

# **Nepal, Bhutan, Tibet Tour - Itinerary**

## **1. Arrival in the Kathmandu [altitude 1340 m] at the Tribhuvan international airport (TIA)**

Our airport representative will pick up you showing with your name card and transfer to hotel and shortly briefing about program. overnight at the hotel.

## **2. Full day sightseeing in Kathmandu**

This day, we roam around Pashupatinath temple, BouddhanathStupa, Patan Durbar square and Swayambunathstupa and other historical monuments in Kathmandu valley. Overnight stay in hotel.

## **3. Drive Kathmandu- Pokhara [altitude 915 m] 6 hrs breakfast at the hotel**

Today is half -day sightseeing tour of Davis Fall, Gupteswori Cave, Tibetan Refugee Camp, and Boating at Phewa Lake evening free time to explore lakeside (Phewa Lake). Overnight at the hotel.

## **4. POKHARA – LUMBINI (Birth place of Lord Buddha)**

Breakfast at the Hotel. Drive to Lumbini via TansenBazaar, reach at Lumbini and Check into the Hotel. Evening visit Maya devi Temple and sites of birth place of Shakyamuni Buddha. Overnight at hotel.

## **5. Lumbini - Kathmandu**

Breakfast at hotel, visit sites of different monasteries from different countries and drive back to Kathmandu.

## **6. Flight from Kathmandu to Paro**

Arrival and after tea, we drive to Ta Dzong (built in1656 and renovated in 1968), an ancient watchtower, which now the National Museum. We go to Sakya School, the Drukpa kagyü and many many more other great places and explore the ramparts and on a clear day experience an unforgettable view of Mt. Jhomolhari (7314 m). Dinner and Overnight stay in Hotel at Paro.

## **7. Paro - Thimphu**

After taking breakfast, it's time for excursion to Taktsang Monastery. After 1 hour drive the trail climbs through beautiful pine forest, get to see trees in Spanish moss and many fluttering prayer flags. We take short rest in Taktsang Jachang and take a short walk till we reach the monastery with great history. Then, we finally reach to Thimpu valley. Dinner and Overnight stay Hotel in Thimphu.

## **8. Thimphu - Paro**

Today we visit to the National Library where we can find and study the ancient Buddhist manuscript and also the traditional arts. We can visit school and the traditional medicine institute. Then we visit to Folk Heritage Museum and Handicraft Emporium for shopping various Bhutanese arts and crafts. We drive to Paro in the evening and have dinner and overnight here.

## **9. Flight Paro - Kathmandu**

After breakfast we drive to airport and take a flight to Kathmandu from where we drive back to hotel.

## **10. Depart from Kathmandu for Neylam (3600m)**

Departure at 0530 hrs from The infront of Sanjayakosh building in Thamel. Approx. 05 hours' drive to Kodari ( China/Nepal boarder ), Half an hour drive to Zhangmu, where after completion of immigration formalities we drive further to Neylam following BhoteKoshi river in a deep valley with some overflowing waterfalls. Overnight in guesthouse.

## **11. Neylam-Lhatse (4050m)**

Drive through Neylam Pass (3800m) with the view of Jugal Himal. A continued drive via Lalungla Pass (5050m) has some of the outstanding view of Mt. Xixapangma (8013m highest in Tibet ) Mt. Makalu (8464m), Mt. Lhotse (8516m), Mt. Cho Oyu (8201m) and Mt.Everest (8848m). Overnight in guesthouse.

## **12. Lhatse-Xigatse (3900m)**

Depending upon the road condition we visit Shakya Monastery which is 52 kms return journey off the main road Shakya Monastery is one of the oldest monasteries in Tibet . Drive to Xigatse, the place of the famous Tashilumpo Monastery and the seat of Panchen Lama. Overnight at Hotel Samdrupse or similar standard.

## **13. Xigatse-Gyantse (3950m)**

After visiting TashiLumpo Monastery in the morning including the Bazaar of Xigatse. Drive to Gyantse, which is 02 hrs. Gyantse is small bustling town steeped in history. It lies 264 kms. Southwest of Lhasa on the northern bank of Nyang Chu river. In the 15th century it served as the capital of a small Kingdom. Visit Kumbum Chorten which was built around 1400 AD. It later became the main center for trade with British India . Overnight in Hotel.

## **14. Gyantse-Lhasa (3650m)**

08-hrs drive takes you to Lhasa crossing the Karo La Pass (5010m) and Kambala Pass (4794m). The Karo La climbs between two lofty mountains, Nozing Khang Sa (7223m) and Ralung (6236). While driving you will see the Yamdrok Tso (Turquoise Lake ) which takes approx. 1 hour to cross around. After passing Kamba La, Lhasa valley is seen to the north. You will also cross the Brahmaputra River. Reaching Lhasa and check into hotel. The accompanied guide will reconfirm your onward airline ticket. Overnight in hotel.

## **15. In Lhasa**

These days you will be engrossed with sightseeing and excursions of the Potala Palace, the Jokhang temple, surrounding Barkhor market, Drepung Monastery and Sera Monastery. Overnight in hotel.

## **16. Lhasa-Kathmandu**

In the morning after breakfast 1 hour drive to Gonggar Airport and fly back to Kathmandu. And in the evening, join Nepali cultural show farewell dinner program.

## **17. Finally Departure to airport**

Final day in Kathmandu's visit around Thamel, to purchase some souvenirs and we will departure to airport

or you can join for another trip.

[URL: https://sunriseadventuretrek.com](https://sunriseadventuretrek.com)