

Himalaya  
Indian  
Sub-continent

# high road to Lhasa



## trip highlights

Journey over the Tibet Plateau to Rongbuk Monastery and Mt. Everest

Absorb the dramatic views of the north face of Everest

Explore Lhasa and visit Potala Palace, former home of the Dalai Lama

Delve into the rich cultural traditions of Tibet, visiting Tashilhunpo Monastery in Shigatse

Traverse the Himalaya overland from the Tibetan Plateau to Kathmandu



Trip Duration 13 days

Trip Code: HRL

Grade Adventure touring

Activities Adventure Touring

Summary 13 day trip, 1 night hotel in Chengdu, 7 nights basic hotels, 2 nights Tibetan lodge, 2 nights Radisson Hotel, Kathmandu

## welcome to World Expeditions

Thank you for your interest in our High Road to Lhasa 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 3 to 4 star accommodation. In most cases, all internal transport, entrance 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.



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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 to join this adventure, contact our expert staff today to receive a detailed quote.

## the trip

This is our classic Tibetan journey - a rugged crossing of the Tibetan Plateau linking the fabled city of Lhasa with the bustling and vibrant Kathmandu. In the company of our Tibetan speaking guides we include the cultural highlights of Lhasa including the Potala Palace, the Jokhang temple, the Norbulingka plus the Drepung and Sera monasteries, with visits to Gyantse (the Kumbum chorten) and Shigatse (the Tashilhunpo). A highlight of the journey is our visit to the famous Rongphu Valley to see Mount Everest's north face from the historic base camp used during the expeditions led by Mallory in the 1920s - an experience shared by only a handful of dedicated travellers each year on this remarkable journey through Tibet.

## 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	DRIVE TO SHEGAR (4,330M)
DAY 8	DRIVE TO RONGBUK (5,000M) VIA THE PANG LA (5,150M)
DAY 9	RONGBUK MONASTERY THEN DRIVE TO TINGRI (4,300M)
DAY 10	DRIVE TO KYIRONG (4,130M)
DAY 11	DRIVE TO KATHMANDU (1,400M)
DAY 12	IN KATHMANDU (1,400M)
DAY 13	IN KATHMANDU, TRIP CONCLUDES

## what's included

- 12 breakfasts, 7 lunches and 6 dinners
- Airport transfers in Chengdu, Lhasa and Kathmandu
- Radisson Hotel in Kathmandu
- Comfortable hotels in Chengdu & Lhasa, best available guesthouses across Tibet
- Expert bilingual guide
- Use of a World Expeditions trek pack which includes a quality sleeping bag, down or fibre fill jacket and insulated mat
- Souvenir World Expeditions 80l kit bag
- Sightseeing and site entrance fees as listed in itinerary
- Private transportation
- Portable altitude chamber for group use
- Bottled Oxygen for emergency use
- Group medical kit

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

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## trip dates

**2020** 30 Aug - 11 Sep  
27 Sep - 09 Oct

**2021** 02 May - 14 May  
29 Aug - 10 Sep  
26 Sep - 08 Oct

## fast facts

**Countries Visited:**  
Tibet, Nepal

**Visas:**  
Yes\*

**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\*

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

\*Ask our staff for more information

- 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 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

### 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

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## thoughtful travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

## trip grading Adventure touring

Although there is no commitment to extended walking on this journey we nonetheless want to keep the 'accent on the active'. We therefore advise some physical training before undertaking the trip to enable you to participate in optional activities. Although our day walks are optional, there's much to be said for making the most of your time in a place as spectacular as the Himalaya. As for any trip, the fitter you are the more you will enjoy your experience.

## 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 or travel agent.

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 Drive to Shegar (4,330m)

The drive to Shegar can be completed in half a day, which allows time this afternoon to visit the Shegar Fort and Monastery. Shelkar is famous for the Shelkar Chode Monastery, founded in 1266 by a Kagyu lama, but it has been a Gelugpa monastery since the 17th century, and formerly had over 400 monks. Although, destroyed by the Red Guard during the Cultural Revolution, the assembly hall has since been rebuilt and there is an active branch monastery in Boudhanath, Nepal. The ruins of the old dzong are located on the hill behind the monastery

Drive: 5-6hrs

Altitude: 4,330m

Overnight: Qomolangma Hotel or similar

meals: B,L,D

### DAY 8 Drive to Rongbuk (5,000m) via the Pang La (5,150m)

The drive over the Pang La (5,150m) affords our first views of the north face of Everest (8,848m). From the pass we descend to the village of Phadruchi, before driving up the Rongbuk Valley to Rongbuk Monastery and unrivalled views of the mountain's north face. At Rongbuk 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: 7-8hrs

Altitude: 5,000m

Overnight: Rongbuk Guesthouse or similar

meals: B,L,D

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## 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. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

### DAY 9 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 10 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 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 11 Drive to Kathmandu (1,400m)

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 12 In Kathmandu (1,400m)

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

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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 13 In Kathmandu, trip concludes

After breakfast, you will be provided with an airport transfer. 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, 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 thangkas (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

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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

- Chitwan Safari
- Kathmandu to Delhi

## 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 (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.

## democratic republic of nepal

On the 28th May 2008, the constituent assembly voted in overwhelming favour of abolishing the Monarchy in Nepal. Nepal has been proclaimed a "Federal Republic State" to be known as the "Democratic Republic of Nepal". This historic development followed the first elections held since 1999 after a ceasefire agreement between the government and the Maoists was signed in November 2006, putting an end to 10 years of instability in the Kingdom. The Maoist party won the largest share of votes in the elections at approx. 35%, and now form the largest part of the constituent assembly. The announcement of the abolishment of the Monarchy also brought an end to 240 years of Royal rule in the country. Today the general feeling amongst Nepalis is a positive one, and many believe that Nepal is now finally moving forward with a new identity as a democratic nation and a fresh outlook. Following the 2013 election the dominant party is now Nepali Congress with 34% followed by Communist Party of Nepal (Unified Marxist-Leninist) with 30%.

## 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

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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

When touring in cities we will meet our local guides early in the morning and full days will be spent sightseeing. This trip involves long driving days through rough and sometimes dusty conditions at high altitude. Please read the High Altitude Travel by Vehicle paragraph in this document for further details.

## dietary requirements

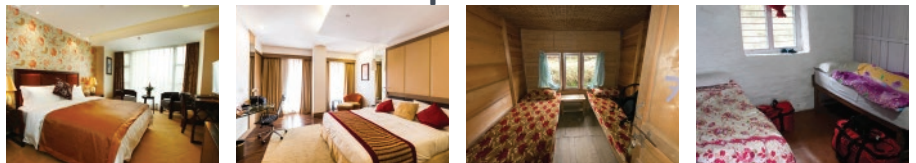
Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we 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.

## equipment provided



You will be provided with the use of a World Expeditions trek pack which includes a duffel bag, quality sleeping bag, down or fibre fill jacket and insulated mat (valued at over US\$500). Further, our porters and guides are provided with clothing and boots suitable for the conditions. See more information about our porter initiatives below.

## accommodation on the trip



As a general rule the further west you travel through Tibet the more basic the accommodation becomes. Tibet is a very remote, mountainous region and does not have the accommodation options travellers are accustomed to in other parts of the world. While we source the best available accommodation for you, there will be times where it will be necessary to stay in very basic local lodges utilising multi-share rooms with shared bathroom facilities. Hot water and electricity can sometimes be intermittent in the most remote towns.



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## 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.

## high altitude travel by vehicle

Travellers sometimes drive or fly to high altitude (above 2000m) and therefore run a risk of altitude illness. This risk increases the faster one ascends and the higher the final altitude gained. The risk is reduced if the night following the ascent (sleeping altitude) is spent at low altitude, ie. If you are travelling by road, cross a high pass and descend to an altitude not more than 300 m from your starting point, the risk of altitude illness is minimized. Gaining height rapidly and staying high definitely risks developing altitude illness and you should be aware of, and watch for, the symptoms (see "Acute Mountain Sickness"). You should also consider the use of acetazolamide (Diamox) as an aid to acclimatization and discuss this with your doctor or leader before departure. Should altitude illness occur the treatment is to descend and/or visit a hospital or clinic where the appropriate oxygen and medications can be administered.

## 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.

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## 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 information nights. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a info night schedule or register on our website - [www.worldexpeditions.com](http://www.worldexpeditions.com). Shows can fill early so it is important to register your attendance so we know to save a seat, or two.

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## 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

Never miss an amazing deal, inspirational speaker tour or exciting new trips and cutting edge adventure news. Head to our website to subscribe to our regular e-newsletter.

## social networking

Connect with us on social

FACEBOOK: @worldexpeditions

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

INSTAGRAM: @worldexpeditions

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

YOUTUBE: World Expeditions

Subscribe to our channel at [youtube.com/worldexpeditions](https://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. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as trekking permits, train travel and visa invitation letters. The demand 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 and pay a non refundable deposit which you can do by using our online booking function for most trips, or if you prefer, download a booking form from the website and return to us by fax, or mail your booking form and deposit to your nearest World Expeditions office or travel agent. We can also help you with any additional arrangements that you require, such as competitive airfares to get you to your destination, stopovers, pre or post trip accommodation or any additional tours that you wish to take in conjunction with the main World Expeditions trip.