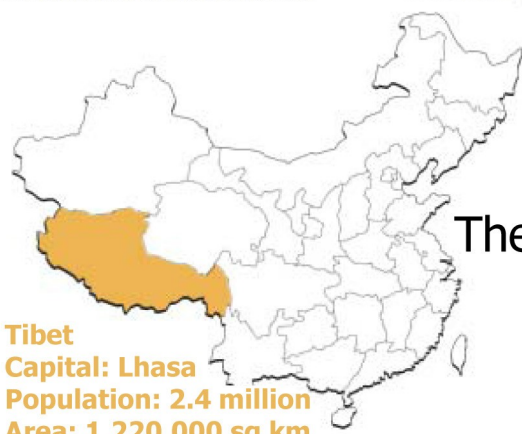




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Tibet Classic: The Roof of the World (8 Days/7 Nights)

Tibet
Capital: Lhasa
Population: 2.4 million
Area: 1,220,000 sq km



Tibet, the Top of the World. A land, where the endless sky is touching the horizon and colourful prayer flags protect the passes and mountains; where Yaks, decorated with red ribbons are pulling the plough through the fields of the fertile Yarlung valley. A land where Buddhist monasteries are still full of pilgrims murmuring mantras in the golden light of yak butter lamps. A land that is locked away in the fastness of the Himalaya and has - despite all the turmoils and developments of the twentieth century - preserved the quintessence of Buddhism and a basic lifestyle.

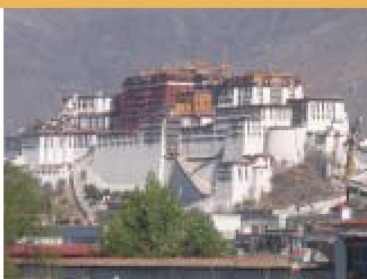
Above all mysteriousness of this land, one thing is for sure: **Tibet will take your breath away.**

Day 1: Shanghai to Lhasa

Flight Shanghai – Lhasa (1 stop)

Meet & Greet at Gonggar Airport
Transfer to Lhasa; distance about 65 km, 1 hour.
Rest of the day to acclimatize to an altitude of about 3600 m.

Maybe you go for a short stroll to the nearby Barkhore Square and join the pilgrims circumambulating Jokhang Temple. If you feel good, enjoy a guided tour to Jokhang on this day. Otherwise, leave it to the next day.
Night at (****) Hotel, Lhasa



Day 2: Potala Palace & Sera Monastery

Breakfast

Start your guided tour to Potala Palace at 9:00 (time to be confirmed by guide – access to Potala Palace is controlled). Take your time to walk up to Potala Palace – visit the vast palace complex, the residence of the Dalai Lamas. You will need approx 2 – 3 hrs for the visit.

Back to your hotel for lunch (suggestion) and a rest.

Afternoon: Depart from your hotel at 14:45 for a short drive of about 20 minutes to visit Sera Monastery (one of the 6 biggest Gelugpa Monasteries) and monks debating in the gardens of the Monastery.

Night at (****) Hotel, Lhasa



Day 3: Ganden Monastery & High Kora

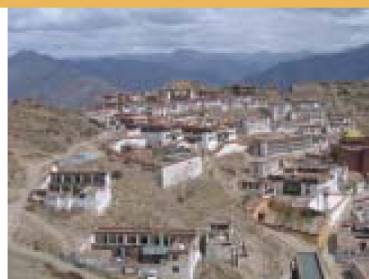
Breakfast

Another day in Lhasa. Suggest to visit Norbulinka (Summer Palace) or, if you feel good, drive to Ganden Monastery at 4400 m elevation. Enjoy the drive up from the plains to the monastery, situated on the back of a steep mountain.

It is worthwhile to walk the breathtaking High Kora (climbing straight up a hill – 250 m) and enjoy a bird's eye view of the Monastery. The Low Kora, surrounding the monastery on a more even level, is also worthwhile to walk.

After visiting the monastery, return to Lhasa.

Night at (****) Hotel, Lhasa.



Day 4: Yangpachen & Lake Namtso

Breakfast

Depart from your hotel at 9:00 and drive north-west to Yangpachen, the place with hot springs and a big power supply plant for Lhasa. Continue via Damxung and Largeh La (5123 m) to Namtso Lake at an altitude of 4718 m.

This itinerary has been created through our personal travel experience in this region. It can easily be modified and combined with any other tour we offer in China and the rest of Asia - ideally with a trip to Nepal and/ or Bhutan. To experience Tibet in more depth please consider our Extension Days.

Our objective is to suit your interests best.

Talk to us and we will design the right trip for you.

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Please note:

The Road Situation in Tibet is difficult to predict. Some roads are in no good state of repair and road situation can change rapidly due to weather conditions. Roads are being upgraded in Tibet and road construction can naturally cause some delays - in extreme cases even longer hold-ups or diversions.

(Difference in the altitude statement of maps and in books). This holy lake with its unique turquoise waters and the backdrop of Nyanchen Thangla with its peak well above 7000 m has a remarkable setting. – If you are able to find a sheltered place, this would be one of the best places on earth for a picnic.

Drive back in the afternoon.

Night in Damxung (Keep expectations on guesthouse low!)

Day 5: Damxung to Shigatse

Breakfast

Depart at 8:00 from Damxung and head back the same road until you reach Yangpachen. From here a dirt road will take you to Shogu La (5300 m) before you have passed Yangtse, a Monastery at the altitude of some 4400 m. The only place for a lunch will be Margyang, roughly in the middle of your unpaved road to Shigatse. Your last pass on this day will be Dongu La (4840 m) before you head down to the Yarlung valley. From here another 80 km on a paved, but uneven road until you reach Shigatse. This has been a long day. So, no further program. Night at Hotel, Shigatse.



Option to extend trip to Everest Base Camp and/or to Nepal

Day 6: Tashilumpo Monastery & Market

Breakfast

Suggest to walk over to Tashilumpo Monastery – the seat of the Panchen Lamas around 09:00, when it is less busy. This monastery is also known for the statue of the Maitreya Buddha made out of 275 kg Gold.



Option to extend trip to Gyantse

Afternoon: You can discuss the program with your guide and visit local places. The Tibetan market is certainly interesting to visit.

Night at Hotel, Shigatse

Day 7: Scenic Views along Yarlung River

Breakfast

Depart at 9:00 from Shigatse and drive back to Lhasa. First 80 km are the same as two days before. After the road forks off to Dongu La, the road is new and comfortable and leads all the way along Yarlung River and through an impressive Gorge.



You will pass an Incense Mill area and should certainly stop here for a break and an interesting experience (stop just before the bridge @ km 4748 on Road 318). – About 80 km before you reach Lhasa, cross the Bridge that leads to Kamba La and drive all the way up. An excellent paved and designed road. By reaching your pass at 4790 m you are rewarded with amazing views over Yamdrok Lake. Enjoy your last natural highlight before you drive back the same road and continue all the way to Lhasa or (in case of extension) to Tsedang.

Night at (****) Hotel, Lhasa

Option to extend trip to Tsedang

Day 8: Lhasa to Shanghai

Breakfast and Airport Transfer by private car

Flight Lhasa – Shanghai (1 stop)



If you decide to travel with The Last Frontiers* we will be happy to provide an extensive personalised package, including:

- ✓ **Personal briefing**
- ✓ **Tips and hints on travelling in Tibet**
- ✓ **Map of Tibet**
- ✓ **Addresslist in both English and Chinese**
- ✓ **Restaurant recommendations**

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Extension Days „Everest Base Camp“

ExtDay 1:

Suggest to walk over to Tashilumpo Monastery – the seat of the Panchen Lamas around 8:30, when it is less busy. This monastery is also known for the statue of the Maitreya Buddha made out of 275 kg Gold.



After visiting Tashilumpo Monastery start to drive via Yarlung Valley to Lhatse. After about one hours drive expect a dirt road for the remaining distance, but good graveled road. Plan a stop in Lhatse or take a picnic along and enjoy this in the area close to Jonang Temple.

For the remaining part from Lhatse to Shegar (New Tingri) you will cross Lhakpa La with 5220 m altitude. Expect very bad conditions from Lhatse to Shegar because of road constructions. (This road only open from 7pm – 7am). You have to wait until 7pm to transfer to Shegar

Night at Everest Hotel, Shegar (4200 m)

ExtDay 2:

This day is hopefully going to be the highlight of the tour, if the weather conditions allow unobstructed view to Mt. Everest.

Depart 9:00 o'clock to drive for about 30 minutes until the road forks off to Everest Base Camp. After reaching Pang La you should have great views of the whole mountain range around Mt. Everest or Qomolungma.

From leaving Road # 318 it will be 101 km to reach Rombuk Monastery. From here you can walk or take a ride to EBC itself.

Transfer back to Shegar.

Night in Everest Hotel, Shegar

ExtDay 3:

Leave in the morning to drive back to Shigatse. Since the road via Tsuo La and Tra La should still be closed, you have to put up and drive back the same way. By now, you know, what to expect.

Maybe you stock up in Lhatse for a picnic en route.

Night in Kyanjian, Shigatse and continue as per above (Day 7)

Extension Day „Gyantse“:

Hit the road either before or after lunchtime and drive to Gyantse (about 1.5 hrs only). Check into the Hotel and take the short walk to the Monastery, passing the Old Fort of Gyantse (which has been reconstructed nicely).



Visit Gyantse Monastery, which gives home to three of the major sects in Tibet. For the physically fit and ambitious, there is the challenge to climb up to the Fort. The sweeping views from the Fort down into the valley will certainly reward you.

Night at (****) Hotel in Gyantse – continue with Day 7 as per above – but be ready for an early start, as tomorrow will be a long day, adding the 1.5 hrs drive from Gyantse to Shigatse.

Extension Days „Nepal“:

ExtDay 1 & ExtDay 2

Same as Extension to Everest Base Camp



ExtDay 3

Start from Shegar along the Friendship Highway all the way to Nyalam and Zhangmu. You will cross the border at the Friendship Bridge (Visa Stamp before you enter Nepal)

Our partners will meet you with a car and a guide at the Border Station. From there you continue to Dhulikel, a Nepalese Hill station

Night at local guesthouse, Dhulikel

ExtDay 4

In the morning drive to Kathmandu. Visit Bhaktapur en route to Kathmandu.

Check-in at the hotel. Afternoon and evening free
Night at hotel, Kathmandu

ExtDay 5

Guided tour: Bodhanath (Buddhist Temple) and Pashupatinath (Hindu Temple)

Afternoon is free to do some last shopping on Durbar Marg.

Evening: Airport transfer

Flight Kathmandu – Shanghai



Extension Day „Tsedang“:

We will be happy to also add Tsedang to your itinerary. From Tsedang, you can visit the old and remote Samye Monastery and the oldest building in Tibet, the Yumbulagang. Now Yumbulagang is – you have guessed it – a Monastery. A small one though, it is very charming and sits at a picturesque position high above a fertile valley.

Night in (****) Hotel in Tsedang

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We have been working with our local partners for many years and know them as being reliable and professional. The hotels we chose for you are personally tested and approved by The Last Frontiers. Should problems occur during your trip, we are here for you in our office in Shanghai.

Tour includes:

- + Domestic tickets
- + Airport transfers as specified
- + Accommodation as stated including breakfast
- + Private car and guide throughout the tour (guide to Great Wall is not included)

Tour excludes:

- Entrance fees
- All meals not mentioned in the itinerary or marked as optional or suggested
- Personal expenses (laundry, telephone calls, drinks, tip...)
- Personnel insurances (health, third party, cancellation, luggage...)
- Any services not mentioned in the itinerary



Price on request

For an exact quote we need to know **travel dates, names of all travelers** as per passport and **birth date of children below the age of 12.**

Important Remarks

This proposal has been prepared based on or experience and knowledge of the current situation locally. **No** bookings have been made yet. In case of your confirmation to go ahead and to book hotels, flights and other services, we will request those from our partners as per itinerary. Should hotels and flights not be available, we will endeavor to book services of similar quality. However, slight changes to our proposal above may be unavoidable.

Passports & Visas

When traveling, you must be in possession of valid papers. To avoid any risk, passports shall be **valid for min another 6 months** on the day of your return to your home. In case, Visas are required, The Last Frontiers* would be delighted to support you organizing the visas. Please note however, that The Last Frontiers* can not be held responsible for information on visa or immigration regulations, or in case visas are not obtained or visas are not accepted by local Authorities. In case, you plan to come back to China, please check, that you are in possession of documentation to be able to reenter China (visa & entry permit).

Payment

Invoices payable prior to departure or latest one week after Invoice Date. China Trips payable to our accounts in China or Cash RMB. **Credit Cards welcome (conditions apply)**. International services payable in US\$ or Euro to our accounts in Hongkong or Germany. Cheques accepted (surcharges apply).

Cancellation

Cancellation fees apply, if you change or cancel the trip (or parts of the trip) after your verbal or written confirmation. We will attempt to reduce cancellation fees to a minimum and will calculate cancellation fees according to our actually incurred costs and time spent on your case. **In any case, cancellation fees as per Confirmation Sheet apply.**

Force Majeure

Compensation payments do not apply, where performance is prevented by risk of war or threat of war, riot, civil strife, industrial dispute, terrorist activity, natural or nuclear disaster, fire, adverse weather conditions, technical problems with transport, closure or congestion of airports or ports, cancellations or changes of schedules by scheduled airlines and similar events beyond The Last Frontiers' control.

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Sigrid Seel & the entire The Last Frontiers Team

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