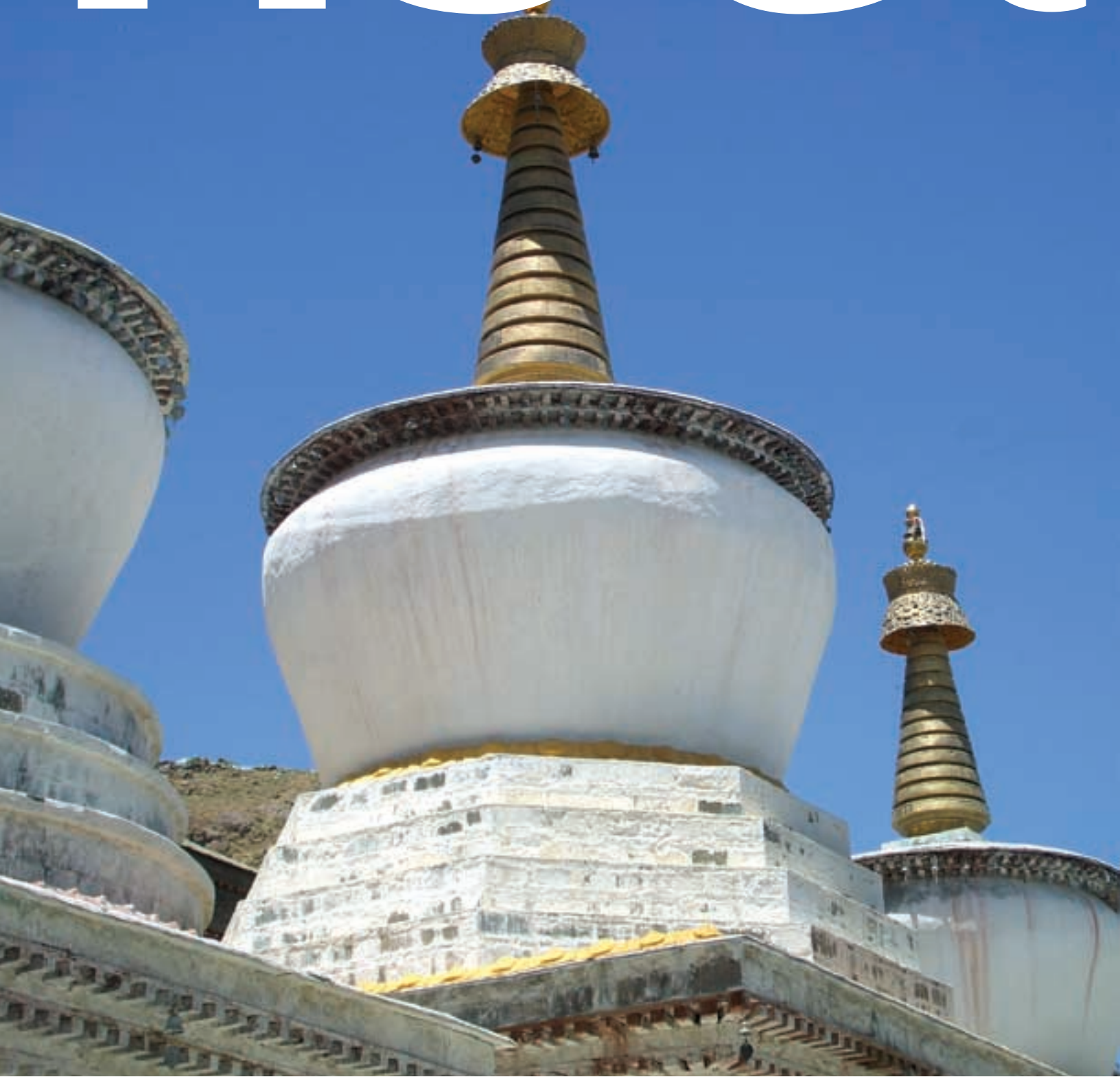


Tibet



Destination Tibet

For adventurous travellers Tibet is a fascinating world offering both a challenge and a memorable experience. This rugged Land of Snows, Roof of the World is still perhaps the most hidden, beautiful and untamed place in the world, a place of vast awesome landscapes, ancient traditions, mysterious peoples and timeless splendours.

Travel in Tibet really means adventure travel in a land that remains one of the most captivating but least developed parts of the world. Facilities and levels of service here are still quite basic but for those willing to accept this, a visit to Tibet is a memorable adventure. We will put every effort into making your journey as comfortable and enjoyable as possible but we emphasize that travelling in Tibet requires flexibility and a spirit of adventure. Please consider this carefully before making any booking.



“ We had a wonderful time. All the arrangements worked very well. Going to Chitwan at the end was a great way to wind down & was a great contrast to Tibet. We got a lot from the "otherness" of Tibet. It was quite magical. Very best wishes - thanks for all your help. ”

ALAN & MAIRI MORTON,
EBC Overland Tibet tour

09 days

GRADE
Moderate to
Adventurous/Strenuous
Max Elevation 3190m



Forbidden Cities Tour – Journey to Lhasa T-FCT

Immerse yourself in the colour and vibrancy of Kathmandu with its ancient temples, World Heritage Sites, scenic hill stations, modern bustle and unique flavours. Journey on to the heart of Tibet – the holy city of Lhasa. Enjoy panoramic Himalayan views on the stunning flight to Lhasa. Explore the halls and chapels of the impressive Potala Palace, an awe inspiring landmark that towers over Lhasa. Visit the most revered religious structure in Tibet – Jokhang Temple, that bustles with pilgrims and worshippers and echoes with mystery and ritual. Lose yourself in the ancient streets and pilgrimage circuit of Barkhor Bazaar in the Old Town surrounding the Jokhang, both spiritual heart and center of commerce. Travel to Drepung Monastery, a solemn glory of white chapels and halls on the hillside with wide ranging views of Lhasa and the distant mountains. Journey on to Sera monastery, with its serene temples and famous home to the serious business of debating the Buddhist scriptures before the return flight to Kathmandu. Your trip ends on a real high with an early morning mountain flight for a close encounter with Everest.

Please refer to the table at the back of this brochure for details of dates and pricing

13 days

GRADE
Adventurous/Strenuous
Max Elevation 5010m



Tibetan Overland Adventure Tour T-OVER

Enjoy guided sightseeing and an easy walking tour of World Heritage Sites in Kathmandu and take time to explore this vibrant capital before journeying into Tibet. Depart Kathmandu on a stunning scenic flight to Lhasa. Explore Jokhang Temple, situated in the heart of Old Lhasa, the bustling Barkhor Market place at the religious and social heart of Lhasa and the legendary Potala Palace, former home and winter palace of the exiled Dalai Lama. Drive across the highest plateau in the world with panoramic views of the awesome Tibetan landscape as you travel across the 'Roof of the World'. Cross high passes with breathtaking panoramic views of Everest and the Himalayan range. See towering Mt Everest and Mt Xishapagma dwarfed by the vastness of the Tibetan plateau. See majestic isolated ruins and craggy rockfaces on the picturesque drive to Lhasa. Visit remote pastoral towns and monasteries following traditional trade routes before descending across the Nepal –Tibet border into the lush Kathmandu Valley.

Please refer to the table at the back of this brochure for details of dates and pricing



12 days

GRADE

Moderate to Adventurous/Strenuous
Max Elevation 3650m



Mountains and Monasteries T-MM

A spectacular journey. Visit ancient temples, bustling bazaars and World Heritage Sites in Kathmandu and the Valley. Enjoy a scenic drive to the relaxing lakeside resort of Pokhara and witness the sunrise over the Himalaya from a picturesque hill station on the rim of the Valley. Experience panoramic aerial views of Everest and the Himalayan range on one of the most spectacular and dramatic flights in the world to the holy city of Lhasa in Tibet. Visit Samye Monastery, the oldest foundation in Tibet. Travel into the Lhasa Valley to begin your exploration of this untouched land and enjoy the warmth and friendliness of the Tibetan people. Drive through beautiful gorges in the Himalayan range, past stunning glaciers, colourful lakes and the lifeline Bramaputra River. Walk through the halls of Potala Palace, as it towers over Lhasa. Visit revered Jokhang Temple and join in the bustle of worshippers and pilgrims in the ancient streets and bazaars of the Old Town. Cross high Himalayan passes. Enjoy breathtaking views of the Himalayan range including Mt Everest (Qomolangma in Tibetan), Cho Oyu and Chisabangma, the highest peak in Tibet. Absorb the ambiance, spiritualism and power of ancient monasteries and temples. End your trip with a close encounter with Everest on an early morning mountain flight.

Please refer to the table at the back of this brochure for details of dates and pricing

Sacred Paths-Mount Kailash and Lake Manasarovar T-KMAN

Follow the centuries old Tibetan pilgrimage route to two of the most revered and sacred places in Asia. From heady and colourful Kathmandu, enjoy a scenic drive that takes you across the Tibetan plateau via the Friendship Highway. Encounter pilgrims who have travelled huge distances to visit legendary Mount Kailash, believed by Buddhists and Hindus to be the centre of the universe from which spring 4 of Asia's most important life giving rivers. Trek along the shore of Lake Manasarovar, the holiest lake in Asia, believed by Hindus to be created by Brahma as a reflection of the depth of his soul. Meet Tibetan nomads grazing livestock on high Himalayan pastures. Follow the Matseng Tsangpo River west through picturesque traditional Tibetan villages. Experience scenic drives through beautiful Tibetan countryside. Trek past colourful prayer flags, through the moraine and over meadows to cross high Himalayan passes. Experience wonderful close encounters of holy Mt Kailash and Lake Mansarovar. Enjoy stunning panoramic views of Mt Cho Oyu and Xishapagma from the Lalung La before a scenic return drive through beautiful Nepalese countryside and back to colourful Kathmandu.

Please refer to the table at the back of this brochure for details of dates and pricing

18 days

GRADE

Moderate to Adventurous/Strenuous
Max Elevation 5630m



26 days

GRADE

Adventurous/Strenuous
Max Elevation 5600m

Spiritual Journeys-Muktinath, Mount Kailash and Lake Manasarovar T-SJMKM

A rare and beautiful journey to 3 of the most important, holy and revered pilgrimage sites in Asia. From heady and colourful Kathmandu, drive through beautiful Nepalese countryside to Pokhara for a scenic flight to Jomson and the short trek to Muktinath, the first sacred site on this spiritual journey. Visit holy Muktinath Temple and take time for reflection before returning to Kathmandu. Fly to the holy city Lhasa for relaxed sightseeing including visits to impressive Potala Palace, home of the Dalai Lamas, revered Jokhang Temple bustling with pilgrims and worshippers, solemn Drepung monastery and serene Sera Monastery. Drive across the high Tibetan Plateau to reach Darchen and trek to Darboche to join thousands of pilgrims celebrating the Saga Dawa Festival (Spring departure only) considered the holiest period in the year, marking important Buddhist anniversaries. Journey on to legendary Mount Kailash, to begin the trek around this sacred mountain believed by Hindus to be the spiritual centre of the universe and a place to achieve enlightenment. Encounter local pilgrims who have travelled huge distances to prostrate themselves before Mount Kailash. Experience stunning views, impressive cliffs, peaceful meadows, glistening streams, decorated mani walls and high Himalayan sky burial sites. Travel on to holy Lake Manasarovar. Trek the northern shore and visit ancient monasteries, hermit caves and gompas in this beautiful revered place before travelling back across the Friendship Highway into the Kingdom of Nepal where this truly special and spiritual journey begins and ends.

Please refer to the table at the back of this brochure for details of dates and pricing





Everest from Tibet-Classic Tour T-EBCT

Visit Everest North Base Camp in Tibet. This adventure tour takes you into the heart of Tibet before travelling on to explore the Base Camp of the highest mountain in the world. Begin your journey with visits to the ancient palaces, temples and World Heritage sites of the Kathmandu Valley. Travel south to Chitwan National Park for a short jungle safari by charter elephant before returning to Kathmandu. Enjoy a dramatic and scenic flight from Kathmandu over Everest to Lhasa. Absorb the sights and sounds of Lhasa including Potala Palace, Jokhang Temple, Barkhor Bazaar and Drepung and Sera Monasteries. Drive through starkly beautiful Tibetan countryside past high Himalayan lakes and mountain passes. Visit ancient monasteries including Ronbuk, the highest monastery in the world. Explore Everest Base Camp and enjoy views of the north and east sides of the world's highest peak. Travel on to Nyalam and Zhangmu to enjoy magnificent views of Mt Cho Oyu (8201m) and Mt Xishapagma (8212m), towering peaks dwarfed by the height of Tibet. Cross the border for a scenic drive back to Kathmandu through the beautiful Nepalese countryside.

Please refer to the table at the back of this brochure for details of dates and pricing



17 days

GRADE

Moderate to
Adventurous/Strenuous
Max Elevation 5150m

24 days

GRADE

Adventurous/Strenuous
to Challenging
Max Elevation 5045m



Mountain Biking – Lhasa to Everest Base Camp to Kathmandu T-MBLK

An epic cycling journey from the ancient Tibetan capital of Lhasa across Tibet via Mount Everest Base Camp into the Kingdom of Nepal and the Kathmandu Valley. Enjoy some of the highlights of these two ancient Himalayan Kingdoms. Experience close personal contact with the mysterious nomadic people of Tibet as you travel across the Tibetan plateau, before the exhilarating two and a half day downhill taking you through beautiful Nepalese countryside into Kathmandu Valley. This fully supported mountain biking expedition allows time to explore many of Tibet's most fascinating cities and ancient monasteries as well as a chance for a close encounter with the highest mountain in the world, Everest. Support vehicles carry all equipment and provide a rest station if needed and your guide will ensure you don't miss any highlights on this fantastic adventure. This is non-technical mountain biking with 16 full days cycling and 2 half days on rough, dirt and pot holed roads with 100% vehicle support. We ride 90% off road, around 45-65 km per day on flat, undulating or downhill terrain.

Please refer to the table at the back of this brochure for details of dates and pricing



Photo courtesy Robert Pendleton