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Beijing
Xi'an
Lhasa
Shigatse
Mount Everest
Gyirong Border
Kathmandu

Embark on an amazing Beijing to Kathmandu Overland tour and experience the diverse cultures of China, Tibet, and Nepal. Discover stunning landscapes on an overland journey from Lhasa to Kathmandu via Mount Everest Base Camp and the Himalayas.

Type
Private
Duration
15 days
Theme
1st Time travel to China, Culture and Heritage, Natural scenery, Overland
Trip code
CTT-02
Price
From CN¥ 12,000 per person

Itinerary

Embark on an exhilarating China Tibet tour from Beijing to Kathmandu, traversing through Xi'an and Lhasa, and culminating with a breathtaking journey to Mount Everest Base Camp. Begin in Beijing, where you'll visit iconic landmarks like the Great Wall and the Forbidden City. Continue to Xi'an by high speed train to marvel at the ancient Terracotta Army and immerse yourself in the city's rich history.

Fly to Lhasa, the spiritual heart of Tibet, to explore the Potala Palace and Jokhang Temple, absorbing the unique Tibetan culture. The adventure intensifies as you journey overland to Kathmandu via the Mount Everest Base Camp, experiencing stunning Himalayan vistas.

Conclude your journey in Kathmandu, Nepal, where you can explore its rich cultural heritage and ancient temples. This tour offers a unique blend of history, culture, and natural beauty, showcasing the splendors of China, Tibet, and Nepal.

Day 01 :

Arrive Beijing

Be greeted by your local guide and driver at Beijing airport or railway station, and head to the hotel. The rest of today is left free and flexible for you to explore this city on your own. Beijing is the capital of China, as well as a diversified city which mixes modern city life and ancient cultures, and it holds abundant tourism resources including the natural landscape and historical relics.

Day 02 :

Beijing City Tour

This morning, head to **Tiananmen Square**, the largest public square in the world. The famous Tiananmen (Gate of Heavenly Peace) is located at the north end of the square, and you will have a chance to witness it during your visit.

Next up with a visit to the **Forbidden City**, which is the largest and most completed imperial palace and ancient building complex in China. Regarded as a masterpiece of Chinese, even world, architectural history, the buildings in Forbidden city fully embody the artistic features and styles of ancient Chinese palace design. In the following days, you will visit another world-famous palace in Lhasa, Potala Palace, the holy shrine in Tibetan Buddhism culture where you will get a different experience compared with Chinese traditional culture.

Another worthwhile morning destination is **Jingshan Park**, behind the Forbidden City. Climb to the top for a magnificent panorama view of this capital city and princely views over the russet roofing of Forbidden City.

In the afternoon, drive to visit **Summer Palace**, a royal garden for the emperors during the Qing Dynasty. The garden is covered by Kunming Lake and Longevity Hill, surrounded with many artistic architectures which are in masterly design. While walking in the park, you will feel like visiting a garden museum that most completely reserved with the richest landscapes and concentrated buildings.

You may choose to enjoy an interesting Kong Fu Show in the evening.

Day 03 :

Beijing Mutianyu Great Wall Tour

Take 2.5 hours' drive to the world-famous **Mutianyu Great Wall** in the early morning, and enjoy 2 to 3 hours of walking along the wall. It is a great experience to stand on the watchtowers and view the wall winding across mountains, the scenery is breathtaking and magnificent. If you don't feel like walking up you can ascend and descend via a cable car or slide your way down in a toboggan.

On the way back to Beijing city, stop at the Ming Tombs, the final resting place for 13 emperors in Ming Dynasty and take a visit to the largest and best-preserved one, **Changling**. Here you will get an understanding of Chinese imperial funerary art, and be astonished by the layout of Chinese ancient royal tombs, which was so strict in tomb locations selection, unique in designs, delicate in constructions, and meticulous in materials using.

Day 04 :

Beijing Half Day Sightseeings - High speed train to Xi'an

Morning visit the **Temple of Heaven**, a temple of Chinese religion used for imperial ceremonies for five centuries. This magnificent round building is made entirely of wood without the use of a single nail, and the unique appearance which involves round hall and square bases symbolize the heaven and the earth in Chinese culture.

Afterwards head to **Shichahai Area** of old Beijing and explore the ancient Hutong culture. Take one hour to visit a 300 years old courtyard and learn about the history and layout of the old courtyard in old Beijing. Then have about 1.5 hours rickshaw tour to experience the local life, two people share one rickshaw. Drop off at the Silver Ingot Bridge (Yinding Bridge) and walk along the 800 years old Yandai Xiejie (Tobacco Pipe Lean Street) to the Drum Tower, visit the tour and have a great view of the surrounding hutongs and courtyards.

Take the afternoon high-speed train to Xi'an.

Day 05 :

One Day Excursion Trip to Mount Huashan(B)

In the morning, your guide and driver will pick you up from your hotel around 08:00 and transfer you to Mount Huashan, a 2-hour journey. Upon arrival, a tourist bus takes you to the West Peak cable car station, where you'll enjoy a 20-minute ride to the peak, offering stunning mountain views. **The West Peak**, known for its natural beauty and lotus-shaped rock, is a highlight along with attractions like Cuiyun Palace and the Self-sacrifice Cliff.

Next, you'll hike for about an hour to **the Middle Peak**, a small extension of the East Peak, now considered a main peak of Huashan. The journey continues to **the North Peak**, requiring a 2-hour hike down through scenic spots like the Golden Lock Pass and the adventurous Black Dragon Ridge. The North Peak offers spectacular sunset views and a bird's-eye view of the surrounding peaks. The day concludes with a cable car ride down from the North Peak and a return transfer to your hotel in Xi'an.

P.S. If you prefer not to trek too much, you can choose to only go from the West Peak to the Middle Peak, then return to the West Peak to take the cable car down.

Day 06 :

Xi'an Terracotta Warriors Tour

Start tour today by visiting the **Terracotta Warriors and Horses**, also known as the eighth wonder of the world. Have a glimpse of three exposed pits lined with clay warriors and horses which were created by Qin Shi Huang the first emperor in China, to defend his mausoleum and help him rule in the afterlife.

In the afternoon, drive back to Xi'an city and visit **Xi'an City Wall**, one of the oldest and best-preserved city walls in China. Then take a walk along Shuyuan Men, an ancient street where you can taste the local snacks and feel the local life from the

Tang Dynasty. Afterward, head to the **Muslim Quarters and the Great Mosque** to feel the unique ethnic culture of Hui (Chinese Muslim) in Xi'an.

In the evening, you may choose to enjoy the Tang Dynasty Dinner Show (additional fee required).

Day 07 :

Fly from Xi'an to Lhasa

Morning drive to the airport for the flight to Lhasa, the flight will take over 3 hours. Upon arrival, be greeted and assisted to your hotel by the Lhasa local guide. The rest of today is free for you to start acclimatizing the high altitude, if you have any questions, please ask for your guide's assistance.

Day 08 :

Lhasa City Tour

Start your first day on the highest plateau in the world with a visit to the 1,300-year-old **Jokhang Temple**, a place which regarded as the spiritual center of Tibet. The temple is located at the heart of old town in Lhasa, you will see waves of awestruck pilgrims prostrating themselves outside the temple. The circuit around the temple is called Barkhor, it is a popular devotional place for pilgrims and locals. Walk along the street and see if there are some interesting local souvenirs to purchase.

In the afternoon, make an excursion to the **Potala Palace**, a magnificent building which can be regarded as an architectural wonder even by modern standards. The place includes the White Palace, used for the living quarters of the Dalai Lama, and the Red Palace, used for religious functions. The same with Jokhang Temple, Potala Palace is also a holy shrine to Tibetan Buddhism disciples.

Day 09 :

Lhasa Monasteries Day

Today will focus on visiting two famous Gelugpa Sect monasteries in Lhasa. In the morning visit **Drepung Monastery**, which is purportedly the largest monastery in the world. the name "drepung" means rich heap due to the white buildings dotting the hillside. Afternoon visit **Sera Monastery**, which is well-known for the monks debating tradition, the clapping sound and aggressive expression of the monks are well worth to see.

Day 10 :

Lhasa - Yamdrok tso - Gyantse, 270km about 6-7 hours drive

Morning head to Chushul from where climb up Kamala to Turquoise lake **Yamdrok tso**. Yamdrok tso is the one of the three scared lakes in Tibet, appears like jasper in a dark blue color. It takes about half an hour driving along the lake shore to the nearest town Nangartse where you will have an early lunch. Afternoon further follow the southern Friendship highway along the sprawling lakes and bloom glaciers to Gyantse. Gyantse is a small town in Tibet, this typical Tibetan town still keeps its own feature, and it's a worth for a stop at a trip to Mt. Everest Base Camp. In **Gyantse**, you will visit the famous **Kumbum Stupa**, it is about 35m high containing countless Buddha images, it is truly awe-inspiring and one of the most spectacular monuments in Tibet. Afterwards have a look at Phelkor Monastery with its fine paintings and statues, wander through some narrow lanes of old Gyantse town. Overnight at Gyantse.

Day 11 :

Gyantse - Shigatse - Shegar, 330km, about 7 hours drive

Morning drive about 1.5 hours to Shigatse, which is the 2nd largest city in Tibet. One of the highlights in this city is **Tashilhunpo monastery** which is the seat of the Panchen Lama, the 2nd most important spiritual leader of Tibet. Walk along the monastery kora where you will have the stunning view of the whole Shigatse city. The **living local market** should also not be missed in Shigatse. Afternoon drive to Shegar, enjoy the **beautiful Tibetan high plateau landscape** along the way with several stops and catch the first sight of Mount Everest after Gyatso la pass. Overnight at Shegar

Day 12 :

Drive to Rongbuk Monastery and E.B.C, 100km about 2-3 hours drive

Early morning, drive to **Rongbuk Monastery** for witnessing the majestic **Mount Everest**. Cross over Gawu La Pass, a good place to see the magnificent peaks which are all over 8,000 m. (26,247 ft.) in altitude in Himalaya Ranges.

After climbing down through numerous switchback bends lead to the dry valley of Tashi Zom, you will arrive at the Rongbuk Monastery, which is the highest monastery in Tibet and a good point to see Mount Everest. Take the local zero-emissions bus to E.B.C.

It's a bit cold and windy within the valley, especially during the night, you'd better take your sleeping bag and prepare your own package food for Rongbuk stay. However, the sunrise at Everest will make it all worth the trouble.

Day 13 :

Drive to Gyirong Border, 400Km, about 7 hours drive

After the sunrise at E.B.C, start driving to Gyirong via Old Tingri, enchanting views of the surrounding peaks of Shishapangma [8020m] at the Peiku-tso Lake. Overnight at Gyirong town.

Day 14 :

Drive to Kathmandu

After breakfast, our guide will help you clear the customs, your Nepalese driver will pick you up there, after you check in at Nepali Immigration office, then drive about 7-8 hours to Kathmandu city, enjoy the scenery of great white waters along the way. Your trip will end upon arrival at Kathmandu.

Inclusions

Tour notes:

Please note prices are based in CNY.

General inclusions:

2 bottles of mineral water provided daily.

All required government taxes and fees.

All required Tibet permits and domestic travel documents.

Where possible 3 star hotels will always be provided, if the city or town does not have then the local guest house or monastery guest house will be provided (i.e. tent / dormitory bed, no private bathroom etc.)

The hotel accommodation is based on two persons sharing one standard twin room with private facilities in all relevant locations. If a single client requests a twin room alone, the single room supplement will be charged.

Local Tibetan guide fluent in English, Chinese or Japanese that is certified by the state tourism build. (If your native language is not listed please let us know, we are certain we can assist your needs.)

Airport and/or train station pick-up and drop-off.

All domestic flight and train tickets. Economy-class for flights and soft sleeper / seat for train tickets.

Transportation will be provided via a comfortable and clean car, minivan or tourist bus depending upon the groups size.

Nepal border pick up and transfer to your hotel in Kathmandu.

Meals as remarked in the itinerary. (B=breakfast, L=lunch, D=dinner)

General exclusions:

Personal expenses such as laundry, drinks, internet access, fax, telephone calls etc.

Tips for your guide and driver.

Optional Attractions that are not specified in the itinerary.

Flight and/or railway ticket(s) to the first city of the tour and departure from the last city of the tour.

Meals not specified in the itinerary.

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