



## Contact Info

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### 17NIGHTS / 18 DAYS BHUTAN – TIBET TOUR VIA NEPAL

Embark on a Nepal-Bhutan tour, a journey that combines cultural richness with stunning natural beauty, perfect for travelers seeking adventure and spiritual enrichment. Begin your journey in Nepal, starting in Kathmandu, a city teeming with history and vibrant energy. Explore its ancient temples, such as the iconic Swayambhunath (Monkey Temple) and the sacred Pashupatinath Temple, along with bustling markets like Thamel, where you can find traditional crafts and delicious local cuisine. From Kathmandu, head to Pokhara, a serene city nestled by the picturesque Phewa Lake. Here, you can enjoy peaceful boat rides, visit the beautiful World Peace Pagoda, and take in the breathtaking views of the Annapurna mountain range, including the majestic Machapuchare (Fishtail) peak. Pokhara's natural beauty and tranquil atmosphere make it an ideal spot for relaxation and reflection.

Next, travel to Bhutan, the Land of the Thunder Dragon, renowned for its commitment to preserving its rich cultural heritage and stunning landscapes. Begin in Paro, home to the iconic Tiger's Nest Monastery (Paro Taktsang), a sacred Buddhist site perched dramatically on a cliffside. The hike to this monastery is both challenging and rewarding, offering stunning views and a profound sense of peace. Continue to Thimphu, Bhutan's capital, where you can experience the blend of tradition and modernity. Visit the majestic Tashichho Dzong, the National Memorial Chorten, and the Buddha Dordenma statue, which overlooks the city. Thimphu's vibrant cultural scene includes traditional arts and crafts, festivals, and markets where you can immerse yourself in Bhutanese culture. This tour provides an opportunity to delve into the diverse traditions, majestic landscapes, and spiritual heritage of both Nepal and Bhutan. Combining Nepal's dynamic urban centers and natural beauty with Bhutan's peaceful mountain retreats and cultural richness, this itinerary promises an enriching and unforgettable travel experience.

### Includes

- Twin Sharing accommodation on Bed and Breakfast Plan

- Lunch at Local restaurant / Dinner at Hotel / local Restaurant
- Experienced English Speaking Tour Guide licensed by Tourism Council of Bhutan
- Private Transports within Bhutan as per Itinerary and group size.
- 1 bottle mineral water per person per day during the tour in Bhutan
- Sustainable Development Fund (SDF)
- International Air Ticket sector KTM-Paro-KTM [subject to change]
- Bhutan Entry Visa Fee USD40.00 per person per Entry.
- Monumental areas entrances fees while sightseeing and all applicable taxes.

## Excludes

- Travel Insurance
- Bar bills, Telephone bills, personal expenses, laundry, Gratuities and shopping
- Pony Charges for Tiger Nest
- Bhutanese Traditional Hot Stone Bath and Archery, Cultural Programs,

## Excludes for nepal parts

- Lunch & Dinner
- Insurance of any kind Natural or political disturbance which beyond our control...
- Personal expenses such as drinks, tips, porter charge etc

## Itinerary

Day 01: Arrival in Kathmandu, Transfer to Hotel,

Refreshment and check in, if arrival is in the morning, visit Chinese Embassy for Chinese Visa.

Day free for relaxation / Overnight at Hotel.

Includes: Private transfers,

Accommodation: 5 Star Hotel / Room sharing

Meals: (Dinner).

## Day 02: Fly Kathmandu - Paro - Thimphu Valley (2 HRS DRIVE)

Transfer to KTM Airport, fly to Paro Bhutan, upon your arrival at Paro airport, our guide will warmly welcome you and transfer you to Thimphu. After having lunch at the restaurant, we will proceed to visit the Memorial Chorten, a beautiful temple built in memory of the late 3rd King. Our next stop will be at Changangkha Lhakhang, the oldest temple in the valley, offering a panoramic view of the surroundings. We will also visit the enclosure where the national animal, Takins, are kept and then head to see the largest and newly built statue of Buddha, providing a magnificent view of the entire Thimphu valley. You may choose to walk back to the hotel or be driven.

Overnight in Thimphu. (if they have early morning flight then only this program is possible if not they have to skip few sightseeing)

Includes: Private transfers, Guided city tours, English-speaking guide service, entrance fees.

Accommodation: 3 Hotel on twin sharing room

Meals: Full-board (BLD).

## Day 03: Thimphu - Punakha

In the morning, we will visit the Traditional Handmade Paper School of Arts and Crafts, where students learn 13 different arts predominantly used in Bhutan. Next, we will explore the Folk Heritage Museum, National Library, and the Traditional Institute of Medicine. Afterward, we will drive to Zilukha nunnery to meet the nuns and engage in interactions with them. Lunch will be served in the town, after which we will proceed to

Punakha through Dochula pass (3200m). If weather conditions permit, you will be treated to a spectacular view of Bhutan's highest mountains. Walk around the 108 stupas before continuing to the sub-tropical valley of Punakha. Overnight in Punakha at the hotel.

Includes: Private transfers, Guided city tours, English-speaking guide service, entrance fees.

Accommodation: 3 Hotel on twin sharing room

Meals: Full-board (BLD).

## Day 04: Punakha - Paro (4hrs)

Today, we will retrace our drive back to Paro. After lunch, we will visit Paro Dzong (Fortress) on foot and take a leisurely walk across the oldest wooden bridge still in use. You will have the opportunity to explore the old Paro town and visit some local handicraft stores. If you're lucky, you might witness a traditional archery match. In the evening, you can enjoy the hotel facilities. Overnight in Paro at the hotel.

Includes: Private transfers, Guided city tours, English-speaking guide service, entrance fees.

Accommodation: 3 Hotel on twin sharing room

Meals: Full-board (BLD).

## Day 05: Paro Sightseeing- Hiking to Tiger's Nest

In the morning breakfast at hotel, we will drive to the base for the hike (2 hours uphill) to Tiger's Nest, the most revered temple in the country. Perched on a granite cliff overlooking the Paro valley, this temple offers a breathtaking view. We will have lunch at the cafeteria during the hike, and most of the day will be spent on this awe-inspiring journey. After returning to the hotel, you can enjoy the facilities, and there is an optional Hot Stone Bath available at personal expense. In the evening, we will have a farewell dinner in the town.

Includes: Private transfers, Guided city tours, English-speaking guide service, entrance fees.

Accommodation: Twin room sharing,

Meals: Full-board (BLD).

## Day 06: Fly from Paro to Kathmandu

Transfer to Hotel, Relaxation, Day at Leisure and Preparation for Tibet Tour, Visit Kathmandu City. Collect documents i.e. Chinese Visa, Tibet Permits and Vouchers for Tibet Tour

Includes: Private transfers, Guided city tours, English-speaking guide service, entrance fees.

Accommodation: Twin room sharing,

Meals: Breakfast (B).

## Day 07: Kathmandu day at Leisure ( B)

Today, Full day rest in Kathmandu, explore the city and prepare for Tibet Tour starting from tomorrow.

Accommodation: Twin room sharing,

Meals: Breakfast (B).

## Day 08: KATHMANDU (1300) – KYIRONG (170Km) 07-08 HOUR DRIVE

Early in the morning scenic drive to Kerung Border (Nepal-Tibet Border) through the beautiful Nepalese countryside and after necessary border formalities at Nepalese immigration, and after immigration formalities drive to Kyirong the Tibetan town next to the Nepal – Tibet border, check-into hotel.

## Day 09: KYIRONG – RONBUK (Everest Base Camp) 5200m

After breakfast, your tour begins at around 9:00am in the morning and you will drive up hill, crossing over the high passes you will be in the highest Tibetan plateau also known as the roof of the world with typical landscape offering the sheer feeling of being on the roof of the world from where you can witness the breath-taking views mountain range and on the way, you can see the Paikutso Lake. And from Tingri you can also have the distant view of Everest if the weather permits and from Shegar you will drive toward Everest Base camp crossing through the twist and turn road on the high passes. Upon arrival in the Rongbuk overnight in guest house.

In Ronbuk the guest house is very basic with basic room with Tibetan style toilet.

## Day 10: RONBUK – SIGATSE

Early morning excursion in Ronbuk and visit Ronbuk Monastery and after breakfast drive to Sigatse which is around 334km and takes about 6-hour drive and on the way, you will cross the Gyatsula Pass 5250m upon arrival check into the hotel and rest.

## Day 11: SIGATSE – GYANTSE (3,950M), 90KM, APPROX 2 HRS DRIVE.

Morning sightseeing to the Panchen Lama's Tashilumpu Monastery. Drive through the Tibet's biggest Agricultural field to Gyantse and visit to the Kumbum Stupa & Palkor Monastery.

Overnight in Hotel in twin sharing room on bb basis

## Day 12: GYANTSE – LHASA (3650M): 261 KM.

Full day picturesque drive along the turquoise lake Yamdrok, crossing over Kampala Pass (4794M) and the Brahma Putra River (Yarlung Tsangpo). Overnight in hotel in twin sharing on bb basis.

## Day 13: SIGHTSEEING IN LHASA:

After breakfast, your sightseeing tour begins at around 9:00 am from the Magnificent Potala palace built by the King Songchengampo on 7<sup>th</sup> century and after lunch break sightseeing tour of the Jokhang temple in Lhasa and the Barkhor Bazar old Tibetan hub. Overnight in hotel.

## Day 14: SIGHTSEEING IN LHASA

Today your sightseeing will be in Depung Monastery and Sera Monastery. Depung and Sera are the two of the three Gelug University Monastery in Tibet other one is Depung Monastery

## Day 15: DARY FREE IN LHASA (B)

After breakfast, Self-Excursion, Rest day. Overnight in hotel.

## Day 16: TRANSFER TO GONGGAR - Fly BACK TO KATHMANDU.

Upon arrival, Meet our representative, Transfer to Hotel, Day at Leisure.

Includes: Private transfers, Guided city tours, English-speaking guide service, entrance fees.

Accommodation: Hotel Soaltee (Room sharing)

Meals: Breakfast (B).

## Day 17: KATHMANDU – Leisure (Free)

Upon arrival, Meet our representative, Transfer to Hotel, Day at Leisure.

Includes: Private transfers, Guided city tours, English-speaking guide service, entrance fees.

Accommodation: Hotel Soaltee (Room sharing)

Meals: Breakfast and Dinner (BD).

## Day 18: Departure

Breakfast and Check out, Transfer to Kathmandu Intl, Airport.

Includes: Private transfers,

Meals: Breakfast (B).

## Highlights

### 1. Kathmandu:

- **Swayambhunath (Monkey Temple):** An ancient religious complex atop a hill offering panoramic views of the city.
- **Pashupatinath Temple:** A sacred Hindu temple complex on the banks of the Bagmati River.
- **Boudhanath Stupa:** One of the largest stupas in the world and a UNESCO World Heritage site.

### 2. Pokhara:

- **Phewa Lake:** Enjoy boating and the serene beauty of the lake.
- **World Peace Pagoda:** A tranquil spot with breathtaking views of the

lake and mountains.

- Davis Falls and Gupteshwor Cave: Natural wonders worth exploring.

Bhutan:

1. Paro:

- Tiger's Nest Monastery (Paro Taktsang): A stunning cliffside monastery and an iconic Bhutanese landmark.
- Rinpung Dzong: A fortress-monastery with intricate woodwork and paintings.

2. Thimphu:

- Tashichho Dzong: The seat of Bhutan's government and monastic body.
- National Memorial Chorten: A stupa built in memory of the third King, offering a place for meditation.
- Buddha Dordenma: A massive Buddha statue overlooking the Thimphu Valley.

Cultural Experiences:

- Local Markets: Explore vibrant markets in Kathmandu and Thimphu for traditional crafts and souvenirs.

## Things to know

1. Visas and Permits:

- Nepal: Obtain a visa on arrival at Tribhuvan International Airport (Kathmandu) or apply in advance at a Nepalese embassy.

- **Bhutan:** Travel to Bhutan requires booking through a registered tour operator, which will arrange your visa. The Bhutanese government mandates a daily tourist tariff that covers accommodation, meals, transportation, and guide services.

## 2. Best Time to Visit:

- **Spring (March to May):** Ideal for blooming rhododendrons and clear mountain views.
- **Autumn (September to November):** Offers stable weather and excellent visibility of the Himalayas.

## 3. Health and Safety:

- **Vaccinations:** Consult your doctor for recommended vaccinations before traveling.
- **Hydration:** Drink plenty of bottled or purified water to stay hydrated.
- **Altitude Sickness:** Be mindful of altitude changes, especially when hiking. Take it slow and allow time for acclimatization.

## 4. Currency:

- **Nepal:** Nepalese Rupee (NPR).
- **Bhutan:** Bhutanese Ngultrum (BTN) and Indian Rupee (INR) are both accepted.
- **ATMs and Credit Cards:** Available in major cities but bring cash for remote areas.

## 5. Packing Essentials:

- **Clothing:** Layered clothing for varying temperatures, comfortable walking shoes, warm jackets for higher altitudes, and modest attire for temple visits.
- **Personal Items:** Sunscreen, hat, sunglasses, reusable water bottle, and personal medications.

## 6. Cultural Etiquette:

- Respect: Dress modestly, especially when visiting religious sites. Remove shoes before entering temples.

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