know if you have your own hotel preferences or wish to upgrade

- ✓ 3 nights Lhasa - Kyichu Gu 3* (deluxe room with breakfast)
- ✓ 1 night Gyantse - Gyantse Hotel 3* (best available) (standard room with breakfast)
- ✓ 1 night Shigatse - Tashi Choten Hotel 3* (standard room with breakfast)
- ✓ 1 night Sakya Manrasovar hotel in Sakya
- ✓ 1 night Paryang locally run guest house (best to bring your own sleeping bag)
- ✓ 1 night Darchen locally run guest house (best to bring your own sleeping bag)
- ✓ 1 night Drira Puk locally run guest house (best to bring your own sleeping bag)
- ✓ 1 night Zultruk Puk locally run guest house (best to bring your own sleeping bag)
- ✓ 2 nights Manrasovar locally run guest house (best to bring your own sleeping bag)
- ✓ 1 night Saga locally run guest house (best to bring your own sleeping bag)
- ✓ 1 night Rombuk - Monastery Guesthouse or seasonal tented accommodation (can be chosen locally)
- ✓ 1 night Kyirong (border town) - Puntsok Rapsel 2* (best available) (standard room with breakfast)
- ✓ 1 night Kathmandu - Hotel Tibet 3* (standard room with breakfast)



INCLUSIONS & EXCLUSIONS FOR THIS ITINERARY

■ TRANSFERS: Private with driver and an English speaking guide (except where stated)

- ✓ Lhasa - Airport or Train Station to Hotel
- ✓ Lhasa to Kathmandu via Mount Kailash - All transfers from arrival Lhasa to arrival Kathmandu as per itinerary

■ TOURS: All our tours include entrance fees and use professional, licensed guides

- ✓ Lhasa - Full day private tour to Drepung Monastery, Nechung residence, the Jokhang temple and Kora and Barkhor Square.
- ✓ Lhasa - Full day private tour to the Potala Palace and Sera Monastery.
- ✓ Lhasa to Kathmandu via Mount Kailash - tours as described in the itinerary above.

■ OTHER INCLUSIONS: Also included in this trip

- ✓ Meals - As indicated in the itinerary.
- ✓ Tibet Travel Permit needed to travel in this province.
- ✓ Back up oxygen cylinder outside of Lhasa in case of altitude issues (extremely rare this ever needs to be used!)
- ✓ Visa Paperwork - Confirmation documentation you need in order to get the visas.
- ✓ Support - Emergency numbers and contacts for each destination.
- ✓ Guidebook - Our exclusive Trip Guidebook personalised to your trip.
- ✓ Financial Peace of Mind - All monies paid to us are legally protected under UK law.

■ NOT INCLUDED IN THIS TOUR

- ✗ International Airfare to / from the start / finish of your trip - we can book these flights on request.
- ✗ The Chinese & Nepalese visas - we can advise and partner with [VisaCentral](#).
- ✗ Travel insurance to cover any medical treatment - we recommend [Citybond Suretravel](#) (UK residents only).
- ✗ Laundry and bar bills
- ✗ Photographic charges in some monasteries



INCLUSIONS & EXCLUSIONS FOR THIS ITINERARY

✕ Additional costs due to unforeseen expenses that may arise due to the factors beyond our control like personal illness, weather, landslides, etc...

■ END





"A fantastic, once in a lifetime trip, arranged by real experts – thank you. We saw and experienced so much in the space of a few weeks and have so many memories to look back on."

Jill Morris



"I cannot praise the company and the team enough for the help we got planning this trip. I have never received the customer service of this level and would have no reservations about recommending your company."

Dawn Collins



"This holiday was one of the best we have had, thanks to everyone who made it possible. I've done the google review, it's important that people can see how good you are. Many Thanks for your help."

Tim Ellis



"The trip exceeded my expectations. It was well organised, we felt really well supported, the guides made us feel very welcome and well looked after and we were very pleased with the hotels."

Fiona Nicolle & Family



"Absolutely awesome time! I think we have seen as many of the iconic sights of China that you could possibly fit into 2 weeks and all done in comfort and style. Thank you so much."

Susan Rutherford



"It was an excellent, well organised trip to many areas of China which we wouldn't have been able to do without your expertise. Thank you for a trip of a lifetime from myself and my family."

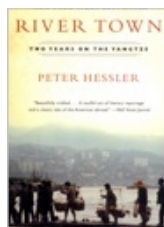
Lily O'Hara & Family

[CLICK HERE TO VIEW MORE FEEDBACK ON OUR WEBSITE](#)



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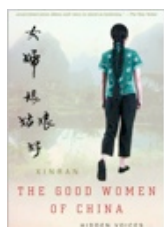
RIVER TOWN PETER HESSLER

Set in the remote town of Fuling in the Yangtze River Valley this best selling book charts the experiences of the author as a Peace Corps volunteer at a time when China was embarking on the immense changes of reform and opening up.



MAO: THE UNKNOWN STORY JUNG CHANG

Well researched and based on interviews with those who knew and dealt with him. The book doesn't flinch from exposing the brutality of Mao but is also charts his rise to power and the methods he employed to maintain.



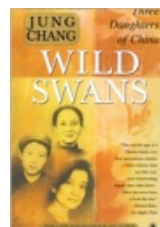
GOOD WOMEN OF CHINA XINRAN

This unforgettable book is the story of how Xinran negotiated the minefield of restrictions imposed on Chinese journalists to reach out to women across the country.



RED CHINA BLUES JAN WONG

An excellent book that covers the authors experiences in China in the 1970s when she moved there from Canada as a supporter of Mao's Cultural Revolution. The book charts her initial enthusiasm for Mao until her eventual disillusionment.



WILD SWANS JUNG CHANG

20th Century history told through the the story of three generations of the same family. There are few books on China which bring the history to life and feel so personal with such ease and readability.



CHINA ROAD ROB GIFFORD

Running 3,000 miles from Shanghai to the border of Kazakhstan in the north-west, Route 312 - China's 'Route 66' - is a road that Rob Gifford has always wanted to travel. Part pilgrimage, part reportage - this book illuminates a country on the move.



RED DUST MA JIAN

A travel book set over the authors three years of journeying through remote parts of China in the 1980s which was partly an escape from the surveillance and disapproval of his life by the authorities in Beijing.



WOLF TOTEM JIANG RONG

This is a compelling story set during the cultural revolution about a Beijing intellectual who volunteers to live in a remote and idyllic area of Inner Mongolia. His simple life here is shattered as people swarm into the region upsetting the environment.



ESSENTIAL CHINA INFORMATION, TIPS & FREQUENTLY ASKED QUESTIONS

HOW FAR IN ADVANCE DO I NEED TO BOOK?

We suggest a minimum of 3 months but most people book further ahead than that to take advantage of competitive international flight pricing which tends to be cheaper the further in advance you book. For some of the smaller and popular boutique style hotels in China you will often need to book at least 6 months in advance to ensure availability.

WHAT HAPPENS ONCE I BOOK?

On completing our booking forms we will make all the necessary reservations and confirm availability with you and issue an invoice for the deposit payment (or full payment if it is less than 60 days before your trip start date). About 1 month before your trip starts we send you our Trip Guidebook which covers all the information you need to know about your trip including emergency contact numbers and hotel details.

WHAT ARE YOUR PAYMENT TERMS & CONDITIONS?

On receipt of a booking confirmation from us we require a deposit payment of 20% per person plus any international airfares. 60 days before departure we require the balance to be settled. You can read our full booking terms and conditions by [clicking here](#). We accept credit card payment and debit card as well as bank transfers.

WHAT CLOTHES SHOULD I BRING?

This is dependent on the time of year. In the summer it is hot almost everywhere so light and well ventilated summer clothing is essential as well as protection from the sun - sunglasses and a hat. Autumn and spring can be a bit unpredictable but if the weather is good it will be the same as you would wear on a good summers day in the UK. Winters are cold and layers of warm clothing are the way to go. China is not so formal for dress although respect should be shown in temples.

WHEN IS THE BEST TIME TO VISIT CHINA?

It is generally considered that the April May and September October periods off the best weather and best chance of clear skies. This doesn't stop many people visiting in the summer months or winter though. China is so big that it has something for any time of the year.

DO YOU OFFER GROUP TOURS IN CHINA?

Very rarely will we offer group tours (the exception are the Li River and Yangtze Cruises as these are by their very nature group trips). Group tours (even small group tours) have quite a bad reputation in China for wasting your precious time on what we call "shopopportunities" (unwanted shopping stops) making private tours a far better option.

DO I NEED A VISA?

Almost all nationalities including US, UK, Australian, Canadian and European citizens. [Click here](#) to see more information on the visas.

IS MY MONEY PROTECTED IF I BOOK WITH YOU?

Yes, all trips booked with us have financial protection through our ATOL license (10287) or insurance we have to cover non-flight bookings. We are also members of ABTA (Y1699) and abide by their code of conduct.

HOW MUCH SPENDING MONEY DO I NEED?

With a full touring program, hotels, transport and transfers booked through us you won't need that much spending money. We generally advise a minimum of £20 a day per person to cover drinks, and an evening meal if that isn't included. You can, of course, spend much more with top restaurants having close to international pricing. Then there are souvenirs and shopping to consider!



ESSENTIAL CHINA INFORMATION, TIPS & FREQUENTLY ASKED QUESTIONS

IS CHINA SAFE?

China is one of the safest countries to visit and in many respects safer for tourists than Western European or North American destinations. Crime against foreigners is very rare and providing common sense is used you should not have any problems. Of course, keep an eye on your pockets and bags in crowds.

WHAT CURRENCY SHOULD I BRING?

Euros, US Dollars and UK Pounds are all accepted for exchange in China although avoid Travellers Cheques as these are hard to exchange. Most people will make use of ATMs which are easy to find and increasingly, you can obtain Chinese yuan before your trip in airports or Post Offices and currency exchange booths. More details on Chinese money and costs can be found by clicking [here](#).

CAN YOU BOOK INTERNATIONAL FLIGHTS ?

Yes, as we hold an ATOL license (number 10287) we are permitted by the Civil Aviation Authority in the UK to book flights on behalf of our clients. We are a British Airways preferred operator but also book with other airlines to get the best deals and routes for our clients.

ARE YOUR TRIPS SUITABLE FOR CHILDREN

China can be a rewarding experience for children. We can advise in more detail what we feel would be the most suitable options depending on the ages of your children and your particular circumstances. We also offer family specific trips you can [view here](#). For pricing purposes anyone 12 years and over at the time of the end of their trips with us is considered an adult.

MEDICAL ADVICE & VACCINATIONS

Our trips are designed for anybody with a reasonable standard of fitness. Where we believe there are special requirements this is mentioned in the trip information. We can cater for clients with disabilities and adapt trips accordingly and we can also cater for different dietary requirements if informed at the time of booking. There are no specific vaccinations required to enter China but you are advised to contact your local travel clinic or doctor as there may be requirements in certain cases that are dependent on your own medical history. A good resource to check requirements is [NHS Fit For Travel](#).

DO YOU SELL TRAVEL INSURANCE?

As a booking condition we require all clients taking our trips to have their own insurance against all possible medical costs whilst abroad. We recommend Citybond Suretravel travel insurance which you can get a quote for by [clicking here](#). Note that we get a small commission on each policy taken out.

PLUGS, ELECTRICITY, INTERNET & WIFI

Voltage in Mainland China is 220V, 50 Hz. A variety of electrical outlets can be found in China and can accept the standard Type A and common Type I plugs as well as Type C plugs. Most hotels will have WiFi in public areas and paid internet in rooms.

IS THERE ANYTHING ELSE I SHOULD BE ASKING?

Almost certainly! We fully expect you will have many more questions and we are here to answer them so please do not hesitate to [contact us](#) as, after all, that is what we are here for!

