

Lhasa, Drigung Til Monastery, & Tidrum Nunnery Tour

Overview of Trip

- Duration: 9 days
- Activity: Tour & Jeep Ride
- Max. Altitude: 4,465 meters
- Accommodation: Guest House/Tea House
- Route: Kathmandu - Lhasa – Tidrum Nunnery - Lhasa
- Trekking days: **
- Cost Per Person: \$00.00
- Group size: 2-15 person
- Difficulty: Moderate
- Region: Tibet & Nepal

Introduction

Kathmandu and Lhasa 9 days tour is one package to discover the ancient Himalayan Kingdom Nepal and Tibet. Beginning with a tour of Kathmandu by visiting the historic sites and Hindu temples, and Buddhist Monasteries in Kathmandu city is the best way to explore the coexistence of Hinduism and Buddhism in Nepal since the beginning. Kathmandu is always a base for traders, traveler, and pilgrimages who wants to enter Tibet by crossing the high Himalayas passes and gorges.

Due to different landscapes and cultures, Kathmandu and Lhasa are uniquely separated by the high Himalayas. During this trip, we visited the world's most prominent temple for Hindus and Buddhists in Kathmandu. In contrast, we explored the ancient city and monasteries influenced by Tibetan Buddhism in Tibet. In Lhasa, we visit Potala Palace, an icon of Tibet and Tibetan Buddhism. On the 4th day in Tibet, we drive to Tidrum Nunnery, 110 Km from Lhasa, where you can enjoy the natural hot spring. After completing the nunnery tour, we visit the ancient Drigung Til Monastery, which also plays a vital role in the development of Buddhism in Tibet. In Drigung Til, tourists are not allowed to see the sky burial site, but you can visit the monastery here and enjoy the view of Zhorong Chu valley.



Image: Drigung Monastery.

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

Day: 1	<p>Arrive in Kathmandu (1400 m.)</p> <p>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 and collect your passport by agents for china visa and Tibet travel permits.</p> <p><i>Stay overnight in Kathmandu.</i></p>
Day: 2	<p>Kathmandu Heritage tour and sightseeing.</p> <p>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.</p>
Day: 3	<p>Bhaktapur and Patan Sightseeing.</p> <p>After breakfast, we drive around 20 KM east to Changuarayan, a small ancient hilltop village and world heritage site temple of Chagunarayan Temple. After Changuarayan, 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.</p> <p><i>Stay overnight in Kathmandu.</i></p>
Day: 4	<p>Fly to Lhasa (3650 m.) from Kathmandu.</p> <p>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.</p> <p><i>Stay overnight in Lhasa.</i></p> <p><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></p>



<p>Day: 5</p>	<p>Lhasa Tour - Potala Palace, Jokhang Temple, Barkhor Street.</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 charge extra fees.]</p>
<p>Day: 6</p>	<p>Lhasa Tour - Dadong Village and Sera Monastery.</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>
<p>Day: 7</p>	<p>Drive from Lhasa to Tidrum Nunnery (4,325 m.) via Ganden Monastery.</p> <p>In the beginning, we drive northeast to Ganden Monastery, aka Monastery of Gahlden, one of the three major monasteries of Gelug school in Tibet. We spent a few hours sightseeing and continued our tour to Tidrum Nunnery. Tidrum Nunnery is located in the narrow gorges, famous for its hot spring and meditation caves of Buddhist sage, including Padmasambhava.</p> <p>While visiting a Hot spring, if you want to take a bath, you must take your bath towel, swimming suit, and slippers/flip-flops.</p> <p><i>Stay Overnight in Tidrum.</i></p>



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Day: 8	Drive Back to Lhasa via Drigung Til Monastery (4,465 m.). After breakfast, we first drive to visit Drigung Til Monastery, founded in 1179 AD by the founder of the Drikung Kagyu tradition. Drigung Til Monastery is located on the mountain's south slope and faces toward the Shorong Valley. After spending a few hours in the monastery and sightseeing, we will drive 120 kilometers southeast to Lhasa. <i>Stay overnight in Lhasa.</i>
Day: 9	Fly back Home. Your guide or driver will escort you to Airport from Hotel. Lhasa Gonggar International Airport is around 65 Km from downtown. Private car or jeep will provide only group departure.

What's included

- ✓ Four nights' in Lhasa & 3 nights in Kathmandu 3- or 4-stars hotels. Local guest house on sharing basis during the trip/trek.
- ✓ 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 the trip.
- ✓ Proper Insurance of all local staff.

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.

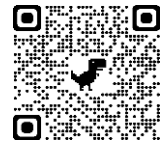
- ✘ Don't photograph locals and inside monasteries without their consent.
- ✘ Don't buy and carry antiques, endangered animal parts, or items made from them.
- ✘ Don't touch the Statues and religious scriptures inside monasteries.
- ✘ Avoid wearing too-short skirts or short pants while visiting the temple.
- ✘ 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 central 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. On tour, you can use boiled or bottled 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 bottled 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 the equipment necessary for the hike. These bags are designed to be carried comfortably by our porters or yaks so you can leave your bag at the hotel. But you should have your backpack during the trek. A pack 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.