

everest kangshung face



trip highlights

View the spectacular Kangshung Face of Everest from the Kharta valley

Journey across the Tibetan plateau to experience authentic Tibetan culture

Enjoy a fully supported camping based trek with three hearty meals per day

Cross two 5000m plus passes, including the Langma La (5330m) affording views of Makalu

Traverse the Himalaya overland from the Tibetan Plateau to Kathmandu

Explore Lhasa, including the Potala Palace, former home of the Dalai Lama

Visit Rongphu Monastery near the classic Everest Base Camp in Tibet



Trip Duration	22 days	Trip Code: KAN
Grade	Moderate to Challenging	
Activities	Trekking, Adventure Touring	
Summary	22 day trip, 8 day trek, 2 nights Radisson Hotel, Kathmandu, 1 night Tibetan lodge, 9 nights camping, 8 nights basic hotel accommodation, 1 night hotel in Chengdu	

welcome to World Expeditions

Thank you for your interest in our Everest Kangshung Face trip. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience.

why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions has been pioneering trips in the Himalaya since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable experience in the Indian Sub-continent. Every trip is accompanied by an experienced local leader, as well as support staff that share a passion for the region, and a desire to share it with you. We take every precaution to ensure smooth logistics, with private vehicles throughout your trip. We use comfortable 4 star accommodation in Kathmandu, and basic hotels and lodges in Tibet. In most cases, all internal transport, entrance fees, national park fees and transfers are included in the cost of your trip.

Most importantly, our adventures always aim to benefit the local people we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience. We invite you to read more on our Responsible Travel philosophy and projects later in these trip notes.

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World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. Please refer to our website for the additional cost.

For competitive airfares and stopover ideas, contact our expert staff today to receive a detailed quote.

the trip

This expedition includes the highlights of our 'High Road to Lhasa' journey, including time in Lhasa, Gyantse, and Shigatse, with a 9 day trek in the Kharta valley to the spectacular Kangshung Face of Everest. After a few days sightseeing in Lhasa, we will drive across the Tibetan plateau with ample opportunities to absorb the traditional culture of Tibet, before arriving in Kharta, a bustling Tibetan village nestled in the shadow of Everest. Our trek to the east face of Everest offers extraordinary views of the world's highest mountain. After the trek we drive to the Rongphu Valley to appreciate the huge dimensions of the north face of Everest before heading back to Lhasa and Kathmandu via the stunning region of Langtang.

at a glance

DAY 1	ARRIVE CHENGDU, CHINA
DAY 2	FLY CHENGDU TO LHASA (3,670M)
DAYS 3-4	IN LHASA (3,670M)
DAY 5	DRIVE TO GYANTSE VIA THE KHAMBA PASS (4,900M) AND KARO LA (5,200M).
DAY 6	IN GYANTSE, DRIVE TO SHIGATSE (3,845M)
DAY 7	IN SHIGATSE THEN DRIVE TO SHEGAR (4,330M)
DAY 8	DRIVE TO THE KHARTA VALLEY (3,690M)
DAY 9	COMMENCE TREK TO DHAMPU (4,300M)
DAY 10	TREK DHAMPU TO BASE OF SHAO LA (4,700M)
DAY 11	TREK BASE OF SHAO LA TO JOKSAM (4,030M)
DAY 12	JOKSAM TO ALPINE CAMP (4,470M)
DAY 13	CAMP TO PATHANG (4,550M)
DAY 14	TREK TO PETHANG RINGMO (KANGSHUNG FACE BASE CAMP) (5,200M)
DAY 15	PATHANG TO BASE OF LANGMA LA (5,320M)
DAY 16	CROSS LANGMA LA TO SHOMAK LHE (5,370M)
DAY 17	DRIVE TO RONGBUK (5,000M)
DAY 18	RONGBUK MONASTERY THEN DRIVE TO TINGRI (4,300M)
DAY 19	DRIVE TO KYIRONG (4,130M)
DAY 20	DRIVE KYIRONG TO KATHMANDU
DAY 21	IN KATHMANDU
DAY 22	IN KATHMANDU, TRIP CONCLUDES

what's included

- 21 breakfasts, 16 lunches and 15 dinners including all meals on trek valued at US\$530
- airport transfers in Chengdu, Lhasa and Kathmandu
- accommodation at the Radisson Hotel in Kathmandu
- basic hotels and lodges in Lhasa/Shegar/Shigatse
- expert bilingual guide
- the use of a World Expeditions trek pack which includes a quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500)
- souvenir World Expeditions 80l kit bag
- yaks to carry group equipment
- private transportation
- all park entrance fees and trekking permits
- sightseeing and site entry fees as listed
- group medical kit
- Bottled Oxygen for emergency use
- portable altitude chamber for group use

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trip dates

2020 06 Sep - 27 Sep

2021 09 May- 30 May
05 Sep - 26 Sep

fast facts

Countries Visited:
Nepal & Tibet

Visas:
Please check visa requirements with your reservations consultant*

Vaccinations:
Please consult a travel vaccination specialist for up to date information

Private Groups:
Private group options are available for this trip*

Singles:
A single supplement is available for this trip*

Leader:
Expert local leader

Advice for people with limited mobility
This trip is not suitable for people with limited mobility.

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

what's not included

- International flights
- Chengdu-Lhasa flight. Please contact your local World Expeditions office to arrange your flights.
- Meals not included in the daily itinerary
- Alcoholic and bottled drinks
- Items of a personal nature such as phone calls, laundry, etc
- Tips
- Airport & departure taxes
- Visas
- Travel insurance

detailed itinerary

DAY 1 Arrive Chengdu, China

You will be met by a representative of World Expeditions and transferred to the hotel. Remainder of the afternoon/evening at leisure.

Overnight: Chengdu Jaho Forstar Wenshuyuan or similar
meals: NIL

DAY 2 Fly Chengdu to Lhasa (3,670m)

This morning we are transferred to the airport for the flight to Lhasa. You will be advised which flight to book as the group are required to arrive into Tibet together due to the group permit. On arrival at Lhasa Airport you will be transferred to the city – a drive that takes around two hours. Due to the high altitude, you need to take it easy when you arrive in Lhasa. (Chengdu to Lhasa flights not included in trip cost.) A briefing will be given around 5pm by your guide, where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket.

Drive: 65km, ~2hrs

Altitude: 3,670m

Overnight: Gangjian Hotel or similar

meals: B

DAYS 3-4 In Lhasa (3,670m)

The following two days are scheduled to appreciate the long and rich cultural history of Lhasa. We include visits to the Jokhang, the Norbulingka (the Summer Palace of the Dalai Lama), and the famous Potala Palace. We also include visits to the nearby monasteries of Drepung and Sera. The Jokhang The Old City of Lhasa was built around the Jokhang, the most sacred temple in Tibet.

Drive: N/A

Altitude: 3,670m

Overnight: Gangjian Hotel or similar

meals: B

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thoughtful travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence.

World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook.

This detailed guide to responsible & sustainable travel is provided to all World Expeditions clients before they travel.

Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website

www.worldexpeditions.com

trip grading

Moderate to Challenging

Anyone undertaking a moderate to challenging adventure should be aware of the physical and mental demands involved. These treks are designed for a more experienced adventurer who is seeking a challenge. A good level of fitness is required as days can involve 8-10 hours of strenuous exercise in remote and rugged terrain. Altitudes are generally less than 5500 metres although higher pass crossings are possible. The terrain will often be rugged and some walks may be exploratory, venturing off the beaten track. Weather conditions may be harsh at times, and you will need to be comfortable trekking in adverse weather conditions.

We suggest up to one hour of strenuous exercise 4-5 times per week, interspersed with a relatively demanding bushwalk at the weekend. The best exercise for trekking is bushwalking involving relatively steep ascents and descents; multi day walks are ideal preparation for our challenging adventures.

DAY 5 Drive to Gyantse via the Khamba Pass (4,900m) and Karo La (5,200m).

From Lhasa we drive down the Kyichu Valley to the Yarlong Tsampo (Brahmaputra) before ascending to the Khamba Pass (4,900m). The views are outstanding – in the foreground is the vast freshwater Yamdrok Tso or Turquoise Lake, while to the south the snow-capped ranges merge with the main Himalayan range. We drive around the lake before crossing the Karo La (5,200m) to reach Gyantse. The town is strategically located in the Nyang Chu valley on the ancient trade routes from the Chumbi Valley, Yatung and Sikkim, which met here.

Note: while we endeavour to stick to the projected itinerary, travel in Tibet is by nature unpredictable and a flexible approach is always needed.

Drive: 7-8hrs

Altitude: 3,977m

Overnight: Gyantse Hotel or similar

meals: B,L,D

DAY 6 In Gyantse, drive to Shigatse (3,845m)

Gyantse is a remarkable place that has escaped much of the Chinese influence evident in other major Tibetan towns. It is dominated by the ancient fort that was besieged by British forces in 1904 during the famous Younghusband Expedition. We also visit the remarkable octagonal chorten, the Kumbum (or Pango Chorten)- built in 1444 on a series of four levels, each of which contains separate chapels. In the afternoon we drive to Shigatse.

Drive: 2hrs

Altitude: 3,845m

Overnight: Manasarova Hotel or similar

meals: B,L,D

DAY 7 In Shigatse then drive to Shegar (4,330m)

In Shigatse we visit the famous Tashilhunpo Monastery, founded in 1447 by the 1st Dalai Lama. Since the time of the 5th Dalai Lama in 1642, the abbot of Tashilhunpo has been known as the Panchen Lama (literally the 'Great Scholar'). Over the generations, the Panchen Lama became established as the chief spiritual and temporal adviser of the huge western portion of Tibet known as Tsang, and at times was even considered a rival to the Dalai Lama. During the Cultural Revolution much of the Tashilhunpo and the nearby fort were destroyed, and what we see today is a huge complex in various stages of rebuilding. Of particular interest are the huge temple to the Maitreya Buddha (the 'Buddha to Be'); the tomb of the 10th Panchen Lama (who died in 1989), which is said to be encased with over 300kg of gold; the Palace of the Panchen Lama; and the tomb of the 5th to 9th Panchen Lamas. The latter, recently reconstructed, contains the remains of the former Panchen Lamas that were retrieved after their separate tombs were demolished by Chinese troops in 1966. Also of interest is the main Assembly Hall, adjacent to many of the important chapels that are in everyday use. Later in the day we drive to Shegar.

Drive: 5-6hrs

Altitude: 4,330m

Overnight: Qomolangma Hotel or similar

meals: B,L,D

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adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant of travel agent.

important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price.

DAY 8 Drive to the Kharta Valley (3,690m)

From Shegar we divert from the main highway and drive south towards the Everest region. From the top of Pang La (5,150 metres) we gain views of Everest and the lie of the surrounding country. From the pass we descend to the village of Phadruchi where the jeep track divides - the track to the west heading to the Rongbuk Valley - the one to the east leading to the (Phung Chu) Arun Valley and the village of Kharta - the administrative headquarters of the region. We camp at the nearby village of Yuba.

Drive: ~7hrs

Altitude: 3,690m

Overnight: Tented camp

meals: B,L,D

DAY 9 Commence trek to Dhampu (4,300m)

From Yuba (3,690m) we follow the jeep trail along the banks of the Kharta River. At the end of the jeep road we cross a substantial bridge and follow a well defined trail that gradually winds above a series of small scattered settlements set amid barley fields. Two to three km above the bridge the trail splits. The lower trail continues up valley eventually diverting to the Langma La, while we follow the upper trail that ascends steeply in places towards the valley leading to the Shao La. There are good views back down the valley towards our camp and the Kharta district and the snow capped ridges to the east. In particular we can appreciate the forested hillside to the south of Kharta village that marks the upper limit of the monsoon. En route to camp we may pass villagers laden with planks of wood that have been carried from the Kama Valley. Our first camp is on a grassy meadow known as Dhampu (4,300m) - the first of many magnificent alpine camps.

Trek: ~4hrs

Altitude: 4,300m

Overnight: Tented camp,

meals: B,L,D

DAY 10 Trek Dhampu to base of Shao La (4,700m)

The first few km on this stage is hard going across a large boulder field. The trail ascends a series of 'glacial steps' before reaching a series of glacial lakes at the head of the valley located at the base of the Shao La (4,700m).

Trek: ~4hrs

Altitude: 4,700m

Overnight: Tented camp

meals: B,L,D

DAY 11 Trek base of Shao La to Joksam (4,030m)

An early start is imperative to ascend the Shao La (4,970m) and gain our first views of Everest (8,848m), Makalu (8,475m) and Lhotse (8,501m). From the pass there is a steady descent to yak pastures before a steeper descent to the valley floor and the trail on down to the Kama Valley. The rocky trail makes this stage quite demanding on the knees as it winds down through birch groves and dwarf rhododendrons to the camp at Joksam (4000 metres). This is an idyllic camp, situated amid pine and fir

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forests just above the Kama Valley. This change of vegetation reflects the monsoonal influence and summer rains that surge up the nearby Arun Valley throughout the summer months.

Trek: ~5hrs

Altitude: 4,030m

Overnight: Tented camp

meals: B,L,D

DAY 12 Joksam to Alpine Camp (4,470m)

From the valley floor there is a steep 300 to 400 metre ascent through the conifer forest to a ridgeline high above the Kama Valley. Here we gain magnificent views south towards the Arun Gorge and Nepal. Our trail then crosses alpine ridges that support the summer camps of yak herders' from Kharta village. We also pass a series of beautiful lakes before ascending a ridge and gaining our first uninterrupted views of the Kangshung Face of Everest. We camp in one of the idyllic meadows.

Trek: ~5hrs

Altitude: 4,470m

Overnight: Tented camp

meals: B,L,D

DAY 13 Camp to Pathang (4,550m)

Depending on the selection of the camp it will take just a matter of hours to descend to the camp at Pathang (4,550m), a beautiful meadow camp beneath the impressive peak of Chomo Lonzo (7,790m). Options are available to ascend to the sacred lake immediately above the camp. The trail heads up the hillside to the north and it takes about 40 minutes to reach the lake. At the far end of the lake is Sacred Cave carved out of the hillside which is said to be one of the many places where the sage Padmasambhava meditated during his journeys through Tibet. Within the cave are a number of simple shelters and prayer rooms where offerings are made by the occasional pilgrim.

Trek: ~3hrs

Altitude: 4,550m

Overnight: Tented camp

meals: B,L,D

DAY 14 Trek to Pethang Ringmo (Kangshung Face Base Camp) (5,200m)

From Pathang the trail heads across the meadow before ascending across a loose scree slope. The climb up and across the scree slopes is tiring and it is good to get back onto the more established shepherd trails. Rounding the hillside the Kangshung Face of Everest comes again into view, while across the valley the impressive glaciers at Chomo Lonzo can also be appreciated. Return to Pathang for overnight camping.

Trek: ~8hrs

Altitude: 4,550m

Overnight: Tented camp

meals: B,L,D

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DAY 15 Pathang to base of Langma La (5,320m)

The trail from Pathang heads back down the valley before diverting north towards the Langma La. It leads gradually across the yak pastures and en route we gain views of the summit of Makalu. Our camp at Shurimo is located at the base of the pass.

Trek: ~5hrs

Altitude: 4,800m

Overnight: Tented camp

meals: B,L,D

DAY 16 Cross Langma La to Shomak Lhe (5,370m)

The climb to the Langma La takes two hours. From camp we climb a well graded trail with further views of Everest, Lhotse, and Makalu. From the pass (5,330m) there is a steep descent to the valley floor. As the valley opens out we pass yak herders' camps from Kharta and the nearby villages. Here there is no shortage of fine campsites.

Trek: ~7hrs

Altitude: 4,230m

Overnight: Tented camp

meals: B,L,D

DAY 17 Drive to Rongbuk (5,000m)

From Shomak Lhe we drive back to the village of Phadruchi before continuing onto the Rongbuk Valley. Rongbuk Monastery is situated 15km below the base camp and was reconstructed after the excesses of the Cultural Revolution in the 1960's. From our camp here we gain unrivalled views of the North Face of Everest. At Rongphu we stay in the small lodge attached to the monastery, which has recently been reconstructed following the excesses of the Cultural Revolution in the 1960s. Nowadays there are about twenty monks in attendance.

Drive: 8-10hrs

Altitude: 5,000m

Overnight: Rongbuk Guesthouse or similar

meals: B,L,D

DAY 18 Rongbuk Monastery then drive to Tingri (4,300m)

Access to Everest Base Camp used by the famous interwar British expeditions is currently restricted to mountaineers with the necessary permits. That said the view of Everest from the monastery is definitely worth the trip as it dominates the valley carved by the glacier originating from the mountains northern flank. In the afternoon we will commence our drive to Kathmandu, stopping to overnight in the small remote town of Tingri.

Drive: 5-6hrs

Altitude: 4,300m

Overnight: Snow Leopard Guest House or similar

meals: B,L,D

DAY 19 Drive to Kyirong (4,130m)

Continue our drive to Kathmandu. Today we are heading for the border town of Kyirong. Following the 2015 earthquake the former friendship highway was badly damaged resulting in its continued closure. This new route was opened initially to ensure that trade between Nepal and China could continue. In 2017 the border post

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was opened to tourists allowing for travel along this legendary overland route to recommence. This road is sure to add to the sense of adventure as it traverses parts of both Tibet and Nepal new to tourism. Road conditions along this route are changeable as improvements to the road continue to ensure that it can accommodate the traffic using it.

Drive: 4-5hrs

Altitude: 4,130m

Overnight: Pingcuo Raoxi Hotel or similar

meals: B,L,D

DAY 20 Drive Kyjirong to Kathmandu

Today we cross the border into Nepal and complete the final stage of our journey from Lhasa via the earthquake ravaged Langtang region. It is a fitting conclusion to an epic overland journey and the comfort of the Radisson Hotel in Kathmandu will no doubt be welcomed with open arms.

Drive: 160km, ~6hrs

Altitude: 1,400m

Overnight: Radisson Hotel

meals: B,L

DAY 21 In Kathmandu

Today you have a full day at leisure to explore Kathmandu's bustling streets and significant landmarks. You may wish to start by exploring the city's two most important World Heritage Listed spiritual sites: Pashupatinath, Nepal's most sacred Hindu temple and an important cremation site; and Boudhanath, the largest Buddhist stupa in Nepal and the most sacred Tibetan Buddhist shrine outside of Tibet. Alternatively you could wander through the markets and shops of the busy Thamel precinct or explore some more of the city's significant sites such as Swayambhunath (Monkey Temple) or the World Heritage Listed plazas of Patan, Bhaktapur or Durbar Square.

Drive: N/A

Altitude: 1,400m

Overnight: Radisson Hotel

meals: B

DAY 22 In Kathmandu, trip concludes

After breakfast you will be transferred to the airport. Trip concludes.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

places of interest

The Jokhang

The Old City of Lhasa was built around the Jokhang, the most sacred temple in Tibet. Established in the 7th century, when Buddhism was first introduced into Tibet, the temple has been considerably enlarged, particularly during the reign of the 5th Dalai Lama. Within the Jokhang, our guide will be able to give you a detailed description of each of the main chapels. The main entrance to the Jokhang is always full of activity, with pilgrims prostrating themselves as they conduct their prayers before continuing on their ritual circuit around the temple. This circuit area, together with the Barkhor, the marketplace outside the Jokhang, is a gathering place for Tibetans,

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who may have travelled for many months to reach Lhasa. The Barkhor is the “real Tibet”, with a multitude of stalls selling anything from ceremonial scarves to Chinese thermos flasks. You can spend many hours there people-watching, although be sure to ask first before taking any photographs.

Sera and Drepung Monasteries

It is a short drive out of Lhasa to visit two of the most important Buddhist monasteries in Tibet. Drepung Monastery was founded in the 15th century. A century later, the 2nd Dalai Lama established the Ganden Palace that was to be his residence until the 17th century when he moved to the Potala Palace in Lhasa. While at the monastery we visit the huge Main Assembly Hall and the famous teaching colleges. Sera Monastery once housed a huge monastic population of around 5000 monks; sadly this number has declined to a few hundred since the Cultural Revolution. Like Drepung, Sera was founded in the 15th century and includes several important teaching colleges (including the famous debating courtyard) and the Main Assembly Hall with its important thangkhas (painted or embroidered Buddhist banners) and impressive statues.

The Norbulingka

This large compound, situated to the west of the city, is where successive Dalai Lamas spent their summer months. Indeed, the 14th (current) Dalai Lama often preferred to stay in this summer palace, rather than in the cold, isolated chambers of the Potala. The Palace of the 14th Dalai Lama is situated in the centre of the compound, and little seems to have changed since he escaped into exile in India in 1959. Most of the private quarters are open to the public, which always includes a steady flow of Tibetan pilgrims keen to pay homage to their exiled leader. The Palace of the 13th Dalai Lama, situated on the perimeter of the Norbulingka, is also open to the public.

The Potala Palace

The Potala Palace is one of the highlights of a visit to Lhasa. It is divided into two main complexes: the outer white building that housed the administration, and the Red Fort, where chapels, tombs and the living quarters of the Dalai Lama were located. Founded in 1645 during the reign of the great 5th Dalai Lama, the White Palace was completed in 1648, twelve years after that Dalai Lama's death. To avoid possible problems, the head monks related to the masses that the 5th Dalai Lama was in deep meditation until after the Red Palace was completed. It is normal to approach the Potala through the Western Gate and make your way slowly through the labyrinth of chambers to the lower floor of the Red Fort. The most impressive hall within this medieval building is the chamber housing the tombs of the former Dalai Lamas, including the massive golden tomb of the 5th Dalai Lama. This chamber is currently undergoing renovation, however, and is not open to the public. Nearby is the chapel commemorating Padmasambhava, the Tantric sage who introduced Buddhism to Tibet. On the upper middle floor is the tomb of the 13th Dalai Lama, while the next floor contains the official Reception Hall and living quarters, some of which are open to the public. We complete our visit to the Potala Palace by leaving through the main gate and continuing on to the Red Fort, before descending the series of steps to the marketplace immediately in front of the palace. The time spent in the Potala will depend on the number of pilgrims and tourists that are visiting while we are there.

suggested extensions

Annapurna Chitwan

country information

Tibet was for centuries a mysterious Buddhist kingdom isolated from the rest of the world by the Himalaya. In the 1950s, however, when Tibet was annexed by the People's Republic of China, everything changed. The Dalai Lama, Tibet's religious and political leader, fled to Dharamsala in northern India in 1959, where he established a Government in Exile; and more than 120,000 Tibetan refugees now live in India, Nepal and Bhutan. Since 1965, Tibet has been administered as the Tibetan Autonomous Region (TAR). Much of what was once Tibet has been incorporated into the Chinese provinces of Qinghai and Gansu (formerly known as Amdo), and Sichuan and Yunnan

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(traditionally known as Kham). The first tourists stepped into what was formerly Tibet in the 1980s, only to find many of its legendary monuments and monasteries in ruins.

But the essence of Tibet is still there; the heart of the country is still beating. There are still pilgrims reciting mantras and spinning prayer wheels, the faith and goodwill of the people seems unaffected, and there's still the country's incredible location amidst the highest and most spectacular mountains in the world. Travelling in Tibet may be a sobering experience these days, but it is still an incredible one.

climate

The climate in Tibet is not as harsh as one would imagine it to be. Lhasa tends to have mild weather from May to November. Expect sudden cold snaps even in spring (April-May), and dramatic temperature ranges, particularly at high altitudes. Nepal, on the other hand, is subject to the defining influence of the Indian monsoon from late May to mid-September. The ideal time to visit this region is either pre-monsoon, from mid-March until the end of May; or post-monsoon, from October to mid-November, when the weather tends to be relatively cool and dry. Temperatures can vary considerably depending on your elevation but as a guideline, temperatures in April/May and October roughly range from 5C-15C.

a typical day

You will be woken with a cup of tea brought to your tent around 6:30am, followed by a small bowl of warm water for washing. Before breakfast you pack your gear into your kit bag which is then taken by the pack-animals or porters and will not be available to you until you reach camp that afternoon. After a wholesome breakfast we are usually on the trail between 7.30 – 8am, depending upon the duration and nature of the day's walk. We will walk for around 3-4 hours and then generally break for lunch for about 1 hour. Some of our staff will walk ahead and select a suitable place to stop. The afternoon walk is generally a little shorter and camp is usually reached by around 3.30 - 4.30 pm. Once we have reached camp and the kitchen is set up, afternoon tea will be prepared. From then until dinner there is time to rest or explore the surrounding area. Dinner is usually served between 6-7 pm. Remember to bring your headlamp and your water bottles to the dining tent so they can be filled with boiling water. Trekking evenings afford some of the best memories of your trek, whether it is talking, playing cards, chatting with the crew or joining in some singing and dancing with the local people. Much of the enjoyment of an expedition is in the journey itself.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

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accommodation on the trip



As a general rule the further west you travel through Tibet the more basic the accommodation becomes. While we source the best available accommodation for you, there may be times where it will be necessary to stay in very basic lodges utilising multi-share rooms with shared bathroom facilities.

what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc. Porters and/or yaks carry all group gear.

equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

acute mountain sickness

When we ascend above 2500 metres our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

special visa requirements

An invitation letter covering your time in Tibet will be obtained on your behalf. In order to obtain this we require a clear, colour photocopy of your passport details page 8 weeks prior to departure. Please also provide details of the Chinese Diplomatic Mission that will be handling your visa application as a copy of this document will be forwarded to them from Tibet.

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vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

visas

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

China/ Tibet

First of all, you will be required to obtain a Chinese visa. Once you have obtained your Chinese visa you will need to provide your travel agent or reservations consultant with a scan or photocopy of your Chinese visa and the photo page of your passport with your details. This will be used to obtain your Tibetan travel permit on your behalf. Please note, we advise to not mention the Tibetan section of your trip during the Chinese visa application.

Your Tibetan travel permit will be couriered to your hotel in mainland China as an original copy is required so that you are able to present it at check-in for your flight to Lhasa. The cost of this will be approximately US\$20, payable to your guide in cash upon arrival in Tibet. In addition, you will also need to carry with you 2 passport sized photos.

If travelling back into China from Tibet, you will not require another Chinese visa.

For further Chinese visa application process details please contact; <https://www.visaforchina.org/>
Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit.

Nepal Visa

It is advisable that you obtain your Nepali visa prior to arrival and before applying for your Chinese visa as this has the possibility of strengthening your Chinese visa application by demonstrating well advanced plans for onward travel.

Nepali visas can be obtained from your nearest diplomatic post. Costs vary from post to post so we advise you contact your nearest mission for specific details. Details on your nearest missions can be found at <https://nepalembassy.gov.np/>

It is possible to obtain your Nepal visa on arrival at the Nepali entry port. At the time of printing the cost is as follows;

15 day tourist visa US\$25

30 day tourist visa US\$40

90 day tourist visa US\$100 (All are multiple entry)

Although the preferred payment is USD, AUD, CAD and GBP will also be accepted very readily.

You can collect the application form required to obtain your visa on arrival, from your reservation consultant or at border post. You should carry two current passport photographs with you, to obtain the visa. These prices are subject to change without notice; however we will do our utmost to keep you informed prior to your departure.

info nights

World Expeditions invites you to attend our inspiring adventure travel slide shows. These special evenings are designed to inform and entertain and are hosted by our most experienced and



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passionate adventure travellers and mountaineers. Ask our staff for a slide show schedule or register on our website - www.worldexpeditions.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

private groups

The adventures featured in our brochures, and on our website, are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

subscribe to our e-newsletter

Subscribe to our enewsletter! To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly enewsletter! You can do this online through our website, www.worldexpeditions.com or contact our office.

social networking

Connect with us on social

FACEBOOK: [@worldexpeditions](https://www.facebook.com/worldexpeditions)

Like our page at [facebook.com/worldexpeditions](https://www.facebook.com/worldexpeditions)

INSTAGRAM: [@worldexpeditions](https://www.instagram.com/worldexpeditions)

Follow us at [instagram.com/worldexpeditions](https://www.instagram.com/worldexpeditions)

YOUTUBE: [World Expeditions](https://www.youtube.com/worldexpeditions)

Subscribe to our channel at [youtube.com/worldexpeditions](https://www.youtube.com/worldexpeditions)

Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

trip availability

If this trip seems right for you then we encourage you to call us now to check availability as we operate strictly small group adventures. Many of our adventures require us to secure services on your behalf; such as permits, hotels and flights to name but a few. The demand for these services is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

how to book

To book a World Expeditions trip, you will need to complete a booking form which is found at the back of our brochure or can be downloaded from our website www.worldexpeditions.com. On completion, fax or post the form to your nearest World Expeditions office along with your non-refundable deposit. World Expeditions has access to competitive airfares. Call your nearest World Expeditions office or travel agent for assistance with your travel arrangements including flights, travel insurance and additional accommodation.