

Himalaya
Indian
Sub-continent

high road to Lhasa



trip highlights

Journey over the Tibet Plateau to Rongphu Monastery and Mt. Everest

Absorb the dramatic views of the north face of Everest

Explore Lhasa and visit Potala Palace, former home of the Dalai Lama

Delve into the rich cultural traditions of Tibet, visiting Tashilhunpo Monastery in Shigatse

Traverse the Himalaya overland from the Tibetan Plateau to Kathmandu



Trip Duration	15 days	Trip Code: HRL
Grade	Adventure touring	
Activities	Adventure Touring	
Summary	15 day trip, 3 nights Radisson Hotel, Kathmandu, 9 nights basic hotels, 2 nights Tibetan lodge	

welcome to World Expeditions

Thank you for your interest in our High Road to Lhasa trip. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience!!

why travel with World Expeditions?

When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions has been pioneering trips in the Himalaya since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable experience in the Indian Sub-continent. Every trip is accompanied by an experienced local leader, as well as support staff that share a passion for the region, and a desire to share it with you. We take every precaution to ensure smooth logistics, with private vehicles throughout your trip. We use comfortable 3 to 4 star accommodation. In most cases, all internal transport, entrance fees, and transfers are included in the cost of your trip. Most importantly, our adventures always aim to benefit the local people we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.



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trip cost

Joining Kathmandu from: \$3199
All prices are per person

options & supplements

Single Supplement: \$430
Exclusive Departure - per person, min 2 persons: \$1670

World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote.

the trip

This is our classic Tibetan journey - a rugged crossing of the Tibetan Plateau linking the fabled city of Lhasa with the bustling and vibrant Kathmandu. In the company of our Tibetan speaking guides we include the cultural highlights of Lhasa including the Potala Palace, the Jokhang temple, the Norbulingka plus the Drepung and Sera monasteries, with visits to Gyantse (the Kumbum chorten) and Shigatse (the Tashilhunpo). A highlight of the journey is our visit to the famous Rongphu Valley to see Mount Everest's north face from the historic base camp used during the expeditions led by Mallory in the 1920s - an experience shared by only a handful of dedicated travellers each year on this remarkable journey through Tibet.

at a glance

DAY 1	ARRIVE KATHMANDU, NEPAL
DAY 2	MORNING SIGHTSEEING IN KATHMANDU, TRANSFER TO BALTHALI
DAY 3	DAY WALKS AROUND BALTHALI
DAY 4	RETURN TO KATHMANDU VIA BHAKTAPUR
DAY 5	FLY TO LHASA (3600M), TIBET
DAYS 6-7	IN LHASA (3600M)
DAY 8	DRIVE TO GYANTSE VIA THE KHAMBA PASS (4900M) AND KARO LA (5200M) (7-8HRS.)
DAY 9	IN GYANTSE, DRIVE TO SHIGATSE (2HRS.)
DAY 10	DRIVE TO SHEGAR (5-6 HRS.)
DAY 11	DRIVE TO RONGPHU MONASTERY (5000M) VIA THE PANG LA (5150M) (7-8 HRS.)
DAY 12	AT RONGPHU MONASTERY. DRIVE TO OLD TINGRI (5-6 HOURS)
DAY 13	DRIVE TO KERUNG (4-5 HOURS)
DAY 14	DRIVE TO KATHMANDU (5-6HRS.)
DAY 15	IN KATHMANDU, TRIP CONCLUDES

what's included

- 14 breakfasts, 7 lunches and 8 dinners
- Airport transfers if arriving on day 1 and 15 or if you booked pre/post tour accommodation at the Radisson through World Expeditions
- Expert bilingual guide and group medical kit
- Radisson Hotel in Kathmandu
- Comfortable hotels and guesthouses in Tibet
- Private transportation
- Sightseeing and site entrance fees as listed in itinerary
- Portable altitude chamber for group use
- WE kit bag, down jacket and sleeping bag (if joining in KTM)
- Bottled Oxygen for emergency use

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

what's not included

- International flights
- Kathmandu-Lhasa flight. Please contact your local World Expeditions office to arrange your flights.
- Meals not included in the daily itinerary

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trip dates

2019 05 May- 19 May
01 Sep - 15 Sep

2020 03 May- 17 May
30 Aug - 13 Sep
27 Sep - 11 Oct

important notes

NB: - 2019 dates subject to change pending confirmation of flight schedule Kathmandu to Lhasa

fast facts

Countries Visited:
Tibet, Nepal

Visas:
Yes*

Vaccinations:
Please consult a travel vaccination specialist for up to date information

Private Groups:
Private group options are available for this trip*

Singles:
A single supplement is available for this trip*

Advice for people with limited mobility
This trip is not suitable for people with limited mobility.

Brochure Reference:
Himalaya and Indian Subcontinent

*Ask our staff for more information

- Alcoholic and bottled drinks
- Items of a personal nature such as phone calls, laundry, etc
- Tips
- Airport & departure taxes
- Visas
- Travel Insurance
- WE kit bag, down jacket and sleeping bag (if joining in Lhasa)

detailed itinerary

DAY 1 Arrive Kathmandu, Nepal

You will be met by a representative of World Expeditions and transferred to the hotel. Remainder of the afternoon at leisure. A pre-trip briefing will be given around 5pm where arrangements will be made for the distribution of your kit bag, sleeping bag and down/fibrefill jacket and the completion of your Tibet visa application. There are a million things to see in Kathmandu and we recommend you spend this day wandering the town and exploring the valley on bicycle or by taxi.

Evening drinks are held in the hotel for all World Expeditions clients arriving today. Drinks and snacks will generally be served from 6:30 pm until 7:15pm, and this is a great opportunity to get acquainted with your fellow group members before heading out to dinner. Overnight Radisson Hotel, Kathmandu

meals: NIL

DAY 2 Morning sightseeing in Kathmandu, transfer to Balthali

This morning a sightseeing tour takes in the key attractions in and around Kathmandu. We will visit Pashupatinath and Boudhanath. Following lunch we will drive to the village of Balthali about 40kms outside of Kathmandu. Our visit here gives us the opportunity to get out of the hustle and bustle of Kathmandu life and experience the reduced pace of rural Nepal while the Tibetan visa formalities are being completed by the Chinese Embassy. If the weather is kind you may also get magnificent views of the Himalayan Range. It's best if you pack a day pack with the things you will need for the next couple of days as a short walk of about 20 minutes is required to access our accommodation from the road head. Overnight hotel.

meals: B,D

DAY 3 Day walks around Balthali

Today is a day to explore our surroundings with a walk around the village and nearby environs. Alternatively, you may opt to put your feet up in preparation for the Tibetan adventure that awaits. Overnight Radisson Hotel, Kathmandu. Overnight hotel.

meals: B,D

DAY 4 Return to Kathmandu via Bhaktapur

With visa formalities due to be completed today we head back to Kathmandu in preparation for tomorrow's flight to Lhasa. En route back to Kathmandu we stop in at Bhaktapur one of the three ancient cities that have fused to create modern day Kathmandu. We will visit the UNESCO listed Durbar Square that many relate to be the finest in the Kathmandu Valley. Despite some damage being done by the 2015 earthquake there still remains many reasons to visit this wonderful city. In the afternoon you will have free time to explore more of the city and make final preparations for your trip.

meals: B

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thoughtful travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

trip grading Adventure touring

Although there is no commitment to extended walking on this journey we nonetheless want to keep the 'accent on the active'. We therefore advise some physical training before undertaking the trip to enable you to participate in optional activities. Although our day walks are optional, there's much to be said for making the most of your time in a place as spectacular as the Himalaya. As for any trip, the fitter you are the more you will enjoy your experience.

adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant or travel agent.

DAY 5 Fly to Lhasa (3600m), Tibet

This morning we are transferred to the airport for the flight to Lhasa. On arrival at Lhasa Airport you will be transferred to the city – a drive that takes around two hours. Due to the high altitude, you need to take it easy when you arrive in Lhasa. (Kathmandu to Lhasa flights not included in trip cost.) Overnight hotel.

meals: B

DAYS 6-7 In Lhasa (3600m)

Today we will allow ourselves to appreciate the rich cultural history Lhasa. We include visits to the Jokhang, the Norbulingka (the Summer Palace of the Dalai Lama), and the famous Potala Palace. We also include visits to the nearby monasteries of Drepung and Sera. Overnight hotel.

meals: B

DAY 8 Drive to Gyantse via the Khamba Pass (4900m) and Karo La (5200m) (7-8hrs.)

From Lhasa we drive down the Kyichu Valley to the Yarlong Tsampo (Brahmaputra) before ascending to the Khamba La (Khamba Pass) at 4900m. The views are outstanding – in the foreground is the vast freshwater Yamdrok Tso or Turquoise Lake, while to the south the snow-capped ranges merge with the main Himalayan range. We drive around the lake before crossing the Karo La (5200m) to reach Gyantse. Overnight hotel.

meals: B,L,D

DAY 9 In Gyantse, drive to Shigatse (2hrs.)

Gyantse is a remarkable place that has escaped much of the Chinese influence evident in other major Tibetan towns. It is dominated by the ancient fort that was besieged by British forces in 1904 during the famous Younghusband Expedition. We also visit the remarkable octagonal chorten, the Kumbum (or Pango Chorten)- built in 1444 on a series of four levels, each of which contains separate chapels. In the afternoon we drive to Shigatse. Overnight hotel.

meals: B,L,D

DAY 10 Drive to Shegar (5-6 hrs.)

The drive to Shegar can be completed in half a day, which allows time this afternoon to visit the Shegar Fort and Monastery. Overnight hotel.

meals: B,L,D

DAY 11 Drive to Rongphu Monastery (5000m) via the Pang La (5150m) (7-8 hrs.)

The drive over the Pang La (5150m) affords our first views of the north face of Everest (8848m). From the pass we descend to the village of Phadruchi, before driving up the Rongphu Valley to Rongphu Monastery and unrivalled views of the mountain's north face. At Rongphu we stay in the small lodge attached to the monastery, which has recently been reconstructed following the excesses of the Cultural Revolution in the 1960s. Nowadays there are about twenty monks in attendance. Please note that there are no "5-star" hotels at Rongphu, and facilities at both the lodge and the nearby campsite are very basic, but any discomfort is more than compensated by the views in this spectacular location!

meals: B,L,D

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important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

DAY 12 At Rongphu Monastery. Drive to Old Tingri (5-6 hours)

Access to Everest Base Camp used by the famous interwar British expeditions is currently restricted to mountaineers with the necessary permits. That said the view of Everest from the monastery is definitely worth the trip as it dominates the valley carved by the glacier originating from the mountains northern flank.

In the afternoon we will commence our drive to Kathmandu and the town of Old Tingri. Overnight hotel.

meals: B,L,D

DAY 13 Drive to Kerung (4-5 hours)

Continue our drive to Kathmandu. Today we are heading for the border town of Kerung. Following the 2015 earthquake the former friendship highway was badly damaged resulting in its continued closure. This new route was opened initially to ensure that trade between Nepal and China could continue. In 2017 the border post was opened to tourists allowing for travel along this legendary overland route to recommence. This road is sure to add to the sense of adventure as it traverses parts of both Tibet and Nepal new to tourism. Road conditions along this route are changeable as improvements to the road continue to ensure that it can accommodate the traffic using it. Overnight hotel.

meals: B,L,D

DAY 14 Drive to Kathmandu (5-6hrs.)

Today we complete the final stage of our journey from Lhasa via the earthquake ravaged Langtang region. It is a fitting conclusion to an epic overland journey and the comfort of the Radisson Hotel will no doubt be welcomed with open arms. Overnight Radisson Hotel, Kathmandu

meals: B,L

DAY 15 In Kathmandu, trip concludes

After breakfast, your trip concludes.

meals: B

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

places of interest

The Jokhang

The Old City of Lhasa was built around the Jokhang, the most sacred temple in Tibet. Established in the 7th century, when Buddhism was first introduced into Tibet, the temple has been considerably enlarged, particularly during the reign of the 5th Dalai Lama. Within the Jokhang, our guide will be able to give you a detailed description of each of the main chapels. The main entrance to the Jokhang is always full of activity, with pilgrims prostrating themselves as they conduct their prayers before continuing on their ritual circuit around the temple. This circuit area, together with the Barkhor, the marketplace outside the Jokhang, is a gathering place for Tibetans, who may have travelled for many months to reach Lhasa. The Barkhor is the "real Tibet", with a multitude of stalls selling anything from ceremonial scarves to Chinese thermos flasks. You can spend many hours there people-watching, although be sure to ask first before taking any photographs.

Sera and Drepung Monasteries

It is a short drive out of Lhasa to visit two of the most important Buddhist monasteries in Tibet. Drepung Monastery was founded in the 15th century. A century later, the 2nd Dalai Lama established the Ganden Palace that was to be his residence until the 17th century when he

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moved to the Potala Palace in Lhasa. While at the monastery we visit the huge Main Assembly Hall and the famous teaching colleges. Sera Monastery once housed a huge monastic population of around 5000 monks; sadly this number has declined to a few hundred since the Cultural Revolution. Like Drepung, Sera was founded in the 15th century and includes several important teaching colleges (including the famous debating courtyard) and the Main Assembly Hall with its important thangkas (painted or embroidered Buddhist banners) and impressive statues.

The Norbulingka

This large compound, situated to the west of the city, is where successive Dalai Lamas spent their summer months. Indeed, the 14th (current) Dalai Lama often preferred to stay in this summer palace, rather than in the cold, isolated chambers of the Potala. The Palace of the 14th Dalai Lama is situated in the centre of the compound, and little seems to have changed since he escaped into exile in India in 1959. Most of the private quarters are open to the public, which always includes a steady flow of Tibetan pilgrims keen to pay homage to their exiled leader. The Palace of the 13th Dalai Lama, situated on the perimeter of the Norbulingka, is also open to the public.

The Potala Palace

The Potala Palace is one of the highlights of a visit to Lhasa. It is divided into two main complexes: the outer white building that housed the administration, and the Red Fort, where chapels, tombs and the living quarters of the Dalai Lama were located. Founded in 1645 during the reign of the great 5th Dalai Lama, the White Palace was completed in 1648, twelve years after that Dalai Lama's death. To avoid possible problems, the head monks related to the masses that the 5th Dalai Lama was in deep meditation until after the Red Palace was completed. It is normal to approach the Potala through the Western Gate and make your way slowly through the labyrinth of chambers to the lower floor of the Red Fort. The most impressive hall within this medieval building is the chamber housing the tombs of the former Dalai Lamas, including the massive golden tomb of the 5th Dalai Lama. This chamber is currently undergoing renovation, however, and is not open to the public. Nearby is the chapel commemorating Padmasambhava, the Tantric sage who introduced Buddhism to Tibet. On the upper middle floor is the tomb of the 13th Dalai Lama, while the next floor contains the official Reception Hall and living quarters, some of which are open to the public. We complete our visit to the Potala Palace by leaving through the main gate and continuing on to the Red Fort, before descending the series of steps to the marketplace immediately in front of the palace. The time spent in the Potala will depend on the number of pilgrims and tourists that are visiting while we are there.

suggested extensions

- Chitwan Safari
- Kathmandu to Delhi

country information

Tibet was for centuries a mysterious Buddhist kingdom isolated from the rest of the world by the Himalaya. In the 1950s, however, when Tibet was annexed by the People's Republic of China, everything changed. The Dalai Lama, Tibet's religious and political leader, fled to Dharamsala in northern India in 1959, where he established a Government in Exile; and more than 120,000 Tibetan refugees now live in India, Nepal and Bhutan. Since 1965, Tibet has been administered as the Tibetan Autonomous Region (TAR). Much of what was once Tibet has been incorporated into the Chinese provinces of Qinghai and Gansu (formerly known as Amdo), and Sichuan and Yunnan (traditionally known as Kham). The first tourists stepped into what was formerly Tibet in the 1980s, only to find many of its legendary monuments and monasteries in ruins. But the essence of Tibet is still there; the heart of the country is still beating. There are still pilgrims reciting mantras and spinning prayer wheels, the faith and goodwill of the people seems unaffected, and there's still the country's incredible location amidst the highest and most spectacular mountains in the world. Travelling in Tibet may be a sobering experience these days, but it is still an incredible one.

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democratic republic of nepal

On the 28th May 2008, the constituent assembly voted in overwhelming favour of abolishing the Monarchy in Nepal. Nepal has been proclaimed a "Federal Republic State" to be known as the "Democratic Republic of Nepal". This historic development followed the first elections held since 1999 after a ceasefire agreement between the government and the Maoists was signed in November 2006, putting an end to 10 years of instability in the Kingdom. The Maoist party won the largest share of votes in the elections at approx. 35%, and now form the largest part of the constituent assembly. The announcement of the abolishment of the Monarchy also brought an end to 240 years of Royal rule in the country. Today the general feeling amongst Nepalis is a positive one, and many believe that Nepal is now finally moving forward with a new identity as a democratic nation and a fresh outlook. Following the 2013 election the dominant party is now Nepali Congress with 34% followed by Communist Party of Nepal (Unified Marxist-Leninist) with 30%.

climate

The climate in Tibet is not as harsh as one would imagine it to be. Lhasa tends to have mild weather from May to November. Expect sudden cold snaps even in spring (April-May), and dramatic temperature ranges, particularly at high altitudes. Nepal, on the other hand, is subject to the defining influence of the Indian monsoon from late May to mid-September. The ideal time to visit this region is either pre-monsoon, from mid-March until the end of May; or post-monsoon, from October to mid-November, when the weather tends to be relatively cool and dry. Temperatures can vary considerably depending on your elevation but as a guideline, temperatures in April/May and October roughly range from 5C-15C.

mountain flights

The flight from Kathmandu to Lhasa takes an hour and is without doubt one of the most spectacular flights in the world. The flight path takes us just east of the Everest massif, with unrivalled views of the remarkable Kangshung face of Everest.

a typical day

When touring in cities we will meet our local guides early in the morning and full days will be spent sightseeing. This trip involves long driving days through rough and sometimes dusty conditions at high altitude. Please read the High Altitude Travel by Vehicle paragraph in this document for further details.

dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

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equipment required

Specialist gear required include walking boots and day pack (a comprehensive gear list is provided in the pre-departure information provided on booking).

acute mountain sickness

When we ascend above 2500 meters our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

special visa requirements

The visa for Tibet is to be issued by the Chinese Authorities in Kathmandu. World Expeditions will organise this on your arrival, however you will need to furnish us with a scanned colour copy of your passport before you depart. Please refer to the detailed information given to you on booking for further details.

Please note that you should NOT apply for a Tibet visa in your home country. We enter via Nepal, and not through a Chinese border, hence the visa will not be held valid. Our World Expeditions office in Nepal applies for the group visa for Tibet. On arrival in Kathmandu you will need approx US\$114 (American passport holders currently require US\$198) along with your passport for your visa to enter Tibet. The Chinese authorities in Kathmandu will process this. If you are planning on travelling to China after your visit to Tibet you should be aware that a Tibetan and Chinese visa are two different things. If entering Tibet from Nepal with plans to travel on to China thereafter, you will not be able to apply for a Chinese visa before departure. If you do, this will result in the Tibetan visa that we organise on your behalf, being cancelled. What would need to happen is that you obtain the Tibet visa through our offices and participate on your Tibetan Adventure. You will then need to return to Kathmandu and apply at the Chinese Embassy in Kathmandu for your China visa. They will need a minimum of two full working days to process the same. This would mean you would need to remain in Kathmandu while your visa was being processed. If you are travelling in China before arriving into Tibet, you are able to apply for a Chinese visa in your country of origin and once in China, we will need to provide you with a copy of your Tibetan visa before you commence your final journey leg (for example, a train trip from Chengdu to Lhasa). You would not be permitted to board the train from Chengdu to Tibet unless you had the Tibetan visa approval in your physical possession to show to authorities.

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high altitude travel by vehicle

Travellers sometimes drive or fly to high altitude (above 2000m) and therefore run a risk of altitude illness. This risk increases the faster one ascends and the higher the final altitude gained. The risk is reduced if the night following the ascent (sleeping altitude) is spent at low altitude, ie. If you are travelling by road, cross a high pass and descend to an altitude not more than 300 m from your starting point, the risk of altitude illness is minimized. Gaining height rapidly and staying high definitely risks developing altitude illness and you should be aware of, and watch for, the symptoms (see "Acute Mountain Sickness"). You should also consider the use of acetazolamide (Diamox) as an aid to acclimatization and discuss this with your doctor or leader before departure. Should altitude illness occur the treatment is to descend and/or visit a hospital or clinic where the appropriate oxygen and medications can be administered.

vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

visas

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

Tibet Visa

Please note that you should NOT apply for a Tibet visa in your home country. We enter via Nepal, and not through a Chinese border, hence the visa will not be held valid. Our World Expeditions office in Nepal applies for the group visa for Tibet. On arrival in Kathmandu you will need approx US\$114 (American passport holders currently require US\$198, Canadian passport holders currently require US\$165) along with your passport for your visa to enter Tibet. The Chinese authorities in Kathmandu will process this. If you are planning on travelling to China after your visit to Tibet you should be aware that a Tibetan and Chinese visa are two different things. If entering Tibet from Nepal with plans to travel on to China thereafter, you will not be able to apply for a Chinese visa before departure. If you do, this will result in the Tibetan visa that we organise on your behalf, being cancelled. What would need to happen is that you obtain the Tibet visa through our offices and participate on your Tibetan Adventure. You will then need to return to Kathmandu and apply at the Chinese Embassy in Kathmandu for your China visa. They will need a minimum of two full working days to process the same. This would mean you would need to remain in Kathmandu while your visa was being processed. If you are travelling in China before arriving into Tibet, you are able to apply for a Chinese visa in your country of origin and once in China, we will need to provide you with a copy of your Tibetan visa before you commence your final journey leg (for example, a train trip from Chengdu to Lhasa). You would not be permitted to board the train from Chengdu to Tibet unless you had the Tibetan visa approval in your physical possession to show to authorities. (If you are travelling as an individual or in a group of less than 4 people, then the visa fee is US\$114. This increases to US\$198 for American passport holders.)

Nepal Visa

All nationalities require a visa for Nepal. You will find visa application forms and detailed instructions in your pre departure information kit and the up to date prices for visas obtained in your home country. Please note that if you are applying in Australia you must fill out the visa form provided and paste or staple your photographs in the top right hand corner. However, please note that THE VISA IS ONLY VALID FOR 6 MONTHS FROM THE DATE OF ISSUE, ie. you must enter and

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depart Nepal within six months of the date of issue of the visa. If you are American or Canadian you will need to obtain application forms for your visa directly from your nearest embassy/consulate.

It is possible to obtain your Nepal visa on arrival at Kathmandu Airport, however this is not ideal as it can cause long delays to your group. At the time of printing the cost is as follows;

15 day tourist visa US\$25

30 day tourist visa US\$40

90 day tourist visa US\$100

(All are multiple entry)

Although the preferred payment is USD, AUD, CAD and GBP will also be accepted very readily.

You can collect the application form required to obtain your visa on arrival, from your reservation consultant or at the Kathmandu Airport on arrival. You should carry two current passport photographs with you, to obtain the visa. These prices are subject to change without notice, however we will do our utmost to keep you informed prior to your departure.

info nights

World Expeditions invites you to attend our inspiring adventure travel information nights. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a info night schedule or register on our website - www.worldexpeditions.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

private groups

The adventures featured in our brochures, and on our website, are just a starting point for many of our private group travellers. Working closely with our Groups Department we can organise custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our team will assist you with all aspects of your private group adventure from itinerary design to group flights. Contact our team today.

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