

# Nepal and Tibet Tour

## Package Highlights

- Explore ancient Buddhist stupas in Kathmandu valley, biggest Hindu temples and Durbar squares which are all listed in UNESCO heritage site.
- Natural city Pokhara and enjoy panoramic Himalayan views including 8000 meters high mountains, Beautiful lakes and scenic green valley
- Wildlife activities in Chitawan National park and reach at Land of Buddha.
- Visit Tibet's holiest and most historical monuments in Lhasa, Shigatse, Gyantse and on the way in driving
- Reach at northern base camp of Mount Everest from Tibet side

## Trip Facts

- Starting Price: US\$2140.00 (Per Person)
- Duration: 17 Days
- Grade: NA
- Destination: Nepal/Tibet
- Meals: Breakfast
- Transportation: Private Vehicle
- Trekking Style: Tour
- Accommodation: Hotel and Guest House
- Max. Altitude: Everest Base Camp (5200m)
- Min. Pax: Any
- Best Season: March to May & Sept to Nov

## 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 Muggler 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.

**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. Barkhor 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 14 : 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 15 : 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 16 : 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 Katahmadu Durbar square and Swoyambhunath stupa is ideal one.

**Day 17 : 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 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)
- 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**

- Any 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 for Tibet to make your cost reasonable. We provide general tour itinerary of **Nepal Tibet Tour**, it can be customized as per your interest and timeframe.

## **Useful Note**

## **Trip Note**

## **Departure Note**