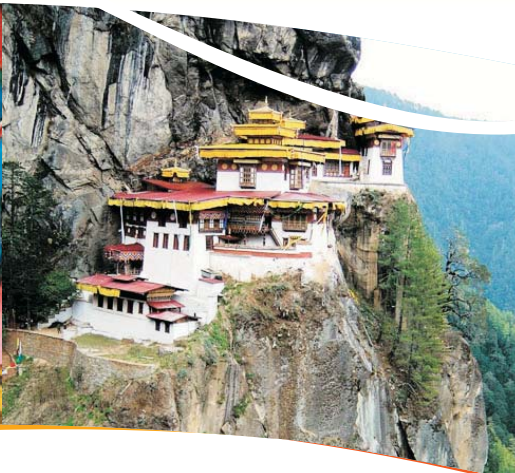


Nepal, Bhutan & Tibet

(12 Nights/13 Days)



Itinerary Details



Day 01 Kathmandu Arrival

Arrive and transfer to Hyatt Regency Hotel in our luxury coach.
Traditional welcome by Lama monks blowing horns.



Afternoon half day of sightseeing tour to take in the important historical and cultural attractions of old Kathmandu - the palace of the medieval Malla kings "Hanuman Dhoka" and the temple dedicated to the living goddess "Kumari" are the highlights. Proceed to Swoyambhunath Stupa overlooking Kathmandu city.



Welcome Cocktails & Dinner with traditional fare and entertainment. Venue is the courtyard of Dwarika's Kathmandu Hotel (Heritage) followed by traditional dinner in the famous "Krishnarpan" restaurant. (D)

Day 02 Kathmandu - Chitwan National Park

Early morning drive to Chitwan National Park (160 km). The drive to rafting put-in-point takes about 2 and half hours. Briefing will be done by trained river guides. Enjoy white-water rafting for about 2 hours, lunch is served by the river-bank. We have another 2 hours drive to the national park. Afternoon arrive at the park and experience elephant safari. Overnight stay at Gaida Wildlife Resort (B, L, D)



Rafting on the Trishuli River.

Day 03 National Park

Full day of jungle safari activities including boating, elephant ride and 4WD vehicle ride in the jungle. (B, L, D)



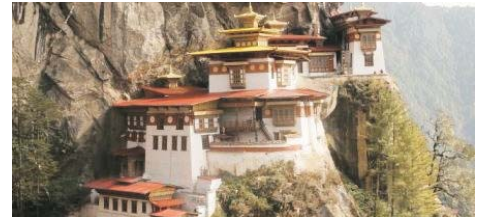
Day 04 Chitwan - Pokhara

Drive to Pokhara, the lakeside resort offering fabulous Himalayan views (120 km). This drive takes about 4 hours with the lunch stop. Lunch en route. Arrive at Pokhara and check in at Fulbari Resort & Spa. Visit Fewa Lakeside for souvenir hunting. Dinner in a lakeside restaurant. Overnight in Fulbari. (B, L, D)



Day 05 Pokhara-Kathmandu

Early morning sunrise views from Sarangkot. Visit International Mountain Museum and half-day city tour of Pokhara. Lunch at Fulbari Resort. Check out of hotel and departure for domestic airport for a short flight back to Kathmandu. Meet and transfer to hotel. Dinner at hotel (B, L, D)



Day 06 Kathmandu - Paro

Take Drukair's spectacular flight from Kathmandu into Paro, flying parallel with the Eastern Himalayan Mountains including Mt. Everest, Makalu and Kanchenjunga. Arrive in the freshness of Paro valley and transfer to hotel in Paro. (B, L, D)



Day 07 Paro-Thimphu

Visit the most important sights in Paro including the TaDzong (national museum), the Drukyl Dzong (fort), Kyichu Lhakhang, the oldest temple in Bhutan built in AD 638 by the Tibetan king Songtsen Gampo. After lunch take an hour and a half drive to Thimphu via Taktsang Lhakhang (temple) called the tiger's lair clinging to the black rock mountain. Overnight in Thimphu. (B, L, D)



Day 08 Thimphu-Paro

Full day sight-seeing trip including the famous Memorial Chorten built in honor of 3rd king HM Jigme Dorje Wangchuk, Tashichoe Dzong (seat of government), Changlimithang and the weekly market, Changangkha Lhakhang and Simtokha Dzong, guarding the entrance into Thimphu. Late afternoon we drive back to Paro to a reception and folk entertainment in a typical Bhutanese farmhouse. Overnight in hotel. (B, L, D)

Day 11 Lhasa

Founded by King Song Tsen Gampo during the 7th century, Lhasa is the capital of Tibet. The hill on which the red and white Potala Palace is built rises from the floor of the valley and watches over Lhasa in all directions. With a population of around 400,000 Lhasa is not only the administrative center of modern Tibet but also the heart and soul of its history and culture.

The first day's tour takes us to the Potala Palace, the former palace of the Dalai Lama. First built by King song Tsen Gampo in the 7th century it subsequently fell into disrepair until the 5th Dalai Lama founded a united Tibet 17th century and made Potala once again his palace. Proceed to Norbulinkha, the summer residence of the Dalai Lama, founded by the 7th Dalai Lama in the 18th century. A quick tour through this residence gives us an insight into the personal life of the Dalai Lama. (B, L, D)

Day 09 Paro-Kathmandu

Departure transfer to airport for flight back to Kathmandu. Meet and transfer to Hyatt Regency Hotel. After lunch sightseeing tour of Bhaktapur City, translated as the "City of Devotees" and classified as a World Heritage Site by UNESCO. Return to Kathmandu and visit Thamel, the tourist hubbub of Kathmandu with souvenir shops, bars and restaurants famous in guide books as the hippie heaven of the seventies. Dinner in "Garden of Dreams" a stylishly restored turn of the century palace garden in the heart of Kathmandu. (B, L, D)

Day 10 Kathmandu-Lhasa

Fly to Lhasa from Kathmandu International Airport. The flight of Air China using aircrafts specially fitted with high altitude equipment is breathtakingly spectacular, over-flying the Himalaya onto the Tibetan plateau. Flying time is one hour only. Arrive in Gangor airport and drive to hotel in Lhasa. Relax today in hotel as a measure against high altitude sickness, which can be induced by exertion. Take a lot of fluids. (B, L, D)

Day 13 Lhasa-Kathmandu-Departure

Early morning drive to Gangor airport for the morning flight back to Kathmandu. In transit for international flight back home. (B)

Day 12 Lhasa

Visit the magnificent Drepung Monastery today. The Drepung belongs to the Gelugpa or the yellow Hat order of Tibetan Buddhism. At the height of its power until 1959 it housed 7700 monks. After the destruction of the buildings during the Cultural Revolution, the present monastery was renovated and now houses 370 monks. The monastery plays an important role in the preservation of the monastic scholarship and offers invaluable insight into the life of these monks. In the afternoon we visit the Ramoche and Jokhang Temples. Both these temples were built by the consorts of the Tibetan King Song Tsen Gampo and were instrumental in the spread of Buddhism in Tibet. The first was built by the Chinese Princess Weng Chen and the second by the Nepalese Princess Bhrikuti Devi. The most valuable object dard in Tibet today is the Jowo or the Little Buddha Princess Weng Chen brought with her from China. It is said that the Buddha gave 3 sittings during his lifetime to make his life-like images: during adolescence, during adulthood and during old age. The Jowo is said to be the first such and the sheer beauty of the statue and the magnificence of the Jewelry adorning it makes this statue indeed invaluable. It is curiously now housed inside the Jokhang temple and the Buddha image from Nepal is inside the Ramoche Temple. After taking in these temples we visit the Barkhor Bazaar which circumambulates the Jokhang Temple and offers excellent opportunities for shopping. (B, L, D)

PACKAGE PRICES FOR GROUP SIZE 15-30 PERSONS (ONE COACH) IN US\$

Country	Package Details	Service Category	1 Jan, 2008 - 31 Dec 2008		1 Jan, 2009 - 31 Dec 2009		Extras not Included
			Per person Twin share	Single Supplement	Per person Twin share	Single Supplement	
Nepal	Nepal - 3 Nights, Kathmandu, 2 Nights Chitwan (Gaida) and 1 Night Pokhara, airfare Pokhara- Kathmandu	Deluxe	US \$ 1205	US \$ 350	US \$ 1475	US \$ 390	Airport departure tas US \$ 25, Visa fee US \$ 30 for more than 3 days's stay Supplement for French, Italian, German or Spanish Guide US \$ 10
	Supplement for 2 Nights stay at Tiger Tops Jungle Lodge	Deluxe	US \$ 530	US \$ 275	US \$ 610	US \$ 305	
	Supplement for French, Italian, German or Spanish Guide in Kathmandu Valey only		US \$ 5		US \$ 5		
	Supplement for escorting guide throughout the trip		US \$ 15		US \$ 15		
Tibet	Tibet - 3 Nights/4 Days, with Flight Kathmandu-Lhasa-Kathmandu	Standard	US \$ 1145	US \$ 290	US \$ 1248	US \$ 350	
	Supplement to stay 3 nights at Hotel Brahmputra in Lhasa	Deluxe	US \$ 200	US \$ 200	US \$ 300	US \$ 318	
Bhutan	Bhutan - 3 Nights/4 Days, with flight Kathmandu - Paro - Kathmandu	Standard	US \$ 983	US \$ 126	US \$ 1013	US \$ 180	
	Supplement to stay 3 nights at Hotel Zhiwaling (Paro)	Deluxe	US \$ 680	US \$ 575	US \$ 695	US \$ 630	

Prices are based on per person twin sharing, full board, incl. of all transfers and guided tours, monument entrance fee, service charge and taxes.



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