

## Tibet in 7 Days: A Comprehensive Tour

### Overview of Trip

- Duration: 11 days
- Activity: Tour & Jeep Ride
- Max. Altitude: 5200 meters
- Accommodation: Guest House/Tea House
- Route: Lhasa – EBC – Kathmandu, Nepal
- Trekking days: \*\*
- Cost Per Person: \$500.00
- Group size: 2-15 person
- Difficulty: Moderate-Strenuous
- Region: Tibet & Nepal

### Introduction

Tibet, known as the "Roof of the World," is the highest and largest plateau, with an average elevation of 4,000 meters (13,123 feet). The region is home to some of the highest peaks in the world, including Mount Everest. The region's high altitude and harsh climate make it one of the most unique and fragile ecosystems.

The 7-day trans-Himalayan overland tour, which includes a stopover at Everest base camp, is long enough to entice every traveler for an adventurous journey. Mt. Everest, AKA Mt. Qomolangma, a sacred mountain of the region with a fascinating history and spectacular views, is a reward for your effort on the trip. Tibetan Buddhism is the dominant religion in Tibet and has profoundly influenced the region's culture and way of life. Visitors can experience Tibetan Buddhism by visiting monasteries, temples, and other religious sites and participating in rituals and ceremonies. The beautiful architecture of Potala Palace and seeing insights into the Palace help in understanding the glorious history of this highland. Visiting monasteries and stupas around this region helps you awaken your spiritual hunger and understand the value of meditation in your life.



### Important Note

This itinerary may change at any time due to bad weather, natural disaster, authority rules, regulation, and other circumstances beyond our control.



## TRIP ITINERARY

<b>Day: 1</b>	<b>Arrive in Kathmandu</b>  Schedule your flight as your itinerary of Trek. Our guide will pick you up and drop you at the hotel. He will brief you about your following day's schedule.  <i>Stay overnight in Kathmandu.</i>
<b>Day: 2</b>	<b>Kathmandu Heritage tour and sightseeing.</b>  As per the plan, our guide will pick up for city sightseeing. Three primary Kathmandu heritage sites, Baudhanath, Pashupatinath, and Kathmandu Durbar-Square, are scheduled for this day.
<b>Day: 3</b>	<b>Bhaktapur and Patan Sightseeing.</b>  After breakfast, we drive around 20 KM east to Changunarayan, a small ancient hilltop village and world heritage site temple of Chagunarayan Temple. After Changunarayan, we go back to Bhaktapur city. Bhaktapur, a medieval town founded in the 8th century, is famous for its palaces and temples with wood carvings.  <i>Stay overnight in Kathmandu.</i>
<b>Day: 4</b>	<b>Fly to Lhasa from Kathmandu.</b>  You will drop at Kathmandu international airport before 3 hours of flight time. After flying to Lhasa, your guide will meet you at the airport when you arrive in Lhasa and drive to the hotel. You can take a break once you get to Lhasa and acclimatize to the high altitude. You should sleep or rest well for good acclimatization instead of starting your tour activities. You can walk around Lhasa's streets or to Potala Square if you want to go out.  <i>Stay overnight in Lhasa.</i>  <i>[Note: in case of unforeseen consequences like flight cancellation and denial of travel permits, you can choose an alternative Nepali tour and refund the remaining amount after deducting paid fees.]</i>



<b>Day: 5</b>	<p><b>Lhasa Tour - Potala Palace, Jokhang Temple, Barkhor Street.</b></p> <p>The first stop on your trip today will be the Potala Palace, the Dalai Lama's winter residence. The Potala Palace is a magnificent structure known for its architectural and cultural significance. After lunch, we will visit the Jokhang Temple, established in the seventh century by the 33rd Great King of Tibet. After visiting the temple, you can walk around the temple and explore the local market.</p> <p><i>Stay overnight in Lhasa.</i></p> <p>[Note: Activities not mentioned in itineraries will charges extra fees.]</p>
<b>Day: 6</b>	<p><b>Lhasa Tour - Dadong Village and Sera Monastery.</b></p> <p>You will visit Dadong Village in the morning. Dadong Settlement, an old Tibetan village well-protected and encircled by valleys, is 25 kilometers southwest of the center of Lhasa. In Dadong, you will visit the Nyimatang Monastery (built in the 11th century), take a light walk in the village, and experience rural life in Lhasa. You will go to Sera Monastery in the afternoon, one of Tibet's "big three" Gelug monasteries. After that, we will visit the Tibetan religious scripture printing house.</p> <p><i>Stay overnight in Lhasa.</i></p>
<b>Day: 7</b>	<p><b>Lhasa (3650m) to Shigatse (3900m) via Gyantse – 360 Km [Approx. 7 hrs.]</b></p> <p>Drive from Lhasa to Shigatse in the morning after breakfast. Yamdrok-Tso (4400m) and Holy Mount Nyenchen Khangsar can be seen while driving through the Gampala pass (4790 m) on the route. At Manak Dam Lake, we'll go by and view the Korola Glacier at the side of the road. Then, we will arrive in Gyantse, historically Tibet's third largest city (after Lhasa and Shigatse), where We will explore Gyantse's renowned Pelkor and Gyantse Monastery and view the ancient Gyantse Fortress from a distance. After one and a half hours of driving, we arrive in Shigatse, the second largest city in Tibet.</p>



<b>Day: 8</b>	<b>Shigatse(3900m) to Everest Base Camp (5200m) via Tingri – 350 Km.</b>  We will go to Tashilunpo Monastery, Panchan Lama's residence, in the morning. After receiving your alien travel authorization, we will depart Shigatse and head to Lhatse, a little town where we will stop for lunch. After lunch, we'll drive via Gyatsola Pass (5248M) and Tsola Pass (4600M). at Gawula Pass, just after we approach the Mt. Everest National Nature Reserve (5198m), we can see the mighty Himalayas range. After that, we drive through a new road to Everest Base Camp (5200m).  <i>Stay overnight at the Rongbuk monastery guest house</i>
<b>Day: 9</b>	<b>Drive from Everest Base Camp to Shigatse(3900m) – 350 Km. [7 hrs.]</b>  If the weather is favorable, you can enjoy the sunrise at Mt. Everest from your lodge before visiting the Rongbuk Monastery, the world's highest monastery. Later, we visit the Everest Base Camp and see Mount Everest from a nearby distance. After returning from EBC, we will drive back to Shigatse.  <i>Stay overnight at the guesthouse in Shigatse.</i>
<b>Day: 10</b>	<b>Drive Back to Lhasa from Shigatse - (360 Km.) [Approx. 7 hrs.]</b>  After breakfast we will rive back to Lhasa. Distance between Shigatse and Lhasa is 360 Km. and time approximately 6-8 hours to reach Lhasa.  <i>Stay overnight in Lhasa.</i>  [Note: After back to Lhasa, you can directly book your tickets back to home or back to Kathmandu as your plan. You have to inform earlier, if you plan to back Kathmandu for air tickets of Lhasa to Kathmandu.]
<b>Day: 11</b>	<b>Fly back home from Lhasa.</b>  Your guide or driver will drop you at the airport three hours before 3 hours of the scheduled flight.



# Imperial Expedition



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## What's included

- ✓ Three nights' in Lhasa & 4 nights in Kathmandu standard hotels. Local guest house on sharing basis during the trip.
- ✓ All necessary entry tickets during the tour in Kathmandu.
- ✓ Breakfast-Lunch-Dinner during Tibet tour.
- ✓ All listed transport Jeep, Car, or Bus based on group size.
- ✓ Kathmandu to Lhasa air tickets.
- ✓ Tibet Travel Permit and all other necessary permits to Tibet.
- ✓ All entrance ticket fees for all tourist sites listed in the itinerary.
- ✓ English Speaking guide and driver during trip.
- ✓ Proper Insurance of all local staff.
- ✓ Service Charge & Government Taxes.

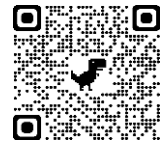
## What's not included

- × Personal Travel and Medical Insurances.
- × Personal Trekking Gear and Equipment.
- × Tips and gratitude to the guide and driver.
- × International flight tickets.
- × Personal expenses, like laundry, phone calls, snacks & soft drinks.
- × Lunch and Dinner in Kathmandu.
- × Extra cost occurs due to unforeseen circumstances.
- × Visa fees and vaccination

## Essential Information

### Do's and Don'ts during Tibet Tour.

- × Don't photograph locals and inside monasteries without their consent.
- × Don't buy and carry antiques, endangered animal parts, or items made from them.
- × Don't touch the Statues and religious scriptures inside monasteries.
- × Avoid wearing too-short skirts or short pants while visiting the temple.
- × Never touch a Tibetan person's head.
- × Avoid stepping on the threshold when you enter a tent or a house.
- × Do not carry books, magazines, or other documents related to monks and Tibet.



## WEATHER

The weather in Tibet varies widely depending on the location and time of year. Tibetan Plateau is known for its extreme temperature fluctuations, with hot summers and cold winters. Due to high altitude and dry land, this region's climate is very harsh and dry.

In general, the weather in Tibet is dry, with low humidity and little precipitation. The summer months in Tibet (June to September) are generally hot and dry, with temperatures ranging from 15°C to 25°C (59°F to 77°F). The winter months (October to May) are cold and dry, with temperatures ranging from -10°C to 10°C (14°F to 50°F).

Strong winds and dust storms are frequent in some regions of Tibet, where the weather can be erratic and change suddenly. When visiting Tibet, it is essential to pack the appropriate clothing and equipment and be ready for various weather conditions. High passes may cover with snow, so travelers should prepare for both hot and cold weather.

## Accommodation

This tour only offers basic meals and lodging. All group members accommodate in twin-sharing rooms and single supplementary base on availability and extra charges. In Lhasa and Kathmandu, you can choose three- to five stars hotels, whereas Shigatse and Gyantse only have hotels with up to three-star. The price of basic lodging includes the group tour to Tibet; upgrading your accommodation along the route will not result in a refund.

All accommodations are simple and cozy during the trip outside the main city area. These hotels or guesthouses are run by locals or communities which provide only basic amenities. We have to sleep in a tent during some parts of the trip.



## Visas

The Tibet travel permit procedure takes a couple of weeks. We need a traveler passport copy at least 15 days before the trip starts and your original passport three days before the tour departs for Lhasa.

Tibet travel permits issued by Tibet Tourism Bureau (TBB), then we need to submit the group's original passport at the Chinese embassy to grant entry visa. Traveler must hand their passport to Imperial Expedition agents to get travel permits, which take three working days. Some nations may not qualify for travel permits, so you must confirm before applying.

Tibet travel permits open only for a certain period and change schedule frequently. Due to this reason, travelers sometimes have to cancel the tour or choose an alternative destination.

All trips depart from Kathmandu, Nepal. While waiting for travel permits, we have scheduled tour activities in Kathmandu valley, or you can join other activities if you have already completed the Kathmandu tour.

## Drinking Water

The most important thing is to be cautious about drinking water, particularly tap water. It's not safe to drink water from the tap or without purification. Bottled water is available everywhere and is safe to drink. In tour, you can use boiled or bottle water as an alternative, which costs an extra per liter. The best way is to purify the tap water yourself using iodine or handheld UV filters such as a "SteriPEN." Before using these tools, check the product's performance in cold or freezing conditions and battery life (lithium batteries are best in cold conditions). We arrange water filter bags for more than four people in a group. Our staff will fill your bottles with water before you start the trip and at each stop point to reduce plastic bottle use. In case of being unable to provide drinking water, travelers have to pay or can buy bottle water from the shop.



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## Personal Equipment

Before starting the trek, Imperial Expedition will provide a duffle bag (kit bag) to pack your equipment necessary for the trek. These bags are designed to be carried comfortably by our porters or yaks, so you can leave your bag at the Kathmandu hotel. But you should carry your backpack during the trek. A backpack can carry your valuable items, documents, and necessary items during hiking. We recommend keeping your kitbag under 14 kg (30 lb.) because porters will carry it on the trek.

Here is the list of items to pack before starting your trip:

- ✓ Couples' passport-size photos
- ✓ 4-season sleeping bag
- ✓ Down or feather jacket
- ✓ water bottles
- ✓ Waterproof walking boots
- ✓ Waterproof jacket and trousers
- ✓ Gaiters for winter and spring season
- ✓ Trainers/sandals for the evening
- ✓ Warm hat Towel
- ✓ Head torch
- ✓ Plastic bags (bin liners)
- ✓ Toilet paper
- ✓ Trekking pole(s)
- ✓ Universal plug adaptor
- ✓ Scarf/Buff
- ✓ Warm gloves
- ✓ Several pairs of walking socks
- ✓ Tracksuit or thermals
- ✓ Mid layer (fleece)
- ✓ Light to mid-weight trousers
- ✓ Shirts, t-shirts, base layers
- ✓ Sunhat, sunglasses, sunscreen
- ✓ lip salve with sun protection
- ✓ Small personal first aid kit
- ✓ Hand washing gel
- ✓ Biodegradable soap/shampoo
- ✓ Solar charger/spare batteries
- ✓ power bank



*Mountain Range on the way to Everest Base Camp in Tibet.*







## Acute Mountain Sickness (AMS) information

Low oxygen levels and reduced air pressure at high altitudes are the main contributors to acute mountain sickness. Acute mountain sickness is more likely to strike the faster you ascend to a high altitude. To avoid high altitude sickness, you should descend to a lower altitude. This sickness is common at heights of more than 2500 meters high; the best cure for this sickness is to descend to a lower altitude than taking medicine. In the event of negligence and a delay in rescue from a high elevation, this illness could be fatal.

### Early Symptoms (AMS)

✗ Loss of appetite.	✗ Dizziness
✗ Nausea	✗ Fatigue
✗ Headache	✗ muscle aches

### Severe Symptoms (AMS)

✗ Severe headache	✗ Vomiting.
✗ Lack of coordination	✗ Walking like drunk
✗ Altered mental State	✗ Severe Fatigue
✗ Shortness of breath	

## Preventive Measure of AMS

- ✗ Slow and gradual ascent.
- ✗ Should not exceed 300-500 meters per day ascent.
- ✗ Acclimatization after every 1000 meters Ascent.
- ✗ Drink plenty of water.
- ✗ Avoid flying directly to a high altitude.

## If you think you have altitude sickness

- ✓ stop and rest where you are.
- ✓ do not go any higher for at least 24 to 48 hours.
- ✓ make sure you're drinking enough water.
- ✓ if you have a headache, take ibuprofen or paracetamol.
- ✓ if you feel sick, take an anti-sickness medicine.