

NEPAL AND TIBET
March 1 - 18, 2012

A trip to the most interesting parts of Nepal and Tibet. We fly from Bangkok to Kathmandu; after seeing part of Nepal we fly on to Lhasa, later back to Nepal and Bangkok.

<u>March</u>	<u>Activity</u>	<u>Night</u>
1 Th	Gather at the Amari Boulevard Hotel. Meet in the lobby at 5:30 PM. Orientation, group dinner and option.	Bangkok
2 F	Fly to Kathmandu, check in at hotel. Explore near our hotel.	Kathmandu (B)
3 S	AM: Half day tour of Kathmandu and Swayambunath. Temple of the Living Goddess, Hanuman Dhoka Palace, the central market PM: Located 9 miles from Kathmandu. Durbar Square, Talaju Temple, which is a spectacular sight.	Kathmandu (B)
4 S	Fly to Lhasa. Having been in Kathmandu (el 3,700') we will have been somewhat prepared for the elevation of Lhasa (11,300'). Check in at hotel. Explore center of city.	Lhasa (B)
5 M	To Jokhang, in the old section of Lhasa; it is one of the oldest temples in Tibet. Then to the huge Sera Monastery, built in 1419 by Tsongapa. The Gelupa sect of Buddhism is dominant here. Visit the market used by locals: fruit, vegetables, handicrafts.	Lhasa (B)
6 T	To Potala, the winter palace of the Dalai Lama. Originally built in the 7 th century, and configured as presently about 400 years ago. Then Norbulinga, the summer palace of the Dalai Lama, with palaces, gardens, zoo, etc. The nearby Drepung Monastery. Visit handicraft shop.	Lhasa (B)
7 W	Drive to Gyantse, stopping at places of interest. Villages, glaciers, roadside markets; Cross two high passes; the higher, Karo La, is 5010 meters. Spectacular scenery.	Gyantse (B)
8 Th	Around Gyantse: Phalkor Monastery, traditional market. Drive to Shigatse, second largest city in Tibet, seat of the Panchan Lama. Roadside markets, scenery, Tashilunpo Monastery.	Gyantse (B)
9 F	By road to Samye Monastery and on to Tsedang, stopping at markets and Tibetan villages. Cross the Yarlung Tsampo River on a ferry.	Tsedang (B)
10 S	From Tsedang to the Chonje Valley. Spectacular vistas, unusual vegetation. To Yombulakhang, the palace of the first Tibetan king. Local markets, then explore parts of Tsedang.	Lhasa (B)

11 S	AM: Fly to Kathmandu Afternoon: Sightseeing tour of Pashupatinath, see the very holy Hindu temple and the Bagmati River. Then the Bodhnath Stupa, the largest of its kind in the world, with pairs of eyes facing in the cardinal directions.	Kathmandu (B)
12 M	By road through the Pokara Valley. Snow clad peaks, lakes, glacial landforms. The only place in the world where you can see the Great Peaks of the Himalayas close up. The beautiful Phewa Lake.	Pokara (B)
13 T	Sightseeing in Pokara, the Pokara Valley, around Phewa Lake. Cruise on the lake.	Pokara (B)
14 W	After breakfast drive to Chitwan National Park, stopping at places of interest. On arrival the park naturalist will host a reception, refreshments, orientation about the park.	Chitwan Resort (B,D)
15 Th	Full day in the park. The Royal Chitwan National Park is in the lush Chitwan Valley. A huge variety of wildlife, including rhinos and tigers. Exceptional array of birds.	Chitwan Resort (B,L,D)
16 F	Drive back to Kathmandu, stopping at villages, vistas, roadside attractions.	Kathmandu (B)
17 S	Fly to Bangkok check in at Amari Group dinner option	Bangkok (B)
18 S	Tour ends after breakfast	(B)

The cost of \$4,086 covers all hotels, air, vans, guides, transfers, admits and food as indicated. Single supplement is \$550. It does not include laundry, any tips, private taxi, drinks, visas, etc.

A deposit of \$600 will hold a place; final payment by December 20.

Information:

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