Mount Everest Cultural Tour



Mount Everest Cultural Tour

Url: https://wildyakexpeditions.com/trips/mount-everest-cultural-tour/

Duration
11

Max. Altitude
5200m / 17,388ft

Group Size
4 to 6 Participants

Country
Nepal / China

Region
Kathmandu Valley / Tibet

Accomodation
Boutique Hotels

Prime Activity
Himalaya Cultural Tour

Meals
All major meals in Tibet

HIGHLIGHTS

- Wonderful **timeless experience**
- Discovering the **Himalaya's cultural treasures**
- **Guided tours of UNESCO heritage sites** in Nepal and Tibet: **Bhaktapur, Swambunath, Boudhanath**, **Potala Palace, Barkhor Circuit, Jokhang Temple**
- A new experience at the **Everest Base Camp at 5300m**
- **Fabulous decor** in the core of the Himalaya: dazzling holy lake of the Tibetan Plateau: **Yamdrok Tso**
- **Superior hotels**
- **Professional organization**, **quality services** and **qualified WILD YAK Team** for a small group of **max. 6 participants**

Overview

A cultural journey in the core of the Himalaya

WILD YAK EXPEDITIONS takes you to Tibet after a brief immersion in Nepal.

Nepal's capital city's colorful hustle and bustle give way to the austere but fascinating scenery of the Tibetan plateau. After a breath-taking flight over the Himalaya mountains, we discover the capital Lhasa, full of history and surrounded by monasteries. Follow our Guide through the imposing Potala Palace's

many rooms in the core of Lhasa. Immerse yourself in the Buddhist ceremonies and the monks' energetic mimics as they practice the logic-focused debates at Sera Monastery. Or follow the flow, like a long, tranquil river, of the Tibetan people, their prayer wheels in hand, around the famous Jokhang Temple in the heart of Lhasa's historic district.

Our journey continues with guided tours of Tibet's main cities and their cultural treasures: Gyantse and Shigatse. During the drive from Lhasa, discover the vast plains of the Tibetan high plateau and its nomads. Hordes of yaks, prayer flags at the top of the passes, and in the distance, the contrast of the Himalayan white peaks.

Before heading back to Lhasa and then to Nepal, experience a unique experience at Everest Base Camp at over 5000 meters above sea level. The scenery is sumptuous and will leave you speechless.

A trip to Tibet will remain forever engraved in your memories. Tibet is fascinating, extraordinary, unforgettable!

Discover the Himalaya magic with WILD YAK EXPEDITIONS and contact us for any further information or personalized cultural tour. We are happy to advise you by phone or e-mail.

Day to Day Itinerary

Day 01: Kathmandu (1350m)

Arrival at KTM Tribhuvan International Airport. Welcome by our WYE representative and transfer to the hotel by private vehicle.
Rest of the day free or discovery of Boudhanath stupa (UNESCO heritage).

Evening welcome dinner together.

Overnight stay: Hotel Tibet International

Day 02: Kathmandu – Bhaktapur

Guided tour of the historical site of the ancient royal city of Bhaktapur and Changu Narayan (UNESCO heritage sites).
Rest of the day free.

Overnight: Hotel Tibet International

Day 03: Kathmandu

Guided tour of the Swayanbunath stupa, also known as the "Temple of the Monkeys". On the way back to the hotel discover the local market of Ason and Durbar Square.
Evening meal together.

Overnight: hotel Tibet International

Day 04: Lhasa (3650m)

Transfer to Tribhuvan International Airport in Kathmandu.
Flight from Kathmandu to Lhasa over the Himalayan range.

Welcome by our WYE representatives in Tibet.

Transfer to the hotel and first immersion in the heart of the city of Lhasa.

Welcome evening meal.

Accommodation: Superior category hotel

Day 05: Lhasa

Guided tours of the Potala Palace and Jokhang Temple.
Built in the 7th century by the Tibetan king “Songtsen Gampo”, the Potala Palace was considered as the administrative and religious center. It was later renovated by Dalai Lama V in the 17th century.

The afternoon is devoted to the guided tour of the Jokhang Temple in Barkhor Square, the most important shrine of Tibetan Buddhism in the historical heart of Lhasa. Built by King Songten Gampo, it attracts thousands of pilgrims every year.

Evening meal in common.

Accommodation: Superior hotel

Day 06: Lhasa – Shigatse (3840m)

After breakfast, we head off for Shigatse, the second largest city in Tibet.
During the journey, stops are necessary to discover the magnificent Yamdrok Yumtso Lake at more than 4000 meters altitude, one of the three largest sacred lakes in Tibet with a total length of 72 kilometers.

Journey: by private vehicle with driver

Lunch and dinner together

Accommodation: Superior hotel

Day 07: Shigatse – Tingri

Day drive through the fascinating scenery of the high plateaus of Tibet to the small town of Tingri.
Rest of the day free.

Evening meal together

Accommodation: comfortable hotel

Day 08: Tingri – Base Camp Everest – Shigatse

The road continues to the foot of the highest peak in the world. A unique experience at over 5000 meters of altitude. The scenery is breathtaking. The memorable moment.
On our way back to Shigatse, discover once again some of the giants of the Himalayas.

Evening meal together.

Accommodation: Superior hotel

Day 09: Shigatse – Gyantse – Lhasa

Immerse yourself once again in this unique atmosphere.
Evening meal together.

Accommodation: Superior hotel

Day 10: Lhasa – Kathmandu

International flight back to Kathmandu.
Transfer to the hotel and rest of the day free.

Evening meal together.

Accommodation: Hotel Dalai La

Day 11: Departure international flight

Transfer to Tribhuvan International Airport in Kathmandu.

Day 15: International flight

WILD YAK Services

WILD YAK EXPEDITIONS' philosophy is: as much as possible is included in the quoted price so that customers know the total costs of their tour in advance!

- International airfare Kathmandu – Lhasa, and back, in economy class *
- All airport/hotel transfers in Kathmandu and Lhasa
- Ground transportation in private vehicles (minibus) in Tibet and Nepal (as defined program)
- Guided sightseeing tours in Nepal and Tibet
- All entry fees to the sites, monuments, monasteries and UNESCO heritage sites in Nepal and Tibet
- Accommodation in superior hotels in Kathmandu (4 nights) and Lhasa (3 nights), on a sharing basis; supplement for single room (upon request)
- Accommodation in confortable hotels on the way (3 nights), on a sharing basis; supplement for single room (upon request)
- 3 dinners in Katmandou
- Major meals as per defined program

- Visa fee and entry formalities for Tibet
- First aid kit
- All governmental taxes

*Please note that WILD YAK EXPEDITIONS reserves its right to adapt the prices for the flights, in case of price fluctuation of the air taxes.

Not included

- International flight -> contact us
- Extra night(s) accommodation in Tibet or Nepal beside WILD YAK EXPEDITIONS scheduled itinerary
- Travel cancellation and rescue insurance
- Individual beverages
- Personal expenses
- Optional trips and sightseeing, if extended
- Tips
- Any other expense that is not included in the quoted price.

LOGISTICS

ACCOMMODATION & MEALS

Kathmandu and Lhasa: in Lhasa and Kathmandu, we stay in four-star hotels (Boutique hotels). The accommodation in such hotels is fixed on a sharing basis, including breakfasts. Depending on the availability, single rooms might be booked upon request and towards additional costs.

At Lhasa and Kathmandu, the dinners are served in excellent restaurants. All kinds of cuisine, likewise Korean, Indian, Italian, Mexican, can be enjoyed. On the way to Mount Everest, Chinese and Tibetan cuisines are mainly served.

Individual beverages are on each participant’s own charge.

TRANSPORTATION

- International flight to Lhasa
- Guided sightseeing tours in Nepal and Lhasa by private car
- Lhasa to Mount Everest Base Camp and back, by Jeep

OUR WILD YAK TEAM

Our local English speaking tour guide in Nepal: is familiar with the cultures and traditions of Nepal. He provides you with interesting information about the history, culture and traditions of Nepal.

Our WYE representative in Tibet: guides you throughout your stay in Tibet, providing you with exciting information about the culture and traditions of this part of the world. He makes sure that the tour is conducted according to the defined program and coordinates with the driver.

Ramhitti, Boudha-6,
Kathmandu, NEPAL

+977 98511 49396

norbu@wildyakexpeditions.com

Chemin des Avouillons 45,
1926 Fully, SWITZERLAND

+41-(0)79 478 83 21

info@wildyakexpeditions.com