Lhasa Ganden Samye Trek Tibet

Tibet, China / Tibet Trek | Trekking package



Your journey at a glance

Duration: 13 days

Trip grade: Moderate to Challenging

Maximum altitude: 5250 m

Best season: May to October

Group size: 1 - 20

Route: Kathmandu - Kathmandu

Price from: USD 3,500.00 per adult

Accommodation: Deluxe hotels in Kathmandu, Lhasa and Tsedang; tent camps during the Ganden–Samye trek.

Transportation: Kathmandu–Lhasa–Kathmandu flights, road transfers in Tibet and trekking from Ganden through Hebu Valley to Samye.

Meals: Breakfast at hotels; breakfast, lunch and dinner during trekking as listed in the inclusions.

Package overview

Potala Palace

Potala Palace is a political and religious centre of Tibet and one of its best-known monuments. With thousands of rooms and thirteen stories, it is a major visitor attraction. The palace is decorated with Thangka paintings, frescoes and images created hundreds of years ago.

Jokhang Temple

Jokhang Temple, constructed in the seventh century, attracts visitors each year. It houses a large Sakyamuni Buddha statue and is regarded as one of the holiest places in Tibet.

Sera and Drepung Monasteries

Sera and Drepung are important monastic complexes at the foot of a rocky hill. Drepung was once home to thousands of monks and taught the traditions of Vajrayana, Mahayana and Sutrayana Buddhism.

Norbulingka Palace and Barkhor Market

Norbulingka is a large garden and palace complex developed by successive Dalai Lamas. The tour also visits Barkhor Market, a busy market in Lhasa where visitors can browse Tibetan souvenirs and gifts.

Day-by-day itinerary

Day 1 - Arrival Kathamndu

Arrival Kathamndu Transfer to Hotel Evening Well Come Dinner

Meals: Dinner
Accommodation: Hotel

Day 2 - Kathmandu sightseeing

After breakfast, visit Pashupatinath, Boudhanath and Swayambhunath. The afternoon is free to prepare for the trip.

Meals: B
Accommodation: Deluxe hotel

Day 3 - Fly from Kathmandu to Lhasa

Transfer to the airport and fly to Lhasa via Gonggar Airport, crossing the Himalayan range. Meet the local travel representative and transfer to the hotel. Rest and acclimatize to the altitude.

Accommodation: Hotel in Lhasa
Altitude: 3,650 m
Travel time: Flight and airport transfer

Day 4 - Lhasa sightseeing – first day

Two days are allocated to exploring Lhasa. The sightseeing programme lists Potala Palace, Jokhang Temple, Barkhor Market, Drepung Monastery and Sera Monastery.

Accommodation: Hotel in Lhasa

Notes: The supplied itinerary groups Days 04 and 05 together; the listed attractions are retained without assigning individual sites to a particular day.

Day 5 - Lhasa sightseeing – second day

Continue the two-day Lhasa sightseeing programme, visiting the cultural and historical places listed for Days 04–05: Potala Palace, Jokhang Temple, Barkhor Market, Drepung Monastery and Sera Monastery.

Accommodation: Hotel in Lhasa

Day 6 - Lhasa to Ganden and trek to Hebu Valley

Drive from Lhasa to Ganden. Visit Ganden Monastery and begin trekking towards Hebu Valley. After a short trek through the Tibetan landscape, set up camp.

Accommodation: Camp
Travel time: Drive and short trek

Day 7 - Hebu Valley to Shogarla Pass

After breakfast in Hebu Valley, trek towards Shogarla Pass. Enjoy views of the Tibetan Plateau, including the sunset, and camp for the night.

Accommodation: Camp

Day 8 - Shogarla Pass to Gambala

Trek from Shogarla Pass to Gambala. After the day’s walk, rest beside the river and camp there for the night.

Accommodation: Riverside camp

Day 9 - Gambala riverside to Molong

Trek from the riverside at Gambala to Molong. The walking day takes approximately six to seven hours before camping for the night.

Accommodation: Camp
Walking / trekking: 6–7 hours

Day 10 - Molong to Samye and drive to Tsedang

Trek from Molong to Samye. Visit Samye Monastery, described in the supplied programme as one of Tibet’s notable monasteries. After the visit, drive to Tsedang and transfer to the hotel.

Accommodation: Hotel in Tsedang
Travel time: Trek and drive

Day 11 - Explore Tsedang

After breakfast, explore Tsedang and visit Yambulakhang Palace and Tandruk Monastery. Spend the night in Tsedang.

Meals: B
Accommodation: Hotel in Tsedang

Day 12 - Drive to Gonggar Airport and fly onward

Drive to Gonggar Airport according to the flight schedule and fly back to Kathmandu or another planned destination.

Day 13 - Departure transfer

After breakfast, transfer for departure. The trip concludes.

Meals: B

What is included

- Kathmandu–Lhasa–Kathmandu round-trip flights.
- Three nights in a deluxe hotel in Kathmandu.
- Deluxe hotels in Tibet, including Lhasa and Tsedang, on a bed-and-breakfast basis.
- Kathmandu and Tibet sightseeing as per the stated programme.
- All Tibet sightseeing entrance fees, including monastery fees.
- Tibet visa fee.
- Camping equipment, including tents and dining tents.
- English-speaking guide in Tibet.
- All meals (breakfast, lunch and dinner) during trekking.
- Cooks and Sherpa staff.
- Yak support for luggage.

What is excluded

- Lunch and dinner in Kathmandu, Lhasa and Tsedang.
- Tips.
- Medical and travel insurance.
- Extra expenses.
- Beverages.

Plan your journey

Prices, itinerary and availability may change. Contact our team to confirm travel dates, inclusions and final pricing.

https://ojhaholidays.com.np/package/lhasa-ganden-samye-trek-tibet