

# How to travel Lhasa to Kathmandu?

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It is an epic [Nepal Tibet Tour](#) from Friendship Highway between Lhasa to Kathmandu. It covers the most important Tibet's historical sites and superb scenery of The Great Himalayan Range and an exotic roller-coaster ride into the [Kathmandu valley](#). This tour will allow the tourists to view the spectacular Tibetan culture and wonderful lakes and mountains. It is going to be an exotic journey through the rugged crossing of Tibetan plateau linking the beautiful city of Lhasa with vibrant Kathmandu.

This classical tour is around 1000km [passing through Nepal](#) and this trip can be done well in 7 days which includes the Lhasa's historical sites like Potala Palace, Jokhang temple, Sera Monastery and Drepung Monastery. You can begin from Lhasa through the beautiful Scorpion Lake of Yamdrok and Karo La Glacier pass to Gyantse. Rongbuk Monastery and Everest Base Camp are the most popular excursions in Tingri. Even a new paved road has been constructed to cut down the driving hours to a few. The main highlights of this route are the important Tibet monasteries along with views of world's highest peaks.

This is world famous tourist route which attracts countless travelers each year. This journey is characterized by the holy places and monasteries along with fabled cities.

This awesome travel season starts from April to June and continues all way to September and October. July and August are the rainy months in Tibet, except the southeastern region where there is a little rain.



# THOSE WHO TRAVEL LIVE TWICE

## **Flights from Kathmandu to Lhasa**

There are two 2 flights between Kathmandu and Lhasa, each operated by Air [China](#) and Sichuan Airlines separately. Besides this, a few flights connects Kathmandu and Lhasa stopping in Chengdu, Kunming, and Chongqing.

## **Overland tour from Lhasa to Kathmandu**

It is a one week tour from Lhasa to Kathmandu offering an amazing view of snow capped Himalayan Mountains and Tibet valley. You will pass through the old cities like Lhasa, Gyantse and Shigatse, which will give you a complete idea of Tibet's culture, religion, and landscape.

A trip to the [Everest Base Camp](#) route will turn out to be a life time memory for you.

## **TRIP AT A GLANCE**

1st day arrive at Lhasa

2nd day Barkhor Street, Jokhang holy Temple, Potala palace

3rd day Sera Monastery, Drepung Monastery

4th day Lhasa - Gyantse - Shigatse

5th day Shigatse - Tringri - EBC

6th day Everest Base Camp to Gyirong Border

7th day Gyirong to [Nepal](#) Border



## ARRIVE AT LHASA

When you will arrive at Lhasa, you will be greeted well. You will take your hotel. You may take the view of Tsangpo River or the Brahmaputra River. It is the longest river flowing in Tibet.

After reaching Lhasa you may take some rest and make yourself comfortable to the high altitudes. If you want to go somewhere out, you may opt for going Potala Square. There you could see fountains of amazing colors and can get handsome pictures of the palace.

If you are a new comer to Tibet, having rest in a hotel is good to get yourself comfortable to the high altitude. Stay in Lhasa overnight and don't rush to see the local Lhasa city.

## BARKHOR STREET, JOKHANG TEMPLE, POTALA PALACE

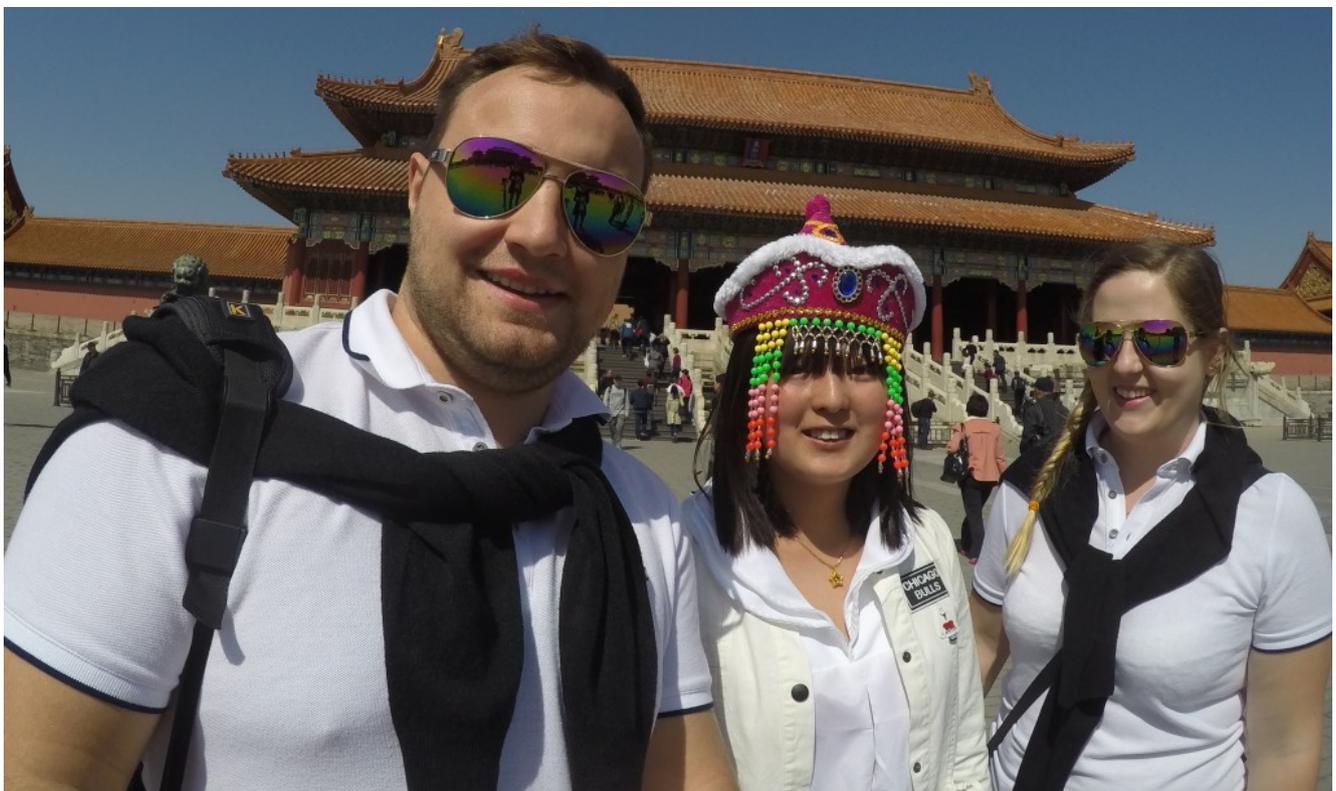
At first you will arrive at Potala Palace, known as the winter place of the great Dalai Lam. The most important attractions of the palace include the great old

kings' meditation caves and the stupas of great Dalai Lamas.

After that, you may head towards Jokhang Temple that was founded by one of the great kings of [Tibet](#) in 7th Century. There are statues of Buddha Sakyamuni. At the outer edge of [the temple](#), there is a Barkhor Street, a place to perform Kora. Kora is a religious circle taken around a mountain or building. You may explore old market with other locals and pilgrims.

You will get a chance to taste the Tibetan Tea in a tea house with the local people. You will also have the Welcome Dinner accordingly.

If time permits you could go to visit the Tibetan center of art and handicrafts along with the Traditional Medicine center. Again stay in Lhasa.



#### SERA MONASTERY, DREPUNG MONASTERY

Go to Drepung Monastery the next morning which is regarded as one among the greatest Gelug monasteries of Tibet, which was founded in 1416 by Jamyang chogé, who was one of the Tsongkhapa's main disciples. Tourist may also visit the biggest kitchen of the monastery and the Buddhist workshop of sculpture carving.

During afternoon you shall visit Sera monastery which is also one among the three Gelug monasteries. The monk's debate is the hottest attraction which is conducted between 3pm - 5pm in the evening. Moreover, you can visit the [Tibetan Religious](#) Scripture Printing House located in the monastery. There you

can also see the Three Sand Mandals and rock painting of Buddha made with beautiful colours.



## LHASA- GYANTSE-SHIGATSE

Next day, while driving from Lhasa, you will pass through Gampala Pass which is 4790 m high, and a can view Yamdrok-Tso (4400 m). Beautiful snow caped Himalayan Mountains surrounds this lake and offers a marvelous view of Mt. Nyenchen Khangsar , the highest [mountain range](#) near Lhasa of about 7191 m height.

Later you will see Korola Glacier along the roadside. When you will reach Manak Dam Lake you may see tourist hanging pray flags at Simila Mountain Pass. Then you will arrive at Gyantse which is Tibet's largest third city, following Lhasa and Shigatse.

There you will visit famous Pelkor Monastery and Gyantse Kumbum where you can enjoy the Far view of Gyantsee Fortress.

After driving for 90 minutes more, you will reach Shigatse, which is one of the largest cities in Tibet. There you will visit the traditional Barley Mill and see the landscape of Barley Fields. Stay for the whole night in Shigatse to earn the exotic experience of the place.



## SHIGATSE TO EBC VIA TINGRI

Next morning you will see the home monastery of Panchan Lama i.e. Tashilunpo Monastery. You will get your Alien travel permit and then leave from Shigatse. From there you will go to Lhatse where you will have your afternoon meal.

Then, you will pass through Tsola Pass (4600 m) and the Gyatsola pass (5248 m). Soon you will reach Mt. Everest National Reserve, where you will see the blissful Panorama of Himalayas at the Gawula Pass (5198 m). The zigzag road will drive you to the Everest Base Camp (5200 m). There you can see the closest view of Mt. Everest Peak. To see the sunset view of the golden Everest Peak is like a dream turning into reality.

You can stay for night at the guest house of Rongbuk Monastery.

## **EBC TO GYIRONG BORDER**

The morning sunrise view of the Everest Peak is worth of appreciation. If weather allows, visit the Rongbuk Monastery, the highest monastery of nuns and monks all living together. Later you will hike from lodging place to EBC (4 km) and visit the Everest Base Camps. You may take there the pictures of Mt. Everest and adjoining peaks.

From there you will drive to Kyirong Border. On the way, you will see the

breathtaking views of Mt. Shishapangma and the Pekutso Lake. After passing through the Ghuntang Lhamo (5236 m), you will reach Kyirong. You will have wonderful guesthouse over there to stay there for the night.

## **GYIRONG TO NEPAL BORDER**

This is going to be the most spectacular drive over the main [Himalayan range](#). The clear weather over the Everest and extraordinary beauty of the Himalayas stretching off into the horizon in all directions will provide you the final adventure.

Tibet offers you a lot to travel. It's not just restricted to the monasteries of Lhasa, Gyantse, and Shigatse but also include the stunning views of the lakes and glaciers along the cities. In this tour, you are going to experience the beauty of Tibetan landscape and a blend of [Chinese](#) and Nepali culture. This tour will prove out to be an unforgettable encounter with the great Tibet.

## Other tips

Tibet is called the roof of the world, so the weather will be cooler round the year. Equip yourself with warm clothes to protect yourself from cold during the tour. The overland from Lhasa to Kathmandu or from Kathmandu to Lhasa is the best of all overland itinerary. The road travel will allow you to view the stunning subtropical climate of southern Himalayas. You may subject to altitude sickness so sleep higher at the first night when you reach Lhasa.

## About Travel Document

Also, you should be aware of the visa and permits regarding the tour. If you travel from Tibet to Kathmandu, Nepali visa and your passport are needed. Instead, if you are traveling from Kathmandu to Tibet, there should have Group Tourist Visa and Tibet Entry Permit from department of Tibet Tourism. Then you will hand over the documents to Chinese Embassy located in Kathmandu for tourist visa in groups validity of which is 30 days. It takes 3 days to process Group Tourist Visa.

To conclude, Tibet is one of the destinations where adventure lurks around every corner. Beautiful road drive and scenic beauty will give you the richest travel

experience of your life.