

# Mystical Tibet & Nepal

## Mt Everest - The highest Mt in the world

Guangzhou, Lhasa, Namtso Lake, Yamdrotso Lake, Gyangtse, Shigatse, Tinggri Rongbu Monastery, Everest Base Camp, Old Tinggri, Zhangmu, Kathmandu(Nepal)



15 Days

# \$3980

Including Airfare & Taxes

Departure Date:

04 Sep 2011

16 Oct 2011

Lhasa



Mt Everest



Kathmandu



**Price :**

\$3980/Adult; \$3580/Child( under 12)  
 Single Room Supplement: \$660;  
 Land Only: \$2980 (start from Lhasa and end at Kathmandu)

**Price includes:**

Economy class return airfare from Sydney to China  
 Airport taxes and fuel surcharge  
 Full accommodations at 3-4 star hotel on twin sharing basis  
 with All sightseeing and entrance fees listed in itinerary  
 All the transfers and sightseeing as per itinerary and  
 Local Tibetan English and Mandarin-speaking Tour Guide  
 All Necessary Permit  
 Chinese visa fee for Australian passport holders: \$130;

**Price excludes:**

Travel insurance;  
 Tipping and personal expenses  
 Nepal visa fee: \$30



澳洲 **中国旅行社** 有限公司  
 CHINA TRAVEL SERVICE (AUST) PTY.LTD.  
 G/F, 757-759 George Street, Sydney NSW 2000  
 Tel: (02)8202 9866, Fax: 02-92818855  
 Email: ctstour@chinatravel.com.au  
 www.chinatravel.com.au

Airport taxes and fuel surcharges are subject to change without prior notice

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# Itinerary

## Day 01: Sydney /

Fly to China with China Southern on CZ302 (2215 0600+1).

## Day 02: Guangzhou/Lhasa

Go through immigration formality and get on CZ3463( 0900 1425) to Lhasa. Upon arrival transfer to hotel. This afternoon you will relax in order to acclimatize to the altitude.

**Dhood Gu Hotel or similar**

## Day 03: Lhasa city tour sightseeing (B)

Visiting Jokhang monastery, Potala Palace, Barkhor street. In the morning section, visiting Jokhang temple and its circuit Barkhor, Jokhang built mainly for the "Jowo" bring along with princess Wencheng from Xi'an during Tang dyansty and is grouped into world cultural heritage list by the UNESCO. Then you are going to visit the famous Potala palace, which is the land mark of lhasa and is recently considered one of the seven wonders of the world. The potala palace is divided into two different parts that is red and white palace.

**Dhood Gu Hotel or similar**

## Day 04 Lhasa city sightseeing (B)

Drepung monastery was founded by Jamyang Choeje in 1416. The monastery is divided into two different colleges that is Drepung loselling and Drepung Gomang college. The Ganden Podrang is famous among them as it is the government centre during fifth Dalai lama. In the afternoon exploring the Sera monastery which was founded in 1419 by Tsongkapa's disciple Jamchen Choeje. The whole monastery is divided into two colleges and there are Sera 'jhe'and Sera 'may' respectively. Among them "Tsokhang chenmo"where the monks from all the colleges assemble and pray together There. you can also see monks debating there in the courtyard at around 6-7:30 in the afternoon section.

**Dhood Gu Hotel or similar**

## Day 05 Lhasa/Namtso Lake/Lhasa( 500km, 7 hours driving, asphalt road in good condition, 4178m,) (B)

In the morning around 08:00am, our guide and drive pick you from your hotel, then we leave Lhasa to Namtso Lake. On the way you will see the huge grassland of Naqu and have a chance see the sky road- Qinghai Tibet Railway passing through it look likes a dragon. Then the Nyenchen Thanglha snow mountain ranges in front of you, and also you will pass the Nagela Pass. Then on the way back to Lhasa you have a chance enjoy the Yangpachen hot spring, back to Lhasa.

**Dhood Gu Hotel or similar**

## Day 06 Lhasa/Yamdrotso lake/ Gyangtse/ Shigatse ( 440km, 6hours driving, asphalt road in good condition , 3900m,) (B)

Morning time around 08:00am depature from Lhasa pass Gangbala Mt. which is over than 5000m, then to Yamdrotso lake which is one of the three holy lakes in Tibet (another 2 is Namtso lake and Manasarova), then go to Gyangtse, visit Gyangtse Kumbum, far view of Zongshan ruins. Then go to Shigatse.

**Overnight at Shigatse: Jiumu Yamei Hotel or similar**

## Day 07 Shigatse/ Lhatse/ Tinggri (Shegar) ( 240km, 4 hours driving, asphalt road in good condition , 4050m,) (B)

Morning time visit TashiLumpo Monastery which was Built in1447 , spectacular tombs of Panchen Lamas . After lunch driving along with Friend-ship way pass Lhatse to Tinggri. One the way you will pass the checking point with your TTB permit, travel permit and passport. Then arrive at Tinggri. By the entrance of Everest Base Camp.

**Tingri Qomolangma Hotel or similar**

## Day 08 Tinggri/ Rongbu Monastery/ Evrest Base Camp/ Rongbu ( 180km, 8hours drving, 70%asphalt road, 30% Rough road,4980m,) (B)

Early in the moring 07:00am driving from Tinggri to E.B.C with good road condition,most part of road was repaired before 2008.During this route,you can have a glimpse of 4 mountain which is 8000m high or more,such as:Mt. Lhotse(8516m),Mt. Everest(8848m),Mt. Qowowuyag(8201m),Mt Mayalu(8463m). Then arrive at Rongbu Monastery. It is cold from here to E.B.C. At Rongphu Monastery view to Mt. Everest it is fabulous and splendid. After walking arrive the place get on the animal carriage then use half hour arrive at Base camp ( Or you also can trekking to Base Camp around 1.5-2hours one way. It is interesting and much more warm, but hard to breath). Hiking up to the top of the photo point take picture for the splendid- Mt. Everest. Then back to Rongbu.

**Rongbuk Everest Hotel or similar**

## Day 09 Rongbu/ Old Tinggri/ Zhangmu ( 290km, 12 hours, Rongpu to Old Tinggri 100km is asphalt road, Old Tinggri to Zhangmu is rough road around mountains, 3750-2300m,) (B)

Morning time take photo of the sunrise for Mt. Evrest. Then go down of moutains to Zhangmu. Arrive at Zhangmu around next day 12:00am.

**Hotel Zhangmu Hotel or similar**

## Day 10 Zhangmu-Border-Kathmandu (B)

Our Guide will drop you off in the morning at the border bridge, then to cross the Friend-ship Bridge cross the border by yourselves. On the Nepal side our Nepal guide will greet you and transfer you to Kathamdu

**Hotel Himalaya or similar**

## Day 11: City guided tour in Kathmandu. (B)

After breakfast about 9 am, sightseeing tour to Pashupatinath( famous Hindus temple in south Asia), Boudhanath( Biggest Buddhist stupa in the world) Patan city( 16th century royal palace) and Kathmandu City.

**Overnight in Kathmandu: Hotel Himalaya**

## Day 12: Half day sightseeing to Syambhunath (Syambhunath is among (B)

the oldest religious sites in Nepal. By the 5th century, it had already become an important destination for Buddhist pilgrims. The history of the site itself dates back to long before the arrival of Buddhism in the Kathmandu valley.) and drive to Nagarkot for the best panoramic mountain views.

**Overnight in Nagarkot: The Fort or similar**

## Day 13: Hiking down to Changu Narayan temple and Visit old city (B)

Bhaktapur. The temple is one of the oldest Hindu temples of the valley, and is believed to have been constructed in the 4th century. Changu Narayan is the name of Vishnu, and the Temple is dedicated to him. A stone slab discovered in the vicinity of the temple dates to the 5th century, and is the oldest such stone inscription discovered in Nepal. The Changu Narayan Temple is one of seven structures cited by UNESCO as demonstrating the historic and artistic achievements that make the Kathmandu Valley a World Heritage Site.

**Overnight Overnight in Kathmandu: Hotel Himalaya or similar**

## Day 14: Kathmandu/Guangzhou/Sydney

A day at leisure and further explore this city yourself. Check out hotel at 10am Our tour guide will come to hotel in the early evening to transfer you to the airport for your flight home(CZ3068 2300/0530+1;CZ301 0840/2000).

## Day 15: Sydney

Morning arrive in Australia.