Chengdu In Kyirong Out Trip



Total Trip Days: 10 Days

Itinerary

Day 1:

Upon arrival to chengdu from your home country, you will be received and transferred to the Hotel.

Day 2:

Pick up from the hotel and transfer to airport to fly Lhasa. Upon arrival at Gonggar airport (Lhasa) meet with guide and transfer to hotel through new tunnels (1 hour). Remaining of the day will be free for acclimatization. – Overnight at hotel.

Day 3:

AM; Sightseeing of Drepung Monastery, Tibet Museum - PM: Sightseeing of Norbulingka & Sera Monastery.

The Drepung Monastery is situated at the foot of the Mountain Gambo Utse, 5 kilometers (3.1 miles) from the western suburb of Lhasa, the Drepung Monastery is known as the most important monastery of Gelugpa in Tibetan Buddhism. It is considered one of the 'Three Great Monasteries' (the other two are the Ganden Monastery and the Sera Monastery. Covering an area of 250,000 square meters (299,007 square yards), it held 7,700 monks in total and possessed 141fazendas and 540pastures in its heyday, and is the largest-scale monastery among the ones of the same kind. Seen from afar, its grand, white construction gives the monastery the appearance of a heap of rice. As such, it was given the name 'Drepung Monastery' which, in the Tibetan language, means Monastery of Collecting-Rice.

Norbulingka, meaning "Jewelled Park," is a beautiful summer palace and garden complex located in Lhasa, Tibet. Originally built in the mid-18th century by the 7th Dalai Lama, it served as the seasonal retreat for successive Dalai Lamas, offering a tranquil escape from the main Potala Palace. Spread over 36 hectares, Norbulingka features traditional Tibetan architecture, richly decorated pavilions, and lush greenery, making it a cultural and historical treasure. Today, it is recognized as a UNESCO World Heritage Site and remains a popular site for both pilgrims and tourists.

The Sera Monastery at the foot of Tatipu Hill is located in the northern suburb of Lhasa City. It is one of three famous monasteries in Lhasa along with the Drepung Monastery and the Ganden Monastery.The monastery is magnificent and covers an area of 114,946 square meters (28 acres). Its main buildings are theTsokchan Hall, Dratsang(college) and Kamtsan(dormitory). Scriptures written in gold powder, fine statues, scent cloth and unparalleled murals can be found in these halls. Colorful debates on Buddhist doctrines are held here and these employ a style distinctive from those at Lhasa's other famous monasteries. – Overnight at hotel.

Day 4:

Full day visit Potala Palace, Jokhang Temple & Barkhor Street

The Potala Palace, 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 Temple, home of the most venerated statue in Tibet. The Jokhang, also called the Tsuklakang, is the first Buddhist temple in Tibet, located on Barkhor Square in Lhasa. It was built during the reign of King Songsten Gampo (605?-650 CE) to celebrate his marriage with Chinese Tang Dynasty princess Wencheng, who was a Buddhist. The temple was called the

Tsulag Khang or 'House of Wisdom' but it is now known as the Jokhang which means the 'House of the Buddha'.

Barkhor Street is Located in the old area of Lhasa City, Tibet, Barkhor Street is a very ancient round street surrounding the Jokhang Temple and the Tibetan people are always proud of it. As a symbol of Lhasa, this street is also a must-see place for the tourists. Barkhor Street is a place full of religious atmosphere and a world of exotic articles. If you have been attracted by it, you should go there. Believe your eyes, and you will get a lot of surprise there. – Overnight at hotel.

Day 5:

Full day picturesque drive to Gyantse crossing over Khamba la (4,794M), Karo la (5,010M), via colourful Yamdrok Tso and the Tibetan lifeline river BRAHMA PUTRA (YARLUNG TSANGPO), and visit of Phalkor and Kumbum and Tashilhunpo monastery and drive to Shigatse.

Yamdrok Tso Lake, we set out early from the hotel, stop at Yamdrok Lake, one of the most beautiful lakes in Tibet. The serene turquoise waters surrounded by snow-capped mountains offer a stunning view and then back Lhasa for next day.

Karola Glacier, located at an altitude of around 5,045 meters (16,552 feet), lies between Gyantse and Yamdrok Lake in Tibet, nestled along the road from Lhasa to Shigatse. It is one of the most accessible glaciers in the region, descending dramatically from Mount Nojin Kangtsang. With its gleaming white ice tongue stretching down close to the roadside, Karola offers an awe-inspiring view of a rapidly receding but still majestic glacier, surrounded by barren, high-altitude landscapes and snow-capped peaks.

Phalkor Monastery located in Gyantse and founded jointly by Kedup Je of the Gelugpa Sect and Rabten Kunsang of the Sakyapa Sect in 1418, the Phalkor Monastery has a special influence over Tibet's Buddhism owing to its unification of three different sects, the Gelugpa, the Sakyapa and Bhuton Sects, in a single monastery. The famous Kumbum pagoda, built in collaboration with Newari artists from Nepal & Tibetan artisits, also stands in the same courtyard with nine storeys, 108 doors and 77 chapels containing clay sculptures and various murals. The pagoda is said to have 100,000 images, either sculptured or painted, this is the reason for its name "100,000 Image Pagoda". Kumbum Stupa, in the 1360s Tsongkhapa's mother, with the help of locals, had a small temple with a stupa built on the site of his birthplace. – Overnight at Hotel.

Day 6:

In the morning after breakfast start drive to Rongbuk. – Overnight at EBC Guest House.

Traveling from Shigatse to Rongbuk is a journey into the heart of the Himalayas. After crossing Lhatse and continuing west, you'll reach Dingri View Point (Tingri), a vast highland plain offering panoramic views of the towering Himalayan range, including Cho Oyu and Shishapangma.

Further on, the road ascends the dramatic switchbacks of Gawula Pass (5,198 m), one of the highest road passes in Tibet. From its summit, on a clear day, you're rewarded with one of the most breathtaking sights on Earth—the sweeping "Five Peaks View", showcasing Everest, Lhotse, Makalu, Cho Oyu, and Shishapangma lined up across the skyline. The journey then descends toward the Rongbuk Valley, ending at Rongbuk Monastery, the gateway to North Everest Base Camp, where the raw grandeur of Mount Everest dominates the landscape. We can enjoy the sunset on the Mt. Everest.

Day 7:

Early in the morning see the sunrise in the Everest Base Camp. Visit Rongbuk Monastery.

Rongbuk Monastery itself was founded in 1902 by the Nyingmapa Lama Ngawang Tenzin Norbu in an area of meditation huts and caves that had been in use by communities of nuns since the 18th century. Hermitage meditation caves dot the cliff walls all around the monastery complex and up and down the valley. Mani stones walls, carved with sacred syllables and prayers, line the paths.

Early morning after breakfast start drive to Kyirong. Departure towards the border with Nepal, passing through two ports of mountain to cross the Himalayas. Arrival to the Kyirong valley. Overnight at hotel.

Day 8:

Breakfast, check-out and at scheduled time, the Tibetan guide will leave us at the border and make the connection with the Nepalese driver. After completing immigration formalities both side and cross the border. After the stamp of the Nepal authorities on the passport, we will meet the Nepalese driver and a guide who will lead us to Kathmandu.

Day 9:

It is a contingency day in Kathmandu to ensure we are back to the capital before catching our flight back to our home country. We can use this day for

sightseeing of Kathmandu City.

Day 10:

On this day our representative will be there to escort you to the airport for your onward journey back home.

Route Map

10 Days

CHENGDU IN KYIRONG OUT TRIP



ALTITUDE CHART

