**Lhasa GyantseShigatse Everest NamtsoGroup Tour -9 Days**

**Description**

This group tour takes you to the most prominent sights of Tibet- Mt Everest and Lake Namtso via Gyantse, Shigatse, Tingri. Undoubtedly more magnificent than any of her Himalayan neighbours, Mt Everest viewd from Tibet, unobscured by other mountains, it’s hard not to feel awed by one of nature’s boldest achievement. Lake Namtso is a miraculous shade of turquoise towered over by Nyenchen Tanglha range with peaks over more than 7000m..

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|  | **Route** | **Attractions & Activities** | **Lodgings** | **B** | **L** | **D** |
| D1 | Arrival in Lhasa | Group transfer from Lhasa Airport/Railway | Lhasa,3★/4★ |  |  |  |
| D2 | Lhasa Suburb | **Drepung Monastery; Norbulingka; Tibet Museum** | Lhasa,3★/4★ | √ |  | √ |
| D3 | Lhasa City | **Potola Palace, Jokhang Temple, Barkhor Street** | Lhasa,3★/4★ | √ |  |  |
| D4 | Lhasa > Gyantse > Shigatse | **Yamdrok Lake, Karola Glacier, Pelkor Chöde Monastery with Gyantse Kumbum** | Shigatse,3★/4★ | √ |  |  |
| D5 | Shigatse > Tingri > Everest Base Camp | **sunset of golden Everest peak** | Rongbuk guesthouse or Nomad Tent (Dorm Bed) | √ |  |  |
| D6 | EBC > Shigatse | **sunrise of Everest Peak , Sightseeing along the way** | Shigatse,3★/4★ |  |  |  |
| D7 | Shigatse > Lhasa | **Tashilump Monastery** | Lhasa,3★/4★ | √ |  |  |
| D8 | Lhasa > Namtso > Lhasa | **Namtso Lake, trek around Tashi Island** | Lhasa,3★/4★ | √ |  |  |
| D9 | Departing from Lhasa | Group transfer to Lhasa Airport/Railway |  | √ |  |  |

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| **INCLUSIONS** | | **EXCLUSIONS** |
| Lodgings | \* Comfortable Hotel Accommodations as listed in itinerary. | \*Private Lhasa Airport transfer if your flight isn’t within our free service time.  Nov-Jun: USD 50/vehicle/time  Jul- Oct: USD 65/vehicle/time  \*Private Lhasa train station transfers if your train isn’t our group date. USD30 per transfer.  \*Air or Train to/from Tibet  \*China Visa  \*Breakfast on Day 06,Lunch, Dinner  \*Admission fee for optional attraction  \*Super-fast express delivery of Tibet Entry Permit (eg. China Air Express)  \*Additional days caused by unexpected nature disasters. eg.Land Slide, Avalanche, etc.  \*Gratuities for guide & driver, abt CNY 50/day for both of them together  \*Personal expenses  \*Personal travel insurance  \*Anything not listed in INCLUSIONS |
| Meal | 7 Breakfasts & 1 Welcome Dinner |
| Transport | \*Licensed vehicle according to group size & season as itinerary  needed;  \*Gas and parking fee for the vehicle;  \***Lhasa Railway Station：**  1-time free pick-up at any time on Day 01;  1-time free drop-off at any time on Day 9;  \***Lhasa Airport：**  1-time free pick-up at 9:30am、13:00pm、16:00pm from Lhasa Airport on Day 01;  1-time free drop-off at 8:30am、12:30pm、14:30pm from hotel in Lhasa on Day 9; |
| Guide | Experienced local English-speaking tour guide |
| Admissions | All entrance fee mentioned in itinerary |
| Permit | Tibet Tourism Bureau Permit (TTB);  Alien's Travel Permit(PSB) to be apply in Shigatse with your original passport which takes abt 30mins; |
| Others | Travel Agency Liability insurance;  Government Tax;  Express delivery fee of Permit (eg. SF. Express)  Food & lodgings for guide & driver;  Oxygen tank for emergency use;  Two bottles of mineral water per person per day |
| **NOTE** | | |
| \* Tibet Tourism Bureau Permit (TTB) usually takes about 12-working-day to apply. If you couldn’t provide the required docs & info on time, an extra handling fee will be charged. Please consult your travel consultant for details;  \* We reserve the right to change the itinerary order and attractions in Lhasa;  \* If you prefer to book your own hotels over those included in our group tour, pls meet the rest of the group at their daily hotel on time. We don’t include the transfers to your own hotels;  \***All members of the same group must be with the same tour guide during the whole trip**. So all members must follow the same itinerary and visit the same attractions. If anyone requests to change the scheduled arrangement for own reasons, you need to get permission from other members and accept the possible payment change if any.  \* We need to pick up and drop off all tour members of the group on first & last day from Lhasa Airport/Railway, thus there may not always have guide presence but driver;  \* Due to the special nature of Tibet travel, any unforeseeable and unavoidable objective circumstances, including but not limited to natural disasters, war, terrorism, riot, civil commotion, strikes, public health emergencies, government action, major traffic jams, delay or cancellation of flight/train, attractions temporarily closed. etc., resulting in a change of itinerary, the increased cost will be paid by travellers; if any attraction visit has to be cancelled due to the same reasons above, GTT won't be held responsible for a refund except certain attraction entrance fee which will be solely decided by GTT.  \* Single Supplement: our quote is based on twin rooms. For single travellers, single supplement is required at the time of booking. If later we manage to match you with another traveller to share the twin rooms, single supplement will be refunded.  \* The accommodation conditions on Everest is kind of basic due to the geographic and climatic situation. As we try to bring you the best tour experience, the double room of Rongbuk Monastery guesthouse will be our first choice for you to stay overnight there. However, there are limited numbers of those rooms, which are not accepted a reservation in advance, especially during the peak season of Tibet tourism. Thus, when the standard rooms run out, we would arrange all the group members to stay in the multiple bedded rooms of Rongbuk Monastery or the nomad tent at EBC tent area. Both of them provide dorm beds only. If you don’t want to share the room with others, you could pay the price difference of the vacant beds. | | |

**Detail Itinerary**

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| **Day 01: Arrival in Lhasa**  Our staff will greet you at Lhasa Airport/Railway to transfer you to hotel. From Lhasa Airport to downtown Lhasa, usually takes abt 1.5hrs; from Lhasa Railway Station, abt 20mins. After transferred to hotel, the rest of the day you will be free to wander around the city on your own but try not to overtax yourself. The first day’s well-rest is crucial to acclimatize high altitude. Remember to drink lots of water, eat light, and not to shower if you can help it.  For our free Lhasa Airport/Railway transfer  Please check the Inclusions for the information of our free Lhasa Airport/Railway transfers.  **Overnight in Lhasa, 3★/4★**  **Day 02: Lhasa Suburb (B+D)**  **Day 02: Lhasa Suburb (B+D)**  **Highlights: Drepung Monastery, Norbulingka, Tibet Museum**  In the morning, you are heading to **Drepung Monastery**, which means Monastery of Rice Heap in the Tibetan language. The entire monastery is large in scale and the white buildings cluster and cover the hillsides. Drepung monastery is the largest Tibetan Buddhist monastery, with more than 10,000 monks at its peak. The first to the fifth Dalai Lamas have held enthronement ceremonies in Drepung Monastery, and all Dalai Lamas have Drepung Monastery as their “mother temple”, so it is also the highest-ranking monastery in the Gelug Sect.  In the afternoon, we will visit **Norbulingka**, which is a typical Tibetan-style royal garden, the summer resort of the Dalai Lama. There are a lot of towering trees, exotic flowers and plants in the garden, as well as many collections of cultural relics, Buddha statues, pagodas, thangkas, murals, etc. They are all very precious treasures.  Next, we’ll go to the **Tibet Museum** near Norbulingka, which is the only national first-class museum in the Tibet Autonomous Region. The exhibition hall is composed of 4 major parts: prehistoric culture, inseparable history, culture and art, and folk culture. The collection is rich in cultural relics with strong characteristics, including various relics of prehistoric culture, statues of Buddhas and Bodhisattvas of various textures and shapes, important historical objects, exquisite ancient Tibetan books, thangkas, ethnic handicrafts and costumes, etc., which fully demonstrate the historical development and cultural landscape of Tibet.  **Overnight in Lhasa, 3★/4★**  **Day 03: Lhasa City (B)**  **Highlights: Potola Palace, Jokhang Temple, Barkhor Street**  Today, you will visit the most famous **Potala Palace**, which is the cardinal landmark of Tibet and the masterpiece of Tibetan architecture. Potala Palace was the winter palace of successive Dalai lamas. In possession of rich cultural heritage, Potala Palace is known as the "pearl on the roof of the world."  At the top the palace called golden roofs, you can have a bird-eye view of the whole of Lhasa. In the distance there are undulating mountain ranges, the beautiful Lhasa River, tracts of fields, tree-shaded villages and the glistening Jokhang Temple.  At noon, the tour guide will bring you to a good restaurant to have lunch and have a rest. In the afternoon, we will go to visit **Jokhang Temple** in the center of the Lhasa old town. Jokhang Temple is the most sacred temple in Tibet and it is always bustling with earnest local pilgrims since the early days. After that, you will take a walk around the **Barkhor Street** - one of the most devotional circuits as well as a crowded central market of Lhasa. Barkhor Street is a very ancient round street surrounding the Jokhang Temple and the locals are always proud of it. As a symbol of Lhasa, it‘s also a must-see place for visitors.  **Overnight in Lhasa, 3★/4★**  **Day 04: Lhasa > Gyantse > Shigatse (B)**  **Highlights: Yamdrok Lake, Karola Glacier, Pelkor Chöde Monastery with Gyantse Kumbum**  Yamdrotso Lake: dazzling Yamdro-tso(elev 4441m) is normally first seen from the summit of the Kamba-la(4700m). The lake lies several hundred meters below the road, and in clear weather is fabulous shade of deep turquoise. Far in the distance is the huge massif of Mt. Nojin Kangtsang(7191m).  En route we will drive pass by Mt Nojin Kangsang and its Karola Glacier.  Karola Glacier: Mt Nojin Kangsang stands tall with an elevation of 7,191 m (23,592 ft) between Gyantze County and Nagarzê County, with several snow-capped mountains over 6,000 m (19,685 ft) surrounding it. Mount Nojin Kangsang is the most accessible glacier site on the Tibetan Plateau. The famous Kharola Glacier (elevation 5,560 m or 18,241 ft) is below the south ridge of Nojin Kangsang.  Pelkor Chöde Monastery with Gyantse Kumbum: the sprawling compound in the far north of town houses Pelkor Chöde Monastery and the monumental Gyantse Kumbum, a chörten filled with fine paintings and statues. Both are deservedly top of the list on most travellers’ must-sees. Palkhor lies at the foot of Dzong Hill. It is well-known for its Kumbum, which has 108 chapels in its four floors. The multi-storied Kumbum Stupa was crowned with a golden dome and umbrella, surrounded with more chapels filled with unique religious statues and murals.  **Overnight in Shigatse,3★/4★**  **Day 05: Shigatse > Tingri > Everest Base Camp,** 344km, Approx. 9hrs **(B)**  **Highlights: sunset of Everest Peak, Everest Base Camp**  In the morning, you will leave Shigatse to Lhatse, a small town located 150 km from Shigatse, and you may have lunch in the local restaurant. After a short rest, you will go ahead to Tingri. You will pass through the first high mountain pass - Tsola Pass(4,600m), then the second one-Gyatsola Pass(5,248m), the mountain pass of Mt. Everest National Nature Reserve, with countless prayer flags flying in the wind. Afterward, you will keep ascending to Gawula Pass (5,198m), where you can enjoy the panorama of the Himalayas. Then you will drive along the zigzag road to the **Everest Base Camp**.  Seen from here, Mt. Everest appears like a lofty pyramid surrounded by mountains that touch the sky. On sunny days, a pile of thick clouds, just like a white flag floats lightly above the peak, which is known to be the miracle of 'The Highest Flag Cloud in the World'. Nowadays, with the golden travel boom to Mt. Everest is gradually becoming a highlight for the tourists in its own right.  If it’s summertime (usually May~Oct), you will stay overnight at the nomad tents of the Everest Base Camp; if winter time (usually Nov~Apr), you will stay at Rongbuk Monastery’s guesthouse. Both places have but only dorm bed lodging available.  Both places you can see the glorious Everest sunset if the weather is good.  **Stay overnight in Rongpuk guesthouse or Nomad Tent (Dorm Bed)**  **Day 06: EBC > Shigatse**  **Highlights: sunrise of Everest**  We didn’t include breakfast this morning. You will understand why when you’re at the spot. Tibetan breakfast, such as noodle, zanba, etc. abt CNY 30 is available here. You are highly suggested to bring along some cookies, instant coffee. etc. of your own.  You can get up early and enjoy the sunrise of Everest Peak at Everest Base Camp if the weather is good. After sightseeing, we  will drive you back to Shigatse and enjoy the fabulous view along the way.  **Overnight in Shigatse, 3★/4★**  **Day 07: Shigatse > Lhasa (B)**  **Highlights: Tashilump Monastery**  We will depart today from your hotel in Lhasa around 08:00ish. The rode condition is pretty good but because of the speed-limit, we will spend about 6hrs on the road; after arrival in Shigatse, we will first go to apply the Alien's Travel Permit(PSB) with your original passport presented which usually takes abt 30mins before sightseeing. Bear with us.  Tashilunpo Monastery is one of the Six Big Monasteries of Gelugpa (or Yellow Hat Sect) in Tibet. Also called the Heap of Glory, the monastery is located at the foot of Drolmari (Tara's Mountain), Shigatse. Founded by the First Dailai Lama in 1447, the monastery's structure was expanded by the Fourth and successive Panchen Lamas. It covers an area of nearly 300,000 square meters. The main structures found in the monastery are Maitreya Chapel, Panchen Lama's Palace and Kelsang Temple. Tashilhunpo is the seat of Panchen Lama since the Fourth Panchen Lama took charge in the monastery, and there are now nearly 800 lamas.  **Overnight in Lhasa, 3★/4★**  **Day 08: Lhasa > Namtso**> **Lhasa (B)**  **Highlisht: Namtso Lake**  In the morning, we drive to the holy **Namtso lake** along the Qinghai-Tibet. On the way to Namtso, you will have a far view of **NyenchenThanglha Snow Mountain**. Enjoy the view of the vast grassland and spectacular natural scenery.  You'll arrive at Namtso Lake after pass NagelaPass(5150m), it covers a total area of more than 1900 square kilometers, being the second largest salt lake in China. At an elevation of 4718 meters, it is also the highest altitude salt lake in the world, the furthest depth being more than 33m. Besides, you can enjoy the view of Sky-Road railway with snow mountain background; while standing at the famous Nagela Pass, you can see the stunning view of holy Namtso Lake. In the afternoon, you will do leisure trek around Tashi Island. If the weather is good, you will have a chance to enjoy the marvelous sunset view of the lake.  In the late afternoon, you will drive back to Lhasa.  **Overnight in Lhasa, 3★/4★**  **Day 9: Lhasa > Airport/Railway (B)**  Your 9days Lhasa Gyantse Shigatse Everest Namtso Group Tour ends today. After breakfasts, you will be free for the morning. Our staff will collect you at your hotel to transfer to Lhasa Airport/Railway.  **End of tour!** |