

# Footprint Adventures

*the way to go.....*



## Travel Itinerary



Travel Trust  
Association  
No. R704x



### Tibet Explorer 7 Nights / 8 Days (Fly in / drive out or V.V.)

- Day 01** Fly Kathmandu to Lhasa. Full rest in the afternoon to acclimatize
- Day 02** Tour of Drepung, Jokhang Monastery & Barkhor Market
- Day 03** Tour of Potala Palace, Sera Monastery & Norbulinka
- Day 04** Morning drive to Gyantse via Yamdrok Tso. Sightseeing of Kumbum Stupa, Phalkor Monastery & Free Market
- Day 05** Drive to Shigatse. Sightseeing of Tashilunpo Monastery
- Day 06** Drive to Tingri
- Day 07** Drive to Zhangmu

**Day 08** After Chinese immigration formalities, drive to Kodari & after Nepali immigration formalities, drive back to Kathmandu

#### COST INCLUDES:

- 7 nights twin sharing accommodation as per itinerary
- Daily breakfast (Chinese or Tibetan)
- Mini bus or land cruiser
- All sightseeing tours with a local English speaking guide as per program
- Entrance fees at the monuments for one time entry

## Tibet Explorer with Everest Base Camp 9 Nights / 10 Days (Fly in / drive out or V.V.)

- Day 01** Fly to Lhasa (3650m). Upon arrival at Gonggor Airport, you shall be met by your Tibetan Guide and transfer Lhasa city (2 hrs drive)
- Day 02** Tour of Potala Palace, Sera Monastery & Norbulinka
- Day 03** Tour of Drepung, Jokhang Temple & Barkhor Market
- Day 04** Drive to Gyantse (3650m) crossing The Kamba~La (4794m) & Karo~La (5010m) PASS via The Lake Yamdrok - Tso
- Day 05** AM: Visit Kumbum Stupa & Phalkor Monastery. Drive to Shigatse (3900m)  
PM: Sightseeing Tour of Tashilunpo Monastery and the Free Tibetan Market
- Day 06** Drive to Lhatze
- Day 07** Drive over rocky terrain on 4-WD to the village of Dza Rongphu (4920m)
- Day 08** For a clear, full length panoramic view of The North Face of Mount Everest (8848m) a 2 hour trek from the lodge at Dza Rongphu is begun early morning to Everest Base Camp (5090m) then drive to Old Tingri
- Day 09** Drive downhill to Nyalam (3750m) crossing two spectacular passes - Lalung La Pass (5082 m) & Nyalamu Pass (3800m)
- Day 10** Drive downhill to Zhangmu and to The Friendship Bridge (Kodari), where transportation awaits for the groups final journey to Kathmandu (1200m)

### COST INCLUDES:

- Twin sharing hotel accommodation in Lhasa
- Daily breakfast basis (Chinese or Tibetan)
- Sightseeing tours with an English speaking guide as per program
- Mini bus or land cruiser
- Entrance fees at the monuments for one time entry

## Tibet Explorer 11 Nights / 12 Days (Fly in / drive out or V.V.)

- Day 01:** Fly Kathmandu/Lhasa. Drive to Tsedang.
- Day 02:** Visit Samye and Yambulakhang.
- Day 03:** Drive to Lhasa en-route Mindruling Monastery.
- Day 04:** Visit Potala Palace, Sera Monastery and Norbulinka

**Day 05:** Visit Drepung Monastery, Jokhang Temple & Barkhor Market.

**Day 06:** Visit Tibetan Medical Centre. Rest of the day at leisure

**Day 07:** Excursion of Ganden

**Day 08:** Drive to Gyantse and visit Gyantse Monastery.

**Day 09:** Drive to Xigatse and visit Tashilunpo monastery and the market.

**Day 10:** Drive to Xegar.

**Day 11:** Drive to Zhangmu.

**Day 12:** Cross the border and drive to Kathmandu.

### COST INCLUDES:

- Twin sharing accommodation as per itinerary
- Daily breakfast (Chinese or Tibetan)
- Mini bus or land cruiser
- All sightseeing tours with a local English speaking guide as per program
- Entrance fees at the monuments for one time entry
- Private transfer from Border to Kathmandu

### IMPORTANT PRE DEPARTURE INFORMATION

**Visas and documentation:** You must be in possession of a valid passport. We obtain your visa for Tibet, and will require the following information when making your reservation: full name, date of expiry, place of issue, nationality, date of birth, sex and occupation. Two passport size photographs are also required. Additionally you must allow three full working days in Kathmandu for the visa to be fiscally stamped in your passport. A 30 day's visa for Nepal can be obtained from all Nepalese Embassies abroad or upon your arrival in Kathmandu airport . You will require a double entry visa into Nepal.

**Accessories:** We recommend you to bring the following items to make your journey more comfortable: Personal first aid kit, water purification tablets, toilet kit with toilet paper, flashlight with extra batteries, sunglasses, water bottle, note book, pens, pencils, camera and film and extra batteries for electronic Cameras, binoculars, Duffel bag, rain gear, strong footwear, pocket knife, sewing kits, compass, altimeter, drinking cup, towel, plastic bags, dust mask, strong sun cream, chapstick, and money belt.

**Insurance:** You must insure yourself against sickness, emergency rescue, accident, Hospitalization, cancellation etc., as we accept no responsibility for expenses which may arise from mishaps to persons or their belongings during these tours.

**Altitude Sickness:** The Tibetan Plateau lies over 12000 feet, most people will experience some of the minor symptoms and discomfort of altitude sickness, until their body adjusts to the elevation. This can take from a few hours to couple of days, depending on the individual. Please consult with your doctor and ask their advice.

**Risk and Liability:** We will make every effort in making your journey smooth and pleasant. However, as all Tibetan tours are run strictly under the Tibet Tourism Authority, Footprint Adventures and its agents shall not be responsible for any change or cancellation of flight, delay in arrivals, sickness or accidents.

**Important:** Before you travel please check your **Tour Voucher** and **Arrival Information** for the latest joining instructions. This will be sent to you upon receipt of final payment.

**All itineraries are subject to change without prior notice.**