

Samye Ganden Trek - Itinerary

1. Day 01: Flight from Kathmandu to Lhasa

Take off from Kathmandu Airport at 10: 00 hrs (Nepal Standard Time). During the flight (weather permitting) you will see the following: Yarlang Tsampo, Yamdrok Tso, Mt. Kanchanjunga (8586m), Mt. Makalu (8463m) and Mt. Everest (8848m). Transfer from the airport to your Hotel. Complete rest.

2. Days 02-03 :In Lhasa

These days you will be engrossed with sightseeing and excursion of the Potala Palace ,The Jokhang Temple, surrounding Barkhor market area, Drepung and Sera monasteries. Overnight in Hotel Mandala.

3. Days 04:In Lhasa

Rest day in Lhasa for acclimatization. Overnight in Hotel Mandala.

4. Day 05 : Lhasa - Namsto Lake

Drive from Lhasa to Namtso. Overnight in Guest House.

5. Day 08 : Namsto Lake - Lhasa

Drive back to Lhasa. Overnight in Hotel.

6. Day 09 : Lhasa- Ganden - Gayme

Drive to Ganden. Visit monasteries and drive further to Gamye and the Trek starts. Overnight in Camp.

7. Day 10

Trek, approx 5 / 6 hrs walk. Overnight at Camp.

8. Day 11

Trek, approx 5 / 6 hrs walk. Overnight at Camp.

9. Day 12

Trek, approx 5 / 6 hrs walk. Overnight at Camp.

10. Day 13

Trek, After Approx 4 / 5 hrs walk, the Trek ends at Samye. Overnight in Camp.

11. Day 14 : Samye - Gyantse

Drive for approx 7 hours via Yamdroktso Lake. Overnight in Hotel.

12. Day 15 : Gyantse- Xigatse

After breakfast visit the Khumbum Stupa and the Palkhor Monastery. After Lunch drive for 1 and 1/2 hours to Xigatse. After arrival in Xigatse we will visit the famous Tashi Lumpo monastery and the Local Xigatse Market. Overnight in Hotel.

13. Day 16 : Xigatse- Sakya - Tingri

Drive towards Tingri via Sakya monastery. Overnight in Guest House.

14. Day 17 : Tingri - Rongbuk - Everest Base Camp - Rongbuk

Drive to Rongbuk for 4 hrs. From Rongbuk group will walk to the Everest Base Camp and again walk back to Rongbuk. This back and forth walking will take 5 & ½ hours and driving will take 2 hours. Overnight in Guest House.

15. Day 18 : Rongbuk - Nylam

Drive to Nylam for 8 hrs. Overnight in Guest House.

16. Day 19 : Nylam- Kathmandu

Drive for 7 hours and back to Kathmandu .

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