Detail Itinerary

Overview of Central Tibet (Ganden Samye Trek)

The Central Tibet (Ganden Samye Trek) begins with a magnificent and picturesque flight from Kathmandu to Lhasa. During the flight, you can witness breathtaking views of the world's highest mountain chain, including Mt. Everest, Mt. Lhotse, Mt. Makalu, Mt. Cho-Oyu, alongside numerous other famous and unnamed snow-capped peaks. Upon arrival at Gonggar International Airport, an English-speaking Tibetan guide will warmly welcome and pick you up.

Highlights of the Lhasa City and Central Tibet Tour

This unique program, designed by Nepal Kailash Trekking, combines a world-famous Lhasa city tour with the spectacular Central Tibet trek. It offers the finest cultural exploration of Tibet, featuring iconic sightseeing locations in Lhasa such as the legendary Potala Palace and historic monasteries situated across the world's highest, largest, arid, and scenic plateau. The journey also extends to the North Base Camp of Mt. Everest, rewarding travelers with stunning panoramic mountain views.

Ganden to Samye Trek and Return Journey via EBC

After heading to the designated starting point, the trek begins towards Samye via Ganden. The Ganden Monastery is the oldest and first monastery of the Gelugpa (Yellow Hat) sect, founded in the early 15th century by Tsongkhapa. The itinerary continues through Gyantse and Shigatse—Tibet's second-largest city and the seat of the Panchen Lama—where you will visit the golden-roofed Tashilhunpo Monastery before heading toward Rongbuk and Everest Base Camp. The return journey to Kathmandu includes a scenic and safe drive through Old Tingri, crossing the Thangna-La Pass with magnificent views stretching from Gaurishanker, Dorji Lakpa, and Shishapangma to the Langtang Himalayas, eventually descending into lush green vegetation landscapes.

Trip Facts

- Trip Duration: 18 Days days
- Trek Duration: 6 Days
- Primary Activity: Culture
- Secondary Activity: Trekking
- Starts Point: Kathamadnu
- Ends Point: Kathmandu
- Trip Grade: Hard (Altitude)
- Max. Height: 5300m
- Season: May-Oct

Detail Itinerary

Day 01: Depart from home country

Day 02: Arrival at the airport in Kathmandu (1350m). You will be met by your guide at the airport , Transfer to Hotel Kantipur Temple House , Kathmandu

Day 03: Flight Kathmandu – Lhasa In the morning transfer to airport for flight from Kathmandu to Lhasa. The approximately 70-minute flight (weather permitting) to Lhasa (3647 m), on a clear day a magnificent view of the Himalayas with the highest mountains in the world. From Gongkar -Airport to Lhasa (about 60 km). Shortly before Lhasa visit the Monastery Dolma Lhakang in Nyetang , which is dedicated to the female deity Tara. Nachmittags free for rest and acclimatization ¬ Sieren (because of the height very important) . Overnight Hotel Lhasa

Day 04: Lhasa : Jokhang , Barkhor , Sera , Ramoche Morning visit to the Jokhang , Tibet 's holiest site with the legendary Jowo (winning) Shakyamuni , on the forecourt and the Barkhor , the ritual circular route around the Jokhang . Experience the Tibetans in the integration of Buddhism into their daily lives . In the afternoon visit the monastic university of Sera . It offers the dramatic sounding disputations of the monks at , followed by a tour of the Ramoche , the tantric Faculty and pass through the Tibetan market. Hotel Lhasa

Day 05: Lhasa : Potala , Dralha Lhupuk , Drepung , Norbulingka - In the morning you will visit the Potala (time restrictions possible) , the impressive Winter Palace of the Dalai Lamas , and the meditation cave Dralha Lhupuk where the protective goddess Pelden Lhamo is worshiped. Afternoon loading examined the Summer Palace in Norbulinka and the monasteries at Drepung . Hotel Lhasa

Day 06: Lhasa – Tsurphu – Ganden - Drive to Tsurphu Monastery (3-4 hrs) , the seat of the 17th (and now fled to India) Karmapa Lama. You can acclimatize well with a hike on the kora (circumnavigation) attend high up to various monastic clauses (approx. 1-3 hours) and the monastery. Drive (about ?? hours) via Lhasa to Ganden . Camp 1, Ganden .

Day 07: Trekking Ganden - Drogpa (Ganden - Samye Trek) - The trek starts with a climb through alpine meadows until after Drogpa (about 6 hours). The luggage is carried by yaks or ponies. Camp 2, Drogpa

Day 08: Trekking Drogpa - Chitu La (Ganden - Samye Trek) - Trekking on Shuga La pass (5300 m) down into a vast plateau (about 5 hours) to Chitu La Pass (4940 m). Camp 3, Chitu La

Day 09: Trekking Chitu La - Nyango (Ganden - Samye Trek) - The trek leads to Yemalung monastery and the village Nyango (approx. 5 hours), Camp 4 , Nyango

Day 10: Trekking Nyango - Samye (Ganden - Samye Trek) - Through a wide valley , the view extends to the Tsangpo River. You walk down to the Samye Monastery (about 3 hours). Trekking up to the hermitage of Chimpu . There are numerous meditation caves with breathtaking views of the Tsangpo Valley. Visit the Samye Monastery, the oldest Buddhist system in Tibet from the 8th century, Camp 5 /Guest House, Samye

Day 11: Samye - Yamdrok Lake - Gyantse - Drive to Gyantse (daily distance about 250 km / 5 hrs) . Climb to the top of the pass of the Khampa La (4794 m) with stunning panoramic views back to the Tsangpo and advance to the Yamdrok Lake, in the distance can be seen the Nöjin Kangsa (7223 m). The route follows the shores of Yamdrok long , winding its way over the Karo La (5010m) and the Zhimi La (4370 m) to Gyantse (4070 m). Gyantse Hotel, Gyantse

Day 12: Gyantse (Pelkor Chode Kumbum) - Shigatse (Tashi Lunpo) - Morning tour of the monastery Pälkhor Chode with unique art treasures and one of the oldest Ghökang (Chamber of protective deities) , followed by a tour of the unique Kumbum , a walk- Stupa in the form with many story mandala with 85 rooms with numerous sculptures in each chamber and a total of 27 ' 000 pictures of Buddhist deities. From here, drive about 2 hours to Shigatse . Visit the Tashilhunpo Monastery , the headquarters and the Grabchörten the Panchen Lama . The vast monastery town

includes a wealth of art treasures , including the unique 10 meter high Buddha Maitreya. Manasarovar Hotel , Shigatse

Day 13: Shigatse - Sakya - Rongbuk (Mt Everest Base Camp) - Interesting trip (about 325 km / approx. 7 hours). Across the country of Sakya , past numerous impressive ruins through a varied landscape In a valley , visit the Sakya Monastery . After Lhatse (4055 m) ride across the Lakpa La (5260 m), from where you can see Mt Everest. After Shekar ride through a simple road over the Pang La (5150 m) to Rongbuk (4998 m). Visit the small monastery of Rongbuk . Stay overnight at the Camp or a simple guest house (without any comfort) with views of the highest mountain in the world , Mt Everest (8850 m). guesthouse /House tent , Rongbuk

Day 14: Rongbuk - Everest Base Camp - Zhangmu / Khasa - On a clear day you can watch the sunrise on Mt Everest. On foot (about 2 hours) or by bus to reach the Everest Base Camp (5200 m). Afterwards drive on an adventurous jeep track down to Tingri (approx 75 km) in the Tingri plains . Back on the main road , take the Arniko Highway to Nepal on the Thang La Pass (5100 m). Wonderful views of the highest mountains of the Himalayas (Mt. Everest, Cho Oyu , Shishipagma etc.). From Nyelam (3500 m) , the journey from the Tibetan plateau goes through a large canyon down to Zhangmu (2300 m) on the Nepalese border . Hotel Caiyuan , Zhangmu

Day 15: Zhangmu / Khasa – Kathmandu - Crossing the border to Nepal. The border formalities can take time . Drive back through the hills of Nepal to Kathmandu (approx. 110 km/3- 5 hours). Relative bad road in the first stretch to Barbise , after rains the roads are often impassable . Transfer to hotel in Kathmandu. Hotel Kantipur Temple House , Kathmandu.

Day 16: Kathmandu (reserve day if transfer from Zhangmu fails). Morning visit to the old town of Kathmandu Hanuman Dhoka with trip to the royal city of Patan and the Tibetan center in Boudhanath.

Day 17: Day for Kathmandu . Evening farewell dinner

Day 18: Home Departure

Cost Includes

- Airport Pick up and drop
- Requires Permits and entrance fees in Nepal and Tibet
- An English speaking guide, from Nepal and one cook
- An English speaking Tibetan guide in Tibet
- Needed transfers, private vehicles
- Yak and Yak men for luggage while 3 days' Trekking
- All Camping trekking services such like as tent, meals (during trekking) , cook
- All staffs (from Nepal and Tibet) salary/accommodation/insurance

- Guesthouse or hotel on B.B basis as above program
- Kathmandu Valley Sightseeing with if Day 15 arrived in Kathmandu
- Border to Kathmandu private transfers
- 3* Hotel in Kathmandu on Bed & Breakfast (BB) plan

Cost Excludes

- Nepal Visa - re-entry visa fee for the clients who stay longer than 3 nights in Nepal after the Tibet tour
- Chinese visa fee US$ 85 per person (changeable)
- Meals (Lunch and dinner) during the whole tour in Tibet and in Nepal except during camping trek section in Tibet
- The personal natures expenses
- Kathmandu-Lhasa airfare present rate is USD 410 (changeable)
- Tips to the staffs