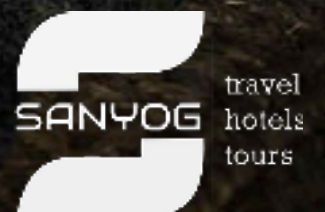


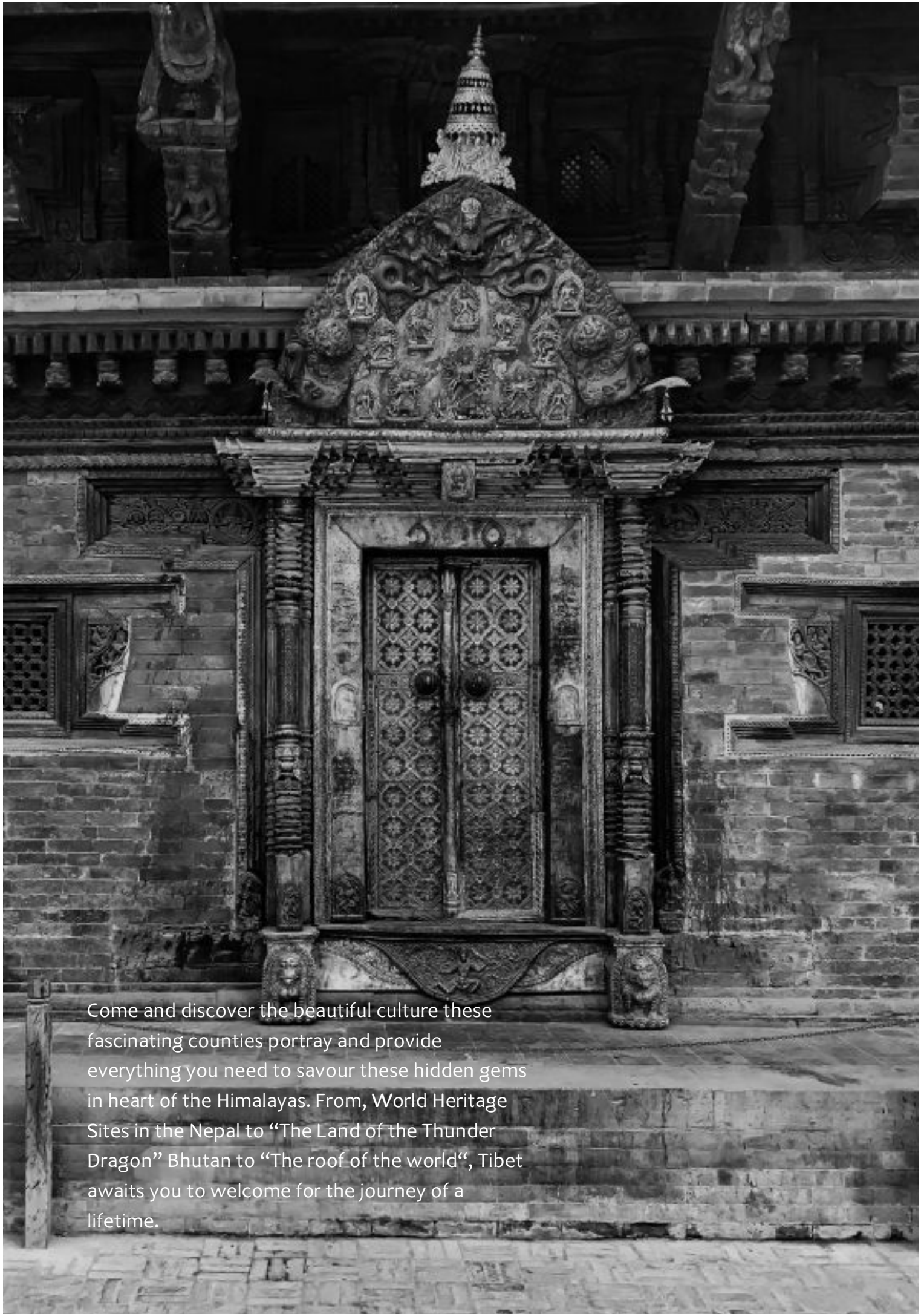
NEPAL  
BHUTAN  
TIBET



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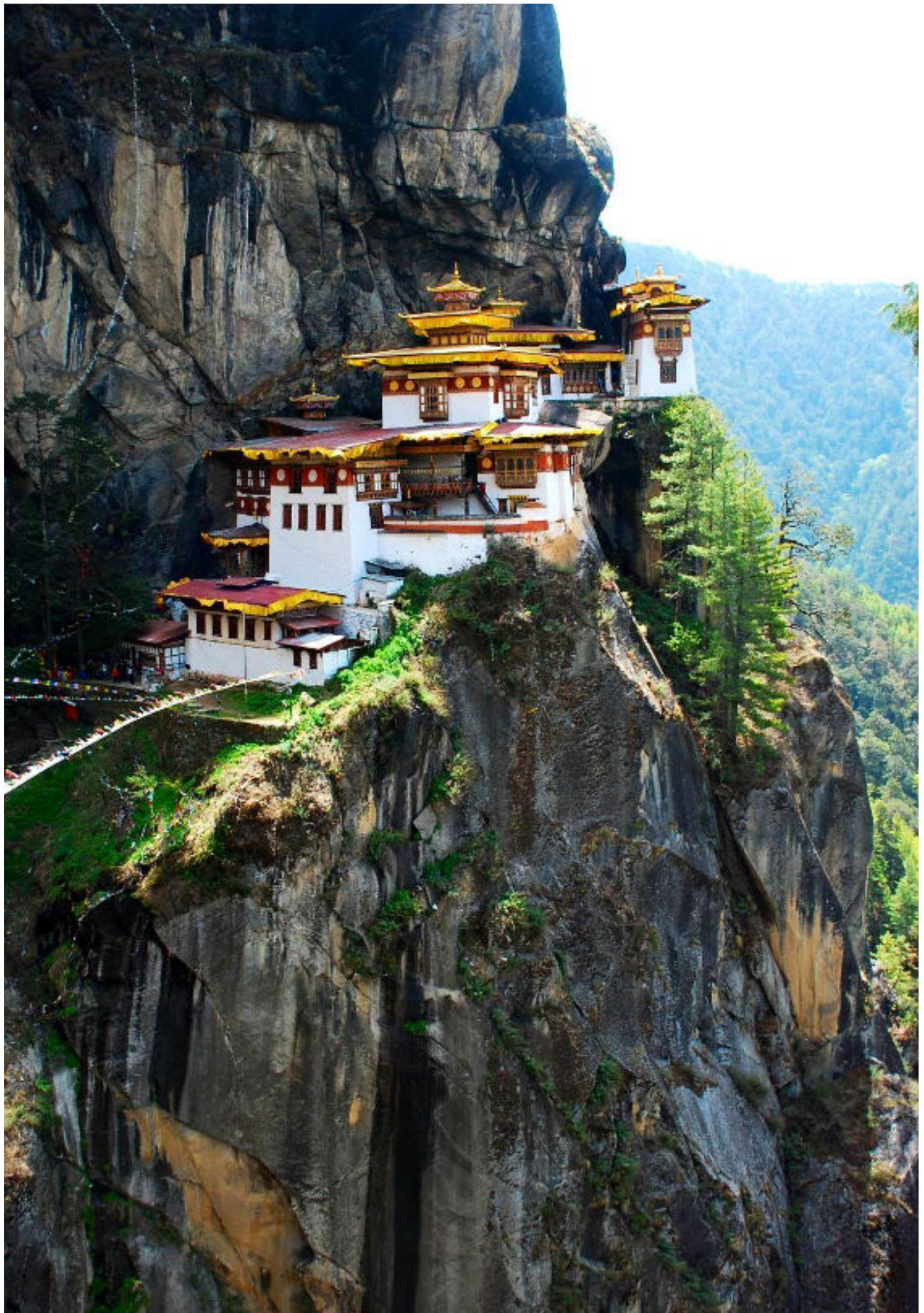
Come and discover the beautiful culture these fascinating countries portray and provide everything you need to savour these hidden gems in heart of the Himalayas. From, World Heritage Sites in the Nepal to “The Land of the Thunder Dragon” Bhutan to “The roof of the world“, Tibet awaits you to welcome for the journey of a lifetime.

## Table of Content

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The Story	1
General Information	3
Plan Your Travel	5
NEPAL	6
Luxury Stays	8 - 21
Destinations	22 - 33
Experiences	34 - 37
Nepal Festivals	38 - 41
Nepal Journeys	42 - 49
BHUTAN	50
Luxury Stays	52 - 61
Destinations	62 - 75
Experiences	76 - 79
Bhutan Festivals	80 - 83
Bhutan Journeys	84 - 91
TIBET	92
Luxury Stays	94 - 101
Destinations	102 - 111
Experiences	112 - 121
Tibet Festivals	122 - 125
Tibet Journeys	126 - 133
Nepal Bhutan Tibet Journeys	136 - 143
Frequently Asked Questions	146 - 147
Tips - On the Go	148 - 149







# Sanyog Gupta Voyages

Luxury Destination Management Company

As we have evolved as a company, we have come to realise that our love lies not in booking tour packages, but in showcasing the unique experiences across the nations we serve. We realised that there are many secret corners of our world, rare moments, mysteries and stories.

Our company owned by a family, but run professionally. We have hierarchical systems which are driven by our core family values. We have come to understand we do not want to be the largest company globally. We have never tried to be the richest or the most influential. I say, we just want to be the bestest in what we do.

We are a family tradition for over three decades that have been highlighting this part of the planet. All over Indian sub-continent, we have grown to become a popular, valued and autonomous DMC providing the finest cultural experiences, personal immersions and natural wonders. We are here to build stories for our clients, tales of love, of wonderful excitement. We are proud of our past and its legacy.



Sanyog Gupta  
President - Sales & Marketing

‘We are real voyagers and love varying voyager’s life!’

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# GENERAL INFORMATION

## Getting There

Royal Nepal, Emirates, Turkish Airlines, Etihad, Druk Air, Bhutan Airlines, Air China and Qatar airways offer one-stop flights from all over the world to these countries. Those travelling from the USA, Europe, the Middle East, South East Asia and the Far East can catch a connecting flight to these countries from many of the main cities in Europe, the Middle East or South East Asia.

## Getting Around

Barter for a 3-wheeler at around Rs.40 per km or take set price taxis for longer journeys. Soak in the spectacular scenery of a train journey. Buses are also cheap and regular. Roads seem chaotic chauffeur-driven cars run at similar cost to independent car hire, and are probably safer. Bicycle hire is only really suitable for the quieter roads.

## When to go

India's tropical climate generally offers warmth and sunshine throughout the year. The south-west monsoon brings most rain during July & August.

The north-east monsoon brings rain between December and February. There are also inter-monsoon rains, usually in October & early November.

## Sub-continent don't mind Mondays

### The Working Week

Nepal, Bhutan, Tibet has adopted 8 hours a day 5 working day week in general.

While the government institutions are closed in the weekends, some of the commercial enterprises including the banks are open on Saturdays too.

## All about the money

### Currency & Exchange

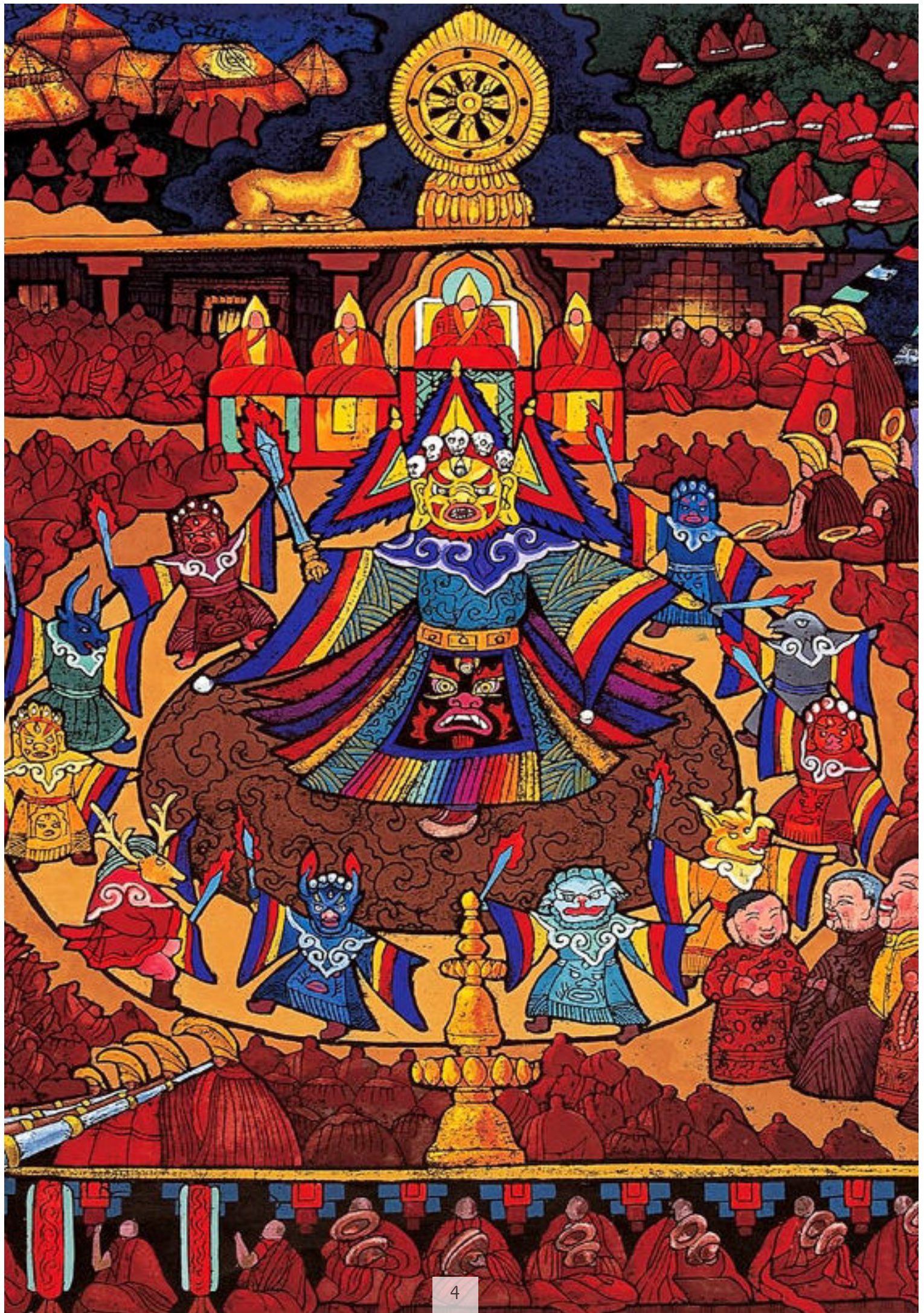
The domestic currency is Rupee (INR). Local and foreign money may be brought into Israel as cash, traveler's check, and credit cards.

Foreign currency of all kinds may be exchanged at the airport, banks, most hotels or licensed exchange agencies in large cities. Cash withdrawals can be easily made from the many widespread ATMs via International credit or debit cards.

## Languages

Hindi and English are the official languages of Nepal & Bhutan and Chinese in Tibet. Hindi is widely spoken in the Nepal and Bhutan, while English is widely understood and business language of these countries. Chinese is business language for Tibet.







# PLAN YOUR TRAVEL

## Tailor Made

SGV provides expert advice, total flexibility, support when you need it, and the keenest prices. You may need a last minute booking or a full, guided tour for Nepal, Bhutan & Tibet.

You may be seeking out India special offers, or the best deals on flights. Whatever your needs, we offer efficient and caring service.

And, by the way, we have an impressive programme in the Sri Lanka, Dubai, Thailand, Bangladesh, Myanmar and Maldives too.

## Route Planning

Planning your trip can be one of the most enjoyable parts of your holiday – and there is every chance to indulge yourself on SGV's comprehensive website. We guarantee that our advice is fiercely independent and up-to-date too, as we constantly strive to keep abreast of all the latest developments.

Many people prefer to gather information before they contact us. Some have definite proposals. Others happily leave everything to us. However you prefer to plan your holiday, we offer a free tailor-made service of unrivalled flexibility.

## Short Break - One Week

A one week itinerary which involves the Kathmandu, Paro and Thimphu could leave you travel-worn. If that is the holiday you need then expert advice and smooth ground-handling is vital. We advise you to decide which part of the India holds most appeal.

Possible one-week itineraries can include 4 nights of Kathmandu, 2 nights in Thimphu, 1 night for Paro. Another popular option is 3 nights for Kathmandu & Nagarkot and then 4 nights in the Paro, Thimphu & Punakha.

## Nepal | Bhutan | Tibet - Two Weeks

The majority of our Tour itineraries are set over two weeks and strives to give you an instant insight into the many alternatives available. Identify your priorities: often a successful holiday is as much about what you leave out as what you put in.

A traditional two-week holiday starts from the Kathmandu and then on to the Chitwan, Pokhara, Paro, Thimphu and Pokhara, and finishing with a few days in Lhasa in Tibet. Into this itinerary you can also insert one or two days at either Gyantse or Shigatse.





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SO IS THE TIME  
SO IS THE PLACE  
SO IS NEPAL

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# NEPAL

NEPAL'S DIVERSITY IS STAGGERING,  
CAPTIVATING AND COLOURFUL.

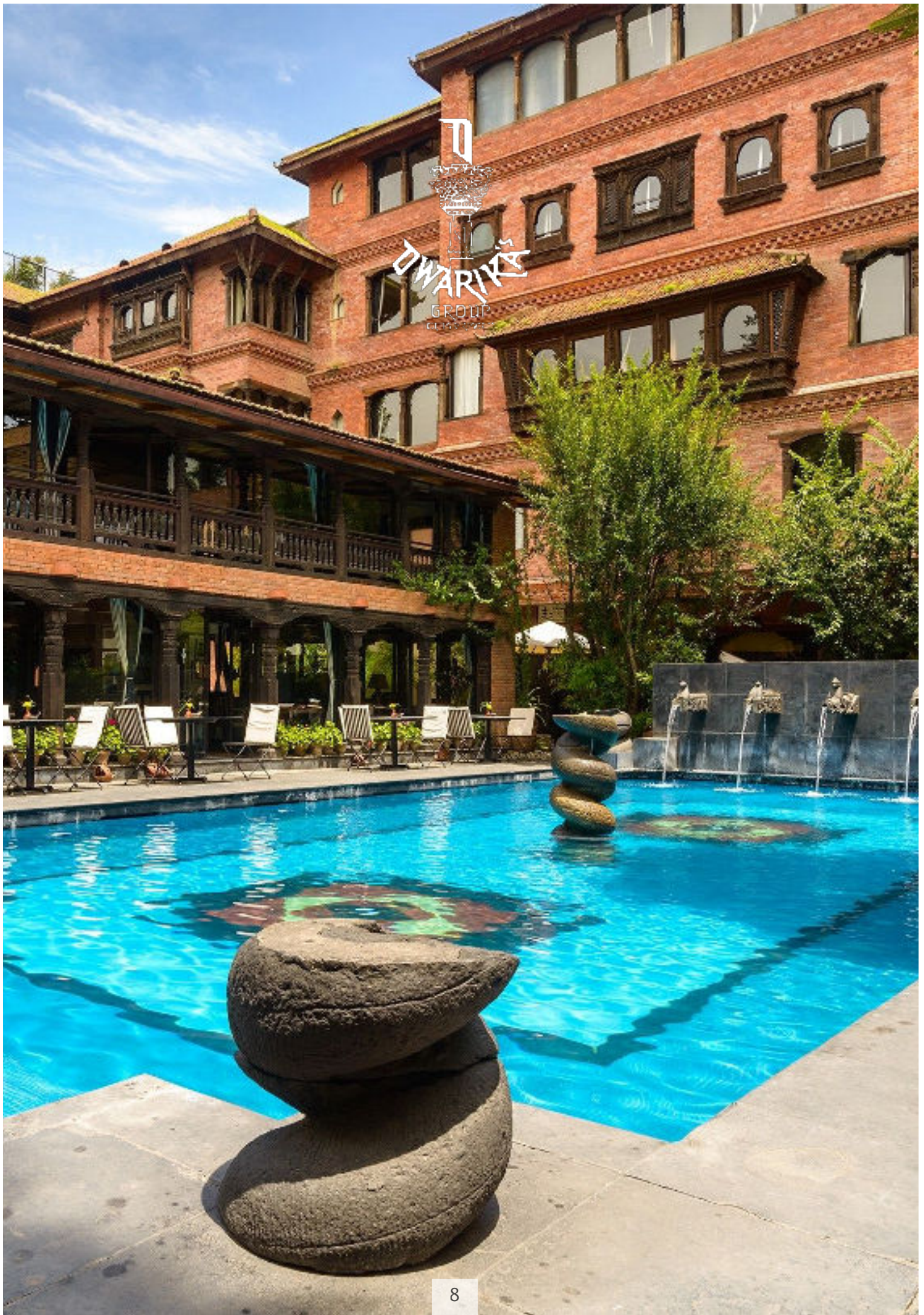
## IT ALL STARTS WITH SMILING FACES

Nepal is a stunning mountain kingdom which straddles the Himalayas, to the north of India and to the south of Tibet. Walk well-trodden paths through villages and valleys in the low hills or you may venture into the high mountains for some testing trekking to various base camps.

The formidable Mount Everest may be reason enough to visit for some, but there is so much more to this beautiful country. Explore the rich jungles of Chitwan, take in the bustling life of Kathmandu and visit ancient temples peppered across the vibrant countryside.

It is difficult to match Nepal for dramatic scenery. It is home to the world-famous, 8,848M high Mt. Everest, it is a completely dominated by the Himalayan range. It has seven UNESCO World Heritage Sites in the Kathmandu Valley alone





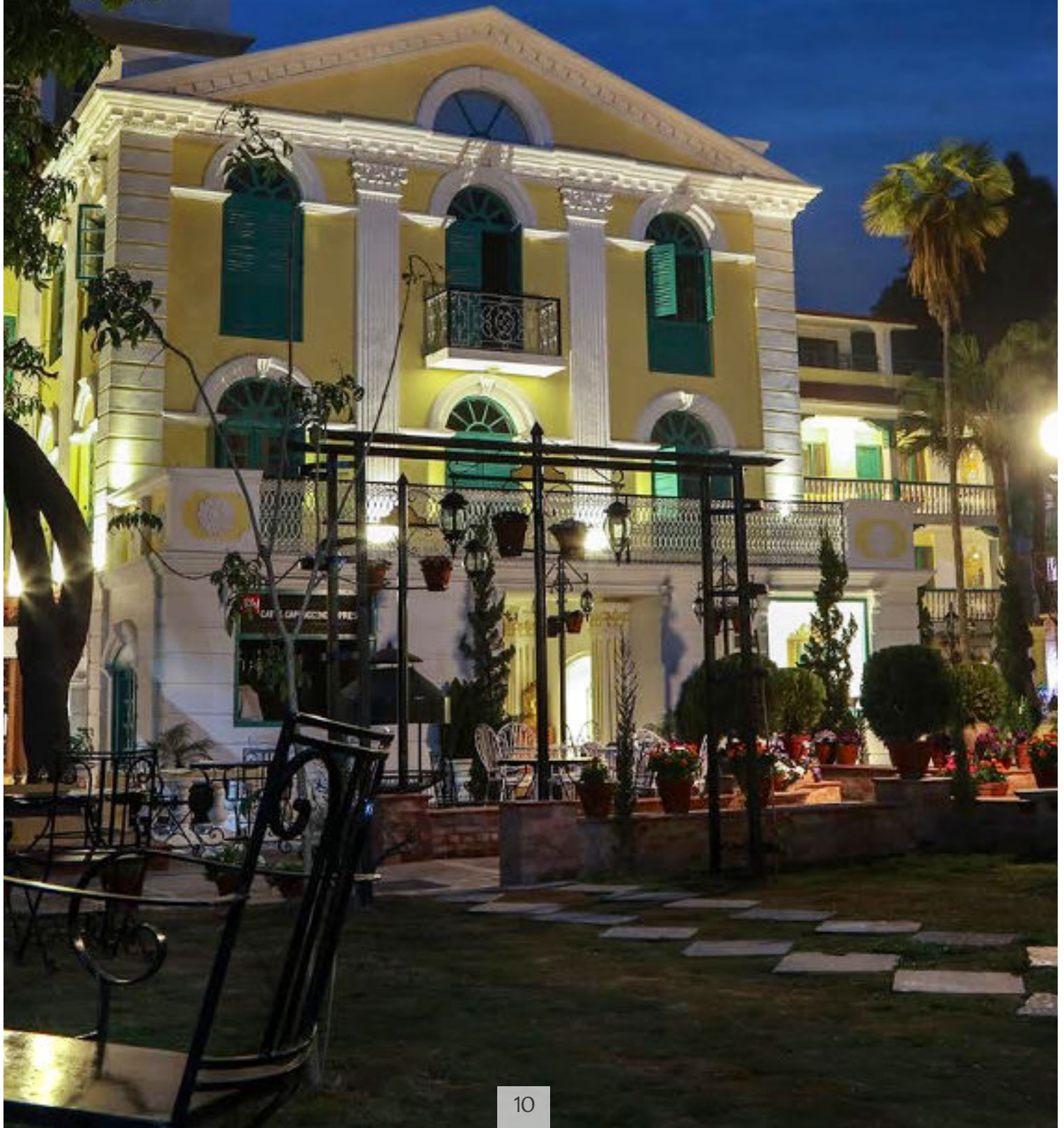
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GROUP



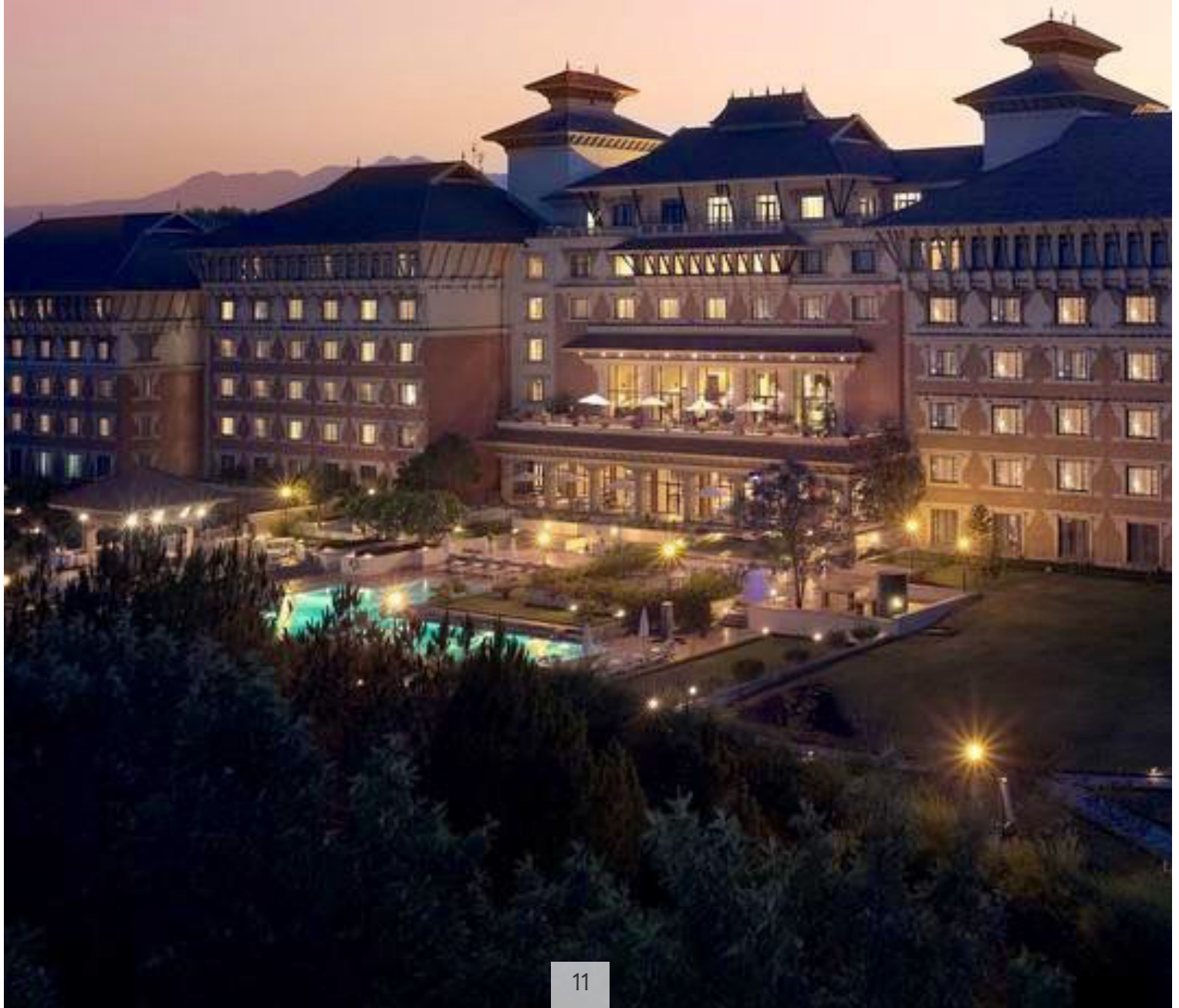
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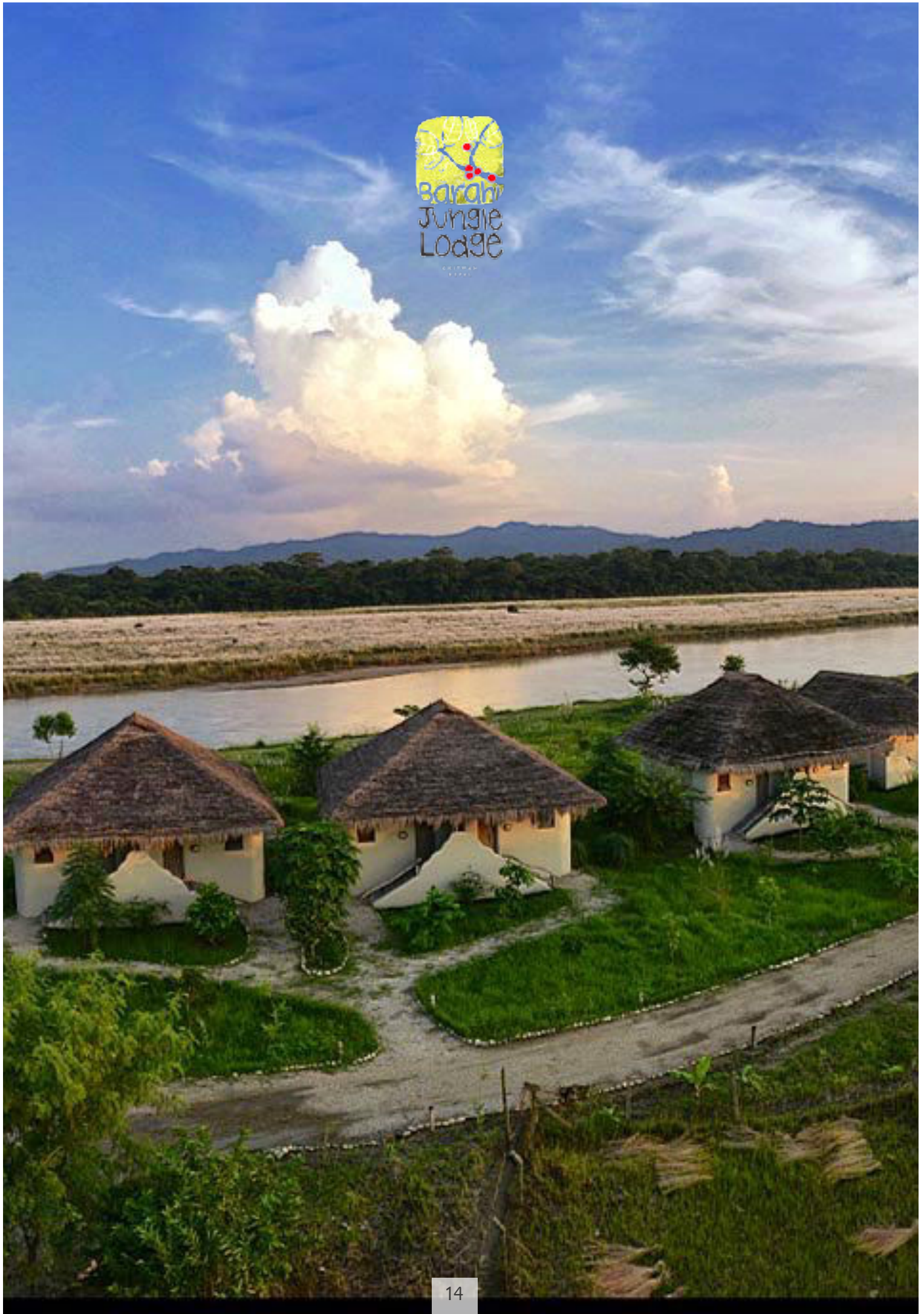




GOKARNA FOREST  
RESORT











*The Fulbari*  
— RESORT & SPA —  
POKHARA • NEPAL







HOTEL HOKKE CLUB  
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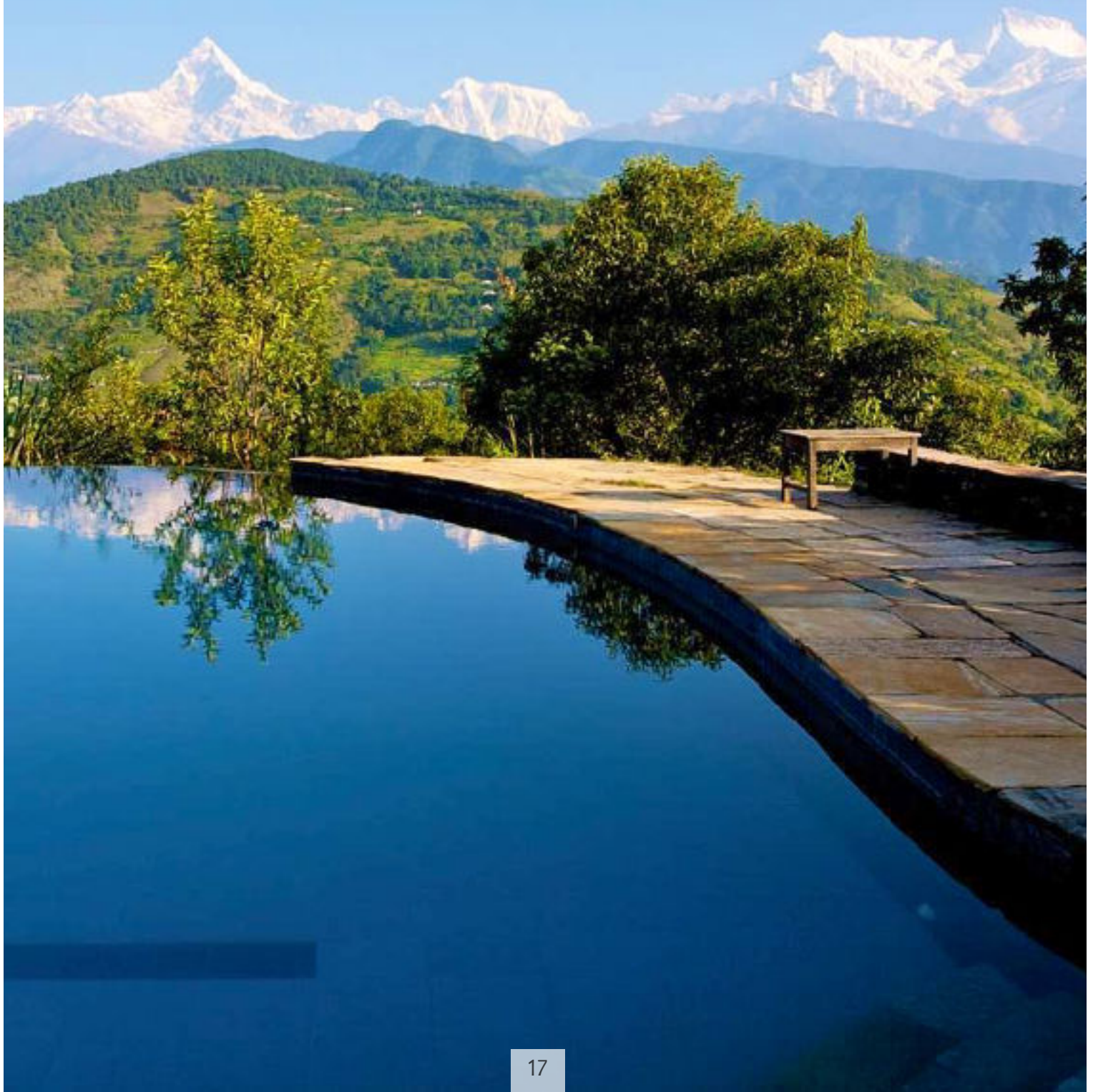






# TIGER TOPS

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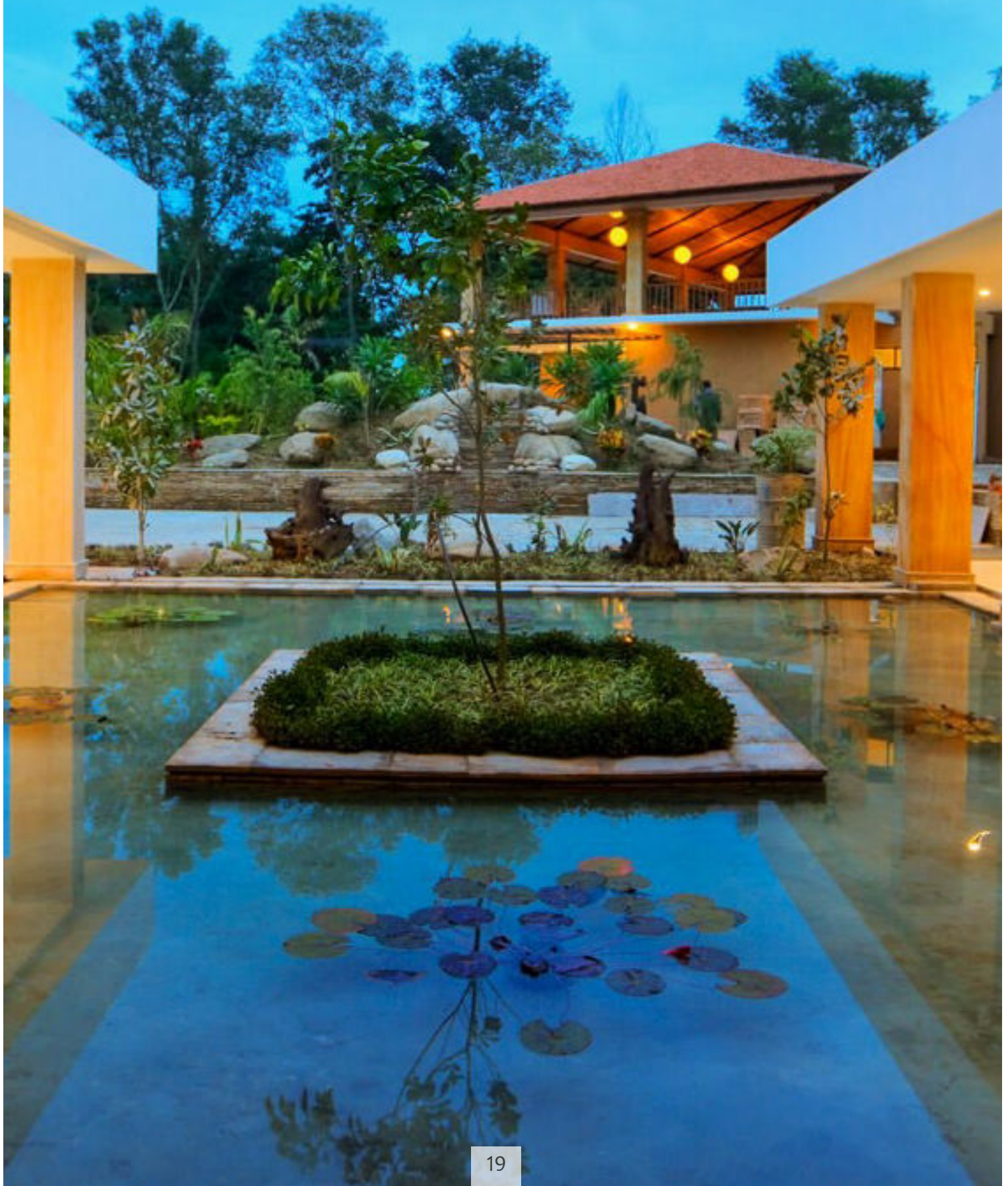


YAK&YETI  
KATHMANDU





# KASARA



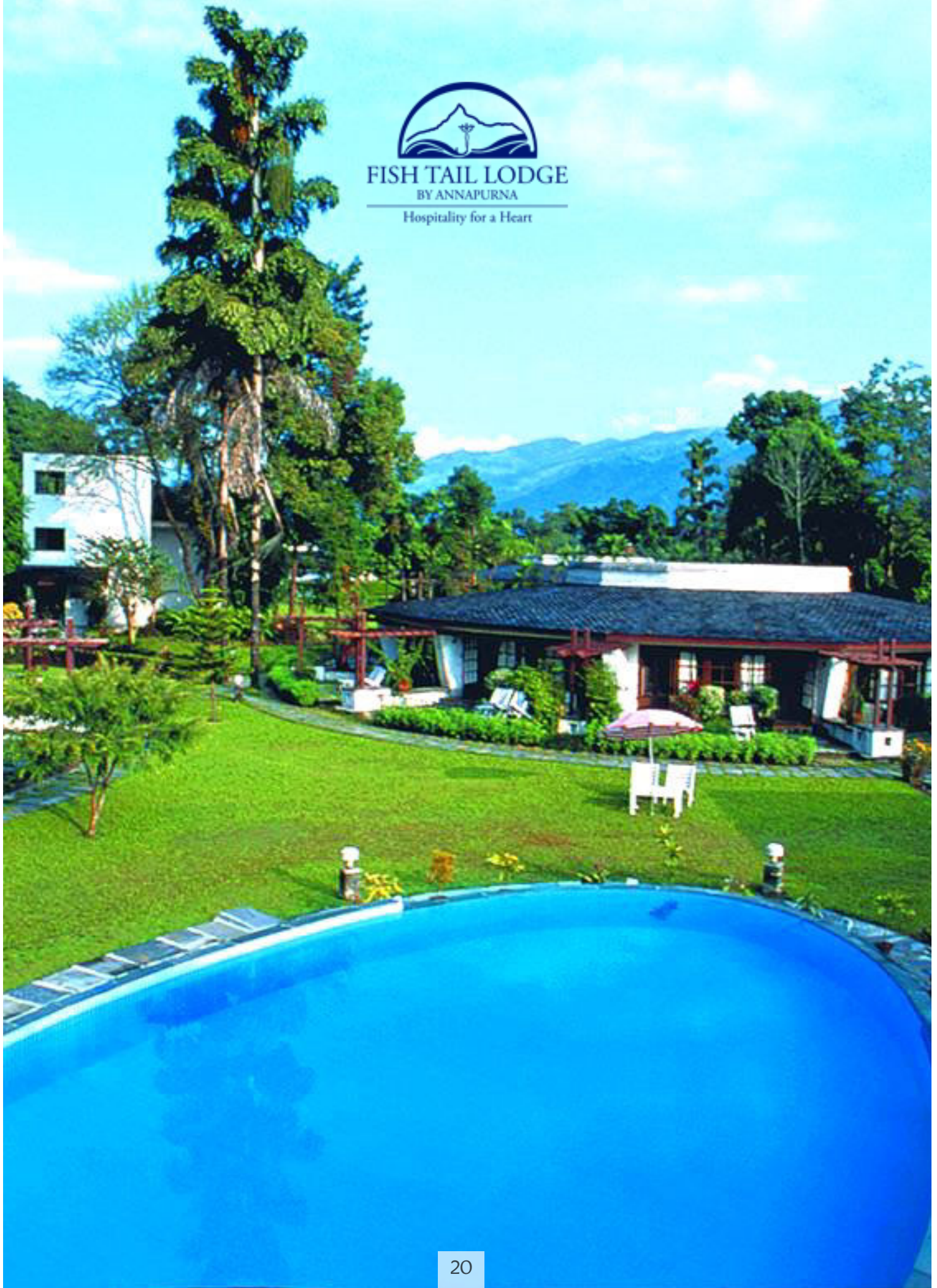




FISH TAIL LODGE

BY ANNAPURNA

Hospitality for a Heart







**Yeti**  
Mountain Home



# KATHMANDU

KATHMANDU, THE COUNTRY'S CAPITAL, LARGEST CITY AND POLITICAL AND CULTURAL HUB, IS USUALLY THE FIRST STOP FOR THOSE VISITING NEPAL. AND WHAT AN IMPRESSION IT MAKES. IT IS SIMULTANEOUSLY STUCK IN A TIME CAPSULE AND HURLING HEAD-FIRST INTO THE 21ST CENTURY, MAKING IT A FASCINATING PLACE TO EXPLORE.

Kathmandu, rather like Timbuktu, has a mysterious, exotic and otherworldly allure to it; arriving there makes you feel like an explorer of a bygone era. Ornate palaces, temples & medieval squares are surrounded by fluttering prayer flags and souring mountains.

Kathmandu is ideal for exploring by foot, as the intoxicating and ancient city offers a startling array of market stalls and craft shops to wander around and be tempted by, particularly in the old 'hippy' district Thamel, where Westerner's flocked in the 1960's to explore the delights that the hippy trail offered. Aside from the beautiful local goods

found here, the Nepali's are lively and cheeky people, who are considered to be amongst some of the friendliest in Asia.

Kathmandu sits at an altitude of 1,370 metres and is a base for the many mountaineers who are headed east to the Khumbu region where the mighty Mt. Everest is located, or north west to the scenic Annapurna Massif. This scene combined with the frenetic energy and combination of Hinduism and Buddhism gives Kathmandu a vibe like no other.

Yes Kathmandu can seem chaotic at times, but its riches are well worth seeking out and its energy is undeniably contagious.





# CHITWAN

CHITWAN'S HINDI MEANING, 'HEART OF THE JUNGLE', COULD NOT BE MORE APPROPRIATE FOR THIS BEAUTIFUL NATIONAL PARK NESTLED IN THE TERAI LOWLANDS IN THE SOUTH OF THE COUNTRY, RIGHT ON THE BORDER WITH INDIA.

Located in a landscape dense with rivers, trees, and animals, Chitwan National Park is a UNESCO World Heritage Site.

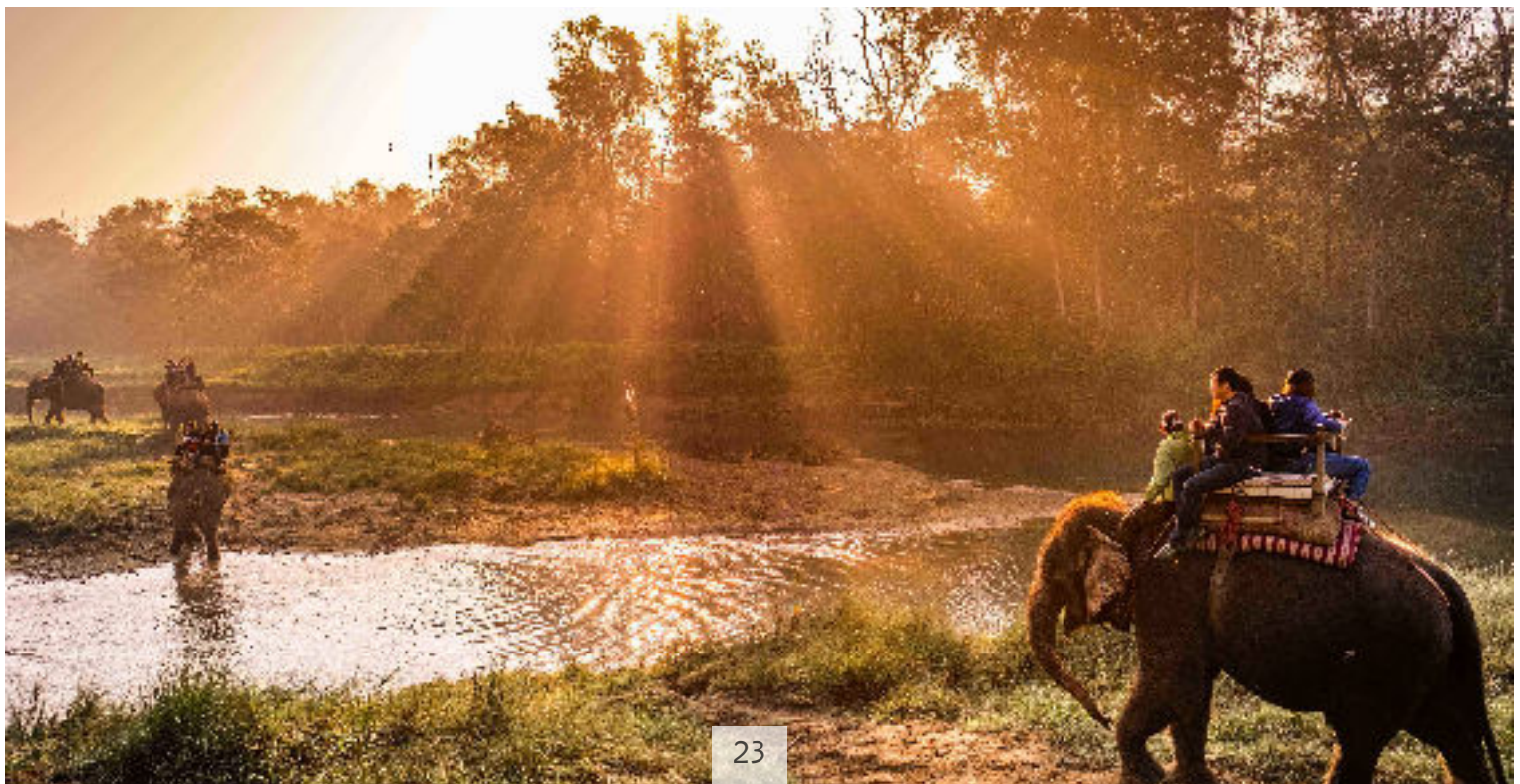
Chitwan National Park is the first national park in Nepal and boasts a beautiful setting and abundant wildlife. Established in 1973, this park covers an area of 932 km<sup>2</sup> (360 m<sup>2</sup>) and is located in the subtropical Inner Terai lowlands of south-central Nepal. The altitude varies from 100 m (330 ft) in the river valleys to 815 m (2,674 ft) higher up in the Churia Hills in the south.

Chitwan National Park is home to many endangered animals, such as the greater one horned rhinoceros, royal Bengal tiger,

graham crocodile, fresh water gangetic dolphin and others. In addition, four types of deer, two types of monkeys, wild boar, sloth bear, elephant and leopard can also be found here.

Chitwan was once the favoured hunting ground of the Nepali royal family, but now its focus has shifted to preserving the incredible diversity of flora and fauna found within its borders.

Chitwan is a must on any Nepal itinerary. It is easily accessible from Kathmandu & Pokhara means that it is much more commercialised than its remote cousin, Bardia.





# LUMBINI

# BIRTHPLACE OF BUDDHA

ONE OF THE MOST IMPORTANT BUDDHIST SITES IN THE WORLD.

Lumbini also celebrates Buddha with a sprawling temple complex comprising of 42 temples funded by various Buddhist groups from around the world. Each temple reflects the architecture and style of its founding nation.

From brightly coloured Tibetan temples adorned with gold gilded statues of Buddha, to white marble behemoths from Thailand, the complex is a fascinating display of the differing faces of Buddhism.

Each temple also has a monastery attached where pupil monks come to learn and live a life of devotion.

Today, visitors can see the archaeological excavations, some of which date to the 4th century BC and current places of worship including the Sacred Garden where a large peepul tree and ancient pillar constructed by the Emperor Ashoka in 250BC are two of the most sacred sites.

The birthplace is situated within the grounds of a serene park festooned with prayer flags with numerous pilgrims meditating and offering donations in quiet contemplation.

Lumbini is a congregation of the many facets of Buddhism, with pilgrims from China, Japan, India and of course the rest of Nepal.





# POKHARA

SURROUNDED BY THE SNOW-CAPPED HIMALAYAS, POKHARA IS KNOWN FOR ITS MAGNIFICENT MOUNTAIN VIEWS, AS WELL AS ITS LOVELY LAKES WHICH HAVE THEIR SOURCE IN THE NEARBY GLACIAL ANNAPURNA RANGE.

A place of remarkable natural beauty, Pokhara also offers splendid views of the fishtailed summit of Mt. Machhapuchhre - a sacred mountain, so off limits to all climbers.

Pokhara, located in the centre of Nepal, is the third largest city in the country. Previously an important hub on the trading route between China and India, Pokhara is now best known for its stunning views, rich cultural history and tranquil atmosphere.

The city is also a base for many hikers planning on visiting the Annapurna region of the country. Also, the starting point for many spectacular treks and day walks in the area and as it is only at a height of 884 metres,

these are perfect for those for whom the higher altitudes does not appeal! With many of the Annapurna circuit treks just a 2-hour drive away, Pokhara is a perfect place to begin and end a longer trek.

Pokhara also has a wonderfully relaxed side as its location on Phewa Lake with the epic backdrop of the Himalayas is enough to calm even the most energetic of people.

Stays here involve hiking in the foothills of the Himalayas, renting a boat and paddling around Phewa, or for the more adventurous; micro-lighting, paragliding, white-water rafting and mountain biking are on offer.





# EVEREST

CLIMB EVEREST IF YOU WANT TO STAND ON TOP OF THE WORLD, OR DO THE EXTREMELY POPULAR EVEREST BASE CAMP TREK TO ENTER A STRANGE WORLD OF ICE AND SNOW.

Reach the highest point on earth or choose to live out your dream by standing at the foot of Mt. Everest (8,848 m). The Everest region in Nepal is more than just climbing and trekking, it is a life changing experience and some see it as a journey close to achieving Nirvana.

Located in the north eastern province of Nepal, this region is in a world of its own with vast glaciers, icefalls, the highest mountains, deep valleys, precarious settlements, and hardy people challenging the harshest conditions thrown at them by nature in the thin air of high altitude.

Passing through legendary Sherpa villages, the trek is a mix of deeply cultural and

spiritual experiences and physical challenges that test your strength and endurance. Buddhist lamas, monks and nuns led by Rinpoches (reincarnate at mas) serve the predominantly Sherpa communities from their gompas (monasteries).

The journey to Everest or Everest Base Camp, begins with a dramatic flight from Kathmandu to Lukla, after which you hike up the Everest region to reach your destination in the Himalayas. The Everest region has been valued as the key to evolutionary history of the Earth, and is also a habitat for some rare and endangered species like the snow leopard, red panda, Himalayan black bear, musk deer and Himalayan wolves.





# DOLPO

DOLPO REGION ALLOWS YOU TO EXPERIENCE THE GRANDEUR OF NEPAL'S RUGGED AND REMOTE FAR WEST. DOLPO BORDERS TIBET, WHERE THE CULTURE AND MUCH OF THE LANDSCAPE IS REMINISCENT OF ITS NORTHERN NEIGHBOUR.

Dolpo offers trekkers a unique Nepalese trekking experience. Sandwiched between the Tibetan plateau and the Dhaulagiri ranges in north western Nepal, the high-altitude region of Dolpo is remote, rugged and sparsely populated, offering the few travellers who visit striking landscapes, challenging trekking experiences and the opportunity to encounter a rich Tibetan culture.

Closed to outsiders until the 1990s, this isolated corner of the Himalaya is dotted with ancient Buddhist sites, nomadic camps and fortified villages where Tibetan culture remains largely unchanged.

As we trek through this isolated environment, the arid landscape of sun-dappled plateaus and steep scree slopes is broken by snow-dusted peaks, fertile lower valleys and the spectacular blue waters of Phoksundo Lake.

The western part of the district is home to the She-Phoksundo National Park, which is Nepal's largest.

The deep valleys, high passes and peaks, the turquoise Lake Phoksundo, the 800-year-old Shey Monastery and some rare wildlife including the elusive snow leopard reward trekkers who visit here.





# KUMARI

GET A GLIMPSE OF KUMARI, THE LIVING GODDESS, AT KUMARI GHAR IN BASANTAPUR, KATHMANDU DURBAR SQUARE.

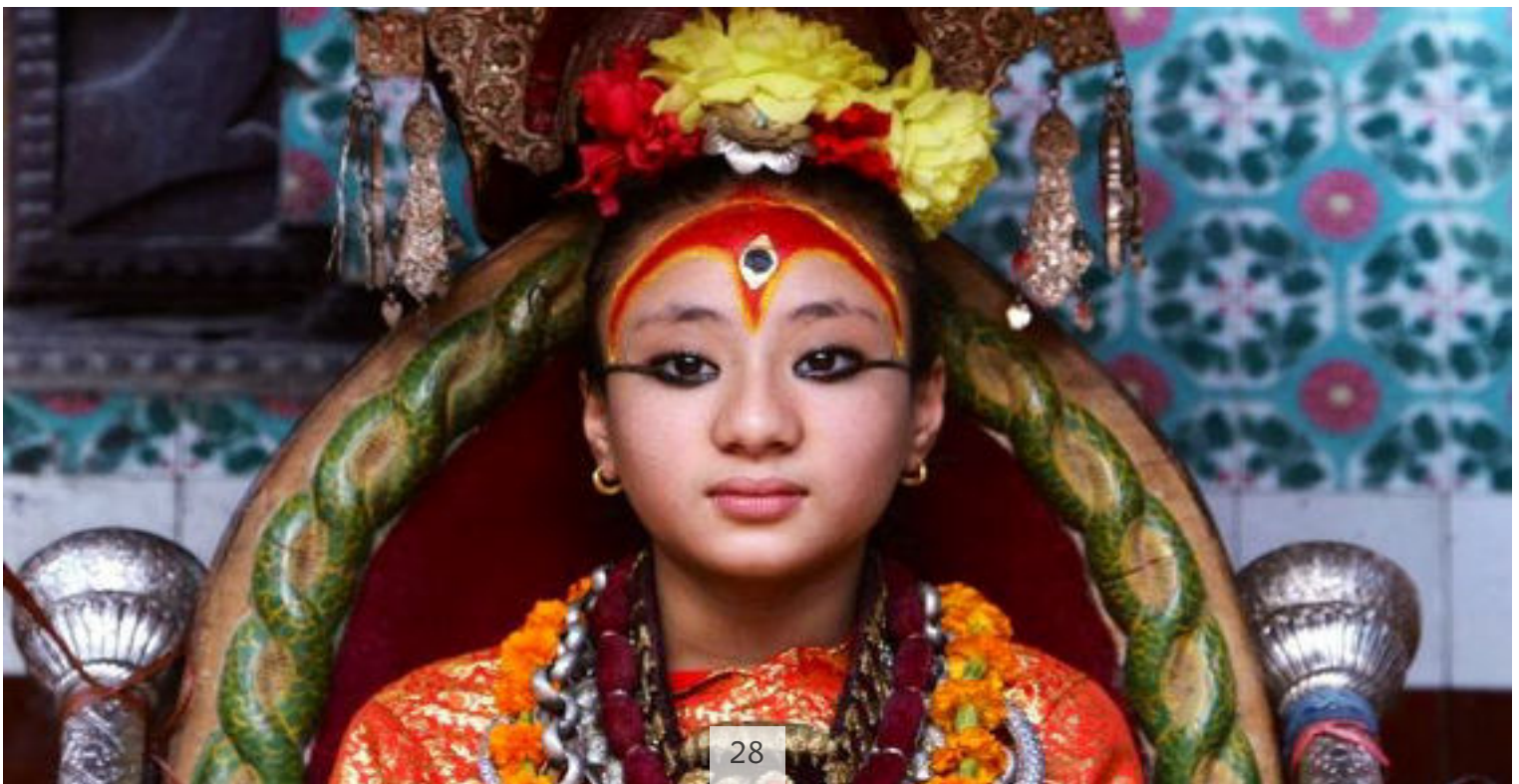
Regarded as a Living Goddess, a young Newar girl with no blemishes is chosen to represent the Goddess Kumari as an incarnation of Goddess Taleju, the tutelary deity of the Malla dynasty and the Shah dynasty which inherited the tradition. Newars are the original inhabitants of Kathmandu valley and have the most elaborate religious festivals.

The Living Goddess is worshipped with great reverence and even the Shah Kings followed the tradition of receiving tika and blessings from her.

Dating back to the 17th century, the practice was institutionalized by a Malla king.

Legend has it that King Jaya Prakash Malla under the influence of alcohol, while playing a game with the visiting Goddess Taleju in the form of a human, started lusting after her. This offended the goddess and she ordered the king to make an oath that he would select a virgin girl within whom she would always reside. The tradition has been continued to this day.

The Malla dynasty was ousted by King Prithvi Narayan Shah but the tradition of revering the Goddess Kumari was continued by the conquerors. Until 2008, the Shah King would go to the Kumari to receive tika on his forehead which symbolized the empowering of the monarch.





# GOKYO VALLEY

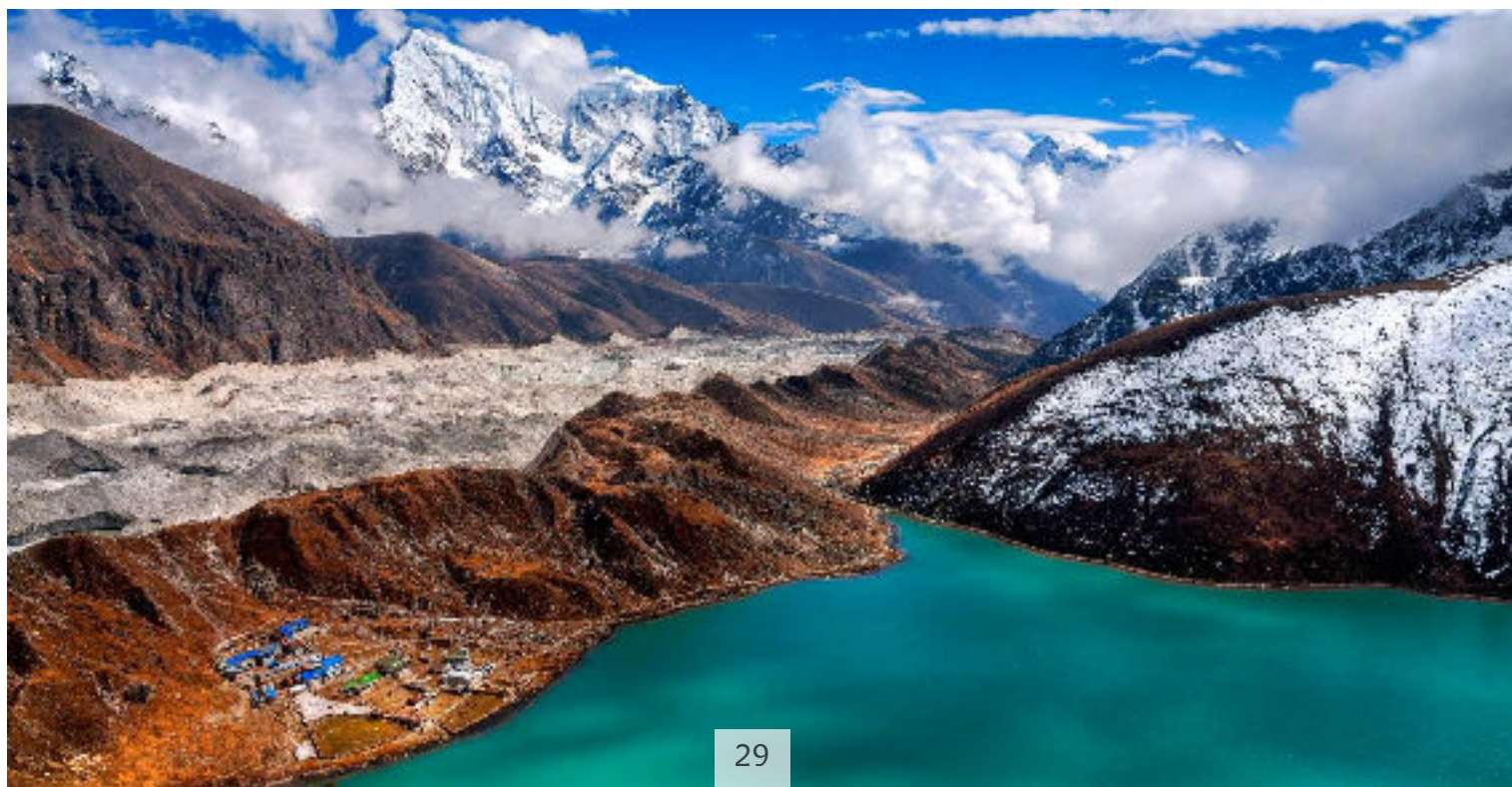
TAKE THE ALTERNATIVE ROUTE TO THE SERENE & ROCKY GOKYO VALLEY WITH PRISTINE GLACIAL LAKES.

One of the most picturesque valleys in Nepal, the Gokyo valley lies towards the west of the famous Khumbu region of the Himalaya. The serene valley boasts extensive pastures for yaks to graze during summer and the pristine turquoise lakes are simply breathtaking. Gokyo can be visited after trekking up to Everest Base Camp by adding another five days to the itinerary.

If Gokyo is your main destination, then the trek goes up the Everest trail only as far as the teahouses at Kenjoma (where the trail from Khumjung joins the main trail). From this point on, the trail leads up towards Mong La pass before dropping steeply back down to the banks of the Dudh Koshi River.

The trail then goes past rhododendron and oak forests and waterfalls which are often frozen. A couple of hours on this enchanting trail and you arrive in Dole, where you spend the night in a teahouse.

It is only four hours from Dole to Machherma. The valley that leads west above Machherma is worth a visit, and can be done in the afternoon. The valley is dominated by the unclimbed Mt. Kyojo Ri. The final trail up to Gokyo goes past teahouses at Pangkha and up the terminal moraine of the Ngozumpa glacier, which is the largest glacier in the country. Finally, just above the moraine, you will see the crystal clear lakes.





# KOPAN MONASTERY

VISIT KOPAN MONASTERY IN KATHMANDU, A CENTER FOR SPIRITUAL EXCELLENCE WHERE STUDENTS FROM AROUND THE WORLD COME TO STUDY BUDDHISM.

Perched on a hill not far north of Boudha, Kopan Gumba is one of the most popular monasteries of Tibetan Buddhism. Each year a large number of foreigners arrive here to study Buddhism and meditation. Kopan Monastery was founded by Lama Thubten Yeshe who died in 1984.

Interestingly, a small Spanish boy named Osel Torres became his successor after he was declared a reincarnation of the great Lama. However, the reincarnation does not reside at Kopan anymore.

The spiritual program at Kopan offers introductory level courses in what is known as the Discover Buddhism series, dealing

with the basic principles of Tibetan Buddhism and meditation. The series known as the Next Step series, leads on to a deeper exploration of these principles.

There is a sealed road all the way to the monastery but it is also a pleasant hike from Boudha. People from many different Nepali ethnic groups also join the monastery at a very young age to become monks. These young lads get formal education in math, science and other subjects just as their contemporaries in local schools.

The kids are mostly from families who traditionally send one child to become a monk or a nun.





# PALPA

## GET CHARMED BY "OFF-THE-BEATEN-TRACK" DESTINATION PALPA.

Palpa District is not far from Pokhara and easily reached by bus. The ancient hill town of Tansen in this district offers a more tranquil atmosphere where time moves slowly and the laid back lifestyle is infectious. Walk down the cobbled streets in the old bazaar to discover a way of life quite different from modern Pokhara's Lakeside.

Explore the Shreenagar Hills or go for a day hike to the Rani Mahal, once a vibrant palace on the banks of the Kali Gandaki River.

Midway between Pokhara and the Indian border, Tansen showcases some old artistic Newari houses and cobbled streets. Centuries ago, Newar businessmen from Kathmandu arrived in Tansen to trade, bringing with them their art and architecture.

The picturesque town of Tansen is the headquarters of Palpa District and the hub of the culture of the mid-west. The landscape rises from 250m to 2,000m in elevation and is home to diverse flora and fauna.

Although Tansen is dominated by traditional Newari architecture, the district is home to the Magar people, and the name "Tansen" has its origins in the Magar language, meaning "northern settlement." Palpa is one of the twelve Magar regions of West Nepal and enjoys a rich, diverse culture and religion.

Palpa was the seat of the Sen kingdom that ruled over this region from the 6th century for almost 300 years





# TENGOBOCHE

VISIT THE ENCHANTING TENGOBOCHE, ON THE LAP OF SACRED KHUMBILA  
ACROSS THE STUNNING AMA DABLAM.

Tengboche Monastery is one of the most famous monasteries of Nepal, probably because of its unrivalled backdrop of Mt. Ama Dablam. The monastery is the leading Buddhist centre in the Khumbu region with a residing Rinpoche who blesses pilgrims, mountaineers and travelers passing through.

Every October, Tengboche Monastery hosts the colorful Mani Rimdu festival, which is a culmination of Buddhist celebrations with a religious gathering, songs, ritual dances and enactments of the lives of legendary figures. Visitors are always welcomed to partake in the festivities and many trekkers book their trek to coincide with the festival. Tours of the monastery are conducted every afternoon for visitors. Tengboche lies on the very popular trek route to the Everest region.

Atop a hill across Imja Khola, Tengboche is the most common night halt after Namche. The monastery is perched on a high ridge across the canyon from Khunde. The original Tengboche Monastery was burnt down in 1989 and replaced with a more solid structure.

Pines, azaleas and colorful rhododendrons surround the attractive gompa (monastery), with a stunning panoramic view of Everest, Lhotse and Ama Dablam. Tengboche has many rest houses and a large number of lodges as well as spacious camping sites.

From Tengboche you can continue on to Pheriche, Kala Pattar and the hamlet of Gorakshep.





# RARA LAKE

VISIT NEPAL'S DEEPEST LAKE, THE RARA, HIKING THROUGH LOVELY JUNIPER FORESTS AND ENJOY THE SPECTACULAR LANDSCAPE THAT SURROUNDS THIS PRISTINE LAKE.

Rara Lake at 2,990m, is the deepest lake in Nepal and also one of the most pristine. Surrounded by green hills on all sides, covered in juniper trees, one can camp by the sparkling waters of the lake.

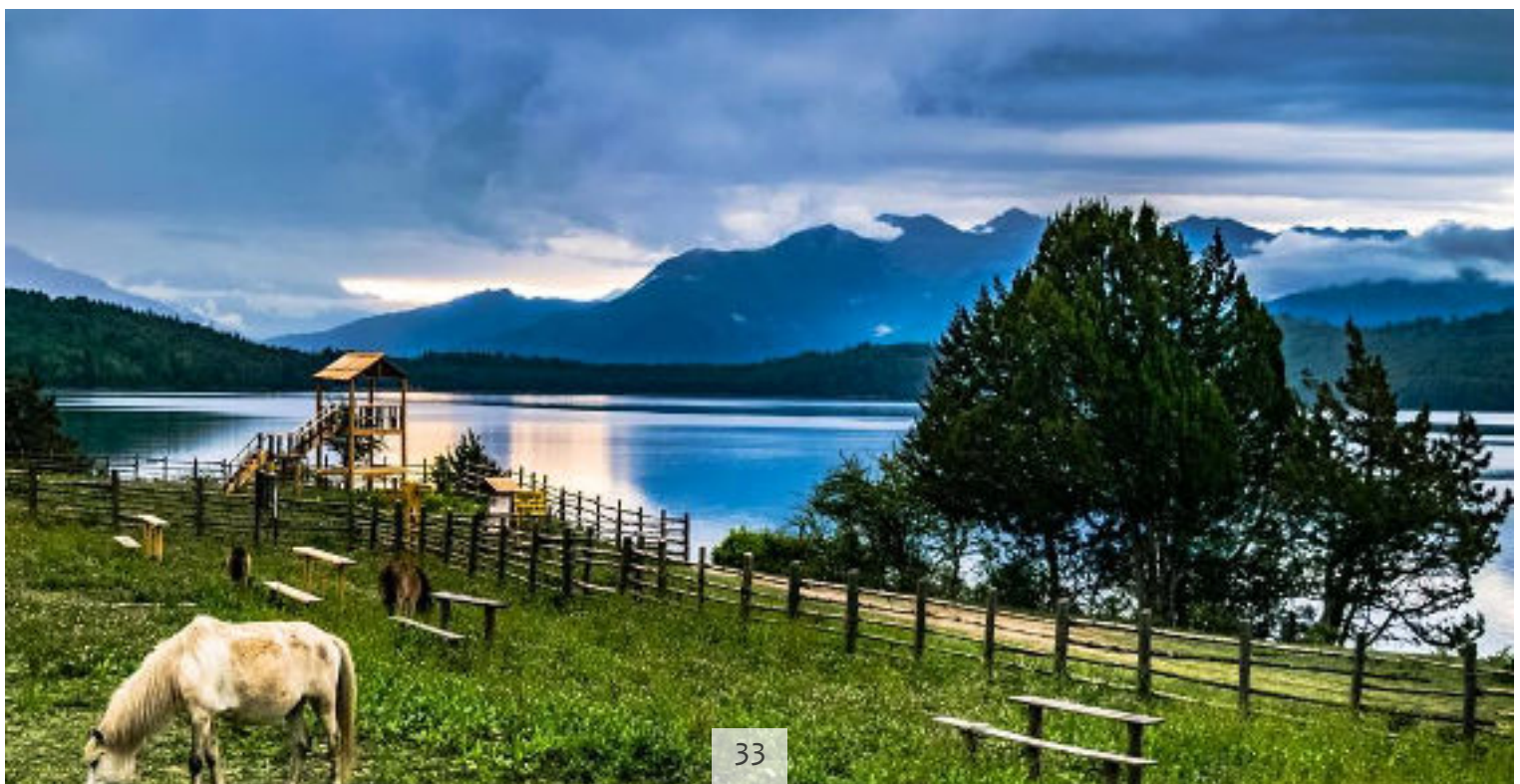
Go boating in the clear waters, hike to nearby hills for a closer view of the mountains and lake, get acquainted with the charming local people, or just walk around the large lake watching out for wild flowers or a rare bird along the way.

The park is surrounded by alpine coniferous vegetation and offers a representative sample of the region's flora and fauna.

More than 500 different kinds of flowers, 20 species of mammals and 214 species of birds can be observed in the Rara National Park. As for life in the lake, the snow trout is one of the fish varieties recorded here so far.

Rara in the far north western part of Nepal is the smallest national park in the country, while the Rara Lake is Nepal's biggest lake.

The lake is 167m deep at some places, and drains into the rivers Mugu Karnali via Nijar Khola. Chuchemara Hill at 4,087m is the best vantage point to enjoy magnificent views of the deep blue lake, the forested hillsides and the snow capped peaks.





# PASHUPATINATH

VISIT THE HOLY PASHUPATINATH TEMPLE THIS MAHA SHIVARATRI FOR AN OUT-OF-THIS-WORLD EXPERIENCE.

Dedicated to Lord Shiva, Pashupatinath is one of the four most important religious sites in Asia for devotees of Shiva. Built in the 5th century and later renovated by Malla kings, the site itself is said to have existed from the beginning of the millennium when a Shiva lingam was discovered here.

The largest temple complex in Nepal, it stretches on both sides of the Bagmati River which is considered holy by Hindus.

The main pagoda style temple has a gilded roof, four sides covered in silver, and exquisite wood carvings. Temples dedicated to several other Hindu and Buddhist deities surround the the temple of Pashupatinath.

Visit Pashupatinath for an unmatched mix of religious, cultural and spiritual experiences. Located 3 km northwest of Kathmandu on the banks of the Bagmati River, the temple area includes Deupatan, Jaya Bageshori, Gaurighat (Holy Bath), Kutumbahal, Gaushala, Pingalasthan and Sleshmantak forest.

There are 492 temples, 15 Shivalayas (shrines of Lord Shiva) and 12 Jyotirlinga (phallic shrines) to explore.

Pashupatinath Temple is one of the seven UNESCO Cultural Heritage Sites of the Kathmandu Valley. Visit Pashupatinath Temple for an out-of-this-world experience.





# MOUNTAIN FLIGHT

HAVE YOU EVER DREAMT OF SEEING MOUNT EVEREST WITH YOUR OWN EYES?  
THEN YOU NEED TO TAKE A MOUNTAIN FLIGHT IN NEPAL.

A mountain flight is beyond an imagination, because you've never seen anything like it before. Only a bird gets to see this glorious view and you're up close within minutes of being airborne.

Enjoy a close look at some of the world's highest peaks including Mt. Everest and go home with incredible pictures because everyone gets a window seat!

Taking a mountain flight is the easiest thing to do. Buy a ticket and you're taken on an hour long flight that flies higher than some of the Himalayan peaks, looking down on glaciers and high altitude lakes. Nepal has eight of the highest mountains in the world and the only way to see them all is by flying past them.

Even mountaineers don't get to see them up close all in a day.

The hostess identifies the individual peaks and the pilot invites each passenger to the cockpit to take pictures of Everest from their large windscreen.

In the west is seen the mighty peaks of the Dhaulagiri massif and the Annapurna range while far in the east lies Everest, Makalu and Kanchenjunga.

The horizon seems like an endless jagged row of high snowy peaks stretching far into the distance. The rows and rows of mountain peaks is beyond one's imagination and simply unbelievable.





# TREKKING

NEPAL IS THE WORLD'S PREMIER DESTINATION FOR TREKKING AND IS THE COUNTRY WHERE COMMERCIAL TREKKING WAS PIONEERED BACK IN THE EARLY 1960S.

Nepal has attracted trekkers from around the world since the 1960s when Col Jimmy Robert's organised the first commercial trek.

Trekking has been the leading activity of tourists in Nepal and thousands take to the Himalayas, some doing a few days of hiking while others take on a month long trek through valleys and high mountain passes.

Two of the most popular trekking regions are the Everest and Annapurna where many different trails can be followed while the other popular treks are in the Langtang and Kanchenjunga regions.

The most challenging is the Great Himalayan Trails, an extensive trail system that covers

Nepal from Humla and Darchula in the west to Kanchenjunga in the east. The diversity of trekking trails in Nepal cannot be found in any other part of the world.

In fact, the lowest point in Nepal is 59 m above sea-level in the Tarai region while the highest point is Everest, 8,848 m above sea-level, the two points being only 200 kilometres apart as the crow flies.

Trekking in Nepal today is completely different from that of the 1960s.

Tourist Lodges have been established in all the main trekking areas, the national parks and the conversation areas.





# ASTROLOGY

CONSULT AN ASTROLOGER TO KNOW MORE ABOUT YOUR STARS AND YOUR PLACE IN THE FIRMAMENT. AND IF THERE IS A PROBLEM SOMEWHERE, THE SOLUTION IS NOT FAR EITHER. NEPALIS HAVE BEEN DOING IT FOR CENTURIES AND MANY WILL VOUCH IT WORKS.

Astrology also has its origin in the Vedas, the major source of virtually everything for the Hindus, written thousands of years ago. Mesh (Aries), Brish (Taurus), Mithun (Gemini), Karkat (Cancer), Simha (Leo), Kanya (Virgo), Tula (Libra), Brishchik (Scorpio), Dhanu (Sagittarius), Makar (Capricorn), Kumbha (Aquarius) and Meen (Pisces) are the 12 signs of the zodiac, and in Nepali they are called Raashi.

Astrology plays a significant role in a Nepali person's life especially during important transitions in life like marriage, having children, moving to a new house, working on a new business etc. The moment a child is born in Nepal, the exact time of birth is noted

and given to the astrologer, who according to the position of the different planets in the solar system at that precise moment prepares a Cheena (horoscope).

Astrologers are consulted on various occasions like rice feeding, sacred thread and weddings. Almost all religious festivals in Nepal are governed by astrological readings.

Tika during Dashain, Bhai Tika during Tihar, etc are occasions when the astrologers determine the auspicious hours for these festivities to take place. They also forecast the solar and lunar eclipses and their impact on people.





# NEPAL FESTIVALS

Festivals in Nepal are as the number as there are days in a year. Blessed to be one of the most diverse countries in the world, almost everyday Nepal and Nepalese are participating in some sort of festivals and celebrations.





### **Tiji Festival Tour (Apr – May)**

12 Nights | 13 Days

Kathmandu | Pokhara | Jomsom | Kagebni | Ghami Charang | Lo Manthang | Muktinath

Tiji is a fascinating annual three-day festival consisting of Tibetan rituals that celebrate the myth of a son who had to save the Mustang kingdom from destruction. The festival is indigenous to Lo-Manthang, Upper Mustang.

Tiji" the name is an abbreviation of the word "Tempa Chirim" which means "Prayer for World Peace". This festival commemorates the victory of Lord Buddha's incarnation Dorjee Sonnu over a demon called Man Tam Ru a vicious creature feeding on human beings and causing storms and droughts.

### **Mani Rimdu Festival (Oct – Nov)**

09 Nights | 10 Days

Kathmandu | Lukla | Namche Bazar | Khumjung | Tengboche | Monjo | Lukla | Kathmandu

Mani Rimdu is a 19-day festival celebrated by Buddhists in the Himalayas to mark the founding of Buddhism by Guru Rinpoche Padmasambhava.

Grand shows are put up on three different occasions at the monasteries of Tengboche, Thame and Chiwong. Masked dances and Tantrik rituals are put up by Buddhist monks at these monasteries, where huge crowds from nearby gather to celebrate. Many treks are organized to coincide with this festival.

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### **Maha Shivaratri Festival: (Feb - Mar)**

10 Nights | 11 Days

Kathmandu | Chitwan | Pokhara | Kathmandu

Maha Shivaratri Festival is a grand Hindu festival celebrated annually in the holy temple of Pashupatinath. Maha Shivaratri means the great night of Lord Shiva. People celebrate this festival to show respect to the wedding of Lord Shiva and Goddess Parvati. Thus, Maha Shivaratri Festival Tour gives you an outlook at ancient Hindu culture and traditions; along with touring around century-old holy Pashupatinath Temple.

The great festival of Maha Shivaratri falls on the late winter of February/March. This festival symbolizes overcoming darkness & ignorance in one's life and world.

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### **Kukur Tihar Festival Tour: (Oct - Nov)**

12 Nights | 13 Days

Kathmandu | Chitwan | Pokhara | Lumbini | Kathmandu

The five-day festival of lights, known as Tihar honors Yama, the God of Death, meanwhile the worship of Laxmi, the Goddess of Wealth dominates the festivities.

On the first day Kaag Tihar, is the day of the crow, the informant of Yama is worshipped. The second day Kukur Tihar is for worshipping the dogs as the agents of Yama. On the third day is Gai Tihar and Laxmi Puja. On this day cow is offered prayers and food in the morning, and Goddess Laxmi is offered elaborate prayers and puja in the evening.



### **Everest Marathon (May)**

06 Nights | 07 Days

Kathmandu | Lukla | Namche Bazar | Tengboche Monastery | Kathmandu

Everest Marathon aims to commemorate the first successful ascent of Everest by Tenzing Norgay Sherpa and Sir Edmund Hillary on May 29, 1953. The 60 K ultra running was named to mark the 60th anniversary of the successful summit of Mt. Everest.

An essential feature of Everest Marathon is trekking to Everest Base Camp before the start of the race. The journey begins with a scenic flight from Kathmandu to Lukla, from which point trekking begins.

### **Bisket Jatra Festival (April)**

05 Nights | 06 Days

Kathmandu | Patan | Bhaktapur | Kathmandu

Bisket Jatra, Bhaktapur's weeklong festival marks the ancient solar Nava Barsha (New Year) and is the only festival that does not follow the lunar-based Nepali calendar. The jatra commences after a special Tantric ritual in the Bhairab temple in Taumadhi Tole in Bhaktapur.

Bisket Jatra is also celebrated in Thimi and Balakhu with Jibro Chhedne Jatra and Sindoor Jatra respectively. The festivities conclude with several days of spiritual entrancement, dancing and merry-making.

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### **Dashain Festival Tour (Oct - Nov)**

08 Nights | 09 Days

Kathmandu | Pokhara | Chitwan | Kathmandu

This is the longest Hindu festival in Nepal, traditionally celebrated for two weeks with prayers and offerings to Durga, the Universal Mother Goddess. The great harvest festival of Nepal, Dashain is a time for family reunions, exchange of gifts and blessings, and elaborate pujas.

Dashain honors the Goddess Durga, who was created out of the shakti or energy of all the gods, armed with weapons from each of them.

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### **Indra Jatra Festival Tour (September)**

10 Nights | 11 Days

Kathmandu | Pokhara | Lumbini | Chitwan | Kathmandu

Watch the festival of chariot processions, masked dances, religious enactments, lights, color & Living Goddess Kumari as the center of celebrations.

The eight-day long Indra Jatra festival falls in September and is one of the most exciting and revered festivals of the Newar community of the Kathmandu Valley. This also marks the beginning of a month-long festival season of autumn. It begins with the erection of a wooden pole made of pine at Basantapur Square in front of the old Hanuman Dhoka Palace.









## Classical Nepal

Duration: 08 Nights | 09 Days

Places: Kathmandu | Chitwan NP | Pokhara | Nagarkot

Highlights: This 9-day action-packed itinerary covers all of Nepal's most iconic sites and some lesser-known areas, providing a comprehensive overview of the country from UNESCO World Heritage cities to remote countryside and the spectacular Himalayas.

From: US \$ 7800 pp



### Day 01 - 02: Kathmandu - The Capital

Kathmandu, the capital of Nepal is a melting pot of cultures and a rich mix of the east and west, the old and the new, where tradition jostles with modernity. Founded in a vast valley after draining a large lake, legends abound in this remarkable city & every street has a shrine or two. Kathmandu is an incredibly diverse, historic city with amazing architecture, exquisite wood carvings & metal craft which showcase the skills of the Newar artisans of centuries ago.

Hinduism and Buddhism have co-existed in Kathmandu valley from time immemorial and the valley residents make little distinction as they worship in both Hindu and Buddhist shrines.

### Day 03 - 04: Chitwan National Park

Chitwan National Park is a preserved area in the Terai Lowlands of south-central Nepal, known for its biodiversity. Its dense forests and grassy plains are home to rare mammals like one-horned rhinos and Bengal tigers.

The park shelters numerous bird species, including the giant hornbill. Dugout canoes traverse the northern Rapti River, home to crocodiles. Inside the park is Balmiki Ashram, a Hindu pilgrimage site.

### Day 05 - 06: Pokhara

Pokhara is a city on Phewa Lake, in central Nepal. It's known as a gateway to the Annapurna Circuit, a popular trail in the Himalayas.

Tal Barahi Temple, a 2-story pagoda, sits on an island in the lake. On the eastern shore, the Lakeside district has yoga centers and restaurants.

In the city's south, the International Mountain Museum has exhibits on the history of mountaineering & the people of the Himalayas.

### Day 07 - 08: Nagarkot

The Khajuraho is a city of Group of Monuments is a group of Hindu temples and Jain temples in Chhatarpur district, Madhya Pradesh, India, about 175 kilometres southeast of Jhansi. They are a UNESCO World Heritage Site. The temples are famous for their nagara-style architectural symbolism and their erotic sculptures.

### Day 09: Depart Kathmandu

Departure transfer to onward destination.

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### Stays\*\*\*\*\*

Kathmandu	Dwarika's Hotel
Chitwan NP	Taj Meghauri Serai
Pokhara	Tiger Mountain Lodge
Nagarkot	Club Himalaya

### Includes

- 08 Nights as per the program.
- Daily Breakfast and Dinners.
- All meals in Chitwan National Park.
- 04 game drives in Chitwan National Park.
- Internal Flights for Kathmandu, Chitwan & Pokhara.
- Entrance fees.
- Tour Manager | Tour Director | Tour Guide.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

### Excludes

- Tips.
- Travel Insurance.
- Visa (If any).





## Nepal Helicopter Journey

Duration: 11 Nights | 12 Days

Places: Kathmandu | Annapurna | Pokhara | Chitwan | Dhulikhel

Highlights: This is a private and exclusive tour of Nepal's most beautiful scenic spots, peppered with unforgettable helicopter flights and exciting mountain lodge and Kathmandu stays.

From: US \$ 14990 pp



### Day 01 - 02: Kathmandu - The Capital

Spend your days in this fascinating city exploring cultural landmarks such as the 18th century Kumari Ghar Palace and UNESCO World Heritage Sites like Durbar Square.

You will have our top recommendations for activities, restaurants and shopping so that you can make the most of your time here.

### Day 03 - 05: Annapurna

Spend your time in this charming area of the Himalayas enjoying the stunning mountain scenery & lush landscape.

Visit Lo-Manthang, the capital of the Tibetan lost valley city of Mustang, and the home of the region's king. Manang, a string of seven villages, is also worth seeing for its stunning turquoise lakes alone. Meet your helicopter for unforgettable excursion north to the fabled walled city of Lo Manthang in the restricted area of Upper Mustang.

### Day 06 - 07: Pokhara

Spend your time in this charming lakeside town making the most of the activities provided by your lodge.

The stunning Himalayan scenery and lush landscape are perfect for hiking and exploring. And there are ancient monuments nearby to discover.

### Day 08 - 09: Chitwan National Park

Spend your days discovering the rich wildlife of Chitwan National Park. Delve deep into the jungle on exciting treks, canoe tours and jeep safaris.

### Day 10 - 11: Dhulikhel

Spend your time at Dwarika's Resort enjoying the wonderful facilities and activities on offer. You'll enjoy use of the Himalayan salt room, chakra sound therapy chamber, swimming pool and fitness centre. You can also take part in yoga and meditation sessions or choose to get creative with pottery and painting classes.

### Day 12: Depart Kathmandu

Departure transfer to onward destination.

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### Stays\*\*\*\*\*

Kathmandu	Dwarika's Hotel
Annapurna	Tourist Lodge
Pokhara	Tiger Mountain Lodge
Chitwan	Taj Meghauri Serai
Dhulikhel	Dwarika's Resort

### Includes

- 11 Nights as per the program.
- Daily Breakfast, lunch and Dinners.
- Scenic Everest Helicopter Flight.
- Helicopter from Kathmandu to Kagbeni.
- Helicopter flight to Lo Manthang.
- Helicopter flight to Pokhara.
- Flight Pokhara - Chitwan - Kathmandu.
- 4 game drives in Chitwan National Park.
- Entrance fees.
- Tour Manager | Tour Director | Tour Guide.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

### Excludes

- Tips.
- Travel Insurance.
- Visa (If any).





## Grand Nepal Journey

Duration: 11 Nights | 12 Days

Places: Kathmandu | Pokhara | Chitwan | Lumbini | Bardia NP | Kathmandu

Highlights: The mountain kingdom of Nepal is amongst the most beautiful countries on earth. From the heights of Mount Everest to the jungle habitat of the tiger, it is a land of variety, colour and breathtaking monuments, wildlife, and landscapes.

From: US \$ 6100 pp



### Day 01 - 02: Kathmandu - The Capital

Spend your days in this fascinating city exploring cultural landmarks such as the 18th century Kumari Ghar Palace and UNESCO World Heritage Sites like Durbar Square.

You will have our top recommendations for activities, restaurants and shopping so that you can make the most of your time here.

### Day 03 - 04: Pokhara | Sarangkot

Spend your time in this charming lakeside town making the most of the activities provided by your lodge. The stunning Himalayan scenery and lush landscape are perfect for hiking and exploring. And there are ancient monuments nearby to discover.

### Day 05 - 06: Chitwan National Park

Spend your days discovering the rich wildlife of Chitwan National Park. Delve deep into the jungle on exciting treks, canoe tours and jeep safaris.

### Day 07: Lumbini

Visit Lumbini, the birthplace of the Buddha and see the beautiful Buddhist monasteries built by the international community; study Buddhism or meditate in the peaceful atmosphere. It is one of the world's most important spiritual sites and attracts Buddhist pilgrims from around the world. Today you can visit over twenty-five Buddhist monasteries built by diverse countries from Vietnam to France, study Buddhism, meditate and visit the birthplace within the sacred Mayadevi Gardens.

### Day 08 - 09: Bardia National Park

Ride through the silent Bardiya jungle catching wildlife by surprise in the largest national park of Nepal. Take nature walks with experienced naturalists with years of experience in the region.

Go for white-water rafting on the Karnali, the longest river in Nepal, where you can watch the Gangetic dolphins surface or gharials lazing in the sun. Meet the charming Rana Tharu and Dangora people of southern Nepal and learn about their colorful culture.

### Day 10 - 11: Kathmandu

Flight to Kathmandu. Explore Kathmandu, Swayambhunath and Patan. Spend the rest of the rafting and exploring the area.

### Day 12: Depart Kathmandu

Departure transfer to onward destination.

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### Stays\*\*\*\*\*

Kathmandu	Dwarika's Hotel
Pokhara	Shangri La Resort
Chitwan	Kasara Jungle Resort
Lumbini	Hotel Hokke
Bardia NP	Tiger Tops Karnali Lodge
Kathmandu	Dwarika's Hotel

### Includes

- 11 Nights as per the program.
- Daily Breakfast, Lunch and Dinners.
- Internal Flights Kathmandu - Chitwan - Pokhara.
- Entrance fees.
- Two game drives in each national park.
- Tour Manager | Tour Director | Tour Guide.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

### Excludes

- Tips.
- Travel Insurance.
- Visa (If any).





## Authentic Nepal Journey

Duration: 13 Nights | 14 Days

Places: Kathmandu | Nuwakot | Bandipur | Annapurna Trek | Pokhara | Dhulikhel

Highlights: Including the highlights alongside characterful and off the beaten track villages this journey through Nepal showcases the Himalaya in all its charm and beauty.

From: US \$ 5700 pp



### Day 01 - 02: Kathmandu - The Capital

Spend your days in this fascinating city exploring cultural landmarks such as the 18th century Kumari Ghar Palace and UNESCO World Heritage Sites like Durbar Square.

You will have our top recommendations for activities, restaurants and shopping so that you can make the most of your time here.

### Day 03: Nuwakot - Central Nepal

From Kathmandu you will drive four hours north-west and into the foothills to the town of Nuwakot. Here you will have one night at the Famous Farm, offering a chance to get off the beaten track rather than fly straight to Pokhara as most guests do. Head off on a late afternoon walk through local villages and down to the Durbar Square.

### Day 04 - 05: Bandipur National Park

The next stop on your journey is Bandipur which is approximately a four to five hour drive away. This small town has banned vehicles, ensuring it retains its old-world charm and a fantastic place to experience Newari culture. Once an integral stop on the India-Tibet trade routes, it is full of traditional row houses and 18th century architecture providing plenty to see and do. We will take you on a day walk to the Magar village of Ramkot, showcasing local farming methods and stunning views.

### Day 06 - 10: Annapurna Trek

Annapurna Range where you will start your five-night trek in possibly the most beautiful mountain range in Nepal. You will have your own guide and porter, and the lodges are the best you'll find offering hot water, en-suite bathrooms and amazing food.

### Day 11 - 12: Pokhara | Sarangkot

Spend your time in this charming lakeside town making the most of the activities provided by your lodge. The stunning Himalayan scenery and lush landscape are perfect for hiking and exploring. And there are ancient monuments nearby to discover.

### Day 13: Dhulikhel

A financial center, it's India's largest city. On the Mumbai Harbour waterfront stands the iconic Gateway of India stone arch, built by the British Raj in 1924. Offshore, nearby Elephanta Island holds ancient cave temples dedicated to the

### Day 14: Depart Kathmandu

Departure transfer to onward destination.

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### Stays\*\*\*\*\*

Kathmandu	Yak & Yeti
Nuwakot	Famous Farm
Bandipur	Old Inn Bandipur
Annapurna	Sanctuary Lodge
Pokhara	Tiger Mountain Lodge
Dhulikhel	Dwarika's Resort

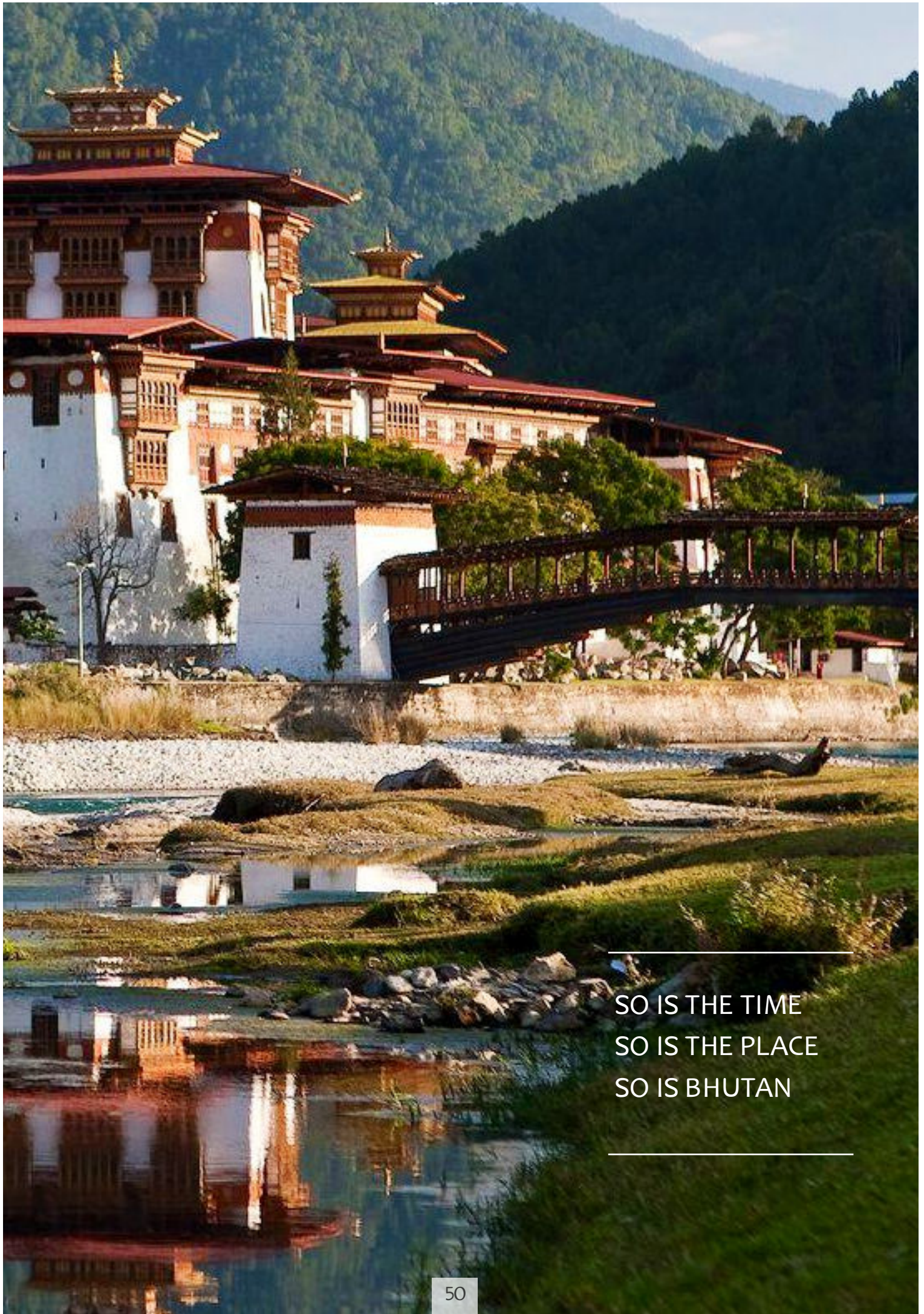
### Includes

- 13 Nights as per the program.
- Daily Breakfast, Lunch and Dinners.
- 02 game drives in Bandipur National Park.
- Internal Flights.
- Entrance fees.
- Tour Manager | Tour Director | Tour Guide.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

### Excludes

- Tips.
- Travel Insurance.
- Visa (If any).





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SO IS THE TIME  
SO IS THE PLACE  
SO IS BHUTAN

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# BHUTAN



LANDLOCKED BHUTAN, THE “LAND OF THE DRAGONS”, LIES IN EAST INDIA AND TIBET

## IT ALL STARTS WITH KUZU ZANGPO LA

Bhutan is a spectacular, unspoilt country steeped in ancient traditions and with a history that is as tall as its Himalayan mountain peaks.

It's a country where mystical Buddhism thrives, archery is the national sport, almost everyone wears national dress, and traffic lights are absent. It is a Himalayan Kingdom packed with stunning natural beauty, from lush-green rice paddies running alongside fast-flowing glacial rivers, to endless forested-mountains.

The fairytale, mystical Kingdom of Bhutan is world-famous for measuring Gross National Happiness.



# AMANKORA





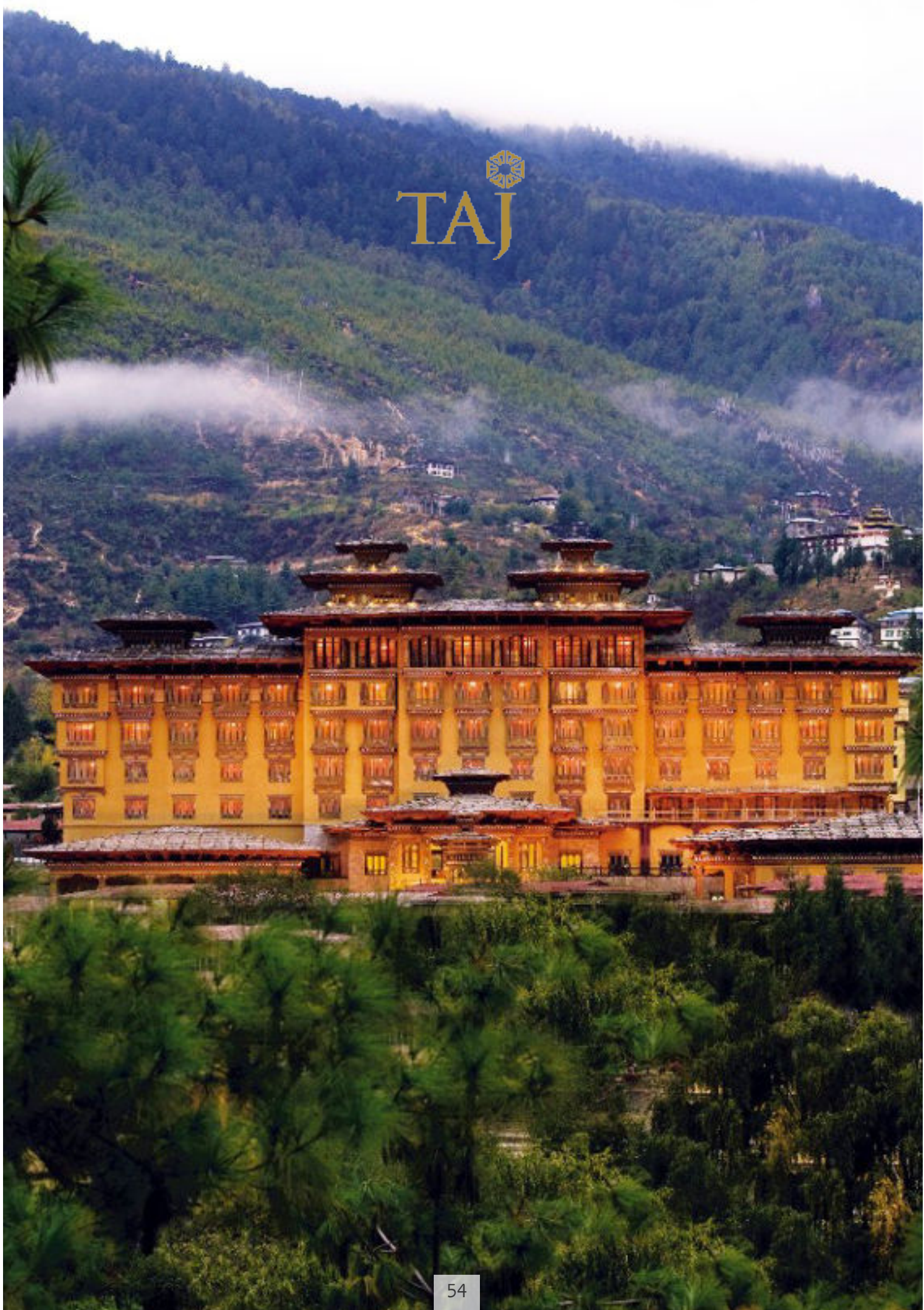
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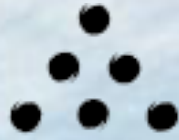




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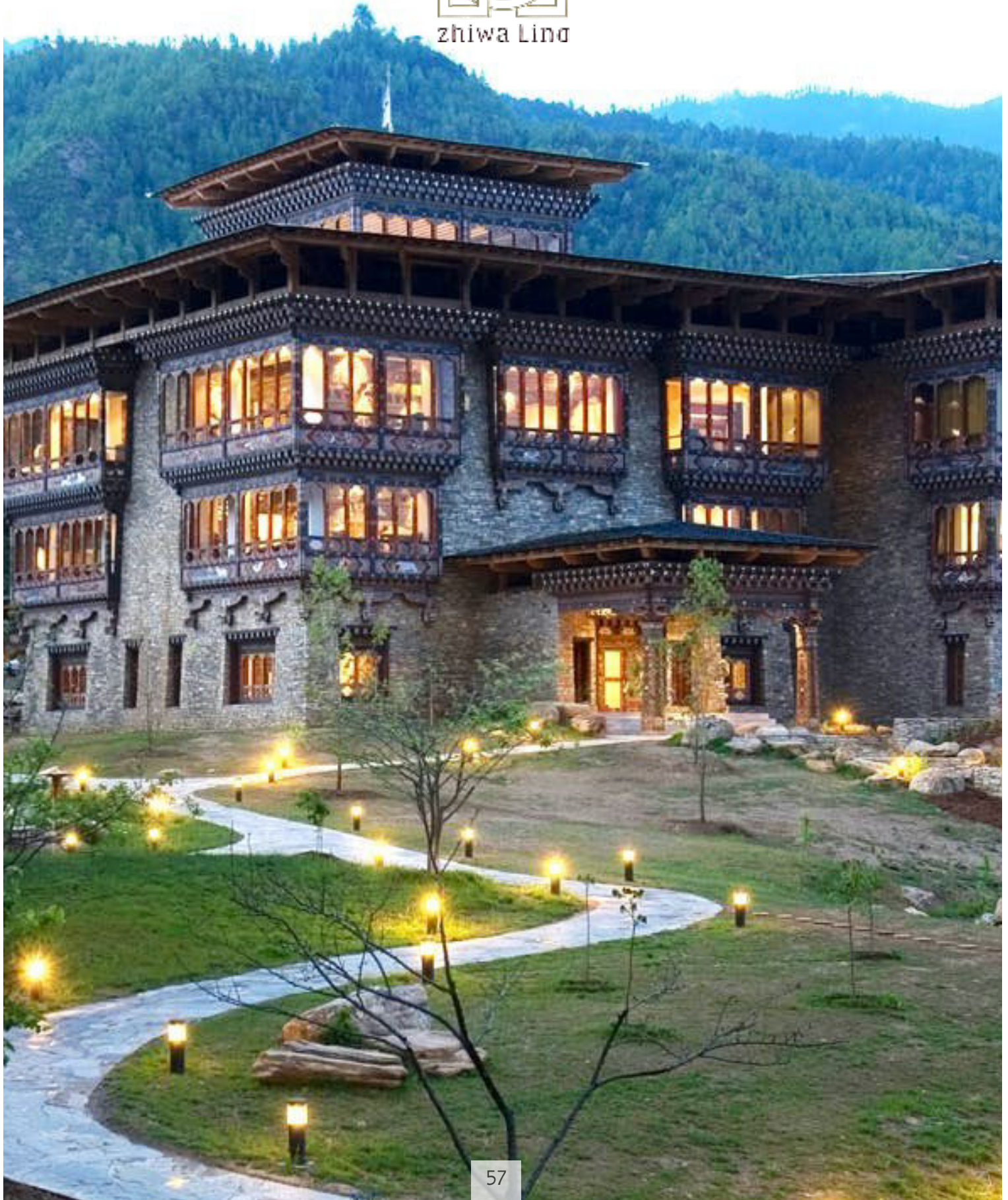
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# DHENSA

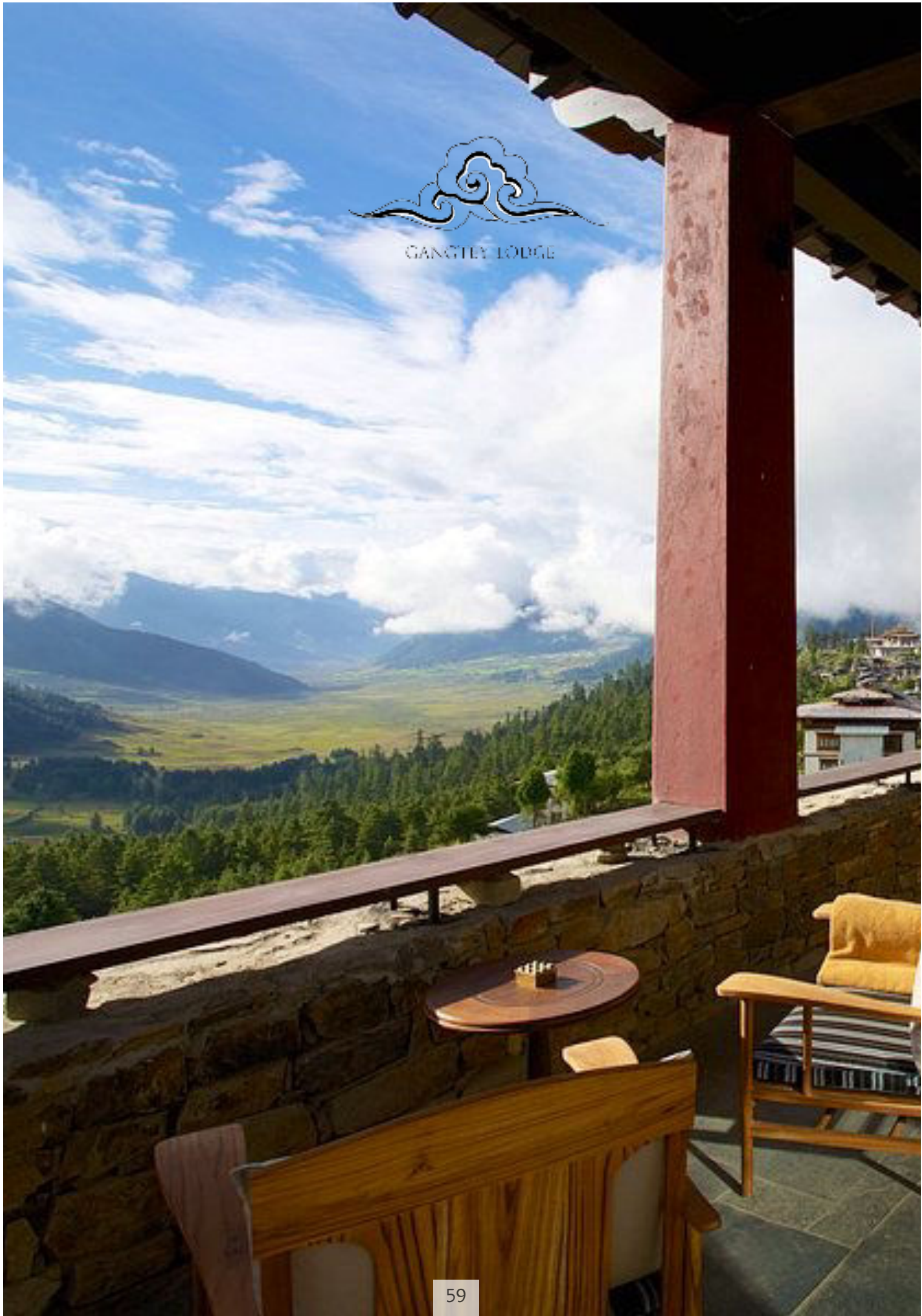
BOUTIQUE RESORTS







GANGLEY LODGE







REALM  
HOSPITALITY





Bhutan Spirit Sanctuary





# PARO

DISCOVER ICONIC PARO. A FERTILE VALLEY FILLED WITH IMPRESSIVE ARCHITECTURE. THE PRETTY VALLEY OF PARO IS ONE OF THE KINGDOM'S WIDEST AND IS COVERED IN FERTILE RICE FIELDS CRISSCROSSED BY A BEAUTIFUL MEANDERING RIVER.

While Bhutan is famous for its splendid monuments and monasteries, perhaps the most impressive can be found here. You'll encounter the "Tiger's Nest" Monastery, medieval style-bridges, imposing dzongs and a town filled with traditional architecture.

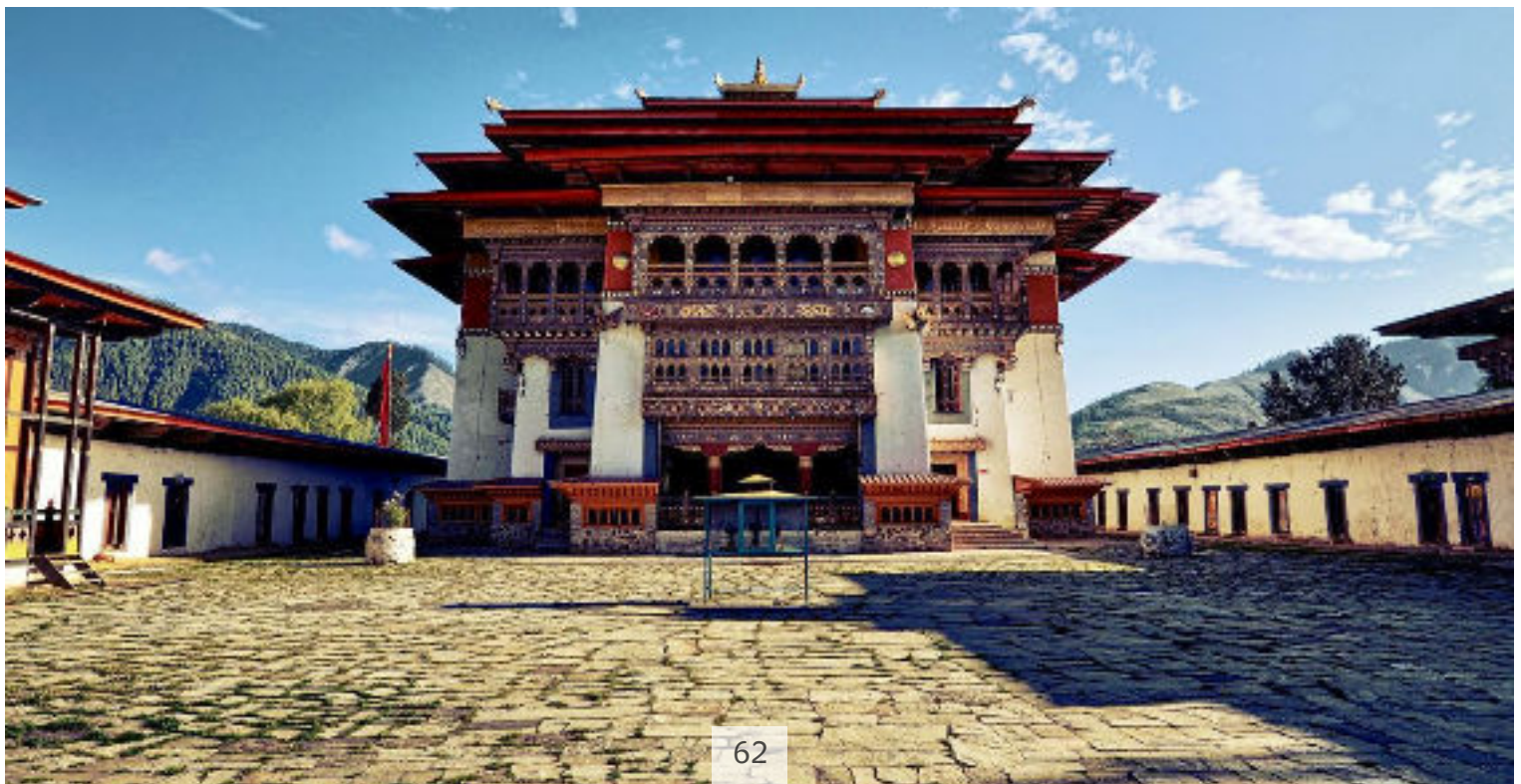
The main street of the town was only built in 1985 but it's lined with cheerfully painted wooden shop fronts and restaurants in a classic Bhutanese style.

Facing up the mountain, you'll be awed by the 8th-century Taktsang or "Tiger's Nest" Monastery, perched high on the sheer cliff face.

Just outside of the town, lie both the dominating Paro Dzong – a prime example of Bhutanese architecture, and the 7th-century Kyichu Lhakhang which was one of the first Buddhist temples built in the country.

Paro is home to the National Museum, previously the watch tower of the city, which houses an intriguing collection of artefacts illustrating the rich culture and heritage of the kingdom.

It's also the most convenient location for accessing the country's only international airport.





# THIMPHU

THE PURE BUT SLOWLY MODERNISING LITTLE CAPITAL. THIMPHU, THE CAPITAL OF BHUTAN, HAS A REAL FRONTIER TOWN FEEL TO IT AND IS RAPIDLY DEVELOPING, WITH BUILDINGS MUSHROOMING UP IN ALL DIRECTIONS.

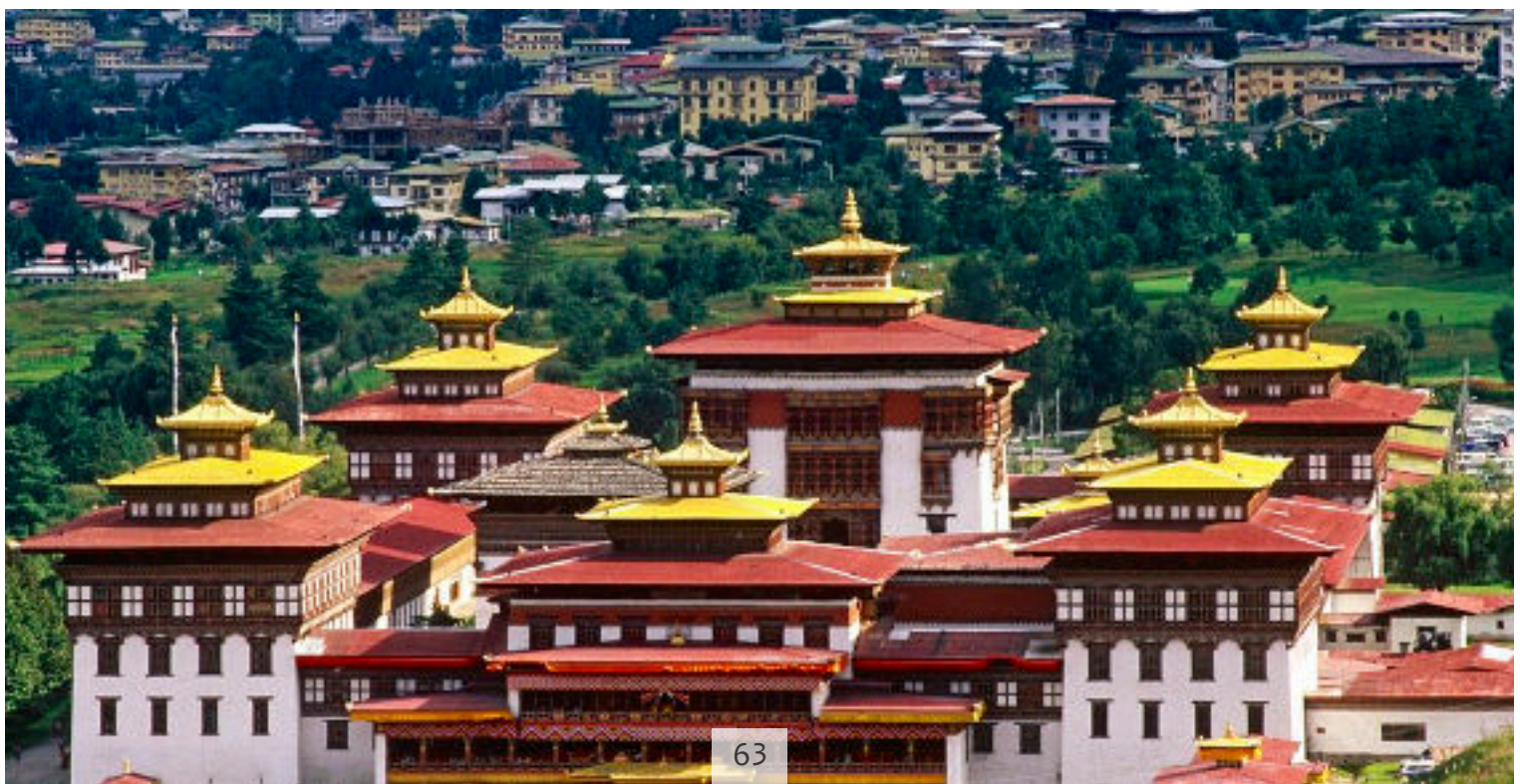
Capital of one of the world's most fascinating and unusual destinations, Thimphu is a traditional Bhutanese but slowly developing, charming blend of old and new. Lying in a fertile valley between magnificent mountains in the western central part of Bhutan, this growing city sits on the banks of the Thimphu Chhu River.

A wander around this relaxed and friendly city offers an insight into the Bhutanese way of life. Dominated by the seventeenth century Tashichhou Dzong, housing the official government buildings, pot-holed streets are filled with small, chock-a-block shops while traffic lights are non-existent.

Despite its authentically conserved culture and wide display of traditional art and architecture, Thimphu is the city that challenges its country's utopian image. It is here that crimson-robed monks and snap-happy tourists walk side-by-side, past buzzing cafes and bars to Buddhist sights steeped in ritual and tradition.

Visit the weekend market to see an array of products from dried chillies to hand-woven textiles to yak butter.

See the impressive Taschichho Dzong which houses Thimphu's parliament buildings.





# PUNAKHA

PUNAKHA WAS THE CAPITAL OF BHUTAN AND SEAT OF GOVERNMENT UNTIL 1955, BEFORE THIMPHU TOOK THE TITLE, BUT IT STILL RETAINS THE STATELY ATMOSPHERE OF ITS PAST AND OFFERS BREATHTAKING VIEWS OF THE SNOWY HIMALAYAS. THE CLIMATE IS MORE TROPICAL HERE DUE TO THE LOWER ALTITUDE.

Found in a fertile valley at a relatively low 1,200 metres above sea level, come here for warm, sultry days filled with history, trekking and culture – with the grand temple, Punakha Dzong, deemed the star of the show.

Sitting on the confluence of two chief Bhutanese rivers, Punakha Dzong has been fully restored to its original splendour and so considered one of the country's most striking ancient fortresses. Housing many precious relics, its whitewashed exterior contrasts beautifully with colourful sacred murals and carved wooden balconies and windows, making it one of Bhutan's most photogenic landmarks.

The unspoilt nature of fruit trees, flourishing rice fields and distant Himalayas adds to Punakha's beauty spots and can be explored on idyllic hiking, cycling and river rafting tours.

The best time to visit is from October to May when the climate is mainly dry and sunny.

Punakha Dzong, Bhutan's most photogenic ancient fortress. Trekking, cycling and river rafting





# WANGDUE

ONE OF THE LARGEST DZONGKHAGS IN THE COUNTRY. AS THE DISTRICT COVERS 4,308 SQ. KM AND RANGES FROM 800-5800 M IN ALTITUDE, IT HAS EXTREMELY VARIED CLIMATIC CONDITIONS RANGING FROM SUBTROPICAL FORESTS IN THE SOUTH TO COOL AND SNOWY REGIONS IN THE NORTH.

Most of Wangdue Phodrang District is environmentally protected. The northern half of the district falls within the Wangchuck Centennial Park, with northwestern pockets belonging to Jigme Dorji National Park.

Southeastern Wangdue is part of Jigme Singye Wangchuck National Park. Also protected are the biological corridors crisscrossing the district that connect Bhutan's extensive national park system.

The dominant language in the region is Dzongkha, spoken in the western two-thirds of the district. Communities along the border with Bumthang District in the northeast speak Lakha.

Along the same border, in central Wangdue Phodrang, inhabitants speak Nyenkha. In the southeast region of the district, remnants of the autochthonous 'Olekha (Black Mountain Monpa) speaking community barely survive.

One of the most notable sites in the district is Phobjikha Valley. With its diverse climates and rich natural resources, Wangdue Phodrang Dzongkhag is home to many rare and exotic animals like Red Pandas, Tigers and Leopards.

There are also large numbers of rare birds such as the Black Necked Crane, White-Bellied Heron and the Spotted Eagle.





# BUMTHANG

THE RELIGIOUS HEARTLAND OF THE NATION AND HOME TO SOME OF ITS OLDEST BUDDHIST TEMPLES AND MONASTERIES. TALES OF GURU PADMASAMBHAVA AND THE TERTONS (“RELIGIOUS TREASURE-DISCOVERERS”) STILL LINGER IN THIS SACRED REGION.

Bumthang Dzongkhag consists of four main valleys, Ura, Chumey, Tang and Choekhor. Choekhor is the largest of the four and is widely considered as ‘Bumthang Valley’. The valleys are broad and gentle carved by the ancient glaciers. The wide and scenic valleys draws a large number of tourists each year.

This dzongkhag is one of the most richly endowed districts in terms of historical and spiritual legacy. Some of Bhutan’s oldest and most venerated temples are found in Bumthang, including Jambey Lhakhang.

According to legend this ancient temple was built by the Tibetan king Songtsen Gampo in 659 A.D. as part of a chain of 108

simultaneously constructed temples in order to subdue an evil demoness that lay over the Himalayan region.

It is the oldest lhakhang in Bhutan. There are numerous other temples and shrines worth visiting in Bumthang and many of them are linked to Guru Rinpoche’s visit in 746 A.D.

The fertile valleys of Bumthang are covered in fields of buckwheat, rice and potatoes. Apple orchards and dairy farms are also common sights here. This serene region is one of the most peaceful places in the kingdom.





# TRONGSA

THE VANGUARD OF THE WARRIORS - TRONGSA DZONGKHAG IS LOCATED NEAR THE CENTRE OF BHUTAN AND WAS CONSIDERED CRUCIAL IN CONTROLLING THE KINGDOM IN EARLIER YEARS DUE TO ITS STRATEGIC POSITION.

This town is situated on a steep ridge and offers spectacular views of the deep valleys surrounding it.

Trongsa Dzong is easily visible from anywhere in town and is always an impressive sight as it is situated atop a steep ridge that drops off into the clouds on its south side.

The Trongsa Dzong, which was built in 1644, used to be the seat of power of the Wangchuck dynasty before they became rulers of Bhutan in 1907.

Traditionally, the King of Bhutan first becomes the Trongsa Penlop (governor)

before being named the Crown Prince and eventually the King. Built on a mountain spur high above the gorges of the Mangde Chhu, the dzong controlled east-west trade for centuries.

Trongsa also boasts an impressive museum. The watchtower of Trongsa has been converted into a museum dedicated to the Wangchuck dynasty and is a good place to learn about the history of the kingdom.

A five-day festival known as the Trongsa tsechu is held in the northern courtyard during December or January.





# TASHIGANG

TRASHIGANG, "THE JEWEL OF THE EAST", SPANS THE EASTERNMOST CORNERS OF THE KINGDOM, SKIRTING UP TO THE EDGE OF THE INDIAN STATE OF ARUNACHAL PRADESH. IT IS THE COUNTRY'S LARGEST DISTRICT, WITH AN ALTITUDE RANGING FROM 600 M TO OVER 4000 M.

Bhutan's largest river, Dangme Chhu, flows through this district. Trashigang town is set on a scenic hillside and was once a bustling trade centre for merchants looking to barter their goods in Tibet.

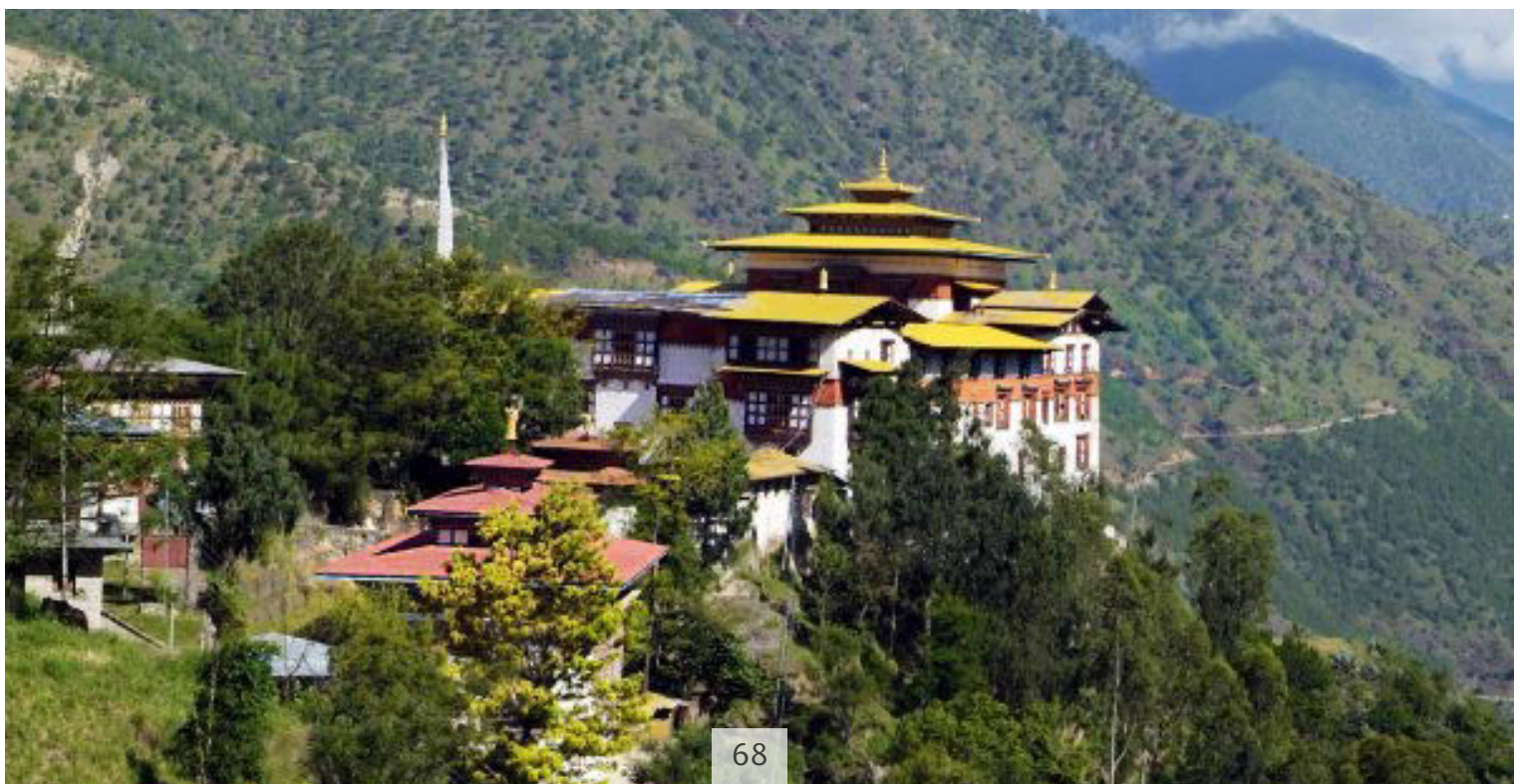
Today, it is the junction of the East-West highway with road connections to Samdrup Jongkhar and the Indian state of Assam. Trashigang town is also the principle market place for the semi-nomadic people of Merak and Sakteng, whose unique way of dressing stands out from the ordinary Bhutanese Gho and Kira.

Trashigang is home to the Sakteng Wildlife Sanctuary.

The Sakteng Wildlife Sanctuary, one of ten protected areas of Bhutan, was created in part to protect the migoi, a type of yeti, in whose existence most Bhutanese believe.

The sanctuary covers the eastern third of the district (the gewogs of Merak and Sakteng), and is connected via biological corridor to Khaling Wildlife Sanctuary in Samdrup Jongkhar District to the south.

Trashigang contains one of the most reputed colleges in the country, the Sherubtse College. Sherubtse College was the first accredited college in Bhutan, founded in 1966 by a group of Jesuits under the leadership of William Mackey.





# SAMDRUP JONGKHAR

SAMDRUP JONGKHAR TOWN HOLDS THE DISTINCT HONOUR OF BEING THE OLDEST TOWN IN BHUTAN. THIS BORDER TOWN IS A BUSTLING LITTLE SETTLEMENT PACKED TO THE BRIM WITH SHOPKEEPERS AND HAWKERS FROM ACROSS THE BORDER.

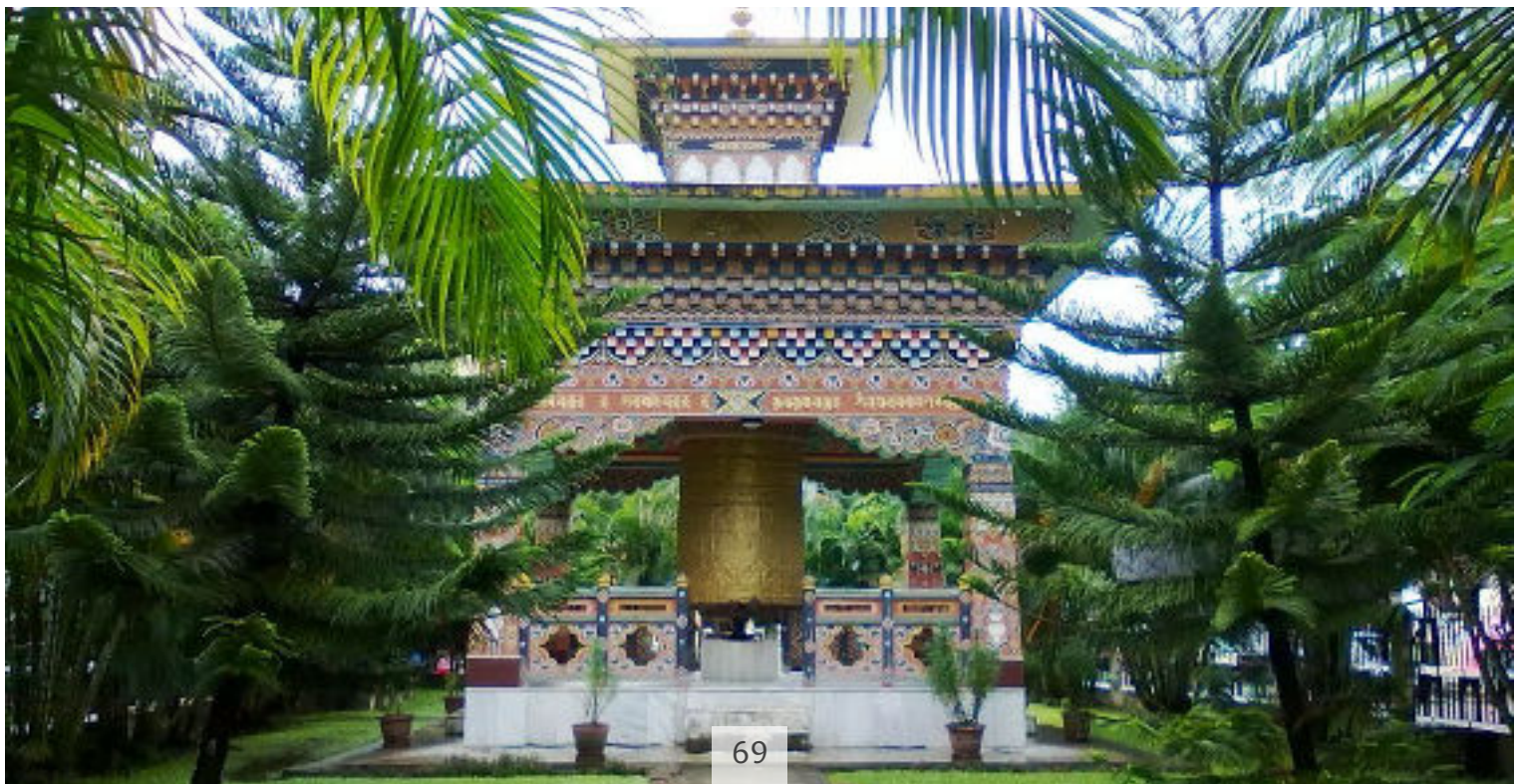
Samdrup Jongkhar is situated in the southeastern region of the country and shares borders with the Indian state of Assam. It is by far the largest urban centre in eastern Bhutan. It lies at elevations ranging from 200 m to 3,500 m. In the past, British Political Officers stationed in Sikkim took the route from Samdrup Jongkhar to enter into Bhutan.

There are several tourist spots including the Mithun Breeding Farm & Samdrup Jongkhar Dzong. Mithuns are widely considered to be the best breed of cattle in Bhutan and this farm supplies farmers from the six eastern districts with this magnificent animal. The Samdrup Jongkhar Dzong is one of the

newest Dzongs to have been built in the country. Unlike other Dzongs that are built on strategic locations atop mountains or between rivers, the Samdrup Jongkhar Dzong is built on a flat and fairly wide-open area.

The Samdrup Jongkhar Dratshang, the Zangdo Pelri, the local town and Dewathang are some of the other important places that the tourists can visit.

The town in Samdrup Jongkhar is one of the oldest in Eastern Bhutan and has seen gradual development over the years.





# PHUENTSHOLING

OFTEN REGARDED AS THE ABODE OF KINGS AND QUEENS OF THE HIMALAYAN KINGDOM. TIME MOVES AT A SLOW PACE HERE AND THE SIMPLICITY OF THE INHABITANTS COMPLEMENTS THE SERENITY OF NATURE. AT AN ALTITUDE OF ONLY 300 METERS, PHUENTSHOLING LIES ADJACENT TO INDIAN TOWN JAIGAON.

Boasting a rich amalgamation of culture, ethnicity, art and scenic beauty, the border town of Phuentsholing serves as the gateway to the 'land of thunder dragons' from the Indian states of West Bengal, Sikkim and Assam.

Phuentsholing offers tourists a glimpse into the fascinating culture, heritage & traditions of Bhutan.

Unlike the other places of Bhutan, it is a bustling urban town with modern architecture and a sprawling commercial hub. It is imperative that shopaholics visit this vibrant market and get enamored with the exquisite range of items and local fruits and vegetables

sold here. Tourists will immediately notice a lack of dzongs in Phuentsholing. However, this abode of Kings and Queens in the Himalayan Kingdom with its cleanliness and organization makes sure that the travelers coming from the Indian side know that they are in Bhutan.

A simple trek to the Karbandi monastery, the parks close by or the crocodile breeding farm is great.

You can also hike up the hills for a view of the landscaped vista around Phuntsholing.





# HAA VALLEY

LOCATED IN SOUTH WEST OF PARO AND COVERING AN AREA OF ROUGHLY 1706 SQ. KM, HAA IS ONE OF THE SMALLEST DZONGKHAG IN THE COUNTRY. THIS TINY REGION IS ONE OF THE MOST BEAUTIFUL AND ISOLATED AREAS IN THE KINGDOM, ADORNED WITH PRISTINE ALPINE FORESTS AND TRANQUIL MOUNTAIN PEAKS.

Haa is the ancestral home of the Queen Grandmother and the illustrious Dorji family. This valley remains one of the least visited areas in the country and retains the air of an unspoiled, primeval forest. The wooded hills of Haa provides an ideal location for hiking and mountain biking. Biking around the valley to visit the dozen or so local temples is an enjoyable way to spend the day when visiting.

Haa is home to a number of nomadic herders and hosts an annual Summer Festival that showcases their unique lifestyle and culture. The festival is an ideal occasion to immerse yourself into the traditions and unchanged lifestyles of nomadic Bhutanese herders, as

well as to sample some delectable Haapi cuisine.

Haa's major feature is the Haa Valley, a steep north-south valley with a narrow floor. The name Haa, connotes esoteric hiddenness. An alternative name for the district is "Hidden-Land Rice Valley."

The main crops grown in the valley are rice, wheat and barley. Other cash crops such as potatoes, apples and chilli's are also grown by farmers on the valley floor, along terraced hillsides and in some of the more accessible side valleys.





# DOCHULA

DOCHULA PASS IS LOCATED ON THE WAY TO PUNAKHA FROM THIMPHU. THE PASS IS A POPULAR LOCATION AMONG TOURISTS AS IT OFFERS A STUNNING 360 DEGREE PANORAMIC VIEW OF THE HIMALAYAN MOUNTAIN RANGE.

The view is especially scenic on clear, winter days with snowcapped mountains forming a majestic backdrop to the tranquility of the 108 chortens gracing the mountain pass.

Bhutanese families enjoy visiting the pass during holidays and weekends to picnic and simply enjoy the scenery.

It is common to see families and groups of friends seated amongst the chortens, enjoying a packed lunch and hot tea.

For tourists this is an ideal location to capture beautiful pictures of the Himalayan mountain range during clear, warm days.

Situated approximately 3100 meters above sea level, the temperature up there sure gets chilly. Everyone loves snow, as you climb up, you can notice the change in temperature and feel the soft snowfall upon you. Visit the mountain pass to see the place covered with white snow making it a beauty to admire.

Being up in the mountain gives you a beautiful view of the city. In Dochula pass, you can view not just the city but a few ranges of the Himalayas. Witness the snow-covered Himalayas and the neighbouring peaks and click amazing pictures with you in the centre.





# TIGER NEST

TAKTSANG LHAKHANG IS BHUTAN'S MOST ICONIC LANDMARK AND RELIGIOUS SITE. THE NAME TAKTSANG TRANSLATES TO "THE TIGER'S NEST". THIS TEMPLE IS ONE OF THE MOST HOLY SITES IN THE KINGDOM AND CLINGS IMPOSSIBLY TO A SHEER CLIFF FACE 900 METERS ABOVE THE PARO VALLEY.

It was first built in 1692 at a cave where Guru Rinpoche meditated in the 7th century A.D. Legend states that Guru Rinpoche flew to the site atop the back of a tigress and meditated in the cave for 3 years, 3 months, 3 days and 3 hours in order to subdue evil demons residing within it.

The cave has been considered a sacred site ever since and many famous saints have travelled to meditate in it. Taktsang Lhakhang is located approximately 10 km north of Paro town at an altitude of 3,120 m.

In order to arrive at the temple visitors must trek for around 2-3 hours through beautiful,

shady pine forests. No trip to Bhutan would be complete without a visit to this remarkable heritage site. The small cliffside monastery known as the Tiger's Nest is said to be the meditation site of an eighth-century Buddhist master.

Visitors can enter Paro Taktsang (after removing their shoes) and climb the several levels within, which contain three temples and a spectacular view. High and deep inside is the site where Padmasambabva is said to have meditated for three years, three months, three weeks, three days and three hours. You can feel the chill breath coming from inside the cave.





# TRONGSA DZONG

BUILT IN 1648, IT WAS THE SEAT OF POWER OVER CENTRAL AND EASTERN BHUTAN. BOTH THE FIRST AND SECOND KINGS OF BHUTAN RULED THE COUNTRY FROM THIS ANCIENT SEAT. ALL FOUR KINGS WERE INVESTED AS TRONGSA PENLOP (“GOVERNOR”) PRIOR TO ASCENDING TO THE THRONE.

The dzong is a massive structure with many levels, sloping down the contours of the ridge on which it is built. Due to the dzong’s highly strategic position, on the only connecting route between east and west, the Trongsa Penlop was able to control effectively the whole of the central and eastern regions of the country from here.

Trongsa Dzong is the largest and, arguably, most scenic fortress in Bhutan. Narrow stone stairs, alleys, and corridors connect the buildings at all levels of the fortress, creating a veritable labyrinth on the slope.

Within the walls of the dzong are 25 temples dedicated to Tantric deities, a watchtower

(Ta Dzong) dating back to 1652, a printing shop producing religious texts following an ancient tradition, and a museum honoring the Wangchuck dynasty. In addition to its military importance, Trongsa Dzong was a major administrative and religious centre, still housing around 200 monks during the winter months.

The historic fortress was badly damaged by an earthquake in 1897, and eventually restored in 1927 and 1999. It now annually hosts Trongsa Tsechu, a 5-day religious festival where traditional costumes and masks are deployed for the dances. The date of the festival falls in December or January, in accordance with the Tibetan Lunar Calendar.





# BUDDHA DORDENMA

THE BUDDHA DORDENMA IS LOCATED ATOP A HILL IN KUENSELPHODRANG NATURE PARK AND OVERLOOKS THE SOUTHERN ENTRANCE TO THIMPHU VALLEY. THE STATUE FULFILLS AN ANCIENT PROPHECY DATING BACK TO THE 8TH CENTURY A.D THAT WAS DISCOVERED BY TERTON PEMA LINGPA (RELIGIOUS TREASURE DISCOVERER) AND IS SAID TO EMANATE AN AURA OF PEACE AND HAPPINESS TO THE ENTIRE WORLD.

This statue of Shakyamuni measures in at a height of 51.5 m, making it one of the largest statues of Buddha in the world. The statue is made of bronze and is gilded in gold.

125,000 smaller Buddha statues have been placed within the Buddha Dordenma statue; 100,000 statues of which are 8-inches-tall and 25,000 statues of which are 12 inches tall.

Each of these thousands of Buddhas have also been cast in bronze and gilded. The throne that the Buddha Dordenma sits upon is a large meditation hall.

The statue also fulfils two prophecies. The first, foreseen by yogi Sonam Sangpo, is that a Buddhist statue would be built in the region to “bestow blessings, peace, and happiness to the whole world.”

In addition, the statue is said to have been mentioned by Guru Padmasambhava, widely referred to as the “second Buddha,” in the eighth century.

This statue kills two birds with one stone by fulfilling both prophecies in glimmering fashion.





# TREKKING

WHETHER YOU ARE LOOKING FOR A DAY HIKE OR A GRUELLING 31 DAY ADVENTURE, BHUTAN HAS IT ALL. PRISTINE MOUNTAIN LAKES, IMPOSING GLACIERS AND SOME OF THE WORLD'S MOST ENDANGERED SPECIES AWAIT YOU IN THE MOUNTAINOUS AMPHITHEATRE OF THE HIMALAYAS.

Set on the eastern ridges of the mighty Himalaya and sandwiched between Tibet and India, a trip to Bhutan is a travel dream for many. Dramatic scenery, winding mountain passes, snow-capped peaks, fluttering prayer flags and vibrant rhododendrons are the backdrop for a colourful culture steeped in religion and mythology.

Here in the Land of the Thunder Dragon, you can hike through stunning valleys and across rugged high passes, visit isolated villages & explore the countless dzongs (fortresses) and tiny Buddhist monasteries that dot the landscape.

Then, visit the unforgettable "Tiger's Nest", the sacred Taktsang Monastery that clings dramatically to the side of a steep, forest-studded granite cliff.

Trek through the picturesque Paro Valley to the base of Chomolhari, Bhutan's second highest mountain, crossing glacial streams and observing the majestic peaks of the Himalaya through a frame of colourful rhododendron blooms. Or be one of the few people each year to join our challenging Bhutan Snowman Trek, ranked as one of the greatest treks in the Himalaya, as it weaves a path through the most remote region of Bhutan.





# WELLNESS

BHUTAN HAS MANY ACTIVITIES AVAILABLE FOR THOSE VISITORS SEEKING A PLACE OF SOLACE, REST AND RECUPERATION. WHETHER IT'S A SESSION OF PEACEFUL, CONTEMPLATIVE MEDITATION, A RELAXING SOAK IN A MINERAL HOT SPRING BATH OR THE ALL-NATURAL REMEDIES OF OUR TRADITIONAL MEDICINE BHUTAN HAS JUST WHAT YOU NEED TO REVIVE AND REJUVENATE YOUR BODY AND SPIRIT.

Many meditation and mediation retreats will provide you with places of respite from the cares and stress of everyday life.

Many tourists from all over the world come to Bhutan specifically for meditation and retreat tours.

Also, most hotels provide yoga sessions, retreats and meditation facilities within the hotel premises. The traditional medicine of Bhutan is known as Sowa Rigpa and dates back to the 17th century when it first spilt from it Tibetan origins.

Bhutan's natural environment, with its exceptionally rich flora has enabled the development of unparalleled pharmacopoeia.

Indigenous medicine units have been established in all 20 Dzongkhags (districts) and can provide tourists with traditional remedies for any ailments they may have.

Hot springs or Tshachus as they are locally known can be found all over the Kingdom and their medicinal properties are known to cure various ailments ranging from arthritis to body aches and even sinuses.





# ADVENTURE

BHUTAN IS SWIFTLY DEVELOPING ITS REPUTATION AS A PREMIER DESTINATION FOR ADVENTURE SPORTS. SET AMONGST THE MAJESTIC HIMALAYAS OUR KINGDOM IS THE PERFECT LOCATION FOR ALL MANNER OF EXCITING ACTIVITIES INCLUDING HIKING, TREKKING, KAYAKING, MOUNTAIN BIKING AND FISHING.

Whether it's rafting down crystal clear, glacier-fed rivers or trekking through lush, virgin forests Bhutan offers a one-of-a-kind experience for travelers seeking adventure in an unspoiled and unexplored environment.

All the arrangements for adventure activities can be made through us. We will provide you with well-trained and experienced guides to ensure your safety at all times.

## Cycling

The rugged, mountainous landscape of Bhutan lends itself well to both on-road or off-road mountain biking and the sport is seeing increasing popularity among both visitors and Bhutanese alike.

## Kayaking and Rafting

The crystal clear rivers of Bhutan are one of the kingdom's best kept open secrets.

Fed by the glacial-melt of the Eastern Himalayas, six major rivers (Wang Chhu, Sunkosh, Puna Tsang Chhu, Mangde Chhu, Kuri Chhu and Dangme Chhu and their tributaries), have been scouted for kayaking and rafting.

## Trekking

Explore what truly sets Bhutan apart from anywhere else and discover one of the most remote kingdoms on earth.





# DRAMITSE LAKHANG

ONE OF THE MOST NOTABLE RELIGIOUS SITES IS THE DRAMITSE LHAKHANG. IT WAS BUILT IN THE 16TH CENTURY BY ANI CHETEN ZANGMO, THE DAUGHTER OF THE RENOWNED TERTON (RELIGIOUS TREASURE SEEKER) PEMA LINGPA.

The Dramitse Ngacham or the “Dance of the Drums of Dramitse,” was created in this lhakhang in the 16th century. Today, it is a popular dance performed at all major festivals. It is also on the esteemed UNESCO World Heritage list.

Sitting atop a steep and narrow mountain ridge and fringed by the lush green landscapes of the eastern Himalayas, the Drametse Lhakhang is an important Nyingma Monastery and a popular tourist destination near Mongar in Bhutan. One of the largest monasteries of Eastern Bhutan, this spiritual abode of Buddha is situated at a distance of around 18 km from Mongar on the highway towards Trashigang.

Established in the 16th century under the commandment of Ani Choten Zangmo, the grand-daughter of the famous Buddhist saint Pema Lingpa, this historic Buddhist site predates the consolidation of Bhutan into a single Kingdom.

The name of the Lhakhang literally translates to ‘peak without enmity’ in the Bhutanese language.

Deeply influenced by the teachings of Pema Lingpa and serving as the current seat of his living lineage, this site also celebrates the peling tradition of Buddhism.





# BHUTAN FESTIVALS

Besides architectural uniqueness, innumerable numbers of fairs and festivals are also an integral part of Indian culture. Each festival celebrated in India is unique but enthusiasm, feasts and colour are common for all these fairs. India for travellers is at its best when visited during these celebrations of life as that is the time when you can experience most fascinating rich culture of India.



### **Thimphu Tshechu Festival (Sep)**

08 Nights | 09 Days

Paro | Thimphu | Punakha | Paro

The Thimphu Tshechu Festival, also called the National Festival of Bhutan, is the largest and most popular celebration in the country. The actual Tshechu is preceded by days and nights of prayers to invoke the divine gods.

The festival is held at Tendrel Thang (a festival ground) and the mask dances (cham or folk dances) are performed to bless onlookers and teach them the Buddhist dharma.

It is believed that one can attain good fortune by attending these festivals.

### **Jambay Lhakhang Drup Festival (Oct)**

09 Nights | 10 Days

Paro | Thimphu | Punakha | Bumthang | Phobjikha | Paro

Jambay Lhakhang Drup Festival is held at Jambay Lhakhang Temple in Bumthang. It is one of the 108 temples that was built in a day by the 7th century Tibetan King Songsten Gampo. The festival is marked by various mask dances, which are called chams in the local language. Mewang, the fire ceremony, attracts thousands of tourists.

During the ceremony, the locals are seen dancing under a flaming structure made of dry grass. The Dance of Treasure, or Tercham, is the main highlight of the event where masked dancers perform naked to bless infertile women so they may bear children.

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### **Wangdue Phodrang Tshechu (Sep)**

16 Nights | 17 Days

Paro | Thimphu | Punakha | Wangdue | Phobjikha | Trongsa | Bumthang | Mongar | Tshechu Festival | Trashiyangtse | Mongar | Bumthang | Paro

The region of Wangdue Phodrang is known for ornamental speeches and songs called Lozeys. The annual festival was introduced after the completion of a fortress in 1639.

'The Dance of Ox' is the major attraction where people dance to ensure a peaceful afterlife. The festival concludes after the unfurling of gigantic paintings known as Guru Tshengye Thongdrol.

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### **Punakha Tshechu and Drubchen (Feb)**

07 Nights | 08 Days

Paro | Thimphu | Punakha | Paro

The Punakha Drubchen hosts a dramatic recreation of the scene from the 17th century battle with the Tibetan army. The local military men dress in traditional battle gear and reenact the entire scene.

The festival celebrates the victory and pays tribute to the common people of Thimphu who came forward to drive the Tibetan army out of their country. This is lauded as the victory that ushered in a period of new-found internal peace and stability.



### **Paro Tshechu Festival (Mar)**

06 Nights | 07 Days

Paro | Thimphu | Paro

The Paro Tshechu is held in Paro Dzongkhag district and considered as one of the biggest religious festivals. This celebration continues for five days, usually during springtime on the 2nd Bhutanese Lunar month.

The festival depicts the beautiful culture, tradition, and age-old customs followed in Bhutan. Monks and laymen dress up in vibrant costumes and dance together. On the last day, a gigantic thangka or embroidery painting is shown to all.

It is believed that by witnessing this Throngdrel, it can cleanse the sins of the viewers.

### **Jomolhari Mountain Festival (Oct)**

11 Nights | 12 Days

Paro | Thimphu | Sharna | Thangthangkha | Jangothang | Soe Yaktsa | Thombu Shong | Gunitsawa Village | Paro

The Jomolhari is celebrated for two days. Its magnificent theme and humble locals represent the cheer of the festival which is celebrated at the foothills of Mt. Jomolhari.

The main attraction is the 'Snow Leopard Show' which aims at making people aware of the declining number of snow leopards in the region.

The locals dress in their traditional attire and dance to folk songs.

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### **Nimalung Festival (Jun)**

11 Nights | 12 Days

Paro | Punakha | Bumthang | Chudzomsa | Thimphu | Paro

This three-day celebration is overflowing with traditional folk dances and vibrant attire. Don't miss the main attraction, the Mask Dance, when locals beseech the gods for their blessings and pray to help them get rid of their misfortunes.

The festival culminates with a rare display of a giant silk applique thangkha (painting) depicting Guru Padmasambava and other important deities.

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### **Takin Festival (Feb)**

09 Nights | 10 Days

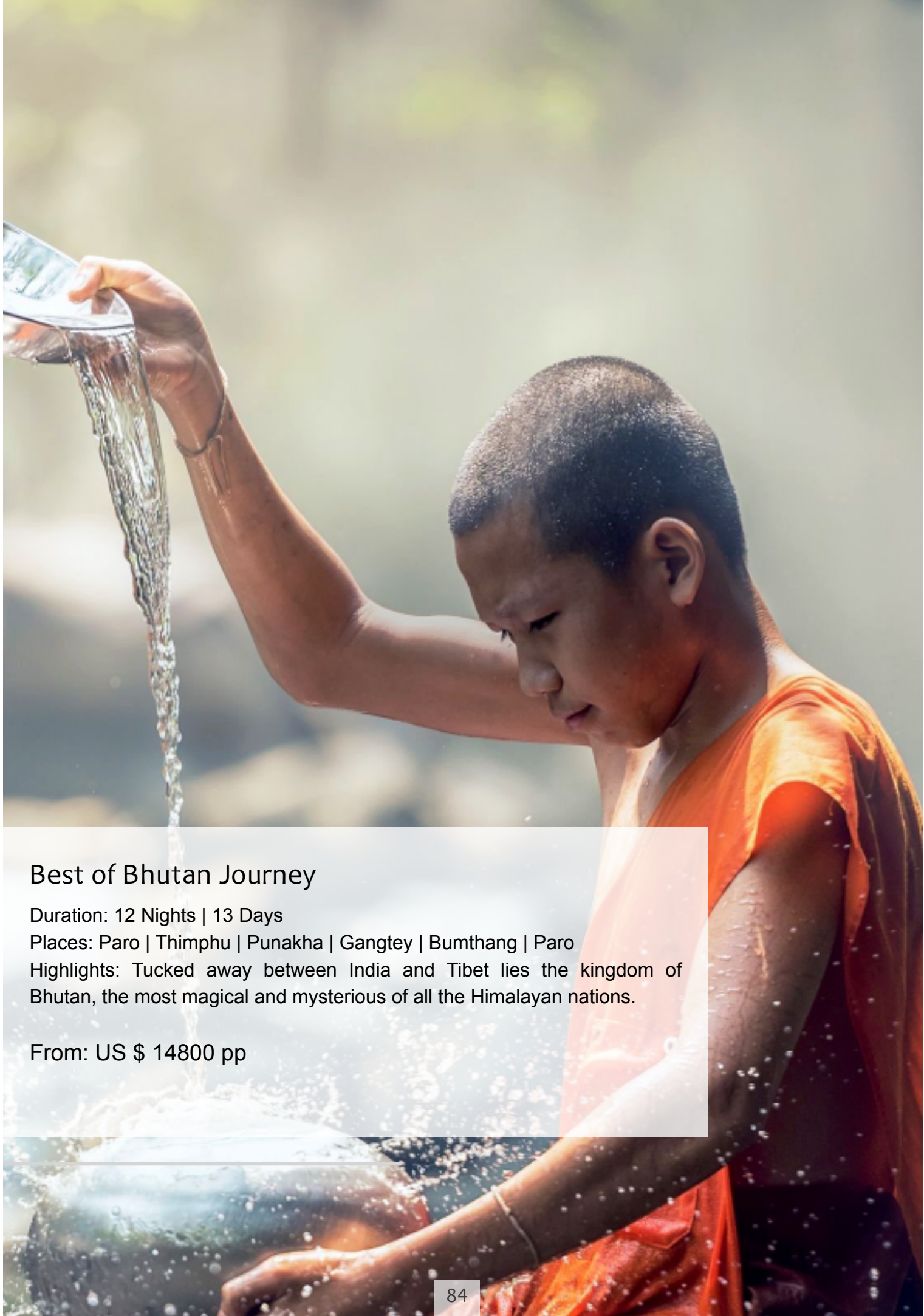
Paro | Thimphu | Punakha | Phobjikha | Paro

The Takin Festival is held in Jigmi Dorji National Park of Gaza Dzongkhag. The Takin is a rare and endangered species around the world but thrives in the Land of the Thunder Dragon. The festival allows visitors a rare opportunity to witness Bhutan's national animal in their native summer grazing grounds. It also helps nomadic tribes earn money to sustain their livelihoods for the remaining months. They pitch woven tents made from yak hair, cook traditional dishes, and sell local items that include handmade crafts, yak butter, and cheese.









## Best of Bhutan Journey

Duration: 12 Nights | 13 Days

Places: Paro | Thimphu | Punakha | Gangtey | Bumthang | Paro

Highlights: Tucked away between India and Tibet lies the kingdom of Bhutan, the most magical and mysterious of all the Himalayan nations.

From: US \$ 14800 pp



### Day 01 - 02: Thimphu - The Capital

Thimphu, Bhutan's capital, occupies a valley in the country's western interior. In addition to being the government seat, the city is known for its Buddhist sites. The massive Tashichho Dzong is a fortified monastery and government palace with gold-leaf roofs. The Memorial Chorten, a whitewashed structure with a gold spire, is a revered Buddhist shrine dedicated to Bhutan's third king, Jigme Dorji Wangchuck.

### Day 03 - 05: Punakha

Punakha is a town in the Himalayas of Bhutan. It's known for the Punakha Dzong, a 17th-century fortress at the juncture of the Pho and Mo Chhu rivers. The fortress hosts the Punakha Tshechu, a religious festival featuring masked dances and music. In the surrounding Punakha Valley, temples include the fertility-focused Chimi Lhakhang and the hilltop Khamsum Yulley Namgyal Chorten, which has river and mountain views.

### Day 06 - 07: Gangtey

The Gangteng Monastery, generally known as Gangtey Gonpa or Gangtey Monastery, is an important monastery of Nyingmapa school of Buddhism, the main seat of the Pema Lingpa tradition. Located in the Wangdue Phodrang District in central Bhutan.

### Day 08 - 09: Bumthang

Bumthang District is one of the 20 dzongkhag comprising Bhutan. It is the most historic dzongkhag if the number of ancient temples and sacred sites is counted. Bumthang consists of the four mountain valleys of Ura, Chumey, Tang and Choekhor, although occasionally the entire district is referred to as Bumthang Valley.

### Day 10 - 12: Paro

Paro is a valley town in Bhutan, west of the capital, Thimphu. It is the site of the country's only international airport and is also known for the many sacred sites in the area. North of town, the Taktsang Palphug (Tiger's Nest) monastery clings to cliffs above the forested Paro Valley. Northwest of here are the remains of a defensive fortress, Drukgyel Dzong, dating from the 17th century.

### Day 13: Depart Paro

Departure transfer to onward destination.

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#### Stays\*\*\*\*\*

Thimphu	Six Senses
Punakha	Amankora Punakha
Gangtey	Gangtey Lodge
Bumthang	Amankora Bumthang
Paro	Six Senses

#### Includes

- 12 Nights as per the program.
- Daily Breakfast, Lunch and Dinners.
- Bhutan Visa.
- Entrance fees.
- Tour Manager | Tour Director | Tour Guide.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

#### Excludes

- Tips.
- Travel Insurance.
- Visa (If any).





## Essence of Bhutan Journey

Duration: 13 Nights | 14 Days

Places: Paro | Punakha | Gangtey | Trongsa | Bumthang | Thimphu | Paro

Highlights: This 14-day luxury itinerary showcases Bhutan's must-see sites, with time spent in the major cities of Paro and Thimphu, plus visits to remote mountain villages and farmhouses.

From: US \$ 13200 pp



### Day 01 - 02: Paro

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### Day 07: Trongsa

Trongsa, previously Tongsa, is a Thromde or town, and the capital of Trongsa District in central Bhutan. The name means "new village" in Dzongkha. The first temple was built in 1543 by the Drukpa lama Ngagi Wangchuck, who was the great-grandfather of Ngawang Namgyal, Zhabdrung Rinpoche, the unifier of Bhutan.

### Day 08 - 10: Bumthang

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### Day 13: Paro

Day at leisure to explore shopping in Paro.

### Day 14: Depart Paro

Departure transfer to onward destination.

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### Stays\*\*\*\*\*

Paro	Como Uma
Punakha	Como Uma
Gangtey	Amankora Gangtey
Trongsa	Yangkhil Resort
Bumthang	Six Senses Bumthang
Thimphu	Six Senses Thimphu
Paro	Amankora Paro

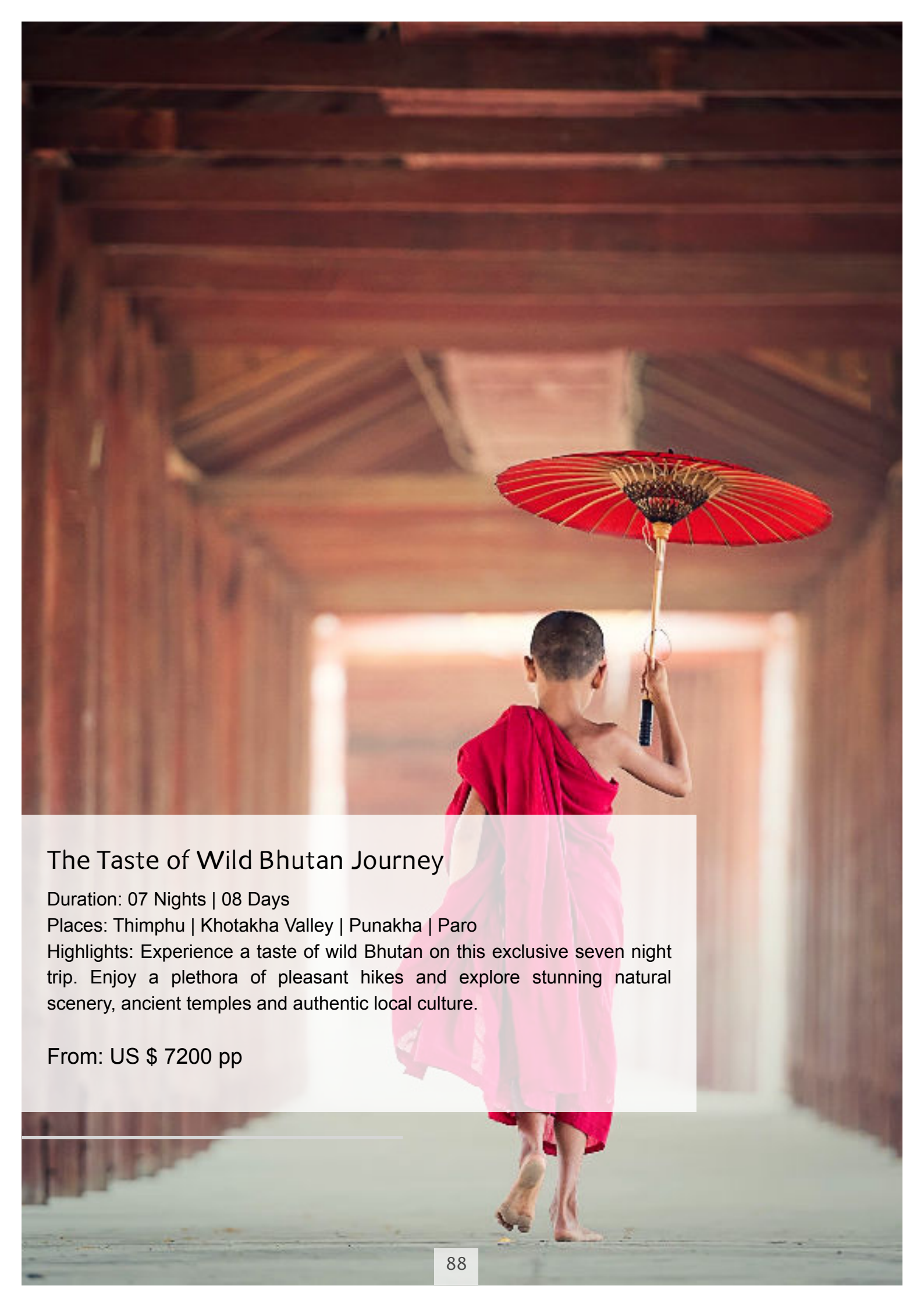
### Includes

- 13 Nights as per the program.
- Daily Breakfast, Lunch and Dinners.
- Bhutan Visa.
- Entrance fees.
- Tour Manager | Tour Director | Tour Guide.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

### Excludes

- Tips.
- Travel Insurance.
- Visa (If any).





## The Taste of Wild Bhutan Journey

Duration: 07 Nights | 08 Days

Places: Thimphu | Khotakha Valley | Punakha | Paro

Highlights: Experience a taste of wild Bhutan on this exclusive seven night trip. Enjoy a plethora of pleasant hikes and explore stunning natural scenery, ancient temples and authentic local culture.

From: US \$ 7200 pp



### Day 01 - 02: Thimphu - The Capital

Spend your time in Bhutan's capital exploring the market, Taschichho Dzong and small, chock-a-block shops. A wander around this relaxed and friendly city gives a look at a more urban side of Bhutan which accompanies a wide display of traditional art, architecture and Buddhist sights steeped in ritual.

### Day 03: Khotakha Valley

Immerse yourself fully into wild Bhutan and stay in a camp for the night. Spend a tranquil evening enjoying striking scenery as a cook prepares your meals.

Sha Kothakha Rinchenling Shedra, generally known as Rinchenling Shedra, is an important monastery of the Drukpa Kagyed school of Buddhism located in the Wangdue Phodrang district in central Bhutan. The monastery is located near the heart of Sha-kothakha and is bound on the west side by the Black Mountainsen.

### Day 04 - 05: Punakha

Capital of Bhutan and seat of the government until 1955, the little town of Punakha still enjoys a serene and regal ambience left over from its stately days. Found in a fertile valley at a relatively low 12,000 metres above sea level, visitors come here for warm, sultry days filled with plenty of activities such as mountain biking, trekking and river rafting. Then step into the area's history with a visit to the town's show-stopping Punakha Dzong.

### Day 06 - 07: Paro

En-route to Paro, visit Lamperi Park to attend the Rhododendron Festival. The three-day Rhododendron festival at the Royal Botanical Park is a truly an experience for nature lovers

to engage in the beauty of wild rhododendron that grows in abundance. Showcasing different rhododendron species that are in full bloom by May, the three-day rhododendron festival celebrates the blossoms at the Lamperi botanical park. The Lamperi Botanical Park records the highest species of rhododendron with 29 of the total 46 that are grown in Bhutan.

### Day 08: Depart Paro

Departure transfer to onward destination.

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### Stays\*\*\*\*\*

Thimphu	Taj Tashi
Khotakha Valley	Camp
Punakha	Uma Punakha
Paro	Uma Paro

### Includes

- 07 Nights as per the program.
- Daily Breakfast, Lunch and Dinners.
- Bhutan Visa.
- Entrance fees.
- Tour Manager | Tour Director | Tour Guide.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

### Excludes

- Tips.
- Travel Insurance.
- Visa (If any).





## Bhutan Cycling Adventure Journey

Duration: 06 Nights | 07 Days

Places: Paro | Thimphu | Punakha | Paro

Highlights: Traverse the Himalayan nation of Bhutan by bike on this week-long endurance challenge, which combines immersion in Bhutan's undulating landscapes with experiences focused on Bhutanese heritage and culture.

From: US \$ 11900 pp



### Day 01: Paro

Paro is a valley town in Bhutan, west of the capital, Thimphu. It is the site of the country's only international airport and is also known for the many sacred sites in the area.

North of town, the Taktsang Palphug (Tiger's Nest) monastery clings to cliffs above the forested Paro Valley. Northwest of here are the remains of a defensive fortress, Drukgyel Dzong, dating from the 17th century.

### Day 02: Thimphu

Spend your time in Bhutan's capital exploring the market, Taschichho Dzong and small, chock-a-block shops.

A wander around this relaxed and friendly city gives a look at a more urban side of Bhutan which accompanies a wide display of traditional art, architecture and Buddhist sights steeped in ritual.

### Day 03 - 05: Punakha

Capital of Bhutan and seat of the government until 1955, the little town of Punakha still enjoys a serene and regal ambience left over from its stately days.

Found in a fertile valley at a relatively low 12,000 metres above sea level, visitors come here for warm, sultry days filled with plenty of activities such as mountain biking, trekking and river rafting.

Then step into the area's history with a visit to the town's show-stopping Punakha Dzong.

### Day 06: Paro

Road transfer back to Paro, which takes around four to six hours. On arrival, you'll stretch your legs with a hike to the Taktsang "Tiger's Nest" Monastery, which is cut into the cliffside. The path crosses a bridge, routes around a 60-meter waterfall and finally heads up the cliff to the sacred monastery – the most spectacular finale to your Bhutan travel experience.

### Day 07: Depart Paro

Departure transfer to onward destination.

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### Stays\*\*\*\*\*

Paro	Six Senses
Thimphu	Six Senses
Punakha	Six Senses
Paro	Six Senses

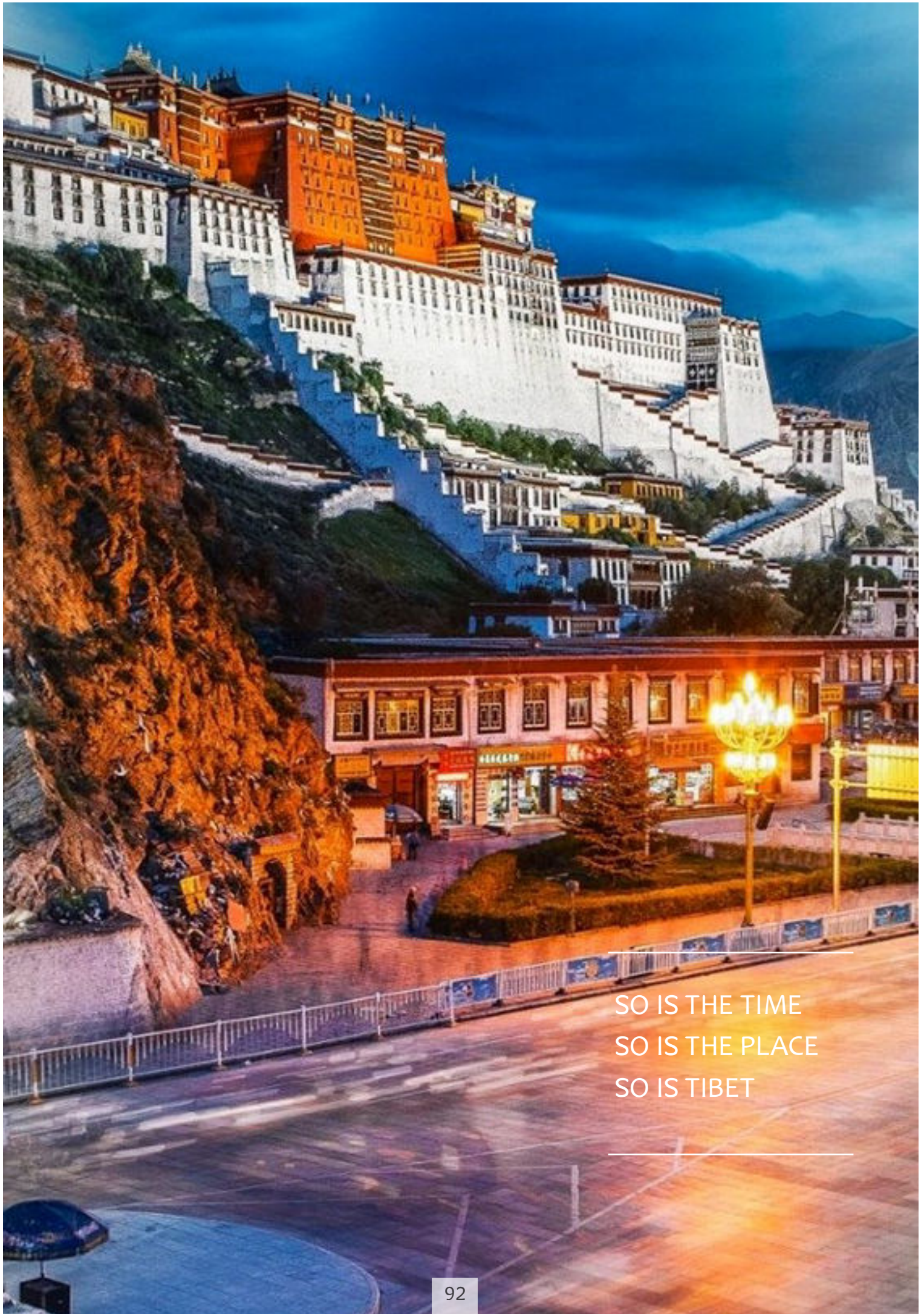
### Includes

- 06 Nights as per the program.
- Daily Breakfast, Lunch and Dinners.
- Bhutan Visa.
- Entrance fees.
- Tour Manager | Tour Director | Tour Guide.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

### Excludes

- Tips.
- Travel Insurance.
- Visa (If any).





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SO IS THE TIME  
SO IS THE PLACE  
SO IS TIBET

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# TIBET

ASIA'S EXCLUSIVELY REMOTE, CULTURALLY  
ELEVATED SPIRITUAL HEAVEN

IT ALL STARTS WITH  
TASHI DELEK

In western China, between the indomitable peaks of the Himalayan range to the south and the Taklamakan Desert to the north, you'll find the Tibet Autonomous Region, sat upon the Tibetan Plateau.

Home to the world-famous spiritual leader, The Dalai Lama, here you will not only find awe-inspiring views of the world's highest mountains but also the opportunity for unparalleled high altitude walks, mesmerising monasteries and one of the most unique and inviting cultures in the world.

Tibet is also known for its intricate and loud history in which its independence has been a central topic. Stretching back to the mid-7th century, when Songtsan Gampo established the unified Tibetan Empire, it's history outlines Chinese and Mongol control, as well as a British invasion.





SHANGRI-LA

HOTELS & RESORTS







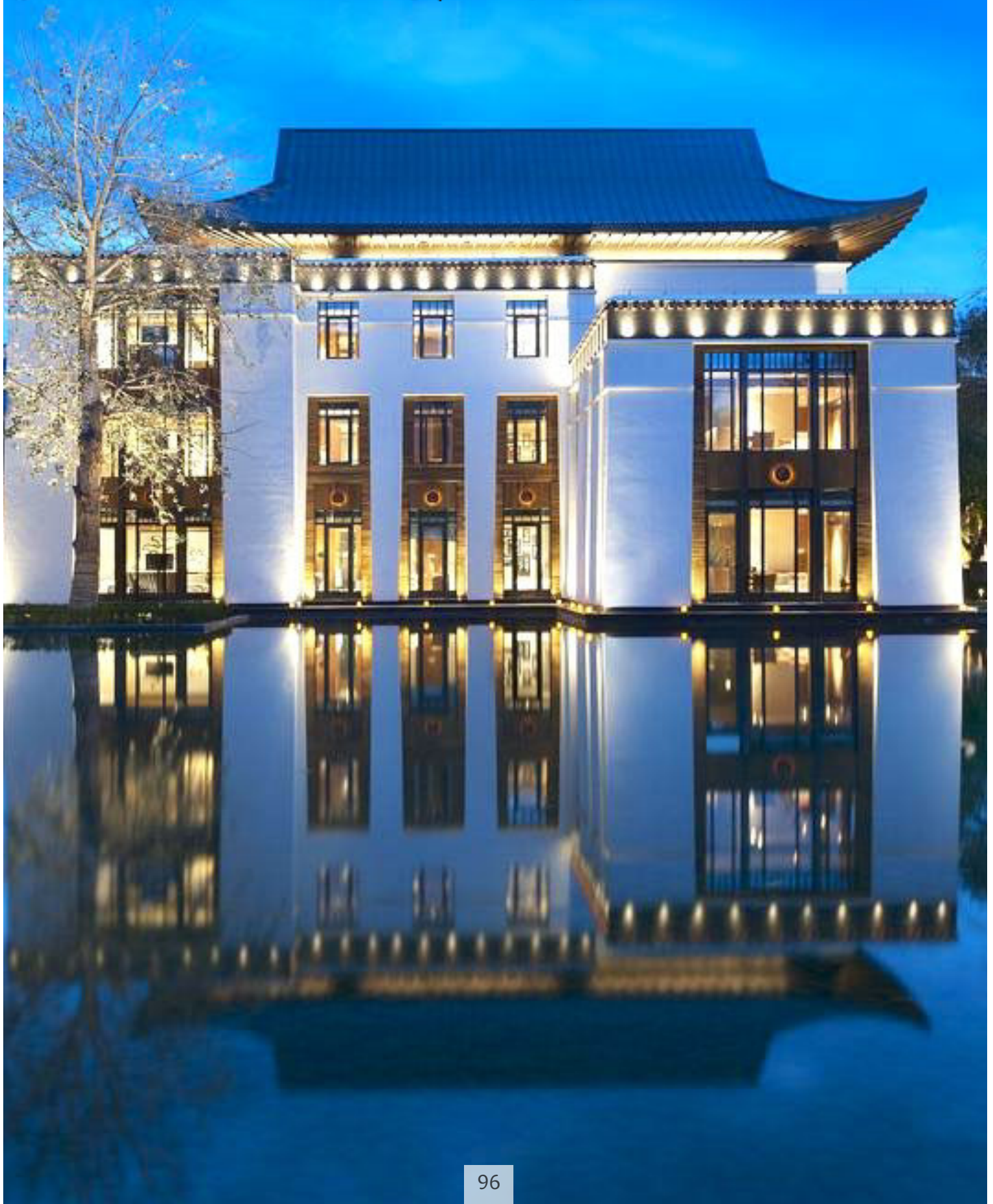
BANYAN TREE







ST REGIS



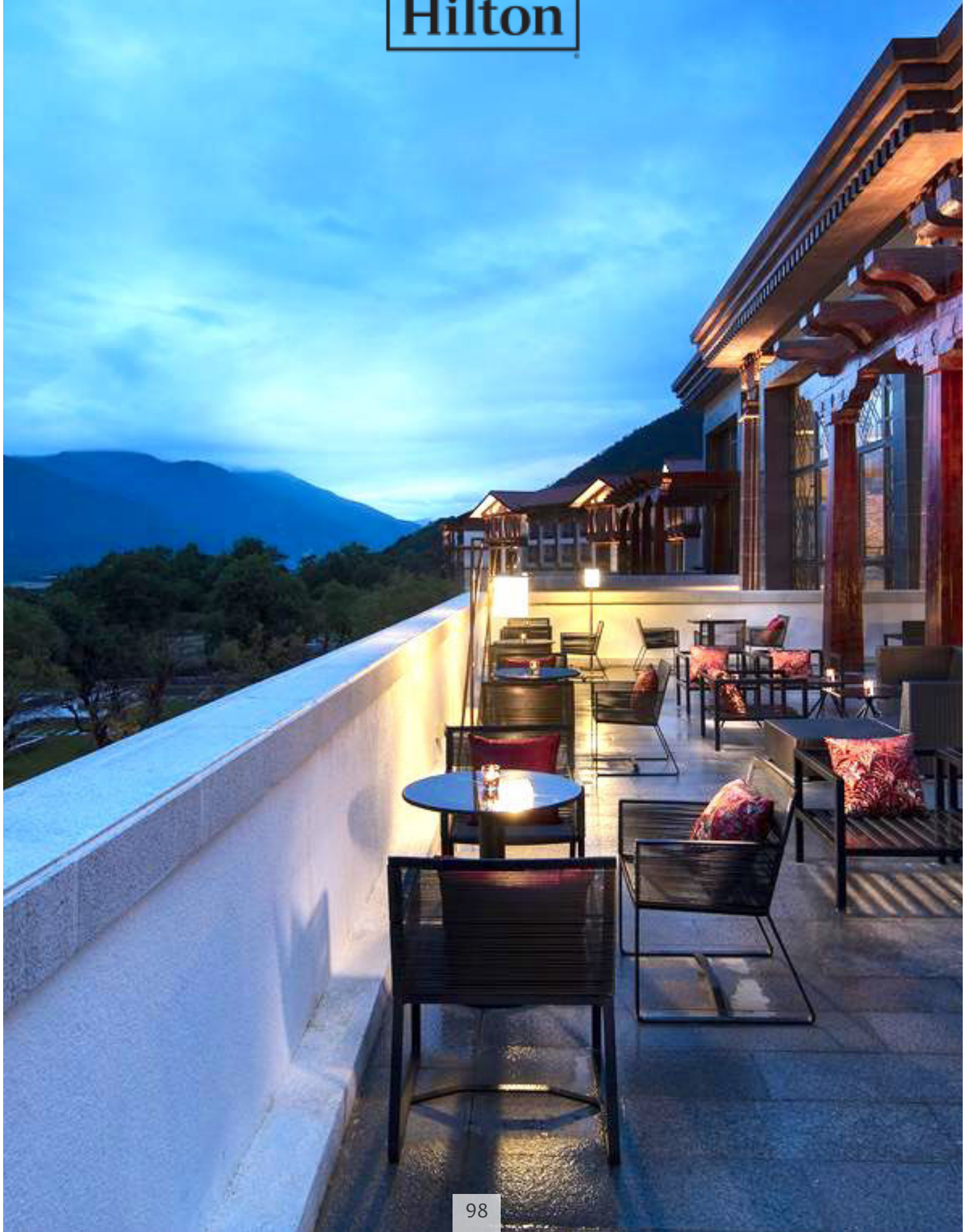




  
**INTERCONTINENTAL.**  
HOTELS & RESORTS  
洲际酒店及度假村

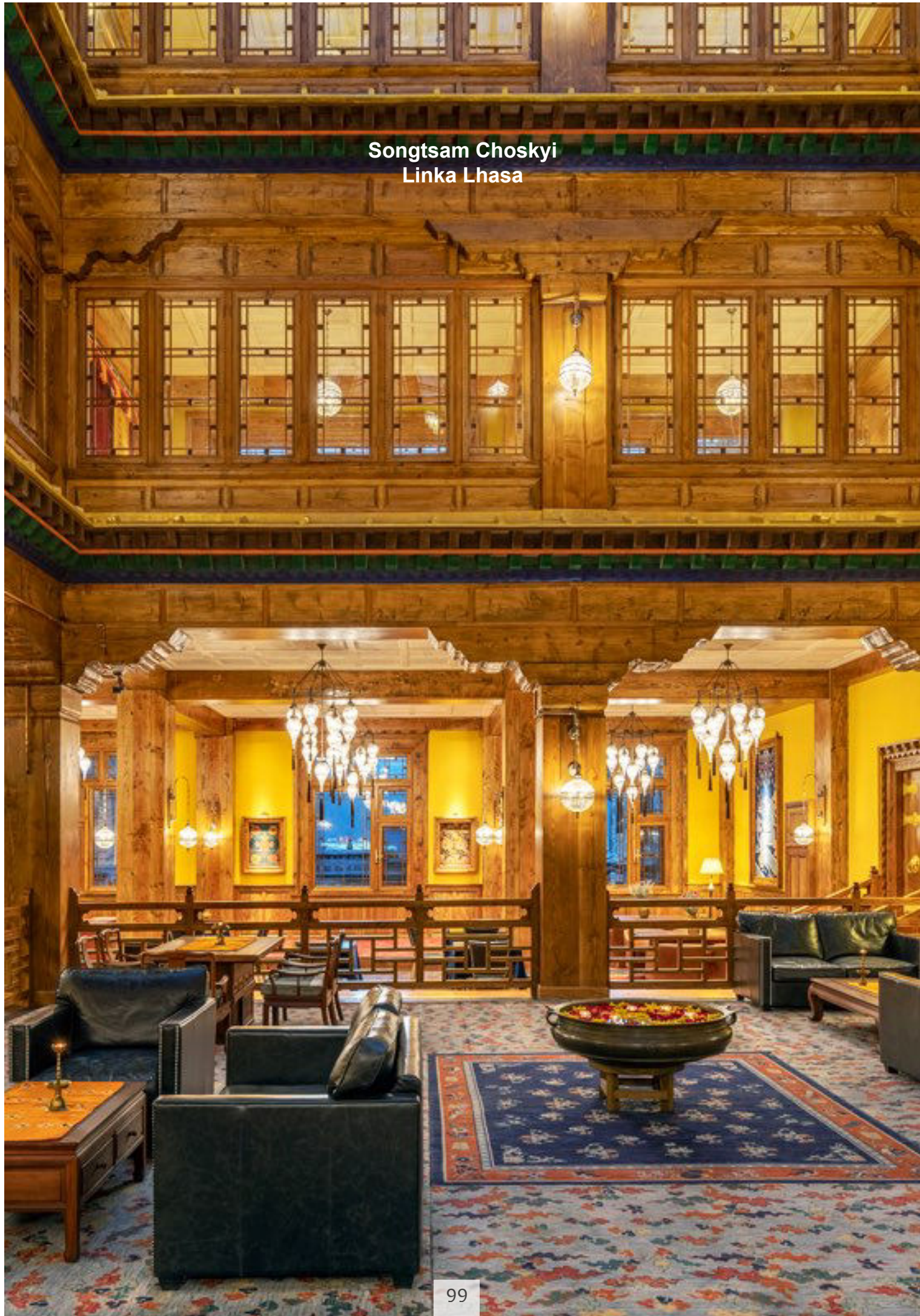


Hilton





Songtsam Choskyi  
Linka Lhasa





Qomo Langzong  
Shigatse





Mansarovar Hotel  
LHASA





# LHASA

LHASA, LITERALLY MEANS THE PLACE OF THE GODS, IS HIDDEN DEEP IN THE SPECTACULAR HIMALAYAN MOUNTAINS (ALTITUDE: 3,700 METERS). IT IS A TREASURE TROVE OF BRILLIANT PALACES, MONASTERIES AND TEMPLES.

The symbol of Tibet, the dominating red and white Potala Palace is the first sight you will see when you enter the holy city Lhasa. For Tibetan people, Lhasa is the holiest city in the world.

Every day, travelers and locals rub shoulders on the exotic Barkhor Street to walk the sacred "kora".

Jokhang Temple, the spiritual center of Tibet, keeps the most important treasure of Tibet - Jowo Rinpoche, the life-sized (5 foot/1.5m) image of the Shakyamuni at the age of 12 which was said to be created according to the description of the wet nurse of Shakyamuni.

The holy city Lhasa is famous for its beautiful landscapes, thousand-years-old history, unique Tibetan culture, sunshine & blue sky and friendly local people.

The outstanding highlight is its magnificent palace and temples, such as the famous Potala Palace, Jokhang Temple, Barkhor Street, Drepung Monastery, Sera Monastery, and Norbulingka. The miraculous and beautiful Namtso Lake is about half-day driving from the city.

Besides the diverse cultural and scenic sights, you will also have chance to explore authentic Tibetan culture, such as Tibet food cooking, Princess Wenchen Show, etc.





# GYANTSE

IN TIBETAN LANGUAGE, GYANTSE LITERALLY MEANS “THE SUMMIT OF THE VICTORY AND THE RESIDENCE OF THE KING”. WHEN THE BRITISH ARMY INVADED TIBET IN 1904, THE SOLDIERS AND TIBETAN PEOPLE STATIONED IN GYANTSE AND FOUGHT WITH THE INVADERS TO GUARD THEIR HOMELAND.

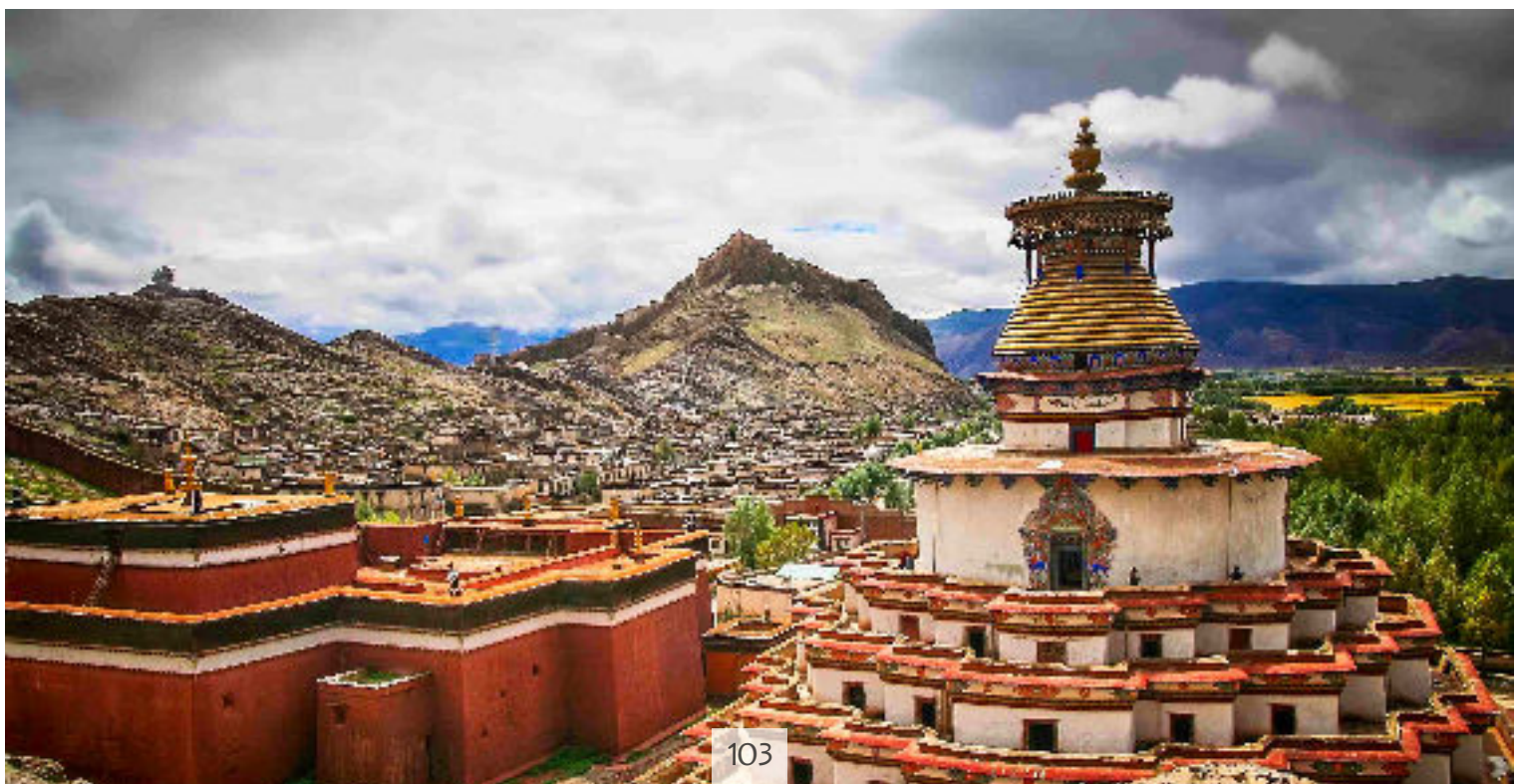
Gyantse Town, once to be the political, economic and transportation center of Tsang, is a famed historical and cultural place located in Gyantse County, Shigatse Prefecture.

It strategically lies in the Nyangchu Valley on the trade route, linking the traders between India and Tibet as well as the pilgrims journeying across the Himalayan Plateau in the ancient times.

Now it plays an important role in connecting Kathmandu and Lhasa by sitting on the friendship highway. With the good climate and fertile soil, Gyantse area is also rich in

natural resource and honored the Granary of Tibet. Nowadays, it is no longer the most developed town and not fast-growing as some other places, but it remains its original charm and manages to leave you a wonderful experience. In Gyantse, you are able to admire the natural sightseeing and historical sites.

Owing the long history and special geographic position, there is plenty more to see. Gyantse’s greatest sight must be Gyantse Kumbum in Palcho Monastery, the outstanding architectural wonder and the largest chorten survived in Tibet.





# SHIGATSE

THE INCREDIBLE ARCHITECTURAL STYLE OF SHIGATSE AND A HOLY AND PEACEFUL ATMOSPHERE, MAKES IT A WORTH PLANNING A TRIP DURING SUMMERS, IDEALLY THE BEST TIME TO VISIT.

Shigatse (along the Sino-Nepal Friendship Highway), also named Xigatse, is the hub of the road network between Lhasa, Nepal and western Tibet.

The tourist sights in Shigatse are composed of great natural sites and grand monasteries: Mt. Everest, Rongbuk Monastery, Mount Cho Oyu, rongbuk glacier, tashilhunpo Monastery, shalu monastery, nartang monastery, peikutso, palkor chode monastery, sakya monastery, phuntsoling monastery & jonang kumbum, yungdrungling monastery, pala manor and so forth.

All these tourist attractions in Shigatse have already received millions of pious pilgrims.

It is indeed a pleasure to even study the lifestyle of the locals residing in Tibet. The walls of the houses are typically white in colour, while the front door has drawings or paintings which keep evil elements away.

Some of the other points of tourist's interest are Gyantse, Tingri and Nyalam. In order to go on a sightseeing tour, one has to travel from Lhasa as it is the start point of all Shigatse Tibet tours. Travellers can either take a train or drive down to Shigatse as the road has a lot of spectacular sites to visit. It is important for travellers to acclimatise themselves in Lhasa and then proceed, as Shigatse is at a higher altitude as compared to Lhasa.





# NGARI

NGARI IS A REMOTE PREFECTURE IN WESTERNMOST TIBET AUTONOMOUS REGION, LOCATED AT THE JUNCTION OF HIMALAYAS, THE GANGDISE, THE KUNLUN MOUNTAINS AND KARAKORUM MOUNTAINS.

With an average altitude of more than 4500 meters, Ngari is the real "the roof of the world", and has many domanting peaks over 6000 meters. Geographically speaking, Ngari borders Nepal and India on the west and Kashmir in the west, which makes it very convenient for pilgrims from Nepal, India to traveling to Ngari.

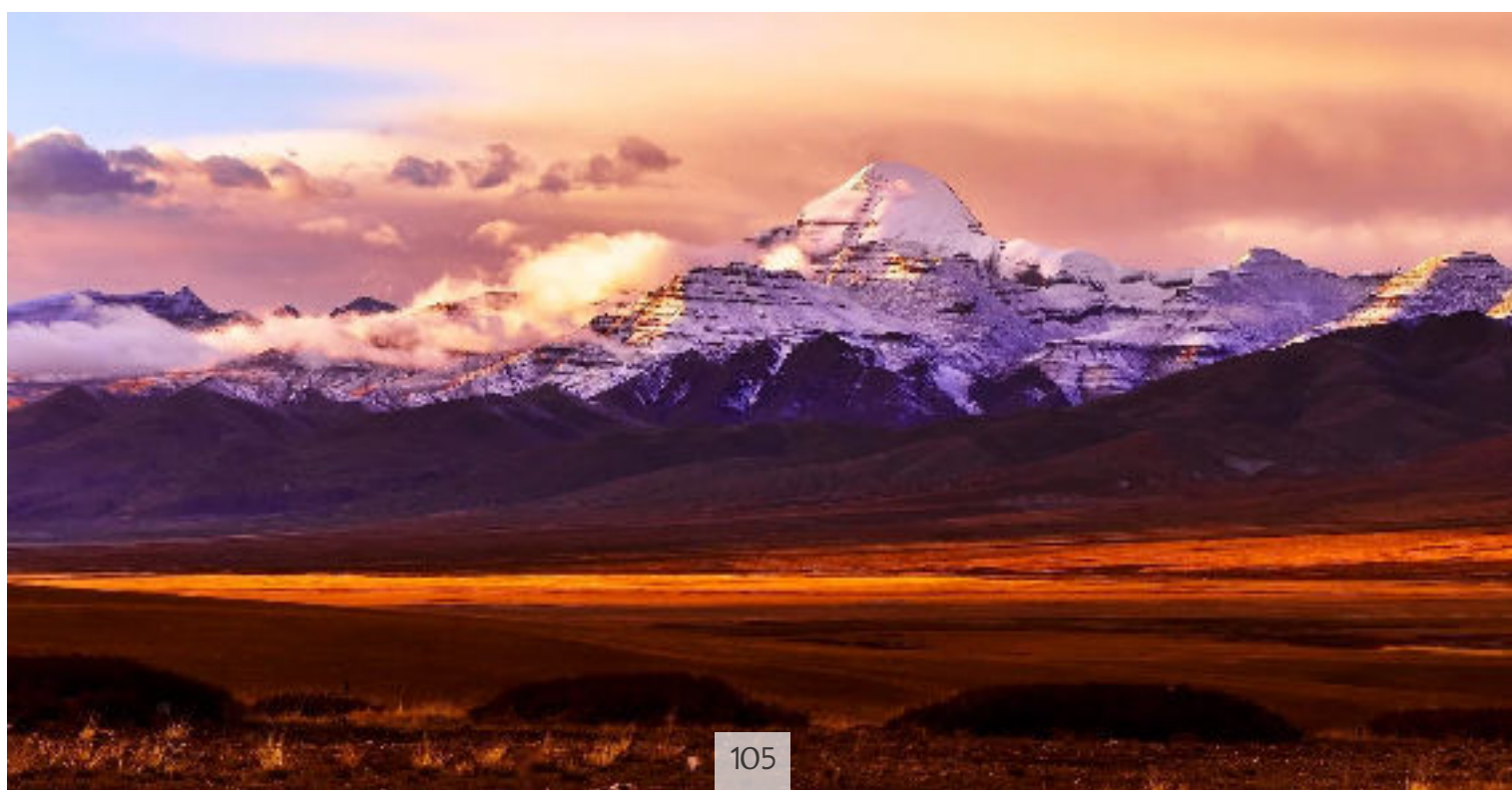
Ngari is also regarded as the "Origin of Rivers" because many world famous rivers originating from here, including Yarlung Zangbo River, India River and Henghe River.

Nowadays, Ngari is a dream destination for both travelers and pilgrims who share the magnificent landscape, inspiring culture and friendship of local Tibetan together.

Mount Kailash (6714m) is always on the top of itineraries. This mountain is worshiped as the sacred center of the universe for Buddhists, Hindus and Jains. While for travelers, the breathtaking scenery of Mount Kailash is a forever to last in the memory.

Manasarovar Lake, about 30km from Mount Kailash, should never be missed in a Ngari adventure. This lake is one of the most beautiful lake in Tibet, as well as the holiest lake in Asia for Hindus and Tibetan Buddhist.

In history, Ngari was the birthplace of two great civilizations - Xiangxiong Kingdom and Guge Kingdom both of which disappeared mysteriously, which have not been cracked by anthropologists.





# NYINGCHI

NYINGCHI IS A PREFECTURE LYING IN THE SOUTHEASTERN AREA OF TIBET. IT BORDERS WITH LHASA TO EAST, SHANNAN TO SOUTHWEST, QAMDO TO SOUTH AND NAGQU TO NORTH. LITERALLY MEANING THE THRONE OF SUN, NYINGCHI GETS ITS NAME BECAUSE OF ITS SPECIAL LOCATION.

For other areas in Tibet, Nyingchi is the place where sun rises visually. With the lowest elevation of only 900m and the highest elevation of 7,782m (altitude of Namjagbarwa Peak), Nyingchi owns the biggest elevation gap in the world. The average altitude is about 3,100m, making it the lowest area of Tibet.

Traveling in Nyingchi is a unique experience. On the barren Qinghai-Tibetan Plateau, you hardly believe there is such a picturesque and fertile heaven land in wild Tibet.

Nyingchi is blessed with beautiful lakes, deep gorges, immense forests, azalea-filled

meadows etc. Stepping into Nyingchi, you will find the reason why Nyingchi is renowned as the "East Swizerland" and "Jiangnan of Tibet"(Jiangnan in Chinese means the fertile and prosperous area in the south of the Yangtze).

In fact, there are no peach flowers in Swizerland and no snow-capped peaks in Jiangnan. So Nyingchi really enjoys the incomparable beauty.

Thanks to its characteristic geographic location and changeful climate, lots of great attractions are shaped in Nyingchi.





# NAGQU

NAGQU, NAMED AFTER NAGQU RIVER AND ALSO KNOWN AS NAGCHU, NAQU OR NAKCHU, IS A PREFECTURE-LEVEL CITY LOCATED IN THE NORTHERN PART OF TIBET – BETWEEN TANGGULA MOUNTAINS AND NYAINQENTANGLHA MOUNTAINS.

It borders Xinjiang and Qinghai Province, and neighbors Chamdo Prefecture to east, Lhasa, Nyingchi, Shigatse to south and Ngari to west.

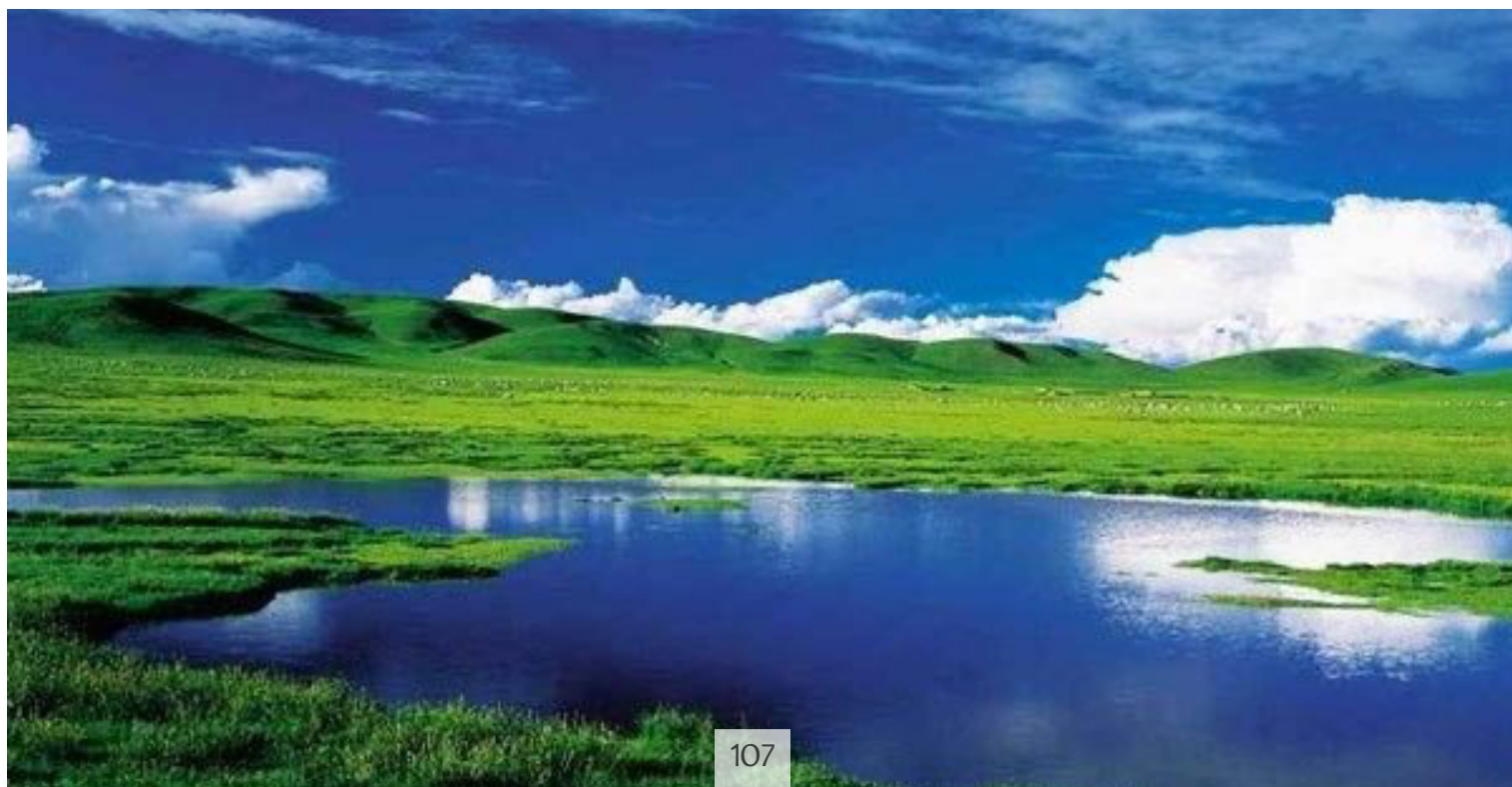
It holds strategic importance in the history. Covering an area of 450,543 square kilometers, Nagqu is the largest prefecture in Tibet.

Apart from a small area of farming-pastoral region in east, it is mainly a pasturing area. With many greatest rivers (the Yangtze River, Nujiang River, Lhasa River etc.) originated here, Nagqu has rich water resource which contributes to shaping the beautiful views.

Being sparsely populated, Nagqu features in its protected wildlife, unpolluted grassland, bright snow mountains, azure blue lakes and unsophisticated Tibetan life.

Among the various wild animals growing in Nagqu, there are over 10 species are existemic rare animals, including wild yaks, Tibetan antelopes, snow panthers, barhead geoses and so on. Tibetan people always live harmoniously with these animals.

If you visit Nagqu during the special festivals, you can also see the Tibetan people on traditional costumes.





# TSEDANG

BEST TOURISM DESTINATION IN TIBET DUE TO ITS NATURAL AND CULTURAL SCENERY. A REGION WHERE THE ANCIENT TIBETAN CIVILIZATION ORIGINATED, TSEDANG HOLDS A VERY STRATEGIC POSITION. IT IS SAID THE FIRST PALACE, FIRST MONASTERY, FIRST KING, FIRST FARMLAND IN TIBET WERE FOUND IN TSEDANG.

This one of the best places to visit in Tibet has a mild climate as compared to Lhasa and enjoys a large and fertile land. Tsedang's spellbound landscape – pristine lakes and scenic rivers make it worth to include this in the best affordable tour packages in Tibet.

Some of the other points of interest on Tsedang Tibet Tour are Yumbulakang (Tibet's first palace); Samye Monastery (Tibet's first monastery) and an important site for pilgrims; Yumdruk Lake, which is one of the three holy lakes in Tibet; and the scenic Yarlung Tsangpo River.

Tombs of the Tibetan Kings is also a popular tourist attraction in Tsedang to visit on a sightseeing tour. Tourists interested in getting deep knowledge about Buddhism should also visit the ancient monasteries in Tsedang. The unique paintings and sculptures speak a lot about the ancient history.

Driving down to Tsedang from Lhasa is a very convenient option. The scenic road journey will surely be one of the things to remember in the entire journey. The place is not located at a very high altitude; therefore, there is less risk of sickness.





# CHAMDO

**CHAMDO FORMS THE EASTERN PART OF TIBET. IT BELONGS TO THE KHAM REGION, WHICH IS QUITE POPULAR FOR ITS KHAMPA CULTURE.**

Therefore, the locals residing here are known as Khampa. It is also the third largest city after Lhasa and Shigatse. Majority of the people here believe in Buddhism. This tourism place is a must-see and thus, should be included in your holiday package for Tibet.

The most popular tourist attractions in Chamdo include the snow-clad mountains, stunning rivers, dazzling waterfalls and vast forests. Besides this, ancient monasteries are also a must visit attraction to learn about the original Tibetan culture.

Other best places to visit in Chamdo include the ancient Tea-horse Road which was used for trading various commodities from China to Tibet. The Meili Snow Mountain is a sacred mountain popularly known as Prince Snow Mountain which makes for another important point of interest on Chamdo Tibet tour.

Ranwu Lake is surrounded by snow peaks and glaciers and the water is formed by the melted snow and ice making a perfect place to be included in Chamdo sightseeing tour. Apart from this, tourists should not miss Karub Ruins, Galden Jampaling Monastery, Lhegu Glacier etc. in Chamdo.

Chamdo enjoys high mountains and dense forests; therefore, it is home for some rare animals. Also there are various Tibetan festivals celebrated here, which is a very good way to experience the culture and tradition of the locals.





# SHANNAN

**SHANNAN, ALSO NAMED LHOKA IN TIBETAN, IS A LONG-STANDING PREFECTURE-CITY LOCATED IN SOUTHEAST TIBET.**

Literally meaning the south of mountains, it lies in the southern side of Gangdise Mountains and Nyenchen Tanglha Mountains. As the western border area of China and owning a boundary line of over 600km, Shannan holds the very important strategic position.

Adjacent to Lhasa and with Lhasa Gonggar Airport in its geographic scope, Shannan is developed to a popular tourist's destination featuring in both natural landscape and cultural relics.

Regarded as the gathering place of Tibetan culture, it is said to enjoy about 10 Firsts in Tibet, including the first palace, the first King, the first monastery the first slavery regime, the first farm land, the first village etc. Apart from the historical sites, you will embrace the magnificent ranges, spectacular lakes, peaceful valleys, Buddhist monasteries as well as grand palace.

With plenty of natural scenery and cultural sites, Shannan never disappoints every tourist by its great charm. If you love the lakes and want to take some nice shots, Yamdrok Lake is the best choice.

For those tourists who are interested in Buddhist culture or history, you can pay a visit to Yumbulakang Palace and Samye Monastery.

Besides, seeing view of Yarlung Tsangpo River is also a visual treat on your journey.





# DAMSHUNG COUNTY

DAMXUNG IS A COUNTY OF LHASA CITY, LYING TO THE NORTH OF ITS MAIN CENTER OF CHENGGUAN, IN THE TIBET AUTONOMOUS REGION OF THE PEOPLE'S REPUBLIC OF CHINA. ITS ADMINISTRATIVE SEAT IS DAMQUKA.

The terrain is rugged, including the western Nyenchen Tanglha Mountains, with their highest peak rising to 7,111 metres.

Damxung means "select pasture" in the Tibetan language. The Damxung steppe was gifted by the 5th Dalai Lama to Güshi Khan during the latter's reign. A number of Mongol cavalry soldiers settled down in the area, who became known as Mongol Eight Banners of Dam. After Güshi Khan's death in 1679, the area was possessed by Ngakpa Tratsang of Sera Monastery.

From 1715 to 1912, the former Mongol Eight Banners land was directly administered by the Qing Dynasty Amban.

Following the Qing's collapse, the area once again came under possession of Sera Monastery, which established Damxung Dzong under Domê Chikyab, predecessor of the modern Chamdo Prefecture. In 1956, the county was transferred to Lhasa City.

The Nyenchen Tanglha (or Nyainqentanglha) mountains extend along the northwest of the county. Mount Nyenchen Tanglha is the highest peak in the region, at 7,111 metres (23,330 ft). The Nyainqentanglha mountains define the watershed between northern and southern Tibet. A valley with elevation of about 4,200 metres (13,800 ft) runs parallel to the mountains to their southeast, sloping from northwest to southeast.





# POTALA PALACE

## SYMBOLIC ARCHITECTURE OF TIBET.

Potala Palace, regarded as landmark and the symbol of Tibet, is a great giant palace consisting of many houses, towers, chapels, etc.

According to the Guinness Book of World Records, Potala Palace is the highest (in altitude) palace in the world. Because of its spectacular architecture style, it is honored as one of the most beautiful architectural buildings in the world.

As the historic ensemble of Lhasa, Potala Palace, together with the exceptional Jokhang Temple and Norbulingka is the UNESCO World Heritage Site.

The main buildings of Potala Palace are situated on the Red Hill by the side of Lhasa River. It is not only a splendid palace, but also a treasure house where you can see precious arts and learn Tibetan culture and

history. Because of its brilliant arts and history, travellers see it as the must-see attraction in Tibet. By climbing the steps up to the top, you can see the great views of Lhasa city as well as beautiful plateau landscape far away.

Potala Palace's history can be traced back to about 1,300 years ago and it has been through several large reconstructions ever since. It was originally built in the 7th century when the Tubo Kingdom ruled Tibet to house the King Srongtsen Gampo and his two wives - Princess Wencheng of Tang Empire and Princess Bhrikuti of Nepal.





# JOKHANG TEMPLE

## RELIGIOUS CENTRE OF TIBET.

Jokhang Temple (or Jokhang Monastery) is the spiritual center of Tibet and the holiest destination for all Tibetan pilgrims. It is listed in the World Cultural Heritages with Potala Palace and Norbulingka.

Situated at the heart of the old town of Lhasa and surrounded by Barkhor Street, this 4 storied building, built in the 7th century by Songtsan Gambo with roofs covered with gilded bronze tiles, demonstrates a combination of the architectural style of Han, Tibet, India and Nepal, as well as a Mandala world outlook of Buddhism.

It was original called the 'Tsuklakang' (Tsulag Khang) - 'House of Religious Science' or 'House of Wisdom' during the Bon period of Tibet, which refers to geomancy, astrology, and divination of Bon.

Today it is more commonly known as the Jokhang, which means the 'House of the Buddha'. Visiting Jokhang Temple for a real discovery tour in the mysterious and sacred land, you can get close to the religious part of Tibet and experience the devotion of Tibetans.

Jokhang Temple was constructed by Tibetan King Songtsan Gambo in the 7th century to house the sacred image of the Buddha-Jowo Rinpoche, which was the dowry of Chinese princess Wencheng, the second wife of Songtsan Gambo married in 641.





# NAMTSO LAKE

## PARADISE FOR PILGRIMS AND PHOTOGRAPHERS.

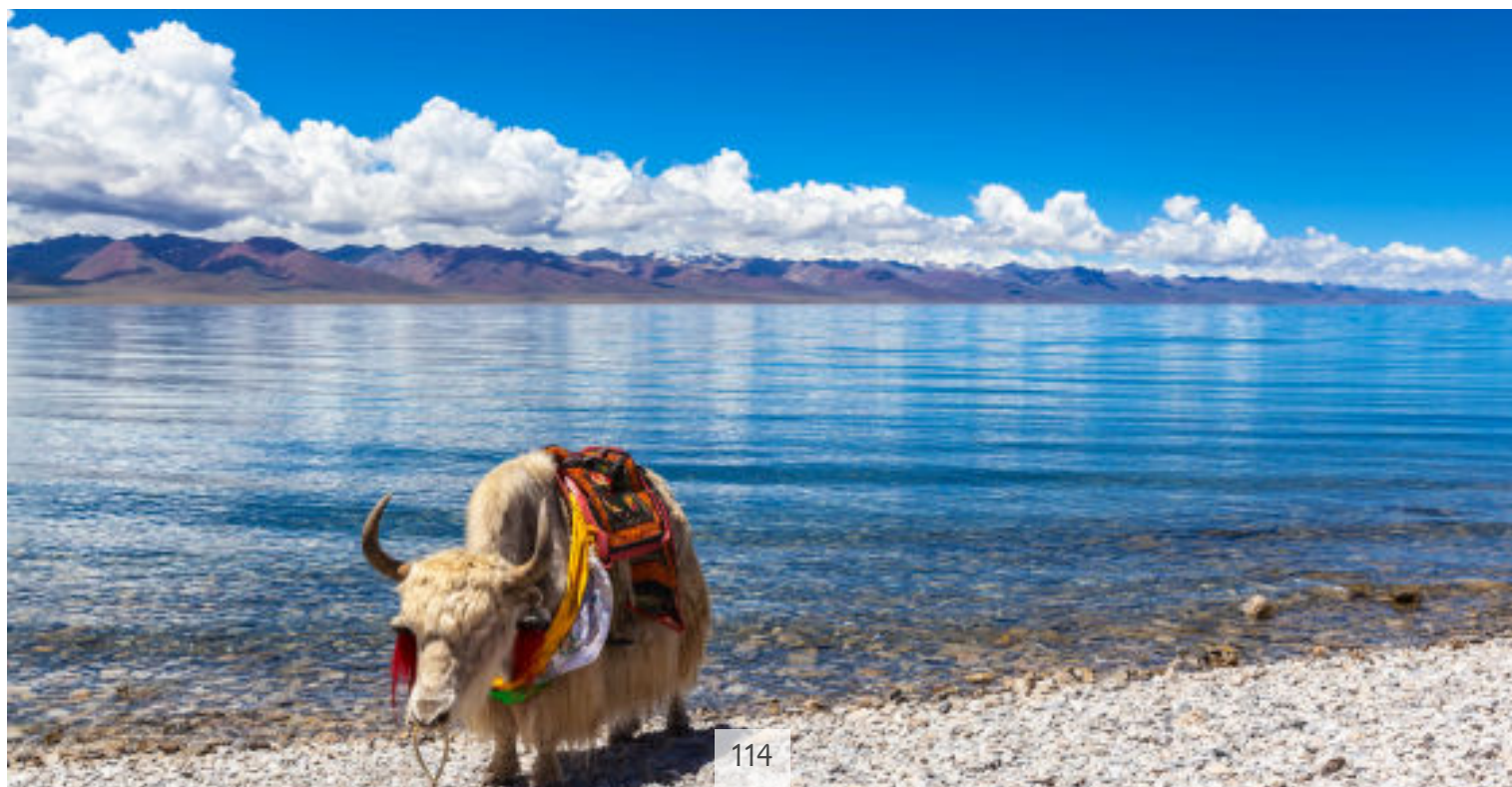
Located in the northwest of Lhasa is the highest saltwater lake in the world with an altitude of 4718 meters. As the second largest saltwater lake in China (next to Qinghai Lake), it covers an area of 1,920 square kilometers, with 70 kilometers in length from east to west and 30 kilometers in width from south to north.

In Tibetan, Namtso means Heavenly Lake, so it is also considered as one of the three holy lakes in Tibet, together with Yamdrok Lake and Lake Manasarovar. Consisting of over 1500 lakes and five big islands, which used to be the spiritual retreat, Namtso is the paradise of nature and a wonderful place for photo taking, especially in summer time.

The Tashi Peninsula, the biggest island here stretches long and wreathed Namtso into its center, providing tourists a land for spiritual refreshment and hiking around.

It's quite common for tourists to be awestruck at the Namtso at the first sight. With the snowy mountains in the background and crystal-clear dazzling blue water, no wonder that Namtso Lake is called "Heavenly Lake".

With hundreds of colored prayer flags attached to the rugged spiked cliffs facing the lake, Namtso seems more than just a scenic spot. The sound of prayer wheel fluttering in the strong wind is a constant reminder of its holiness.





# YAMDROK LAKE

THE CLEAREST LAKE OF SOUTH TIBET. YAMDROK LAKE ABOUT 4,441 METERS (14,570 FT) ABOVE SEA LEVEL IS ONE OF THE THREE HOLY LAKES IN TIBET, TOGETHER WITH NAMTZO LAKE AND LAKE MANASAROVAR.

Situated at the south of Yarlong Tsangpo River in Shannan Region of Tibet, this jaspideous lake is surrounded by many snow-capped mountains. Without an outlet, it seems like a natural reservoir with a perfect balance between the melted snow water and the evaporated lake water.

By standing the hilltop around, you can have a far view of the fresh water under the sunshine reflected different colors of blue and the diverse lakeside grass and plants with yaks and birds dotted with.

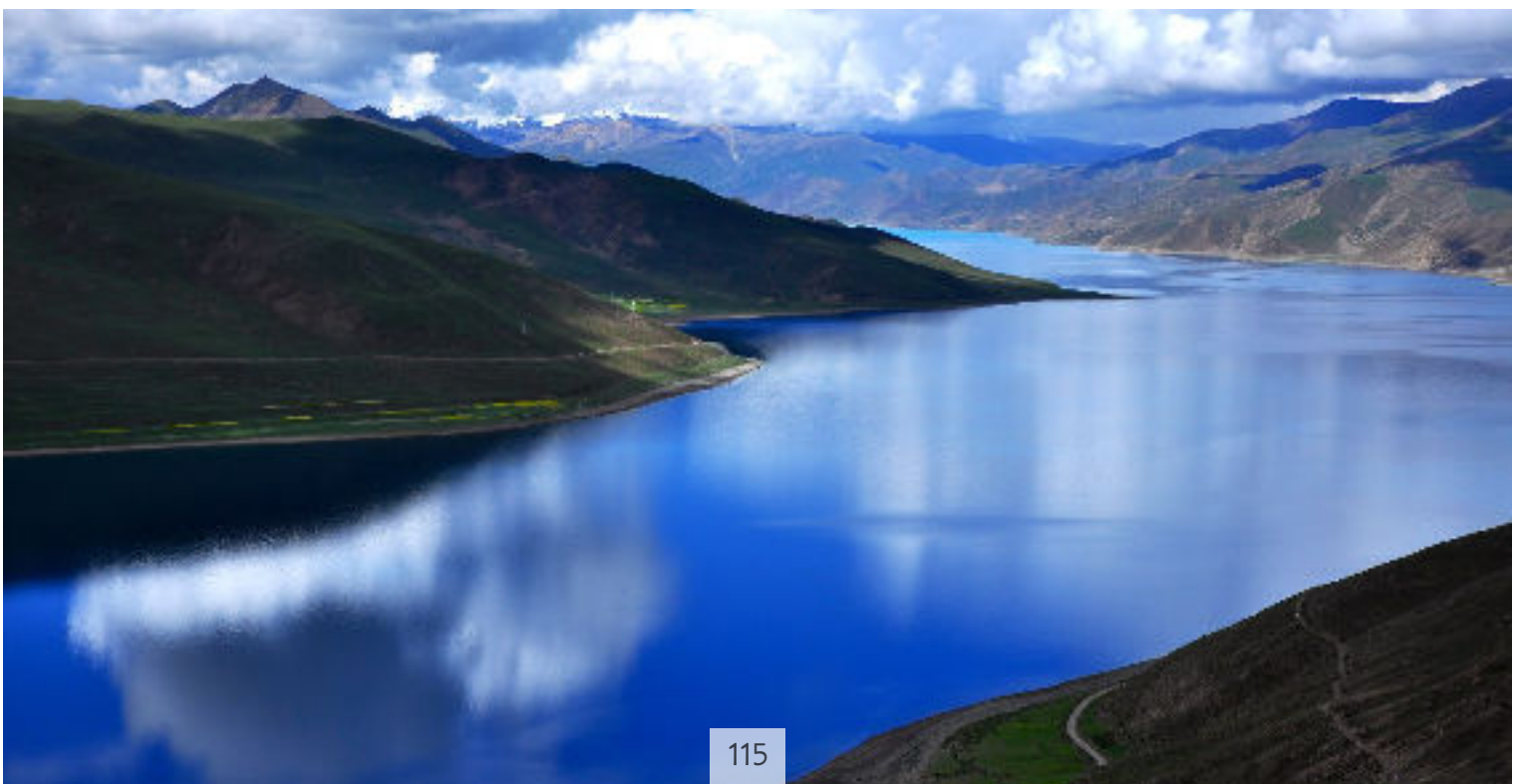
When comes to winters, there are a large numbers of birds migrate here. What's more, the World's highest hydroelectric power is

also located nearby Yamdrok Lake. As a holy lake, it is more like a natural reserve with the best ecological environment kept.

According to local mythology, Yamdrok Lake is the transformation of goddess. Here goes the legend. Once upon time, Yamdrok Lake is a lake with clear water, and beside the lake there was a hamlet named Terre-Blanche.

And in the hamlet lives a beautiful girl, who loves to take bath in the lake every night, therefore she is fair-skinned.

With it being branded as the crystal holy lake, one will always carry a sense of worship when standing beside the lake.





# MT. EVEREST BASE CAMP

SOMETIMES REFERRED TO AS NORTH BASE CAMP, THIS IS ONE OF THE TWO BASE CAMPS THAT SERVICE MOUNT EVEREST. THE CAMP LIES ON THE TIBETAN SIDE OF THE MOUNTAIN, IN VIEW OF ITS SHEER NORTH FACE.

Despite it being possible to visit the camp without days spent hiking, it's surprisingly undeveloped. The backdrop to this launching off point for climbers, which includes views of Everest's peak and the North Col Glacier, is arguably more scenic than Nepal's more renowned South Base Camp.

Everyone's dream trip is truly amazing and adventurous journey that leads you to the roof of the world and the highest base camp in the world - Mt. Everest. The majority of Everest base camp tour will be spent travelling the friendship highway; home to some of the most beautiful scenery this side of heaven. Our route will lead us through seven days of rugged beauty.

Along this journey we will pass through turquoise lakes, breathtaking passes, beautiful snowy peaks, numerous alpine settlements and the ancient monasteries of Tibet than we could imagine.

The most admirable highlight of Tibet Everest base camp is the visit to the world's highest base camp of Everest.

The Sheer brilliance of this mountain is something which must be seen firsthand to be truly appreciated. We will be blown away by its beauty and astronomic size.

The breathtaking view of Mt. Everest from base camp is truly breathless and marvelous.





# MT. KAILASH

MOUNT KAILASH(6,656 M) IS LOCATED IN BURANG COUNTY OF FAR SOUTHWESTERN TIBET. IT IS ONE OF THE MOST LEGENDARY MOUNTAINS IN THE WORLD AS THE ULTIMATE SPIRITUAL DESTINATION OF BÖN, BUDDHISM, HINDUISM AND JAINISM.

Every year, numerous devoted pilgrims come a long way from all over the world to undertake the isolated, timeless, breathtaking and fascinating spiritual Kailash Mansarovar Yatra.

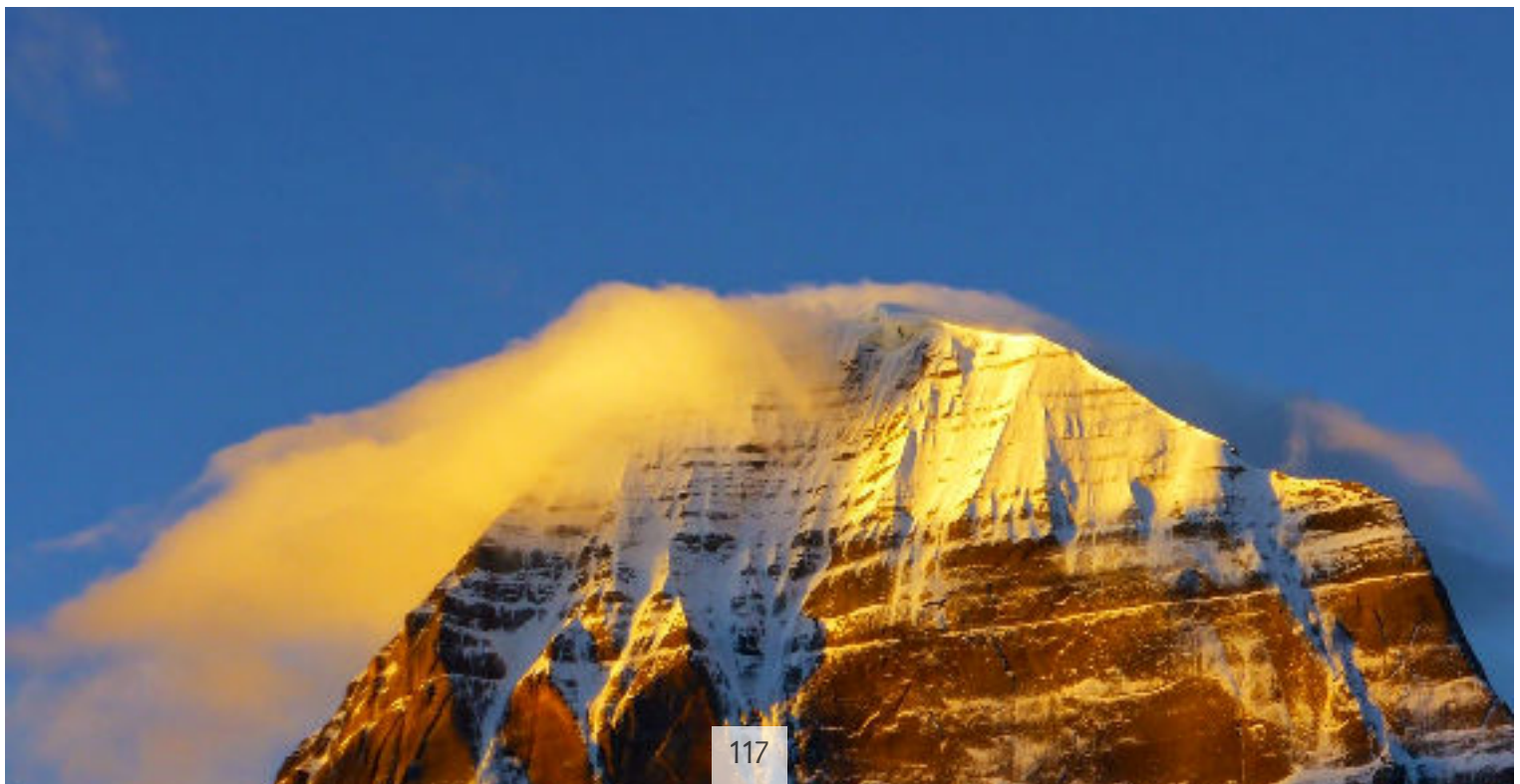
For trekking lovers, Mount Kailash is always their dream destination. The whole circled route is about 52 km trekking taking the up-and-down paths on the mountains and valley around Kailash.

For some Tibetans, 15 hours will be enough to finish this kora, while it may take 2 nights and 3 days for most tourists on foot. The best time to go is from April to October, especially in the months of April, May, September and

October. To visit Mount Kailash, tourists should not only prepare the Tibet Entry Permit, but also apply for Alien Travel Permit, which is issued by local Public Security Bureau (PSB) of Tibet. Approximately 1300 km west from Lhasa, Mount Kailash can be reached by flight and driving.

Air transfer costs only 3 hours but high expense, and the flight schedule is limited usually 4 flights in a week.

Ground driving takes about 3 days, goes from Lhasa via Gyantse, Shigatse, Sagar, Darchen to Kailash. The whole journey needs about 13 days to be done.





# NORBULINGKA

SUMMER PALACE FOR DALAI LAMAS. NORBULINGKA PALACE, ON THE WEST EDGE OF LHASA CITY IS THE BIGGEST MANMADE GARDEN IN TIBET AUTONOMOUS REGION.

Nearby Potala Palace, Norbulingka, in Tibetan, refers to “Park of Treasure” and used to be the summer palace of Dalai Lamas to deal with government issues and hold religious activities. As one part of the historic Ensemble of the Potala Palace, it was added to World Heritage Sites in 2001.

Built from 1755 & under the reconstructions of different Dalai Lamas, Norbulingka expands its scale into over 360,000 square meters and more than 374 rooms, including palaces for 7th to 14th Dalai Lamas. Dotted with various kinds of precious flowers and plants, it is the genuine “Plateau Oxygen Bar”. With peaceful atmosphere and tranquility, you will easily get yourself relaxed when walking inside this pure land.

As a barren land, Norbulingka was initially nothing but full of overgrown weeds and infested wild animals. Due to the scrub growth alongside and beautiful scenery in the summer, this place was attractive to 7th Dalai Lama, who'd like to pitch camp to spend his whole summer time there. Finally, in the year of 1755, this place was transformed into a park by the 7th Dalai Lama where he handled political issues, met guests and organized ceremonies.

Since then, the subsequent Dalai Lamas kept studying and spending their summer time here. Gradually, this place became the summer palace of Dalai Lamas. When the 8th Dalai Lama took charge, Norbulingka was in the form of palaces and gardens.





# TASHILUNPO GOMPA

HOME OF PANCHEN LAMAS. TASHILHUNPO MONASTERY AS ONE OF THE SIX GELUG MONASTERIES IS THE SEAT OF SUCCESSIVE PANCHEN LAMAS. FOUNDED BY THE FIRST DALAI LAMA IN 1447, IT IS AN IMPORTANT MONASTERY IN TIBETAN HISTORY AND CULTURE.

Located at the foot of Drolmari, western side of Shigatse, the second largest city in Tibet, it means "all fortune and happiness gathered here" or "heap of glory" in Tibetan.

Covering an area of nearly 150,000 square meters, the monastery is the largest temple in Shigatse, which has about 57 halls and 3600 rooms.

Among them, the Coqen Hall can hold 2000 people chanting at the same time. Featuring an interesting sprawling amalgam of traditional Tibetan monastic style, those halls, chapels and other structures are connected by precipitous steps and narrow cobblestone alleys.

The interplay between the golden roofs and the white, red and black exterior walls creates a striking composition.

Founded in 1447 by Gedun Drub, who was later named the First Dalai Lama, Tashilhunpo Monastery was constructed in the year of 1459. At that time, there were only five Buddhist halls with 12 Buddha enshrined and about 200 monks.

Being the largest monastery in Shigatse, Tashilhunpo Monastery stores many treasures, including the giant priceless Future Buddha Statue, precious Buddha Stupas, and more manuscript Buddhist texts and numerous murals.





# SERA MONASTERY

FAMOUS FOR TIBETAN BUDDHISM DEBATING. SERA MONASTERY AS ONE OF THE THREE TEMPLES IN LHASA, TOGETHER WITH DREPUNG MONASTERY AND GANDEN MONASTERY, IS A REPRESENTATIVE OF GELUG TEMPLES, LOCATED ON THE NORTHERN SUBURB OF LHASA.

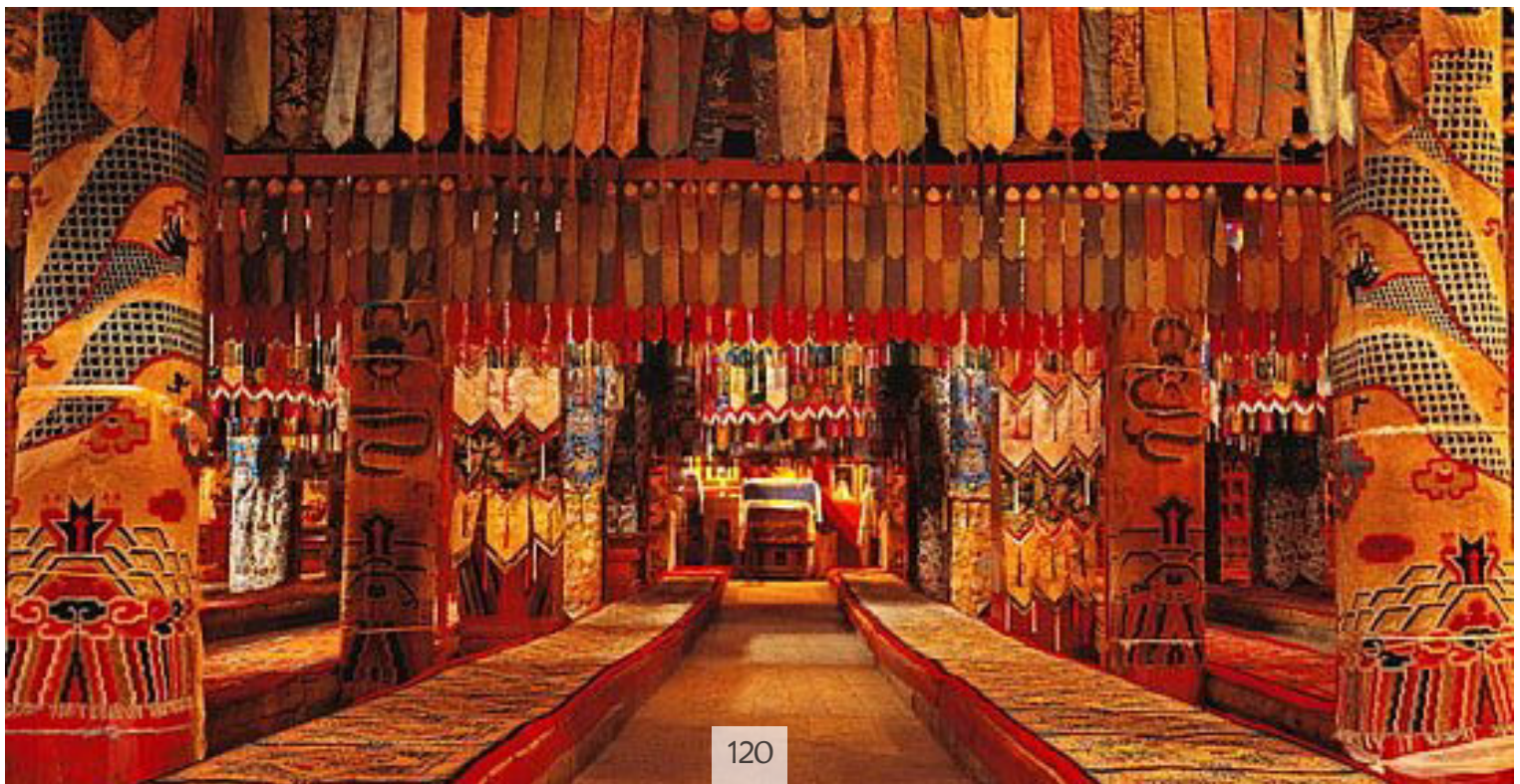
Built in 1419 by one of the Tsongkhapa's disciples, it is a complex of structures with the Great Assembly Hall, the dwellings in the eastern side and three colleges in the western side.

Setting against a backdrop of mountains, it makes for a good photographic experience by climbing the halfway mountain behind. Noted for its debate session, Sera Monastery stored many precious relics, arts, scriptures for monks to learn Buddhist knowledge.

What's more, the daily Buddhism debating is a truly spiritual "class" to practice and test their mastery of Buddhism.

As the top highlight in Sera Monastery, the debate is open to public for tourists to enjoy the charm of Buddhism and find some enlightenment, which can't be missed out.

Sakya Yeshe who was one of eight disciples of Tsongkhapa, was the founder of the Sera Monastery. Before the construction, he was sent to Nanjing to pay homage to the Yongle emperor of Ming Dynasty, On behalf of Tsongkhapa. During the way back, he was bestowed on a large number of sutras, Buddhist statues, monks robes, silks, gold and silver, which were used to build Sera Monastery. Therefore, there are various relics dating back to Ming dynasty.





# SAMYE MONASTERY

THE FIRST MONASTERY IN TIBET. SAMYE MONASTERY WAS BUILT IN 762 WHEN THE GREAT TIBETAN EMPEROR TRISONG DETSEN RULED TIBET. WITH THE BASIC TERMS OF BUDDHISM – BUDDHA, SCRIPTURES AND MONKS, IT IS THE FIRST OFFICIAL BUDDHIST MONASTERY IN TIBET.

For over 1,200 years of history, it is one of most influential monastery in Tibet. In this monastery, there was a famous debating about Buddhism between the ancient Indian Buddhism and Chinese Buddhism.

Sitting on the north facing southward, and covers more than 25,000 square meters with a shape of a big oval, this monastery was built according to the description of universe in Buddhism scriptures.

Being famous for its featured architectural structure which combines features of Tibetan, Chinese and Indian, Samye Monastery

symbolizes the center of the universe for tourists to explore the ancient heart of Tibetan Buddhist world.

Samye Monastery means “unexpected and full of surprise” in Tibetan and its construction history is quite legendary.

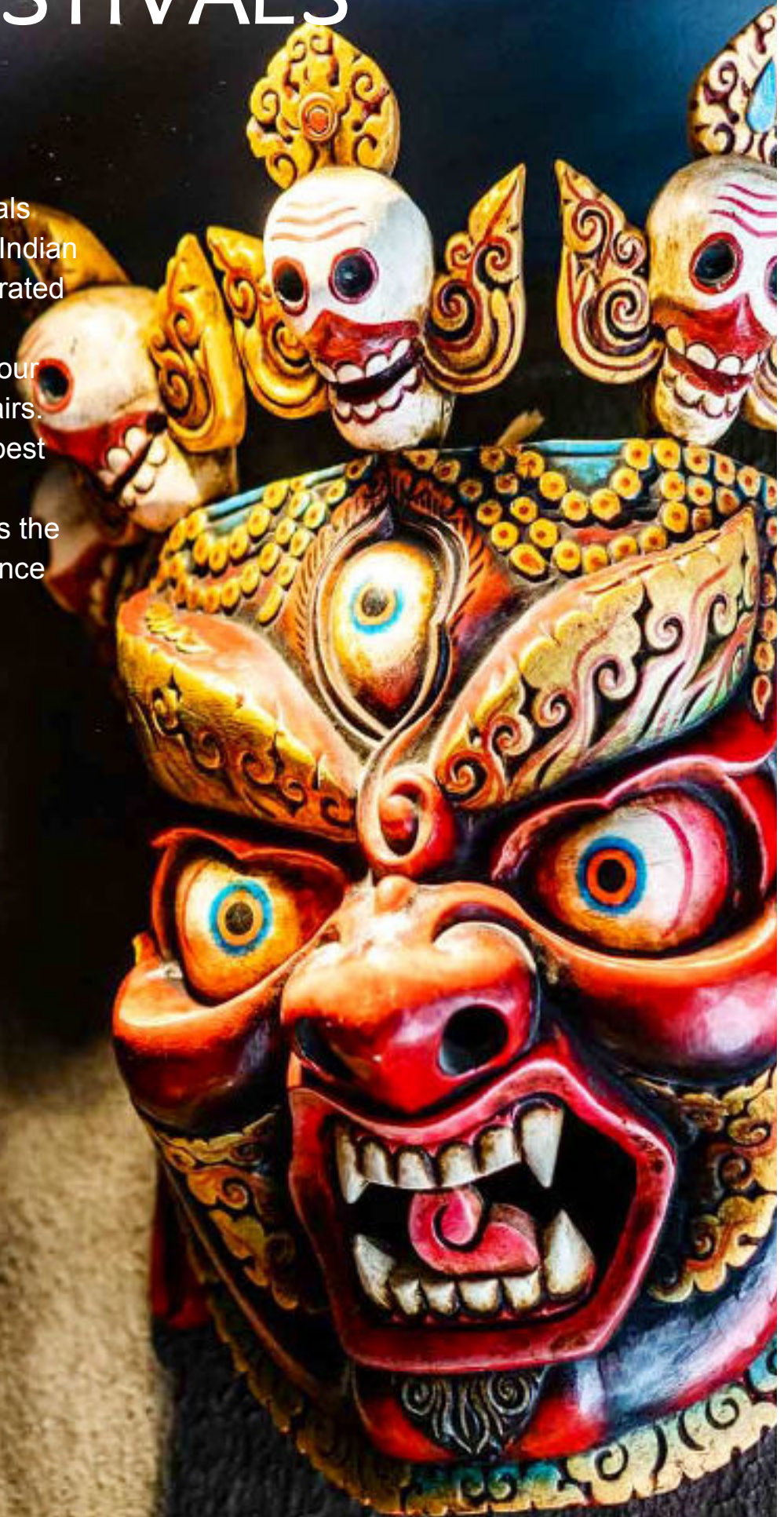
In the late 8th century, Trisong Detsen presided over a debate at Samye between Indian Buddhists and Chinese Zen Buddhists concerning which type of Buddhism should prevail in Tibet. The Indians won.





# TIBET FESTIVALS

Besides architectural uniqueness, innumerable numbers of fairs and festivals are also an integral part of Indian culture. Each festival celebrated in India is unique but enthusiasm, feasts and colour are common for all these fairs. India for travellers is at its best when visited during these celebrations of life as that is the time when you can experience





### **Tibetan New Year (Feb)**

06 Nights | 07 Days

Lhasa | Gyantse | Shigatse | Lhasa

Held on the first day of the New Year in Tibet and the Tibetan areas of Sichuan, Qinghai, and Yunnan provinces, Tibetan New Year (also called Losar) is the traditional festival to celebrate the beginning of a new year in the Tibetan Buddhist calendar.

The date of the festival celebrations varies each year in the Gregorian calendar, due to changes in the number of months in the Tibetan calendar to adjust to solar years from a lunar based system.

The festival is normally held in either February or March, depending on the calendar.

### **Saga Dawa Festival (Jun)**

10 Nights | 11 Days

Nyalam | Saga | Mansarovar | Kailash | Nyalam

As one of the most important religion-based festivals in the Tibetan Buddhist calendar, the Saga Dawa festival is held in several places across the plateau, but none more so than in Lhasa or at the flagpole of Tarboche, at the foot of the sacred Mount Kailash.

Lasting for around a month, the festival celebrates the Birth, Nirvana (enlightenment), and Parinirvana (death) of Buddha Sakyamuni. The festival covers the whole of the fourth month of the Tibetan Buddhist calendar, with the peak being on the 15th day of the 4th month, which is usually around mid-June in the Gregorian calendar.

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### **Tashilhunpo Thankga Festival (Jul)**

07 Nights | 08 Days

Lhasa | Shigatse | Lhoka | Gonggar

When it comes to festivals that include thangka unveilings, the famous Tashilhunpo Thangka Festival is one of the largest on the plateau.

Held annually in the Tashilhunpo Monastery in Shigatse on the 14th day of the 6th month in the Tibetan Buddhist calendar (around the end of June to the beginning of July), the festival is one of the most important celebrations in the Buddhist calendar.

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### **Nagqu Horse Racing Festival (Aug)**

07 Nights | 08 Days

Lhasa | Nagqu | Lhasa

Horse racing is a popular activity in Tibet, and there are many horse-racing festivals held across the region throughout the summer month. But none is more popular and more widely visited than the famous Nagqu Horse Racing Festival, held in the northern Tibetan grasslands in the summer months.

The festival is held in the beginning of August every year, and lasts for around two weeks.



### **Shoton Festival (Aug)**

06 Nights | 07 Days

Lhasa | Namtso | Lhasa

Once a purely religious ceremony, the Shoton Festival has its origins in the distant past when the Buddhist monks would spend 100 days in seclusion inside the monasteries in fasting and contemplation, and to reduce the chance of killing any living creature, even the smallest ant.

When they emerged, they would be presented with milk curds by the local people to show their thanks for the sacrifices of the monks.

Over the years, this changed to become yogurt, and the Shoton, or “yogurt banquet” was born.

### **Ganden Thangka Festival (Aug)**

05 Nights | 06 Days

Lhasa | Ganden | Lhasa

The Ganden Thangka Festival is an important festival at the old Ganden Monastery that was the leading monastery of the Geluk tradition of Tibet.

Every year, thousands of people circle the monastery ruins, enter inside to view the Buddha, pray, and get blessed, and then they go outside to sit on the hill or try to get close to the wall where the big and vividly woven thangka is displayed. It is a major highlight of many Tibetan Buddhists' year, and some poor people walk for weeks to get to the place before sunrise that day. The scenery is the area, combined with the site of thousands of people dressed traditionally, is amazing.

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### **Tsongkhapa Butter Lamp Festival (Dec)**

08 Nights | 09 Days

Lhasa | Gyantse | Shigatse | Lhasa

Held to celebrate the Parinirvana of Je Tsongkhapa, the founder of the Gelug tradition of Tibetan Buddhism, the Tsongkhapa Butter Lamp Festival is held on the 25th day of the 10th month in the Tibetan calendar.

Known also as the Ganden Ngachen Chenmo Festival, it is a time when butter lanterns adorn the walls, windowsills, and rooftops of monasteries and houses all across Lhasa.

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### **Nyingchi Peach Blossom Festival (Mar)**

07 Nights | 08 Days

Lhasa | Nyingchi | Lhasa

When spring approaches, most parts of Tibet are still covered with snow, Nyingchi has already been immersed in a sea of peach flowers.

During this grand festival, you can not only enjoy the rosy peach blossoms and exotic pastoral scenery but also explore Tibetan villages, watch horsemanship performance, try some local delicacies, etc.









## Classical Tibet Journey

Duration: 06 Nights | 07 Days

Places: Lhasa | Tsetang | Lhasa

Highlights: Explore Classic Tibet on this 7-day journey to the roof of the world. Visit ancient monasteries where monks engage in lively philosophical debate, and see the home of the Dalai Lama.

From: US \$ 5200 pp



### Day 01 - 03: Lhasa - The Capital

Lhasa, the capital of the Tibet Autonomous Region, lies on the Lhasa River's north bank in a valley of the Himalayas. Rising atop Red Mountain at an altitude of 3,700m, the red-and-white Potala Palace once served as the winter home of the Dalai Lama.

The palace's rooms, numbering around 1,000, include the Dalai Lama's living quarters, as well as murals, chapels and tombs.

### Day 04 - 05: Tsetang

Tsetang (also Tsedang or Tsethang) is a small city located 183 km southeast of Lhasa in the Tibet Autonomous Region of China. Tsetang was the capital of Yarlung and, as such, a place of great importance. In the 19th century it is said to have contained some 1,000 houses, a bazaar, a gompa and a fort. It is now the capital of Shannan prefecture and the second-largest town in the region.

It is at an elevation of 3,100 metres and has a population of about 52,000. It is only about 4 km to the northeast of the town of Nêdong but they have now basically merged into one city. It is situated near the flank of Mount Gongbori and is home to the ruins of the ancient Gajiu Monastery.

Continue your exploration of Tsetang with a visit to Samye Monastery, one of the first temples built in Tibet and the site of the "Great Debate," that took place during 792-794 between the Indian Mahayanists and Chinese Chan, or Zen, Buddhists. Afterwards, visit the Chimpuk Meditation Caves.

100 caves where the faithful practice personal spiritual exploration.

### Day 06: Lhasa

Today you'll drive back to Lhasa, visiting Yamdrok Tso Lake along the way.

Here you can follow one of the hiking trails and enjoy a light picnic with far-reaching views over jagged mountains and snow-capped peaks. Return to your hotel in Lhasa tonight.

### Day 07: Depart Lhasa

Departure transfer to onward destination.

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### Stays\*\*\*\*\*

Lhasa	St. Regis Lhasa
Tsetang	Tsetang Hotel
Lhasa	Shangri La Lhasa

### Includes

- 06 Nights as per the program.
- Daily Breakfast, Lunch and Dinners.
- Lhasa Permit
- Entrance fees.
- All Meals & Game Drives at National Park.
- Tour Manager | Tour Director | Tour Guide.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

### Excludes

- Tips.
- Travel Insurance.
- Visa (If any).





## Rooftop of the World Journey

Duration: 07 Nights | 08 Days

Places: Beijing | Lhasa

Highlights: Take the ride through the rooftop of the world, from bustling Beijing to relaxed, holy Lhasa. Catch incredible panoramas of some of the world's most majestic mountains, pristine lakes, rare wildlife, and more.

From: US \$ 7300 pp



### Day 01 - 02: Beijing - The Capital

Beijing, China's sprawling capital, has history stretching back 3 millennia. Yet it's known as much for modern architecture as its ancient sites such as the grand Forbidden City complex, the imperial palace during the Ming and Qing dynasties. Nearby, the massive Tiananmen Square pedestrian plaza is the site of Mao Zedong's mausoleum and the National Museum of China, displaying a vast collection of cultural relics.

### Day 03: Overnight Train

For your final day of exploring Beijing, you'll start with a hike through what is generally agreed upon as the most beautiful section of the Great Wall. After lunch, you'll be whisked away to Changling, one of the 13 monolithic Ming Tombs of the Ming Dynasty's Emperors. Next, you'll be taken back to your hotel, where you can pack your things for your long, scenic train ride to your next destination: Tibet. You'll depart around 8pm, and overnight on the train.

### Day 04: Overnight Train

Wake up on the train to Tibet this morning, taking in the stunning views of the Qinghai plateau and snowcapped mountains in the distance. As you get closer to the Tibetan plateau, you'll notice the skies transform into a lovely sunny blue color. Overnight once again on the train.

### Day 05: Lhasa

Before dawn breaks today, your train will pass over the Tanggula mountain range, exceeding altitudes of 5,000 meters. You are now officially on the world's highest train journey. Wake up to majestic sights of snowcapped mountains, fringed by fresh Tibetan lakes and miles of pasture. Arrive at the Lhasa train station in the afternoon, where you'll be greeted and transferred to your Lhasa city hotel. We recommend the luxurious St. Regis.

### Day 06 - 07: Lhasa

Lhasa, the capital of the Tibet Autonomous Region, lies on the Lhasa River's north bank in a valley of the Himalayas.

Rising atop Red Mountain at an altitude of 3,700m, the red-and-white Potala Palace once served as the winter home of the Dalai Lama. The palace's rooms, numbering around 1,000, include the Dalai Lama's living quarters, as well as murals, chapels and tombs.

### Day 08: Depart Lhasa

Departure transfer to onward destination.

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### Stays\*\*\*\*\*

Beijing	Waldorf Astoria
Train	Lhasa Express
Lhasa	St. Regis Lhasa

### Includes

- 07 Nights as per the program.
- Daily Breakfast, Lunch and Dinners.
- Overnight Train from Beijing to Lhasa.
- Soft sleeper seat in train Beijing - Lhasa.
- Tibet Permit
- Entrance fees.
- Tour Manager | Tour Director | Tour Guide.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

### Excludes

- Tips.
- Travel Insurance.
- Visa (If any).





## Spiritual Journey to Mt. Everest Base Camp

Duration: 09 Nights | 10 Days

Places: Lhasa | Tsetang | Gyantse | Shingatse | Tingri | Mt. EBC | Shigatse | Lhasa

Highlights: Take off on the journey of a lifetime, starting in the holy city of Lhasa, the heart of Tibetan Buddhism, and heading past mountainous landscapes that beg for a panoramic lens. Check out famous sites like Potala Palace and Jokhang Temple, and take in the beauty of Yamdrok Lake.

From: US \$ 5600 pp



### Day 01 - 02: Lhasa - The Capital

Lhasa, the capital of the Tibet Autonomous Region, lies on the Lhasa River's north bank in a valley of the Himalayas. Rising atop Red Mountain at an altitude of 3,700m, the red-and-white Potala Palace once served as the winter home of the Dalai Lama. The palace's rooms, numbering around 1,000, include the Dalai Lama's living quarters, as well as murals, chapels and tombs.

### Day 03: Tsetang

Tsetang (also Tsedang or Tsethang) is a small city located 183 km southeast of Lhasa in the Tibet Autonomous Region of China. Tsetang was the capital of Yarlung and, as such, a place of great importance. In the 19th century it is said to have contained some 1,000 houses, a bazaar, a gompa and a fort. It is now the capital of Shannan prefecture and the second-largest town in the region.

### Day 04: Gyantse

Gyantse, officially Gyangzê Town, is a town located in Gyantse County, Shigatse Prefecture, Tibet Autonomous Region, China. It was historically considered the third largest and most prominent town in the Tibet region, but there are now at least ten larger Tibetan cities.

### Day 05: Shigatse

Shigatse (or Xigaze) is a famous prefecture of Tibet Autonomous Region which is full of wonderful travel destinations. Its capital Shigatse City is the second largest city in Tibet, lying about 250km southwest from Lhasa, and 90km northwest from Gyantse. The world's highest mountain, "the third pole of earth" - Mount Everest is dominating in Tingri County of Shigatse Prefecture.

### Day 06: Tingri

Gangga is a town in Tingri County, in the south of the Tibet Autonomous Region. It has a

population of around 523, and is often used as a base by mountain climbers preparing to ascend Mount Everest or Cho Oyu.

### Day 07: Mt. Everest Base Camp

You're heading to the base of the world's highest mountain - Mt Everest!. This afternoon, you can hike around, in the company of your expert guides, photograph Mt. Everest, enjoy the stunning views, and spend the night amongst the monolithic mountains.

### Day 08: Shigatse

Free day in Shigatse to explore.

### Day 09: Lhasa

Last day in Lhasa for leisure and shopping.

### Day 10: Depart Lhasa

Departure transfer to onward destination.

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### Stays\*\*\*\*\*

Lhasa	Shangri La Lhasa
Tsetang	Tsetang Hotel
Gyantse	Yeti Hotel
Shigatse	Shigatse Hotel
Tingri	New Tingri Everest
Mt. EBC	Rongphu Monastery
Shigatse	Shigatse Hotel
Lhasa	St. Regis Hotel

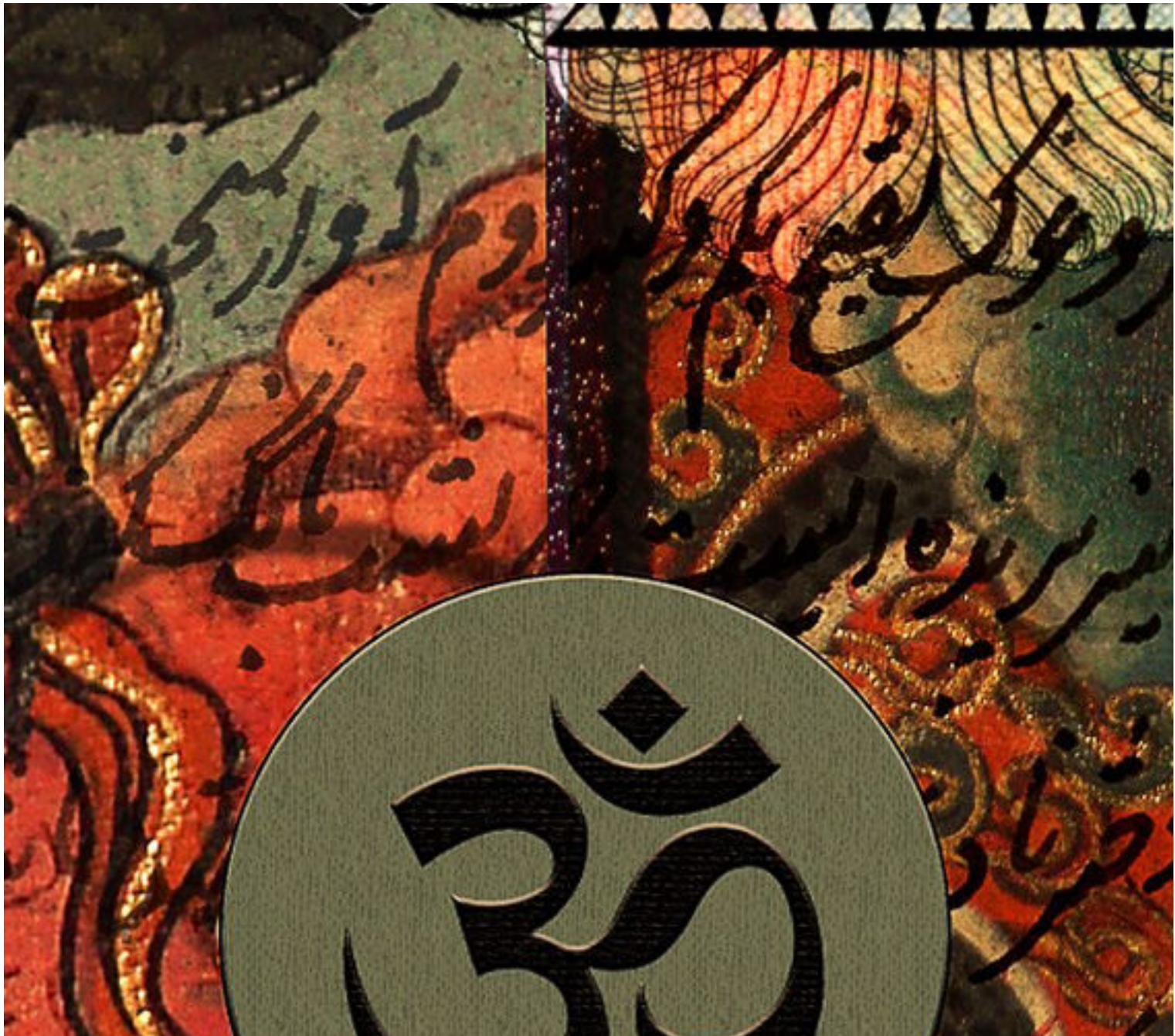
### Includes

- 09 Nights as per the program.
- Daily Breakfast, Lunch and Dinners.
- Tibet Permit
- Entrance fees.
- Tour Manager | Tour Director | Tour Guide.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

### Excludes

- Tips.
- Travel Insurance.
- Visa (If any).





## Tibetan Spiritual Secret Journey

Duration: 07 Nights | 08 Days

Places: Lhasa | Namtso Lake | Mt. Gangi Rarwa Base | Tidrum Valley | Lhasa

Highlights: Those who wish to take a closer look at Tibetan spirituality will love this itinerary, designed to satisfy such curiosities. Starting in what is known as the center of Tibetan Buddhism, Lhasa, the journey will take you from the city's great spiritual sites.

From: US \$ 5780 pp



### Day 01 - 03: Lhasa - The Capital

Lhasa, the capital of the Tibet Autonomous Region, lies on the Lhasa River's north bank in a valley of the Himalayas. Rising atop Red Mountain at an altitude of 3,700m, the red-and-white Potala Palace once served as the winter home of the Dalai Lama. The palace's rooms, numbering around 1,000, include the Dalai Lama's living quarters, as well as murals, chapels and tombs.

### Day 04: Namtso Lake

Now that you're acclimatized to the altitude of the plateau, you'll take a journey over the northern nomadic grassland, driving along the Qinghai-Tibet highway, where you'll merge into the Changthang-Northern nomadic plain. From here, you'll cross the Legan La Pass, 5,190 meters above sea-level. Now you'll get your first sighting of Namtso Lake, believed by local families to house dragons. If you feel up to it, take a walk around the pilgrimage trail around the hill, fringed by mani-stone walls and mystical caves. Spend the night at a simple but comfortable local guesthouse.

### Day 05: Mt. Gangi Rarwa Base

Today you'll embark on a journey off-the-beaten-path, deep into the alpine valleys. You'll pass isolated villages and nomadic tents, before arriving at Reting Monastery. This historically-important monastery is nestled amongst juniper trees, at the base of Mt Gangi Rarwa. Spend another night at a simple guesthouse.

### Day 06: Tidrum Valley

Hit the road again today, tracing the Reting river. You'll pass Kampa stupas along the way, with beautiful scenes as their backdrop. The Tidrum valley is replete with prayer flags, and famous for its medicinal hot springs.

Pay a visit to the nunnery, before checking in to a local guesthouse and resting your head for the night.

### Day 07: Lhasa

You'll head to Drigung monastery today, perched on a cliff 4,150 meters above sea-level, towering over the valley below. You'll also see Gandan Monastery.

### Day 08: Depart Lhasa

Departure transfer to onward destination.

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### Stays\*\*\*\*\*

Lhasa	Shangri La
Namtso Lake	Guest House
Mt. Gangi Rarwa Base	Guest House
Tidrum Valley	Guest House
Lhasa	Shangri La

### Includes

- 07 Nights as per the program.
- Daily Breakfast, Lunch and Dinners.
- Tibet Permit.
- Entrance fees.
- Tour Manager | Tour Director | Tour Guide.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

### Excludes

- Tips.
- Travel Insurance.
- Visa (If any).

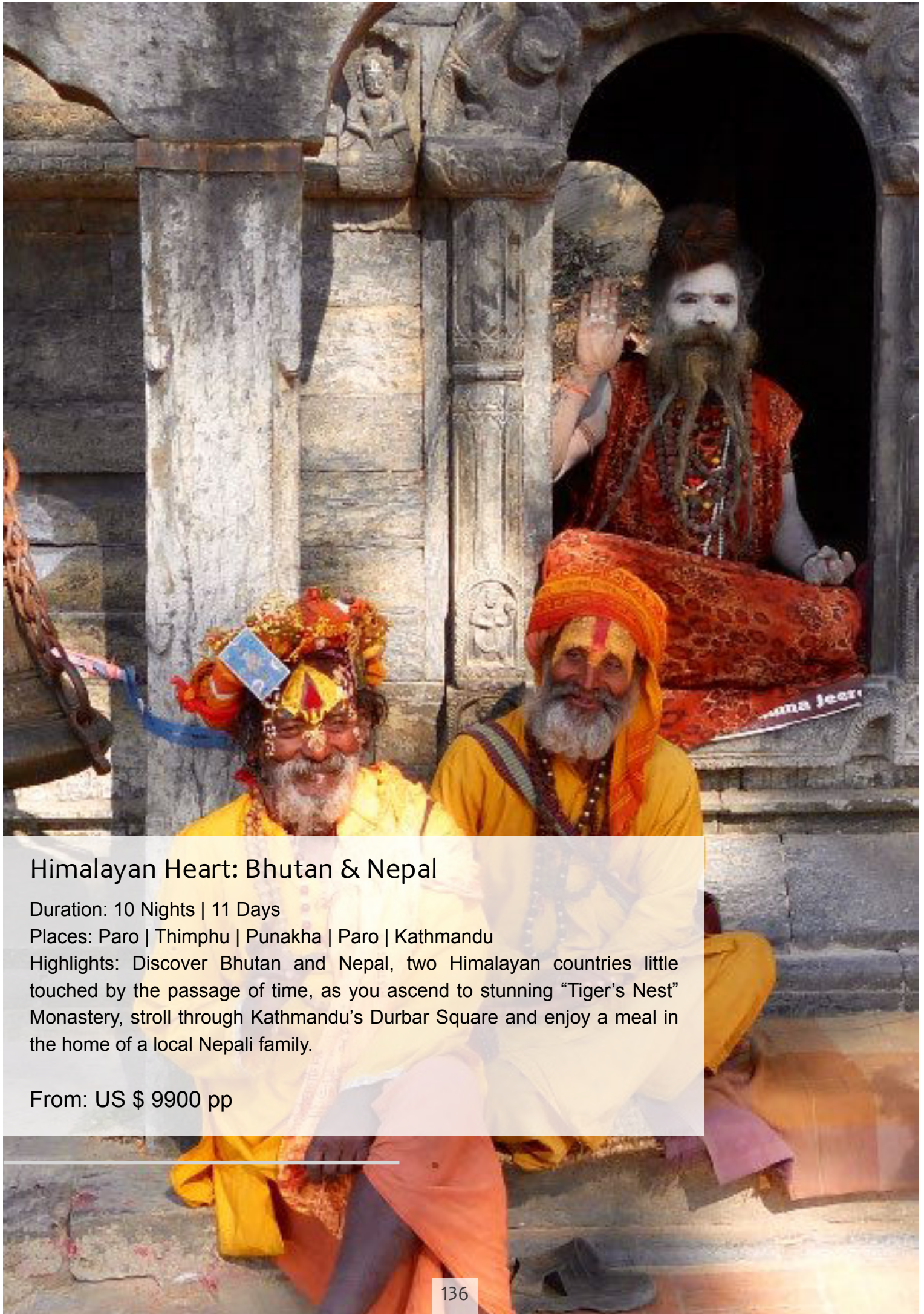












## Himalayan Heart: Bhutan & Nepal

Duration: 10 Nights | 11 Days

Places: Paro | Thimphu | Punakha | Paro | Kathmandu

Highlights: Discover Bhutan and Nepal, two Himalayan countries little touched by the passage of time, as you ascend to stunning “Tiger’s Nest” Monastery, stroll through Kathmandu’s Durbar Square and enjoy a meal in the home of a local Nepali family.

From: US \$ 9900 pp



### Day 01 - 02: Paro | Thimphu

Thimphu, Bhutan's capital, occupies a valley in the country's western interior. In addition to being the government seat, the city is known for its Buddhist sites.

The massive Tashichho Dzong is a fortified monastery and government palace with gold-leaf roofs.

The Memorial Chorten, a whitewashed structure with a gold spire, is a revered Buddhist shrine dedicated to Bhutan's third king, Jigme Dorji Wangchuck.

### Day 03 - 04: Punakha

Drive over the Dochula Pass, seeing the colorful prayer flags en route to Punakha. Stop at Chimi Lhakhang (Temple of the Divine Madman), a storied fertility temple, continuing to Punakha Dzong, also called the "Palace of Great Happiness."

### Day 05 - 06: Paro

Paro, your gateway to Bhutan, a nation whose cultural traditions remain well preserved. Travel to Thimphu, admiring the mountain scenery, before visiting the National Memorial Chorten.

Later, see Tashichho Dzong, a 13th-century Buddhist monastery and fortress. Then, gather for your welcome dinner.

### Day 07 - 10: Kathmandu

Discover ancient temples and monuments in the valley of the Gods where Hinduism and Buddhism co-exist in perfect harmony.

Learn about the myths and legends that shaped the lifestyle of Nepalis for centuries, since ancient times.

Savor traditional Newari food cooked on wood ovens while you stroll through the charming little alleys around the Durbar Squares of the three cities of the Kathmandu Valley; Bhaktapur, Patan or Kathmandu.

### Day 11: Depart Kathmandu

Departure transfer to onward destination.

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#### Stays\*\*\*\*\*

Thimphu	Six Senses
Punakha	Six Senses
Paro	Six Senses
Kathmandu	Dwarika's Hotel

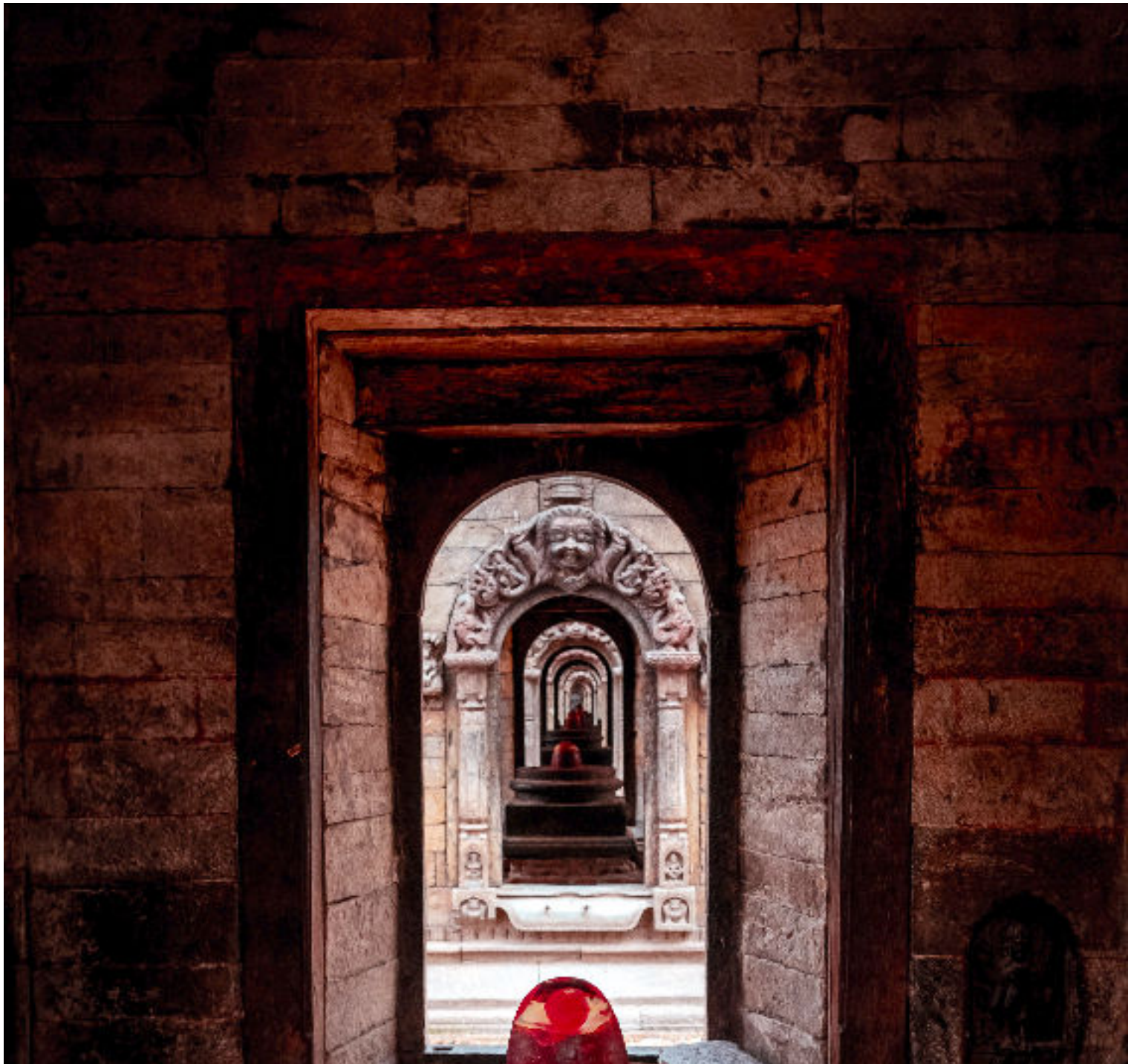
#### Includes

- 10 Nights as per the program.
- Daily Breakfast, Lunch and Dinners.
- Internal Flights.
- Bhutan Visa
- Entrance fees.
- Tour Manager | Tour Director | Tour Guide.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

#### Excludes

- Tips.
- Travel Insurance.
- Visa (If any).





## Tibet Nepal & Bhutan Journey

Duration: 18 Nights | 19 Days

Places: Lhasa | Gyantse | Shigatse | Kathmandu | Pokhara | Chitwan NP | Paro | Thimphu | Punakha | Paro | Kathmandu

Highlights: This tour covers famous places in Tibet, Nepal & Bhutan and is perfect tour for those who would like to cover three countries in one go.

From: US \$ 21700 pp



### Day 01 - 02: Lhasa - The Capital of Tibet

Lhasa, the capital of the Tibet Autonomous Region, lies on the Lhasa River's north bank in a valley of the Himalayas.

### Day 03: Gyantse

Gyantse, officially Gyangzê Town, is a town located in Gyantse County, Shigatse Prefecture, Tibet Autonomous Region, China. It was historically considered the third largest and most prominent town in the Tibet region, but there are now at least ten larger Tibetan cities.

### Day 04: Shigatse

Shigatse, officially known as Xigazê 70,271 sq mi). It is located within the historical Tsang province of Tibet.

### Day 05 - 07: Kathmandu - Nepal's Capital

Kathmandu, Nepal's capital, is set in a valley surrounded by the Himalayan mountains. At the heart of the old city's mazelike alleys is Durbar Square, which becomes frenetic during Indra Jatra, a religious festival featuring masked dances.

### Day 08 - 09: Pokhara | Sarangkot

Pokhara is a city on Phewa Lake, in central Nepal. It's known as a gateway to the Annapurna Circuit, a popular trail in the Himalayas. Tal Barahi Temple, a 2-story pagoda, sits on an island in the lake.

### Day 10 - 11: Chitwan National Park

Chitwan National Park is a preserved area in the Terai Lowlands of south-central Nepal, known for its biodiversity. Its dense forests and grassy plains are home to rare mammals like one-horned rhinos and Bengal tigers.

### Day 12 - 13: Thimphu - Bhutan's Capital

Transfer to Thimphu where you will stay for two nights to explore and discover the city.

### Day 14 - 15: Punakha

Explore and sightseeing of Punakha.

### Day 16 - 17: Paro

Explore and discover the city with your guide.

### Day 18: Kathmandu

Free day to relax and shopping.

### Day 19: Depart Kathmandu

Departure transfer to onward destination.

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### Stays\*\*\*\*\*

Lhasa	St. Regis Lhasa
Gyantse	Gyantse Hotel
Shigatse	Shigatse Hotel
Kathmandu	Dwarika's Hotel
Pokhara	Tiger Mountain Lodge
Chitwan	Taj Meghauri Serai
Thimphu	Taj Tashi
Punakha	Six Senses
Paro	Le Meridien
Kathmandu	Dwarika's Hotel

### Includes

- 18 Nights as per the program.
- Daily Breakfast, Lunch and Dinners.
- Entrance fees.
- Tibet Permit.
- Bhutan Visa.
- Internal Flights.
- Tour Manager | Tour Director | Tour Guide.
- 02 National Park visits.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

### Excludes

- Tips.
- Travel Insurance.
- Visa (If any).





## Tibet & Nepal Overland Tour

Duration: 14 Nights | 15 Days

Places: Kathmandu | Tsedang | Lhasa | Gyantse | Shigatse | Tingri | Zhangmu | Kathmandu

Highlights: A more adventurous itinerary which begins in the busy city of Kathmandu and the surrounding area before flying to Lhasa. After a few days exploring the many sites of the city and surrounding area, begin driving back to Nepal.

From: US \$ 8150 pp



**Day 01 - 02: Kathmandu - Nepal's Capital**

On arrival in Kathmandu, transfer to the hotel. Guided sightseeing of Kathmandu City, Swayambhuath Stupa and Patan.

**Day 03 - 04: Tsedang**

Fly from Kathmandu to Lhasa and transfer to Tsedang. Sightseeing of Tsedang

**Day 05 - 07: Lhasa - Tibet's Capital**

Drive to Lhasa. Say sightseeing in Lhasa including Potala Palace and Jorkhang Square. Visit to Sera Monastery, Drepung Monastery and the former summer palace of the Dalai lama.

**Day 08: Gyantse**

Drive to Gyantse. Gyantse sightseeing. Gyantse, officially Gyangzê Town, is a town located in Gyantse County, Shigatse Prefecture, Tibet Autonomous Region, China. It was historically considered the third largest and most prominent town in the Tibet region, but there are now at least ten larger Tibetan cities.

**Day 09: Shigatse**

Drive to Shigatse. Shigatse sightseeing. Shigatse (or Xigaze) is a famous prefecture of Tibet Autonomous Region which is full of wonderful travel destinations. Its capital Shigatse City is the second largest city in Tibet, lying about 250km southwest from Lhasa, and 90km northwest from Gyantse.

**Day 10 - 11: Tingri**

Drive to Tingri. Day visit to Everest Base Camp. Gangga is a town in Tingri County, in the south of the Tibet Autonomous Region. It has a population of around 523, and is often used as a base by mountain climbers preparing to ascend Mount Everest or Cho Oyu.

**Day 12: Zhangmu**

Continue to drive to Zhangmu. Zhangmu is a customs town and port of entry located in Nyalam County on the Nepal-China border, just uphill and across the Bhote Koshi River from the Nepalese town of Kodari.

**Day 13 - 14: Kathmandu**

Drive back across the border to Kathmandu. Day at leisure in Kathmandu. Free time for shopping and visit to Pashupatinath, durbar square, Thamel and Bhaktapur.

**Day 15: Depart Kathmandu**

Departure transfer to onward destination.

**Stays\*\*\*\*\***

Kathmandu	Hyatt Regency
Tsedang	Tsedang Hotel
Gyantse	Gyantse Hotel
Shigatse	Shigatse Hotel
Tingri	Snow Leopard Hotel
Zhangmu	Zhangmu Hotel
Kathmandu	Yak & Yeti Hotel

**Includes**

- 14 Nights as per the program.
- Daily Breakfast, Lunch and Dinners.
- Internal Flights.
- Tibet Permit.
- Entrance fees.
- Tour Manager | Tour Director | Tour Guide.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

**Excludes**

- Tips.
- Travel Insurance.
- Visa (If any).





## Best of Nepal & Tibet Journey

Duration: 11 Nights | 12 Days

Places: Kathmandu | Lhasa | Gyantse | Shigatse | Tsedang

Highlights: For years, Tibet has been a territory shrouded by mystery. Closed to most of the world and inaccessible to many, a visit to this unique part of the world will be a trip of a lifetime, even if you consider yourself to be among the most intrepid of travellers.

From: US \$ 7900 pp





### Day 01 - 03: Kathmandu

Heart of Nepal, colorful Kathmandu is a melting pot and an eclectic mix of the past and the present. Discover ancient temples and monuments in the valley of the Gods where Hinduism and Buddhism co-exist in perfect harmony. Learn about the myths and legends that shaped the lifestyle of Nepalis for centuries, since ancient times.

### Day 04 - 06: Lhasa

Lhasa, the capital of the Tibet Autonomous Region, lies on the Lhasa River's north bank in a valley of the Himalayas. Rising atop Red Mountain at an altitude of 3,700m, the red-and-white Potala Palace once served as the winter home of the Dalai Lama. The palace's rooms, numbering around 1,000, include the Dalai Lama's living quarters, as well as murals, chapels and tombs.

### Day 07: Gyantse

Gyantse Town, once to be the political, economic and transportation center of Tsang, is a famed historical and cultural place located in Gyantse County, Shigatse Prefecture. It strategically lies in the Nyangchu Valley on the trade route, linking the traders between India and Tibet as well as the pilgrims journeying across the Himalayan Plateau in the ancient times.

### Day 08: Shigatse

Shigatse (or Xigaze) is a famous prefecture of Tibet Autonomous Region which is full of wonderful travel destinations. Its capital Shigatse City is the second largest city in Tibet, lying about 250km southwest from Lhasa, and 90km northwest from Gyantse. The world's highest mountain, "the third pole of earth" - Mount Everest is dominating in Tingri County of Shigatse Prefecture.

### Day 09 - 10: Tsedang

Tsedang features as one of the best tourism destination in Tibet due to its natural and cultural scenery. A region where the ancient Tibetan civilization originated, Tsedang holds a very strategic position. It is said the first palace, first monastery, first King, first farmland in Tibet were found in Tsedang.

### Day 11: Kathmandu

Day for relax and shopping in Kathmandu.

### Day 12: Depart Kathmandu

Departure transfer to onward destination.

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#### Stays\*\*\*\*\*

Kathmandu	Dwarika's Hotel
Lhasa	St. Regis Lhasa
Gyantse	Gyantse Hotel
Shigatse	Shigatse Hotel
Tsedang	Tsedang Hotel
Kathmandu	Yak & Yeti

#### Includes

- 11 Nights as per the program.
- Daily Breakfast, Lunch and Dinners.
- Entrance fees.
- Internal Flights.
- Tibet Permit.
- Tour Manager | Tour Director | Tour Guide.
- All transfers, sightseeing and excursions.
- Private vehicle with driver.
- All taxes.

#### Excludes

- Tips.
- Travel Insurance.
- Visa (If any).











# Frequently Asked Questions

## **Will I have trouble with the language barrier in Nepal, Bhutan, Tibet?**

You'll find some degree of English available in most tourist areas, or at least a friendly, English-speaking local willing to help out when you order food or purchase tickets. The language difference is rarely an issue and will not affect your enjoyment.

You'll encounter more language difficulties in remote places off the beaten path for sure. Even in places with little or no English, you'll be able to point or charade your way through with a little patience.

## **What will be the benefits of visiting Nepal, Bhutan & Tibet?**

There are lots of benefits in visiting these countries. First, these are great places to regroup during the vacation after a very hectic lifestyle. It also provides the best way to be connected with nature with all the eco-tourism going on.

Touring these countries, you can get the first-hand taste in the culture which is very vibrant and most of all awe-striking. These are just a few of the many benefits that we can list.

## **What kind of clothes should be worn?**

It actually depends in where you are , religious places have a strict protocol when it comes to clothes where people should cover themselves up.

However, other than that you can wear almost anything that goes with the warm climate, sundresses, shorts , t-shirts and sandals are some of the clothes that you can wear to fight of the heat.

## **Ayurvedic Medicine, can I get any access to it?**

Nepal, Bhutan & Tibet boasts a very ancient medicinal system that can be used by almost anyone, lots of spas offer treatments as well as Ayurvedic hospitals, special Ayurvedic packages, getaways are offered by hotels.

## **What is the voltage type in these countries?**

Electricity runs at 230-240V, 50 cycles AC. Round, three-pin sockets are normally used although you may occasionally find square two and three-pin sockets as well.

## **Is a VISA required to visit Nepal, Bhutan & Tibet?**

For Nepal, most of the nationalities get visa on arrival at Kathmandu Airport.

For Bhutan, We will get the visa issued for you once you confirm the booking with payment.

For Tibet, we will get the Tibet permit issued for you and then you can either apply for the visa in Chinese Embassy in your country of Chinese Embassy in Kathmandu.

## **I have never been to these countries and have no idea where to start with?**

What do you hope to see and experience during your trip?

Our travel specialists will make recommendations based on your travel preferences. Most travelers incorporate Nepal, Bhutan and Tibet in one go.

However, many travellers also include visits to the Kathmandu, chitwan National Park, Pokhara, Paro, Thimphu, Punakha and Lhasa.



**Is Nepal, Bhutan & Tibet safe countries?**

Generally speaking, these countries can be considered an unharmed destination for tourists, but you should be aware of certain things like pickpockets.

**What will I eat whilst in these countries?**

Western food is sparse outside the main center so come open-minded about eating local food. At our stops we will recommend tasty restaurants but when you get into local villages and home stays be prepared to eat simple local fare, with maybe the odd wild-card ingredient (which is part of the fun!).

Supermarkets are not the norm but we will point out places where you can stock up on food for the day. Depending what you eat, you can spend US\$5 - 15 a day on food.

**When is the best time to travel?**

It depends on your destination, activities and season of travel. Our destination specialists will recommend certain travel times after learning more about your preferences. The favourable months are usually February to November.

For Himalayas, the best time to visit is from April to September.

**Are vaccinations required?**

Immunisations are not required to visit these countries. Depending on the season and region of travel, certain vaccinations and medications are suggested and we will recommend preventative measures.

**Are trips physically demanding?**

Want to lie in a hammock and not move until cocktail hour? We've got a trip for that. Want to power up the side of mountain at high altitude? We've also got a trip for that. To determine what type of trip suits you best, each of our trips comes with a Physical Rating to let you know how physically demanding it is... or isn't.

**Does SGV have family trips?**

SGV offers a wide range of Family Adventures around the globe. The minimum age (for Family trips) varies depending on destination, and SGV has set minimum ages to ensure that the included activities suit each age range.

Additionally, you'll notice that some of the more adventurous destinations have a higher minimum age.

**Are there age restrictions on your trips?**

For the majority of our trips the minimum age is 15. An adult must accompany all children under the age of 18. We have a minimum age of 18. Younger children can join us on our Family trips and Short Break Adventures. Most of our trips don't have a maximum age limit, but a Self-Assessment Form is required for all passengers 70 years and over.



# Tips - On the go

## **BAGGAGE REGULATIONS AND SOME RECOMMENDATIONS**

- Make sure you check the baggage allowance on your international / internal flights.
- We recommend to travel light especially when there is internal flight involved in the program due to baggage weight limitation.
- We suggest that you carry one set of clothes along with your daily utility items and other accessories in your hand baggage. This is just a precautionary measure in case your baggage is misplaced.
- We advice that you travel as light as possible, since portage is not included in your holiday price and carrying heavy luggage would be inconvenient. Take bags with wheels and sturdy handles, as they are more convenient and easy to pull.
- Please note that airlines do not permit items like loose batteries, razor blades, nail cutter, scissors, knives, gels any form of liquid, cigarette lighter in your hand baggage. If required carry such items in your check –in bag.
- Please ensure that you do not place any valuables in your check – in bag. Carry foreign currency / travel documents / jewellery / insurance in your hand bag.

## **COACH**

- Since travelling distances are comparatively long, we have carefully chosen air conditioned luxurious coaches for your convenience luxurious coaches for your convenience and comfort. It is very important to maintain a pleasant environment on board the coach and keep it clean.
- Drinking, Smoking and eating is not allowed in the coach.

## **MEALS**

- You have a choice of local and international cuisine meals. The menus, however are fixed in advance and a la carte is also possible upon request.

· Most lunches and dinner are unlimited buffets, but it is requested that you do not waste food.

· If there is any early morning departure to the airport a box breakfast may be provided.

· Some cities you may be served local meals.

## **CLIMATE**

· The climate is as varied as its countries, but it is mostly temperate.

· Frequent changes of weather make forecasting difficult. To be on the safe side, be sure to bring a sweater and an umbrella with you.

## **HOTELS & ROOMS**

· Most hotels offer the facility of complimentary safe deposit lockers (few hotels charge a refundable deposit. we advice that you keep all your valuable like money, passport, tickets and jewellery in the locker, in case you are staying for more than one day at the hotel.

· Please make sure that no damages are done to your hotel room during the stay, as the same would be charged to you directly by the hotel.

· Hotel rooms may have facilities like mini bar, pay television channels, telephones, etc. please note that these facilities are not complimentary and will be charged as per actual usage.

· Most of the hotels do not have a tea/ coffee kettle in the rooms.

· Please note that we will try our best to provide you with adjacent rooms asked by you at the time of booking, but the same will be subject to availability at the time of check –in. It is also difficult to provide interconnecting rooms, however the tour manager and the hotel will try their best to ensure that you are provided with adjacent rooms wherever possible.

· The standard check in time at hotels is after 14:00 HRS and standard check –out time is 10:00 HRS.



### **TIME MANAGEMENT**

- It's very important to be on time and punctual on your holiday, since your itinerary has been designed and planned to offer you the most on your holiday.

- Every sightseeing trip where you get off has an allotted time, please make sure you remain with the group return at the allotted time. Any delay would actually deprive the entire group of their sightseeing time.

### **ON ARRIVAL**

- ALL passengers will be met by our tour manager / local representative outside the arrival hall at the airport.

- All joining direct passengers will have to reach the respective hotel/ airport, on their own and check in.

### **CLOTHING**

- Carry 4/5 pairs of comfortable clothes like jeans/ trousers, shirts/t- shirts, pants and necessary undergarments.

- Warm clothing like sweaters , jackets, woolen, thermals is essential. You must carry a cap, sunglasses, a folding umbrella, comfortable footwear preferably walking shoes.

### **ESSENTIAL ITEMS TO BE CARRIED**

- Your passport, air tickets, original insurance policy, tour confirmation voucher & necessary foreign exchange for personal use.

- Carry a photocopy of your passport including valid visas & keep them separately from the original.

- Please do not forget to carry an additional pair of spectacles if you are using one, digital camera chips with higher GB, extra batteries, charges for digital camera and mobile.

- Carry your mobile phone's charger if you are taking your cell phone with global roaming. Also carry multipurpose adapter as sockets are different.

- Required medicines, with doctor's prescription.

### **MONEY AND CURRENCY**

- EURO and USD are widely accepted and can be exchanged to any major currency exchange counter. it is better to carry USD before you start your trip.

### **TIPPING POLICY**

- Tipping is something that is expected of anyone providing you a service, e.g. coach driver local guides, etc. it is mandatory to tip a nominal amount of EUR 3 / USD 5/ GBP 2 per person per day.

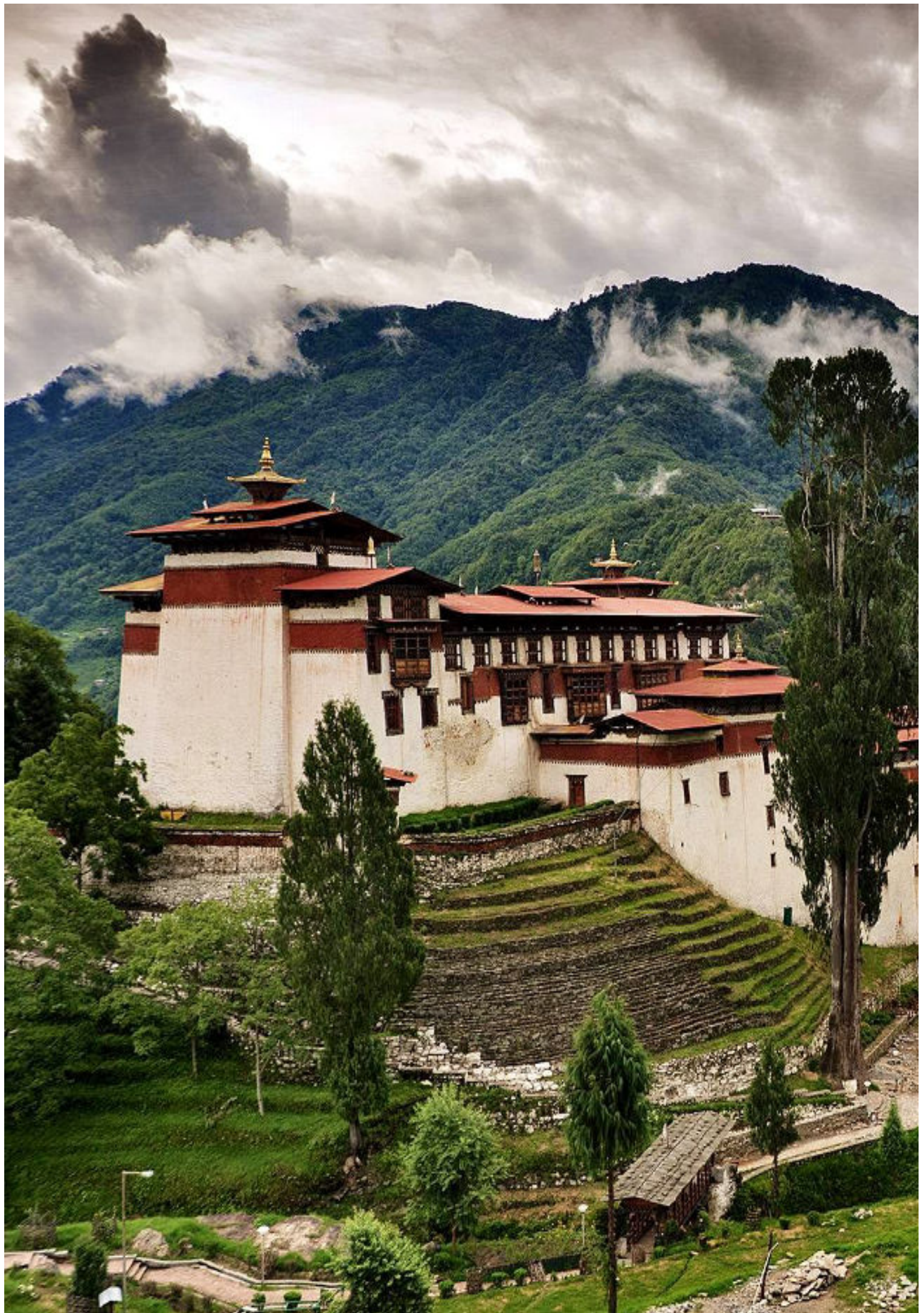
- Public toilet attendants need to be tipped nominally after use.

### **ARRIVAL / DEPARTURE TRANSFERS**

- As other members of your group would be flying from different cities/towns/countries, you would be required to wait for some time so that they can join you at the arrival area as common airport pick- up facility is provided for the entire group.

- Also in view of the common airport drop facility provided for your group, you would be required to travel to the airport along with other group members even though your flight time is later than other members of your group.







When will  
you **Travel?**







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