









## Xizang Discovery & Mt. Everest Adventure Tour - 10 Days

This tour highlights a deep exploration to Xizang culture and scenery. You will enjoy the unique Buddhism culture in Xizang and witness the gorgeous glacier at plateau. Besides, take a spectacular tour to Everest Camp Base, where you can appreciate the extreme wonder of the world's highest peak -- Mt. Everest.

Date	Destinations	Attractions, Meals & Transport
1	Day 1 Lhasa	 airport-hotel transfer in Beijing
2	Day 2 Lhasa	 breakfast, lunch  <b>Potala Palace, Sera Monastery</b> The Potala Palace, which used to be the residence of the Dalai Lama and seat of the Tibetan government, is currently converted into a museum. It is comprised of over 200,000 statues, temples, shrines, and historical Tibetan relics. The Sera Monastery, one of the three most distinguished monasteries in Lhasa, is famous for its tantric teachings.
3	Day 3 Lhasa	 breakfast, lunch  <b>Jokhang Temple, Barkhor Street, Norbulingkha</b> The Jokhang Temple, which commemorates the marriage of Tang princess Wencheng to King Songtsen Gampo, earns the reputation as the first Buddhist temple in Tibet. The Barkhor Street, Lhasa's old market, is full of vendors selling their wares. The smell of Yak butter is wafting in the air and hundreds of pilgrims are moving in a clockwise direction. The Norbulingkha is the summer palace of the Dalai Lama.
4	Day 4 Lhasa - Tsetang (by automobile)	 private transfer from Lhasa to Tsetang  breakfast, lunch  <b>Tradruk Temple, Tibetan family visit</b> The Tradruk Temple is said to have been the second of Tibet's earliest great geomantic temples after the Jokhang Temple. Pay a family visit to know the fascinating and distinct Tibetan culture.

5	Day 5 Tsetang	 breakfast, lunch  <b>Samye Monastery, Yumbulakhang Palace, Tradruk Temple</b> The Samye Monastery, the first Buddhist monastery built in Tibet, is a must-see site in Tibet. Tibetan people believe that the souls of the dead will not be incarnated unless the deceased has reached Samya before. The Yumbulakhang Palace is surrounded by various myths and legends associated with the founding of Tibetan civilization. It is also the oldest-known dwelling in Tibet. The Tradruk Temple is said to have been the second of Tibet's earliest great geomantic temples after the Jokhang Temple.
6	Day 6 Tsetang – Yamdrok Tso- Gyantse (by automobile)	 private transfer from Tsetang to Gyantse  breakfast, lunch  <b>Yamdruktso Lake</b> The Yamdruktso Lake, one of the three largest sacred lakes in Tibet, will show you beautiful snow-capped mountains and numerous clear streams.
7	Day 7 Gyantse - Shigatse (by automobile)	 private transfer from Gyantse to Shigatse  breakfast, lunch  <b>Palkhor Chode Monastery, Gyantse Fortress</b> The Palkhor Chode Monastery enjoys a high status in Tibet Buddhism history. The Kumbum Stupa, also called “the Ten Thousand Buddha Pagodas”, is the most striking architecture in Palkhor Chode Monastery. The Gyantse Fortress, also called Gyantse Dzong, offers an outstanding view of the old town and surrounding valleys. It tells a story about the heroic resistance of the Tibetans against far superior forces during the British invasion in 1903-1904.
8	Day 8 Shigatse - Everest Base Camp (by automobile)	 private transfer from Shigatse to Everest Base Camp  breakfast, lunch  <b>Everest Base Camp, Rongbuk Monastery</b> Early morning, take a car ride to the Everest Base Camp, where you can enjoy the natural wonder of the highest peak in the world. The Rongbuk Monastery is the world's highest monastery lying at the foot of Mt. Everest. The views of the Everest's north face from this vantage point are amazing.
9	Day 9 Everest Base Camp - Zhangmu (by automobile)	 private transfer from Everest Base Camp to Zhangmu  breakfast, lunch
10	Day 10 Zhangmu	 private transfer to the Friendship Bridge and through China Custom to Nepal  breakfast

#### About Tibet Travel Permits:

1. All foreign travelers are required to have the Tibet Travel Permit (or Tibet Permit, Tibet Entry Permit) in hand before entering Tibet. The Tibet Travel Permit is issued by Tibet Administration to the authorized travel agencies, but not to individual travelers directly.
2. CITS handle Tibet Permit application for guests who booked Tibet tour package from us. Travelers can either take a tailored

private tour or join in a group tour. The tour package should include services of tour guide, automobile, sightseeing & accommodation. Please be advised that we do NOT offer “permit-only” service.

3. The Tibet Permit needs to be applied **at least 20 days** prior to arrival in Tibet, so we suggest travelers send the tour inquiry **at least 30 days** in advance.

4. The general travel information (including tour dates, travelers’ personal information, destinations in Tibet...) will be attached to the Tibet Permit, so the travel itinerary could not be changed once the tour is confirmed.

5. All travelers can get Tibet Permit through an authorized travel agency except diplomats, journalists, and government officials who should travel to Tibet under the arrangement by the Foreign Affairs Office of Tibet Government.

#### **How to book a Tibet tour with Tibet Travel Permit:**

Step1: Traveler sends a travel inquiry to CITS.

Step 2: CITS travel counselor sends you an itinerary and quote. We are pleased to make any changes as per your request before you are completely satisfied with the tour proposal.

Step 3: Book the tour and make the payment via bank transfer or PayPal. Payment needs to be received by us at least 20 days before your arrival.

Step 4: Send us the following document & information:

- A scanned copy of your passport (photo page);
- A scanned copy of your China visa (tourist visa);
- All travelers’ information including full names, gender, date of birth, passport number, nationality and occupation;

Step 5: Your travel counselors will confirm the tour and send you an email attached with the confirmation & voucher.

Step 6: When you leave for Lhasa you will need to show the original copy of the Tibet permit when checking in at the airport or railway station. The permit will be delivered to our local office in the departure city. You will need to pick it up from the local office. If you booked the land service at that city, our guide will pass the permit to you.

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### **Tour Includes :**

- Private tour guide
- Private air-conditioned coach
- Land transfers between airport or railway station and hotel
- Entrance tickets as listed
- Chinese lunch as listed
- Centrally located hotels with breakfast
- Tibet Travel Permit
- Service charge & government taxes

### **Tour Excludes :**

- Flight or train ticket
- Personal expenses such as laundry, drinks, phone bills, optional activities
- Tips for guides and drivers
- China Visa
- Travel insurance

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### **About Shopping or No-shopping Tours**

Since October, 2013, CITS offers truly alternative prices of tours with or without shopping. Exceptionally, some tours only have one type price, such as seat-in-coach, hiking, self-driving and luxury tours, etc. [Click here know more details.](#)

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