

Glimpse of Nepal Tibet Bhutan Tour

Package Highlights

- **Glimpse of Nepal** covering Nagarkot, Kathmandu valley, Pokhara, Chitawan National park and Buddha's birth place Lumbini. Memorial tour with our local guide from Nepal
- **Glimpse of Tibet** covering major historical cities Lhasa, Shigatse and Gyantse. Reach Everest Base Camp and Ronbuk Monastery. Friendly Tibetan guide lead entire tour in Tibet
- **Glimpse of Bhutan** covering Thimpu, Punakah and Paro. Exploration of Monasteries, Dzongs including Tiger Nest in Paro. Full board package within 3 star category accommodation and local guide from Bhutan

Trip Facts

- Starting Price: US\$3990.00 (Per Person)
- Duration: 24 Days
- Grade: NA
- Destination: Nepal/Tibet/Bhutan
- Meals: Breakfast + Lunch + Dinner
- Transportation: Private Vehicle
- Trekking Style: Tour
- Accommodation: Hotel and Guest House
- Max. Altitude: 5,200 Everest Base Camp Tibet
- Min. Pax: Any
- Best Season : March to June & September to November

Itinerary Details

Day 01 : Arrival at TIA airport of Kathmandu. Transfer to Nagarkot and Overnight at Hotel 2195m

Pickup you from International airport. Drop you to Nagarkot. It is 32 kilometer driving takes about 1 hours time. Nagarkot is one of the hill side near from Kathmandu is good spot to explore green valleys and Mountain with best sunrise view. Check in hotel and little discussion about your program. Enjoy your evening staying in cool place.

Day 02 : Explore Nagarkot, Changunrayan, Bhaktapur Durbar Squire, Bauddhanath Stupa and Pashupatinath temple. overnight at Hotel in Kathmandu. 1350m

Early in the morning explore Mountain and sunrise view from Nagarkot. Take your time to take breakfast. we than start our tour to Changunarayan Temple (A beautiful and historical temple is a living museum with genuine work of art). Bhaktapur Durbar Squire

(Oldest king palace, City of Devotees, the City of Culture, the Living Heritage, and 'Nepal's Cultural Gem'), Bauddhanath stupa (Largest stupa in Nepal and the holiest Tibetan Buddhist temple) and Pashupatinath temple (most sacred Hindu temples of Nepal with livings arts and architectures). After tour tour, drive to Thamel, Touristic hub of Kathmandu and overnight.

Day 03 : Drive to Pokhara (200 km. 6 Hours) 827m. Overnight at Hotel

After your breakfast in Hotel, start drive tour. Driving through busy highway along with bank of Trisuli River. Famous for white water rafting, Trisuli River can also in your itinerary. Driving path itself is scenic landscape and mountain views. Reach at Pokhara and check in Hotel. In clear weather you can view Mount Dhaulagiri, Annapurna, Fishtail and more from pokhara. Depend on time, we make Fewa Lake boating tour at late afternoon, visit Tal Barahi temple at the middle of Lake. Explore around lake side at Evening.

Day 04 : Sightseeing in Pokhara and hike to Australian camp (2000m). Overnight at local lodge

After breakfast in Hotel, we visit David Fall (Big Waterfall from inside tunnel), Gupteswor Mahadev cave and International mountain museum (Collection of Custom, dress and lifestyle of Typical Ethnic group of Nepal). We then drive to Kande for hiking to Australian camp. An option, we also can drive to Dhampus (scenic village) if hiking feel complicated. It is about 2 hours mild hiking. Stay from of Himalayan, greenery hills and Lake view. couples of local tea houses are there to stay

Day 05 : Hike back to Kande and drive to Lumbini. Overnight at hotel

Explore best sunrise and Himalayan view from Australian camp. We spend whole morning here. Hike back from Australian camp or Drive back from Dhampus to Kande. Drive to Lumbini via Palpa Tansen passing through beautiful villages and monuments. We can stop one the way at better view point. Reach at Lumbini by evening and transfer to Hotel

Day 06 : Visit Lumbini and drive to Chitawan National Park, Jungle activities and overnight at Resort

Visit birth place of Buddha. Maya Devi Temple, Ashoka Pillar, Holy pond. visit monasteries around build by different countries. We drive to Chitawan National park. It is about 4 hours driving from here. Check in Hotel. Village tour to a nearby ethnic Tharu village where you will learn more about the life and lifestyle of the Tharus. Visit to the National Park Visitor's center where you can learn more about the history of the National Park and about wildlife & Sun set view from the bank of Rapti River. Dinner and overnight

Day 07 : Chitawan Jungle activities. Overnight at Resort

After your breakfast, Canoe ride along the Rapti River. An excellent opportunity for Bird Watching and for seeing the 2 rare species of crocodiles; the Marsh Mugger and the fish eating Gharial. + Jungle Walk + on the way back one can enjoy the elephant bathing. After Lunch, Elephant Safari. An excellent opportunity to see four different kinds of deer, rhinoceros, wild boar, monkey, leopard, sloth bear and the Royal Bengal Tiger (If you are lucky). You will also encounter many other smaller mammals that have made Chitwan their home. At Evening, Tharu cultural dance presentation or Slides show presentation. Dinner at overnight. ry

Day 08 : Jungle activities and drive back to Kathmandu. Preparation of Tibet tour and overnight at Hotel

After breakfast, Visit to the Government Elephant Breeding Center. Come back to Lodge and start driving to Kathmandu. it is 5 to 6 hours driving. you also can choose flight to Kathmandu from Chitawan. Reach and transfer to Hotel. Meet the representative of Nepal Highland Treks to talk and prepare your next trip to Tibet.

Day 09 : Fly to Lhasa (3,656m) Overnight at Hotel

After breakfast you are taken to Kathmandu airport for your flight to Lhasa. Fly with Air china or Sichuan Air. On arrival at Lhasa Airport you are met and taken by our Tibetan guide to your hotel Lhasa where you will spend the nights. This afternoon is at leisure and it is necessary to relax and acclimatize.

Day 10 : Sightseeing in Lhasa. overnight at Hotel

After your breakfast start to visit major places in Lhasa city. The Potala Palace: Winter palace of Dalai lama considering of 13 stories and 1000 rooms. Drepung Monastery: the biggest and the richest of all the monasteries in Tibet. School of over 10000 monks and governed 7700 subsidiary monasteries. Bharkhor Bazaar: largest and oldest market in Tibet. You walk through the heart of old Lhasa with its narrow streets white- washed stone homes, windows framed in black and brightly painted woodwork and almost everyone has something to sell.

Day 11 : Second day sightseeing in Lhasa. overnight at Hotel

After your breakfast, start to visit Sera Monastery: Situated to the north of Central Lhasa, it is Tibet's the second largest monastery. Jokhang Temple: Situated in the heart of old Lhasa, it is the most sacred and oldest temple in Lhasa. Norbulinkha Palace: The "Jewel Park" as it is known in Tibetan, was built in the 18th century by 7th Dalai Lama and served as the summer palace of the 13th and 14th Dalai Lamas. back to hotel for overnight

Day 12 : Drive Lhasa to Shigatse (3840m) via Gyantse. Overnight at Hotel. (270 km/ 7 Hours)

Drive start after your breakfast in Lhasa. You can view golden field on the bank of Lhasa River. Passing several high passes get clear view of Tibetan Himalayas and giant glacier called Khorala glacier 7200 meter high. Reach Shigatse, second largest city in Tibet and administrative center of west Tibet. Mount Everest is just 5 hours driving from here.

Day 13 : Drive Shigatse to Ronbuk Monastery (5,000m). Overnight at guest house. (330km/ 7 Hours)

Leave Shigatse after your breakfast and drive to Lhatse. It is a small town where you can take lunch. Further drive to Shegar. If the weather is clear enough then on the way down to shegar you will view the Mt, Everest from the distance. After 4 to 6 hours then you will arrive at Rongbuk monastery through pang la pass (5050m) from that's pass you will view the whole five highest peaks in the world.

Day 15 : Exploration Everest Base Camp (5200m) and drive back to Shigatse (3900m). Overnight at Hotel

Early in the morning, drive to Everest base Camp from Ronbuk Monastery. You can see the sunrise appearing on the top of Mt Everest, and have a full view the magnificent Mt. Everest standing like a snow-capped pyramid. After visiting base camp, drive back to Shigatse.

Day 16 : Drive back to Lhasa and Overnight at Hotel

Same way back to Lhasa. Option to drive via Yamdrok Lake by starting early morning from Shigatse. get ready for your next fly back to Kathmandu tomorrow early in the morning. You have to start very early in the morning from Lhasa to Gonggar Airport. Our guide from Tibet will assist you.

Day 17 : Fly back to Kathmandu. Overnight at Hotel

Early in the morning drive to Gonggar airport from Lhasa city. Fly to Kathmandu. Representative from Nepal Highland Treks pickup you from international airport and transfer to Hotel. It is rest day at Kathmandu. You still can choose some activities around valley. Visit Kathmandu Durbar square and Swayambhunath stupa is ideal one.

Day 18 : Arrive at Paro and Drive to Thimpu. overnight at Hotel

Flight to Paro from Kathmandu is most spectacular mountain flights , with a constantly changing panorama of some of the highest mountains on earth. Pickup you from Airport and take Lunch. After lunch enjoy afternoon sightseeing around Paro, including a visit to

the Ta Dzong Museum housing many religious relics, works of art and handicrafts offering a great orientation into Bhutan's historical, cultural, and religious past. Next, visit the Rimping Dzong to see the painting of the great saint Milarepa, considered as the master of meditation by the Bhutanese and believed to have attained enlightenment in a lifetime. Afterwards, drive to the capital of Bhutan, Thimphu (1.5 hours) following the Pachu River. Check in Hotel and Dinner

Day 19 : Thimpu Exploration. Overnight at Hotel

Enjoy a full day of sightseeing, including a visit to the National Memorial Chorten. This temple was first initiated by the Third King as a protection from the negative elements of modernization, and as a monument to world peace. The Royal Queen Mother completed it as a memorial Stupa for the Third King who passed away in 1972. Continue on to 12th century Changangkha Temple and Drubthob monastery housing the Zilukha Nunnery. Other sites to visit include: the School for Arts and Crafts where students are taught the 13 types of Bhutanese art, The National Library housing the collection of Bhutanese scriptures dating back to the 8th century, the Traditional Paper Factory displaying the Bhutanese paper making process, and a fascinating replica of a medieval farmhouse at the Folk Heritage Museum. If your visit to Thimphu coincides with the weekend, you can walk through the Thimphu Market to see the variety of food of Bhutan, including basket upon basket of fiery chilies, cheese and a variety of greens. (This market is open only from Friday-Sunday). uf

Day 20 : Timpu to Punakha and exploration Punakha. Overnight at hotel

Drive over the Dochu-La pass (3,100 meters), which on a clear day offers an incredible view of Himalayan peaks before descending into balmy Punakha valley. The drive through the countryside affords a glimpse of everyday life in this most remote of Himalayan kingdom's. In the Dochu-La area there are vast Rhododendron forests that grow to tree size and bloom in late April/early May covering the mountains in a riot of glorious spring color. Punakha was the ancient capital of Bhutan. On arrival, visit Punakha Dzong, the "Palace of Great Happiness" built in 1637 by the Shabdrung, the 'Unifier of Bhutan'. It is situated at the confluence of the Mo Chu and Pho Chu (Mother and Father Rivers) and is the winter headquarters of the Je Khenpo and hundreds of monks who move en masse from Thimphu to this warmer location. The three story main temple of the Punakha Dzong is a breathtaking example of traditional architecture with four intricately embossed entrance pillars crafted from cypress and decorated in gold and silver. It was here in 1907 that Bhutan's first king was crowned. After lunch, enjoy a walk to Chimi Lhakhang, temple of the Drukpa Kuenly who is also known as the Divine Madman. He inherited the Divine Madman title since he revolted against the orthodox Buddhism in his time. He taught the people that religion is an inner feeling and it's not necessary that one should be an ordained monk

Day 21 : Punaka to Paro by exploration on the way. Overnight at hotel

In the morning drive to Yabesa village and hike to through rice fields and up to Khamsum

Yueley Namgyal Chorten, built by her majesty the queen Ashi Tshering Yangdon Wangchuk. Perched high on a hill on the bank of the river, the Chorten houses paintings belonging to Nyingmapa Traditions. Take a picnic lunch on a picturesque riverside before exploring the Wangduephodrang Dzong. Built in 1639 the strategically located Dzong is perched on a spur at the confluence of two rivers. Drive back to Thimphu where you will have an opportunity to visit handicraft and souvenir stores. Afterwards proceed to Paro, visiting Semtokha Dzong en route. The Dzong, built in 1627, is the oldest in Bhutan. It now houses the Institute for Language and Culture studies. On arrival in Paro, check into the hotel

Day 22 : Paro exploration. overnight at hotel

After breakfast hike to Taktsang Monastery. The trail is broad and the walk of approximately 2 hours uphill takes you almost a kilometre above the Paro valley floor (for those who cannot hike we will arrange a horse for transfer up to the viewing point). The view of Taktsang Monastery built on a sheer cliff face 900 meters above the valley floor is a spectacular sight. The Monastery is also an important pilgrim site for the Buddhists. The great Guru Rimpoche is said to have flown here on the back of a tigress when he brought the teachings of the Buddhist Dharma to Bhutan in the 8th Century. He then meditated in a cave there for three months where the monastery was later built. Nearby there is a teahouse where you can stop for refreshments. In the afternoon drive to the ruins of the 17th Century Drukgyel Dzong, an historic monument built by the Shabdrung to commemorate his victory against invading Tibetans in 1644. In fine weather the towering peak of the sacred Mount Jomolhari (7314m) appears as a stunning backdrop. On the return drive to Paro, visit 7th Century Kyichu Lhakhang, one of the 108 temples constructed by the Tibetan king Songtsen Gampo.

Day 23 : Departure from Paro and arrival at Kathmandu. Overnight at Hotel

Departure from Paro airport. We pickup you from International airport and transfer you to Hotel. Free for shopping. Evening dinner with Nepal Highland Treks team. get feedback of your tour. share your experience.

Day 24 : Final Departure to Home

Drop you to International airport for your final departure. It is rules that you reach at airport 3 hours before your flight time.

Cost Includes

- All arrivals and departures arrangement
- Accommodation in twin sharing 3 stars category hotels/ Resort
- 2 nights accommodation at local guest house in Ronbuk Tibet and Australian camp Pokhara Nepal
- Every morning breakfast in Nepal and in Tibet
- Full board foods (Breakfast, Lunch and Dinner) in Bhutan

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- Full board foods (Breakfast, Lunch and Dinner) in Chitawan Nepal during your Jungle safari tour
- Local expert guides (English speaking, if you want your own language guide we can provide you in additional cost)
- Visa approval of Bhutan
- Tibet travel permit and Visa
- Private and comfortable transportation in entire trip
- Sightseeing as per itinerary with guide, private transportation and entrance fees
- Government taxes and service charge

Cost Excludes

- International flights
- Nepal Visa cost (On arrival)
- Lunch and Dinner in Nepal and in Tibet except in Chitawan National park
- Upgrading of accommodation
- Single supplementary
- Personal expenses, Bottled drinks, bar bills, personal equipment
- Extra activities, Tipping

Cost of the tour is based on 2 pax group. If you are single and want to have your own private tour, single supplementary charge will apply. Similarly if group size is more than 2 pax we reduce tour cost. We may have group joining option.

Tour Itinerary can be customized as per client's interest.

Useful Note

Trip Note

Departure Note