



10 Days Tour To Mount Everest

Lhasa-Yamdok Lake-Gyantse-Shigatse- Tashilhunpo Monastery- Rongbu Monastery
Mt.Everest- Yangpachen - Namtso Lake

Tibet is arguably one of the most mysterious and beautiful places in the world. Our exclusive motorcycle tour offers you the opportunity to ride through stunning Tibetan landscapes while enjoying views of iconic landmarks such as Lakes Yamdrok and Namtso as well as Mr. Everest. This journey is further enhanced by visits to some of Tibet's most revered Buddhist locations including Jokhang Temple and Sera Monastery in Lhasa. Your Tibetan adventure is sure to be a remarkable experience that will stay with you for years to come.

DISCOVERY
MOUNT EVEREST
TOURS

DIFFICULTY



RIDING TIME/DAY



SIGHTSEEING



10 days vacation,6 riding days

Day1: Arrival in Lhasa

Day2: Application for a local motorcycle driver's license.

Day3: Potala Palace- Jokhang Temple- Barkhor Street- Sera Monastery

Day4: Lhasa-Yamdrok Lake-Karola Glacier-Gyantse-Shigatse (365KM)

Day5: Shigatse-Tashilhunpo Monastery -Lhatse- Tingri (240KM)

Day6: Tingri-Rongbu Monastery-Mt.Everest Base

Camp-Old Tingri (175KM)

Day7: Old Tingri- Lhatse- Shigatse (300KM)

Day8: Shigatse-Yangpachen- Damxung (330KM)

Day9: Damxung--Namtso Lake-Lhasa (310KM)

Day10: Departure from Lhasa

Nearest Airport :Gongkar Airport

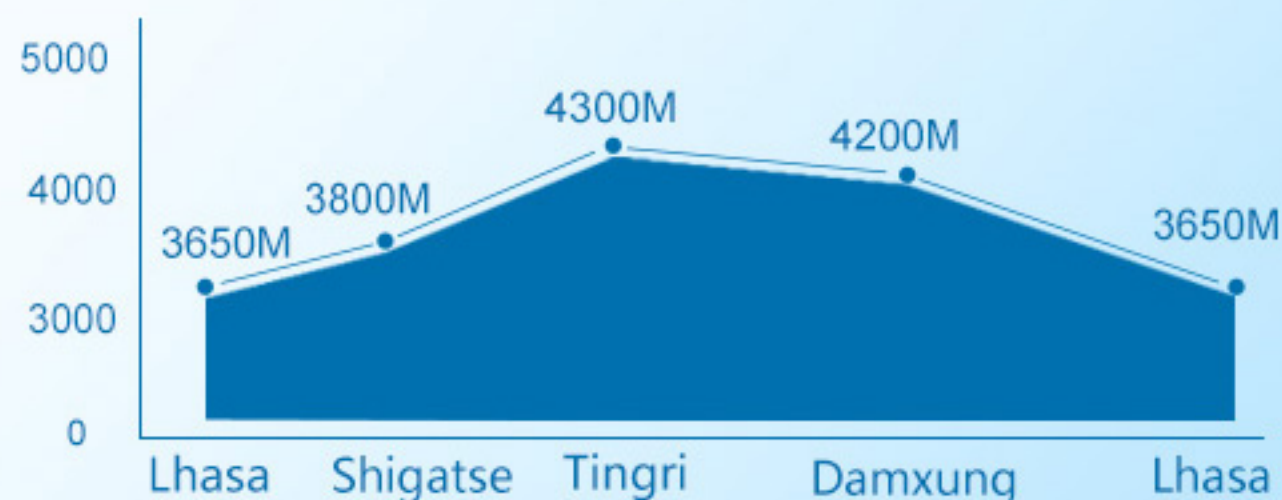
Duration:10 days vacation,6 riding days

Route:Total distance:1068 miles/1720 KM

Accommodations:Hotel

Highlights:Lhasa-Yamdrok Lake-Shigatse- Tashilhunpo Monastery- Rongbu

Monastery-Mt.Everest- Yangpachen - Namtso Lake



DAY 1 Lhasa



Welcome to Tibet, the Roof of the World! Your journey begins at Lhasa where you will be met by your tour guide at the airport and escorted to the hotel. You will have the rest of the day to explore the city on your own and acclimatize to the high altitude.

Tips of the day:

As part of the acclimatization, we recommend that you avoid strenuous exercise and even bathing. It is best to take it easy, drink plenty of water and rest as much as possible. Overnight hotel accommodations.

DAY 2 Lhasa



On this day, your guide will assist with the necessary paperwork to obtain your local motorcycle license. The rest of the day is set aside for you to acclimatize and explore the city on your own. Overnight hotel accommodations.

DAY 3

Potala Palace- Jokhang Temple- Barkhor Street- Sera Monastery



Start today's Lhasa exploration with an exciting visit to iconic Potala Palace, regarded as one of the most beautiful buildings in the world. In addition, you will also visit Jokhang Temple which is considered the spiritual heart of Tibetan Buddhism. Our visit would not be complete without walking Barkhor Street, the ancient route to circumambulate Jokhang Temple. The last site of the day will be the famous Sera Monastery, where you will have the opportunity to observe monks debating in a courtyard as they have done for hundreds of years.

Tips of the day:

- There are 1080 steps up to the top of Potala Palace. We recommend that you take it easy due to the high altitude;
- Taking photos is not allowed inside the palace;
- Today you will be mostly outdoors, please bring some water, a hat, sun screen and sun glasses. Overnight hotel accommodations.

DAY 4

226 miles / 365 KM

Lhasa-Yamdrok Lake- Karola Glacier-Shigatse



A thrilling motorcycle ride is about to begin today!

We will leave the hotel after breakfast and ride to Shigatse, the second largest city in Tibet. Along the way we will admire the sacred Yamdrok Lake located at an altitude of 4,400m. The deep turquoise water of this natural treasure creates a breathtaking panorama against its mountainous backdrop. Covering over 360 square kilometers, Yamdrok is the largest freshwater lake in the northern Himalayan Range surrounding area. As we continue our ride through the Tibetan plateau, prayer flags announce our arrival at Karola Glacier (5,045m.), a stunning white mass that can be seen up close due to its proximity to the road. From there we ride to the historical city of Gyantse prior to arriving at our hotel in Shigatse.

DAY 5

149 miles / 240 KM

Shigatse-Lhatse-Tingri



Our day begins with a visit to the official seat of the Panchen Lama: Tashilhunpo Monastery, is the largest and most influential Gelug monastery in the Shigatse Prefecture. We will have the opportunity to walk the cobblestone alleys and visit halls and chapels in this culturally important site. Later in the day we head to Tingri. Overnight hotel accommodations in Tingri.

DAY 6

108 miles / 175 KM

Tingri-Gyawu-La Pass-Rongbuk Monastery-the Mt. Everest Base Camp-Old Tingri



We start our morning ascent passing through villages where locals cheerfully greet us. We continue to the Gyawu-La pass (5,198 m) from where we can admire magnificent views of Mt. Makalu (8463m), Mt. Lhotse (8561 m), Mt. Everest (8844 m) and Mt. Cho Oyu (8201 m) in a breathtaking composition of jagged mighty peaks. Our ride then continues to Rongbuk Monastery, the highest monastery in the world, on our way to Everest Base Camp. Arriving at this site is sure to be an unforgettable experience! We then head out on an exciting off-road ride to Old Tingri. Overnight hotel accommodations on Old Tingri.

DAY 7

186 miles / 300 KM

Old Tingri-Lhatse-Shigatse



We leave Old Tingri to retrace our previous route to Shigatse. Stunning views of pristine landscapes will accompany us throughout the day. Overnight hotel accommodations in Shigatse.

DAY 8

205 miles / 330 KM

Shigatse-Yangpachen-Damxung



This morning we ride through the Tibetan Plateau on our way to visit the famous Yangpachen Hot Springs on our way to Damxung. Overnight hotel accommodations in Damxung.

DAY 9

174 miles / 280 KM

Damxung-Namtso Lake-Lhasa



We start the day by crossing the Nagen-La pass (5190m) and beholding Namtso Lake surrounded by a serene grassland landscape. Namtso Lake, one of the three sacred lakes in Tibet is also the highest lake in the world standing at 4718m above sea level. We continue our ride to Lhasa to return our motorcycle rentals. Overnight hotel accommodations in Lhasa.

DAY 10

Lhasa



This morning we will say farewell to Tibet, our guides and driver as this amazing journey comes to close. Transfer to Lhasa airport will be arranged for your flight home.



Motorcycle rental prices

BMW Motorcycle series	Daily rental fee	Deposit	Motorcycle insurance
R1200GS ADV	1199RMB	40000RMB	120RMB/day
R1200GS	1099RMB	40000RMB	120RMB/day
F800GS	899RMB	30000RMB	120RMB/day
G310GS	399RMB	20000RMB	120RMB/day

BMW R1200GS ADV



BMW R1200GS



BMW F800GS



BMW G310GS



Required information

1. Scanned copy of the current and valid motorcycle license from your country.
2. Scanned copy of your passport and tourist visa. (If you work in China, you need to provide work visa and on-the-job certification.)

Important Notes

1. Participants must be over 18 years of age, in good health and must bear a Tibet Entry Permit. A motorcycle license from the People's Republic of China is required to rent and ride motorcycles in Tibet.
2. Please wear a helmet conforming to DOT international standards, riding clothes, riding pants, riding gloves, riding boots, etc. (Note: We have a small quantity of men's pull-on suit for rent (excluding helmets, gloves, riding boots).)
3. Passengers on a motorcycle are strictly prohibited. Only one person is permitted on a motorcycle at all times.
4. Please contact our customer service staff immediately if you are in an accident during your ride.



About the tour

1.Environment: Tibet is culturally and spiritually rich and it possesses unparalleled natural beauty. Its ancient cultures can still be felt and seen throughout the plateau given that many regions within Tibet remain undeveloped. As such, hotels accommodations are moderate, water can be scarce at times and electricity is not always reliable and/or available in all areas. This tour has been designed to offer a variety of natural and cultural highlights that provide an amazing travel experience. The demanding itinerary calls for long distances on challenging road conditions. Thus, participants must possess an intermediate to advance skill level.

2. Health concerns: Due to Tibet's high altitude, participants are encouraged to obtain a comprehensive physical examination as well as get plenty of rest and sleep prior to traveling to Tibet. Abstaining from tobacco and alcohol use is also recommended before the commencement of trip in order to prevent upper respiratory infections.



3. Items of daily use: Personal First Aid items are recommended such as sun screen, lip sun screen, lip balm, antiseptic cream, anti-diarrhea medicine and broad spectrum antibiotics (participants must contact their doctor). Given that temperatures can range greatly from morning to evening, long-sleeve clothes, a wool sweater, and a jacket are recommended in addition to sunglasses and a sun hat.

4. Road conditions: Landslides as well as rock and mud slides occur from time to time during Tibet's rainy season. A full or partial refund will not be issued should the itinerary be interrupted by weather conditions or natural disasters.

5. Culture: Participants are expected to be mindful and respectful of the local culture and traditions. Participants must walk clockwise when visiting temples, chapels, pagodas and similar structures. When in doubt, please consult your guide prior to engaging in a culturally or spiritually sensitive activity.

6. Safety issues: Tibet is considered a safe place with friendly inhabitants; however, it is recommended that participants are aware of their surroundings and guard their valuables. Exploring areas in pairs or as a group is advisable to avoid unforeseen dangers.



Important health considerations

Participants with any of the following conditions, you should not travel to a high altitude area of more than 3,000 meters:

1. Heart disease, arrhythmia, stage II hypertension, blood disease, cerebrovascular disease or if the resting heart rate is significantly above 110 beats per minute.
2. Chronic respiratory disease, moderate or severe obstructive pulmonary disease such as bronchial asthma, bronchiectasis, emphysema, active tuberculosis or pneumoconiosis.
3. Uncontrolled diabetes, epilepsy or schizophrenia;
4. Severe cold and upper respiratory tract infection, body temperature above 38 degrees Celsius or below 35 degrees Celsius.
5. Patients who have been diagnosed with high altitude pulmonary edema, high altitude cerebral edema, high altitude hypertension, high altitude heart disease and high altitude polycythemia;

Famous Attractions



POTALA PALACE

The Potala palace in Lhasa, Tibet is located on what is called the Red Hill and was built by King Songtsen Gampo during the seventh century. It was struck by lightning and devastated by war which led to its destruction. However, the fifth Dalai Lama, in 1645, rebuilt the palace again. Since then, it has become the political center of Tibet. The Potala Palace is comprised of two main structures: a white cluster of buildings dedicated to spiritual affairs and a red central zone reserved for ministerial tasks. The iconic Potala Palace is known for its complex construction, massive buildings, peaceful atmosphere as well as for its numerous works of art.



BARKHOR STREET

Located in the heart of Lhasa, Barkhor Street is an ancient route used to circumambulate Jokhang Temple. On any given day, pilgrims and locals can be seen walking clockwise through the street, immersed in spiritual undertakings. It's said that in 647, the first Tibetan King Songtsen Gampo (617 - 650) built the Jokhang Temple. Due to its splendor, it quickly attracted thousands of Buddhist pilgrims. As a result, a trodden path appeared, the start of Barkhor Street.



JOKHANG TEMPLE

The Jokhan Temple, which means 'House of the Lord', is the most sacred Buddhist temple in Tibet and is a primary destination for monks. This UNESCO World Heritage site was built in 746 by King Songtsen Gampo to promote the Buddhist religion. Its current structure is the result of a reconstruction by the fifth Dalai Lama in the 17th century. The Jokhang Temple's most prized and ancient treasure is the Jowo Shakyamuni, a 1.5m statue cast from precious metals and decorated with jewels depicts Buddha at the age of twelve. This highly revered statue was brought to Lhasa by Princess Wenchen in 641 as part of her marriage dowry.



YAMDROK LAKE

Located approximately 105 km from Lhasa on the road to Shigatse, Yamdrok Lake is one of three sacred lakes in Tibet with the other two being Namtso Lake and Lake Manasorovar. Yamdrok Lake is the largest inland lake in south Tibet and it is surrounded by spectacular snow capped mountains such as Noijinkangsang, which rises 7206 meters above sea level. Noijinkangsang, which can be admired on the west side of the lake is one of four sacred mountains in Tibet.



MOUNT EVEREST

Mount Everest, which literally means “the top or the head of the sky,” is the highest peak of the Himalaya Range and Earth's tallest mountain above sea level. The border between Nepal and Tibet runs across its summit. During 1856, the name of Mount Everest was Peak XV, but the Geographical Society gave it its official name in 1865 in honor of George Everest. Its total height above sea level is 29,029 feet.



NAMTSO LAKE

On Nov. 14, 2005, Namtso Lake was named one of the five most beautiful lakes in China by Chinese National Geography magazine. The unrivaled beauty of this, the highest salt water lake in the world is not to be missed. Lake Namtso embodies the pure and peaceful qualities for which the Tibetan Plateau is well known. In Tibetan Namtso means "Heavenly Lake", a fit name for this turquoise-water site, one of three sacred lakes in Tibet. Located at an altitude of 4720 m above sea level, Namtso Lake covers a vast area of 1961 km.

Impressions

