



Itinerary in Brief

Day	Itinerary	Altitude	Distance
08 June	Arrival in Kathmandu and transfer to Hotel Summit	1300m	-
09-10 June	Kathmandu Sightseeing		
11 June	Fly to Lhasa	3650m	60 Km from airport-LXA
12 June	Free Day in Lhasa for acclimatization	-	-
13 June	Visit Drepung		
14 June	Visit Sera & Potala		
15 June	Visit to Ganden Monastery	4500m	45 Km Outside LXA
16 June	Visit Jokhang	3650m	
17 June	Free Day in Lhasa	3650m	
18 June	Lhasa-Kamba La	4990m	85 km
19 June	Kamba La-Pelde	4799 m	60 Km
20 June	Pelde-Nargatse	4420m	60 Km
21 June	Nargatse before Gyantse	4500m	35 Km
22 June	Before Gyantse-Simla-Gyantse	4330m	30 Km
23 June	Gyantse-Pelkhor Chode-Shigatse	3900m	90 Km
24 June	Rest Day Shigatse-Tashi Lumpo	3850m	
25 June	Shigatse-Liuxiang	4000m	98 Km
26 June	Liuxiang-Yulung la-Passing Lhatse		80 Km
27 June	Passing Lhatse-Gyatatsola-Before road to Rongbuk	5267M	70km
28 June	Over Pang La (Tashigong)	4300m	42 Km
29 June	Rongbuk	5000m	58 Km
30 June	Everest Base Camp Visit	5200m	8 Km
01 July	Rest Day Base Camp	5200m	
02 July	Base Camp Over-De Lamna La	5000m	
03 July	Lamna La-Tingri	4390m	
04 July	New Tingri-Lalung La	5000m	
05 July	Lalung La-Tong La-Nyalam	5120m	80 Km (50 Km Downhill)
06 July	Nyalam-Kodari (Nepal Tibet border-The Last Resort)	1600m	44 Km
07 July	Last Resort-Kathmandu	1300m	100Km
08-10 July	Kathmandu Free Day	-	-
11 July	Departure	-	-

Where are you going?

June 08 (Arrival Kathmandu): Flying into Kathmandu is an unforgettable experience with the Himalaya spread out before you. You will be met at the airport on arrival and transferred to hotel Summit.

June 09-10 (Kathmandu Sightseeing): Kathmandu is the capital city of Nepal and the city where you find the mixed culture of modern and medieval Nepal. In Kathmandu Valley the major historic, cultural

and religious sights of the three Newari cities- Kathmandu, Patan & Bhaktapur are centered on its Durbar Square where museums, temples, courtyards and plazas reveal the best of traditional art, crafts and architecture.

The ancient and enigmatic Swayambhunath Stupa is the most sacred of Valley's Buddhist shrines while Pashupatinath is the largest temple complex in Nepal. Pashupatinath temple is sacred place dedicated to Hindu god Shiva in the whole subcontinent. Patan's museum is particularly impressive whilst in Bhaktapur the essence of the medieval town can still be felt as the city preserving its own unique identity.

June 11: (Fly KTM-LXA): The flight to Lhasa is spectacular. From Gongkar airport it is about 1½ hours' drive to Lhasa, first along the Yarlung Tsangpo then into the Kyi Chu Valley.

June 12: Free Day in Lhasa for acclimatization.

June 13 (Visit Drepung): Pelden Drepung dates from the early C15th and, at its height, was the largest of Tibet's monastic towns, and possibly the largest monastery in the world (in 1641 it housed over 10,000 monks). Drepung also became an important center of political power and, before the construction of the Potala by Dalai Lama V; it was the principal seat of the Geluk School. There were originally 7 dratsangs (colleges), but were consolidated into 4, each with its own abbot and syllabus. The tantric college – Ngakpa Dratsang – was consecrated by Tsongkhapa himself and contains the most powerful of Drepung's images – Dorje Jigche/Chogyel Chaktakma (a Buffalo headed deity who is the Geluk's principal tutelary deity). Much of the complex is unscathed by the repeated war and plunder, many buildings dating from the C17 th-18 th. It was reopened in 1980 with around 500 monks.

June 14 (Visit Sera & Potala): About 4kms north of Lhasa is Sera. It was founded in 1417 by a disciple of Tsongkhapa on a site where the teacher and his foremost students had established hermitages. In 1959 Sera housed 5-6000 monks, today there are only a few hundred. Much of the original complex was destroyed; however the chief colleges and Lhakangs along with their images and relics were preserved – amongst them a vajra believed to have arrived from India in a miraculous flight. One of the highlights of a visit to Sera is the mid-afternoon debating session attended by most of the monks and takes place in an area specifically assigned for that purpose. The noise and atmosphere is exciting even if you can't understand a word they are saying!

The Potala towers over Lhasa and is an enduring landmark of Tibet. Little remains of the original structure built by Songtsen Gampo other than its foundations. After Lhasa was reinstated as the capital of Tibet in the C17 th the Great 5th Dalai Lama began construction of the White Palace (built 1645-53) employing 7000 workers and 1500 artisans. It functioned as the traditional seat of the Tibetan government and the winter residence of the Dalai Lamas. The Red Palace is attributed to the regent Desi Sangye Gyatso and was completed in 1693. Within this palace are numerous outstanding temples and the reliquary tombs of eight past Dalai lamas. Altogether the palace is 13 storeys (among the world's tallest buildings until the C20 th skyscraper) and contains approximately 200,000 images in 1,000 rooms.

June 15 (Visit to Ganden Monastery): Tsongkhapa founded the first monastery of the Gelukpa order, Ganden in 1409 or 1417 (sources differ). It has remained the main seat of the Gelugpa and it is the abbot of Ganden, the Ganden Tripa, rather than the Dalai Lama who is head of the order.

June 16 (Visit Jokhang): The Jokhang Temple is 1300 year old, golden roofed building at the center of the Barkhor Market. The most sacred and active Tibetan temple, it was founded by Bhrikuti, King Songtsen Gampo's Nepalese Bride, on a site chosen by his other wife (a Tang dynasty Chinese princess, Wenchang) as the principal geomantic power – place in Tibet.

June 17: Free Day in Lhasa

18 June (Lhasa-Kamba La): We wave goodbye to Lhasa as we hit the road for four days of some pretty hard riding to find our legs!(OR ARMS!) Highlights will include riding the Kamba La Pass (4990m) to view the spectacular Yamdrok Tso, one of Tibet's sacred lake. This leg takes us along the way of paved roads. There are some challenging climbs, made difficult by the altitude and some nice

descents but the majority of the cycling is fairly flat. You will still be acclimatising so the daily distances aren't huge so as to allow you to work yourself into the ride.

19 June (Kamba La-Pelde): Our first test is on the program for today, we'll tackle our first pass. The ascension on the 4995m high Kamba La is tiring and about 60km. Though once you are on the top of this pass there is a breathtaking view of the turquoise Yamdrok Tso lake and the snow covered mountains in the distance.

20 June (Pelde-Nargatse): Our way leads us along the shores of Lake Yamdrok Tso to Nargatse. Shortly before the first 5000m pass, the Karo La.

21 June (Nargatse before Gyantse): Nargatse (above 4500m) is a popular lunch stop. It is by the side of the Yamdrok Tso lake.

22 June (Before Gyantse-Simla-Gyantse): Sustained serpentine roads lead us in the morning fairly steep to the 5088m high Karo La. Huge glacier tongues reach close to the road and we have a beautiful view to the 7138m high Nochin Kansang. Further along the Friendship Highway we bike through diversified but yet lonesome mountains and marvellously fruitful valleys to Gyantse.

23 June (Gyantse-Pelkor Chode-Shigatse): A very long, yet flat hop leads us on an asphaltic road through fruitful valleys and more densely populated area to Shigatse, the second biggest city of Tibet. From far the golden roof of the monastery, seat of the second only in importance to the Dalai Lama, the Panchen Lama, can be seen. We visit the Tashilunpo Monastery, one of the biggest and most active of the entire Tibet. The monastery houses the biggest statue of Maitreya Buddha in the world, - 26m high and goldplated. The crown of the statue is made from 300kgs of gold and rest is 150tons of copper and brass.

24 June (Rest day Shigatse-Tashilunpo): Founded in 1447 by a nephew and disciple of Tsongkhapa who was retroactively named the first Dalai Lama. The original building was built above a sacred sky-burial site, the stone slab of which can still be seen on the floor. Tashilunpo is one of the four great Geluk monasteries in Tibet and at its peak housed 4700 monks and is still the largest functioning monastic community in Tibet. While its extent has been reduced by two thirds, most of the buildings razed consisted of monks' quarters. The principal temples and buildings mostly date from the 17th and 18th centuries, rebuilt following its sack by the Gorkhalis in 1792. The most amazing image is the 26m Maitreya, erected in its own Lhakhang by the 9th Panchen Lama in 1914 and covered with 279 kg of gold.

25 June (Shigatse-Liuxiang): On paved roads we cross the only 4040m high Tra La and reach Liuxiang in the evening.

26 June (Liuxiang-Yulung La-Passing Lhatse): Before reaching the very Chinese province city of Lhatse we cross the 4950m high Yulung La, enjoy its impressive downhill and traverse sustained plains.

27 June (Passing Lhatse-Lhakpa La-Rongbuk): Today we are confronted with the toughest hop. We take enough time for the 23km long, partly rampant road to the highest pass of our trip. From the 5267m high Lhakpa La we can enjoy a first view on the Mt. Everest –provided the weather is good. A gentle descent over a bad road follows until we reach our spot for overnight.

28-29 June (Over Pang La): On a clear day we will see 5 eight thousand meter peaks from this pass. Pang La pass is situated at an altitude of 5120 m. Winding road leads up to this pass.

30 June (Rongbuk): We bike along the Friendship Highway to Shelkar and further on to the Everest Base Camp Turn-off. The road is in a very bad shape here, that's why we load our bikes on to the trucks to Rongbuk. Rongbuk at its height of 4980m above sea level is the highest situated monastery of the world and located directly at the foot of the spectacular north wall of Mt. Everest.

01 June (Everest Base Camp Visit): During a relaxing day in Rongbuk we have enough time to look around the Everest Base Camp on 5200m and to enjoy the impressive panorama. The short distance

to the EBC can be comfortably biked. Rombuk Monastery is situated on the highest elevation in the world.

03 July (Rest Day at Base Camp): Your rest day at Everest Base Camp. Long before Sir Edmond Hillary climbed Mount Everest, two British explorers George G. Malory and Andrew Irvine tried to summit Everest from this side in 1924. You can enjoy the Tibetan noodles with local Tibetan in tent.

02 July (Base Camp Over de Lamna La): After descending through dusty, rough and bumpy road Crossing the icy stream and enjoying the view of Everest and Cho-yu (8201 m) we will reach to Lamla na via small Tibetan villages and Yak herds. You might meet with some Tibetan nomads.

03 July (Lamna La- Tingri): This shortcut and dusty road over another 5000m pass is truly an insider tip, which leads through untouched river valleys and rocky deserts to Tingri (4280m). From Tingri we can see fantastic views of Mt. Everest, Cho-you, Gauri Shankar, Kochin Khang.

04 July (Tingri-Lalung La): For the last time we impress ourselves with the endless width of the Tibetan plateau. The brand new paved road will lead us to Lalung la pass (5000m), Our goal for today is Mento, a small village shortly ahead the beginning of the ascension to Lalung La.

05 July(Lalung La-Tong La-Nyalam): There is the last big pass of the trip. We cross the Himalaya main mountain and enjoy another time a breath-taking panorama with the 8000m high Mt. Everest, Makalu, Cho Oyu and Shisha Pangma (only 8000m peak entirely in Tibet rest of the mountains are at the Nepal-Tibet border. After the top of the pass the world's longest downhill begins: 50km to the village of Nyalam.

06 July (Nyalam-Kodari (Nepal Tibet Border)-Last Resort): We will be biking through the deepest gorge in the world, the longest downhill seems never ending. We pass by beautiful green countryside and busy villages until we reach the Last Resort, a cozy meeting point for adventurers and relaxation seekers. We leave it up to you, whether you want to finish the day with either second highest Bungee jump in the world (160m) or a sensual massage!

07 July (Last Resort-Kathmandu): Scenic and lush green drive to Kathmandu. Following the Bhotekoshi river which is popular for white water rafting. 28 Km before Kathmandu we can stop for a drink in Dhulikhel, popular hill station in Nepal.

08-10 July (Kathmandu): Free Day in Kathmandu

11 July: Departure

This is a 33 Day adventure, planned for fun, discovery and the adventure of a lifetime. It is also meticulously planned to be safe for acclimatisation reasons as well as border restrictions. There can be no additions of international visitors part way through the trip.