



# **Short Nepal And Central Tibet Tour**

Short Central Tibet Tour is a 9 days 8 Nights packaged trip offered by Himalayan Social Journey. The trip commences with a short day tour of UNESCO listed world heritage sites of Kathmandu valley. After the blissful day tour of Pashupatinath, Swayambhunath, Boudhhanth and Patan Durbar Square, you will take scenic mountain flight to Lukla. In general, this flight is also one of the highlight of this trip. The flight takes over the majestic views of Himalayas of Nepal and Tibet. Upon arrival in Lhasa, you will be mesmerized by the rich cultural beauty of Lhasa. While in Lhasa, you will visit Potala Palace, Jokhang temple, Barkhor Bazar, Deraprunge monastery and Sera monastery. The palaces are carefully built with a lot of attention put on its artistic décor. Also, the unique architecture of the palace and monastery is remarkable and are the center of attraction. Central of Tibet is the most developed part of the Tibet. In 2 days, you will get to explore the all the attractive features of Tibet and get insights on their way of life, tradition, culture and customs. The rich culture of Tibet, art manifested in the major attraction of the city is interesting to look at. Likewise, a scenic drive from Lhasa to serene Yanmdrok Lake is beautiful part of this journey.

Short Central Tibet Tour is perfect for traveler who wants to discover all the delights of Nepal and Tibet at the same time but have very limited amount of time. So, we invite you to join this exciting trip with Himalayan Social Journey and makes an unforgettable memory of visiting both country.

# Outline Itinerary ( 9 Days )

## Day 1 : Arrival in Kathmandu

Your arrival to Tribhuvan International Airport and transfer to Hotel. Orientation in the evening at around 5 PM. At evening welcome dinner with the cultural program at the Local restaurant. Overnight at Hotel Aloft Kathmandu. (D)

## Day 2 : Full day sightseeing tour of Kathmandu valley

After breakfast, our Himalayan Social Journey City tour guide will take you to different UNESCO listed world heritage sites of Nepal. Today, you will visit Pashupatinath Temple or Kapan Monastery, Boudhanath, Swaymbhu and Patan Durbar square. Overnight at Hotel Aloft Kathmandu (B)

## Day 3 : Prepration Day

This day we will prepare for Tibet Tour. Our guide will help you to buy necessary equipments if necessary. Overnight at Hotel Aloft Kathmandu

## **Day 4 : Kathmandu (1,300m) – Lhasa (3,650m)**

Departure Transport to Tribhuban Airport and Trans – Himalayan flight to Tibet (Gonggar airport) (1hr.) Drive to Lhasa (1hr.) – Full rest for acclimatization – O/N at Sheraton Hotel or Hotel Manosarobar

## **Day 5 : In Lhasa: Two Full Days Sightseeing Tour In Lhasa**

Visit Potala Palace, Jokhang Temple & Barkhor Bazaar, Drepung Monastery and Sera Monastery. Overnight at Sheraton Hotel or Manosarobar Hotel

## **Day 6 : In Lhasa: Two Full Days Sightseeing Tour In Lhasa**

Visit Potala Palace, Jokhang Temple & Barkhor Bazaar, Drepung Monastery and Sera Monastery. Overnight at Sheraton Hotel or Manosarobar Hotel

## **Day 7 : Lhasa – Yamdrok Lake- Lhasa**

Day trip to Yamdrok Lake, Visit around and you may have Lunch at Nagatse then back Lhasa . Overnight at Sheraton Hotel or Manosarobar Hotel

## **Day 8 : Lhasa to Kathmandu**

Departure to Gonggar airport and fly back to Kathmandu. Overnight at Gokarna Forest Resort. (B. D)

## **Day 9 : Departure**

After breakfast transfer to airport for your departure. (B)

## Include / Exclude

- Airport pickup & drop
- Accommodation in Kathmandu at Hotel Aloft Kathmandu in twin sharing basis including breakfast.
- Kathmandu city tour by private car/van/Hiace with an experienced English speaking guide
- Highly experienced guide and their all expenses (food, accommodation, salary, equipment, insurance)
- Company t-shirt
- Welcome dinner with the cultural program in local restaurant on Day 1 and Farewell dinner at Gokaran Forest Resort Day Last with 30 minute massage
- Private transportation by tourist coach
- English speaking Tibetan guide.
- Accommodation on Sheraton Hotel or Manosarobar Hotel on twin sharing room basis in Tibet
- Sightseeing and monastery entrance fees as per our itinerary
- Daily breakfast.
- All government taxes and office expenses
- Lunch and dinner
- Your Travel Insurance
- Personal expenses such as a drink, tips & etc.
- Any additional cost due to natural calamities and unforeseen circumstance
- Flight fare (Kathmandu – Lhasa- Kathmandu)
- Tibet Visa Fee (US\$ 85.00 per person)



# Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, "Ecstasy is within you, safety the first."

## Our Contact

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