



Earthbound Expeditions

Bhutan, Nepal, Tibet Tour– 3 Country Tour

14 days, from US\$5,467 per person

Duration

14 days

Group size

8 People

Country

Tibet

The Cross Country Tours – Bhutan Nepal Tibet Tour : 3 Countries At One Go!

Day by day

Day 1

Arrival in Kathmandu

You will arrive in Kathmandu, airport pick up and stay at Thamel Eco resort or similar. Make sure we arrive late Sunday or Tuesday.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: None

Day 2

Sight-seeing of Kathmandu

Leave for full day sightseeing in Kathmandu valley includes The Hindu temple complex at Pashupatinath (a UNESCO world heritage site) & the biggest Buddhist Stupa at Boudhanath. Also visit Monkey Temple the Shyambhunath (2000 years old temple) and visit Patan city, later drive to Nagarkot (at 7200ft), a beautiful hill station from here we can see the magnificent Himalayan view in a clear day.

Altitude: 2,175 m On foot: Easy walking, 2–3 hrs Night: Hotel, Nagarkot Meals: Breakfast

Day 3

Early morning sun rise and mountain view from Nagarkot

Early morning sunrise and mountain view from Nagarkot, in a clear day, have a great mountain Panorama and go for hiking of about 3–4 hours to Dhulikhel (optional) and stay overnight in Dhulikhel.

Altitude: 1,550 m On foot: Optional 3–4 hrs Night: Hotel, Dhulikhel Meals: Breakfast

Day 4

Drive to Kathmandu via Bhaktapur

Early morning sunrise and Mountain View from Dhulikhel and drive to do sightseeing of Bhaktapur, back to Kathmandu and prepare for Tibet trip. Can join Nepali cultural show and dinner.

Altitude: 1,400 m On foot: Easy walking, 2–3 hrs Night: Hotel, Kathmandu Meals: Breakfast, Dinner

Day 5

Fly to Lhasa Gonggar airport, Tibet

Fly to Lhasa Gonggar airport. Arrival Lhasa. O/N in hotel, if time permit go to visit the Jokhang Temple, Tibet's holiest temple with its priceless statues and frescoes. Jokhang is the oldest temple that has the statue of 11 years old Buddha which was given to Tsongkhapa Gampo on the 7th century by the family of her Chinese queen, stay in Lhasa.

Altitude: 3,656 m On foot: None, flight day Night: Hotel, Lhasa Meals: Breakfast

Day 6

Two full days sight seeing tour in Lhasa

In the mystical capital of Lhasa, there is ample time to explore the former home of the Dalai Lama, Potala Palace, Tibet's world famous resplendent landmark with over 1,000 rooms and 10,000 shrines. That has over 3500KG gold with its golden roof. and the Norbulinka, or Summer Place, from which the present Dalai Lama fled in 1959. If time permit We will take you to Sera and Drepung monasteries around Lhasa. Shoppers mustn't miss the Barkhor, the bustling bazaar of old Lhasa, which is right on the pilgrim's circumambulating route around Jokhang. Laden with souvenirs and memories of Tibet,

Altitude: 3,656 m On foot: Easy walking, 2–3 hrs Night: Hotel, Lhasa Meals: Breakfast

Day 8

Drive Lhasa to Gyantse

A scenic drive through the Karo La Pass and Kamba La Pass with a very good view of the Yamdrok Tso Lake . In Gyantse visit Khumbum monastery then drive Gyantse to Shigatse (3900mtr): Drive to Shigatse has the famous Tashimpo Monastery and the seat of Panchen Lama, Overnight at Hotel. Visit to the Tashi Lhunpo Monastery and around. O / N hotel.

Altitude: 3,900 m On foot: None, 7–8 hr drive Night: Hotel, Shigatse Meals: Breakfast

Day 9

Shigatse to Rongbuk – Everest base camp

It is beautiful drive via a pass, have magnificent mountain view, have close of view of Mount Everest north face from the base camp . O / N in Lo – Tingri

Altitude: 4,300 m On foot: None, 8–9 hr drive Night: Guesthouse, Tingri Meals: Breakfast

Day 10

From Lo Tingri drive to Kerung / Naylam

From Lo Tingri drive to Kerung boarder then drive to Kathmandu: Early morning drive to Kerung complete immigration and custom formalities. This day\'s drive offers fantastic view of the high mountains. Later drive to Kathmandu, Check in to hotel.

Altitude: 1,400 m On foot: None, 10–12 hr drive Night: Hotel, Kathmandu Meals: Breakfast

Day 11

Fly to Bhutan arrival at Paro and Drive to Thimpu

The flight into Paro on Druk Air, is a befitting introduction to the spectacular beauty of our country. In clear weather, magnificent views of the world\'s highest peaks give way to the lush green Paro valley as you land. The first gift from Bhutan will be the cool, clean fresh air as you step out of the plane. After clearing customs and visa control you are met by your guide and depart to Paro town for lunch. After lunch visit the Ta dzong, an ancient watchtower, which now houses the National Museum. Below the museum is the Paro Rimpung Dzong, the centre of civil and religious authority in this valley. A short walk takes you to the base of the dzong and across a traditional cantilevered, covered bridge. A short distance further is one of the innumerable archery grounds. (Archery is the national sport of Bhutan). If we are lucky, we may catch a match in action. Late afternoon depart to Thimphu, the modern capital of Bhutan. The drive will take around 1.5 hour. Thimphu has a population of about 98,000. The town is made up of just three lines of shops and is the only capital in the world without traffic lights. Dinner and overnight at hotel.

Altitude: 2,320 m On foot: Easy walking, 1–2 hrs Night: Hotel, Thimphu Meals: Breakfast, Lunch, Dinner

Day 12

Thimphu valley sightseeing and Punakha Valley

Thimphu sightseeing includes a visit to the National Memorial Chorten, National Library, stocked with priceless ancient Buddhist manuscripts and also visit the Folk Heritage Museum, which is dedicated to connecting people to the Bhutanese rural past through exhibition of items and artifacts used in rural households, Textile Museum, where the art of traditional weaving is still kept alive and preserved through exhibition and has a good collection of old textiles which are rich in its color and design. Other high lights include a visit to the Handicrafts Emporium, which has all types of Bhutanese handicrafts for sale. After lunch depart to Punakha. Leaving Thimphu the road climbs steeply through a forest of pine and cedar, festooned with hanging lichen high up near Dochola pass (3050 m). This pass often offers panoramic views of the Himalayan mountain ranges. After stopping for tea and the view, we descend along a series of hairpin bends to the fertile valley of Punakha. Afternoon visit Punakha Dzong, winter seat of the Je Khenpo and ancient capital of Bhutan, remarkably located between the rivers of the Mo (Female) Chu and Pho (Male) Chu, then drive your way back to Paro. Dinner and overnight at hotel.

Altitude: 1,250 m On foot: Easy walking, 2–3 hrs Night: Hotel, Punakha Meals: Breakfast, Lunch, Dinner

Day 13

Paro valley sightseeing and Tiger nest hike

In the morning drive towards the north of Paro valley to visit the ruins of the Drukgyal Dzong 16 km up the valley. Built in 1647 by the great Shabdrung Ngawang Namgyal, father and unifier of medieval Bhutan, the dzong was destroyed by accidental fire and left in ruins as an evocative reminder of the great victories it was built to commemorate. Explore the ramparts and on a clear day experience an unforgettable view of Mt. Jhomolhari (7,314 m) and then drive to Satsam Chorten to hike to Paro Taktsang, the hike up (or horse ride) to the Taktsang monastery (Tiger nest). The horse ride up to the cafeteria will take around one and half hour. At the view point enjoy the stunning view of the monastery, where Guru Padmasambhava landed on the back of a tigress in the 8th century. We then walk back to the road point and then drive your way back to visit Kyichu Lhakhang, one of the oldest temples in Bhutan. After lunch drive to visit Evening ends with a walk through Paro's main shopping district. Dinner and overnight at hotel.

Altitude: 2,200 m On foot: 5–6 hrs Night: Hotel, Paro Meals: Breakfast, Lunch, Dinner

Day 14

Departure

Departure to Kathmandu and back to home Transfer to airport for flight to Kathmandu (extend tour) or same-day fly to home or onward destinations to Delhi / Bangkok.

Altitude: 2,200 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- All accommodation in Nepal and Tibet on BB basis, in Bhutan on a full board basis except where mentioned 3-star level hotels (twin sharing room)
- Airport picks up and transfers. 1-night dinner and cultural show in Nepal
- Airfare KTM – Paro – KTM and Kathmandu to Lhasa one way flight about
- Sightseeing, hotels and all airports.
- Transfer in Tibet and Bhutan by private transport, with English speaking guide

Not included

- Personal travel insurance and all items of a personal nature, some lunch and dinner where not mentioned
- International airfare
- Mountain, Road rescue or any other emergency evacuation charges if necessary
- Expenses incurred as a result of illness, landslide, political disturbance, re-routing, flight cancellation and of any different unforeseen situation and events which is not under our control

- Tibet and Bhutan travel permit and Visa fee
- Car / Van for sightseeing with a guide in Nepal, Tibet, and Bhutan
- Any table drinks, telephone bills, laundry, postage, etc.
- Nepal Visa cost, payable upon arrival,
- Tips and gratuities