

# Shangrila Tour to Tibet (Fly in / Fly out)

'Cultural and scenic tour of four main historical cities'

## Introduction

A journey of a life time, at the roof of the world with exciting adventure en-route, crossing over 4,800 to 5000 meter passes with stunning picturesque scenery of the landscape, rural villages, people, monasteries and breathe-taking views of range of snow capped mountains. This is truly a stunning trip starting with a panoramic flight over the gigantic Himalayas, a tour of great historical cities of Lhasa, Tsedang, Gyantse and Shigatse in the comfort of the spacious land cruiser and standard Hotels that Tibet has to offer.

### TRIP PROFILE

<b>Total duration</b>	11 /12 days.
<b>Trek Grade</b>	Leisure / Moderate.
<b>Tibet Trip</b>	7 / 8 days.

### TRIP DEPARTURES

<b>Spring-summer-autumn (Every Year)</b>	6th April - 17th April.
	10th April - 21st April.
	4th May - 15th May.
	8th May- 19th May.

1st June - 12th June.

19th June - 30th June.

6th July - 17th July.

24th July - 4th Aug.

10th Aug - 21st Aug.

14th Sept - 25th Sept.

28th Sept - 9th Oct.

12th Oct - 23rd Oct.

## Trip Dossier

### DAY 01 Arrive at Kathmandu and transfer to Hotel.

On arrival at Kathmandu Tribhuvan International Airport you will be greeted by our staff who will escort you to the Hotel, where our Sherpa guide or the office staff will give you a brief orientation about the hotel, Kathmandu itself, trekking, and the do's and don'ts of the area. Also, they will go over any other related information that you might require while in Nepal. Evening complementary well come dinner in one of the finest traditional Nepalese restaurant in Kathmandu with necessary transfer and overnight at Hotel.

### DAY 02 One full day Kathmandu valley sight seeing.

After your first night in Kathmandu, you will be well informed on arrival about the time for your full day guided sightseeing tour in Kathmandu. After your breakfast proceed your full day sight seeing tour to Kathmandu Durbar square visiting, ancient palace, living goddess temple Kumari temple, Hanuman Dhoka and Kastamandap temple. Transfer to Swoyambhunath stupa is also known as the Monkey Temple, further transfer to Pashupatinath temple the holiest shrine of the Hindu people and Boudhnath stupa of Buddhist pilgrimage center and back to hotel, evening briefing about the Bhutan trip with flight ticket and service details. Be ready this evening for tomorrow leaving to Bhutan and overnight at Hotel.

### **DAY 03** Kathmandu 1,300m to Tsedang (Tsethang) 3,550m 1hr scenic flight.

Fly from Kathmandu to Gongar Airport near Lhasa, if the weather is clear enough you can have the spectacular view of World's highest peaks including Mount Everest. Early morning after breakfast you will be transferred from the Hotel to the International Airport a short drive of 20-30 minutes, after the necessary security formalities (keep your pen-knife-lighter matches and other sharp cutting items including scissors in the bigger baggage not in hand bags) board in the large Boeing 757 China Airline for the sweeping panoramic flight to Tibet, on arrival you will be received at the Gongar Airport by our Tibetan Agents. After a great panoramic flight few hours drive to the Hotel at Tsedang. Tsedang, is 60 miles / 96 km east of the Gongar Airport, in a region of Southern Tibet known as Lhoka. Due to the relatively low elevation of the Yarlung Valley and which is almost 400 feet 120 meter lower than the Lhasa Valley. This is why we chose Tsedang on the very first day of this Tibet trip which is an ideal location to spend the day and to get acclimatize on this high altitude and getting in shape for the rest of the Tibet tour. On reaching Tsedang transfer to Hotel Tsedang, afternoon free at leisure or walk to the local market.

### **DAY 04** Drive to Samye Monastery and back to Tsedang for sightseeing.

After a relaxing easy day at Tsedang, our tour begins after breakfast in the Hotel. Our Tibetan guide will pick you for a short drive to Samye Monastery after an hour drive to the bank of the great river Yarlung Tsangpo (Bhramaputra) here we cross the river on a ferry which takes about twenty minutes on reaching the other side of the shore, we take a truck or whatever vehicle is available for a short ride to the Samye Monastery area. Samye Monastery, this was the first monastery established in Tibet, located on the north bank of Yarlung Tsangpo River, south east of Lhasa. It was constructed by Padmasambhava (Guru Rinpoche) and Santarakshita between A.D. 763 and 775 in the reign of King Dristen Detsen. The Samye monastery was modelled on the university of Odantapuri in India and was made on a plan representing the mount Sumeru (Rirab) which is considered the axis of universe. The four pagodas in white, blue, green and red represents the four worlds in the north, south, east and west of the universe. Smaller temples represent the island between the worlds. The main temple is dedicated to Avalokiteshvara (Chenresi). According to a legend, Padmasambhava magically compelled Tibetan demons to collect stones and wood each night for construction by men during day. The Nagas (serpent deities) procured the funds. This famous monastery was the site of a major Buddhist council called "Council of Samye" held there in 792-794, Two learned teachers, one from India and the other from China participated in the debate. India was represented by Kamlasila and China by Hashang.

After the tour of Samye and its ancient Monastery and we drive back to Yarlung-Tsangpo (Bhramaputra River), after crossing this large river on a Ferry run by the motor engine, after 40 minutes of scenic float brings to the bank where our vehicle will be waiting on the Lhasa to Tsedang main highway. From here an hour and a half drive to Tshedang the growing city. Tshedang in the early century use to be the actual capital of the northern Tibetan Kingdom before it was shifted to Lhasa. Once back in the Hotel, time for another afternoon tour of the ancient monastery and Yambu lagang, the palace of Tibet's first king and

the oldest building in Tibet. Many of the historical sites and monasteries near Tsedang are now mostly in ruins or have disappeared. Ancient Tibetan legend belief is that near Yarlung Valley, there is one of the four most sacred peaks in Tibet. Near its summit is the cave where the bodhisattva Chenriz, in the form of a monkey-king, mated with an ogress to create the first Tibetan people. The name Tsetang means "Play ground," the place where offspring played.

### **DAY 05** Drive to Gyantse 3,950m, 5-6 hrs drive.

Our tour continues with an overland scenic drive towards the City of Gyantse, we will travel for about five to six hours. From Tsedang we drive on the same road to the Airport for a while, after reaching the bridge, our route continues towards south. During this day we cross two high passes, including the Khamabala (4,800m) and Karo La (5,200m/17,000ft). At the top of Khamabala pass, which offers stunning scenery of the surrounding landscapes and the snow capped peaks in the distance and as well of the deep turquoise waters of Yamdrok Tsho Lake down below, where our route follows. After a great moment here at the top, drive continues passing through the exquisite lake of Yamdrok Tso, and then reaching to the highest pass of this trip at 5,200 metres. It can be cold here situated in between the massive snow capped peaks, amazing views of the glacier and ice fall of Mt. Nzungkhangsa, 7,206 m. Time for short break or for possible lunch break at this lovely sight, at this place Drok-pa or the nomads dwell, but at present they have made a permanent house and tents on the nice grassy meadow herding yaks and sheeps and selling some semi precious crude stones and quartz to the tourist. From here it is almost downhill ride passing the village of Ralung, and wonderful valley, passing through a series of colourful Tibetan villages, and finally coming to Gyantse.

Gyantse is another important town, almost a city which was until recently the third largest settlement in Tibet. At Gyantse visit the Kumbum stupa. This was built in the early 15th century and contains thousands of frescoes and overnight at Hotel Gyantse one of the finest Hotel around this town. In Gyantse you have time to visit the Kumbum monastery and its market.

### **DAY 06** Drive to Shigatse 3,900m, 2 hrs.

Our journey continues towards Shigatse the second largest city in Tibet after Lhasa. Today's ride covers 95 kilometers. The road has recently been improved from the bumpy and rutted portion. After leaving the Gyantse the road follows the Nyang Chu River passing through many scattered farm villages and fields, enroute Shigatse we take off from the main highway for a while, to visit the old Shalu Monastery built by the Mongolian Emperor, which is situated in a tributary valley of the Nyang Chhu, about 4 kms south of the Gyantse-Shigatse Highway. The turnoff is a few hundred yards beyond a small village called Tsunde, near the base of a barren ridge. The peaked roofs of Shalu can be seen rising above the flat plain from the highway. The courtyard of Shalu Monastery is a dazzling display of colour amidst the naked reddish brown hills surrounding the valley. The site was established as a religious center in the 11th century, though the main temple in the courtyard, all that remains of the monastic complex, was built in the early 14th century. Tiled peaked roof lines and intricate wood working of Shalu are not

typical of Central Tibetan architecture and reflect the strong influence of the Mongol dynasty during that era. After an hour here, our drive takes back on the main highway towards Shigatse, when in Shigatse we visit the very large complex of Tashilumpo monastery. This is the traditional residence of the Panchen Lama and contains a 27m high gold plated Buddha known as Matria (the future Buddha). The hotel in Shigtase is quite large and comfortable.

### **DAY 07** Drive to Lhasa.3, 600 meters.

Today depending upon the time of arrival on Day 06, we may go for a tour at Tashilumpo Monastery this morning before the drive to Lhasa. Our route today takes the west north highway, which is much shorter drive to Lhasa from Shigatse by this route. Journey continues on the good level road and then finally arriving at Lhasa after a good 3-4 hrs drive. At Lhasa we take the comfort in the Lhasa Hotel.

### **DAY 08** Lhasa city sightseeing.

Today, we go for city for sightseeing of Sera Monastery, one of the most important and old monastery of Tibet, as well a school for Tibetan Buddhism. The Jorkhang Temple is another interesting place to visit as it boasts a lot of historic importance and tales. Conclude the day tour by visiting Bharkor Bazaar and back to hotel for overnight stay.

### **DAY 09** Lhasa city sightseeing.

We again ready for city sightseeing today in the morning. Visit to Potala Palace, originally built during 640 AD. The 13 storied palaces stand 117.19m high with 1000 rooms, big and small. Afternoon we visit Drepung Monastery; the largest of all monasteries in Tibet and back to hotel for overnight stay.

### **DAY 10** Fly from Lhasa to Kathmandu

After breakfast early morning we drive for 2 hours to the Gonggar Airport. An hour scenic flight back to Kathmandu over the majestic Himalayan range with the spectacular view of Everest, Makalu and some of its adjoining peaks. Upon arrival at Kathmandu airport, our staff will transfer you to the Hotel and simply relax at the hotel in Kathmandu.

### **DAY 11** Leisure at Kathmandu.

A free day in Kathmandu for individual activities such as explore the Thamel or shopping or relax at the hotel, if you are interested for extensions your days, contact with us and you can join in our extension trip.



## Inquiry

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### DAY 12 Transfer to airport for final departure.

Today keep in mind your international flight time, so make sure to keep your confirmed air ticket, departure tax (in local currency), and your passport handy. Our staff will take you to the airport for your final departure from our amazing country, Nepal.

**An adventure of a life time accomplished with great memories and moments to take back home apart from few souvenirs.**

**Note:** The above itinerary should be taken only as a guide line; it could change due to weather, availability of clean water and campsite, trail or any other unforeseen conditions. In case of trek Itinerary alteration or if it needs to be re-routed to other area your Group Leader or Sherpa Guide decision will be the final.

## Complimentary Services

Services as mentioned below are rendered complimentary upon confirmation of your booking with us:

- a. Complimentary tourist registration to respective consulate office or embassy
- b. Complimentary international flight ticket re-confirmation
- c. Complimentary Gurkha Encounter T-Shirt (subject to availability)
- d. Complimentary welcome dinner in one of the finest local restaurants in Kathmandu with cultural shows presented by different ethnic groups
- e. Complimentary use of sleeping bags and down jackets

## Mode of Payment

To confirm your trip we request you an upfront payment of 40% of the quoted amount by authorizing the same with your credit card details filled up in our GE Booking Form.

**If you pay by cheque/ bank draft pls make it payable to:**

Gurkha Encounters Pvt. Ltd.  
G P O Box: 20195  
Ganeshman's Building  
House No.: 135  
Chaksibari Street, Thamel, Kathmandu, Nepal  
Phone: +977 1 4267 882 and 889  
Fax: +977 1 4267 854



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**Note:** If you pay by Master/Visa cards there is a bank service charge of 3.5% which will be charged as an extra; for payment through American Express there is a 5.5% bank service charge.

## Terms & Conditions

- ❖ The Company is not liable for any refunds after the departure date of the scheduled itinerary.
- ❖ Cancellation should be made 48 hours before departure and a 40% cancellation charge is approved besides tax, transportation and permit. See specific information below
- ❖ No refund will be given if the program ends before the provided itinerary date.
- ❖ The Company is not to be held responsible for your early termination of a trek should our experienced leader feels it is unsafe for you to continue due to fitness and/or health issues
- ❖ The Company is not liable for an unconvinced or rescheduling due to natural, political or bureaucratic circumstances
- ❖ The Company is not responsible for delays caused by local weather conditions resulting in international flights being missed
- ❖ The Company is not responsible for the financial implications of rescue. Please ensure you have the appropriate insurance to cover these situations before you arrive in Nepal
- ❖ Our staffs are very experienced in leading treks at all altitudes. It is their responsibility to ensure your safety, their conclusions regard safety are final and should you not follow their advice the Company can not be held responsible for the outcome.

If you wish to cancel your trip for any reason the following scale of charges will apply:

<b>Date of Cancellation</b>	<b>Charge Incurred</b>
2 months before departure	Loss of deposit (40% of Total Trip Cost TTC)
29 days to 2 months before departure	50% of TTC
10 to 28 days before departure	70% of TTC
Less than 10 days before departure	100% of TTC

## Equipment List (General Items)

- A pair of light hiking boots
- A pair of sandals
- 2 pairs of woolen socks and 2 pair of hiking socks
- 1 medium poly pro shirt
- 1 pile jacket
- 1 down jacket
- 1 woolen hat
- A pair of sunglasses



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A pair of glove shells with liner or ski gloves (opt.)  
A pair of woolen gloves  
One Trekking pack 3000 cubic inches capacity  
One Sunscreen lotion SPF 10 to 30 and One Sunscreen stick SPF 10 to 30  
Two Reading books (Optional)  
One Walkman (Opt) and Music tapes (Opt) iPods Digi Camera and its Charger  
A one liter water bottle  
A pair of Trekking poles  
One flash light with 4 sets of batteries  
one -5 to -20 sleeping bag  
Two T-shirts and one long sleeve T/city shirt  
Two Trekking baggy pant

## **Toiletry Items**

Towel, pre-moistened novelettes, wash cloth, lip balm, and any additional personal items such as toothbrush, comb, etc.

## **Miscellaneous Items**

Photo equipment with plenty of films and spare batteries, reading/writing materials, postcards of hometown and/or photos of home and family to share with Nepalese people, safety pins, sewing kit, zip lock bags for small items.

## **Welcome to the Himalaya**

Namaste and welcome to the stunning and diverse geographical regions of the Himalaya.

This wonderful place is home to many of the highest mountains in the world including the world's highest, majestic Mount Everest, to some of the deepest gorges, lush valleys, great rivers, colorful people and ancient histories. You'll find a wide and fascinating diversity of landscapes, culture, people and activities within the Himalaya. From stunning scenery to vibrant and colorful culture, from the serenity and spiritualism of ancient temples and monasteries to the thrills and spills of some of the finest white water rides, from the challenge of the awesome peaks to the laid back relaxation of the valley, lakesides and quiet hill stations to the deep lush jungles of the lowlands, from romantic and intricate courtyards, exotic palaces and exquisite restaurants to high snowy passes where prayer flags flutter in the skies and



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from the solitude of the great peaks to the welcoming bustle and warmth of the local bazaars and courtyards. Whatever your interest, the Himalaya has something to offer everyone.

Gurkha Encounters is a leading trekking, adventure and eco travel company based in Kathmandu, Nepal and established in 1988. We specialize in the Himalayan regions of Nepal, Tibet, Bhutan and India, including Sikkim. Our services include advice, planning and organization of a wide range of adventure and trekking travel options and related services including: trekking and climbing expeditions among the world's highest peaks; jungle safaris; white-water rafting; mountain biking; family adventures; educational expeditions for schools and youth groups; short breaks, guided tours and sightseeing; special interest holidays; romantic breaks; volunteer placements and corporate services.

Our office staff, guides and other support staff are all from local villages and towns in the Himalaya and are all experienced and qualified professionals. Our extensive local knowledge as well as our experience and local contacts mean that we are able to provide the best service to you and we are proud of our reputation for quality, innovation and overall customer service with a focus on cultural and environmentally responsible travel. We aim to provide you with an excellent, friendly and personal service at competitive and fair prices for a truly memorable adventure travel experience.

## **Small Group Travel**

Most of our trips, treks and tours are organised on a small group basis, usually with a maximum of 16 persons in a group. On family holidays the maximum number is 20 to allow a number of families to join a group. By keeping numbers small we are able to offer a friendly, personal and high quality service.

## **Tailor Made Private Charter Adventures**

We offer a very competitive complete tailor made service and are happy to design private charter programs for individuals and for groups as well as to tailor any of our packages to more closely meet your requirements. We have a wealth of experience in helping many clients in designing and planning individual adventures, ranging from romantic breaks to personal challenges, fundraising programs, student programs to extreme adventure expeditions, from low budget to no expense spared. We don't charge a fortune to tailor make a trip for you and we have plenty of ideas, suggestions and experience we're happy to share. We'll work closely with you to design your adventure. Our advertised brochure prices will give you an idea of what you can expect to pay but we'll provide individual quotes based upon your itinerary, requirements, budget and number of people traveling.



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Let us take care of the research and arrangements for your flights, accommodation, guides, transport, permits, peak fees, equipment requirements, food and all ground handling service for treks, expeditions or tours, using our local knowledge, expertise and contacts. And you can get on with enjoying yourself.

## **Group and Club Organisers**

If you are organising a trip for a group or a club we will offer one free\* additional place for every 10 bookings made. You can use this for your own travel, use it to reduce the overall cost of the trip for everyone or perhaps offer it as a fantastic prize for your group members or for a charity. Contact us for more details and for conditions (\* permit fees, national park entry fees, airfares and departure taxes not included).

## **Contact Us**

We are always happy to provide more information and suggestions. If you are in Kathmandu, please visit our office in Thamel, Kathmandu. You can email us at [info@gurkhaencounters.com](mailto:info@gurkhaencounters.com), or telephone us on +977 1 4267 882 and 889 or fax on +977 1 4267854 or contact to our Managing Director (RAJ) Mobile +977 9851022717 / 9851082548. For general information please visit our website [www.gurkhaencounters.com](http://www.gurkhaencounters.com)

**'Tapai lai Hardik Swagat Cha' - Welcome from our heart to the mighty Himalaya.**

## **Trekking in the Himalaya**

The Himalaya mountain regions provide some of the finest trekking routes available anywhere. Within the Himalaya, Nepal's mountainous, hilly and lowland Terai regions offer some of the most spectacular trekking in the world. Treks vary from high altitude routes some of which visit base camps used by mountaineering expeditions to easy short treks within the Kathmandu Valley and lower hill country where you'll travel through pretty villages, subtropical lowlands, vast meadows and forests, fast flowing rivers, deep canyons and even the cold and barren regions at the feet of the great mountain peaks. The views change with the seasons, with different stages of planting and harvesting cycles in the villages and valleys and the brilliant display of wild flowers in spring and autumn.

Trekking with us means an adventure walking holiday, with a small group of other trekkers, led by an experienced and professional English speaking local guide. We use professionally trained and experienced local Sherpa guides or Sirdars on our treks, tours and expeditions and are totally confident in their ability and experience. Local guides are integral to providing you with the best travel experience.



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Not only can they share local knowledge and insights, at the same time as you travel you are contributing to the local economy and supporting local communities at the same time as you travel. Whatever route you choose, you'll be sure to meet local people and enjoy stunning landscapes as you walk at your own pace through well established village trails. Whilst some of the popular trekking trails are used by climbing expeditions on their approach marches, most have been used for hundreds of years by the local Nepalese for everyday travel and trade.

### **Teahouse Trekking**

On the more popular treks in Nepal, particularly in the Everest, Langtang and the entire Annapurna regions, enterprising villagers have built teahouse lodges, similar to European style alpine lodges offering simple but comfortable accommodation and food. We offer a selection of single/twin sharing rooms in the best available lodges run to a high level of service. We also supply a four season sleeping bag and cotton liner free of charge on our teahouse treks. Hire of other key items if needed can be arranged in advance. During the trek you'll have 3 meals a day, with a mixture of European and Asian style dishes and large portions. Soft drinks, sweets, mineral water and alcohol are not included.

### **Fully provisioned camping style trekking**

This type of trek is staffed by a full Sherpa crew including a Sirdar (head man), cook and assistants. Porters, yaks, horses or mules carry your main baggage. It is the Sherpa crew's job to perform all the camp work, from setting up to providing freshly made meals, to leaving the site clean on departure. We provide twin share dome or A frame sleeping tents, a kitchen tent, mess tent and toilet tent. We also provide tables, chairs or stools, lanterns/candles, thin sleeping mattresses and all crockery and cutlery as well as a fully equipped kitchen set up. The Sherpa crew will cook, wash up, and provide hot water for washing and tea and coffee at night and for your wake up call. Food is a mixture of Asian and Western dishes, with lots of choice, freshly prepared. As with teahouse trekking you can expect 3 main meals each day. Soft drinks, sweets, mineral water and alcohol are not included.

A few of our teahouse treks involve crossing high passes and necessitate camping for a couple of nights. We provide full camping services for these nights including providing four season sleeping bags.

## **Our Grading System**

In Nepal, the trails often zigzag with plenty of ascents and descents and it is better to think in terms of hours spent walking rather than miles covered. A typical day's walking is from five to seven hours with a number of ascents and descents. This includes a one hour lunch stop, a comfortable pace of walking and time to enjoy your surroundings.



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We use four grades for our treks, intended to give you a general sense of what to expect and to help you choose which adventure will suit you best. Factors such as weather conditions, altitude, fitness level, experience, interests and how you feel on a particular day all contribute to how easy or strenuous you find a trip. If you're unsure of whether a trek is suitable for you just contact us before making your booking.

**Wish you have memorable time with us!**