



INDO ASIA TOURS

## GLIMPSES OF TIBET AND NEPAL

Kathmandu - Nagarkot - Kathmandu - Lhasa - Kathmandu  
09 Nights / 10 Days

Travel Proposal

---



**POTALA PALACE - LHASA**

## Program Details

### Day 01:

#### Arrive at Kathmandu

---

Arrive Kathmandu. On arrival, you will be greeted and assisted by our representative and transferred to the hotel.  
**(Rooms will be available from 1200 to 1400 hrs)**

**Kathmandu** – It is the capital city of Nepal. Kathmandu is a valley surrounded by four hills- Fulchowki, Chandragiri, Shivapuri and Nagarjun. Kathmandu valley has three major cities Kathmandu, Bhaktapur, Patan. Situated at the altitude of 4500 feet above sea level Kathmandu is home to seven UNESCO World Heritage sites- Kathmandu Durbar Square, Bhaktapur Durbar Square, Patan Durbar Square, Pashupatinath Temple, Changu Narayan Temple, Swoyambhunath Stupa and Bouddhananth Stupa. Before the unification of Nepal in the 18th Century, the three cities were independent states ruled by the Malla Kings.

On arrival in Kathmandu, transfer to hotel.

Overnight at the hotel.

### Day 02:

#### Kathmandu

---

After breakfast, enjoy visit of Kathmandu including the following.

**Patan** - It is located 5 Km away from Kathmandu city. Patan, also known as Lalitpur, is a city of fine arts, enclosed within 4 stupas, which are said to have been built in the 3rd century A.D. by Emperor Ashoka. You will see Durbar square, the Patan durbar (palace), which houses a bronze collection, the Krishna temple built by King Siddi Narsingh Malla, Hiranya Varna Mahavihar, and Mahaboudha Temple.

#### Pashupatinath

Located at a distance of 6 Km from central Kathmandu, Pashupatinath Temple is one of the sacred and famous Hindu temple dedicated to Lord Shiva. Situated amidst lush green natural setting, on the banks of the sacred River Bagmati, this temple, built in pagoda style, has a gilded roof and beautifully carved silver doors. Visitors can view the temple from the east bank of the Bagmati River, as the entrance into the temple is strictly forbidden for all non-Hindus. One of the major festivals of the temple is Maha Shivaratri which falls in February or March. On this special

occasion, over 1 million devotees visit this temple and the cremation ground behind the temple.

### **Boudhnath**

Boudhanath is a stupa, situated at a distance of 11 km from the center of Kathmandu. It is one of the biggest stupas in the world and one of the most popular tourist sites in Kathmandu. This Buddhist stupa was built by King Man Deva at the advice of the Goddess Mani Jogini, on an octagonal base and contains inset prayer wheels. The shrine is surrounded by the homes of Lamas, or Buddhist priests.

Overnight at the hotel.

### **Day 03:**

#### **Kathmandu**

---

After breakfast, enjoy visit of Kathmandu including the following.

**Kathmandu Durbar Square** - Kathmandu, a city which looks like a living museum. Visit the Durbar Square, it used to be the palace of the kings with several buildings with unique architecture, monuments and temples are found here. The most important temple to visit here is the Kumari Bhal, or the Temple of the Living Goddess. The worship of the goddess in a young girl represents the worship of divine consciousness spread all over the creations. This complex also has a idol of Kal Bhairava, the image of Bhairav represents god Shiva is his destructive manifestation. This icon is from the 7th or 8th century, The Kal Bhairav is one of most famous of all the Bhairavs in Kathmandu and a remarkable fact about this icon is that it was made from one rock.

**Swayambhunath** - Located approximately 3km from the center of Kathmandu, this Buddhist stupa is said to be 2000 years old. The stupa which forms the main structure is composed of a solid hemisphere of brick and earth which supports a lofty conical spire capped by a pinnacle of gilt copper. Painted on the four sided base below the spire are the all seeing eyes of Lord Buddha. The whole area around the Stupa contains an array of small stupas and temples. This is one of the best places from which to view the Kathmandu valley, as it is situated on a small hillock.

Overnight at the hotel.

### **Day 04:**

#### **Kathmandu / Nagarkot / Kathmandu (30 Kms / 1 ½ hrs one way)**

---

After breakfast, enjoy excursion to Nagarkot

**Nagarkot:** Located approx. 32 kilometers east of Kathmandu, at an elevation of 2,175 meters above sea level, Nagarkot village in Nepal is noted for its perennial beauty. Nagarkot offers the widest viewing range of the

Himalayan mountains—from Dhaulagir in the west to Kanchenjunga in the east. On a clear day, one can see several mountain ranges including the Annapurna, Manaslu, Ganesh himal, Langtang, Jugal, Rolwaling, and the Mount Everest, along with some scenic vistas of the Shivapuri National Park and the Kathmandu Valley.

After sightseeing, drive back to Kathmandu.

Overnight at the hotel.

#### **Day 05:**

##### **Kathmandu**

---

After breakfast, the day is free at leisure to explore the town on your own (Without transport & guide)

Overnight at the hotel.

#### **Day 06:**

##### **Kathmandu / Lhasa (Flight)**

---

After breakfast, transfer to the airport to connect flight to Lhasa. Upon arrival at Lhasa Gonggar airport, you will be welcomed by our Tibetan crew. Transfer to the hotel and rest of the day is free at leisure.

**Lhasa:** The centre of the Tibetan Buddhist world for over a millennium, the 'Place of the Gods', remains largely a city of wonders. Your first view of the red-and-white Potala Palace soaring above the Holy City will leave you in awe, and the charming whitewashed old Tibetan quarter continues to preserve the essence of traditional Tibetan life. It is here in the Jokhang, a mysterious mix of flickering butter lamps, wafting incense and prostrating pilgrims, and the encircling Barkhor pilgrim circuit, that most visitors first fall in love with Tibet.

Overnight at the hotel.

#### **Day 07:**

##### **Lhasa**

---

After an early breakfast, you will be escorted by your guide to the majestic **Potala Palace**. The imposing structure of the palace dominates the landscape of Lhasa. As you are guided through the ancient chambers of the palace, you get to see Tibetan art at its best. **The Potala Palace** has a vast array of intricate Tibetan murals and beautiful statues. You will also get to view the tombs of the eight Dalai Lamas.

Later you will head to **Jokhang temple** which was founded by the 33rd great king of Tibet in the 7th century. Inside you can see the statue of **Buddha Sakyamuni** at the age of twelve. Outside, you can see pilgrims making prostrating in front of Jokhang Temple. Around the temple is **Barkhor street**, where you can do kora (a religious circle of a building or mountain) with pilgrims and locals, and explore the old market.

**Note:** *Since only a limited number of visitors are allowed to visit the Potala Palace every day, the order of sightseeing places may be subject to change.*

Overnight at the hotel.

#### **Day 08:**

##### **Lhasa**

---

In the morning you are going to visit **Drepung monastery** which is one of the “great three” Gelug monasteries of Tibet, founded in 1416 by Jamyang chogé, one of the Tsongkhapa’s main disciples.

In the Afternoon, visit Sera Monastery which is another one of the “great three” Gelug monasteries of Tibet. The main attraction here is the debate among Monks that takes place in the afternoon. In addition, you can tour the Tibetan religious scripture printing house; inside the monastery, you can see three sand Mandalas and colorful Rock Painting of Buddha.

Later visit **Norbulingka**, meaning “Jeweled Garden”. It is a fitting title for this 200 years old park stretching 360,000 sq. meters. The 370 room Summer Palace of the Dalai Lama is located inside the park. Norbulingka is a palace and surrounding park in Lhasa, built in 1755. It served as the traditional summer residence of the successive Dalai Lamas from the 1780s up until the 14th Dalai Lama's exile in 1959. Part of the "Historic Ensemble of the Potala Palace", Norbulingka is recognized as a UNESCO World Heritage Site, and was added as an extension of this Historic Ensemble in 2001. It was built by the 7th Dalai Lama and served both as administrative centre and religious centre. It is a unique representation of Tibetan palace architecture.

Overnight at the hotel.

#### **Day 09:**

##### **Lhasa – Kathmandu (By Flight)**

---

After breakfast transfer to the airport and connect flight to Kathmandu.



On arrival check in at the hotel. Rest of the day is free at leisure

Overnight at the hotel.

**Day 10:**

**Kathmandu Departure**

---

In time transfer to the Airport to connect flight for onwards journey.

**IMP:** Rooms will be available till 1200 hrs only.

**End of Services**

---