



INDO ASIA TOURS

ON THE ROOF OF THE WORLD

Kathmandu – Lhasa - Gyantse - Shigatse - Shegar - Lhasa - Kathmandu

12 Nights / 13 Days

Travel Proposal



POTALA PALACE - LHASA

Program Details

Day 01:

Flight to Kathmandu

Day 02:

Arrive at Kathmandu

Welcome to Nepal! On arrival at Tribhuvan International Airport, a representative from our office will greet you at the airport and escort you to your hotel and help you check in. You will then be briefed about your daily activities.

(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, Swayambhunath Stupa and Bouddhanath Stupa. Before the unification of Nepal in the 18th Century, the three cities were independent states ruled by the Malla Kings.

Later proceed for collection of documents for the Tibet Permit.

In the afternoon enjoy an orientation tour of **Kathmandu**.

Kathmandu Durbar Square: Listed as one of Cultural World Heritage Site by UNESCO, Kathmandu Durbar Square is cluster of ancient temples, palaces, courtyards and streets that date back to the 12th and 18th centuries. The visit of Durbar Square includes the Temple of Living Goddesses, who acknowledges the greetings of the devotees from the balcony of her temple residence, the Hanuman Dhoka Royal Palace, the historic seat of the Royalty; the magnificent Taleju Temple towering 40 meters. The capital takes its name from the giant pagoda of Kasthamandap, which is said to have been built of a single tree. The Kasthamandap has been the main focal point of the city's social, religious and political from the Malla kings.

Swayambhunath: Also known as "Monkey Temple" is located at small hill top approximately 4 kms. /2.5 miles, 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 supporting a lofty conical spire capped by a pinnacle of copper gilt. Painted on the

four sided base of the spire are the all-seeing eyes of Lord Buddha. This hill is a mosaic of small Chaityas and Pagoda temples.

Overnight stay at Kathmandu .

Day 03:

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 Narsinh 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 04:

Kathmandu / Nagarkot / Kathmandu

After breakfast drive to Nagarkot enroute visit of Bhaktapur Durbar Square

Bhaktapur:

Also known as Bhadgaun meaning city of devotees, this place is the home of medieval art and architecture. Lying 14 kms. /9 miles east of Kathmandu City, this place was founded in the 9th Century and is shaped like a conch shell. The city is at the height of 4600 ft. above sea level. In Bhadgaon, you will visit the Durbar Square with its array of temples overlooked by the Palace of 55 windows built by King Bupatindra Malla. The Nyatapola Temple, also built by King Bhupatindra Malla, is the best example of Pagoda style and stands on five terraces on each of which stands a pair of figures - two famous strong men, two elephants, two lions, two griffins and two goddesses. Time permitting, a visit to the museum of Thangka painting can also be considered.

Then continue drive 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, proceed for sightseeing tour of Kirtipur, Chobar and Neydo Monastery.

Kirtipur : It is a small town on a hill, 8 km southwest of Kathmandu. The ancient Newar township - with its brick-paved streets lined with typical red brick houses and tiled roofs, and temple squares - is a natural fortress. The temple of Bagh Bhairav which is holy to both Hindus and Buddhist, The triple roofed Uma Maheshwor Temple dedicated to Shiva and Parvati, The Chilanchu Vihara (stupa) are the main attraction of Kirtipur. Tribhuvan University, Nepal's premier seat of education is located on the foothills of Kirtipur.

Chobhar is a village located southwest of Kathmandu and part of Kirtipur city. Chobar village is located on a high ridge overlooking the Chobar Gorge and can only be accessed on foot. Myths and legends about the birth of Kathmandu Valley speak of the deity Manjushri cutting the hill at Chobar into half with a mighty sword, letting out the water of a primordial lake and opening the fertile vale for habitation.

Neydo Monastery: Tucked in the gentle foothills of the Himalayas, standing atop a small hill, the Neydo Tashi



INDO ASIA TOURS

Choeling Monastery is home to almost 200 monks . Monastery Guest-house in the most peaceful location alongside Neydo Tashi Choeling Monastery, just 22km or less than an hour's drive from the heart of hectic Kathmandu. It is located in the southwest corner of the Kathmandu Valley close to Pharping. The guesthouse, right beside the monastery enables you to be gain a fantastic insight on the lives of the monk. Far from the city, you feel at par with nature as soon as you settle into the place.

Overnight stay at Kathmandu.

Day 06:

Kathmandu / Lhasa (Flight)

After breakfast, transfer to airport to catch flight to Lhasa.

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.

After arriving in Lhasa, you can take a rest and get acclimatized to high altitude.

Insider Tip: On your day of arrival in Tibet take rest and get acclimatized to the high altitude. Do not rush to visit the attractions.

Stay overnight in Lhasa.

Day 07:

Lhasa

After 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 choge, 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 / Gyantse / Shigatse

In the morning, drive from Lhasa to Shigatse. On the way, drive over the Gampala pass (4790 m), and you will have a glimpse of Yamdrok-tso (4400m). The Lake is surrounded by many snow-capped mountains and in the distance you can have spectacular views of Holy Mount Nyenchen Khangsar, (7191m) the highest mountain near

Lhasa .

Later, we will drive pass the Korola Glacier on the roadside; At Manak Dam Lake, you can hang pray flag at Simila Mountain Pass.

Then, we will arrive in Gyantse, Tibet's third largest city (after Lhasa and Shigatse). In Gyantse, we will visit the famous Pelkor Monastery and Gyantse Kumbum and enjoy the far view of Gyantse Fortress.

We continue our drive to Shigatse, which is the second largest city in Tibet.

Time permitting, in Shigatse, we may visit traditional Barley Mill and view the landscape of Barley Field (in summer).

Stay overnight in Shigatse

Day 10:

Shigatse / Shegar

In the morning, we will visit the home of Panchan Lama - Tashilunpo Monastery. Then, we'll leave Shigatse after getting your Alien's travel permit, and then drive to Lhatse, it is a small town where you can have lunch on own.

After that, we will pass Tsola Pass(4600M), and Gyatsola Pass(5248M). Shortly after we enter Mt. Everest National Nature Reserve, tourists can enjoy the panorama of Himalaya at Gawula Pass(5198m). Then we drive along the New zigzag road to Everest Base Camp(5200m). You can get closer to gaze at the Mt. Everest peak.

Later drive to Shegar

Day 11:

Shegar / Lhasa

Today, we will drive back to Lhasa by following Yalong Valley. On the way you will have the opportunity to stand on the viewing platform and view the vast Yalong River bed. On arrival in Lhasa check in at the hotel

Stay overnight in Lhasa

Day 12:

Lhasa - Kathmandu

After breakfast, transfer to the Airport to connect flight to Kathmandu.

On arrival in Kathmandu, transfer to the hotel. Rest of the day is at leisure (Without transport & guide)

Overnight at the hotel.

Day 13:

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
