

Beijing -- Lhasa (Mt. Everest) – Nepal Itinerary

Date : **September 20 to October 12, 2010**
 Total day : **23 days**
 COST : **\$ 5,000** PER PERSON
 SINGLE SUPPLEMENT : **\$ 750**
 MEAL PLAN : **AMERICAN PLAN**

Day	Date	Trip Detail
1	20 September	Arrive Beijing, transfer to the hotel. Please (Kings Park View 3*)
2	21 September	Tian'an men square, Forbidden City and Summer Palace (with boat ride). Beijing Roast Duck dinner.
3	22 September	Great Wall at Badaling section, Changling Tomb and Sacred Way.
4	23 September	Hutong Tour, lunch, afternoon shopping at Silk Market or Hongqiao market. Take evening train to Lhasa (Departure time: 21:30).
5	24 September	Train ride to Lhasa continues.
6	25 September	Arrive in Lhasa in the evening at 20:30. Check in (Hotel Lhasa 4*) in Lhasa (3658m) and rest for acclimatization.
7	26 September	Take rest and acclimatize in the morning. Take a tour to Potala Palace in the afternoon. It was the local government location and was divided into two parts-- the white palace and red one. It was also the highest castle-style palace in the world.
8	27 September	Visit Drepung Monastery in the morning, which is the largest monastery in Tibet, founded in 1416 by disciple of Tsongkhapa called Jamyang Choje. Then visit Sera Monastery in the afternoon, which was founded in 1419 by Sakya Yeshe, a disciple of Tsongkhapa. The most distinguished and interesting thing here is monks debating about Buddhism. Then visit Norbulingka (the jewel park in Tibetan) which was the summer palace of Dalai Lama.
9	28 September	Drive to Gyantse via Yamdroyumtso Lake, which can be seen from Kanbala Pass (4794m) .It is one of the three holy lakes in Tibet and an important destination for pilgrimage. Overnight in Gyantse at Gyantse Hotel (3 star, local best).
10	29 September	After visiting Palkhor Monastery drives 90km to Shigatse, which is the second largest city in Tibet. Visit to Shalu Monastery en route. Overnight in Shigatse at Shigatse Hotel (local best).
11	30 September	Drive 310km to Tingri, en route visit to Sakya Monastery, which was founded in 1073 by Kon Konchok Gyelpo. After passing Lhatse County and Gyatsola Pass (5222m), arrive at Shegar (new Tingri). Live in Shegar. (4300m) at Tingri Qumulangma Hotel (2 Star, local best).
12	01 October	Up early for Mt Everest. Drive about 100km including a must stop at Chewula for possible view of Mt Everest and some other peaks. At Rongbuk Monastery which is the highest in the world, take their environmental vehicles to go to the base camp. Go back to live in Shegar (Tingri Qumulangma Hotel).
13	02 October	Drive back to Shigatse from Shegar--(250km, all paved now). Overnight in Shigatse at Shigatse Hotel .
14	03 October	A quick visit to Tashilhunpo Monastery, then drive back to Lhasa from Shigatse; take a good rest after the long hard trip; overnight in Lhasa at (Hotel 4*)

15	04 October	Visit Jokhang Temple and Barkhor Market, the heart of the old Lhasa town. Here you'll enjoy fascinating combination of deep religiosity and push and shove market economics. In Tibetan Buddhism Jokhang is also regarded as the center of the Universe, it is a must sightseeing in Lhasa.
16	05 October	Fly from Lhasa to Kathmandu , Transfer Gongkar airport for the onward flight to Kathmandu. Our representative will assist you. The flight is of 01hours 20 minutes departing at 10 am CST & arriving Kathmandu at 09 AM NST. Transfer to Hotel Malla (5 star) after noon rest.
17	06 October	Drive to Pokhara 200 Km , 6 to 8 hours drive through an exotic and picturesque landscape and terraced hillside and loving villages along the riverside. After noon visit Davids Fall: Witness a breathtaking and unique waterfall that lays 2 Km from central Pokhara City. The water fall directly goes into a deep and narrow canal with no ends. It is believed that this deadly waterfall took the life of a tourist named David, who fell down into the canal and was never found, and hence the name 'David Waterfall' named in his memory by the people of Pokhara. Overnight Hotel. (Fish Tail Lodge)
18	07 October	Get up early morning and head up to Sarangkot, the view point to the sun rise over the Himalayan Ranges. Sarangkot is 20 kilometers north to Pokhara main city, a hill top point from where the sun rise is best viewed. Absorb the views and drive back to hotel. Boating: Enjoy the 1 hour long boat ride on this romantic Fewa Lake, shadowed by the gigantic range of Mt. Annapurna. .Your feelings get transformed into a joy of living. With a beautiful Barahi temple in the middle makes the lake more holy and religious. Every day thousands of visitors visit the temple. Surrounded by the green forest and lakeside city, Hundreds of hotels and restaurants around it make the evening very romantic. Pokhara will always remains in your heart and tempts you to visit again. Overnight Hotel.
19	08 October	Drive to Chitwan 148km After hearty breakfast we drive to the subtropical inner Terai lowlands of southern central part of the country and enter the famed 932 sq. km Royal Chitwan National Park, a World Heritage Site that shelters over 43 species of mammals, over 450 species of birds, and more than 45 species of amphibians and reptiles. Upon arrival transfer to the Resort followed by refreshments and a briefing about the Program and the lodge facilities. After lunch, a talk on the Mammals, Reptiles, Birds, local people and their culture and traditions and Village environment by the professionals with slide show presentation about the natural history & flora & fauna of the Park. This afternoon we're off on our jungle drive for bird watching and go around the unspoiled picturesque villages and meet hardy, hospitable and cheerful villagers to explore their unique culture and traditions. Over night at Resort (Rhino Residency)
20	09 October	This morning we go off on our elephant back safari into the Park to view the rhinos at close quarters. These rare one-horned Nepali rhinos are totally unaffected by the presence of the elephants allows us to get much closer than on foot, is the highlight of the trip to Chitwan; there is nothing quite like the gentle swaying of the elephant, high above the ground, makes its way easily through seemingly impenetrable jungle. There are many peacocks in the trees. We also visit to the breeding centre for Gharial, the freshwater Nepali crocodile, with its long thin snout. In the late afternoon, early evening we take a trip in a traditional dugout canoe down the wide Rapti river, which takes us to the elephant breeding centre. We can walk back with the ranger who will introduce us to the local wildlife and flora. The staff here shall make the most of your time at the park, and may use their initiative to vary the order of activities to always include the best options. Overnight at the Resort.

21	10 October	After breakfast Drive back to Kthamandu. After noon visit Swayambhunath. Swoyambhunath) is an ancient religious complex atop a hill in the Kathmandu Valley, west of Kathmandu city. It is also known as the Monkey Temple as there are holy monkeys living in parts of the temple in the north-west. The Tibetan name for the site means 'Sublime Trees' for the many varieties of trees found on the hill. Overnight Hotel Malla (5 star)
22	11 October	Full Day Sightseeing of Kathmandu Valley: After breakfast, we start a full day sightseeing tour of various places. We visit the sites and places which have great importance by various reasons, which are listed below. Pashupatinath , Pashupatinath temple is a biggest Hindu temple of Lord Shiva located on the banks of the Bagmati river in the eastern part of Kathmandu, the capital of Nepal. The temple served as the seat of national deity, Lord Pashupatinath, until Nepal was secularized. The temple is listed in UNESCO World Cultural Heritage Site list. Believers in Pashupatinath (mainly Hindus) are allowed to enter the temple premises. Non-Hindu visitors are allowed to have a look at the temple from the other bank of Bagmati river. Baudhanath , is one of the holiest Buddhist sites in Bouddha, Nepal. Located about 11 km (7 miles) from the center and northeastern outskirts of Kathmandu, the stupa's massive mandala makes it one of the largest spherical stupas in Nepal The ancient Stupa is one of the largest in the world. Bhaktapur , Bhaktapur also Bhadgaon or Khwopa is an ancient Newar town in the east corner of the Kathmandu Valley, Nepal. It is located in Bhaktapur District in the Bagmati Zone. It is the third largest city in Kathmandu valley and was once the capital of Nepal during the great Malla Kingdom until the second half of the 15th century. Bhaktapur is known for its fabulous culture and indigenous lifestyle. It is listed as a World Heritage by UNESCO for its abundant rich culture, temples, artworks in wood, metal and stone. Patan City . Patan is one of the major cities of Nepal. It is one of the sub-metropolitan cities of Nepal located in the south-western part of Kathmandu valley. It is best known for its rich cultural heritage, particularly its tradition of arts and crafts. It is also called as city of festival and feast, fine ancient art, making of metallic and stone carving statue. Farwell Dinner. Overnight Hotel.
23	12 October	The trip ends, our Airport Representative will drop you to the Kathmandu International Airport for your flight departure from Nepal.