



## **Samye Ganden Trek - Itinerary**

### **1. Day 01: Flight from Kathmandu to Lhasa**

Take off from Kathmandu Airport at 10: 00 hrs (Nepal Standard Time). During the flight (weather permitting) you will see the following: Yarlang Tsampo, Yamdrok Tso, Mt. Kanchanjunga (8586m), Mt. Makalu (8463m) and Mt. Everest (8848m). Transfer from the airport to your Hotel. Complete rest.

### **2. Days 02-03 :In Lhasa**

These days you will be engrossed with sightseeing and excursion of the Potala Palace ,The Jokhang Temple, surrounding Barkhor market area, Drepung and Sera monasteries. Overnight in Hotel Mandala.

### **3. Days 04:In Lhasa**

Rest day in Lhasa for acclimatization. Overnight in Hotel Mandala.

### **4. Day 05 : Lhasa - Namsto Lake**

Drive from Lhasa to Namtso. Overnight in Guest House.

### **5. Day 08 : Namsto Lake - Lhasa**

Drive back to Lhasa. Overnight in Hotel.

### **6. Day 09 : Lhasa- Ganden - Gayme**

Drive to Ganden. Visit monasteries and drive further to Gamye and the Trek starts. Overnight in Camp.

### **7. Day 10**

Trek, approx 5 / 6 hrs walk. Overnight at Camp.

### **8. Day 11**

Trek, approx 5 / 6 hrs walk. Overnight at Camp.

### **9. Day 12**

Trek, approx 5 / 6 hrs walk. Overnight at Camp.

### **10. Day 13**

Trek, After Approx 4 / 5 hrs walk, the Trek ends at Samye. Overnight in Camp.

## **11. Day 14 : Samye - Gyantse**

Drive for approx 7 hours via Yamdrokto Lake. Overnight in Hotel.

## **12. Day 15 : Gyantse- Xigatse**

After breakfast visit the Khumbum Stupa and the Palkhor Monastery. After Lunch drive for 1 and 1/2 hours to Xigatse. After arrival in Xigatse we will visit the famous Tashi Lumpo monastery and the Local Xigatse Market. Overnight in Hotel.

## **13. Day 16 : Xigatse- Sakya - Tingri**

Drive towards Tingri via Sakya monastery. Overnight in Guest House.

## **14. Day 17 : Tingri - Rongbuk - Everest Base Camp - Rongbuk**

Drive to Rongbuk for 4 hrs. From Rongbuk group will walk to the Everest Base Camp and again walk back to Rongbuk. This back and forth walking will take 5 & ½ hours and driving will take 2 hours. Overnight in Guest House.

## **15. Day 18 : Rongbuk - Nylam**

Drive to Nylam for 8 hrs. Overnight in Guest House.

## **16. Day 19 : Nylam- Kathmandu**

Drive for 7 hours and back to Kathmandu .

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