


LUXURY NEPAL, TIBET & BHUTAN TOUR



Our two weeks suggested itinerary covers the most popular places in three destinations **Nepal, Tibet and Bhutan**. First we start our tour through visiting old places of Kathmandu and unwind in the lush foothills of Nagarkot. Next we fly to Lhasa, discover Tibet with visiting Lhasa's Potala Palace including Namsto Lake tour.

We fly to Kathmandu and fly to Bhutan next day. Set against the backdrop of sacred mountains, this isolated kingdom offers an entirely unique travel experience. While there we hike to stunning Tiger's Nest Monastery, visit numerous Buddhist monasteries. Also visit Thimphu Valley, where we meet Lamas and Monks who greet us with smiles.

Activity Levels:  **Leisurely**
You are healthy, enjoy the outdoors and want a relaxing trip. No experience is required.

Duration: 14 days

AT A GLANCE

- Discover the rich artistic & cultural heritage of Nepal, Tibet & Bhutan throughout the heart of the Himalaya
- Watch the most splendid sunrise and sunsets views over the Himalayas from Nagarkot including Mt. Everest
- Discover a land of mythology the ambrosial Kingdom of Bhutan, also called The Last Shangri La on Earth
- Learn what it takes to summit Mount Everest with a firsthand account from an expert Local Sherpa climber
- Incredible and unique journey to the Tibet which is know as "the roof of the world.
- See the Nomadic Tibetan families with their tents and yaks, sheep & goats on the way to heavenly lake
- Fly at the top of the world, Take one hour flight to Mount Everest to Witness fantastic Himalayan peaks & lakes

Cost Includes

- Airport Meet and Greet with Private Transfers
- Hand-Selected Luxury Accommodations

- Comfortable Tourist Vehicle as per Group Size
- Kathmandu-Lhasa-Kathmandu Flight fare w/Tax
- Kathmandu-Paro flight fare with Tax
- English Speaking local Guide
- Tibet travel permit & other necessary permits
- Group Chinese visa Fees & Bhutan Visa
- Daily breakfast in Nepal & Tibet
- 3 times meals during tour in Bhutan

Cost Excludes

- Air tickets to Nepal from Home & Nepal Visa
- Air Tickets to Home country from Bhutan
- Sightseeing not listed in the itinerary.
- Meals- Lunch and Dinner not included in **Tibet**
- Personal expenses such as laundry & drink
- Gratuities, tips to guides, drivers, bellboys, etc.
- Excess Baggage Charges.
- Single room supplement.

ITINERARY

Day 01:: Arrival in Kathmandu, Nepal- 5* Hotel Accommodation

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 Tribhuvan International Airport, Mountain Sherpa Trekking & Expedition office local Tour Guide and driver will be on standby to meet and greet you at the airport and escort you to your hotel. Your Guide 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.

Best 5* Hotel accommodation

Day 02:: Full day city tour of Kathmandu city-5* Hotel Accommodation

Optional:One Hour Everest View Mountain Flight

After a good night's sleep and enjoying a hearty breakfast, we proceed for our tour of Swayambhunath (popularly known as Monkey Temple) "Swayambhu" means "self-created" and refer to the myth that the hill sprung up suddenly from a great lake that once covered Kathmandu Valley. This place offers a majestic view of the entire Kathmandu valley. Stupa of Swoyambhunath epitomizes Buddhism. Your guide will enlighten you with detailed historical and cultural information about the place. After this you will visit Living goddess home and Kathmandu Durbar Square. Locally this, Old royal palace area is called Basantapur Area or Hanuman dhoka Durbar Square. Our next sightseeing will be at Boudha nath (the biggest & Largest Buddhist Stupa in the World). In this Area, you will visit Buddhist Monastery and stop for lunch Break. If weather is clear you can see nearest Mountain of Kathmandu- Ganesh Himal from top of Restaurant. After Lunch, we will visit Hindus temple Pasupatinath & tour for today is over here. Free day to relax or explore yourself.

In the early evening, we will organize special nepali cultural dinner at local Resturant. Overnight stay at 5* hotel.

Breakfast & Dinner included

Day 03:: City tour of Patan & Bhaktpur and drive to Nagarkot -4* Hotel Accommodation

After healthy breakfast at 5* hotel, we drive to Patan city for sightseeing tour - a UNESCO-protected marvel of the Newa design. One of its fascinations is the Ancient Royal Palace. In Patan, We also visit local handicraft center as well as the Tibetan Refugee Camp.

Off to Bhaktapur, which was the capital of Nepal during the 9th through 14th centuries and has managed to preserve its ancient medieval look. See the Golden Gate, Palace of 55 Windows, Taleju Temple, Dattatraya Square and Pottery Square. Afterwards drive to Nagarkot to check in to Hotel Club Himalaya/ Country Villa (4* hotel)

Meals: Breakfast & Dinner

Day 04:: Fly from Kathmandu to Lhasa-5* Hotel Accommodation

Morning you will fly for about an hour over the panoramic Himalayan ranges to the capital of Tibet (Lhasa). Lhasa at an altitude of 3,650 meter/ 11,975 feet is situated on the north bank of Kyichu River. Lhasa in Tibetan means "Place of the God", the resident of Dalai Lama, on arrival you will be met by the local representative and transferred to your respective Hotel (60km/hr). Free to wonder around the city. Overnight accommodate at 5* Hotel.

Meals: Breakfast

Day 05:: Full day sightseeing tour in Lhasa-5* Hotel Accommodation

After breakfast proceed for full day sightseeing including Potala Palace. Potala Palace is one of the most beautiful monuments in Tibet with 1,000 rooms and 13 stores to explore this is probably the most popular tourist attraction in Tibet and Jokhang Temple, Jokhang Temple which was constructed back in the 7th century attracts hundreds of tourists every year. This temple has a very huge Sakyanami Buddha statue and is considered the holiest place in Tibet. Barkhor Market, Barkhor Street is the centrifugal tide of pilgrims then you can see several small, fascinating temples along the route. Overnight at 5* Hotel.

Meals: Breakfast

Day 06 : Tour around Lhasa- 5* Hotel Accommodation

After breakfast full day sightseeing of Sera Monastery, Sera Monastery specialized in the fundamental precepts of Buddhism. Sera survived the ravage of the Cultural Revolution with light damage, although many of the lesser colleges were destroyed. Drepung Monastery, Drepung Monastery was once one of the world's largest monasteries. Drepung was founded in 1416.

Meals: Breakfast

Day 07:: Drive from Lhasa to Lake Namtso (250km, 5 hours)-Tented Guest house Accommodations

After healthy breakfast at Hotel, you will be picked up by our guide and driver at 8:00 am, then leaving Lhasa to Namtso Holy Lake. While on the way, beautiful Nyenchen Thanglha Snow Mountain will accompany us. Today, we will have chances to escort at the grassland, visit the nomad family and walk into the tent to drink the fresh yak milk, talk with the Tibetan Children, etc.

Namtso Lake is the Heavenly Lake, which is one of the three holy lakes in Tibet and the highest salt lake, as well. You can do a relax trekking around the lakeside and Tashi Island.

The scenery on the lakeshore is splendid, the clear sky is so clean that you will see all the stars twinkling and shining, so close to you as if you could stretch your hands to pick them down. Namtso lake is actually the lake in the sky, it is about 5,000 meters high and lies on the highest plateau in the world. Overnight at Lake Shore Guest House

Meals: Breakfast

Day 08:: Drive back to Lhasa via Yampachen (230km, 5 hours)-5* Hotel Accommodation

Enjoy the clear morning by Namtso Lake, and snap the amazing view of sunrise. You can also have a little hike along the lakeshore to Tashi Dor Island to explore the meditation caves. In the afternoon, we drive back to Lhasa. You can have a comfort stop in Yangpachen for the fabulous views of the grassland and its famous Yangpachen hot spring (optional). Stay overnight in Lhasa at 5* Hotel

Day 09:: Fly back to Kathmandu from Lhasa-5* Hotel Accommodation

Departure to Gonggar airport and fly back to Kathmandu and transfer to hotel- Back to Kathmandu for a free day. I will be shopping for my shop, so anyone is free to join me or to just explore on his or her own. We are in a really nice hotel with 5* Hotel.

Meals: Breakfast

Day 10: : Fly to Paro, city sightseeing (2,250m)-5* Hotel Accommodation

As our flight nears Bhutan we can experience incredible views of the Himalayas including the holy Chomolhari and Jichu Drake peaks. At the airport, a representative from Mountain Sherpa Trekking & Expeditions who will take us to our hotel will greet us. After lunch, we visit Rinpung Dzong, meaning 'fortress of the heap of jewels'. Next, visit Kichu Lhakhang, the oldest temple in the country. From here we will be taken to the Drugyal Dzong (Bhutan Victory Fort), which was built in 1646 to commemorate Bhutan's victory over Tibetan invaders during the 1600s. On a clear day we can see Mount Chomolhari, Bhutan's second-highest mountain, at 7,314 meters. Overnight in Paro.

Meals: Breakfast, Lunch, Dinner

Day 11: : Hike to Taktsang Monastery, drive to Thimphu (2,320m)--5* Hotel Accommodation

After breakfast, we hike for 4 -5 hours to Taktsang (Tiger's Nest) Monastery, which is Bhutan's most famous monastery situated at 3,180 meters. Guru Rinpoche (spiritual master) is said to have flown on the back of a tigress to meditate in a cave where Taktsang Monastery now stands. Lunch will be served in the Cafeteria Restaurant, located about halfway up the mountain. After having explored the monastery, we hike down to the valley floor and drive to Thimphu. Overnight in Thimphu.

Meals: Breakfast, Lunch, Dinner

Day 12:: Drive to Punakha--5* Hotel Accommodation

Drive from Thimphu to Punakha, a journey of 48 miles and approximately 3.5 hours. On a clear day, you can see the highest peaks in Bhutan. Visit a Bhutanese farmhouse, which are very colorful, decorative and traditionally built with mud and stones, and with all houses following the same architectural pattern.

Meals: Breakfast, Lunch, Dinner

Day 13: : Drive to Paro from Punaka-5* Hotel Accommodation

Journey overland to Paro, stopping en route in Chuzom. Once in Paro, view the religious *thangka* (scroll) paintings and the natural history collection at the National Museum. Continue to Rinpung Dzong, a monastery and fortress along a mountain river. Then, visit local farmers at their farmhouse to better understand their traditional way of life.

Meals: Breakfast, Lunch, Dinner

Day 14:: Final Departure to Home from Bhutan

Our adventure in the Himalayas comes to an end today! A representative from Mountain Sherpa Trekking & Expeditions will take us to the airport approximately 3 hours before our scheduled flight.

Included meals:Breakfast