



## A Taste of Tibet

### Trek Description

This tour is just enough to give you a flavour of life in the area in and around the city of Lhasa, the ancient capital of Tibet and once home to the Dalai Lama. You will visit all of the main historical and cultural sights, including monasteries, temples and the Potala Palace, as well as having free time to wander and explore this fascinating city at your own pace. Your drive through the countryside to and from the airport also gives you a glimpse of more rural Tibetan life.

### Highlights

Scenic flight over Himalaya, sightseeing in Lhasa including Potala Palace, Norbulingka, Jokhang Temple, Sera and Drepung Buddhist monasteries.

### Detailed itinerary

Itinerary can be customized according to your needs and length of stay

#### Day 01

Arrive in Kathmandu, where our representatives will escort you to your hotel.

#### Day 02

Half day sightseeing around Kathmandu where your guide will escort you on a tour of Buddhist and Hindu temples and shrines reflecting ancient local traditions. There is time to explore the city's many places of interest on your own or take a rest while trekking permits are finalised. In the evening sample a delicious traditional Nepali dinner. Overnight in Kathmandu.

#### Note

You may have already received Day 1 and 2 if you also booked one of our Nepal treks.

#### Day 03

A 90-minute morning flight with stunning views of the Himalaya will bring you to Gonggar Airport, Tibet where you will meet your Tibetan guide and make the drive to Lhasa. Take some time to wander the local streets before dinner.

### Trek details

#### Trek dates

Daily

#### Season

Late February to late November

#### Duration

12 days

#### Trekking grade

Easy-Medium  
(due to altitude)

#### Maximum altitude

5190m

#### Starting point of trek

Tsedang

#### Finishing point of trek

Lhasa

#### Trek style (accommodation)

Lodge/Camping

#### Trek code

T4

**Day 04**

Your first stop will be the country's largest monastery at Drepung where you can admire the beautiful Tibetan Buddhist architecture and soak up the atmosphere in the temples. In the afternoon you will visit the Norbulingka, the traditional summer residence of the Dalai Lama, set in lovely grounds just outside the city.



Norbulingka Park

**Day 05**

Your day begins with a visit to the famous Tibetan landmark of the Potala Palace, seat of the Dalai Lama. This distinctive palace, once the tallest building in the world, is perched on a rocky outcrop overlooking the city. There is time to explore those rooms which are open to the public and to enjoy the views over the area. After lunch you will drive to Sera Monastery where you should be able to witness the fantastic spectacle of monks engaged in traditional debating in the courtyard, accompanied by dramatic hand movements.



Sera Monastery

**Day 06**

Today you will drive to Gonggar Airport to make the return flight across the Himalaya to Kathmandu, where you can relax or wander the bustling streets before your final dinner.

**Day 07**

Depart Kathmandu.

**The trek program is – because of weather or unforeseen events – subject to change.**

**■ Services & costs included in price**

- Airport pick-up and drop-off Three night's
- Hotel accommodation and breakfast in Kathmandu
- Licensed and trained trekking guides
- Porters for carrying goods and supplies
- All accommodation during the trek
- All meals, mineral water on trek and hot beverages
- Transportation to and from trailhead
- All necessary documents and permits for trekking (where applicable)
- National Park/Conservation Area entry permit
- Equipment such as sleeping bag, tents and mattresses
- Cooking equipment
- Camp-site charges
- Insurance, medication, and equipment for staff
- Coordination of Quick Rescue service (costs covered by your Insurance plan)

■ Services & costs NOT included in price

- International airfares
- Travel/trekking insurance
- Excess baggage charges more than 16kg and hand bag more than 5 kg in domestic flights
- Visa fees
- Airport departure tax
- Rescue charge
- Drinks (Cold & Alcoholic)
- Expenses of personal nature
- Permit & Liaison officer fee (where applicable)