

Nepal Tibet Tour includes activities in most popular tourist destinations of Nepal and Tibet. Sightseeing in richest architecture sides in Kathmandu valley is experience of cultural heritage. The UNESCO has declared 7 heritage sits in Kathmandu valley which are rich of culture, religion, art and architecture. One hour flight over Himalayas is experience of breathtaking Himalayan views including Mount Evert and hundreds of other Himalayan peaks of Nepal. Natural city Pokhara provide the beautiful lakes, panoramic Mountain View front of you. Jungle safari at another UNESCO heritage listed Chitawan national park is experience of wildlife.

Top of the world, Tibet is experience of highland adventure tour. Historical cities Lhasa, Shigatse and Ghyatse are list of our visit. Reaching at northern base camp of world’s highest peak Mount Everest



(5250m) is your life time experience. Scenic Plateau landscape, settlement of Tibetan peoples, visits oldest and meaningful Monasteries. World famous Potala Palace, Jokhang temple, Norbulinka palace, Sera monastery in Lhasa, Tashilampo Monasry in Shigate, Ronbuk Monastery at near Everest Base Camp are also in list of your visit. Yamdrok lake view and decorative high passes on the way driving is real experience if touring in highland.

Nepal Tibet Tour has option to arrive first either in Nepal or in Tibet directly. Trip itinerary can be customized as per you interest. You also can include other activities in Nepal and Tibet. The best season of this tour is from May till October. Touch Kailash Travels and Tours be flexible with itinerary and can provide you different cost as per accommodation categories and other services.

Trip Highlights

- Visit UNESCO heritage sites in Kathmandu valley
- Scenic Himalayan flight/ Mountain flight for 1 hours in Kathmandu
- Natural city Pokhara and Jungle safari in Chitawan national park
- Reach at base camp of world’s highest peak Mount Everest from North (Tibet side)
- Historical cities Lhasa, Shigast, Gyantse and visit most famous temples and Monasteries including Potala palace
- Cross decorative High passes, by driving
- Yamdrok Lake on the way driving from Gyantse to Lhasa

Trip Fact

Total Duration:20 Days

Destination: Nepal and Tibet

Trip Grade: Moderate to Strenuous

Meals: Breakfast

Transportation: Private Transportation

Accommodation: Hotel and Guest Houses

Max. Altitude:5250 Everest Base Camp

Best Season: May to October

Min Pax :02 or +

Detail Itinerary

Day 01: Arrival in Kathmandu. Drive to Nagarkot (2195m) Overnight at Hotel Arrive at Tribhuban International airport. Representative of Touch Kailash Travels will greet and transfer you to Nagarkot. Nagarkot is 27 kilometers and takes 1 hour driving. Check in Hotel and rest.

Day 02: Sunrise and Mountain view from Nagarkot, Sightseeing in Bhaktapur Durbar square and drive to Kathmandu. Overnight at Hotel Nagarkot is in altitude of 2195m and place to view sunrise and view of the Himalayas including Mount Everest as well as other peaks of the Himalayan range of eastern Nepal. After your breakfast drive to Bhaktapur Durbar square. Bhaktapur Durbar is UNESCO World Heritage Site, which is one of the oldest king palaces. Drive to Kathmandu en route visit Visit Baudhanath Stupa. Later transfer to Hotel. Breakfast in Hotel, Lunch and Dinner in restaurant yourself.

Day 03: Second day of Sightseeing in Kathmandu valley. Overnight at Hotel (1350m) You have suitable time to take 1 hour Mountain flight departure and landing at domestic airport. After your breakfast visit Pashupatinath temple, a biggest Hindu temple in south Asia. Visit Swoyambhunath Stupa known as Monkey temple at hillside of Kathmandu valley. Rest of half day is shopping tour. Evening farewell dinner at typical Nepali restaurant with cultural dance. Breakfast in Hotel, Lunch in Restaurant yourself

Day 04: Drive to Pokhara. White water rafting in Trisuli River. Overnight at Hotel (730m) After your breakfast, drive 3 hours to Rafting starting point. Rafting in Trisuli river is suitable for every age and you do not need previous experience. After 3 hours rafting, continue drive to Pokhara. Transfer to Hotel. Breakfast in Hotel, Lunch in Rafting and Dinner yourself in Pokhara.

Day 05: Sightseeing in Major places of Pokhara. Overnight at Hotel Pokhara is city of natural beauty. closed mountain range view is visual if weather permits. Early in the morning we drive to Sarankot for better view of Mountain and sunrise view. After our breakfast we visit International mountain museum, David falls, Mahendra cave and Boating at Fewa lake. Breakfast in Hotel, Lunch and Dinner yourself.

Day 06: Drive to Chitawan national park and start Jungle activities. Overnight at Lodge (415) After our breakfast start driving to Chitawan National park (4 Hours) and take Lunch. After lunch start activities in park. Village tour to a nearby ethnic Tharu village where you will learn more about the life and lifestyle of the Tharus. Visit to the National Park Visitor's centre where you can learn more about the history of the National Park and about wildlife & Sun set view from the bank of Rapti River. Evening explore typical Tharu dance and Dinner. Breakfast, Lunch and Dinner in Hotel

Day 07: Jungle Activities and Overnight at Lodge After your breakfast, Canoe ride along the Rapti River. An excellent opportunity for Bird Watching and for seeing the 2 rare species of crocodiles; the Marsh Muggler and the fish eating Gharial. + Jungle Walk + on the way back one can enjoy the elephant bathing. After your lunch start Elephant Safari. An excellent opportunity to see four different kinds of deer, rhinoceros, wild boar, monkey, leopard, sloth bear and the Royal Bengal Tiger (If you are lucky). You will also encounter many other smaller mammals that have made Chitwan their home. Evening Tharu cultural dance presentation or Slides show presentation. All the meals at Lodge.

Day 08: Jungle Activity and fly back to Kathmandu. Overnight at Hotel (1350m) Visit to the Government Elephant Breeding Center. Take your breakfast and departure from Lodge to domestic airport. It is 30 minutes flight to Kathmandu. Rest in hotel and latter involve in briefing in about Tibet tour. Breakfast in Lodge, Lunch and Dinner yourself in Kathmandu

Day 09: Fly Kathmandu to Lhasa. Overnight at Hotel (55 Minutes - 3650m) Drive to International airport of Nepal and fly to Gonggar airport of Lhasa. 55 minutes flight is scenic flight over Himalayas of Nepal and Tibet. Touch Kailash Representative will pick up you from the airport and drive to Lhasa city. Rest of the time is rest for acclimatization.

Day 10: Sightseeing in Lhasa. Overnight at Hotel We begin our sightseeing tour that includes Potala Palace, the greatest monumental structure in Tibet, and it was once the center for both spiritual and temporal power of Tibet. You will be attracted deeply by rooms, halls, chapels, and furnishings of Potala Palace. And the stories that took place there will convulse you absolutely. In the afternoon, we will visit Jokhang Temple which is the holiest Tibet's temples. A palpable sense of reverence accompanies a visit here. The constant bustle, dazzling paraphernalia of worship, flickering butter lamps and wreaths of heady incense make the Jokhang Temple one of Tibet's most memorable experiences. Finally we will visit fascinating Barkhor Street which is Lhasa's liveliest place and it is also the main route for prayer wheels rotating.

Day 11: 2nd day sightseeing in Lhasa. Overnight at Hotel This morning we make sightseeing tour of the Drepung Monastery which was once Tibet's richest Monastery, with four colleges and 10,000 monks in its heyday in the 17th century. A group of white buildings stands on the hillside and out against the majestic Mt. Gambo Utse, here you can get a wonderful view of the Lhasa City and surrounding scenery. The next sightseeing spot is Sera Monastery. It is famous for its warrior monks, Dob-Doa. After that, we will visit Norbulingka which was once the summer palace of the Dalai Lamas. It contains several palaces, chapels, and buildings. Finally we drive back to the hotel.

Day 12: Drive Lhasa to Namtso Lake & back to Lhasa. Overnight at Hotel Drive to visit the second largest salt water lake in China. Namtso Lake is the biggest lake located at the highest altitude in the world. The Lake maintains its levels from rainfall and melted snow flowing from high mountains. Namtso is also popular for being a sacred Buddhist pilgrimage site where Zhaxi Temple is situated. The Lake's beauty should not be missed by any traveler during the visit in Tibet.

Day 13: Drive Lhasa to Gyantse (262km - 5/6 hours /3,950m) Overnight at Hotel We take a scenic drive to Gyantse today. On the way we cross the several high passes, like Khamba La Pass (4,794m, Karo La Pass (5,045m). Beauty of the Yamdrok Tso Lake , one of the three largest sacred lakes in Tibet and the beautiful Nazin Kang Sang glacier (7,252m) are another attraction today. In Gyantse, we visit the Khumbum Stupa, Phalkot Monastery and Gyantse Dzong (fortress), which is one of the best preserved dzongs in Tibet. Overnight in Gyantse.

Day 14: Drive Gyantse to Shigatse (94 Km - 3 hours/ 3,900m) Overnight at Hotel A short drive to Shigatse, The second largest city in Tibet. Visit famous Tashilampo monastery at the hill of Shigatse city with your guide. Tashilampo Monastery founded in 1447 by the 1st Dalai Lama, is a historic and culturally important monastery. Latter is Walking around city and take rest in Hotel.

Day 15: Drive Shigatse to Tingri (237 km - 6 Hrs/ 4300m). Overnight at Guest House Drive to Tingri from Shigatse via Gyatchula pass(5200m). En route you can view settlements of typical ancient Tibetan peoples. Tingri is also a route of Everest base camp and can see Everest north face. you will get simple guest house for your night stay.

Day 16: Tingri to Rongbuk 4920m (130 Km - 4/5 Hours) Overnight at Guest House We drive to Rongbuk which is the home of the highest Monastery in the world. There are magnificent views up the valley of Mount Everest and Cho-Oyu which can be seen from the guest house. Visit Ronbuk monastery, we take rest for acclimatization.

Day 17: Visit Everest Base Camp (5250m) and back to Ronbuk Monastery for Overnight. Guest House We will take a morning excursion to the Mount Everest Base Camp. Everest Base Camp is only 8 kilometer drive from Ronbuk Monastery. short hiking and exploration of base camp. Drive back to Ronbuk Monastery for overnight. .

Day 18: Drive to Zhangmu (2300m/7, 544ft)-245 km Overnight at Guest House In case, on Day 07 due to bad weather or some consequences, if you are not able to explore around Everest Base Camp, today's first light will be utilized to explore around Everest Base Camp and to watch sunrise on Mt. Everest. It is a truly awe inspiring place with the absolute north face of the highest mountain in the world soaring above you. You return back to the Friendship Highway to continue drive to Zhangmu. Driving past Tingri crossing Lalung La pass at (5124 m/ 16068 ft) and Shung La pass at

(5200 m/ 17056 ft), Nalyam Pass (3800m/12464 ft) which offer enchanting views of the surrounding peaks of Shishapangma, Cho Oyu, Menlungtse and Gauri Shanker, you tumble down from gradually from the dry Tibetan Plateau. Now, you find yourself amidst the verdant and fertile vegetation of Zhangmu at 2300 meter in the Nepalese border. Overnight at Guest house in Zhangmu.

Day 19: Drive to Kathmandu (1350m/4428ft)-123km. Overnight at Hotel Few kilometers drive away from Zhangmu to Friendship Bridge across Bhote Koshi River brings you closer to Immigration Control in Kodari where you depart with your Tibetan guide and driver, and walk across the river to meet Nepalese guide to drive to Kathmandu. After 4 hours of driving through deep valleys, you finally arrive in Kathmandu. Overnight in Kathmandu (hotel not included in Kathmandu).

Day 20: Final Departure Drop to Tribhuban International airport for your final departure

Tour Cost Based on Group Size

Cost Including

- All arrival departure arrangement
- Twin sharing accommodations in 3 star category hotels in Nepal and in Tibet
- Accommodation in guest houses at Everest base camp site for 4 nights
- Every morning breakfast
- Entry fees in sightseeing as per itinerary
- Entry fees of Chitawan National park of Nepal and Everest national park of Tibet
- Private transportation in entire trip
- Flight ticket of Kathmandu – Lhasa and Chitawan – Kathmandu
- Jungle activities in Chitawan with all the foods & Drinks
- English speaking Nepali guide in Nepal
- English speaking Tibetan guide in Tibet
- Tibet travel permit and visa
- Emergency evacuation management
- Services charge and government tax

Cost Excluding

- Lunch and Dinner in entire trip except in Chitawan
- Personal expenses, equipment, insurance, medical expenses and Emergency evacuation
- Upgrading or your accommodation
- Tipping to staffs

Accommodation description

- Accommodation in This tour is included with 3 star category hotels (Nepal and main cities of Tibet) only basic guest houses are available in Everest Base Camp region for 4 nights. Your breakfast every morning is including at same hotel.
- You can choose deluxe hotels which cost you more or choose basic hotel which make your tour cost low.

Documentation/ Visa, and Booking procedure

- Scan copy of your valid passport copy in enough for us to make all the reservation and preparation of Tibet permit. Original passport will collect and keep for 5 days to obtain tour Tibet visa from Kathmandu
- You can get your Nepali visa on your arrival. Bring cash with you. Multiple Nepali visa for 1 month cost USD 30 per person. You also need passport sized of photograph at least 4 copies per person.
- Some advance to make your trip reconfirmation and buying your air ticket previously.

Trip Note

- **Nepal Tibet Tour** itinerary can be customized as per your interest. You also can add and remove the days and places. You can make your trip longer days or short.
- **Nepal Tibet Tour** itinerary also can start from Lhasa first, or end at Lhasa and Depart from there to your next destination

Useful Info

1. Do not bring any books, magazine, pictures about Tibet, Buddhism or about any Lama's. Custom of China won't allow entering with those kinds materials.
2. Fresh vegetables, fresh fruits, liquids like Ghee, Oils are not allow entering from Chinese custom at Kodari.
3. Do not take any pictures and videos in Chinese customs, Army and police station
4. Make quei in every customs and in checking post as per your visa list number (your guide will give you instruction from first day)
5. Take cooperative position from every Nepali and Tibetan staffs and in Immigration sites

Booking Policy

1. Application should be submitted at least 60 days before the provisional date of departure.
2. Minimum of 6 months valid Passport scan copy by mail or passport copy by courier should submit when the booking is made
3. Upon the confirmation 25% deposit amount per person is required which is nonrefundable.
4. In the case of Lhasa Kailash tour deposit amount is USD 1000 or equivalent currency.
5. Our company trip booking form with your signature as per our term and condition
6. All the clients need to carry ID Proof, (Voter ID Proof) OR passport original while traveling by air.
7. The itinerary can be changed without notice due to unavoidable circumstance beyond our control such as political unrest, Natural calamities, changes in itinerary by the Chinese authorities etc.

Cancellation Policy

1. USD 400/- non-refundable, if the booking is done.
2. 50% cancellation charges of the rate package cost incase cancellation is received between 7 – 15 days of departure.
3. No refund in case cancellation is done after your permit and visa.
4. No refund or adjustment will be made in the event of interruption of journey by a client on his own after commencement of the tour.
5. Any changes in given itinerary requested by the client will be on chargeable basis.
6. Extra accommodation in Kathmandu over 3 nights as per itinerary due to early arrival from Kailash, rescue charges, medical bills are bill direct to Yatris.
7. If the trip is disturbed in case of Visa/ permit problem create from Tibet, or any other reason which is not in our hand, it is clients own risk and all the expenses are paid by clients.