

Spirit of Tibet.

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NEPAL & CHINA | 12DAYS / 11NIGHTS

Route: Round-trip from Kathmandu to Lhasa

Type of tour: Culture and nature

Departure days: Tuesday

Validity: 15 May 2018 to 11 December 2018

TOUR OVERVIEW

Experience being on top of the world for 12 spellbinding days in Nepal and Tibet. Discover mysterious, enchanting and remote lands that were virtually cut off from the rest of the world until very recently; lands inhabited by gentle, friendly and pious Buddhists who have been moulded by the often harsh and unforgiving climactic and geographical conditions. This tour is both an adventure and a spiritual journey during which you will see some of the most breathtaking landscapes, imposing palaces and magnificent monasteries in the planet. Tibet was only opened to tourism three decades ago so be prepared to expect a bit of adventure regarding hotel accommodation and other services.

TOUR HIGHLIGHTS

DURATION: 12 days / 11 nights



The map shows the tour route starting in Kathmandu, Nepal, and heading north to Lhasa, Tibet. From Lhasa, the route goes to Gyantse, then Shigatse, and finally Tsedang. The map also shows the borders of China, Bhutan, and India.

Start & finish destination

1. Kathmandu
2. Lhasa

Destinations

2. Lhasa
3. Gyantse
4. Shigatse
5. Tsedang

Kathmandu: Visit the top cultural and historical sites in the Nepalese capital, including Durbar Square, the Pashupatinath Temple, the stupa of Boudhanath and the UNESCO World Heritage Site at Patan

Lhasa: Explore the Tibetan capital over three magical days, visiting the Jokhang Temple, the Sera Monastery, Barkhor Market, the Potala palace and the Drepung Monastery

Gyantse: Pause en route to take in the views of Lake Yamdrok and Mout Noijin Kangsang before continuing to Gyantse's Kumbum Monastery, Palkhor Chode Temple and dzong fortress

Shigatse: Visit the historic Shalu Monastery en route and the Tashilumpho Monastery in the city as well as exploring Tibet's second city with a guided tour

Tsedang: Discover the area known as the 'cradle of Tibetan civilisation' with visits to Yungbulakang Palace and Tradruk Monastery as well as enjoying stunning landscapes of spectacular ranges, beautiful lakes and river valleys

DON'T MISS!

Taste of Tibet: Made from fermented barley, millet or rice, chang is a mildly alcoholic brew that looks like milk but tastes like ale, and is drunk cold in summer or piping hot in winter

Drepung Monastery: See nuns and monks chant and perform religious discourses in this beautifully decorated and landscaped university monastery, the largest in Tibet

Khumbum Gompa: Tibet's most revered stupa is built in the style of a 108-sided mandala and houses an impressive array of Buddhist frescoes within its 112 chapels

DAY BY DAY

DAY 1 | KATHMANDU

Arrival at Tribhuvan International Airport, meet and greet by Malla Travel & Trek representative and transfer to your hotel in Kathmandu. Rest of the day at leisure.

▪ **Overnight in hotel in Kathmandu.**

DAY 2 | KATHMANDU – PATAN – KATHMANDU (10km – 30 mins)

Breakfast at the hotel is followed by a guided tour of **Kathmandu and Patan Durbar Square**, the historic heart of the city. Admire famous attractions such as **Kumari Bahal**, a building richly decorated with beautiful woodcarvings, which is home

to the Royal Kumari, a child who is a 'living goddess' and a manifestation of the deity, Durga. Nearby is **Hanuman Dhoka**, the former royal palace, whose Nassal Chowk courtyard was the coronation site of the Shah kings and contains some of the finest wood carvings you'll see anywhere. The 14th century **Jagannath Mandir** is the oldest temple in the area, its steps carved with inscriptions in a various languages. Close by, **Taleju Mandir** is one of the largest and finest temples in the Kathmandu valley and is dedicated to the patron deity of the former royal family, the wrathful Taleju Bhawanu. See also the most ancient and enigmatic of the valley's holy shrines is the golden-spired stupa of **Swayambhunath**, which sits atop a wooded hill in the west of the city and boasts dramatic views over it and the valley. Lunch is at your own arrangement.

The afternoon is dedicated to exploring Durbar Square in **Patan**, a historic city just a few kilometres south of central Kathmandu. This traditionally Buddhist bastion – they make up about one-sixth of Nepal's population – is a veritable Oriental treasure trove where Buddhism and Hinduism meet, creating a fascinating architectural landscape in the Newar style. **Durbar Square** is considered to be one of the finest urban streetscapes in the world, the centrepiece being the **palace of the Malla monarchs**, who ruled Nepal for six centuries. Wander this stunning complex, which boasts a series of beautiful courtyards with ornamented windows and colonnaded arcades, temples and shrines, all noted for their exquisite carvings. Contemplate the square's **Krishna temple** and **Rudra Varna Mahavihar** Buddhist monastery before returning to the hotel in Kathmandu.

- **Overnight on a bed-and-breakfast basis in hotel in Kathmandu.**

DAY 3 | KATHMANDU – BHAKTAPUR – CHANGUNARAYAN – KATHMANDU (15km – 1 hr)

Begin the day with breakfast at the hotel before a guided tour of **Bhaktapur Durbar Square**, an ancient heritage city. As you walk in, you cannot but be overcome by a feeling of inner harmony. Such is the art and architecture and the special layout here. The Palace of 55 Windows, built during the period of King Bhupatindra Malla in 1754 situated to the left as you enter through the city gate, inspires admiration. The National Art Gallery is also housed inside. The palace entrance, the Golden Gate known as Sunko Dhoka in Nepali is a masterpiece of repose art. In front of the palace building is a medley of temples of various designs. Amongst the three Durbar Squares in the valley, Bhaktapur's Durbar Square is the best preserved. Later, proceed for a **sightseeing tour of Changu Narayan**, situated at the end of a long ridge which runs well into the valley, it is said to have been built by King Hari Dutta in 323 AD and said to be the oldest temple in the valley. It was listed in the UNESCO World Heritage Monument List in 1979. Dedicated to the 'god of preservation' Vishnu, there is none that is richer in spectacular Licchavi sculpture than the hilltop temple of Changu Narayan. The lavishly decorated two-tiered temple was rebuilt after a fire in 1702, but the earliest inscription in the Valley dated 464 AD testifies to the considerable talents of the Licchavi King Manadeva I, Nepal's first great historical figure. The temple stands in a spacious courtyard, littered with priceless stone sculptures from the fourth to ninth century AD of the Licchavi period. This golden age of classical Newari art produced masterpieces that were entirely religious in nature.

- **Overnight on a bed-and-breakfast basis in hotel in Kathmandu.**

DAY 4 | KATHMANDU – BOUDHANATH – PASHUPATINATH – KATHMANDU (10km – 30 min)

Breakfast at the hotel is followed by a guided tour of **Bouddhanath**, a great stupa is one of Nepal's most distinctive monuments and one of the most important Buddhist sites in Nepal and, with a diameter of over 100 meters, amongst the largest in the world. There are a number of legends accounting for the Stupa's construction, but it is generally believed to date from the fifth century. All stupas contain holy relics and Bouddha is said to contain the remains of the past Buddha Kasyapa. Bouddha is a particular focus for Kathmandu's Tibetan community and throughout the day there is a constant stream of people circling the stupa spinning prayer wheels and reciting mantras. Surrounding the stupa are six major monasteries and a host of smaller ones as well as cafes, restaurants and shops selling Tibetan carpets and Newari silversmiths. Later transfer for a **sightseeing tour of Pashupatinath**, which is Nepal's most sacred Hindu shrine and one of the subcontinent's great Shiva sites. The supreme holiness of the site stems from the Shiva linga enshrined in its main temple and its location. It expresses the very essence of Hinduism as pilgrims, priests, devotees, temples, ashrams, images, inscriptions and cremation Ghats intermingle with the rituals of daily life, all sprawled along the banks of the sacred Bagmati River. The temple's origins are obscure, an inscription dates from 477, but a shrine may have stood here for 1,000 years before that.

- **Overnight on a bed-and-breakfast basis in hotel in Kathmandu.**



DAY 5 | KATHMANDU – LHASA (90 mins flight time, 65km – 1 hr)

After breakfast at the hotel, transfer to Tribhuvan International Airport to catch a flight to Lhasa, during which you can enjoy awe-inspiring views of Mt Everest and the Himalayas. Arrival at Lhasa Gonggar Airport, meet and greet by Malla Travel & Trek representative and, after immigration formalities, transfer to your hotel in **Lhasa**. The rest of the day is at leisure. You are advised, however, to rest and take it easy. Drink plenty of fluids and let your body get used to Lhasa's high altitude of 3,600 metres above sea level. You can go around the hotel area for light walk and sightseeing. Dinner at your own arrangement.

- **Overnight on a bed-and-breakfast basis in hotel in Lhasa.**

DAY 6 | LHASA

Settle down for breakfast at the hotel before a morning briefing on the day's programme, which takes in three of Lhasa's most famous landmarks. Begin with a guided tour of the **Jokhang Temple**, whose origins can be traced back to the seventh century. It is considered to be the most sacred temple in Tibet, a power place without equal. Hear all the stories and legends associated with Jokhang, which means 'House of the Buddha', such as why the main gate faces west towards Nepal. The temple is renowned for its irreplaceable collection of sculptures, prayer wheels and other religious items. Architecturally, the complex blends Tibetan, Nepalese, Indian and Chinese styles, which are spread out over a vast area. Continue to **Sera Monastery**, which has nestled at the foot of Mount Purbochok since 1419. Today, some 500 monks reside here but at the height of its prestige as a scholarly retreat, as many as 6,000 would meditate, debate and celebrate the teachings of Buddha. The most important structures inside the monastery are the Great Assembly Hall – which has five sensational chapels – the three zhacangs (Buddhist colleges) and the 29 khangtsens (dormitories). At the **Great Assembly Hall**, you can observe the monks debating their knowledge of the scriptures. Head back to town to the **Barkhor market**, where you can appreciate the colour and vibrancy of Lhasa life. Browse the stalls packed with myriad Tibetan handicrafts, Buddhist artefacts, carpets, paintings, spices etc and maybe find a souvenir or two to take home. Lunch and dinner at your own arrangement.

- **Overnight on a bed-and-breakfast basis in hotel in Lhasa.**

DAY 7 | LHASA

The shadow of the **Potala palace** looms large over Lhasa and after three days in the capital, the time has finally come to visit this 13-storey, 1,000-room fortress that crowns Marpo Ri (Red Mountain) and rises more than 300 metres above the city. A limited number of visitors per day is allowed in the palace so the order of the sightseeing may change but the schedule is for the guided tour to take place after breakfast at the hotel. To explore the Potala's hundreds of halls and 10,000 shrines is an overpowering experience; a spiritual, cultural and educational journey into the very soul of this kingdom of heaven. As you are guided through the historic chambers of the palace, you will see Tibetan art at its best – just a fraction of the 200,000 statues here. The Potala has two main sections: the **White Palace**, which was the official residence of Tibet's spiritual leaders, and the **Red Palace**, which is dedicated to the study of Buddhism and prayer. In the White Palace, you can see the tombs of eight lamas and the monks' assembly hall. Lunch is at your own arrangement. The day's other visit is to the **Drepung Monastery**, some 10km west of central Lhasa. The Dalai Lamas lived here until the fifth Dalai Lama built the Potala, and as such it boasts a wealth of treasures. This is a beautifully landscaped monastery and you can observe nuns and monks debating, chanting and performing religious discourses.

- **Overnight on a bed-and-breakfast basis in hotel in Lhasa.**

DAY 8 | LHASA – GYANTSE (265km – 4 hrs)

Rise early for the start of what promises to be an unforgettable journey. Depart Lhasa after breakfast at the hotel, heading south-west along the Friendship Highway towards the 4,970 metre **Khamba La pass**. Pause briefly afterwards to savour the views of the sacred **Lake Yamdrok** and the 7,191 metre **Mount Noi jin Kangsang**, whose snowcapped summit rises majestically behind the lake. Continue through the 5,045 metre **Karo La pass** to **Gyantse**, a historic Nyantg Chu valley town nestling at the foot of a walled fortress (dzong) dating from the 14th century. Get a feel for this picturesque town with a visit to the **Kumbum Monastery** and **Pelkor Chode Temple** complex. The Kumbum's large golden-domed stupa – the most revered in Tibet – houses many small chapels decorated with an impressive array of Tibetan Buddhist murals. Kumbum means '100,000 holy images' and this nine-storey stupa is built in the style of a 108-sided mandala and houses 112 chapels within. Walk along the pathway flanked by golden prayer wheels that leads to the temple, and feel the spirituality that permeates this holy site, which is home to about 30 monks from three sects. Continue to the dzong and enjoy the panoramic views over the city and valley before heading to the hotel after another amazing day of sightseeing. Lunch and dinner at your own arrangement.

- **Overnight on a bed-and-breakfast basis in hotel in Gyantse.**

DAY 9 | GYANTSE – SHIGATSE (90km – 1 hr)

Bid farewell to Gyantse after breakfast and take once more to the Friendship Highway. En route to Shigatse take a detour to visit the **Shalu Monastery**. This thousand-year-old retreat was once one of the most prestigious monasteries for scholarly learning. It boasts some priceless frescoes of the Lord Buddha and of Mandalas in the chapels. Continue to **Shigatse**, the second largest city in Tibet and situated 3,900 metres above sea level. Shigatse is dominated by the Dzong palace, which guards over the city from the crown of a large hill. It is the residence of the Panchen Lama, second in rank to the Dalai Lama. Continue to the western outskirts to visit the famous **Tashilumpho Monastery**, which hides 39 chapels behind its high walls. Particularly impressive is the huge gilded **Maitreya Chapel**. Afterwards, visit colourful local markets for shopping and sightseeing. Lunch and dinner at your own arrangement.

- **Overnight on a bed-and-breakfast basis in hotel in Shigatse.**



DAY 10 | SHIGATSE – TSEDANG (350km – 6 hrs)

After breakfast at the hotel, depart for **Tsedang**, driving north along the River Yarlong valley. Pass by the 7,191 metre **Noijin Kangsang** holy mountain as well as one of highest and most popular railway lines in the planet and through remote villages. Stop en route at Dranang to visit the **Samye Gompa**, one of the most magnificent monasteries in Tibet. Dating from the eighth century, it was designed to be an earthly representation of the universe. Continue to Tsedang for check-in at the hotel. Lunch and dinner at own arrangement.

- **Overnight on a bed-and-breakfast basis in hotel in Tsedang.**

DAY 11 | TSEDANG

Breakfast at the hotel is followed by a day exploring the main attractions in **Tsedang** and its hinterland. Visit **Yungbulakang Palace**, whose colourful name means ‘the palace on the leg of a doe’. The castle is famed for the legends associated with it and its collection of statues of ancient Tibetan kings as much as its imposing location atop a hill overlooking the city. The views of Tsedang from the palace are awe-inspiring. Continue to the **Tradruk Monastery** in the outskirts to admire its priceless collection of Tibetan art, including a thangka decorated with 30,000 pearls as well as gemstone such diamonds, sapphires and rubies, and a ‘talking’ statue. Legend has it that the monastery was founded after an ancient called on a giant falcon to slay a five-headed dragon, hence its name, which means ‘falcon conquering a dragon’. Lunch at own arrangement. Farewell dinner at a local restaurant.

- **Overnight on a bed-and-breakfast basis in hotel in Tsedang. Dinner included.**

DAY 12 | TSEDANG – LHASA AIRPORT (65km – 1 hr)

Enjoy breakfast at the hotel before departing Lhasa for transfer to the airport for your onward travel arrangements.

- **Breakfast included.**

END OF SERVICES

INCLUDED

TOUR GUIDE:

- Operated with English-speaking guide/escort in Kathmandu and Lhasa

ACCOMMODATION:

- Four nights on a bed-and-breakfast basis Kathmandu and seven nights on a bed-and-breakfast basis in Tibet

MEALS:

- Breakfast from day 2 to day 12 and farewell dinner on day 11

TRANSPORT:

- All necessary arrival and departure transfers by either mini-van, mini-bus or coach, depending on number of guests

ENTRANCE FEES AND ACTIVITIES:

- Admission to all major monuments and sightseeing attractions mentioned above, Tibet Travel Permit, briefing by Tibet expert, information pack and gift pack with prayer flag or string of flag and paper prayer lungta (for use in temples and high passes, where use is believed to bring good fortune and long life)

NOT INCLUDED

- Nepal and Tibet visa fees (see terms and conditions below)
- Expenditures of a personal nature, drinks and meals or items not stated explicitly in the programme
- Any alcoholic and non-alcoholic drinks, mineral water, camera/video camera fee (if any)
- Any tour manager from Nepal for Tibet tour
- Any visit not mentioned in the programme
- Optional tours and activities
- Travel Insurance, any loss or extra cost arising due to unforeseen circumstances such as flight delays, accidents, etc

RATES

Package rates per person sharing twin/double room in **US dollars (USD)**

Validity	Sharing twin/double	Single supplement
15 May 2018 to 11 December 2018	1165	375

THIRD PERSON / CHILD POLICY

This tour is strongly not recommended for children under 5 years of age:

- 50% of tour price plus visa fees for child aged 6-12 years sharing a bed with parents
- 75% of tour price plus visa fees for child aged 6-12 years with an extra bed
- Children older than 12 years of age, as per adult rate

DEPARTURE DATES

There are guaranteed departures for programmes on the dates highlighted below

2018																											
May							June						July						August								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2	1	2	3	4	5	6	7							
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25
27	28	29	30	31	24	25	26	27	28	29	30	29	30	31	26	27	28	29	30	31							
September							October						November						December								
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8
9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22
23	24	25	26	27	28	29	28	29	30	31	25	26	27	28	29	30	23	24	25	26	27	28	29	30	31		

ACCOMMODATION OPTIONS

Day	Destination	Hotel/resort	Category
1-4	Kathmandu	Apsara Boutique Hotel or similar	3*
5-7	Lhasa	Hotel Yak or similar	3*
8	Gyantse	Hotel Yeti or similar	3*
9	Shigatse	Hotel Manasarovar or similar	3*
10-11	Tsedang	Hotel Yarlung or similar	3*

TERMS AND CONDITIONS

- Hotel early check-in, late check-out, connecting or adjoining rooms are subject to availability and are not guaranteed
- No refund for unused services. Splitting of package is not allowed
- Minimum 35 days before tour departure date all the relevant documents and full payments must be received. Bookings received less than 35 days before tour departure are subject to seat availability (Release: 35 days)
- Please note that local conditions prevalent at the time of travel may result in modifications to tour contents without prior notice
- The above rates are valid for S-I-C basis with a minimum of 02 paying pax
- Insurance of any nature is not included in the tour prices quoted by Malla Travel. Travellers book tours at their own personal risk. It is recommended that personal insurance be taken when travelling in Nepal and the Himalayan region
- All tour arrangements, which may be guaranteed, are subject to Malla Travel's inability to provide the same as a result of acts of God, acts of governments or such authorities, wars, hostilities, civil disturbances, strikes, riots, epidemics, quarantines, delays in construction or completion of hotels or facilities, or as a result of any other causes beyond Malla Travel's control. Malla Travel shall incur no liability to provide any services confirmed if such inability is due to any of the causes listed above and no refund shall be made on the part or full payments received by Malla Travel & Trek Services

VISA RULES AND FEES

- In the event of entering Tibet via Kathmandu, visitors must spend at least two nights in Kathmandu for final processing of Tibet visa as per the visa working days at the Chinese Embassy in Kathmandu: Monday, Tuesday, Wednesday, Thursday and Friday. For us to apply for a Chinese visa for you, we need:
 - Colour passport size photo
 - Chinese Embassy visa form (duly filled by each visitor)
 - Colour, clear scanned copy of passport must be provided to us at least 30 days prior to the arrival
- A Tibet visa will also be valid for China. If travelling onward to China, please let us know programme in China and length of stay in order to apply for a visa as per duration and itinerary of visit
- Supplement charge of Tibet visa fee will be as follows, which we need to collect in USD bank notes directly from clients upon arrival as Chinese Embassy requires payments for visa in cash:
 - United States nationals: USD 175.00 per person
 - Romanian nationals: USD 90.00 per person
 - Other nationals: USD 85.00 per person
- Above costs are net, non-commissionable and inclusive of all government taxes and service charges. The above rates are valid from May to November 2018

CANCELLATION POLICY

- 34 to 30 days prior to travel date, 20% of package price will be charged
- 29 to 22 days prior to travel date, 30% of package price will be charged
- 21 to 15 days prior to travel date, 60% of package price will be charged
- 14 to 7 days prior to travel date, 85% of package price will be charged
- 6 to 3 days prior to travel date, 90% of package price will be charged
- Less than 2 days prior to travel date or no-show, 95% of package price will be charged

OPTIONAL EXTRAS

- Yak ride: US\$ 5.00 per person; and Tibetan mastiff dog encounter, including taking photos: USD 4.00 per person
- Mountain Flight in Kathmandu to see Mt. Everest : USD 197.00 per person (Min 02 pax required)
- Additional night accommodation in Kathmandu :
 - Single: USD 50.00 per room per night on bed-and-breakfast basis
 - Double: USD 50.00 per room per night on bed-and-breakfast basis
- Additional transfer and guide in Kathmandu :
 - Airport transfers : USD 12.00 per car per transfer
 - Guide : USD 15.00 per guide per transfer

PAYMENT TERMS

- Prepayment of 50% at time of booking with remaining payment due 35 days prior to arrival
- We need to receive full amount billed at the bank below when transferring your payment. Unless instructed by the party making the payment, the bank will deduct the bank charge when we receive the payment. We have not included such a provision and shall invoice you the exact amount deducted in case of the bank making such a deduction

Account holder: Malla Travel & Trek Services Pvt Ltd
Bank: Himalayan Bank Limited
Account number: 019 019 3488 0049 (for USD) and 019 019 3488 0138 (for EUR)
Swift code: HIMANPKA
Customer is liable for any bank charges

OPTIONAL EXTRAS

A wide range of optional excursions and pre and post-programme extensions are available on request. Please ask your tour designer Subodh Rana for rates and conditions

RECOMMENDATIONS

Acclimatisation is very important due to the very high altitude at which most of Tibet is. You may be likely to experience some of the minor symptoms and discomforts of altitude sickness (AMS) such as headaches, mild nausea and loss of appetite, until your body adjusts to the elevation. This can take from a few hours to a couple of days, depending on the individual. Do not exert yourself and drink plenty of non-alcoholic liquids. It is very important to drink at least 4-5 litres of liquids daily to avoid any altitude sickness; this is probably the best remedy. We suggest that you consult with your GP or a specialist on whether medication may be advisable for you.