



Tibet: 18d Very Essence Tibet Trekking

URL: <https://himalayanleaders.com/trip/18d-very-essence-tibet-trekking/>

Difficulty

Moderate

Altitude

5400 m

Best Season

April to October

Overview

This unique Tibet trekking itinerary follows the trail along the cradle of Tibetan civilization. After sightseeing the Tibetan capital of Lhasa we take our four-wheel-drive vehicles for the visiting of Tsetang via the Samye monastery. Another day driving takes us to Tsomé. This is the place from where our fantastic trekking will begin through the Tibet-Bhutan border [Himalayas](#). It will take five days walk to the holy Kulhakangri mountain. Here we will visit the base camp at 4.500 meters.

During our trekking, we will pass Tsemalang, Mendang, Bashar. As well as we cross the Meshangla pass which is at 5.000 meters. At the base camp of the holy Kulhakangri mountain, you can see all the other high majestic mountains. After two more days trekking around the Kulhakangri base camp, we drive to the classic cities of Gyantse and Shigatse and then to the Nepali border at Zhangmu via Shegar or New Tingri. Through green valley's we leave the heights of Tibet to return to Kathmandu. But now Zhamgmü Border is closed due to earthquake occur in 2015. instate of that recently new border is open for the foreigner Named Gyroing Border. so there is change on below itinerary instates of Zhangmu Border we move our itinerary to Gyroing border.

Best Season: April, May, June, July, August, September & October

Trip Itinerary

Day 01: Kathmandu to Lhasa

We fly from Kathmandu to Lhasa, the capital of the autonomous Tibetan region, o/n in hotel.

Day 02-03: Sightseeing tour of Lhasa

Of course you will see the main highlights. Lhasa has many sites of historic interest, including the Potala Palace, Jokhang Temple, Sera Monastery, Zhefeng Temple, Drepung Monastery and Norbulingka.

Day 04: Today we drive to Tsetang via Samye.

Samye shows you Tibet's first monastery, located only 30 km from Tsetang. The Samye Monastery or Samye Gumpa is the first Buddhist monastery built in Tibet under the patronage of King Trisong Detsen of Tibet who sought to revitalize Buddhism. Tsetang is one of the largest cities in Tibet and is located in the Yarlung Valley, 183 km southeast of Lhasa. Tsetang was the seat of the ancient kings of Tibet and, as such, a place of great importance. It is at an elevation of 3,100 metres. It is situated near the flank of Mount Gongbori (3,400m) and is home to many ancient ruins. It is known as the cradle of Tibetan's civilization.

Day 05: Tsetang

Sightseeing in Tsetang The 14th century monastery of Tsetang, Ganden Chökhörling, was originally Kagyupa but was taken over by the Gelugpas in the 18th century. Ngamchö is also a Gelugpa monastery and contains the bed and throne of the Dalai Lama and has a chapel devoted to medicine.

Day 06: Drive to Tsome.

The town of Tso-me or Tamzhol is dramatically set within the eroded gorge of the Tamzhol-chu (sometimes known as Lhodrak Shar-chu), which rises from the watershed at Shar Khaleb, and surges southwest through the East Lhodrak region to converge with the Kuru-chu (Lhodrak Nub-chu) below Kharchu.

Day 07: Trek Tsome to Kulhakangri.

Start trekking Today we start our trekking to Kulhakangri by taking the first trail to Tsemalang. We will travel through the region of Lhodrak- a stronghold of Tibetan Buddhist culture.

Day 08: Trek to Meshang La.

Trek to Meshang La.

Day 09: Trek to Mendang

Trek to Mendang

Day 10: Drive to Basear.

Drive to Basear.

Day 11: Trek to Kulhakangri Base Camp

Today our main destination will be reached. As a stunningly beautiful peak, Kula Kangri sits on the Tibet-Bhutan border. Kula Kangri is claimed by many authorities to be the highest mountain in Bhutan but this

is disputed by others, who claim that Kula Kangri is wholly in Tibet. The mountain is considered holy, and is a pilgrimage destination for Tibetans. Kula Kangri is surrounded by a series of 6-7,000 meter peaks all of which remain unclimbed. The peak was first climbed by the Japanese in 1986 via the NW ridge (7,538 Meters). kula-kangri

Day 12-13: Kulhakangri Base Camp

Excursion to Kulhakangri Base Camp at 4,500 m.

Day 14: Drive to Shigatse

After all the trekking its time for relaxation and another inspiration since we are visiting classic cities like Shigatse, a county-level city and the second largest city in Tibet. The city is located at an altitude of 3,840 metres. Shigatse contains the huge Tashilhunpo Monastery, founded in 1447.

Day 15: Shigatse

Sightseeing in Shigatse.

Day 16: Drive to Shegar

Drive to Shegar, also known as New Tingri Shekar, a small town approximately 60 km north-west of Mount Everest and just over 50 km from the Nepali border.

Day 17: Drive to Friendship Highway to Kyirong Town

Day 18: Drive to Kathmandu

After completing all the border formalities we drive all the way to Kathmandu.

Trip Includes

- Pickup and drop from the international airports in Kathmandu and Lhasa
- English speaking Tibetan guide
- Full board (3 meals a day) except Lhasa
- Pension fund , insurance for local staff of Himalayan Leaders
- Transport with land cruiser
- Hotel with breakfast in Lhasa
- Flight fare from Kathmandu -Lhasa
- Tibet travel permits, Tibet visa and monument entrance fees

Trip Excludes

- International Airfare
- Nepal re-entry visa fee
- Extra transport or horse in case of road block and any accident
- Gratitude (tip) for the staff etc
- Travel insurance in case of emergency
- Lunch and dinner in Lhasa, Last resort and Kathmandu
- Personal expenses

Address

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