

# Bhutan, Nepal and Tibet Tours

## 5 Star Hotel Package

**0** USD  
per person

\*Including healthy meals



**Bhutan, Nepal and Tibet tours** is a combine Tour Package of three best well know Himalayan countries Bhutan, Nepal and Tibet. Our Bhutan, Nepal and Tibet tour is thrilling tours that stars from Bhutan after flying to Paro the capital of Bhutan.

We Spend the 5 Nights in the Bhutan small but wonderful towns Paro, Thimpu & Punaka wander around, excellent short hike to Taktsang Monastery (Tiger's Nest) and enjoy the food and cultural of Bhutan. In Bhutan, our Itinerary covers A Must See places including The Tiger's Nest hike. One of the most sacred sites in Bhutan, but to see it, you must be fit enough to hike the trail. However, for optional you may hire horse, but the horse only goes part way due to steepness and stairs. The carvings, statues, and paintings in each of the temples in this complex are awe inspiring. The mystic Buddhism and breathtaking diversified landscapes make Nepal - the kingdom of the Himalayas, a popular destination for travelers over the world, thus Nepal is also known as the heaven for the tourists. Neighboring to Nepal, Tibet stands aloof on the roof of the world; this forbidden land of the Himalayas also attracts countless globe travelers despite of many barriers. On our **Bhutan, Nepal and Tibet tour**, you will drive for Tibet overland Tour via Everest base camp to Lhasa along the Friendship Highway. During the rest days of the journey, we discover Tibet's highlands including approach to Everest base camp, Visit Jokhang temple, Potala Palace, Backhor Street.

DURATION: 15 days

## ITINERARY

### Day 01:: Arrival at Paro (by Druk Air) -Thimphu.

The flight into Paro on our national carrier, Druk Air, is a befitting introduction to the spectacular beauty of our country. In clear weather, magnificent views of the world's highest peaks give way to the lush green Paro valley as you land. First gift from Bhutan will be the cool, clean fresh air as you step out of the plane. After clearing customs and visa control you will be brief by our guide and transferred to Thimphu, the capital city of Bhutan. The drive will take around 1 hour. Thimphu has a population about 100,000. The town is made up of just three lines of shops and is the only capital in the world without traffic lights. In the evening, we will visit the Handicrafts Emporium, where all types of Bhutanese handicrafts are made and sold, overnight at hotel.

### Day 02:: Thimphu day excursions to Punakha – Thimphu.

Morning: visit the Memorial Chorten, a huge stupa build in memory of the third King who reigned from 1952-1972. Visit the National Library where ancient manuscripts are preserved. Visit the Painting School where traditional art is still preserved. Artists are taught to paint Thankas here (sacred Buddhist scroll). After the visit depart to Punakha, leaving Thimphu the road climbs steeply through a forest of pine cedar, festooned with hanging lichen high up near Dochula pass (3,050m). This pass often offers panoramic views of the Himalayan mountain ranges. After stopping for tea and the view, then enjoy an hour's downhill walk through magnolia, hydrangea, vibernam and evergreen oaks, and through blankets of the wild orchids before once again reaching the road, where we board our transport and drive into Punakha valley and visit Punakha Dzong, the winter seat of the Je Khenpo and ancient capital of Bhutan, which is located between the rivers of the Mo (Female) Chu and Pho (Male) Chu.

After visiting trace back your drive to Thimphu. Dinner and overnight at hotel.

### **Day 03:: Thimphu – Paro sightseeing and hike to Taktsang.**

An early departure from Thimphu to Paro. After checking in an hotel in Paro drive the winding road to Drukgyal Dzong, the ruined fortress, which was once, defended this valley from Tibetan invasions. We then drive to Ramthangkha, the terminating point of motorable road and then hike up to the Taktsang monastery (Tiger's nest). The hike up to the cafeteria will take around two hours of average walking speed and is located above 2,950 meters (9,678 feet) above sea level. At the view point enjoy the stunning views of the monastery, where Guru Padmasambhava landed on the back of tigress in the 8th century. If you desire then you can hike up to the monastery and visit the monastery which contain thirteen holy places. Takstang is one of the most venerated pilgrim sites of the Himalayan World. The monastic complex clings to the rock towering 900 meters above valley (over 2,600 feet). After the visit to the temples walk back to the cafeteria for your lunch. After lunch we then walk back to the road point and then visit Kyichu Lhakhang, one of the oldest temple in Bhutan. In the afternoon visit National Museum, Ta Dong, an ancient watchtower which now houses the National Museum and visit Paro Ringpung Dong, built in 17th century to defend the valley against Tibetan invaders. The Dzong is now used as an administration centre and school for monks. Dinner and overnight at hotel.

### **Day 04:: Depart from Paro & fly to Katmandu tribhuwan international Airport**

In the morning Mountain Sherpa Trekking & Expeditions escort will bid you farewell at Paro airport. Good-bye and happy journey back home. **Arrival at Kathmandu - 1300M**

If it's a clear day when you are flying into Kathmandu, then your tour begins right from the skies itself. The sights from the windows of our jet shows us glimmering snow-capped mountain peaks spread out down below us, giving us the first thrills of our just begun vacation, sparking off a whole reaction of unforgettable experiences that stay with us for some time to come. As soon as your plane hits the tarmac of Tribhuwan International Airport, **Mountain Sherpa Trekking & Expeditions** office representative and driver will be on standby to meet and greet you at the airport and escort you to your hotel. The rep will help you check into your designated hotel, and after going to our rooms and refreshing ourselves we will be briefed about our daily activities. The rest of your time is free to move around the neighborhood and get familiar with your surroundings. Your first overnight in the ancient city of temples, probably the most in the world. Breakfast

### **Day 05:: Full Day sightseeing of KTM Durbar Square, Swoyambhunath, Boudhanath & Pasupatinath**

After a good night's sleep and enjoying a hearty b/fast, we proceed for our tour of Basantapur Durbar Square. Recorded by UNESCO as a cultural World Heritage site, Kathmandu Durbar Square is a bunch of medieval temples, palaces, courtyards and streets that date back to the 12th and 18th centuries. within this square we will find Hanumandhoka Palace Museum, Taleju Temple, Kumari Ghar (House of the Living Goddess), Kasthamandap and other temples and buildings as old as the city itself; from here we head for a tour of the famous Boudhanath Stupa {said to be the largest in the world} and a major centre of Tibetan culture in Kathmandu. The stupa is designed to be like a giant mandala (a representation of the Buddhist cosmos).

We next drive down to Swayambhunath {**popularly known as Monkey Temple**} "Swayambhu" means "**self-created**" and refers to the myth that the hill sprung up suddenly from a great lake that once covered Kathmandu Valley. Our next destination is Pashupatinath Temple. This temple is dedicated to Hindu deity Lord Shiva and is said to be the most holy Hindu shrine in Nepal. Hereabouts we see a cremation ritual of Hindus at 'Aryaghat', the cremation area of the temple. This cremation site is used for the once royal family of Nepal and also for the simple Nepalese people who live within the country. We return back to our hotel, refresh, buy any necessary things we may need for our trek the next day, have an early supper and retire to bed, most probably. Breakfast

### **Day 06:: Drive to Sundarijal & Trek to Chisopani. Overnight stay at Lodge.**

After a king size breakfast, we then do a scenic drive down to Sundarijal (1350m) by a private vehicle for about an

hour and trek up to Chisopani (2100m.) all this takes about 5/6 hours. The cobblestone road from Kathmandu turns into a trail near a small hydroelectric plant. The trail will enter through the Shivpuri Watershed and Wildlife Reserve. The first settlement we bump into is Mulkharka inhabited by the ethnic Tamang community. The route heads down the ridge through a forest of oaks and rhododendron to Chisopani at (2100m.). We spend our night in a pretty comfortable lodge down here. All Meals included.

#### **Day 07:: Trek from Chisopani to Nagarkot. Overnight Stay at Lodge**

In the morning after b/fast, amidst the chirping of birds, our eyes slowly take in the northern mountain views. Our hike begins to Chauki Bhanjyang, which takes about 6-7 hours. We continue on the meandering trails which take us toward Nagarkot. Nagarkot at (2175m.) is by far one of the most loved destinations for honeymooners and those who love the serene quietness that comes with nature. On a clear weather day, the Himalaya ranges stretching from Dhaulagiri in the west all the way past Everest to Kanchanjunga in the east emerges from darkness to greet the happy visitors with the setting and rising of the sun from Nagarkot, which is a spectacular magical sight from this peaceful hill resort with its gracious majesty and beauty. We spend the night at our resort in Nagarkot – All Meals Included.

#### **Day 08:: Sightseeing tour of Bhaktapur city and drive to Dhulikhel.**

After savouring a fantastic sunrise from Nagarkot with the sun rising over glistening snowy Himalayan peaks, we drive back to Kathmandu via Bhaktapur for a wrap up tour that begins with Bhaktapur. Spread over an area of 6.88 sq km, 12 km south-east of Kathmandu, Bhaktapur {ancient name Bhadgaon} showcases the splendour of the Golden Age of Nepali art and architecture. Built by King Anand Dev Malla in the 9th century, the city was declared a UNESCO World Heritage Site in 1979. this little model town has become a symbol for heritage conservation since then. At the Bhaktapur Durbar Square, we discover numerous fine examples of sculpture, erotic woodcarving and pagodas dedicated to different gods and goddesses – the Nyatapal & Dattaraya Temples, Golden Gate, Palace of 55 windows etc. from here, In the late afternoon, drive past terraced rice fields and tiny villages to Dhulikhel, 42 kms east of Kathmandu.

Overnight at the Resort in Dhulikhel. All Meals included.

#### **Day 09:: Drive to Nyalam (3,800m/12,467ft): 153 km, 5 - 6 hours**

Early morning scenic drive to KODARI (Nepal - Tibet border) through the beautiful Nepalese country side and after necessary border formalities both at Nepalese and Chinese immigration, Drive to Nyalam Overnight

#### **Day 10:: Nyalam to tingri (4,050m/13,284 ft): 150 Km, 3 hours**

After breakfast at guesthouse the exciting day starts with an adventure drive through lush, green lower hills into the dry, arid landscape of the Tibetan Plateau. The drive crosses several high passes including the Lalung La 5050m from where you can have a breathtaking panorama of the Himalayan range including Mt Everest - a fitting backdrop to the vastness of the Tibetan Plateau. Overnight at guest house

#### **Day 11:: Drive to Everest Base Camp (5,250m/17,220ft): 270 km, 9-10 hours**

After breakfast, we drive towards Shegar. The drive from tingri to Rongbuk will be adventurous as the roads are coarse and bumpy. In Rongbuk, we visit the Rongbuk monastery which is the highest monastery in Tibet. Then we drive towards Everest Base Camp (5,250m/17,220ft) while enjoying views of high mountains like Cho Oyu (8,201m/26,906 ft), Shishapangma (8,013m (26,289 ft) and, of course, the mighty Everest also known as Mt. Chomolungma in the Tibetan side. It will certainly be a great experience to come face-to-face with the greatest mountain on earth. We make approximately a 16km round trip around the Everest Base Camp. The base camp itself is dry and barren, but the view of Everest is more than compensating with the sheer north face of the highest mountain in the world towering above us. Overnight in Shegar.

Note that on rare occasions due to bad weather or political riots the local government may close down the road to the Everest base camp for safety reasons and without prior notice.

**Day 12:: Drive to Shigatse(3,900m/12,795 ft) 300km, 5 -6 hours**

Get up early to catch the stunning sunrise on this peak of the world. After breakfast, drive the remaining 8 km to visit Everest Base Camp where you can get a better view of Mt.Everest. Then, drive back to Shigatse, and be wrapped again in the endless vistas of the Tibetan plateau.

Have a good sleep in Shigatse.

Tip of today: Sunrise starts around 6:30 am to 7 am; 2. Get well prepared for long driving on the road.

**Day 13:: Shigatse to Gyantse (3,950m/12,959 ft)via Shalu Monastery: 95km, 2 hours**

After breakfast, we visit the popular Tashilhunpo Monastery in Shigatse which holds both historical and cultural importance for being founded by Gendun Drup, the First Dalai Lama in 1447. After touring the Tashilhunpo Monastery, we continue our drive to Gyantse. On the way, we visit Shalu Monastery. Founded in 1040, Shalu Monastery is known for its beautiful and ancient mural paintings. We continue to Gyantse and while there visit Khumbum Stupa, Phalkot Monastery and Gyantse Dzong (Fortress), which is one of the best preserved dzongs in Tibet. Overnight in Gyantse.

**Day 14:: Gyantse to Lhasa (3,650 m/11,972ft)via Karo La pass and Yamdrok Tso Lake: 200km, 4-5 hours**

We will Enjoy the fascinating sky and mountain views along the road. After, pay a visit to the characteristic Palkor Monastery. Found in 1436, this monastery is famous for its Kumbum, a magnificent stupa and symbol of the monastery. And the Myriad Buddha Stupa there, consists of hundreds of chapels arranged in layers, housing some 100,000 images of Buddhas.

Continue your trip from Gyantse to the holy lake - Yamdrok. En route, you will pass by the imposing Karola Glacier. Yamdrok Lake is known as one of "Three Holy Lakes" but featured in clearest lake views. The water is as clean as crystal, and the glimmering water will shock you in sunshine. With it being branded as the crystal holy lake, one will always carry a sense of worship when standing beside the lake.

Leaving Yamdrok Lake, drive ahead to Lhasa.

Tips of today: 1. Wear warm clothes to prevent from cold and wild; 2. Prepare some food and drinks in advance because you will spend much time on the road.

**Day 15:: Lhasa sightseeing: Potala Palace, Jokhang Temple & Barkhor Street : 5 - 6 hours**

After breakfast, go to visit the No.1 attraction in Tibet - **Potala Palace**. It is known as the highest palace in the world and one of the most famous architectural works in the world. Standing on the Red Hill of Lhasa, the Potala Palace is a treasure house of Tibetan history, religion, culture, and art. The palace is well worth visiting for its artistic value, historic purposes, and cultural awareness.

There are two attractions for you to visit in the afternoon. First, you'll visit the **Jokhang Temple**. As the house of the Buddha, Jokhang is the holiest destination for all Tibetan pilgrims; as the spiritual center of Tibet, Jokhang Temple is the perfect place for you to experience the devotion of Tibetans. Last activity is wandering around the crowding Barkhor Street. Whether you are there to take part in the religious site, to do a bit of souvenir shopping, to eat Tibetan or Chinese Muslim food or just for simple site-seeing, the **Barkhor Street** area is one of the most fascinating and colorful places in all of Tibet.

Tips of today: 1. Wear hat and sun glasses to prevent ultraviolet radiation, but remember to take off when visiting in the monasteries. 2. Usually taking photos is not allowed in chapels inside monastery. 3. Remember to bring your

passport which is needed to showcase when check in Potala Palace.

**Day 16:: Lhasa Sightseeing: Sera Monastery, Drepung Monastery & gelung Monastery- 6 hours**

After breakfast, your tour guide will pick you up in your hotel. Then drive about 30 minutes to visit the **Drepung Monastery**. This Gelug monastery has a history of more than 500 years. It used to be the largest monastery in the world with totally 10,000 monks there. Many precious stupa, sculptures, paintings, Thangka...are displayed in the hundreds of chapels. And the annual Shoton Festival is organized here.

In the afternoon, you will visit another famous **Gelug monastery** around Lhasa city - **Sera Monastery**, which is famous for its “Buddhism Scriptures Debating”. It is only 3km away from Lhasa city. Enjoy the debating.

Stay overnight in Lhasa.

Tips of today: 1. Feel free to ask tour guide questions about Buddhism or else; 2. If you don't know where to have meals, restaurant in your hotel is a great choice.

**Day 17:: Trip ends! Final Departure**

Our adventure in the Himalayas comes to an end today! Today is free for you until you transfer you to the airport. A representative from Mountain Sherpa Trekking & Expeditions will take us to the airport/train station in time for departure to next destinations. We can either go back to Kathmandu or continue to mainland China on our way home.

**Flight fare from Lhasa - Kathmandu USD 415.00 per person net – subject to change**

**Visa fee for european and other usd 85.00 per person**

**Visa fee for us national usd 175.00 per person**