

# 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 .

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)