



INDO ASIA TOURS

Roof of the World (Overland trip from Nepal to Tibet)

Kathmandu - Nagarkot - Kathmandu - Syaprubesi - Gyirong - Shegar - Shigatse - Lhasa - Kathmandu

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.

Overnight stay at Kathmandu.

(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 Bhadgaun, 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 Kritipur, Chobar and Neydo Monastery.

Kritipur : 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



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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 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 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 - Syabrubesi to Raswagadhi

Syabrubesi, naturally magnificent village, is situated in the Langtang National Park, a renowned trekking trail of Nepal. It shares proximity to the eastern part of Trishuli River.

The village is also a gateway to the Langtang Valley. Visitors can start their adventurous and exciting journey from the base of Syabrubesi. This beautiful place is only 120 km away from Kathmandu city, and tourists can easily reach there via roadways.

Overnight at the hotel.

Day 07:

Rashuwagadhi to Gyirong

After breakfast, we will drive 2-3 km to the border to enter Tibet. You will meet our guide in Tibet side. Then we will drive to Kyirong (2800m) where is surrounded by lofty snow-capped mountains and dense forests. In the afternoon, you take a stroll to visit Paba Temple (2850m), a Gelugpa temple built by Tibetan King Songtsan Gambo at the proposal of his wife Nepali princess Bhrikuti. The Nepali style temple with delicate murals is only within minutes' walk from your hotel.

Overnight at the hotel.

Day 08:

Gyirong to Shegar

After breakfast, you will start your journey to new Tingri. You will pass by the most sacred cave of Milarepa Yogi which dates back to the 11th century and also the birth place of Milarepa. Continue driving through Gongthang la pass at the elevation of over 5000m and then drive along Pekutso lake and continue to old Tingri at the distance of around 100Km from Pekutso. The scenery is extremely beautiful with Shisha Bangma snow mountain on the right and Pekutso on the left. If the weather is nice, you will see Mount Everest on the way to old Tingri. You will continue driving on the friendship highway and reach new Tingri after one hour drive.

Overnight at the hotel.

Day 09:

Shegar - Lhatse – Shigatse

Today, we will drive from Tingri to Shigatse. On the way, you will visit the 5000m G318 National Highway Milestone in Lhatse. After your arrival in Shigatse in the early afternoon, you will visit the seat of Panchan Lama - Tashilunpo Monastery, one of the most important monasteries in Tibet.

Overnight at the hotel.

Day 10:

Shigatse - Gyantse – Lhasa

In the morning, we drive 90km to Gyantse, an ancient county between Shigatse and Lhasa, which boasts a variety of important cultural and historical sites - Pelkor Chode Monastery and Gyantse Kumbum. The Gyantse Kumbum is commissioned by a Gyantse prince in 1427, the 35m-high chörten, with its white layers trimmed with decorative stripes and its crown-like golden dome, is awe-inspiring.

In the afternoon, we continue our drive 280km to Lhasa, and we will pass over the Karo la Pass (5010m) and Kambala Pass (4794m). While driving, you will see the beautiful Karo la Glacier, Yamdrotso Lake and finally reach Lhasa.

Overnight stay at Lhasa

Day 11:

Lhasa

Today's tour will first bring you to the Potala Palace which is the winter palace of the Dalai lama. It was put to use since the 7th Century by the 33rd great king of Tibet. The most valuable collections of Potala Palace are the gilded burial stupas of former Dalai Lamas and meditation Cave of the 33rd great king of Tibet.

Then we 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.

Overnight stay at Lhasa

Day 12:

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 highlight here is the debate among the Monks, 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.

Overnight at the hotel.

Day 13:

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 14:

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
