

TITLE

**LHASA - KATHMANDU**

DESTINATION

**Asia**

COUNTRY

**Tibet and Nepal**

INTRODUCTION

An unforgettable adventure, halfway between a journey holiday and a trek. Kathmandu, Nepal and Lhasa, Tibet: an incredible voyage to the heart of Tibet with extraordinary views of the great 8000ers: Everest 8884m, Cho Oyu 8201m, and Shisha Pangma 8023m.

A unique occasion to learn about both the Hindu and the Buddhist cultures, to visit the two most symbolic cities of the Himalayas and to enjoy the Nepalese green valleys and the Tibetan deserted highlands.

DESCRIPTION

**1<sup>st</sup> day**

Flight Milano – Kathmandu

**2<sup>nd</sup> day**

Arrival to Kathmandu and accommodation in the hotel. Free half day to visit the city

**3<sup>rd</sup> day**

Visit of Kathmandu and surroundings. Last preparations and purchases

**4<sup>th</sup> day**

Flight Kathmandu – Lhasa 3600m, accommodation in the hotel. Free half day to visit the city

**5<sup>th</sup> day**

Tour of Lhasa: the Potala – the true residence of the exiled Dalai Lama, Jokhang Temple, and Drepung Monastery

**6<sup>th</sup> day**

Transfer by jeep to Gyantse 3950m and tour of the city. Accommodation in the hotel

**7<sup>th</sup> day**

Transfer by jeep to Shigatse 3900m and tour of the city. Accommodation in the hotel and acclimatization excursion

**8<sup>th</sup> day**

Transfer by jeep to Xegar 4350m. Accommodation in lodge

**9<sup>th</sup> day**

Transfer by jeep from Xegar to Rongbuck and Everest base camp through Pang La Pass 5150m

**10<sup>th</sup> day**

Transfer by jeep to Tingri and to Chinese Base Camp 4900m. Accommodation in tent

**11<sup>th</sup> day**

Trek to mid base camp 5300m approximately and return to Chinese Base Camp

**12<sup>th</sup> – 13<sup>th</sup> day**

Transfer by jeep to Zangmu and by bus to Kathmandu. Accommodation in hotel

**14<sup>th</sup> day**

Free day in Kathmandu

**15<sup>th</sup> day**

Flight Kathmandu – Milano and arrival in the evening to Milano

**OBSERVATIONS**

- Trip and trekking are not particularly difficult but they require a good physical condition and acclimatization because of the high altitude (always between 3500 and 5000 meters)
- Trekking takes place in concomitance with the Cho Oyu 8201m summit expedition, so "expedition" and "trekking" groups will go together until Chinese base camp
- Request detailed documentation and equipment list at Mountain Kingdom

**INCLUDED – NOT INCLUDED – PRICE**

**INCLUDED**

- Organization, preparation, and assistance by Mountain Kingdom
- Accompaniment and assistance by a MK mountain guide and a local guide (Chinese)
- International flights Milan – Kathmandu round trip organization
- Flight Kathmandu - Lhasa
- Domestic bus and jeep transfers
- Group and individual equipment transportation
- Accommodation in hotel with bed & breakfast in Kathmandu
- Accommodation in hotel or lodge with full board in Tibet
- Accommodation in tents with mattress (1 tent for 2 persons) during the trekking with full board
- First-aid and common medicines
- Campsite equipment, mess tent with chairs and tables, gas and neon light
- Local permits and visas in Nepal and Tibet

**NOT INCLUDED**

- International flight Milano – Kathmandu round trip (€ 1000,00 approximately with Qatar airlines)
- Airport taxes
- Main meals if not mentioned
- Drinks, tips and personal extras

- Personal equipment
- Trip cancellation insurance and anticipated return

**PRICE**

- Clients who are interested please send us an e-mail for more information

SPECIALITY – CATEGORY

**TREK & BIKE – TREKKING**

MOUNTAIN GUIDE

MK guide

PERIOD

August 28th – September 11th 2010

DURATION

15 days

DIFFICULTY

EASY

PARTICIPANTS

6 persons