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Tibet Permits: please refer to the important information in the Tour Details section under 'Visas and Entry Requirements' at the time of confirming your booking.



Essential Tibet

12 days, Chengdu to Kathmandu

Trip code ACLK

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Tibetan Cooking Class, Lhasa

- Your Local Living Moment: Everest Base Camp Yak Hair Tent, Everest Base Camp
- Orientation walk in Lhasa, Durbar Square
- Gyantse, Jokhang Temple Tour
- Barkhor Square Orientation Walk
- Tibetan Cooking Class
- Potala Palace Tour
- Sera Monastery Tour
- Pelkor Chode Monastery and Gyantse Kumbum Visit
- Tashilhunpo Monastery Visit
- Sakya Monastery Visit
- Rongbuk Monastery
- Everest Viewpoint
- Everest Base Camp Yak Hair Tent
- Border crossing to Nepal
- Bhaktapur Excursion

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 May 30th, 2024 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

Chengdu

Arrive at any time and get settled in. Your China and Tibet adventure kicks off with a welcome briefing with your CEO and fellow travelers. If you're up for a meal, join your CEO for a local dinner after the briefing.



Accommodation

Celebrity Ruicheng Hotel (or similar)

Hotel



Today's Activities

ACTIVITY

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.

Day 2

Chengdu/Lhasa

Today begins your journey to Tibet. Board a flight to Lhasa and as you make your way off the plane, you will be greeted by your Tibetan CEO. Grab your bags and head to the hotel and join your CEO for an orientation walk of Lhasa.



Accommodation

Lhasa Banak Shol Hotel (or similar)

Hotel



Today's Activities

Plane

Chengdu Shuangliu International Airport - Lhasa Gonggar Airport

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Orientation Walk

Lhasa

Join your CEO for an orientation walk around Lhasa.

Day 3

Lhasa

Spend the morning with your CEO exploring the Unesco World Heritage site of Jokhang Temple. Walk throughout the complex and take note of the many original pieces still intact from the original construction. Then, continue the tour in Lhasa's oldest district to explore Barkhor Street, an ancient and holy pilgrimage path. Then enjoy free time in the heart of the Tibetan Quarter. We recommend getting some lunch at a local teahouse. In the evening, we'll have a cooking class of traditional Tibetan food and then sit down together to eat what we made.



Meals included

Dinner



Accommodation

Lhasa Banak Shol Hotel (or similar)

Hotel



Today's Activities

ACTIVITY

Join your group for a local Tibetan cooking class. Make delicious, local dumplings called momos. Then sit together and enjoy your yummy creations!

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.

Barkhor Square Orientation Walk

Lhasa

1h

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

Day 4

Lhasa

Start today's adventure with a visit to the Potala Palace, a UNESCO World Heritage site. This dzong fortress was the winter palace of Dalai Lamas for over three hundred years. Then in the afternoon, visit Sera monastery and witness the monks at debate. This unique cultural practice allows for a deeper understanding of Buddhist philosophy and visitors are allowed to observe as per a set schedule.



Accommodation

Lhasa Banak Shol Hotel (or similar)

Hotel



Today's Activities

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.

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.

Set off early this morning for Gyantse. 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. Enjoy a visit to the lake in the morning. Then visit Karola Glacier en route and grab a bite of lunch if you wish in Nagarze.

As you make your way from Lhasa to Gyantse, make a few important stops along the way. First, visit Yamdrok Lake, a stunning freshwater blue lake thought to be part of a sacred group of four lakes guarded by a local deity. Then, drive through Karola Pass en route to Karola glacier where you will stop to admire the view of the Tibetan stupa flanked by glacial mountains all around. Arrive to Gyantse and if you have steam left, join your CEO to hike to the Gyantse Fortress for a birds-eye view of the area.



Accommodation

Gyangtse Yutok Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Lhasa - Yamzho Yumco

5h-5h30m

196km

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

Private Vehicle

Yamzho Yumco - Nagarzê

2h

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

Private Vehicle

Nagarzê - Karola Pass

1h-1h15m

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

Private Vehicle

Karola Pass - Gyantse

1h-1h15m

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

Orientation Walk

Gyantse

Get your bearings of Gyantse on CEO led orientation walk.

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. See Gyantse Kumbum, the iconic multi-leveled edifice. Then, travel to Shigatse and visit the Tashilhunpo Monastery, one of the most culturally significant monasteries in Shigatse. Witness monks going about their day and choose to join in with the kora, a meditative practice.



Accommodation

Gesar Hotel (or similar)

Hotel



Today's Activities

Pelkor Chode Monastery and Gyantse Kumbum Visit

Gyantse

Enjoy a visit to these two significant places in Tibetan Buddhism. Pelkor Chode Monastery was founded in 1418 and is regarded as the centre of Gyantse. 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.

Tashilhunpo Monastery Visit

Xigazê

This massive complex is visited daily by hundreds of devotees, armed with yak butter to feed the lamps, who prostrate themselves around the stupas or walk up to the chapel that houses the 26m-high (85ft), gold-plated statue of the Maitreya (future) Buddha.

Day 7

Shigatse/Sakya

Bid Shigatse farewell and travel onward to Sakya, and visit the Sakya Monastery and Nunnery. Return to the hotel on foot and choose to join your CEO for dinner.



Accommodation

Luowa Hotel (or similar)

Hotel



Today's Activities

Private Vehicle

Shigatse - Sakya

2h45m-3h8m

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 8

Sakya/Everest Base Camp

Pack an overnight daypack, and depart to make your way towards your overnight near Everest Basecamp. Visit the Rongbuk Monastery on an easy walk. Tonight, spend the night in yak hair tents that allow you to get as close as possible to Basecamp in the hopes of getting glimpses of Mt Everest. Choose to go on additional hikes to the upper monastery with your CEO.

Please note that the yak hair tents are closed for the winter (October-Early April). Everest Base Camp area may also close without warning due to bad weather, political issues, natural disasters, etc. If we do not stay in the tented camp, we will stay in a local guesthouse with an incredible view of the Himalayas on a clear day.

Pack a small overnight bag with everything you need for tonight and tomorrow morning. Your big suitcase will be safely stored and you will not have access to it until the following day.



Accommodation

Rongbuk Tent Guesthouse (or similar)

Guesthouse



Today's Activities

Private Vehicle

Sakya - Everest Base Camp

3h-4h

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

Rongbuk Monastery Visit

Rongpu Si

Enjoy a visit to Rongbuk Monastery, the highest monastery in the world. It was first built in 1902 by the Nyingma Lama and originally housed more than 500 monks. Today, only about 50 monks and nuns remain, sharing the same prayer hall but maintaining separate residences. The nuns here are great fun and will be delighted to have you join their evening prayers.

Everest Viewpoint (North)

Everest Base Camp

Take a short hike up to an Everest viewpoint about 2.2km away from Everest Basecamp. Even though the viewpoint isn't from the Basecamp, it doesn't mean the views will be any less breathtaking. Pack some water and your camera and get hiking for a tiny taste of what it's like to scale this magnificent mountain.

ACTIVITY

At the foot of Mt Everest, stay in a tent similar to those of nomadic Tibetan people. From a tent made completely on yak hair, take in the breathtaking view of Mt Everest.

Day 9

Everest Base Camp/Kyirong

Depart Everest and make your way back the way you came to the entrance of the park. Board a private vehicle headed to Kyirong. This border town is known for its warmer climate and green landscape. Relax and enjoy the view.



Accommodation

Kyirong Shell Hotel (or similar)

Hotel



Today's Activities

Orientation Walk

Kyirong

Take an orientation walk of Kyirong town, 2400 m above sea level.

Private Vehicle

Everest Base Camp - Kyirong

5h-6h

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

Today, cross the border 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-Rasuwa 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.



Accommodation

Hotel Traditional Comfort (or similar)

Hotel



Today's Activities

Border Crossing (Kyirong to Rasuwa)

Kyirong - Rasuwa

Ready for a little more ink in your passport? Grab your bags and get ready to check another country off your bucket list.

Private Vehicle

Kyirong - Kathmandu

9h-10h

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

Day 11

Kathmandu

Join your CEO on a morning exploration of Bhaktapur. A World Heritage Site, Bhaktapur is made up of three large squares filled with shrines, temples and plenty of activity. In its heyday, Bhaktapur was the most powerful of the Kathmandu Valley kingdoms and its capital for 300 years. Return to Kathmandu for the afternoon at leisure. Join your CEO for an optional farewell dinner to your incredible journey through China, Tibet and Nepal.



Accommodation

Hotel Traditional Comfort (or similar)

Hotel



Today's Activities

Bhaktapur Excursion

Bhaktapur

3h-4h

Visit this unique old town known as the City of Devotees. Explore Hindu temples, pagodas, palaces, and monuments, including the beautiful wood-carved palace in Durbar Square. You can pick up clay pots and other souvenirs in the colourful open markets and taste home made yogurt, known as khopa dhau, which Bhaktapur is famous for.

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.

Day 12

Kathmandu

Depart at any time.

What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Foodie Moment: Tibetan Cooking Class, Lhasa
- Your Local Living Moment: Everest Base Camp Yak Hair Tent, Everest Base Camp
- Orientation walk in Lhasa, Durbar Square
- Gyantse, Jokhang Temple Tour
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What are the main highlights of this trip?

Stay in a Yak hair tent, traditional to nomadic Tibetans, with an incredible view of Mt. Everest, Explore Lhasa and take a tour of the famed Potala Palace, Witness Tibetan Monks debate at the Sera Monestary.

What are the main highlights of this trip?

Stay in a Yak hair tent, traditional to nomadic Tibetans, with an incredible view of Mt. Everest, Explore Lhasa and take a tour of the famed Potala Palace, Witness Tibetan Monks debate at the Sera Monestary.

Is there a disclaimer I should read before booking this trip?

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

Is there a travel disclaimer for my itinerary I should review before booking this trip?

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.

What important notes should I be aware of before the trip?

Tibet & Nepal:

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.

China:

1. Please note while traveling through mainland China you will not be able to access some popular internet websites. It's important to let your family and friends know that you might not be able to stay in touch over your usual methods, be it - social media or email. The Chinese Government restricts certain websites such as Google, Dropbox, Gmail, Facebook, Instagram, Twitter, WordPress, Whatsapp etc. It may be possible to still access some of these websites using a VPN. If you wish to stay in touch with your friends and family through the above blocked sites, we suggest you research installing a suitable VPN on your device prior to travel or turn on your data roaming if needed.

2. INTERNET ACCESS

Please note while traveling through mainland China you will not be able to access some popular internet websites, certain websites such as Google, Dropbox, Gmail, Facebook, Instagram, Twitter, WordPress, etc. It may be possible to access some of these websites using a VPN. If you wish to use above blocked sites, we suggest you get a suitable VPN on your device prior to travel.

3. LUGGAGE

As we use (sometimes crowded) local transport please note backpacks are much more suitable than suitcases for this style of trip. Train travel means that bags have to be stowed either overhead or under beds, so travelling as light as possible is recommended.

4. As of June 28, 2025, Chinese Aviation Authorities have tightened safety rule following several onboard fire incidents linked to uncertified power bank portable chargers. Passengers will no longer be allowed to bring power banks that lack the official China Compulsory Certification (CCC) mark. Any portable chargers without the CCC mark will be confiscated on domestic flights within China.

What is the group leader like?

All our G Adventures group trips are accompanied by a G Adventures Chief Experience Officer (CEO) in China. The aim of the group leader 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.

Please note you will have one CEO in China and one CEO in Nepal.

How large will the group be?

Max 15, avg 12.

What meals are included in this trip?

1 dinner

What are the meals like on this trip?

Eating is a big part of travelling. 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 CEO will be able to suggest favourite restaurants during your trip. Breakfast in China 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.

What are the modes of transportation on my trip?

Train, private vehicle, walking, plane.

What transportation will we take on this trip?

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, its 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.

Are local flights included in the cost of the trip?

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.

Is there an extra cost for travelling solo?

We believe solo 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 solo travellers on these itineraries must pay the single trip price.

Where will we stay during the trip?

Nomadic tent (1 night), hotel (10 nights).

Do any exceptions apply to Rooming or “My Own Room” on my tour?

Night 8, shared facilities.

What kind of accommodation can I expect on this trip?

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.

What are the joining instructions?

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

If you would like to book an airport Arrival transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

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.

If you have not pre-booked an arrival transfer with G Adventures, you can take the metro or airport bus.

Please note that day 1 is an arrival day and no activities have been planned on this day.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1 (usually between 5pm and 7pm), where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

What happens if I experience problems when arriving?

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.

Who should I contact in case of an emergency?

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 your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please call or go to the information centre and ask the staff there to help to call our local G Adventures Transfer provider directly at: +86 18122213686 – if the driver cannot arrive anytime soon, please take a taxi to your start point hotel.

If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense.

EMERGENCY CONTACT NUMBERS

China:

G Adventures Local Tour Operator (China):

Head Office: +86 18122213686

Beijing Office: +86 010-65128789 or +86 13379009576

Nepal:

Ms. Binita Gurung - (Primary Contact)

From outside of Nepal: +977 98 0191 1000

From within Nepal: 98 0191 1000

Mr. Rajju Maskey - (Secondary Contact)

From outside of Nepal: +977 98 0201 4444

From within Nepal: 98 0201 4444

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 information should I be aware of as the itinerary draws to a close?

If you would like to book an airport Departure transfer for your tour, please contact our Sales Team or your Travel Agent in advance of travel.

What should be on my packing list?

Cold weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers

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
- Headphones (Noise-cancelling recommended)
- 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:

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

Hiking/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

When can I do my laundry on this trip?

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.

What are the visas and entry requirements for my trip?

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](#)

Please note that visas are the responsibility of the individual traveller. The visa requirements for your trip vary depending on where you are from and where you are going. We keep the following information up to date as much as possible, but rules do change. It is important that you check for yourself with the embassy of each country. Your travel agent can assist. Please, keep in mind that all countries require passports valid for at least 6 months from the moment of departure from the country.

CHINA:

If you require a visa to enter China, you may also need an official Letter Of Invitation (LOI) before you can apply for your Chinese visa. If you require a Letter of Invitation (LOI) to apply for a Chinese visa, please fill out & submit the following request [form](#)

You can obtain the LOI through our visa support agent in China. The visa support link you need to complete will be sent to you or your travel agent by email when you confirm your booking. You must read the instructions carefully and fill out all the details.

Please ensure that you list the same details as appear on your LOI when filling out your Chinese Visa Application form.

IMPORTANT: while travellers can enter China with any Visa type, you must possess an 'L' Visa (tourism/short term visitor) in order to be granted a Tibetan permit.

HOW TO FILL IN CHINA LOI FORM ONLINE:

As Chinese visas are dated specifically for entry and exit, please ensure you enter the correct dates as per your flights entering and exiting China. Please remember to put exactly the same dates when you fill out the application at the Chinese embassy. You will need to provide additional documentation to the consulate (i.e. flights tickets, hotel reservations) if these dates fall outside the duration of the tour.

Please do not submit the below application until 3 months prior to your entry into China. The details will be forwarded to our local agent in China and your Letter of Invitation (LOI) will be issued within 10 business days of receipt.

Letter of Invitations (LOI) will be issued as a matter of priority based on the number of days from departure.

Once you have received your LOI you can apply for your visa by going to the nearest Chinese embassy. Please, remember that it is your responsibility to check whether passport details, name spelling and dates on the LOI are correct.

You must print out the full set of application forms including the 'Confirmation of Online Visa application' and 'Visa Application Form of the People's Republic of China'. All pages of each form must be printed out. The signature and date on the Confirmation Page and the 8th page of Visa Application Form of the People's Republic of China must be

handwritten by the applicant themselves. Visa applicants under the age of 18 must be signed by their guardian while also adding a handwritten signature in the 'For person filling in the application on the applicant's behalf'.

IMPORTANT: if you require a visa for China and plan to travel within 3 months of your entry into China, we strongly recommend that you avoid travel outside of your home country during the period between your visa application up until the time your visa is approved. In many cases, travellers who apply for a visa to China while in another country outside of their home country, will be denied their visa.

Travellers must have at least two blank passport pages available for each country they will visit on your tour. These are required for entry & exit stamps.

TIBET:

As Tibet continues to be a sensitive area for travel to the Chinese government, you must refrain from listing Tibet as one of the places you are going to visit as your application form or your Visa will be denied.

If you require a visa to enter China, G Adventures will provide you with the necessary documents to obtain your Chinese Visa, as per the China section above. Once you receive your Chinese Visa, please send a copy of this to experience@gadventures.com so we can arrange your Tibet permit.

We must receive your China Visa copy no later than 31 days prior to departure, to ensure your Tibet permit can be obtained in time.

If you do not require a visa to enter China, we will require a coloured copy of the passport you will be travelling on. We highly encourage you provide this as early as possible, but no later than 31 days prior to departure.

The above information relates to the following tours:

ACLK - Essential Tibet

ACXK - Best of China & Tibet

NEPAL:

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. You can apply for the visa [here](#).

Please note your point of entry is via Immigration Office Rasuwagadi (Rasuwa).

We strongly suggest travellers eligible for an e-Visa complete the form online and print their receipt before arrival to Nepal to ease your entry and avoid queuing. Visas are available upon arrival at the airport and land crossings for those who are unable to receive their e-Visa beforehand.

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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.

What should I know about currency, credit cards, and exchanging money while on this tour?

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 April 2024 the exchange rate for China was 1 USD = 7.25 CNY (Chinese Yuan).

Although the most common payment methods in China are apps such as WeChat Pay and Alipay, we strongly recommend carrying some cash as a backup, since credit cards or mobile apps may not always work. We also suggest setting up either WeChat Pay or Alipay on your device before arriving in China. We strongly suggest setting up either Wechat or Alipay on your device prior to coming to China. This will require you link a credit or debit card to these apps and also set up a data roaming package to use in China so that you can make payments locally. Please check the terms and conditions carefully when you set up account and payment. Credit cards may work with big vendors in first tier cities like Beijing, Shanghai or Hong Kong but it's not guaranteed and less likely to work in other cities or towns and small vendors.

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.

How much emergency money should I bring on this trip?

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!

Do I need to pay a departure tax?

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

Should I be tipping on my trip?

China: Traditionally in China tipping is not expected and thus there is no need to tip in restaurants and your general interaction with locals; however, tipping is customary - though not compulsory - in the tourism industry and not only shows an expression of satisfaction it may also be of considerable significance to the people who will take care of you during your travels. There are 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 may offer to collect the money and tip as a group.

Recommendations for tipping drivers and local guides would range from 1 to 3 USD 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. A suggestion would be for each group member to contribute anonymously by putting their tip into an envelope. This often works the best and the group as a whole should gather to present the gift to the recipient(s), offering their thanks and showing their appreciation. This method brings the action out into the open, allowing for a friendly and appreciative interaction between the group and the recipient(s).

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 \$5 USD per person per day can be used.

What activities are optional on this trip?

- No optional activities

Are there any health considerations I should know before travelling?

Please note that Lhasa is at an altitude of over 12,140 ft (3,700 m). You may experience headaches, nausea, lethargy on arrival in Lhasa, as well as during the rest of your tour in Tibet. It is important to be aware of the affects of altitude on one's tolerance. We recommend that you consult your doctor at home for any altitude sickness medication.

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 and hand sanitizers / antibacterial wipes 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 leaders 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.

What do I need to know to about safety and security on my trip?

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/

What are the trip specific safety considerations?

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.

What rules should I know before joining this trip?

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.

Is travel insurance required for my trip?

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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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.

What is Planeterra?

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.

How should I dress to respect local customs during the tour?

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.

How can I share feedback about my trip experience?

Earn 5% off your next G Adventures Tour (up to \$100 USD)*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

Does G Adventures have an email newsletter I can subscribe to?

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.

How old must I be to join this trip?

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.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, 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.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

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 the operator. 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.

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.