# GEEO ITINERARY

Tibet 7/16/2027

## Day 1: Chengdu Arrive in Chengdu at any time. Meet your group for a welcome meeting around 6:00 or 7:00 p.m., and if you're up for a meal, join your tour leader for a local dinner after the briefing.

**Arrive in Chengdu any time**. There are no planned activities until the Welcome Meeting in the evening. The main airport serving the city is **Chengdu Shuangliu International Airport (CTU),** with **Chengdu Tianfu International Airport (TFU)** as a secondary option.

Consider arriving 1-2 days early to explore the city, adjust to the time zone, and buffer against flight delays. We can request extra hotel nights for you before the program begins.

Pre-Trip Must-Sees: Explore Chengdu's famous **tea houses**, **panda sanctuaries**, or spicy **Sichuan cuisine** before the program officially begins. We highly recommend the **Chengdu Research Base** of Giant Panda Breeding, as well as an excursion to **Emei Shan** and **Leshan** nearby—ask us for more details!

**Hotel Check-in and Welcome Meeting**
Hotel check-in is normally between 2–3 p.m. Check with reception for the exact time and location of the group welcome meeting, typically between 6–7 p.m. Please make every effort to attend this meeting. If you're running late, send a message in the group WhatsApp or call the emergency number on your trip voucher so that your tour leader can let you know where and when to meet the group.

After the welcome briefing, join your CEO (Chief Experience Officer) for a short orientation walk to get your bearings. They'll point out local restaurants, ATMs, convenience stores, and other points of interest. You'll also have the option to enjoy a group dinner to get to know your fellow travelers.

> **Joining Instructions**
> Pre-Booked Arrival Transfer: If you've arranged an airport transfer through GEEO, a representative will meet you at Chengdu Tianfu International Airport (TFU) or Chengdu Shuangliu International Airport (CTU). If you're not met or cannot make contact, call the emergency number on your trip voucher or take a taxi to the hotel (keep your receipt).
> Taxi: (~45 minutes–1 hour) Taxis are available at official taxi stands outside the terminal. Use only metered taxis from official stands—avoid individuals offering rides inside the terminal. **Print your hotel name in Chinese to show your driver.**

## Day 2: Chengdu/Lhasa Today begins your journey to Tibet. Board a flight to Lhasa where you will be greeted by your Tibetan tour leader. Grab your bags and head to the hotel and join your tour leader for an orientation walk of Lhasa.

Take to the skies this morning as we fly from Chengdu to the rooftop of the world—Lhasa. After touching down in Tibet, you'll meet your local CEO (Chief Experience Officer) and head straight to the hotel to begin acclimating to the altitude. In the afternoon, stretch your legs on a relaxed orientation walk through the heart of Lhasa, getting your first glimpse of the city's unique rhythm, colorful prayer flags, and traditional Tibetan architecture.

**Approximate travel time:** 2 hrs by plane

## Day 3: Lhasa Explore Jokhang Temple UNESCO site, then tour ancient Barkhor

## Street pilgrimage path. Free time in the afternoon to explore Tibetan Quarter with suggested teahouse lunch. In the evening, participate in Tibetan cooking class followed by shared meal of prepared dishes.

Start your day with a visit to the spiritual heart of Tibet—the UNESCO-listed Jokhang Temple. Walk among pilgrims as they prostrate and circle the sacred site, soaking in the scent of incense and centuries of devotion.

After that, we'll continue on to the historic Barkhor Street, where prayer wheels spin, market stalls bustle, and monks stroll through the crowds. This ancient pilgrimage path winds through Lhasa's oldest district—perfect for people-watching, photo-snapping, and perhaps ducking into a teahouse for a bite.

In the evening, we'll roll up our sleeves for a hands-on Tibetan cooking class. Learn how to make momos (Tibetan dumplings), then sit down as a group to enjoy the fruits of your labor.

**Meals included:** Dinner

## Day 4: Lhasa Visit Potala Palace, the historic winter palace of Dalai Lamas and UNESCO site, then see monks debating at Sera monastery for insight into Buddhist philosophy.

Today, we're climbing the steps to one of Tibet's most iconic landmarks—Potala Palace. Once the winter residence of the Dalai Lamas, this towering fortress offers stunning views of Lhasa and a glimpse into the spiritual and political history of the region. Inside, wander through golden chapels, intricate mandalas, and sacred tombs as pilgrims pass quietly around the base.

In the afternoon, visit the Sera Monastery, where monks in deep red robes gather in the courtyard for a spirited tradition—debate. Watch as they clap, gesture, and challenge each other in this unique philosophical practice that's been passed down for centuries.

## Day 5: Lhasa/Gyantse Early morning departure for Gyantse, driving over three 5000m+ passes, visiting turquoise Yamdrok Tso lake and Karola Glacier, with optional lunch in Nagarze.

Rise early for an unforgettable journey across the roof of the world. Today's drive to Gyantse takes you over three dramatic mountain passes, each above 5,000m, and along the shores of the shimmering turquoise Yamdrok Lake—one of Tibet's most sacred bodies of water. We'll stop here to soak in the views before continuing through the striking Karola Pass, flanked by soaring glacial peaks.

Pause to admire the Karola Glacier, where white-capped mountains tower over a remote Tibetan stupa. Enjoy lunch in the quiet town of Nagarze, then continue on to Gyantse. Upon arrival, take a short orientation walk through town, and if you're feeling energized, join your CEO for a hike to the hilltop fortress for sweeping views of the valley below.

**Approximate travel time:** 7–8 hrs by private vehicle

## Day 6: Gyantse/Shigatse Visit Gyantse's Pelkor Chode Monastery to see sculptures and paintings, then Gyantse Kumbum. Continue to Shigatse's Tashilunpo Monastery to observe monks and potentially join their kora meditation practice.

Start the day with a visit to Pelkor Chode Monastery, Gyantse's most iconic site. Wander through its

ancient halls and admire the vivid murals and statues that line the walls. Then climb the towering Gyantse Kumbum, an eight-story chörten filled with countless chapels and images of Buddhas, protectors, and saints—a spiritual labyrinth unlike any other.

From here, travel onward to Shigatse, Tibet's second-largest city. In the afternoon, step into the serene grounds of Tashilhunpo Monastery, the traditional seat of the Panchen Lama. Watch as monks go about their daily rituals, and if you wish, join the faithful in walking the kora—a peaceful devotional path encircling the monastery.

**Approximate travel time:** 3.5–4 hrs by private vehicle

## 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 tour leader for dinner.

Today, we'll leave Shigatse behind and journey west to Sakya, a town steeped in Tibetan Buddhist history. Upon arrival, explore the impressive Sakya Monastery, known for its thick walls, fortress-like appearance, and centuries-old scriptures housed within. Wander through ancient halls, soak in the peaceful energy, and admire the striking views of the surrounding valley.

Afterwards, stroll back to the hotel on foot. This evening, join your CEO for an optional group dinner and reflect on the day's discoveries.

**Approximate travel time:** 3 hrs by private vehicle

## Day 8: Sakya/Everest Base Camp Prepare overnight bag for trek to Everest Basecamp area. Visit Rongbuk Monastery before short hike. Sleep in yak-hair tents near Basecamp for potential Everest views. Optional hikes to upper monastery with guide available.

Pack a small overnight bag—tonight you're headed into the Himalayas. We journey toward Everest Basecamp, traveling through remote, windswept valleys and rugged mountain landscapes. Along the way, we'll stop to visit Rongbuk Monastery, the highest in the world, and soak in its serene atmosphere and sweeping views.

Afterwards, embark on a short hike to a nearby viewpoint for your first glimpse of the mighty Mount Everest. Spend the night in a traditional yak-hair tent, just a few kilometers from the base of the world's tallest peak.

**Note:** Be sure to pack everything you'll need for the night and tomorrow morning. Your main luggage will be safely stored and returned to you the following day.

**Approximate travel time:** 6 hrs by private vehicle

## Day 9: Everest Base Camp/Kyirong Depart Everest and return to the entrance of the park. Board a private vehicle headed to Kyirong. This border town is known for it's warmer climate and green landscape. Relax and enjoy the view.

Wake up to the crisp mountain air and say your goodbyes to Everest. After breakfast, begin the scenic drive out of the park and down toward the border town of Kyirong. Watch as the landscape shifts from high-altitude tundra to verdant, forested hills—a rare and welcome change in climate.

On arrival, stretch your legs with a short orientation walk through Kyirong, nestled at 4,200m and known

for its warmer weather, green surroundings, and quiet charm. Tonight is all about relaxing and recharging before the final leg of your journey.

**Approximate travel time:** 5-6 hrs by private vehicle

## Day 10: Kyirong/Kathmandu 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.

Today, say farewell to Tibet and make your way into Nepal. The drive from Kyirong to Kathmandu is considered one of the most beautiful overland routes in all of Asia, and it's easy to see why—expect dramatic mountain scenery, alpine lakes, thick forests, and views of the mighty Himalayas.

Cross the border at Kyirong-Rasuwa on foot, walking across the bridge that connects Tibet and Nepal. After clearing immigration, hop into your vehicle and begin the bumpy but breathtaking descent through lush valleys and winding roads en route to Kathmandu. While the border crossing can take time, the scenery more than makes up for the wait.

Once in Kathmandu, check into your hotel and enjoy a final evening in the city—celebrate the end of your incredible Himalayan journey.

**Approximate travel time:** Full day, including border crossing and drive

## Day 11: Kathmandu Explore Bhaktapur's heritage site in the morning, viewing temples and squares in this former powerful kingdom. Return to Kathmandu for free time and optional farewell dinner celebrating your China, Tibet and Nepal journey.

In the morning, head out to explore Bhaktapur—one of the most well-preserved medieval cities in Nepal. Wander through Durbar Square, where ancient temples, carved wooden buildings, and vibrant markets line the streets. Once the capital of the Kathmandu Valley, Bhaktapur is a living museum full of culture, color, and history. Be sure to try the town's famous local yogurt, khopa dhau, and browse for handmade crafts and pottery.

Return to Kathmandu in the afternoon for some well-earned free time. Whether you want to relax at a café, explore more of the city's temples, or pick up a few last-minute souvenirs, the afternoon is yours. In the evening, join your CEO and fellow travelers for an optional farewell dinner to toast your unforgettable journey through China, Tibet, and Nepal.

## Day 12: Kathmandu Depart Kathmandu at any time.

Your adventure ends today. You can depart Kathmandu at any time. The city's **Tribhuvan International Airport (KTM)** is about a 20–30 minute drive from the hotel, depending on traffic. Your CEO can help you arrange a transfer or taxi when you're ready to head out.

Have extra time in the city? There's still plenty to explore. Consider visiting the hilltop Swayambhunath (Monkey Temple) for panoramic views of the valley, or head to the sacred Hindu temple complex of Pashupatinath. You could also shop for handicrafts in Thamel, stroll through the Garden of Dreams, or unwind with a traditional Nepali meal before you say goodbye.

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you book from G Adventures’ extensive catalog of tours. These tours aren’t tailored to educators the way our programs are, but booking through GEEO means you’ll receive a discounted educator rate while supporting our nonprofit work.

## Where you’ll stay

*The hotels listed below reflect the properties expected to be used for this program. Final accommodations are subject to change based on group size, availability, or seasonality. The confirmed start and end hotels are listed on your trip voucher:*

Day 1 Chengdu (Jul 16): Celebrity Ruicheng Hotel

Day 2 Lhasa (Jul 17): Lhasa Banak Shol Hotel

Day 3 Lhasa (Jul 18): Lhasa Banak Shol Hotel

Day 4 Lhasa (Jul 19): Lhasa Banak Shol Hotel

Day 5 Gyantse (Jul 20): Gyangtse Yutok Hotel

Day 6 Shigatse (Jul 21): Gesar Hotel

Day 7 Sakya (Jul 22): Luowa Hotel

Day 8 Everest Base Camp (Jul 23): Rongbuk Tent Guesthouse

Day 9 Kyirong (Jul 24): Kyirong Shell Hotel

Day 10 Kathmandu (Jul 25): Hotel Traditional Comfort

Day 11 Kathmandu (Jul 26): Hotel Traditional Comfort

****Itinerary Disclaimer****: While it is our intention to adhere to the routes described on our website, 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 information on our website 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. Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.*