



## Nepal, Bhutan and Tibet Tour

### Overview of Trip

- Duration: 20 days
- Activity: Tour & Jeep Ride
- Max. Altitude: 5,150 meters
- Accommodation: Guest House/Tea House
- Route: Lhasa – EBC – Kathmandu, Nepal
- Trekking days: \*\*
- Cost Per Person: \$500.00
- Group size: 2-15 person
- Difficulty: Moderate-Strenuous
- Region: Bhutan, Tibet & Nepal.

### Introduction

Embark on a breathtaking 20-day tour of Nepal, Tibet, and Bhutan that will take you on a cultural immersion and spiritual discovery journey. Our adventure begins in Nepal, where we'll explore the bustling city of Kathmandu, a UNESCO World Heritage site home to stunning temples and historical landmarks. We'll then head to Chitwan National Park, where we'll take a jungle safari and experience the beauty of Nepal's diverse wildlife. From there, we'll return to Kathmandu before departing for Tibet. We'll drive to the Everest base camp from Lhasa, passing through awe-inspiring mountain landscapes.

Tibet, a land of mysticism and spirituality, is home to the iconic Potala Palace, the former residence of the Dalai Lama. We'll then fly back to Kathmandu and fly to Paro, Bhutan. Our tour in Bhutan will take us to Thimphu, the capital city; Punakha, the ancient capital; and the remote Phobjikha Valley, also known as Poro Tasktang, a place of natural beauty and tranquility.



### important Note

This itinerary may change at any time due to bad weather, natural disaster, authority rules, regulation, and other circumstances beyond our control.



## TRIP ITINERARY

<b>Day: 1</b>	<b>Arrive in Kathmandu (1400 m.)</b>  Schedule your flight as your itinerary of Trek. Our guide will pick you up and drop you at the hotel. He will brief you about your following day's schedule and collect your passport by agents for china visa and Tibet travel permits.  <i>Stay overnight in Kathmandu.</i>
<b>Day: 2</b>	<b>Kathmandu Heritage tour and sightseeing.</b>  As per the plan, our guide will pick up for city sightseeing. Three primary Kathmandu heritage sites, Baudhanath, Pashupatinath, and Kathmandu Durbar-Square, are scheduled for this day.
<b>Day: 3</b>	<b>Fly to Chitwan from Kathmandu.</b>  After breakfast, we drive to airport and fly to Chitwan, southern parts of Nepal and first national park of Nepal. After check in hotel, we go for lunch and take short village walk around the resort. Your guide will brief you about your next day  <i>Stay overnight in Green Park or Similar.</i>
<b>Day: 4</b>	<b>Jungle Safari in Chitwan National Park.</b>  As per our guide briefing, we start our day on Jeep Jungle Safari in Chitwan National Park. This safari is good to see endanger specie Tiger and other wildlife in Chitwan. This is full day sightseeing in Jungle and visit site like Crocodile Hatching Center.
<b>Day: 5</b>	<b>Bird Watching and Canoe in Chitwan National Park.</b>  Today morning started with birdwatching around the Rapti River and around. Canoe ride at Rapti river and visit the Elephant breeding center. In the evening, we go to the Tharu cultural show at a hotel or community hall in town.



<p><b>Day: 6</b></p>	<p><b>Fly Back to Kathmandu – 20 minutes flight.</b></p> <p>We drive to Airport after breakfast and fly to Kathmandu. Check-in hotel and free day in Kathmandu. Stay overnight in the Tibet International or Similar.</p>
<p><b>Day: 7</b></p>	<p><b>Fly to Lhasa (3650 m.) from Kathmandu.</b></p> <p>You will drop at Kathmandu international airport before 3 hours of flight time. After flying to Lhasa, your guide will meet you at the airport when you arrive in Lhasa and drive to the hotel. You can take a break once you get to Lhasa and acclimatize to the high altitude. You should sleep or rest well for good acclimatization instead of starting your tour activities. You can walk around Lhasa's streets or to Potala Square if you want to go out.</p> <p><i>Stay overnight in Lhasa.</i></p> <p><i>[Note: in case of unforeseen consequences like flight cancellation and denial of travel permits, you can choose an alternative Nepali tour and refund the remaining amount after deducting paid fees.]</i></p>
<p><b>Day: 8</b></p>	<p><b>Lhasa Tour - Potala Palace, Jokhang Temple, Barkhor Street.</b></p> <p>The first stop on your trip today will be the Potala Palace, the Dalai Lama's winter residence. The Potala Palace is a magnificent structure known for its architectural and cultural significance. After lunch, we will visit the Jokhang Temple, established in the seventh century by the 33rd Great King of Tibet. After visiting the temple, you can walk around the temple and explore the local market.</p>
<p><b>Day: 9</b></p>	<p><b>Lhasa Tour - Dadong Village and Sera Monastery.</b></p> <p>You will visit Dadong Village in the morning. Dadong Settlement, an old Tibetan village well-protected and encircled by valleys, is 25 kilometers southwest of the center of Lhasa. In Dadong, you will visit the Nyimatang Monastery (built in the 11th century), take a light walk in the village, and experience rural life in Lhasa. You will go to Sera Monastery in the afternoon, one of Tibet's "big three" Gelug monasteries. After that, we will visit the Tibetan religious scripture printing house.</p>

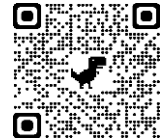


<b>Day: 10</b>	<b>Lhasa (3650m) to Shigatse (3900m) via Gyantse.</b>  Drive from Lhasa to Shigatse in the morning after breakfast. Yamdrok-Tso (4400m) and Holy Mount Nyenchen Khangsar can be seen while driving through the Gampala pass (4790 m) on the route. At Manak Dam Lake, we'll go by and view the Korola Glacier at the side of the road. Then, we will arrive in Gyantse, historically Tibet's third largest city (after Lhasa and Shigatse), where We will explore Gyantse's renowned Pelkor and Gyantse Monastery and view the ancient Gyangtse Fortress from a distance. After one and a half hours of driving, we arrive in Shigatse, the second largest city in Tibet.
<b>Day: 11</b>	<b>Shigatse(3900m) to Everest Base Camp (5200m) via Tingri.</b>  We will go to Tashilunpo Monastery, Panchan Lama's residence, in the morning. After receiving your alien travel authorization, we will depart Shigatse and head to Lhatse, a little town where we will stop for lunch. After lunch, we'll drive via Gyatsola Pass (5248M) and Tsola Pass (4600M). at Gawula Pass, just after we approach the Mt. Everest National Nature Reserve (5198m), we can see the mighty Himalayas range. After that, we drive through a new road to Everest Base Camp (5200m).  <i>Stay overnight at the Rongbuk monastery guest house</i>
<b>Day: 12</b>	<b>Drive from Everest Base Camp to Shigatse(3900m) – 350 Km. [7 hrs.]</b>  If the weather is favorable, you can enjoy the sunrise at Mt. Everest from your lodge before visiting the Rongbuk Monastery, the world's highest monastery. Later, we visit the Everest Base Camp and see Mount Everest from a nearby distance. After returning from EBC, we will drive back to Shigatse.
<b>Day: 13</b>	<b>Drive Back to Lhasa from Shigatse - (360 Km.) [Approx. 7 hrs.]</b>  After breakfast, we will dive back to Lhasa. The distance between Shigatse and Lhasa is 360 Km. and time approximately 6-8 hours to reach Lhasa.  <i>Stay overnight in Lhasa Stay.</i>





<p><b>Day: 14</b></p>	<p><b>Fly back to Kathmandu from Lhasa.</b></p> <p>Today we fly back to Kathmandu, Nepal. Fly back over Himalayas to Nepal and preparation for next day flight to Paro.</p> <p><i>Stay overnight in Tibet International or Similar.</i></p>
<p><b>Day: 15</b></p>	<p><b>Fly Kathmandu to Paro International Airport in Bhutan.</b></p> <p>Today we fly to Paro, Bhutan. This is around one hours and 30 minutes flight from Kathmandu to Paro. Our guide or driver will pick you up after approving your visa. After landing in Paro, we drive to Hotel. In Paro, we will meet with our group members and local guide, and our guide will brief you about our schedule.</p> <p>Stay overnight in Paro.</p>
<p><b>Day: 16</b></p>	<p><b>Sightseeing in Paro and Drive to Thimphu (2334 M.).</b></p> <p>Today morning after breakfast, check-out from hotel and we take a short hike to visit the iconic structure of Bhutan Paro Taktsang, also known as the Tiger's Nest. This monastery is on the mountain's cliff, where you have to hike for around 3 hours to ascend 700 meters altitude. The hiking distance is around 8.5 KM from/to the bus park. After back from Paro Taktsang, we will visit National Museum of Bhutan then we will drive to Thimphu, a capital city of Bhutan. The distance between Paro and Thimphu is 50 Kilometers, which take around an hour and 30 minutes.</p>
<p><b>Day: 17</b></p>	<p><b>Thimphu Tour and drive to Punakha (12,42 M.) - 74 KM. (2.30 hours).</b></p> <p>After breakfast, we check out hotel and start sightseeing major palace of Thimphu like Tashichho Dzong, Folk Heritage Museum Kawajangsa, Buddha Dordenma Statue and Semtokha Dzong. After sightseeing we ascent to Dochu-la pass, way to Punakha. In Dochu-la Pass we will stop for few minutes for view and tea. After short break, we descent to Punakha Valley.</p> <p><i>Stay overnight in Punakha.</i></p>



<p><b>Day: 18</b></p>	<p><b>Punakha tour and drive to Wangdue Phodrang - (30 Km.)</b></p> <p>Explore the Punakha town after breakfast. Your guide will take you to the major tourist attractions and brief you about them. We especially visit the Punakha Dzong, an administrative center of the Punakha district. We also hike to a Buddhist nunnery, meditation center, and Khamsum Yulley Namgyal Chorten. This Chorten is located in the picturesque mountain, where you have to hike an hour to get there after you park your vehicle on the west bank of Riverside. Later at evening time we drive along the una Tsang Chu river to the southwest to Wangdue Phodrang. We will stop at Wangdue Phodrang for overnight stay.</p>
<p><b>Day: 19</b></p>	<p><b>Sightseeing Wangdue Phodrang and drive to Paro – 110 Km. (Approx. 3 hours).</b></p> <p>Discover some of the oldest fortress like Wangdue Phodrang Dzong and surrounding nature. However; Wangdue Phodrang Dzong may not available to visit, in case of not allow to enter. We will visit view point and back to Paro via Dochu-la Pass and Thimphu.</p> <p><i>[Note: Activities not mentioned in itineraries will charges extra fees.]</i></p>
<p><b>Day: 20</b></p>	<p><b>Departure from Paro, Bhutan</b></p> <p>Your guide or driver will escort you to Airport from Hotel. For airport transfer service, you should inform your flight schedule in advance to your guide or agent. Flight from Paro can book directly online at DrukAir. You can schedule your flight directly from Paro to Kathmandu, Bangkok, Singapore, and Indian cities. You can schedule your flight as per your connection flight from Paro. To book a flight from Imperial Expedition, please book in advance or email <a href="mailto:info@imperialexpedition.com">info@imperialexpedition.com</a>.</p>



# Imperial Expedition



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## What's included

- ✓ 3-star Hotel in Kathmandu, Chitwan, Lhasa and Bhutan including breakfast.
- ✓ All necessary entry tickets during the tour in Kathmandu, Chitwan, Tibet, and Bhutan.
- ✓ Lunch, Dinner and Breakfast during Chitwan and Bhutan Tour.
- ✓ All listed transport Jeep, Car, or Bus based on group size.
- ✓ Kathmandu-Chitwan-Kathmandu air tickets.
- ✓ Kathmandu-Lhasa-Kathmandu air tickets.
- ✓ Kathmandu – Paro air Tickets.
- ✓ Tibet Travel Permit and all other necessary permits to Tibet.
- ✓ English Speaking guide and driver during trip.
- ✓ Proper Insurance of all local staff.
- ✓ Service Charge & Government Taxes.

## What's not included

- ✗ Personal Travel and Medical Insurances.
- ✗ Personal Gear and Equipment.
- ✗ Tips and gratitude to the guide and driver.
- ✗ International flight tickets.
- ✗ Personal expenses, like laundry, phone calls, snacks & soft drinks.
- ✗ Lunch and Dinner in Kathmandu.
- ✗ Extra cost occurs due to unforeseen circumstances.
- ✗ Visa fees and vaccination



## WEATHER

The weather in Tibet, Nepal, and Bhutan varies widely depending on the location and time of year. Tibetan Plateau is known for its extreme temperature fluctuations, with hot summers and cold winters. Due to high altitude and dry land, this region's climate is very harsh and dry. Whereas weather in Bhutan and Nepal is warm in summer and cold in winter. Monsoon in Nepal and Bhutan starts from June and ends in September or early October.

Best time to travel this Himalayas region is March, April, May, and October, November. In general, the weather in Tibet is dry, with low humidity and little precipitation. The summer months in Tibet (June to September) are generally hot and dry, with temperatures ranging from 15°C to 25°C (59°F to 77°F). The winter months (October to May) are cold and dry, with temperatures ranging from -10°C to 10°C (14°F to 50°F).

Strong winds and dust storms are frequent in some regions of Tibet, where the weather can be erratic and change suddenly. When visiting Tibet, it is essential to pack the appropriate clothing and equipment and be ready for various weather conditions. High passes may cover with snow, so travelers should prepare for both hot and cold weather.

## Accommodation

This tour only offers basic meals and lodging. All group members accommodate in twin-sharing rooms and single supplementary base on availability and extra charges. In Lhasa and Kathmandu, you can choose three- to five stars hotels, whereas Shigatse and Gyantse only have hotels with up to three-star. The price of basic lodging includes the group tour to Tibet; upgrading your accommodation along the route will not result in a refund.

All accommodations are simple and cozy during the trip outside the central city area. These hotels or guesthouses are run by locals or communities which provide only basic amenities. We have to sleep in a tent during some parts of the trip.





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## Visas

The Tibet travel permit procedure takes a couple of weeks. We need a traveler passport copy at least 15 days before the trip starts and your original passport three days before the tour departs for Lhasa. Traveler must hand their passport to Imperial Expedition agents to get travel permits, which take three working days. Some nations may not qualify for travel permits, so you must confirm before applying.

Bhutan and Nepal Visa can get on arrival at Airport or entry of port. You have to book a tour package in Bhutan before your entry. Travelers from Imperial Expedition should send all necessary documents once they confirm your trip to Bhutan. We recommend confirming your trip a month earlier to confirm your Visa and seat. While entering Bhutan, you must pay Sustainable Development Fee (SDF) fees for sustainable development and protecting heritage. After you confirm your tour package, Imperial Expedition will apply for your E-visa clearance and send you once Bhutan approves. If you like to extend your visa in Bhutan, you can talk to our guide.

## Drinking Water

The most important thing is to be cautious about drinking water, particularly tap water. It's not safe to drink water from the tap or without purification. Bottled water is available everywhere and is safe to drink. On the tour, you can use boiled or bottled water as an alternative, which costs an extra per liter. The best way is to purify the tap water yourself using iodine or handheld UV filters such as a "SteriPEN." Before using these tools, check the product's performance in cold or freezing conditions and battery life (lithium batteries are best in cold conditions). We arrange water filter bags for more than four people in a group. Our staff will fill your bottles with water before you start the trip and at each stop point to reduce plastic bottle use. In case of being unable to provide drinking water, travelers have to pay or can buy bottled water from the shop.



# Imperial Expedition



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## Personal Equipment

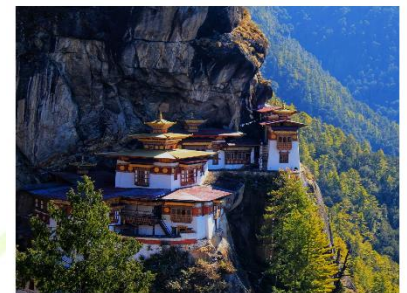
Before starting the trek, Imperial Expedition will provide a duffle bag (kit bag) to pack your equipment necessary for the hike. These bags are designed to be carried comfortably by our porters or yaks so that you can leave your bag at the hotel. But you should have your backpack during the trek. A pack can carry your valuable items, documents, and necessary items during hiking. We recommend keeping your kitbag under 14 kg (30 lb.) because porters will carry it on the trek.

Here is the list of items to pack before starting your trip:

- ✓ Couples' passport-size photos
- ✓ 4-season sleeping bag
- ✓ Down or feather jacket
- ✓ water bottles
- ✓ Waterproof walking boots
- ✓ Waterproof jacket and trousers
- ✓ Gaiters for winter and spring season
- ✓ Trainers/sandals for the evening
- ✓ Warm hat Towel
- ✓ Head torch
- ✓ Plastic bags (bin liners)
- ✓ Toilet paper
- ✓ Trekking pole(s)
- ✓ Universal plug adaptor
- ✓ Scarf/Buff
- ✓ Warm gloves
- ✓ Several pairs of walking socks
- ✓ Tracksuit or thermals
- ✓ Mid layer (fleece)
- ✓ Light to mid-weight trousers
- ✓ Shirts, t-shirts, base layers
- ✓ Sunhat, sunglasses, sunscreen
- ✓ lip salve with sun protection
- ✓ Small personal first aid kit
- ✓ Hand washing gel
- ✓ Biodegradable soap/shampoo
- ✓ Solar charger/spare batteries
- ✓ power bank



*Mountain Range on the way to Everest Base Camp in Tibet.*





## Acute Mountain Sickness (AMS) information

Low oxygen levels and reduced air pressure at high altitudes are the main contributors to acute mountain sickness. Acute mountain sickness is more likely to strike the faster you ascend to a high altitude. To avoid high altitude sickness, you should descend to a lower altitude. This sickness is common at heights of more than 2500 meters high; the best cure for this sickness is to descend to a lower altitude than taking medicine. In the event of negligence and a delay in rescue from a high elevation, this illness could be fatal.

### Early Symptoms (AMS)

✘ Loss of appetite.	✘ Dizziness
✘ Nausea	✘ Fatigue
✘ Headache	✘ muscle aches

### Severe Symptoms (AMS)

✘ Severe headache	✘ Vomiting.
✘ Lack of coordination	✘ Walking like drunk
✘ Altered mental State	✘ Severe Fatigue
✘ Shortness of breath	

## Preventive Measure of AMS

- ✘ Slow and gradual ascent.
- ✘ Should not exceed 300-500 meters per day ascent.
- ✘ Acclimatization after every 1000 meters Ascent.
- ✘ Drink plenty of water.
- ✘ Avoid flying directly to a high altitude.

## If you think you have altitude sickness

- ✓ stop and rest where you are.
- ✓ do not go any higher for at least 24 to 48 hours.
- ✓ make sure you're drinking enough water.
- ✓ if you have a headache, take ibuprofen or paracetamol.
- ✓ if you feel sick, take an anti-sickness medicine.