NEPAL, BHUTAN AND TIBET

INTAS DESTINATION MANAGEMENT INC.
Unit 603 Ayala Life FGU Center
Alabang-Zapote Road corner Acacia Avenue
Madrigal Business Park, Ayala-Alabang, Muntinlupa City

Talk to Us
(02) 772 3312
outbound@intasdestinations.ph
NEPAL, BHUTAN & TIBET

DAY 1: WELCOME TO KATHMANDU
Upon arrival at the Airport, our representative will welcome you and transfer to hotel. Check in at the hotel and rest of the day- Relax by taking a stroll around the historic town of Kathmandu/ Own activities.

Lunch & Dinner - Own arrangement
Overnight at hotel in Kathmandu

DAY 2: HALF DAY SIGHTSEEING TOUR OF KATHMANDU CITY & SWOYAMBUNATH
Breakfast at the hotel.
AM: Half day sightseeing tour of Kathmandu City & Swoyambunath.

KATHMANDU CITY
Listed as one of the eight Cultural World Heritage sites by UNESCO, Kathmandu Durbar Square is a cluster of ancient temples, palaces, courtyards and streets that date back to the 12th to 18th centuries. The square is known to be the social, religious and urban focal point of the Capital City. The Palace Complex was the Royal Nepalese residence until the 19th century and is the site of important ceremonies, such as the coronation of the Nepalese monarch. The palace is decorated with elaborately-carved wooden windows and panels.

It houses King Tribhuvan Memorial Museum and the Mahendra Museum. Kathmandu Durbar Square was where the city’s kings were once crowned and legitimized, and from where they ruled (durbar means ‘palace’). As such, the square remains the traditional heart of the old town and Kathmandu’s most spectacular legacy of traditional architecture.

SWOYAMBUNATH
The Buddhist temple of Swoyambunath is situated on the top of a hill, west of Kathmandu. It is the one of the oldest religious complexes in Nepal, dating back to the 5th century A.D. Swoyambunath Stupa has a shape of a dome standing on a base which represents the entire world. A pair of big eyes on each side of the dome symbolizes Wisdom and Compassion. They are, in fact, Buddha’s eyes — they give the impression as if he is looking right into you no matter where you stand. The Swoyambunath complex consists of a stupa, a variety of shrines and temples, some dating back to the Licchhavi period. A Tibetan monastery, museum and library are more recent additions. The site has two access points: a long stairway, claimed to have 365 steps, leading directly to the main platform of the temple, which lies in the east direction; and the other way to reach the temple is via a road trip around the hill leading to the southwest entrance.

Drive back to hotel & rest of the day at Leisure for own activities.

Lunch & Dinner - Own arrangement.
Overnight at the Hotel in Kathmandu

DAY 3: FLY KATHMANDU TO PARO. ARRIVE PARO (BHUTAN) & TRANSFER TO THIMPHU (55KM DISTANCE)
Breakfast at the hotel in Kathmandu.
Transfer to airport to fly to Paro Bhutan which takes around approx. 1 hour flight duration.

The flight to Paro is one of the most spectacular in entire Himalayas. Whether flying along the Himalayan range from Kathmandu or over the foothills from Kolkata, the journey offers fascinating views and an exciting descent into the Kingdom. Bhutan’s first gift to you as you disembark from the aircraft will be cool, clean fresh mountain air.

After immigration formalities and baggage collection, you will be drive to Thimphu, the capital town of Bhutan with en-route stop at Chuzom, the confluence of Thimphu and Paro rivers. Three different style of stupas; Tibetan, Nepalese and Bhutanese adorn this confluence.

Shortly before reaching Chuzom, you will see on your left Tschogang Lhakhang, “the temple of the excellent horse”. It is a private temple, built in 15th century, as the result of visitation from Balaha, the excellent horse, a manifestation of Chenrezig, the compassionate Buddha.
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On arrival in Thimphu, check into the hotel. Afternoon, explore local market area on foot.

Afterwards, drive to Buddha Point (Kuenselphodrang). You can pay your obeisance and offer prayers to the Buddha, the largest statue in the country and then walk around and take a glimpse of the valley.

Overnight at the hotel in Thimphu (Altitude 2400m).

DAY 4: THIMPHU
Morning after breakfast sightseeing of the following:

National Library
which holds a vast collection of ancient Buddhist texts and manuscripts, some dating back several hundred years, as well as modern academic books mainly on Himalayan culture and religion (Closed on Weekends).

Also visit nearby institute for Zorig Chusum
Commonly known as Arts & Crafts School or Painting School (closed on Sat, Sun & Government Holidays), the institute offers a six-year course on the 13 traditional arts and crafts of Bhutan. On a visit, one can see students learning the various skills taught at the school.

Textile Museum
Opened in 2001, it is fascinating testimony of Bhutan’s living traditions. (Closed on Sundays).

Simply Bhutan
It is a living museum and studio encapsulating the cultural heritage of the Bhutanese people.

King’s Memorial Chorten
continuously circumambulated by people, murmuring mantras and spinning their prayer wheels. Construction of this landmark was the idea of Bhutan’s third king, His Majesty Jigme Dorji Wangchuk (“the father of modern Bhutan”) who has wished to erect monument to world peace and prosperity. Completed in 1974 after his untimely death, it serves both as a memorial to the Late King and as a monument to peace.

Trashichhoe Dzong
This impressive fortress/monastery houses Secretariat building, the throne room of His Majesty, the King and various government offices. It is also the summer residence of Chief Abbot and central monk body.

Then, visit the government-run Handicrafts Emporium & Local Crafts bazaar, to browse through example of Bhutan’s fine traditional arts. Here you can buy hand-woven textiles, thangka paintings, masks, ceramics, slate and wood carvings, jewelry, interesting items made from local materials.

Overnight at the hotel in Thimphu (Altitude 2400m).

DAY 5: THIMPHU / PARO (125 KM, APPROX 4 HOURS’ DRIVE)
Morning after breakfast drive to Paro: en route visit Simtokha Dzong. This dzong, built in 1627 is the oldest in Bhutan. It now houses the Institute for Language and Culture Studies.

Upon arrival in Paro, check in at the Hotel. In the afternoon in Paro visit the following:

To Dzong (closed on Government Holidays): once a watchtower, built to defend Rinpung Dzong during inter-tribal wars of the 17th century, Ta Dzong was inaugurated as Bhutan’s National Museum in 1968. It holds fascinating collection of art, relics, religious thangka paintings and Bhutan’s exquisite postage stamps. The museum circular shape augments its varied collection displayed over several floors.

Afterwards, walk down a hillside trail to visit Rinpung Dzong, which has a long and fascinating history. Built in 1645 by Shabdrung Ngawang Namgyal, the first spiritual and temporal ruler of Bhutan, the Dzong houses the monastic body of Paro, the office of the Dzongda (district administrative head) and Thrimpon (Judge) of Paro district. The approach to the Dzong is through a traditional covered bridge called Nemi Zam. A walk through the bridge, over a stone inlaid path, offers a good view of the architectural wonder of the Dzong as well as life around it. It is also the venue of Paro Tshechu, held once a year in the spring.

Overnight at the hotel in Paro (Altitude 2200m).
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13 DAYS
12 NIGHTS

STARTING PRICE:
USD 2,720

INCLUSIONS:
4 nights’ accommodation at hotel in Kathmandu on twin sharing basis with breakfast.
Half day sightseeing tour of Kathmandu City & Swayambhunath with English speaking local tour guide.
Necessary Airport Hotel Airport transfer in Kathmandu with AC Vehicle.
Meeting & Assisting by our representative at the Airport. Porter age service.
Monument entrance fee.

EXCLUSIONS:
Nepal Visa Fee USD 25.00 Net per person.
International flight & any airport tax.
Personal expenses like, communication, laundry, bar bills, internet.
Tips for guide and drivers etc.
Any expenses incurred in emergency evacuation/rescue due to any unforeseen causes.
Any service NOT MENTIONED ABOVE.

DAY 6: PARO
Morning excursion to Takshang Lakhang (approx 5 hours walking excursion) : perched on the side of a cliff 900m above the Paro Valley floor, it is undoubtedly one of the most famous of Bhutan’s monasteries. Lore has it that Guru Rinpoche arrived here on the back of a tigress and meditated at this monastery thus the name ‘Tiger’s Nest’. This site has been recognized as a most sacred place and visited by Shabdrung Ngawang Namgyal in 1646 and now visited by all Bhutanese at least once in their lifetime. On 19 April, 1998, a fire severely damaged the main structure of building but now this Bhutanese jewel has been restored to its original splendor.

On the drive towards Paro town en route visiting Kyichu Lhakhang, one of the oldest monasteries of the Kingdom reflecting introduction of Buddhism in Bhutan.

Dinner and Overnight at the hotel in Paro.

DAY 7: DEPART PARO AND FLY BACK TO KATHMANDU
After breakfast at the hotel, drive to the airport to fly back to Kathmandu.
Upon arrival at the Kathmandu, transfer to Hotel. Rest of the day at leisure for own activities.
Lunch & Dinner - Own arrangement.
Overnight at Hotel in Kathmandu.

DAY 8: TRANSFER TO AIRPORT AND FLY TO LHASA (3650 M)
Breakfast at the hotel.
Arrive to LHASA crossing over the panoramic Himalayan ranges. Transfer to LHASA city through the new tunnel (45 min) and check in to your hotel. Full rest for acclimatisation.
Overnight at Hotel in Lhasa.

DAY 9: IN LHASA
Morning, visit to POTALA PALACE. Afternoon visit to JOKHANG TEMPLE & BARKHOR BAZAAR.

(Potala was the winter palace of the Dalai lama, which was originally built in the 7th century by the king Songtsen Gampo and rebuilt to the present size by the 5th Dalai lama in the 17th century. Built in 1416 by Tsongapa’s disciple—Jamyang-chenpo. Jokhang Temple, one of the oldest temples in Tibet, was built in the 7th century by the 3rd king—Srongtsan Gampo. Barkor is the middle pilgrimage circuit around Jokhang Temple.)

Overnight at hotel in Lhasa.

DAY 10: IN LHASA
Morning, visit DREPUNG MONASTERY. Afternoon, visit SERA MONASTERY

(Drepung Monastery is the biggest Gelupa monastery in the west suburb of Lhasa. Built in the mid-18th century by the 7th Dalai Lama. Norbulingka, the Jewel Park was the Dalai lama’s summer palace, it covers 100 acres with palaces, pavilions and a zoo).

Overnight at hotel in Lhasa.

DAY 11: IN LHASA
AM: Visit NORBULINKA (summer palace of Dalai Lama). PM: Visit TIBETAN MEDICINE CENTRE in BARKHOR or scenic country side drive – hotel.
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DAY 12: DEPART LHASA AND FLY BACK TO KATHMANDU
After breakfast at the hotel, drive to the airport to fly back to Kathmandu.
Upon arrival at the Kathmandu, transfer to Hotel. Rest of the day at leisure for own activities.

Lunch & Dinner - Own arrangement.
Overnight at hotel in Kathmandu

DAY 13: DEPART KATHMANDU
Breakfast at the hotel.
Free till departure. Normal check out time is 1200 Hours.
Then our representative will escort you to the International Airport for onward destination.

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Tips for guide and drivers etc.
Any expenses incurred in emergency evacuation/rescue due to any unforeseen causes.

Any service NOT MENTIONED ABOVE.