

# Tibet Overland Tour



## Description

"Where Heaven Meets Earth"

Cost per person \$ 1250

**\$ 1250 / Person**

Tibet, often referred to as the "Roof of the World," is an autonomous region of China situated on the Tibetan Plateau, the world's highest and largest plateau. With an average elevation of over 4,000 meters (13,000 feet), Tibet is renowned for its breathtaking landscapes, which include towering mountain ranges, expansive grasslands, deep valleys, and pristine lakes. Tibet is bordered by the Himalayas to the south, with Mount Everest, the world's highest peak, straddling its border with Nepal. The region's geography is characterized by stark contrasts, from the arid plains of the north to the lush, forested valleys in the east. The climate is typically harsh, with cold winters and cool summers, and significant temperature variations between day and night.

## Culture and Religion

Tibetan culture is deeply rooted in Tibetan Buddhism, which permeates every aspect of life. Monasteries and temples dot the landscape, serving as centers of learning, spirituality, and

community. The Potala Palace in Lhasa, once the winter residence of the Dalai Lama, is a UNESCO World Heritage Site and a symbol of Tibetan Buddhism. Festivals like Losar (Tibetan New Year) and Saga Dawa (celebrating the birth, enlightenment, and death of Buddha) are celebrated with great fervor.

## History

Tibet has a rich and complex history, marked by periods of independence and rule by various Chinese dynasties. The region's political status has been a subject of international attention and controversy, especially following the Chinese takeover in the 1950s and the subsequent exile of the 14th Dalai Lama. Despite these challenges, Tibet has maintained its distinct cultural and religious identity.

## Economy and Lifestyle

Traditionally, Tibet's economy has been based on agriculture and animal husbandry, with yaks playing a central role in daily life. In recent years, tourism has become increasingly important, drawing visitors eager to experience Tibet's unique culture and stunning scenery. The region's isolation and altitude have shaped a resilient and resourceful way of life, with traditional crafts, music, and dance playing vital roles in community life.

## Natural Beauty

The natural beauty of Tibet is unparalleled, from the sacred Namtso Lake to the majestic Yarlung Tsangpo River, which transforms into the Brahmaputra as it flows into India. The vast, open spaces and clear, high-altitude skies offer some of the most spectacular stargazing opportunities on the planet.

## Adventure and Exploration

For adventurers, Tibet offers numerous trekking routes, including the challenging path to the North Base Camp of Mount Everest. The region is also home to several other towering peaks, making it a paradise for mountaineers and outdoor enthusiasts.

Tibet is a land of profound spiritual significance, dramatic landscapes, and a resilient, vibrant culture. Its unique position on the Roof of the World offers both a challenging and deeply rewarding experience for those who seek to explore its mysteries

## Itinerary

### **Day 01: Kathmandu (1300) -Kerung Border (145 Km) 06-07 hours drive**

Early in the morning scenic **drive to Kerung Border** (Nepal-Tibet Border) through the beautiful Nepalese countryside and after necessary border formalities at Nepalese immigration, an hour adventurous uphill drive

by Bus & Van (normally) or 2 hour walks uphill (in case of landslide to Chinese immigration, check-in to hotel or Continue drive to Kerung. Stay overnight at Guest House.

## **Day 02: Kerung - Tingri (4300m) / Lhatse (4,350m): 225 Km/244 Km**

Day drive uphill to the highest plateau of the world with the typical view of Tibetan landscape offering sheer feeling of standing on the roof of the world. from where, weather permitting, breathtaking panorama of beautiful Himalayan ranges including Mt Cho Oyu (8201 M) & Mt Xishapagma (8012M) but dwarfed by the Vastness of the Tibetan plateau. From TINGRI, one can enjoy the magnificence of Mt. Everest (8,848 M). Stay overnight at Guest House

## **Day 03: Tingri/Lhaste - Xigatse (3,900 M): 244 Km**

Continue scenic drive crossing Over Gyatchu La (5,220M), the highest pass en route to Lhasa via Lhatse from where a road to Mt Kailash bifurcates to the west. Stay overnight at Yak hotel.

## **Day 04: Xigatse - Gyantse (3,950m)- Lhasa**

Morning sightseeing to the **Panchen Lama's Tashilhumpu Monastery**. Drive to Gyantse and visit to the **Kumbum Stupa & Phalkor Monastery**. Full day picturesque drive crossing over Karola (5,010m), Kambala (4,749m), Colorful **Yamdruk-Tso Lake** and the Tibetan lifeline river Brahma Putra (Yarlung Tsangpo) – Stay overnight at Flora Hotel.

## **Day 05-06: Sightseeing In Lhasa**

Two full days sightseeing tour to Lhasa including Jokhang Temple, Barkhor Bazaar, And Potala Palace Drepung & Sera Monasteries. Stay overnight at Hotel.

## **Day 07: Lhasa – Xegar (4300m) 490km**

Early morning drive to Xegar O/N at Guest House.

## **Day 08: Xegar to Kerong Border to Kathmandu 395km**

Early morning, Drive to Border, cross border- drive back to Kathmandu end Service

## **Packing lists for 8 days Tibet Overland Tour**

- Necessary travel documents

- Lightweight pants, Full sleeve shirts/T-shirts,
- Waterproof and windproof jacket, down jacket
- Thermal innerwear, Extra pairs of socks, comfortable shoes
- warm cap, gloves, scarf
- Cell phone, camera, power banks, chargers
- Snacks and energy bars
- Moisturizer, lip balm, sunscreen cream, and other necessary skin care items
- Some necessary toilet items including small packages of tissues, wet tissues, a quick-dry towel, etc.
- Medi kits
- Extra cash
- Other necessary and personal valuable items

## **FAQs**

### **1. What is the best time to visit Tibet?**

The best time to visit Tibet is from April to October. During these months, the weather is milder and more suitable for travel, with clear skies offering stunning views of the landscapes.

### **2. Do I need a visa and permits to travel to Tibet?**

Yes, you need a Chinese visa and a Tibet Travel Permit to visit Tibet. The permit must be arranged through a travel agency. Additional permits may be required for certain restricted areas.

### **3. Is independent travel allowed in Tibet?**

Independent travel is not allowed in Tibet. All foreign travelers must book a tour through a licensed travel agency, which will arrange the necessary permits, a guide, and transportation.

## **Sightseeing Places**

- **Potala Palace:** A UNESCO World Heritage Site and the former winter residence of the Dalai Lama, this iconic palace offers panoramic views of Lhasa and is a masterpiece of Tibetan architecture.
- **Jokhang Temple:** The spiritual heart of Tibetan Buddhism, this temple is a key pilgrimage site and houses the revered Jowo Shakyamuni Buddha statue.
- **Barkhor Street:** A bustling market and pilgrimage circuit around Jokhang Temple, offering a vibrant mix of Tibetan culture, crafts, and local life.
- **Sera Monastery:** Known for its lively debates among monks, this monastery is an important center of Tibetan Buddhist learning.

## Best Time

The best time to visit Tibet largely depends on the experiences you're seeking and the regions you plan to explore. Generally, the most favorable time to visit is from **April to October**, when the weather is relatively mild and travel conditions are more accessible. Here's a seasonal breakdown to help you plan your trip.

### **Spring (April to June)**

- **Weather:** Temperatures start to warm up, with pleasant days and chilly nights. Snow is melting, and the landscapes begin to bloom.
- **Advantages:** Fewer tourists compared to summer, making for a quieter experience. Good time for trekking and sightseeing with clear skies.

### **Summer (July to August)**

- **Weather:** Warmer temperatures and more stable weather conditions. However, it's also the rainy season, which can lead to occasional showers and muddy conditions in some areas.
- **Advantages:** Best time for high-altitude treks and exploring remote regions like Mount Kailash and the Changtang Plateau. Festivals like Saga Dawa take place during this period.

### **Autumn (September to October)**

- **Weather:** Cool and dry, with clear skies and crisp air. The landscape is often vibrant with autumn colors, making it ideal for photography.
- **Advantages:** Excellent weather for outdoor activities and sightseeing. Tourist crowds begin to thin out, providing a more peaceful experience.

### **Winter (November to March)**

- **Weather:** Cold temperatures, especially at higher elevations, with snow and ice becoming common. Some remote areas may be inaccessible due to harsh weather conditions.
- **Advantages:** Fewer tourists, and accommodation prices may be lower. The snow-covered landscapes offer a different kind of beauty.

# Important Note

Traveling to Tibet is a unique and unforgettable experience, but it requires careful preparation and consideration. Here are some critical points to keep in mind:

## 1. Permits and Regulations

- **Tibet Travel Permit:** All foreign travelers must obtain a Tibet Travel Permit through a licensed travel agency. This permit is essential for entering Tibet and must be arranged well in advance.
- **Additional Permits:** Depending on your travel itinerary, additional permits may be required for specific areas like Mount Kailash or the Ngari region.

## 2. Health and Altitude

- **Acclimatization:** The high altitude can pose health risks. Allow time to acclimatize upon arrival and be aware of symptoms of altitude sickness. Consult a healthcare provider before your trip and carry necessary medications.
- **Medical Facilities:** Medical facilities in Tibet, especially in remote areas, may be limited. Ensure you have comprehensive travel insurance that covers medical emergencies.

## 3. Cultural Sensitivity

- **Respect Local Customs:** Tibetan culture is deeply rooted in Buddhism and local traditions. Dress modestly, particularly when visiting religious sites, and be respectful of local customs and practices.
- **Photography:** Always seek permission before taking photographs of people, especially monks, and religious ceremonies. Some areas and temples may have restrictions on photography.

## 4. Safety and Emergency Contacts

- **Emergency Information:** Keep a list of emergency contacts, including local authorities, your tour operator, and your country's embassy or consulate in China.
- **Travel Insurance:** Ensure you have comprehensive travel insurance that covers health, accidents, and trip cancellations.

By being mindful of these considerations, you can enjoy a safe and enriching journey through Tibet, experiencing its profound cultural heritage and stunning natural beauty.

# Cost Inclusion

- PRIVATE TRANSPORTATION BY VAN/ Minibus
- NECESSARY TIBET TRAVEL PERMIT

- ENGLISH SPEAKING TIBETAN GUIDE.
- ACCOMMODATION ON TWIN SHARING ROOM BASIS
- SIGHTSEEING AND MONASTERY ENTRANCE FEES AS PER OUR ITINERARY
- DAILY BREAKFAST.
- KATHMANDU TO KERONG TO KATHMANDU TRANSFER BY JEEP

## Cost Exclusion

- LUNCH AND DINNER
- INSURANCE OF ANY KIND
- PERSONAL EXPENSES SUCH AS A DRINK, TIPS & ETC.
- ANY ADDITIONAL COST DUE TO NATURAL CALAMITIES AND UNFORESEEN CIRCUMSTANCE

## Trip Information

**Trip Style:** Tibet Tour

**Trip Duration:** 8 Days

**Accomodation:** Hotel

**Package:** Tour

**Note:** "Roof of the World,"

**Destination:** Tibet

**Hotel Category:** Guest House on Trekking

**Max Altitude:** 5,220m

**Min Pax:** 3

**Meals:** Nepali, Cotinental

**Total Trip:** 10

**Trip Type:** Moderate

**Grade:** Moderate

**Highest Altitude:** 16,900 ft

**Trip Code:** TB

**Duration:** 8

**Primary Activities:** Cultural and Spiritual Exploration

**Arrival City:** Kathmandu

**Departure City:** Kathmandu

**Transportation:** Private Vehicle

**Best Season:** All season