

High Road to Tibet - ANRT

14 days: Kathmandu to Kathmandu

What's Included

- Your G for Good Moment: Panauti Homestay, Panauti
- Your Welcome Moment: Welcome Moment - Meet Your CEO and Group
- Your Local Living Moment: Rongbuk Monastery Guesthouse, Rongpu Si
- Kathmandu orientation walk
- Lhasa orientation walk
- Potala Palace entrance
- Sera Monastery visit
- Jokhang Temple entrance
- Pelkor Chode, Gyantse Kunbum, and Tashilhunpo Monastery visits
- Border crossing support
- Internal flights
- All transport between destinations and to/from included activities

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing January 22nd, 2019 and onwards

Itinerary

NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1 Kathmandu

Arrive at any time.

There are no planned activities for today except for a welcome meeting in the early evening, followed by an optional dinner.

Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

At this meeting, complete formalities for our Tibet entry permit.

Day 2 Kathmandu

Take an orientation walk in Durbar Square before a cooking demonstration where the group will learn how to make Nepalese momos (dumplings). Afterwards, taste the delicious dishes made during an authentic local lunch. In the evening, enjoy free time to explore the fascinating city.

Free Time

Kathmandu

Take the evening to explore the city.

Durbar Square Orientation Walk

Kathmandu

Every orientation walk will be a little different, allowing our CEOs to show off their favourite bits of the square. Learn more about Durbar Square and Kathmandu and get a good introduction to Nepal.

Nepalese Dumplings Cooking Demonstration

Kathmandu 2h-3h

Enjoy a cooking demonstration at a local establishment and learn how to make momos (traditional dumplings). Afterwards, taste the delicious dishes made during a Nepali lunch.

Meals included: Lunch

Day 3 Kathmandu/Panauti

Depart for a community homestay in Panauti. Choose to disembark in Sanga and hike the remaining way to the village or continue via private vehicle. Explore the village then help cook an authentic Nepalese dinner.

Many families in Panauti Village have come together to establish a homestay program.

Depending on the location, the home offers lovely views across surrounding fields or a post from which to observe street activity. As well as getting to know a local family and exploring this lovely village, you will assist with preparing your evening meal - learning how to cook local dishes - and eat together with your host family.

Your G for Good Moment: Panauti Homestay

Set up in 2013, the Panauti Community Homestay is ran by a group of women who started the initiative as a way of challenging the lack of opportunity often faced by women in rural areas. The project allows them to raise their social status and income while also providing an opportunity to share their culture and customs with travellers. By sending our groups to a homestay, G Adventures is increasing income for the community and assisting with small business opportunities in hospitality. Although simple, rooms are clean, comfortable and typical of the households in which you are staying.

Free Time

Panauti

Don't miss a moment of exploration in this village!

Private Vehicle

Kathmandu - Panauti

Settle in and scan the scenery from the convenience of a private vehicle.

Guided Hike at Panauti Community Homestay

Sanga - Panauti 4h-5h 11km

Take in the stunning views, nature and culture on the 11 km hike to your community homestay. The Sanga to Panauti trail has only recently been developed, through villages that are new to foreign visitors. We start from Sanga, a Bhramin community where a large Shiva statue gives a sign of Blessing. Continue through the Tamang community, home to the original Horse Warriors who migrated from Tibet. Hike through a few more villages into Panauti town.

Meals included: Dinner

Day 4 Panauti/Lhasa

Take an afternoon flight to Lhasa. With a relaxed pace to allow for the effects of altitude, explore this fantastic city on 'the roof of the world' over three days. Don't miss one of the evening debating sessions with the monks and the opportunity to learn more about the unique culture here.

Private Vehicle

Panauti - Kathmandu

Settle in and scan the scenery from the convenience of a private vehicle.

Day 5 Lhasa

Enjoy an orientation walk around Barkhor Square led by your CEO before taking a guided tour of the Jokhang Temple, the "spiritual heart" of the city where a stream of pilgrims visit daily. In the afternoon explore Sera Monastery and witness the monks debating.

Barkhor Square Orientation Walk

Lhasa 1h

Explore the square with your CEO and learn more about this city.

Jokhang Temple Tour

Lhasa 2h

Enjoy a tour of this beautiful temple, which has been called the spiritual heart of Tibet. Watch prostrating pilgrims circle the temple day and night, some of them traversing the extremes of the Tibetan landscape

by foot to come here and celebrate their faith. Make a kora ("revolution" in Tibetan) of the Barkhor, the holiest devotional circuit, which surrounds the Jokhang and houses a market bazaar where people bargain for Buddha images, yak skulls with ruby eyes, woodcarvings, carpets, prayer wheels, and the odd goat's head.

Sera Monastery Tour

Lhasa 1h30m

Visit the Sera Monastery and witness the monks engaged in lively debate, a philosophical practice they have held for hundreds of years.

Free Time

Lhasa

Spend time slowly exploring this fascinating city.

Optional Activities - Day 5

Evening Debate Session with Monks

Lhasa

55CNY per person

Watch the monks engage in lively debate and pray.

Day 6 Lhasa

Explore the grounds of the magnificent Potala Palace. Set upon Marpo Ri (Red Hill), the impressive 17th century structure was where the Dalai Lamas would meditate and take residence during the winter months. This afternoon, visit the Dalai Lama's Summer Palace, Norbulingka. Stroll the palace grounds and depending on the time of year, enjoy the outdoor festivities held in the park.

Potala Palace Tour

Lhasa 2h

Enjoy a tour of Potala Palace, a magnificent structure and true architectural wonder built in the 1600s and steeped in history. This is where the Dalai Lamas would meditate, handle affairs of state, and eventually where their burial stupas remain. Check out the golden statues, three dimensional mandalas, ancient scriptures, and the devoted pilgrims who circle the palace day and night. This is truly a remarkable place.

Norbulingka Tour

Lhasa 2h

Visit the Dalai Lama's Summer Palace, Norbulingka. Be sure to check out the beautiful flowers in the botanical garden.

Optional Activities - Day 6

Evening Debate Session with Monks

Lhasa

55CNY per person

Watch the monks engage in lively debate and pray.

Day 7 Lhasa

Enjoy a free day in Lhasa. Opt to visit the local markets or find a teahouse to spend a few hours relaxing with a warm cup of chai.

Free Time

Lhasa

Spend your final day in Lhasa browsing the market stalls or trying the local delicacies.

Day 8 Lhasa/Gyantse

Set off early this morning for Gyantse, enjoying a visit to the ancient Buddhist site of Gyantse Kumbum on arrival. The drive to Gyantse is a spectacular one, crossing three passes over 5,000m (16,404 ft) and skirting the shores of the beautiful turquoise lake, Yamdrok Tso.

Private Vehicle

Lhasa - Gyantse 8h267km

Settle in and scan the scenery from the convenience of a private vehicle.

Gyantse Kumbum Visit

Gyantse

Visit this significant site in Tibetan Buddhism. Gyantse Kumbum (meaning 100,000 images) is an 8 story structure containing a seemingly endless series of tiny chapels full of Buddhist images - Buddhas, demons, protectors, and saints.

Day 9 Gyantse/Xigazê

Today provides another opportunity to visit a sacred Tibetan Buddhist site in Gyantse. Visit Pelkor Chode Monastery this morning to admire the many sculptures and paintings lining the walls. Later, travel to Shigatse and enjoy some free time to get acquainted with the city.

Pelkor Chode Monastery

Gyantse

Visit this important Tibetan Buddhist site. Pelkor Chode Monastery was founded in 1418 and is regarded as the centre of Gyantse. The main temple has three floors, housing murals and images dating back to the 15th century five chapels on the upper floor.

Private Vehicle

Gyantse – Xigazê 1h30m 90km

Settle in and scan the scenery from the convenience of a private vehicle.

Free Time

Xigazê

This afternoon is free to spend as you choose. Opt to roam the stalls of the Shigatse Bazaar or perhaps join the pilgrims at Tashilumpo Kora.

Optional Activities - Day 9

Shigatse Bazaar Visit

Xigazê

Visit the Shigatse Bazaar and walk down streets lined with stalls selling everything from slabs of yak butter to yak wool, prayer wheels, and rosaries. Watch as Tibetans vie with each other to win a sale.

Tashilumpo Kora

Xigazê

Join the pilgrims for their sunset kora ("revolution" in Tibetan) around the perimeter of the monastery.

Day 10 Xigazê/Tingri

Travel from Shigatse to Tingri and visit the Sakya Monastery. The monastery is one of the oldest in Tibet and home to thousands of ancient Buddhist scriptures and many paintings. Gain a fascinating insight into Tibetan history and enjoy the views from this hillside structure.

Private Vehicle

Xigazê – Tingri 4h-6h 240km

Settle in and scan the scenery from the convenience of a private vehicle.

Sakya Monastery Visit

Sakya

Take in the stunning views of one of Tibet's oldest monasteries and surrounding landscape.

Day 11 Tingri/Rongpu Si

Take an exhilarating drive to reach Rongbuk – 5000m (16404ft) and a mere 7km (4.4mi) below Everest Base Camp. The view from here is utterly spectacular.

Rongbuk is the highest monastery in the world and its guesthouse offers very basic accommodation, but the views that surround it more than compensate. Lie in bed and watch the moonlight illuminate the mountain.

Private Vehicle

Tingri – Rongpu Si 2h-3h 100km

Sit back and relax. Enjoy the scenery outside your window along the ride.

Your Local Living Moment: Rongbuk Monastery Guesthouse

Rongbuk is the highest monastery in the world and its guesthouse offers very basic accommodation, but the views that surround it more than compensate. Lie in bed and watch the moonlight illuminate the mountain.

Day 12 Rongpu Si/Kyirong

Travel to Kyirong. This border town is known for its warmer climate and green landscape. Soak in the views on the long but incredibly scenic drive from Rongbuk.

On today's drive, ride alongside Paiko Tso Lake and marvel at its turquoise colour. Reach Kunda La Pass at 5236m, which offers breathtaking views of the Himalayas. Start the descent through winding roads into Kyirong and feel the change in altitude. See the change in scenery from snowy mountain peaks, to more greenery and blue skies.

Private Vehicle

Rongpu Si – Kyirong 7h-8h 430km

Settle in and scan the scenery from the convenience of a private vehicle.

Day 13 Kyirong/Kathmandu

Today, cross the border back into Nepal. The overland journey from Tibet to Nepal is considered one of the most stunning drives in Asia. Once across the border, travel to Kathmandu to enjoy a final evening in the city.

Prepare for another beautiful driving day on your way to Nepal. Cross high mountain passes amongst fluttering prayer flags, enjoy jaw dropping views of the Himalayan range, stunning lakes and forest, then begin to descend in altitude towards lush, green Nepal. After immigration, cross the bridge joining Tibet and Nepal by foot. Jump in the vehicle and make the winding, bumpy, yet extremely scenic drive to Kathmandu.

Kyirong is the main customs border crossing between Tibet and Nepal, for tourists and for commercial purpose. As such, it can be quite busy and there can be long wait times.

Private Vehicle

Kyirong – Kyirong Border 1h 30km

Take a private vehicle to the Kyirong (also known as Gyirong) border crossing.

Border Crossing (Kyirong to Kathmandu)

Kyirong – Kathmandu

Prepare to cross the border into Rasuwa before making your way back to Kathmandu.

Private Vehicle

Rasuwa – Kathmandu 9h 140km

Settle in and scan the scenery from the convenience of a private vehicle.

Day 14 Kathmandu

Depart any time.

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Your Welcome Moment: Welcome Moment - Meet Your CEO and Group

Your Local Living Moment: Rongbuk Monastery Guesthouse, Rongpu Si. Kathmandu orientation walk.

Lhasa orientation walk. Potala Palace entrance. Sera Monastery visit. Jokhang Temple entrance. Pelkor Chode, Gyantse Kunbum, and Tashilhunpo Monastery visits. Border crossing support. Internal flights. All transport between destinations and to/from included activities.

Highlights

Experience the Tibetan cultural capital of Lhasa, witness monks in debate and prayer, explore rural villages and lunar-like landscapes, Reach 5000m and a mere 7km below Everest Base Camp, Enjoy stunning views while travelling overland from Tibet to Nepal.

Dossier Disclaimer

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Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

Important Notes

1. This trip operates at altitudes over 3500m (max altitude 5630m). Whilst we travel slowly allowing plenty of time to acclimatise you may experience headaches, nausea, lethargy on arrival in Lhasa. It is important to be aware of the affects of altitude on one's tolerance especially on long driving days. 2. Accommodation in western Tibet (particularly at Everest Base Camp) is extremely basic - only multishare rooms may be available and little or no running water. Basic pit toilets. 3. The sun is intense - hat and sun screen are essential as well as drinking plenty of water as altitude exacerbates dehydration.

2. DRONES IN NEPAL

Please note that drones and the flying of drones are prohibited in Nepal. If you violate these regulations the police may take you into custody.

3. ACCOMMODATION

Accommodation in western Tibet (particularly at near Everest Base Camp) is extremely basic - only multishare rooms may be available and little or no running water. Basic pit toilets.

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

4. WEATHER

The sun is intense - hat and sun screen are essential as well as drinking plenty of water as altitude exacerbates dehydration.

Group Leader Description

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting - we think it's the best of both worlds.

Group Size Notes

Max 20, avg 14

Meals Included

1 lunch, 1 dinner

Meals

Eating is a big part of traveling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your group CEO will be able to suggest favourite restaurants during your trip. Included breakfasts will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, plentiful and made of fresh local ingredients. For all trips please refer to the meals included and budget information for included meals and meal budgets.

Transport

Plane, local bus, air-conditioned bus, walking.

About our Transportation

We use a private minibus for portions of this tour, through Tibet and into Nepal. While the border crossing between Tibet and Nepal is quite new, it's important to note that roads in general in remote areas of these countries are often narrow, winding and poorly maintained so be prepared for bumpy rides. That said, the stunning views more than make up for a bit of discomfort.

Local Flights

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

Solo Travellers

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

Accommodation

Hotels/guesthouses (12 nts), homestay (1 nt, multi-share).

Rooming and "My Own Room" Exceptions

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single accommodation for all night stops, with the following exceptions: Night 11

About Accommodation

A variety of styles of hotels/guest houses are used on this trip. In many instances they might not be like what you are used to back home as service and efficiency can vary. In some areas we stay in simple local guest houses in stunning locations - rooms are small and simple and there may only be shared toilet facilities and showers. A sleep sheet/bag is recommended as whilst there is plenty of bedding and (in most cases) it does get washed, it can be dusty and cold especially in winter/Spring.

Joining Hotel

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

Joining Instructions

When arriving into Tribhuvan Intl Airport in Kathmandu you will notice how small the city really is. It is on 7km from the downtown area and the only way to get there is by taxi. You can arrange a prepaid taxi from the counter outside of the baggage hall run by the Airport Queue Taxi Service Management Committee for about 200-250 Rupees (approx 3-4 USD). Please be aware of people wanting to help you with your bags as they will ask for money once you get to your taxi.

If you have paid in advance for an arrival transfer, a G Adventures representative will be at the airport to meet you. If for any reason you are not met at the airport, please call our local support line. If you are unable to make contact for whatever reason, please make your way to the joining point hotel via taxi.

Please note that Day 1 is an arrival day and no activities have been planned for that day other than your welcome meeting in the evening, so you can arrive at any time. Similarly the last day is a departure day during which no activities have been planned.

A G Adventures Representative will organize a short meeting soon after arrival, during which you will meet other tour participants and receive information about general and specific aspects of the trip. A welcome note will be left for you in the hotel so you have all the necessary information regarding the meeting time. If you arrive late, s/he will leave you a message detailing what time and where you should meet the next morning.

Arrival Complications

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your CEO, please refer to our emergency contact details. If you have pre-booked an airport transfer and have not made contact

with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

Emergency Contact

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

If your call is specifically concerning Airport Transfer complications at Tribhuvan International Airport please call our local G Adventures Transfer providers directly at:

Mr. Rajju Maskey

From outside of Nepal: +977 98 0201 4444

From within Kathmandu: 98 0201 4444

From within Nepal, but outside Kathmandu: 098 0201 4444

EMERGENCY CONTACT NUMBERS

G Adventures South Asia Manager, Rishab (Delhi, India)

>From outside of India: +91 88 5180 6614

>From within Delhi: 88 5180 6614

>From within India, but outside Delhi: 088 5180 6614

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time): +66-02-3815574

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What to Take

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones. If your trip involves overnights in homestays, villages or camping then you usually have the opportunity to rent sleeping bags if need be instead of bringing them with you.

Packing List

Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Snow Boots
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Hand sanitizer (required)
- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Pen (Please bring your own pen for filling out documents.)
- Quick Covid Test/Antigen Test

Trekking:

- Gloves
- Hat
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets.)
- Socks (Trekking socks (woollen or synthetic, not cotton).)
- Thermal base layer (Woollen or synthetic, not cotton.)
- Walking poles (Highly recommended.)

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

Note: The best clothing for trekking is either wool or synthetic materials in layers, as this is quick-drying and can keep heat in better. We suggest a base-layer, then a mid-layer such as a light fleece jacket or similar, then a windproof and waterproof layer.

Laundry

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

Visas and Entry Requirements

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

CHINA - G Adventures local agent in Nepal will arrange a group visa for China. This is the only way groups may enter China from Kathmandu. If you already have a China visa the Chinese Embassy in Kathmandu will cancel it and issue you a group visa that is valid for this trip only.

The cost of the visa is NOT included in the trip. You must pay it separately on arrival in Kathmandu at the group meeting. The visa fee will be the following for each nationality:

American and Brazilian: 195 USD per person
Canadian and Romanian: 150 USD per person
Israeli: 104 per person
All other nationalities: 114 USD per person

You will also need to provide two passport photos - please ensure your photos follow the guidelines below:

1. 33 x 48 MM in size
2. White background
3. Ears are visible
4. No lipstick or accessories (earrings, necklaces, etc)

These permits are issued from the Chinese government and it is at their discretion as to who is eligible for a permit. G Adventures can not guarantee that you will be granted a permit to Tibet.

The following nationals will not be given a visa to Tibet from the Chinese Embassy in Kathmandu: Afghanistan, Albania, Azerbaijan, Bangladesh, Cameroon, Chad, Democratic Republic of Congo, Ghana, Iran, Iraq, Kazakhstan, Kenya, Kyrgyzstan, Lebanon, Libya, Mali, Nigeria, Pakistan, Somalia, South Sudan, Sri Lanka, Syria, Tajikistan, Tunisia, Turkey, Uzbekistan

In addition, the Chinese embassy will interview any travellers who have visited the following countries for more than 30 days: Afghanistan, Iraq, Pakistan, Syria, Turkey

Norwegian nationals travelling to Tibet:

Please be advised that starting in 2018, travellers from Norway are now eligible to apply for a permit to enter Tibet. However, please keep in mind that applications made by Norwegians are being reviewed very carefully by the Tibetan authorities. If you are planning to travel with a Norwegian passport, please ensure that you have appropriate travel insurance in case your Tibetan Permit application is unsuccessful.

NEPAL - All foreign nationals (except Indians) require a visa to enter Nepal. Visas are obtainable from embassies abroad or on arrival at Kathmandu's Tribhuvan airport. If getting the visa at the airport be prepared for long queues.

Nepal is now offering e-Visas for some nationalities. please visit this [link](#) for further information, and to check if your nationality is eligible for an e-Visa. Please also be advised that you should bring a passport photo with you in case you need it.

You will need to provide two passport photos and pay the following fee in US dollars cash only: Multiple entry visa valid for 15 days - US \$30: Multiple Entry Visa for 30 days - US \$50 and Multiple entry visa valid for 90 days - US \$125

Please note that if you are planning an additional trip to China after The High Road to Tibet tour you will need to apply for a Chinese visa at the Chinese embassy in Kathmandu. This can only be done once the High Road trip is finished so please allow for additional days in Kathmandu after your trip if you need a new Chinese visa. (Please check with your Chinese embassy prior to travel as this is subject to change)

Spending Money

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

Money Exchange

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com. As of Feb 2012 the exchange rate for NEPAL was 1 USD = 78.76 NPR (Nepalese Rupees). There are many ATM machines that accept both Visa and Mastercard but these are limited to major cities. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

Emergency Fund

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

Departure Tax

All departure taxes should be included in your international flight ticket.

Tipping

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group. Recommendations for tipping drivers and local guides would range from USD1-2 per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline USD20-30 per person, per week can be used.

Optional Activities

Lhasa
- Evening Debate Session with Monks (55CNY per person)

Xigazê
- Tashilumpo Kora
- Shigatse Bazaar Visit

Health

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our CEOs are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

Safety and Security

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

Trip Specific Safety

We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes which is the most secure way of storing your valuables. A lock is recommended for securing your luggage.

A Couple of Rules

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

Travel Insurance

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

Planeterra Foundation - the non-profit partner of G Adventures

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

Local Dress

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or mosques or other holy sites.

Feedback

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at customersolutions@gadventures.com and we will send it on to you.

Newsletter

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at www.gadventures.com/newsletters/

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

Minimum Age

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

International Flights

Check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.