

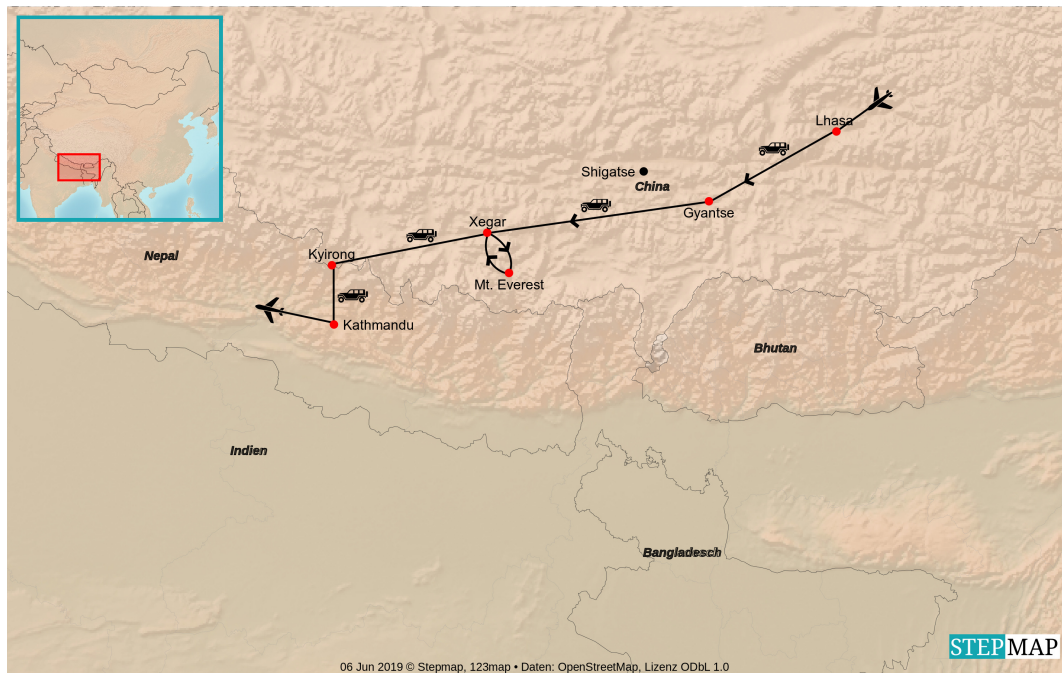


ALIDA Travel

上海安迅國際旅行社有限公司

Across the Himalaya, from Lhasa to Kathmandu (10 days)

Day 1 Arrival in Lhasa



Lhasa Essential Tour to the Potala Palace and the Jokhang Temple. Strolling along the Barkhor Street in the old town.

Day 2 Lhasa



Visiting the Sommerresidenz Norbulinka and the Sera Monastery, where you may watch monks debate on buddhistic topics.

Day 3 Lhasa-Gyantse



Car ride across 2 mountain passes to Gyantse. En route Picknick at the Yamdrok Lake, one of the three holy lakes in Tibet. Visiting the Giant Stupa in the Pelkor Chode Monastery.

Day 4 Gyantse-Xegar



Car ride across 5000m high pass to Xegar, the starting point for the Mt. Everest mission. En route visit the Skaya monastery.

Day 5 Xegar-Rungbuk



Car ride to Rungbuk, the village at the foot of the Mt. Everest. Enjoying stunning views both on the way and around the overnight place near the Rungbuk Monastery.

Day 6 Rungbuk-Kyirong



Watching a sunrise on the Mt. Everest, may the weather allow. Whole day Car ride to Kyirong at the border to Nepal.

Day 7 Kyirong-Kathmandu



Border crossing and meet & greet by your nepalese tour guide. Car ride to Kathmandu.

Day 8 Kathmandu



Excursion to the historical towns Thimi and Bahktapu. The time seems having stopped in Thimi. A lot of old houses remain well preserved and many handcrafts still being practised as hundred years before. Afterwards visiting the old capital city Bhaktapur, a UNESCO heritage of the world.

Day 9 Kathmandu



Eco village tour to Bungamati, where the most people make a living by wood carving. You may observe local carpenters working on new houses/temples/pagodas. In the afternoon free at leisure. Take the time to do some shopping. Kathmandu has great offer of handcrafts at a great value.

Day 10 Depart



Transfer to airport. Depart.