Trek Mania Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

Tibet Tour fly in fly out - 8 Days

Embark on an unforgettable adventure to Tibet, an extraordinary land where spirituality meets breathtaking natural beauty. This Tibet Tour - Fly In, Fly Out is designed for those seeking a deep cultural experience combined with awe-inspiring landscapes. Tibet, known as the “Roof of the World,” offers a unique journey filled with fascinating Buddhist traditions, monasteries, and some of the most stunning natural settings in the world.

The tour includes visits to Lhasa, Tibet’s vibrant capital, and highlights iconic sites such as Potala Palace, Jokhang Temple, and Barkhor Street. These are just a few of the cultural gems that define Tibet’s rich spiritual heritage. As you journey through the Tibetan Plateau, you will encounter tranquil lakes like Yamdrok Lake, and historic monasteries such as Pelkor Monastery and Kumbum Stupa in Gyantse. One of the most exciting moments of the trip is witnessing Mount Everest’s North Face from the Rongbuk Monastery. This once-in-a-lifetime opportunity provides a stunning view of the world’s highest peak.

With opportunities to explore Tibetan Buddhist culture and interact with monks and nuns, this tour gives a deep insight into the spiritual heart of Tibet. Whether you're looking to explore Tibetan monasteries, visit sacred temples, or simply take in the panoramic beauty of the Tibetan Plateau, this journey promises to deliver a deeply enriching experience. The trip concludes with a flight back to Kathmandu, taking you back to Nepal after your incredible journey through Tibet.

Discover Tibet's Rich Cultural Heritage

Tibet’s history is intertwined with its Buddhist roots, and this tour provides the perfect opportunity to dive deep into the region’s cultural and spiritual life. Lhasa, the capital, is home to some of Tibet’s most important landmarks. Begin your journey with a visit to the Potala Palace, a UNESCO World Heritage Site that stands as a testament to Tibetan architecture and the country’s Buddhist heritage. Once the winter residence of the Dalai Lama, this magnificent structure offers spectacular views of the city below.

Another key stop is Jokhang Temple, one of the holiest temples in Tibetan Buddhism. As you explore this sacred site, you’ll witness the profound devotion of the local pilgrims and have the chance to engage with Tibetan Buddhist monks who have made the temple their spiritual home for centuries.

In the heart of Lhasa, Barkhor Street offers a chance to experience local Tibetan life. This bustling marketplace is one of the oldest streets in Lhasa and serves as a pilgrimage route for Tibetan Buddhists who circumambulate the street while chanting prayers. The vibrant market sells traditional Tibetan goods, from Thangka paintings to handcrafted jewelry and Tibetan textiles.

Explore the Majestic Monasteries of Tibet

No Tibet tour is complete without exploring the magnificent monasteries that dot the landscape. The Drepung Monastery, one of Tibet's largest and most important monasteries, is a must-visit. Located on the slopes of Mount Gambo Utse, it was once home to over 10,000 monks. As you walk through the monastery’s ancient halls, you’ll learn about Tibetan Buddhist practices and the monastery’s significant role in the religious and political history of Tibet.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

Another highlight is the Sera Monastery, famous for its vibrant monk debates. Here, monks engage in philosophical debates that have been a central practice in Tibetan Buddhism for centuries. The lively discussions are a unique experience and offer an insight into the intellectual tradition of Tibetan Buddhism.

Journey Through the Tibetan Plateau

Beyond Lhasa, the Tibetan Plateau unfolds as a vast, rugged, and beautiful landscape. One of the most spectacular drives is to Yamdrok Lake, one of the three sacred lakes of Tibet. The turquoise waters of the lake, surrounded by snow-capped mountains, create a stunning contrast that is sure to leave you in awe.

In Gyantse, you will visit Pelkor Monastery and the impressive Kumbum Stupa. The Kumbum Stupa is a unique and iconic structure with many chapels and statues that represent Tibetan Buddhist culture and art. The drive from Gyantse to Shigatse offers more breathtaking views of the Tibetan Plateau, and Shigatse itself is known for the Tashilhunpo Monastery, the seat of the Panchen Lama.

Witness the Majestic North Face of Mount Everest

One of the most thrilling parts of this Tibet tour is the opportunity to visit Rongbuk Monastery, located at the base of Mount Everest's North Face. Here, you will witness awe-inspiring views of Mount Everest, the world's highest peak. The Rongbuk Monastery is the highest monastery in the world, and the surrounding landscape offers some of the most incredible views you'll find anywhere on Earth.

The Tibetan Plateau: Flora, Fauna, and Scenic Wonders

As you travel through Tibet, you will pass through rugged terrain, vast valleys, and snow-capped mountains. The Tibetan Plateau is a unique environment that is home to diverse flora and fauna. Keep your eyes peeled for Tibetan antelope, wild yaks, and other wildlife as you travel through this pristine natural environment. The landscape, with its vast stretches of barren land, craggy cliffs, and peaceful lakes, offers unparalleled beauty that is truly a sight to behold.

Conclusion: A Journey of a Lifetime

The Tibet Tour - Fly In, Fly Out offers an unparalleled opportunity to explore one of the most spiritually rich and culturally fascinating regions in the world. Whether you are a history enthusiast, a photography lover, or someone seeking spiritual enlightenment, this tour has something for everyone. From the breathtaking monasteries to the vast Tibetan Plateau and the majestic views of Mount Everest, this is a journey you'll never forget.

Trek Mania Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

PRICE INCLUDES

- Airport pick up and drop.
- Kathmandu 2-night accommodations.
- Accommodation on Hotel & Guest House
- Private Transportation by One bus or Van according to Group size.
- All Sightseeing and entrance fees as per the itinerary.
- All Necessary Travel and Trekking Permit.
- One Tibetan English-speaking guide
- Last night with Nepali family dinner.

PRICE EXCLUDES

- Lunch and Dinner
- Tips for Guide Guide Driver
- Insurance of any Kind.
- Any Additional cost due to Natural calamity and Unforeseen Circumstances, etc.

Trek Mania Nepal Pvt. Ltd.

Trek Mania Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

ITINERARY IN DETAIL

Day 1: Fly from Kathmandu to Lhasa (3,650m)

Your adventure begins with a scenic flight from Kathmandu to Lhasa, the capital of Tibet. Upon arrival, you will be transferred to your hotel where you'll have time to rest and acclimatize to the altitude. Lhasa sits at an elevation of 3,650 meters (12,000 feet), so it's crucial to take it easy on your first day. Spend the day relaxing, drink plenty of water, and enjoy the stunning views of the Tibetan Plateau. In the evening, take a leisurely stroll around the hotel area or simply unwind and adjust to the time difference.

Day 2: Lhasa Sightseeing – Potala Palace, Jokhang Temple, and Barkhor Street

After a restful night, today you will embark on your first full day of exploration in Lhasa. Start with a visit to the Potala Palace, one of the most iconic landmarks of Tibet. This UNESCO World Heritage Site was once the winter residence of the Dalai Lama and stands as a masterpiece of Tibetan architecture. As you tour the palace, marvel at the intricate murals, statues, and golden tombs of past Dalai Lamas.

Next, head to the Jokhang Temple, the most revered religious site in Tibet. Founded in the 7th century, the temple is a significant pilgrimage destination for Tibetan Buddhists, and the atmosphere here is one of deep spirituality. Spend time wandering through the temple, observing the devout pilgrims as they chant prayers and circumambulate the holy site.

In the afternoon, explore Barkhor Street, a bustling marketplace that surrounds the Jokhang Temple. This area is full of traditional Tibetan crafts, prayer wheels, and religious artifacts. You can shop for local souvenirs such as Tibetan jewelry, Thangka paintings, and handwoven textiles. The street is also a spiritual site, and you may witness Tibetans walking in a clockwise direction around the street, chanting mantras as part of their pilgrimage.

Day 3: Lhasa Sightseeing – Drepung Monastery and Sera Monastery (Monk Debates)

Today, you will visit two of Tibet's largest and most important monasteries: Drepung Monastery and Sera Monastery. Start with Drepung Monastery, located on the western outskirts of Lhasa. It was once home to over 10,000 monks and served as a major center of Tibetan Buddhism. The monastery offers stunning views of Lhasa and is a peaceful retreat for both monks and visitors. Wander through its grand halls, witness the colorful murals, and learn about the monastery's role in Tibetan religious and political life.

In the afternoon, head to Sera Monastery, famous for its lively monk debates. The monks engage in philosophical debates that are a unique part of the Tibetan Buddhist tradition. These debates are both entertaining and intellectually stimulating, giving you insight into Tibetan philosophy and religious education. Be prepared for a fascinating, energetic atmosphere as the monks engage in passionate discussions.

Day 4: Drive to Gyantse (3,950m) via Yamdrok Lake, visit Pelkor Monastery & Kumbum Stupa

After breakfast, you will begin your journey to Gyantse, a town located at an altitude of 3,950 meters (12,960 feet). The drive takes you along the Tibetan Plateau, offering breathtaking views of the surrounding landscapes. Along the way, stop at Yamdrok Lake, one of the three sacred lakes of Tibet. The lake's turquoise waters, set against the backdrop of snow-capped peaks, create a serene and tranquil atmosphere. This stop will give you ample time to take

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

in the stunning views and capture photos of the magnificent landscape.

Upon arrival in Gyantse, visit the Pelkor Monastery and the Kumbum Stupa. Pelkor Monastery is known for its distinctive architecture and spiritual significance. The Kumbum Stupa, with its many chapels, represents Tibetan Buddhist art and culture. The stupa is a fascinating structure, and the murals and statues inside provide a deep insight into Tibetan Buddhist beliefs and practices.

Day 5: Drive to Shigatse (3,900m), visit Tashilhunpo Monastery and explore the city

Today, you will travel from Gyantse to Shigatse, Tibet's second-largest city, located at an altitude of 3,900 meters (12,800 feet). The drive is relatively short but offers beautiful scenery along the way. Once in Shigatse, visit the Tashilhunpo Monastery, the seat of the Panchen Lama. This monastery is one of the most important religious sites in Tibet. It houses the tomb of the previous Panchen Lama and contains a massive statue of Maitreya Buddha, which is one of the largest in Tibet.

After the monastery visit, you will have free time to explore Shigatse. The city has a more relaxed vibe compared to Lhasa, and you can wander through local markets, visit traditional shops, and experience daily Tibetan life.

Day 6: Drive back to Lhasa via the Northern Friendship Highway, free evening

This morning, you will begin the drive back to Lhasa via the Northern Friendship Highway, a scenic route that will take you through expansive plateaus and beautiful landscapes. The highway runs along the Tibetan Plateau, and you will pass through remote villages and nomadic settlements. Upon returning to Lhasa, the remainder of the day will be free for you to relax or do some final shopping. Explore the streets of Lhasa at your leisure, or perhaps visit some of the smaller monasteries and temples you may have missed on your first visit.

Day 7: Free time in Lhasa for shopping or short walks

Enjoy a full day at your leisure in Lhasa. You can take a stroll through Barkhor Street once again, this time without a guide, or relax at a local tea house. If you're interested in Tibetan handicrafts, this is an excellent opportunity to pick up some last-minute souvenirs. Alternatively, take a short walk along the Lhasa River or explore other nearby attractions at your own pace. Lhasa is known for its tranquil atmosphere, making it a perfect place to unwind before the end of your trip.

Day 8: Fly back from Lhasa to Kathmandu, end of tour

On the final day of your Tibet tour, you will board a flight from Lhasa back to Kathmandu, Nepal. The flight offers one last chance to witness the spectacular landscapes of the Himalayas and Tibetan Plateau from the sky. Once you arrive in Kathmandu, your Tibet adventure comes to an end, leaving you with unforgettable memories of one of the most spiritually and culturally enriching journeys in the world.

Trek Mania Nepal Pvt. Ltd.

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

FAQ

1. What is the best time to visit Tibet?

The best time to visit Tibet is during the spring (April to June) and autumn (September to October). During these seasons, the weather is mild, and the roads are accessible. The summer months (July and August) are also a good time to visit but are generally busier. Winter is harsh, with freezing temperatures and limited access to certain areas.

2. Do I need a visa to visit Tibet?

Yes, you need a Tibet Travel Permit in addition to a China visa to visit Tibet. The Tibet Travel Permit can only be obtained through a licensed travel agency in Tibet. It is crucial to apply for this in advance.

3. How difficult is the Tibet tour?

The Tibet tour involves some moderate to challenging aspects, especially with the high altitude. However, this tour is designed for travelers with average fitness levels. Proper acclimatization days are included, and the itinerary is structured to ensure a comfortable experience.

4. What is the maximum altitude during the tour?

The maximum altitude on this tour is 5,200 meters (Everest Base Camp). It’s essential to acclimatize properly, which is why we have planned rest days and shorter travel durations to help you adjust to the high altitude.

5. Is it safe to travel to Tibet?

Yes, Tibet is generally safe for travelers. However, due to its altitude, it is essential to follow the recommended guidelines for altitude sickness prevention. It's also advised to travel with a local guide who understands the terrain and can help navigate the cultural and political sensitivities of the region.

6. Can I travel to Tibet independently?

No, independent travel to Tibet is not allowed. You must travel with a licensed tour operator and have a guide. All travel permits and logistics are arranged by the tour operator.

7. Will I have access to medical care in Tibet?

Tibet has basic medical facilities, especially in major towns like Lhasa, Gyantse, and Shigatse. However, due to the remote locations, it is recommended to travel with any necessary medications and ensure you’re prepared for any medical emergencies. It’s also wise to have travel insurance that covers high-altitude areas.

8. What should I pack for the Tibet tour?

You should pack light and practical clothing for both warm and cold weather. Essentials include sturdy walking shoes, a good quality jacket, sunscreen, sunglasses, a hat, and a personal first aid kit. Since temperatures can vary, layering is recommended.

9. Can I interact with local people during the tour?

Yes, the Tibet tour allows you to interact with the local Tibetan people. You will have opportunities to engage with monks, visit monasteries, and learn about their culture. However, it's important to respect local customs and

Dhalko-17, Chhetrapati
Phone: +977-9851053470
E-Mail: trekmanianepal@gmail.com
www.trekmanianepal.com

traditions.

10. Are there any cultural practices I should be aware of while in Tibet?

Yes, Tibet has a rich Buddhist culture. When visiting temples and monasteries, you should be respectful and follow the etiquette, such as removing shoes before entering sacred spaces and avoiding loud behavior. It's also important to ask for permission before taking photos of locals or religious sites.

11. Is food readily available during the tour?

Yes, Tibetan and Chinese cuisine are readily available in major towns like Lhasa, Gyantse, and Shigatse. You will find a range of vegetarian and non-vegetarian options, including traditional Tibetan dishes such as momo (dumplings), thukpa (noodle soup), and tsampa (roasted barley flour). However, food options may be limited in more remote areas like Everest Base Camp.

Trek Mania Nepal Pvt. Ltd.