

Lhasa Kailash Manasarovar Trithapuri Garuda Valley Tour

Trip Facts

Duration: 19 days

Trip Destination: Nepal, Lhasa & Kailash (Tibet)

Entry / Exit Point: Lhasa / Zhangmu

Maximum Altitude: 5600 M

Duration Of Trip: 19 Days

Group Size: 2 People Or Above

Mode Of Trekking / Tour: Tea House/Lodge

Driving Hour: Approx 5-7 Hours

Trekking Hour: 5 To 8 Hours

Trip Type: Adventure

Best Season: April Through October



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Day to Day Itinerary

Day 1: Arrival in Kathmandu. Hotel

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Day 2: Kathmandu sightseeing: Pashupatinath Temple, Kathmandu Durbar Square and Swoyambhunath stupa (Monkey Temple) & visa arrangements. Hotel

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Day 3: Fly to Lhasa (3650m), Gonggar airport (1 hr) and drive to Lhasa city (90 km/1 hr). Hotel

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Day 4: Guided sightseeing in Lhasa (3650m): Potala Palace, Barkhor Square, Jokhang Temple & Norbulinkha Palace. Hotel

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Day 5: Guided sightseeing in Lhasa: Sera & Drepung Monastery and Tibet Museum. Hotel

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Day 6: Drive, Lhasa to Gyantse (3900m) via Yamdruk Tso Lake (295 km / 6 hrs). Sightseeing in Gyantse: Gyantse Dzong, Palkhore Chode Monastery & Khumbum Stupa. Hotel

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Day 7: Drive, Gyantse to Shigatse (3800m / 95 km / 2 hrs). Sightseeing: Tashilunpo Monastery. Hotel

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Day 8: Drive, Shigatse to Saga (4400m / 450 km / 7 hrs). Guesthouse

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Day 9: Drive, Saga to Lake Manasarovar (Chiugompa) (4600m / 480 km / 8 hrs). Guesthouse

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Day 10: Drive, Lake Manasarovar (Chiugompa) to Darchen (4700m / 40 km / 1 hr). Guesthouse

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Day 11: Drive, Darchen to Trithapuri (4510m / 100 km / 2hr) Guesthouse

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Day 12: Drive, Tirthapuri to Garuda Valley (Kyunglung) and drive back to Trithapuri. Guesthouse
Explore the Garuda valley and visit Bonpo Monasteries and afternoon drive back to Trithapuri.

Guesthouse

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Day 13: Drive, Tirthapuri to Darchen. rest of the day is free and preparation for Kailash. Guesthouse

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Day 14: Short drive from Darchen to Sherson/Yamadwar (8 km / 30 min) and start trekking to Diraphuk (4950m) – 18 km / 5 hrs. Guesthouse

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Day 15: Continue trekking to Zuthulphuk (4850m) via Dolma-la pass (5600 m) – 22 km / 9 hrs. Guesthouse

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Day 16: END TREK THEN DRIVE TO SAGA 480 km (7 hrs), (Zutulphuk to ending point (07 km, 1.5 hrs trek)

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Day 17: DRIVE SAGA TO KYIRONG 170 Km, 5 hrs Drive

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Day 18: DRIVE TO KATHMANDU, 160 KM (7 HRS)

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Day 19: Departure to the airport for your flight to home.

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Trip Cost Includes

P O Box 4612, Sukedhara, Kathmandu, Nepal

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Email: info@explore-vacation.com, sales.explorevacation@gmail.com

URL: <http://www.explore-vacation.com>

- Hotel on twin sharing in Kathmandu with breakfast.
- Accommodation in Lhasa & Shigatse with breakfast
- Guesthouse accommodation only in Shigatse onward.
- Airport transfers in Kathmandu & in Lhasa
- Half-day sightseeing tour in Kathmandu
- Kathmandu – Lhasa flight ticket
- All Tibet travel permits for Lhasa, Shigatse & Kailash Manasarovar
- Tibet group visa
- Transportation in Tibet by Luxury Van or Bus
- Tour around Lake Manasarovar on vehicle
- English speaking Tibetan guide
- Oxygen for emergency use / Medical kit bag / First Aid kit
- All applicable taxes & service charges

Trip Cost Excludes

- Lunch and dinner
- International air ticket to Kathmandu & return from your home town
- Nepal entry visa fee
- Riding Horse during the Parikrama
- Your travel insurance
- Insurance for emergency rescue & evacuation service
- Personal expenses / Bottled drinks
- Asthapad Darshan (Govt. prohibited this trip if permitted can arrange by walk)
- Tips for guide & driver
- Extra accommodation charge in Lhasa, Shigatse & in any places of Kailash region due to any reason like sickness, rescue besides tour itinerary
- Any additional cost due to natural calamity, emergency evacuation or unforeseen circumstance.