

**NEPAL • TIBET • BHUTAN**  
**(13 NIGHTS/14 DAYS)**



**DAY 01: ARRIVE IN KATHMANDU (-/-/-)**

Arrive in Kathmandu. Meeting and assistance at the airport and transfer to the hotel.

**Overnight at the hotel in Kathmandu.**

**DAY 02: FULL DAY TOUR IN KATHMANDU (BREAKFAST/-/-)**

Morning, tour of **Pashupatinath temple & Swoyambhunath Stupa**

Pashupatinath is one of the sacred Shiva temples on the Indian sub-continent. It draws devotees from all over India, including many colorful Sadhus (wandering Holy men). It is the largest temple complex in Nepal. Visiting Pashupatinath begins and ends a traditional pilgrimage circuit. Lord Pashupatinath's supreme holiness stems from hollowed linga enshrined in the main temple and its location on the bank of sacred Bagmati River. Bagmati sanctity makes Pashupatinath Nepal's most sacred cremation site. After the bodies are burnt the ashes are thrown into the river, where they are carried down to meet Ganges.

On the top of the hill west of Kathmandu value is one of the popular and instantly recognizable symbols of Nepal. It is also referred to as "Monkey Temple" by many tourists because of the large tribes of monkeys that guards the hill. Legends say after the Bodhisattva Manjushri drained





the water from the lake revealing the Kathmandu valley, the lotus on the island of the lake was transformed into the hillock, and the blazing light from the lotus became the statue.

Afternoon, tour of **Patan Durbar Square**

Patan also known as Lalitpur is the second largest city inside the valley. Patan has a long Buddhist influence and the four corners of the city are marked by Stupas said to have been created by great Buddhist emperor around 250 BC. Durbar Square forms the heart of Patan. The Durbar Square is closely packed with temples, and with far more concentration of architecture than anywhere around the valley.



**Overnight at the hotel in Kathmandu.**

**DAY 03: FLY TO LHASA (3,550M) (BREAKFAST/-/-)**

Transfer to the Kathmandu international airport and depart to Gonggar airport.

Upon arrival, meet by our representative and transfer to **Lhasa**

A capital of Tibet is cultural, political and an economical center of Tibet. Lhasa, the capital of the Tibet Autonomous Region, lies on the Lhasa River's north bank in a valley of the Himalaya Mountains. Rising atop Red Mountain at an altitude of 3,700m, the red-and-white Potala Palace once served as the winter home of the Dalai Lama. The palace's rooms, numbering nearly 1,000, include the Dalai Lama's living quarters, murals, chapels and tombs. It is here where the heart of the Tibet beats.



Upon arrival in Lhasa, transfer to the hotel.

**Overnight at the hotel in Lhasa.**

**DAY 04: FULL DAY TOUR IN LHASA (BREAKFAST/-/-)**

After breakfast tour of Jokhang temple, a supreme temple of Tibetan Buddhism. Sera Monastery, located at the foot of Tatipu Hill in the northern suburb of Lhasa City, Sera Monastery is one of three famous monasteries in the city and Bharkor Market.

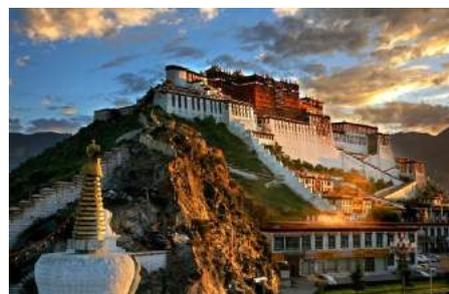


**Overnight at the hotel in Lhasa.**



**DAY 05: TOUR IN LHASA. LATER DRIVE TO SHIGATSE (3,800M) (BREAKFAST/-/-)**

After breakfast, tour of famous Potala Palace. The Potala Palace in Lhasa, Tibet Autonomous Region was the chief residence of the Dalai Lama until the 14th Dalai Lama fled to India during the 1959 Tibetan uprising. It is now a museum and World Heritage Site. Perched upon Marpo Ri hill, 130 meters above the Lhasa valley, the Potala Palace rises a further 170 meters and is the greatest monumental structure in all of Tibet. Early legends concerning the rocky hill tell of a sacred cave, considered to be the dwelling place of the Bodhisattva Chenresi (Avalokiteshvara),



Later, drive to Shigatsia via northern route. Shigatse is a prosperous Buddhism city with numerous Tibetan monasteries combined with natural scenic spots. You will experience the rich Tibetan Buddhism during your visit to Shigatse. Cultural relics, especially the monasteries, with their mystery and rich holy color will tell you the history of this place and shows you the status of Buddhism in people's lives.



**Overnight at the hotel in Shigatse.**

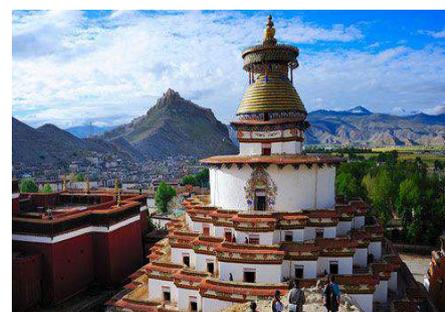
**DAY 06: TOUR IN SHIGATSE. DRIVE BACK TO LHASA, VISITING GYANTSE AND YAMDROK TSO ENROUTE. VISIT KHUMBUM & PELKHOR STUPA (BREAKFAST/-/-)**

Morning, visit **Tashilumpho Monastery**. This Monastery was founded in 1447 by Gendun Drup, the First Dalai Lama. Located on a hill overlooking Shigatse, Tibet's second largest city, it was the traditional seat of the Panchen Lama. Later, drive back to Lhasa visiting Gyantse and Yamdrok Tso en route.



Later visit the ancient **Khumbum & Pelkhor Stupa**.

Architecturally, Pelkhor monastery is a fusion of Han, Tibetan and Nepali architecture. The most striking architecture in the complex, a symbol of Gyantse. It is a 32 metres (105 ft) high structure, a nine-tier building with 108 gates and 76 chapels and shrines; out of the nine floors, the first five are square in shape while the rest are circular giving it a pyramidal appearance.



**Overnight at the hotel in Lhasa.**



**DAY 07: FLY BACK TO KATHMANDU (BREAKFAST/-/-)**

After breakfast, transfer to Gonggar airport and fly back to **Kathmandu**

Upon arrival in Kathmandu, transfer to the hotel.

Afternoon, sightseeing tour of **Bhaktapur Durbar Square**

Bhaktapur also known as 'Bhadgaon' is the third largest town in the valley. The stone embedded street links a string of temples, monastery, courtyards and monumental squares. You will quickly notice how vibrant the town's cultural life is with strong communities of potters, woodcarvers and weavers.



**Overnight at the hotel in Kathmandu.**

**DAY 08: TRANSFER TO THE AIRPORT AND FLY TO PARO (BREAKFAST/LUNCH/DINNER)**

Morning, transfer to the airport and fly to **Paro**.

Upon arrival in Paro you will be met at Paro by our representative. After lunch, sightseeing tour in Paro. Later drive to **Thimpu**, capital city of Bhutan.

It is the capital of this Himalayan Kingdom. It is the center of government, religion and commerce. This place is a unique combination of ancient traditions and modern development. Thimpu maintains its character in architectural style. Visit the colorful weekend market, museums and landmarks like National Memorable Chorten. It is famous for being the only capital in the world which does not have a traffic light.



**Dinner and overnight at the hotel in Thimpu.**

**DAY 09: FULL DAY TOUR IN THIMPU (BREAKFAST/LUNCH/DINNER)**

After breakfast, visit After breakfast, visit National Memorial Chorten. Continue on to 12th century Changangkha Temple and Drubthob Monastery housing Zilukha Nunnery. Other site visit includes School for Arts and Crafts where students are taught 13 types of Bhutanese art, the National Library housing the collection of Bhutanese scripture dating back to 8th century.



**Dinner and overnight at the hotel in Thimpu.**

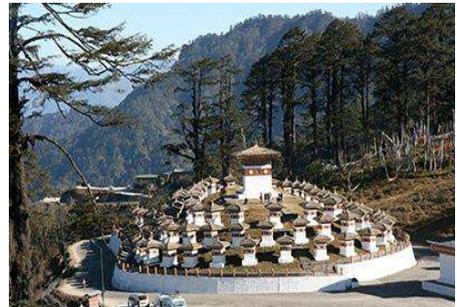


**DAY 10: DRIVE FROM THIMPU TO PUNAKHA (1300M) (BREAKFAST/LUNCH/DINNER)**

After breakfast drive over **Dochu-La pass (3,100m)**, which on clear day will offer incredible Himalayas views before descending into Punakha valley (77 kms/3 hrs drive). Later, sightseeing tour in Punakha.

After lunch enjoy walk to **Chimi Lhakhang**, temple of Divine Madman.

**Dinner and overnight at the hotel in Punakha.**



**DAY 11: DRIVE BACK TO PARO VIA THIMPU (BREAKFAST/LUNCH/DINNER)**

Morning, drive to Yabesa Village and hike through the rice fields and up to **Khamsum Yuley Namgyal Chorten**.

Khamsum Yuley Namgyal Chorten stands out on a beautiful ridge above the Punakha valley. Her Majesty built the Queen Mother, Ashi Tshering Yangdon Wangchuck it. It took nine years to build, and Holy Scriptures rather than engineering manuals were consulted to construct this 4-storey temple. It is a fine example of Bhutanese architecture and artistic traditions. This temple has been dedicated for the well being of the kingdom, its people and all sentient beings. It is a 15-20 mins hike from the suspension bridge.



Afterwards, proceed on to Paro, visiting Semtokha Dzong en route. Upon arrival in Paro (143 kms/5 hrs drive), transfer to the hotel.

**Dinner and overnight at the hotel in Paro.**

**DAY 12: HIKE TO TAKTSANG MONASTERY IN PARO (BREAKFAST/LUNCH/DINNER)**

After breakfast, hike to **Taktsang Monastery**. The trail is board and walk of approx. 2 hrs will take you kilometer above the Paro valley (for those who cannot walk we will arrange horse to transfer up to the viewing point).

On the return back to Paro visit 7th century **Kyichu Lhakhang**.

**Dinner and overnight at the hotel in Paro.**





**DAY 13: FLY BACK TO KATHMANDU. EVENING FAREWELL DINNER (BREAKFAST/-/DINNER)**

Morning, transfer to the airport and fly back to Kathmandu. Upon arrival in Kathmandu, transfer to the hotel.

Evening, transfer to an **authentic Nepali restaurant for a dinner with cultural shows by different ethnic groups of Nepal.**

This is one of the wonderful experiences to taste typical Nepali food which we call “Dal Baht” with lentils. You will be surprised with the variety of Nepalese dishes that will keep on coming. The server with a gentle smile in their face will name you every item in Nepali as well as in English language before serving you. Along with the food you will be kept entertained with typical Nepali folk shows. You will get a chance to see the dance performance of different ethnic groups of Nepal in their unique cultural uniform.



In this show, your taste buds will be engaged with delicious food and your eyes and ears will be entertained by unique and beautiful Nepali traditional music. You will indeed admire the live folk dance with their traditional musical instruments. The evening will end, but the memory of this evening will last for a long time.

**Overnight at the hotel in Kathmandu.**

**DAY 14: DEPARTURE (BREAKFAST/-/-)**

Free till departure. Transfer to the airport in time to connect your onward flight.

**<<END OF PROGRAM>>**

**PRICE FOR THE PACKAGE: ON REQUEST**

**Inclusions:-**

- √ 4 nights accommodation in Kathmandu with breakfast
- √ 3 nights accommodation in Lhasa with breakfast
- √ 1 night accommodation in Shigatse with breakfast
- √ 2 nights accommodation in Thimpu with breakfast
- √ 1 night accommodation in Punakha with breakfast
- √ 2 nights accommodation in Paro with breakfast
- √ All necessary airport transfers as per the program
- √ All meals in Bhutan
- √ Sightseeing tours in Kathmandu by local English speaking guide, in Tibet by local Tibetan English speaking guide, in Bhutan by local Bhutanese English speaking guide
- √ All transfers by private vehicle



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- √ Bhutan Visa fees
- √ Road permit for Bhutan
- √ Applicable entrance fees in Nepal, Tibet and Bhutan (except in museums)
- √ All applicable government taxes

**Exclusions:-**

- × International airfare to Nepal
- × Kathmandu/Paro/Kathmandu airfare & Kathmandu/Lhasa/Kathmandu airfare (will be advised separately)
- × Tibet visa fee (to be collected directly in Kathmandu upon arrival)
- × Lunches/dinners (except in Bhutan and farewell dinner in Kathmandu)
- × Tips, gratuity, expenses of personal nature
- × Travel insurance

We look forward to seeing you soon!!