



PAZ

Paciencia Autoconocimiento Sanacion

ITINERARY **TIBET**

8 - 23 OCTOBER

2027



Known as the “Roof of the World”



TIBET is a region nestled high in the Himalayas, where history is deeply intertwined with the traditions and beliefs of Tibetan Buddhism. For centuries, Tibet has drawn spiritual seekers from around the world. From the towering peaks of the Himalayas to serene lakes like Yamdrok, its landscapes captivate with a rare sense of vastness and stillness—crystal-clear waters, open plains, and an atmosphere unlike anywhere else. To immerse yourself in Tibetan culture is to step into a world of ancient traditions, vibrant celebrations, and genuine hospitality. Throughout the journey, you will have the opportunity to connect with local communities, experience their unique cuisine, and take part in authentic moments that reflect everyday life in these deeply rooted and mystical lands.

PURPOSE

This journey has been carefully crafted to immerse you in the true essence of Tibet.

Blending iconic landmarks, authentic local encounters, trekking experiences, and moments of stillness in nature, the itinerary is designed to create space for a deeper connection—with the culture, the landscape, and yourself.





DAY

1

Flight to China

- Arrival in Chengdu, China
- Immigration procedures and local
- Currency exchange (please allow time for this process)
- Private transfer from the airport to the hotel
- Overnight stay in Chengdu

2

(B) Sichuan:

- Visit to the Giant Pandas. Sichuan Province is known as the natural home of the giant panda. The Chengdu Research Base of Giant Panda Breeding is a non-profit research and conservation center, originally founded in 1987 and opened to the public in 1993. What began with just six pandas has grown into a thriving population of over 100—making it one of the most important conservation efforts for this iconic species.
- On the way back to Chengdu, we will visit Kuanzhai Alley—an ancient street known for its traditional architecture, cultural charm, and vibrant local atmosphere.

3

(B) Leshan:

- Transfer to Leshan
- Boat ride to the island where the Giant Buddha is carved into the mountainside. Rising 70 meters in height, it is the largest stone Buddha in the world—an impressive and iconic masterpiece.
- Return to Chengdu. An early night is recommended, as the following day begins with an early morning departure to the airport





DAY

4 Flight from Chengdu to Tibet

- Early morning flight to Lhasa (Tibet)
- Arrival in Lhasa, Tibet
- Transfer from the airport to the hotel
- Rest of the day at leisure to acclimate to the altitude
- Overnight stay in Lhasa

5 (B) Lhasa:

- Visit to the Potala Palace, the former residence of the Dalai Lamas and one of Tibet's most iconic landmarks
- Visit to Jokhang Temple, the spiritual center of Lhasa and a UNESCO World Heritage Site
- Walk through Barkhor Street, a vibrant area filled with local artisans and traditional shops
- Experience a traditional Tibetan tea house
- Overnight stay in Lhasa

6 (B) Lhasa:

- Morning visit to Norbulingka, the summer residence of the Dalai Lamas—a peaceful complex often described as a “city within a city”
- Afternoon visit to Sera Monastery to witness the traditional debates among monks, an active and expressive practice that cultivates mental clarity and deep philosophical insight
- Evening cultural photo experience, including traditional Tibetan attire and styling—each participant will choose their outfit and take part in a professionally guided photo session set in Lhasa's historic streets
- Overnight stay in Lhasa





DAY

7 (B/D) Lhasa to Trubshi Village:

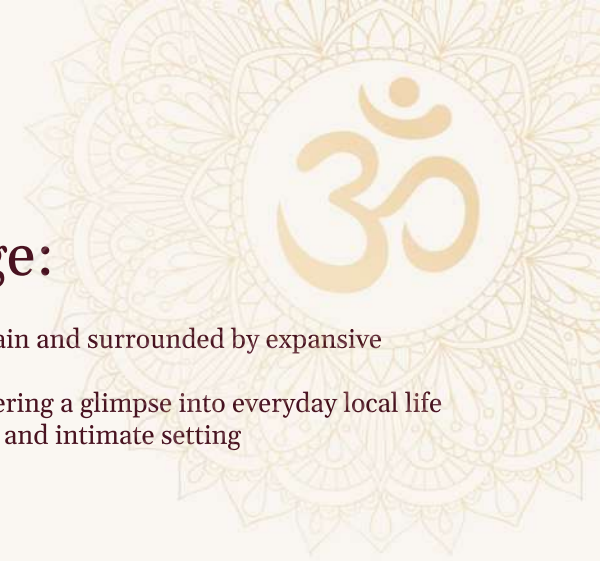
- Morning visit to Ganden Monastery, perched high on a mountain and surrounded by expansive Himalayan views
- Scenic walk to Trubshi Village, a traditional Tibetan village offering a glimpse into everyday local life
- Dinner in a local Tibetan home, sharing a meal in an authentic and intimate setting
- Overnight stay with a local Tibetan family

8 (B) Trubshi Village to Lhasa:

- Guided walk around Trubshi Village, experiencing the rhythm of daily life and the surrounding landscape
- Meditation session in a peaceful natural setting
- Lunch with a local Tibetan family, sharing an authentic and meaningful experience
- Return to Lhasa
- Overnight stay in Lhasa

9 (B) Lhasa to Shigatse:

- Journey across Gampala Pass, offering sweeping panoramic views of the Himalayan landscape
- Take part in the tradition of hanging colorful Tibetan prayer flags—an experience rooted in intention and symbolism
- Visit to Yamdrok Lake, one of Tibet's most sacred lakes, with time to walk freely along its serene shores
- Scenic overland journey with stops in local villages to explore traditional handicrafts and unique antiques
- Visit to a local Tibetan family, sharing lunch in their village and experiencing daily life up close
- Overnight stay in Shigatse





DAY

10 (B) Shigatse To Monte Everest:

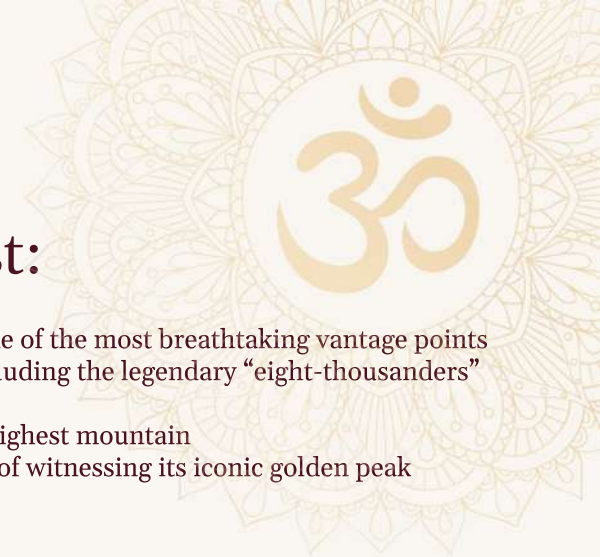
- Panoramic views of the Himalayan range from Gawula Pass, one of the most breathtaking vantage points of the journey. Admire several of the world's highest peaks, including the legendary "eight-thousanders" rising above 8,000 meters
- Arrival at Everest Base Camp (EBC), at the foot of the world's highest mountain
- Experience the sunset over Mount Everest, with the possibility of witnessing its iconic golden peak (weather permitting)
- Overnight stay in tented accommodation at Everest Base Camp

11 Everest to Gyirong:

- Sunrise over Mount Everest, one of the most unforgettable moments of the journey
- Visit to Rongbuk Monastery, the highest monastery in the world, set against the dramatic backdrop of Everest Base Camp
- Scenic overland journey to Gyirong, descending through forests, deep canyons, and snow-covered mountains as we cross the Himalayas
- Overnight stay in Gyirong

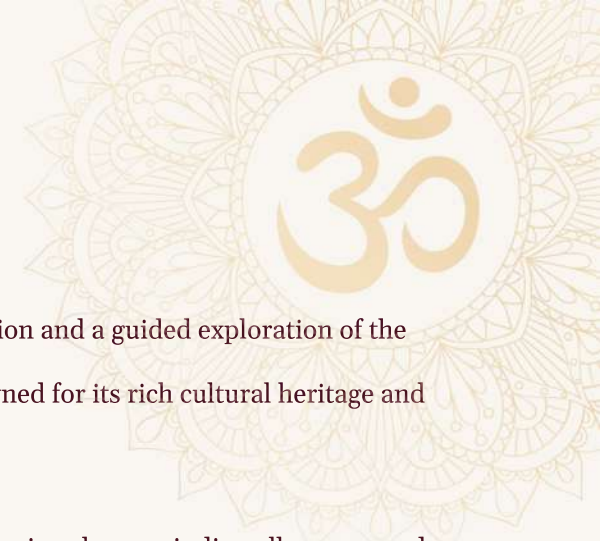
12 (B) Gyirong to Katmandú, Nepal:

- Cross the Gyirong border into Nepal and meet your local Nepali driver
- Scenic journey to Kathmandu through the lush forests of the Himalayas
- Overnight stay in Kathmandu





DAY



13 (B) Katmandú:

- Morning visit to Kopan Monastery, including a meditation session and a guided exploration of the monastery grounds
- Afternoon visit to Patan, a UNESCO World Heritage Site renowned for its rich cultural heritage and traditional architecture

14 (B) Katmandú:

- Morning visit to Bhaktapur, an ancient royal city filled with historic palaces, winding alleyways, and vibrant local life
- Mala-making workshop, where you will learn to create your own traditional Buddhist prayer beads as a meaningful cultural experience

15 (B) Katmandú:

- Visit to Swayambhunath, also known as the Monkey Temple—an ancient and sacred Buddhist complex perched on a hill with panoramic views of the Kathmandu Valley
- Afternoon visit to Thamel, a vibrant commercial district known for its shops, markets, and lively atmosphere

16 (B) Katmandú:

- Discover the traditional art of Tibetan thangka painting, a sacred practice that depicts Buddhist deities, mandalas, and symbolic imagery
- Opportunity to create your own thangka, experiencing the process as a personal and meaningful expression
- Introduction to Tibetan singing bowls, including an insightful explanation and live demonstration
- Farewell dinner at Dolmaling Hotel

17 (B) Katmandú:

Return Home with a New Perspective



Cultural Immersion Experience



Art
Tibetan Thangka
Painting



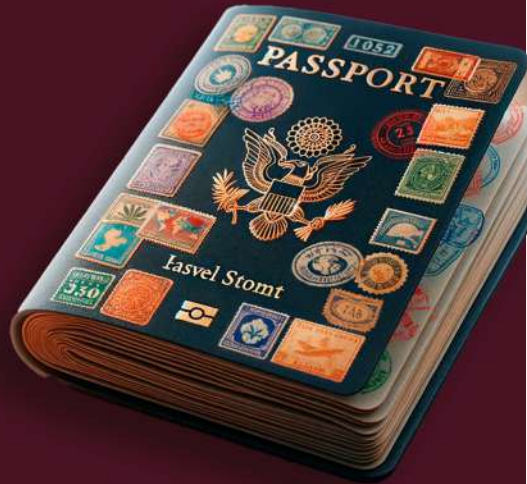
Spirituality
Tibetan Sound
Healing Bowls



Gastronomy
Culinary Culture &
Flavors



What's...?



Included

- Flight from Chengdu to Tibet (Lhasa)
- Double-occupancy accommodation
- Daily breakfasts
- Local guides in Tibet, China and Nepal
- Experienced high-altitude drivers
- Ground transportation throughout the journey
- Bottled water during overland travel
- Tibet visa and travel permit
- Everest Base Camp (EBC) permit
- Permiso al EBC
- Personal photo experience in Tibet
- Entrance fees to monasteries, museums, and palaces
- Farewell dinner
- Overland transfer from the Tibet border to Kathmandu
- Airport transfers in Chengdu and Lhasa
- Meditation session at Kopan Monastery and wisdom class
- Thangka painting experience
- Tibetan singing bowls (sound healing) session
- Introduction to thangka art (traditional Tibetan paintings)
- Oxygen support (if needed)
- Gratuities
- Government taxes and service fees
- Digital meditation program
- Travel insurance in China and Tibet

Not Included

- International flights
- China visa
- Nepal visa
- Lunches and dinners
- Personal expenses



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