

Amazing Journeys - NEPAL, TIBET & CHINA

the Trip to the Roof
of the World



An absolute epic journey!

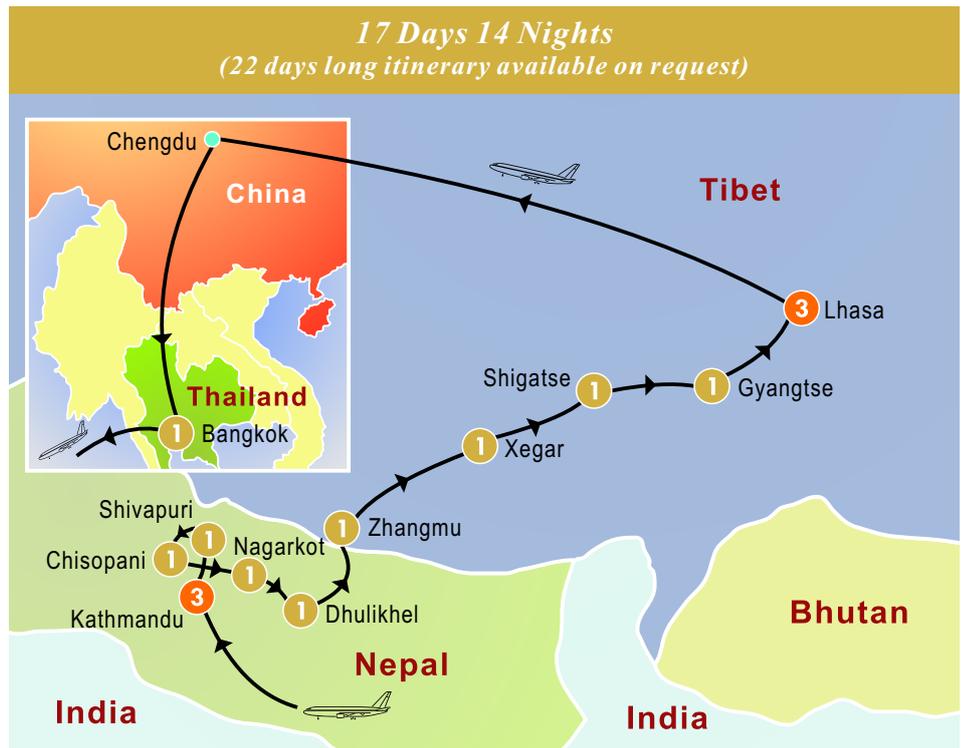
During this trip you will be visiting the very best of Nepal, Tibet and China concluding your journey in Beijing. This trip will take you from ancient cultural treasures to scenic natural beauty, from remote rural regions to the modern cosmopolitan.

The highlight of this trip is the 3 day trek in the Himalayas, from Shivapuri to Nagarkot. Through forests, along lakes and snow-capped mountains. Experience the wonderful scenery on offer and breath in the wonderful clean air. It can truly be said that this trip cleanses mind, body, and soul and enables the traveller to look at the world with a new perspective.

It is said that this trip is not about the mountain, but about the climb. 



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Day 01 Depart Johannesburg

Depart for Bangkok today. Please check your luggage to the final destination – Kathmandu.

Day 02 Arrive Kathmandu (DS)

Arrive Bangkok this morning, catch a connecting flight to Kathmandu, capital of Nepal. On arrival at Tribhuvan International Airport, we're met and transferred to the hotel. A welcome dinner followed by authentic culture show.

Day 03 Kathmandu (B. L.)

After breakfast, we start our valley sightseeing with a visit to Kathmandu Durbar Square, the palace of the Malla and then the Shah Kings of Nepal. Places of interests here are the Kasthamandup, a medieval rest house said to give Kathmandu its name, Kumari Temple, abode of the virgin goddess. From here we visit Swoyaambhunath Stupa. In the afternoon, visit to Patan famous for its arts and crafts. From here we visit the Tibetan cultural centre first founded by the Tibetan refugees of the late fifties and now an exhibition cum shopping complex of carpets, jewellery and many other interesting souvenirs.

Day 04 Kathmandu (B. L.)

Today, we continue our sightseeing of Kathmandu valley by visiting two very important religious centres: Pashupatinath

temple for the Hindus, nearby this along the banks of the river Bagmati is the cremation area for the dead. Boudhanath is possibly the largest Stupa in the world and a centre for the Tibetan school of Buddhism. After lunch, we drive to Bhaktapur, the medieval city of devotees and the best preserved of all the old cities of Kathmandu valley.

Day 05 Kathmandu / Budhanilkantha / Shivapuri (B. L. D.)

An early morning start today we drive to Budhanilkand and from here (trekking starting point) we trek to Shivapuri (2,732 metres) for about 5 / 6 hours. Shivapuri is very good for walking through the forest and along the ridge with spectacular views of Mt. Annapurna, Manaslu, Ganesh Himal, Langtang and Jugal Himal from the camp site on the flat grassy summit. Overnight in Shivapuri at tented camp.

Day 06 Shivapuri / Chisopani (B. L. D.)

Wake up early in the morning to see the sunrise over the Himalayas. After breakfast, trek to Chisopani (2,194 metres) which takes about 5 hours. Walk along the ridge between Shivapuri watershed forest and the panoramic attraction of the Himalayan view. Overnight at tented camp.



Day 07 Chisopani / Nagarkot (B. L. D.)

Today, walking between the village and forest we continue our journey to Nagarkot (2,175 metres). This spot provides an excellent view of the sunset and Mt. Everest can be seen on a very clear day. Arrive Nagarkot and check into hotel.

Day 08 Nagarkot / Dhulikhel (B. L. D.)

Enjoy the sunrise over Himalaya this morning. The first rays of the sun firing the peaks a lightest red slowly lighting up the Himalayas from Kanchenjunga and Everest in the Far East of Annapurma and Dhaulagin in the West. We trek down to Changunarayan for about 4 hours with lunch en route. Then, drive to Dhulikhel (about one hour journey).

Day 09 Dhulikhel / Zhangmu (B. L. D.)

A 4-hour drive will bring us to Kodari Friendship Bridge (the border check-point between Nepal and China). After immigration formalities, our Tibetan guide will meet us. Transfer to the border town of Zhangmu on the Chinese side.

Day 10 Zhangmu / Xegar (B. L. D.)

Today, we drive to Xegar crossing Nyalamu Pass (3,800 metres high) and Lalung La Pass (5,050 metres high). Fantastic view of the high mountain including Everest (8,848 metres high) can be seen.

Day 11 Xegar / Shigatse (B. L. D.)

By road to Shigatse (the highest city in the world), the place of famous Tashilunpo Monastery and seat of Panchen Lama until his death in 1989 with its huge Thangka wall which is already visible from the north side of the road.

Day 12 Shigatse / Gyantse (B. L. D.)

Visit to Tashilunpo Monastery and the local market in the morning. After lunch, we embark on a pleasant 2-hour drive to Gyantse. Here, we visit the Khumbum Stupa and Phalkot Monastery.

Day 13 Gyantse / Lhasa (B. L. D.)

The trip to Lhasa today will take us about 7 hours crossing two passes The Karo La (5,010 m) and Kamba La (4,794 m) and Lake Yamdrok Tso (Turquoise Lake). We cross the Yarlung Tsangpo (Brahamaputra) River and see the distant view of Potala Palace. Arrive Lhasa and check into hotel.

Day 14 Lhasa (B. L. D.)

Our day starts with a visit to Potala Palace. This 17th century palace offers an awesome view of the entire city and also houses the private quarters of the Dalai Lama, numerous grand

state rooms and chapels. On to Drepung Monastery. Ancient history has it that the monastery (built in 14th century) used to shelter around 10,000 monks but now there has been quite a decline resulting in only few hundreds. Tibetans respect and belief are immensely interlinked with this monastery.

Day 15 Lhasa (B. L. D.)

Sightseeing includes a visit to Sera Monastery of white washed walls and golden roofs. Equally adventurous and exciting tempo builds up while touring Norbulinka, the summer palace of the Dalai Lama. Jokhang Temple is another important sacred site which unravels more deep seated mysteries of Tibetan Buddhism. A visit to Barkhor Bazaar can be quite a change from other visits as we roam around the city savoring tiny detail from stall hawkers coaxing their clients to purchase their goods to exhibitions of Tibetan culture, custom and tradition. Eventually the tour for the day concludes as we return to the comforts of our hotel.

Day 16 Lhasa / Chengdu / Bangkok (B.)

A morning flight to Chengdu, capital of Sichuan Province, the most populated province in China and a city with 2000-year-old history. A connecting flight to Bangkok. Upon arrival, a shuttle transfer to Novotel Airport Hotel.

Day 17 Bangkok / Johannesburg

A shuttle transfer to airport and board your early morning homeward flight. Arriving Johannesburg this morning. Welcome home! 🇿🇦

Travel tips:

- Visa to Nepal, Tibet and China can be arranged on arrival in Kathmandu.
- Travel permits to Tibet can only be arranged for a party of minimum 5 people travelling together.
- As part of this tour will be in high altitude we suggest that you take medication (Diamox) as a precautionary measure.

Cost from USD 4,560 per person sharing, single supplement at USD 890 only.

Included: Land and international flights ex-JNB

Category: First class and comfortable

Departure dates: 25 May 2013 / 24 May 2014 / 23 May 2015 / 21 May 2016 / 20 May 2017