

Tibet Everest Base Camp Trek

3 Days Trekking, 10 days 4WD Jeep

Highest Altitude

Gyatso La (17,122 ft)

Trip Grade

Moderate to strenuous

Land Cost (Subject to change)

2-3 pax: US\$ 2390, 4-8pax: US\$ 1699

9 pax: US\$ 1650, Single Room/Tent Supp: US\$ 380

Internal Air

US\$ 360 Beijing-Lhasa, US\$ 220 Chengdu-Lhasa

US\$ 320 Kathmandu-Bangkok, US\$ 450 Kathmandu-Beijing

Dates

- Mar 25-Apr 06, 2008
- Apr 10-22, 2008
- May 01-12, 2008
- May 27-Jun 09, 2008
- Jun 13-25, 2008
- Jul 17-29, 2008
- Aug 29-Sep 10, 2008 (with Shoton Festival at Lhasa)
- Sep 18-30, 2008



For those short on time but big on desire to maximize their experience in Tibet, this Everest Trek is the perfect trip. It offers a comprehensive overview of Tibet's landscape, culture and people. This trip, though similar to our Everest Base Camp Tour, differs in its emphasis on trekking in the Everest base camp region.

Drive along the magnificent Lhasa-Kathmandu road covering Tibet's "must-see" places to fabled Rongbuk Monastery, set exquisitely beneath Everest's North Face. Begin a three day trek to Tingri and spiral down to Kathmandu, the capital of Nepal, from where you can extend your trip or return home.

The trek is not terribly strenuous, as we cross only one relatively small and manageable pass on our way. With the exception of your personal day packs, all gear will be transported by Yak. Set up tents each night amid stunning scenery, often with nomads as your next-door neighbors.

*As in any physical activity, fitness is the most essential ingredient for success. One should be capable of walking a full day with a day pack. However, no previous Himalayan trekking experience is needed to take part in our Tibetan trips. In general, a love of mountains and hiking is all that is required.

Itinerary

Day 01: Arrival in Lhasa. (Alt 3,658m/12,193ft).

You can choose to fly Lhasa via Beijing, Chengdu, Xian, Bangkok, Honkong or Kathmandu, depending on your international flight connection. Meet Wind Horse representative at the airport and transfer to hotel. Anybody who lands straight in the altitude of Lhasa will experience some degree of sickness. Take complete rest in order to cope with the altitude. Take plenty of water and liquid in food. Accommodation in a middle range hotel in Barkhor Area

Day 02: Sightseeing of Lhasa. (B)

Explore the cultural highlights of Lhasa: Potala Palace, Jokhang Temple, Tibetan Medicine Institute (Mentsekhang) and Barkhor Street etc.

Potala Palace of the Dalai Lama is an immense structure, its interior space being in excess of 130,000 square meters. Fulfilling numerous functions, the Potala was first and foremost the residence of the Dalai Lama and his large staff. In addition, it was the seat of Tibetan government, where all ceremonies of state were held; it housed a school for religious training of monks and administrators; and it was one of Tibet's major pilgrimage destinations because of the tombs of past Dalai Lamas.

The Jokhang Monastery, an example of the earliest architecture in Tibet, can claim to be the center around which the city of Lhasa developed. Located on Barkhor Street, Lhasa, it faces west and has four stories with the roofs covered with gilded bronze tiles. It was built in Tang Dynasty architectural style with characteristics of Nepalese and Indian architecture. A golden statue of the young Buddha Sakya-muni at age 12 brought to Tibet by Princess Wen Cheng from Chang'an, capital of the Tang Dynasty, is enshrined in the center. The statues of Songtsen Gampo, Princess Wencheng and Princess Chizun, another wife of the Tibetan King are enshrined in side halls.

Tibetan Medical and Astrological Institute (Mentsekhang): Built in 1916, Mentsekhang was originally the place

of research for Tibetan medicine and calendar calculations for the former Tibetan local government. After a large expansion in 1980, Mentsekhang became the center for the treatment, training, research and production of Tibetan medicine. Tibetan medicine has come with a history of more than 2300 years, from the experiences of Tibetan people as they fought against diseases and assimilated their local treatments with traditional medicine of the Chinese, Indian, Nepalese and even Sri Lankan. Doctors do use traditional methods to diagnose in the hospital.

Barkhor Street Barkhor, a circular street at the center of Old Lhasa, is the oldest street in a very traditional city in Tibet. It is a place where Tibetan culture, economy, religion and arts assemble and a place to which a visit must be paid. The sacred pilgrim path of Barkhor is also a marketplace where shaggy nomads, traders, robed monks and chanting pilgrims join together. Clustered shops and stalls sell printed scriptures, cloth prayer flags and other religious vessels, jewelry, Tibetan knives, ancient coins and other Tibetan relics.

Day 03: Sightseeing of Lhasa. (B)

Sightseeing of Drepung Monastery, Sera Monastery and Norbulinkha Palace

Drepung Monastery, situated to the west of Lhasa city, was the largest and richest of the three major Yellow Sect monasteries in Lhasa, and it also became the most powerful. As the most powerful of the "Gelukpa" monasteries, Drepung had seven colleges and, at its height, housed over 10,000 monks. It owns many splendid murals, elaborate statues and other rich treasures. A giant golden statue of Buddha "Jiangba Tongzhenma" sits near the precious conch shell.

Sera Monastery, the last of the three principal Yellow Sect monasteries was the last to be built in Lhasa. Sera means "Hailstone" in Tibet, and legend tells that it hailed during the foundation of this famous monastery. Sera comprise a great sutra chanting hall,

a college and 32 sections. It once housed nearly 10,000 monks, and is proud of its glorious history during the Ming Dynasty.

Situated in the western suburbs of Lhasa, *Norbulingka* Park was built in the middle of the 18th century during the reign of the 7th Dalai Lama and served as the Summer Palace of Dalai Lamas where they handle political affairs, practiced religious activities and spent holidays. Traditionally the Dalai Lamas would leave the Potala Palace every spring and spend the summer in Norbulingka. Lingka in Tibetan means a beautiful place with trees and lawns, and Norbu means treasure.

Day 04: Drive to Gyantse (13467ft, 176miles, 6 ½ hrs) via Yamdrok Tso (B)

Yamdrok Yumtso or commonly known as Yamdrok-tso is one of the three holiest lakes of Tibet is located about 60 miles southwest of Lhasa. The turquoise blue lake has indescribable scenic beauty, prompting the Tibetans to compare it with the fairyland in heaven. The lake is also called Coral Lake of the Highlands due to its shape. The charming lake produces abundant aquatic life. On the surrounding expansive pasture, animals and birds flourish in huge numbers. There are dozens of islets in the lake, on which flocks of birds roost. The holy lake is also a pilgrimage site for Tibetans. Tibetans will usually visit the lake before making important decisions. On one of the islets, stands a Nyinmapa monastery. The drive along the bank of the lake is the most spectacular one of this journey. After a brief stop in Nangkartse, where you may want to eat or drink something, the road climbs to the Karo La (5045m/ 16,500ft)., where we are treated to the spectacular sight of a huge glacier tumbling down to within a few hundred meters of the road. After passing through beautiful valleys and colorful Tibetan villages we arrive in the town of Gyantse.

Accommodation in the best available, Gyantse Hotel***

Day 05: Drive to Shigatse (12,785ft, 57miles, 2 ½

hrs) (B)

Visit the highlights of Gyantse such as Pelkor Chode Monastery and Kumbum Stupa and drive to Shigatse. Accommodation in the best available Shigatse Hotel or Manasarovara Hotel***

Gyantse is one of the least Chinese-influenced towns in Tibet and is worth a visit for this reason alone. The Pelkor Chode Monastery here was built in 1427 and is notable for its superb Kumbum (10,000 images) stupa. The dzong (old fort) that towers above the village offers a fine view over the valley.

Pelkor Chode Monastery is very different than any other monasteries. The monastery is the only monastery that houses monks from different orders- Gelugpa, Sakyapa and Kahdampa in harmony. As a result, its structural style, deities enshrined and murals are very special. Pelkor also features its Bodhi stupa, or *Kumbum* in Tibetan, which was first, started building in 1412 and took 10 years to complete. The spectacular stupa, which has become the landmark of Gyantse consists of hundreds of chapels in layers, housing about a hundred thousand images of Buddhas, Bodhisattvas, Vajras, Dharma Kings, Arhats, disciples and great adepts of different orders in Tibetan Buddhist history, and outstanding figures in Tibetan history such as Songtsen Gampo and Trisong Detsen, including about 3,000 statues, so it is called Myriad Buddhas Stupa.

Shigatse is the second largest city of Tibet, dominantly Chinese in character. Tashilunbo Monastery, the landmark of Shigatse is the principal seat of Panchen Lamas-the second most venerated of the religious leader after Dalai Lama. The two Lamas were subsequently the tutors of each others. Tashilunpo contains chortens, temples and the residence of Panchen Lama. At its peak, Tashilunpo had more than 4,000 monks in its 4 monasteries. The monastery is a striking red, white and black Tibetan structure with a golden roof. Within the monastery there is a 5 story temple, which contains a 26 meters (86ft) sitting statue of the Maitreya Buddha. The statue

was cast from 6,700 ounces of gold and over 115,000 kg of copper, making it the biggest copper Buddhist statue in the world. The massive Thangka wall at Tashilunpo can be clearly seen from most points in Shigaste. The wall is used for displaying enormous Thangkas - religious painted banners - for only a few festival days each year.

Day 06: Drive to Shegar (4050m/13500ft, 182km/121miles, 5 hrs), also known as New Tingri. (B)

We continue along the friendship highway marveling once more at the barren yet spectacular landscape of Tibet. Beyond the small town of Lhatse we cross two passes- Tropu La (16,236 ft) and Gyatso La (17,122 ft) and the second is the highest pass of the journey. From here we descend to the plains, passing lonely monasteries and the camps of nomadic herders, en route to the settlement of Shegar. Check in Qomolong Hotel, the only top end hotel which is rated as two star properties. Later visit the historic ruins of Shegar Dzong, once the capital of Tingri region. If time permits, visit Shegar Chode Monastery, which is a small Gelugpa institution. Accommodation in the best available Qomolongma Hotel***

Day 07: Drive to Dza Rongbuk Monastery. (4980m/16,600ft, 63km/42miles, 2hrs).

Shortly after leaving Shegar, we turn off the Friendship Highway and head south over the Pang La 5150m towards the main Himalayan range. The view from the top is incredible with uninterrupted views of several 8 thousanders like Makalu, Lhotse, Cho Oyu and Mount Everest, Sishapanma. After the pass, Mount Everest temporarily disappears but reappears prominently as you enter Rongbuk Valley. Check in guesthouse which has very basic facilities. Rooms are dorm style and first time you will use the famous Tibetan style share toilet. Forget all the modern comforts of western world here. You should have your own toilet paper and female travelers will be comfortable with skirts while using Tibetan toilet.

Rongbuk is the sacred threshold to Mount Everest, with probably the most dramatic views in the world. John Noel, one of the early British explorers to see Rongbuk, described it: "Some colossal architect, who built with peaks and valleys, seemed here to have wrought a dramatic prodigy—a hall of grandeur that led to the mountain." Often shrouded in clouds and mist, the great peak was alternately described by Mallory as "a preposterous triangular lump".

Accommodation guesthouse or camping.

Day 08-09-10: Dza Rongbuk Monastery to Tingri Trekking

The first day of the trek is long (7-8 hrs) and tough, trail passing through isolated Dzaka and Zombuk Valleys with several small descents and ascents before crossing Nam La (5250m/17,220ft). You will camp the other side of the pass. From here the trail enters a region used by livestock herders. Following the Rachu Valley, the route swings north to the plains of Tingri. The second day of trekking is around 4-5 hours and you will camp by Lungchang which is the first permanent settlement after Rongbuk. The third day of the trek is rather short, 3 hours only and today, you will overnight in Tingri, a small Tibetan town in the roadside.

Accommodation camping.

Day 11: Tingri to Zhangmu (2,300m/7,544ft, 180km/113miles, 6 hrs) (B)

Drive towards the border town of Zhangmu. The journey involves of crossing two high passes Lablung La (16,806ft) and Tong La (16, 806ft) with spectacular views of Shishapangma, Cho Oyu, Menlungtse and Gauri Shankar, before you descent to Nyalam-the last Tibetan town. From Nyalam, the road dramatically drops along the deep gorges of Bhote Koshi (Tibetan River) and the barren Tibetan landscape also quickly changes to lush green when you approach Zhangmu. Zhangmu, is largely a frontier town of Chinese character and culturally there is nothing to see. Accommodation in the best available Zhangmu Hotel.

Day 12: Zhangmu-Kathmandu (1300m/4,264ft, 123km/77 miles, 5 hrs) (B)

After breakfast, pass through Chinese immigration and customs. Make sure that you get stamp on your passport. From here you will drive 20 minutes down to Friendship Bridge where you will bid farewell to Tibetan guide and driver. Walk across the bridge and meet Nepali staff who will escort you to Nepali immigration and custom. You will obtain Nepali visa here, if you do not have it yet. You will have to complete an application and attach two passport size photographs. If you are visiting Nepal for less than 3 days or if you are traveling Nepal second time and you stayed in Nepal more than 15 days during your first visit in the same visa year, you will get gratis visa. Double check the dates of entry and validity, in order to avoid hassle while departing Nepal. Walk further 5 minutes to the parking lot and drive towards Nepal.

The journey from Zhangmu to Kathmandu can be disrupted in few places by landslides, particularly in the rainy months like July and August. You are requested to co-operate and contribute in hiring alternative vehicle and porters. From Zhangmu to Kathmandu, its 123 km/77 miles and takes 5 hours on normal road condition. Accommodation in a deluxe hotel Soaltee Crowne Plaza Hotel*****

Day 13: Kathmandu-Departure (B)

Transfer to airport for your flight back home. Kathmandu has daily flights to Delhi, Bangkok and Hongkong. Other flights are for Kolkatta, Mumbai, Paro (Bhutan), Chengdu and

Beijing (Saturday and Tuesday only), Shanghai (Saturday and Tuesday only).

Tour Cost Includes

- Accommodation on twin sharing in hotels and guesthouses as indicated in the itinerary
- Daily Breakfast and a welcome dinner with cultural performance.
- During camping, 3 meals a day prepared by a Tibetan cook
- All transfers and sightseeing as on itinerary by a 4WD jeep and a supporting vehicle and pack animals for transportation of gears and supplies.
- All camping gears.
- Service of English speaking local guide
- Sightseeing admission fees
- Tibet permits processing
- Internal airfare booking

Tour Cost Excludes

- Chinese visa fee.
- International Airfare. On request, we can search airfare and book it for you. Internal Airfare has to be booked through us. Quotation separately given and is subject to change.
- Lunch and Dinner during hotel stays.
- Drink, tip and other expenses of personal nature like laundry, phone calls, usage of vehicle for shopping etc.
- Extra expenses due to nature and unforeseen events such as flight delay or cancellation, illness, natural calamities which are beyond our control. Emergency medical transportation or evacuation. Travel Insurance

NEPAL EXTENSION

Glimpses of Nepal (03 Nights/04 Days)

Exploration of Kathmandu, Bhaktapur and Patan-three Malla principalities of medieval Nepal. Visit the Malla Palaces, Temples, Monasteries, bazaars and a typical Newari Village near Patan. Kathmandu Valley has 7 UNESCO recognized World Heritage Sites.

Deluxe Class: US\$ 350 per person on twin sharing.

Single Room Supplement US\$ 75

First Class: US\$ 250 per person. Single Room Supplement US\$ 45

A Classic Nepal Tour, 07 Nights/08 Days

Visit the cultural highlights of Kathmandu Valley, jungle safari rides in Chitwan National Park and explore the caves, gorges and lakes of Pokhara Valley.

Travel Insurance

Important notes on Itinerary

Although we will do our very best to adhere to the itinerary and its schedule, this itinerary should be considered an approximate indication of the schedule and scope of activities, and trip routing, rather than an inflexible schedule of Events. It is likely that there will be changes in the itinerary in terms of anything from the exact hotel used to the villages we may stop in for the night. Tour Guides and our crew will do everything to ensure that you are inconvenienced as little as possible.

Conditions of Participation

Your participation on a Wind Horse Holidays trip is subject to the conditions stated in the Participant Information

Form, which includes the Agreement and Release from Liability and the Booking Conditions. We urge you to read this information carefully, and to call us if you have any questions.

Maximum Group Size

We try to make our group size small so that we can pay attention to each and every participant and provide personalized services as far as possible. Maximum group size is 11 and we guarantee the trip for a minimum sign up of 2 participants.

Activity Level

This trip is designed for flexible, energetic people who like to be active, intellectually involved, and have a spirit of adventure with positive attitude. We rate this trip between moderate to strenuous. It features 4WD vehicle-based sightseeing mostly along the unpaved high altitude roads and 3 days strenuous trekking from Rongbuk Monastery (near Everest Basecamp) to Tingri in the Friendship Highway. The first day of the trekking is long and hairs rising but the second and third days are shorter and easier. While on trekking, pack animals are used to carry your personal baggage, gears and supplies and you

will walk with your small day pack. Tibetan crews will prepare you two hot meals (breakfast and dinner) and cold packed lunch will be served for day meal. Some part of the journey can be temporarily affected by landslide and rehabilitation works at progress. Many people feel the effects of high altitude right upon arrival at Lhasa. The usual symptoms are headaches, a bit of dizziness, fatigue, and loss of appetite. You'll need to walk slowly, rest more frequently, and drink ample fluids to avoid altitude sickness. To get the most out of the trip and enjoy the sightseeing tours, we recommend that you make a special effort to be in good physical condition. Daily brisk walking, Jogging and bicycling (or using a stair-climbing machine at your gym) is excellent preparatory exercises. Consult your physician if you have pulmonary and cardiac complains.

Passport and Visa

Your passport validity should be more than 6 months at the time of traveling and there should be enough blank pages for entry and departure seals. You will obtain Chinese visa beforehand and provide us a copy of your passport and Chinese visa for permit processing. Warning: Do not disclose about your Tibet intention for some good reason. As you have to enter China within 90 days from the date of issue, make sure that your visa does not expire before your travel date. Entering Tibet is not leaving China. If you intend to fly back to mainland China after your trip concludes in Kathmandu, you must have a multiple entry visa. You will collect a copy of Tibet entry permit from our representative at Beijing or Chengdu or can be shipped to your address, time permitting, at an extra cost.

If your travel to Tibet begins from Kathmandu, Your Chinese visa/Tibet entry permit, which is called "Group Visa" and that comes in a letter size sheet with list of participants are obtained from Chinese embassy of Kathmandu. The visa has to be pre-processed through booked tour, though. So, you must have at least a couple of days in Kathmandu for visa work before your flight to Lhasa.

Nepal visa can be obtained at the port of entry. Two

passport size photographs have to be submitted along with trip application. A 60 days valid, single entry visa costs US\$ 30 that you have to pay in cash dollars, preferably in exact amount. Travelers visiting Nepal for 3 days or less will get gratis visa.

link..

<http://www.windhorsetours.com/reservation.php>

Guide and Crews

The trip is led by local English speaking Tibetan Guide whom you meet upon arrival at Lhasa airport. For trekking part, we will send a cook and depending on group size, we can add other helps for camping and kitchen arrangement.

Singing up

We request USD 200 deposit (Non refundable) plus internal airfare costs in order to process the booking. Upon receipt of your booking, we will get back to you with status of air and hotels. Normally, the final payment is due 90 days prior departure but if the suppliers need payment earlier, we may contact you accordingly.

Cancellation Charges

91 day prior departure: Forfeiture of deposits
Between 90-60 days prior departure US\$400 per person or 25% of the total trip cost which ever is higher.
Between 59-45 days prior to departure US\$ 600 per person or 50% of the land cost whichever is higher, will be charged.
Between 44-30 days prior to departure US\$ 800 per person or 75% of the land cost whichever is higher will be charged.
Cancellation within 30 days prior departure results into 100% charge of the land cost.

Purchase Insure America's Travel Guard Policy to protect yourself from the cancellation charges, in case if you have to cancel the trip for any unavoidable circumstances like accident, illness, and death in the family. For more information, please, visit http://www.windhorsetours.com/travel_insurance.php

Trip applications can be downloaded from following