

# WONDERS OF HIMALAYAS - BHUTAN NEPAL TIBET TOUR - 14 DAYS

**Journey across three exotic Himalayan destinations – Bhutan, Tibet and Nepal...**



Trip Level: Easy/Moderate | Group Size: Min. 1-14 people | Min. Age: 12 | Altitude : 4300 m

Arrival on: Paro, Bhutan | Departure from: Lhasa, Tibet

## OVERVIEW

Travel across mountains and visit iconic heritage sites, experience Himalayan culture and taste mountain hospitality. Once known as 'forbidden kingdoms,' Bhutan, Nepal and Tibet remained isolated from the outside world for centuries. It was only in the past few decades that these countries decided to open their doors to foreign tourists. If you are bored touring modern destinations that all look alike, then you will surely love this trip. With an old world charm and fascinating cultures, these destinations will offer you a different experience. By the end of your trip you will be left with a trunkful of happy memories...

**Bhutan Nepal Tibet Tour** lets you experience the cultural highlights of these Himalayan destinations. These three Himalayan destinations are known throughout the world for their fascinating culture, rich history and Buddhist spiritualism. Visit these lands high up in the mountains inhabited by mountain communities with fascinating cultures. Explore hills and valleys and get mesmerized by the awe-inspiring Himalayan scenery.

## MYSTICAL MOUNTAINS AND CITIES WITH AN OLD WORLD CHARM

Begin your Himalayan adventure from the '[Land of Thunder Dragon](#)', Bhutan. Discover some of Bhutan's popular destinations - Paro, Punakha and Thimphu. Take a ride across verdant Bhutanese countryside and drive through a high mountain pass, Do Chula pass. Step into ancient fortresses (*dzongs*) and hike up to sacred mountainside monasteries, including Taktsang Monastery, perched on the side of a cliff. The next highlight on your itinerary, is the **Nepal to Tibet tour**. Head to the vibrant capital of Nepal, [Kathmandu](#). Explore two medieval kingdoms built by Malla kings - **Patan and Bhaktapur**. Discover Pokhara, a picturesque city located beside the serene Phewa Lake. [Hike to Naudanda](#) and walk through traditional villages and terraced fields. Get amazed by the jaw dropping views of Himalayan peaks. Experience a magical Himalayan sunrise from Sarangkot.

## DISCOVER THE CULTURAL TREASURES OF TIBET

Finally fly over to the Tibetan plateau and spend three delightful days in Lhasa, discovering its ancient cultural treasures. Stand beneath the *iconic Potala Palace*. Complete a *kora* around the sacred Barkhor Square. Step inside the sacred halls of Ganden, Drepung and Sera monasteries. After experiencing the highlights of the city, your memorable **Tibet Nepal Bhutan Tour** ends in Lhasa. Throughout your trip you will be accompanied by an experienced local guide. He will give you an insight about the local customs as well as the significance of the places you visit.

Note:

## HIGHLIGHTS

- Explore ancient *dzongs* (fortresses) and *lakhangs* (Buddhist temples) in **Thimphu, Paro and Punakha**
- Enjoy short Himalayan hikes with 360 degree views of lush valleys and Himalayan peaks
- Walk up to Taktsang Monastery (Tiger's Nest)
- Discover two medieval cities in Kathmandu- Bhaktapur and Patan
- Pokhara tour, including Himalayan sunrise view from Sarangkot Hill
- Travel to the Roof of the World- Tibet
- Explore palaces of the Dalai Lama - Potala Palace & Norbulingka
- Visit ancient Tibetan monasteries and Buddhist shrines and witness the monks' dramatic debates

## Is this trip suitable for you?

- This trip can be enjoyed by anyone who is in good health.
- You will be journeying across three Himalayan nations – Bhutan, Nepal and Tibet.
- Experienced local guides will accompany you throughout your trip.
- As hiking is involved, you need to have good fitness level and stamina.

- The hikes are easy without any technical difficulty. You walk on gravel paths amidst stunning scenery and mountain views. If you are used to walking on hilly terrain, these hikes will be a cakewalk for you.
- Clean and comfortable private vehicles used for overland transportation. You will be touring Lhasa in a vehicle equipped with oxygen cylinder.
- As Lhasa lies at an altitude of 3,656 metres, it's natural to feel a bit out of breath on arrival. You will feel alright after resting for a day. Pharmacies and some hotels have oxygen lounges where you can take supplementary oxygen if you feel the need.
- If you suffer from respiratory and heart problems, we urge you to take the advice of your physician before joining this trip.

## MEALS

Your vacation is an important investment. While planning a holiday, you have to research and make some major decisions. You need to decide, where and how you will spend your money. To avoid the stress, many opt for the services of a tour company and leave it to the experts to plan their holiday. By choosing to book with an agency, you can enjoy peace of mind knowing that everything has been taken care of by professionals. In order to cater to the needs of different types of travelers, we have on offer two packages – Standard and Deluxe. A Standard Package cost a little less and is ideal for that traveler who is traveling within a budget. The Deluxe Package is for those looking for a higher level of service and facilities. If you have already decided to book this tour, do select the package that best suits your budget and the kind of experiences you want to explore, and secure your spot.

## BEST TIMES

Best seasons for this trip are Spring, Summer and Autumn. Days remain pleasant while mornings and evenings may be a bit chilly.

## ACCOMMODATIONS

**Nepal:** Stay at the cozy and comfortable Oasis Kathmandu Hotel in Kathmandu and at the posh Hotel Pokhara Batika, in Pokhara. These hotels offer air conditioned rooms, attached bathrooms, hot and cold water etc. Other amenities include restaurant, bar, coffee shop and a travel desk. You can enjoy free Wi-Fi at all these establishments.

**Bhutan:** You stay at the charming Tashi Namgyal Resort in Paro. At Thimphu, your address is the modern Namgay Heritage Hotel while in Punakha you stay at Drubbchu Resort. These hotels offer luxurious deluxe rooms and premium suites. Featured amenities include free Wi-Fi (at public areas), multi cuisine restaurant, bar, spa, fitness centre etc.

**Tibet:** In Lhasa your rooms will be booked at the Doodgu Hotel, an establishment renowned for its traditional Tibetan hospitality. The hotel lies close to two of the city's most popular landmarks- Potala Palace and Barkhor Square. Rooms are traditionally decorated with en suite bathrooms. Amenities include free Wi-Fi, restaurant, laundry service etc.

## MEALS

**Nepal:** Enjoy complimentary breakfast (at your hotel) and welcome dinner in Kathmandu. Lunch and dinner is not included in the package cost. There are a lot of restaurants serving international dishes in both Kathmandu and Pokhara. You can use popular apps like TripAdvisor to choose restaurant that serves a cuisine of your choice or you can ask your guide or the hotel staff for suggestions.

**Bhutan:** All meals are included in the trip price. Local restaurants and eateries serve continental, Indian and Bhutanese dishes. Bhutanese dishes are usually made with chilies, cheese, meat, mushrooms, red rice and buck wheat.

**Tibet:** Breakfast will be complimentary. As lunch and dinner is not included in the tour price, you will have to make arrangements on your own. A lot of local restaurants in Lhasa serve continental, Tibetan, Chinese, Indian and Nepalese dishes. You can pick any one of the popular restaurants to dine out.

## ITINERARY

### 1: ARRIVE IN PARO – SIGHTSEEING IN PARO

The flight to Paro is nothing short of spectacular. You fly above the mountains and enter into a valley surrounded by green hills. At the airport terminal meet your guide and drive to your hotel. Check in and have lunch before your sightseeing tour begins. Later hop onto a private vehicle and begin your sightseeing tour. Head to Ta Dzong – an ancient watchtower which now houses the National Museum. Buddhist scroll paintings (Thangkas) dating back to several hundreds of years, armours of Bhutanese warriors, masks used by monks during festivals etc. are displayed at the museum. Fun fact - 'Little Buddha' a Hollywood movie by Bernardo Bertolucci was filmed here. Next make your way Rinpung Dzong. Also known as the 'Fortress of the Heap of Jewels', this impressive *dzong* was used to defend Paro from Tibetan invaders. The wide courtyard of the dzong comes alive during Paro Tsechu when the monastic community perform masked dances and skits.

Later head to Kichu Lhakhang, one of the oldest Buddhist temples in Bhutan. The temple was built by the Tibetan emperor Songtsen Gampo and dates back to the 7<sup>th</sup> century. Kichu Lhakhang houses some of Bhutan's oldest and priceless religious relics. After your sightseeing tour, return to your hotel. Overnight in Paro.

Meal Included : | Lunch | Dinner

### 2: HIKE TO TAKTSANG MONASTERY, DRIVE TO THIMPHU

Start early and hit the trailhead well before it becomes crowded. It is an uphill ascent on a rough track, filled with pine trees. If you are a brisk walker you can complete the hike (climb up and walk down) in around five hours. If you are not used to walking uphill it is better to keep it slow and walk at your own pace. Ponies are

available for hire till the cafeteria. Please note the cost of pony ride is not included in the package and you may have to pay extra if you wish to book a ride. The cafeteria offers mesmerizing views of the monastery and the Paro Valley. To reach the monastery from the cafeteria, you need to walk down a steep staircase on the side of the cliff and then take an uphill ascent. Hanging precariously on a rocky cliff 3000 feet above **Paro valley**, **Taksang Monastery** is among the 13 monasteries or ‘tiger’s lairs’ (Taksangs) where Padmasambhava or Guru Rinpoche (Second Buddha) meditated. According to local legend Padmasambhava flew to this place to meditate on the back of a tigress, that’s why it’s called ‘Tiger’s Nest’. Though the hike may be tough, you are rewarded with panoramic views of the Paro valley and mountains. Blessed by Padmasambhava or Guru Rinpoche, this dramatic landmark is one of the most sacred [Buddhist sites in Bhutan](#). Later head back to the cafeteria and walk down the hillside covered with colourful prayer flags and drive to Thimphu, the country’s capital.

*Overnight in Thimphu*

Meal Included : | Breakfast | Lunch | Dinner

### **3: HIKE TO WANGDITSE GOMPA , THIMPHU SIGHTSEEING**

Drive to the base of a hill (BBS Tower) and take the trail to **Wangditse Gompa**. After walking for about one hour you reach the gompa. The monastery houses the statues of Bhutan’s guardian deities- Yeshey Goenpo, Tsheringma and Palden Lhamo. From the monastery’s ground savour amazing views of Samtenling Palace, Tashicho Dzong and a meditation retreat. Walk down to the highway and return to Thimphu. Stop en route at the mini zoo and meet the ‘Takin’, Bhutan’s national animal.

Once you arrive in Thimphu your sightseeing tour begins. Visit the King’s Memorial Chorten. This large white chorten was built in honor of the third Bhutanese king, Jigme Dorji Wangchuk. Later head to Tashichho Dzong, an ancient traditional fortress that houses the secretariat of the Bhutan royal government. This grand building also houses the king’s throne room. Also visit the National Textile Museum and Handicraft Emporium. If you are not too tired you can explore the local market and buy souvenirs (Thanka paintings, traditional textiles or wooden items). Just ask your guide where you can get the best bargains for local handicraft items. Overnight in Thimphu.

Meal Included : | Breakfast | Lunch | Dinner

### **4: THIMPHU TO DOCHULA PASS - HIKE TO LUNGCHUTSE MONASTERY -DRIVE TO PUNAKHA**

From Thimphu drive to Punakha. En route stops at a high mountain pass (**Dochu La Pass**) and enjoy panoramic views of mountains and pine forests. The pass is decorated with 108 traditional chortens built by the Queen Mother in memory of slain Bhutanese soldiers. From Dochu La, take the trail to Lungchutse Monastery. Hike up a forested trail filled with rhododendron and pine trees. From the top, you can enjoy amazing views of Himalayan peaks and a green valley. Hike down to the highway and resume your journey towards Punakha. Once you arrive at Punakha check into your hotel and take rest. Overnight in Punakha.

Meal Included : | Breakfast | Lunch | Dinner

## 5: PUNAKHA TO PARO - HIKE TO KHAMSUM YULLEY NAMGYAL CHORTEN

After having a hearty breakfast, drive to Punakha Dzong, an old fortress dating back to the 17<sup>th</sup> century. This grand structure lies at the confluence of the Mo Chhu (silent mother) and Pho Chhu (noisy father) rivers. Walk across a quaint traditional wooden cantilever bridge to enter the *dzong*. An iconic landmark, the Punakha Dzong houses a monastery and a government office. The coronation ceremonies of all the Bhutanese kings were held here. After exploring the dzong, take a drive to Paro past a picturesque countryside. En route stop at the bottom of a hill and follow the trail to Khamsum Yulley Namgyal Chorten. The hike to Khamsum Yulley Namgyal Chorten takes around an hour. Walk past a verdant trail snaking past paddy fields and pine and rhododendron trees. The magnificent Khamsum Yulley Namgyal Chorten sits on top of a ridge. Built by the Queen Mother to ward off negative forces, the three-storied chorten is a fine example of Bhutanese architecture. One can enjoy majestic views of Punakha Valley and surrounding mountains from the ridge. Later descend to the highway and continue your journey to Paro. On reaching Paro head to your hotel and check in. Take rest because you have a long day tomorrow. Overnight in Paro.

Meal Included : | Breakfast | Lunch | Dinner

## 6: FLY TO KATHMANDU, SIGHTSEEING IN PATAN AND BHAKTAPUR

Your guide will drive you to the airport on time to catch your flight to Kathmandu. Bid farewell to Bhutan and say hello to another wonderful Himalayan destination, Nepal. The flight from Paro to Kathmandu offers mesmerizing aerial views of Himalayan peaks. Feast your eyes on the majestic views of Mount Everest, Kanchenjunga, Cho Oyu and other Himalayan giants sprawling across the horizon. After flying for about an hour and a half, you land at Tribhuvan International Airport. Make your way to the airport terminal where you meet your guide. Board a vehicle and visit some of the city's ancient UNESCO World Heritage Sites.

Drive to Patan, one of the three medieval cities in Kathmandu. This city is also called Lalitpur - the 'City of Artisans'. Explore Patan Durbar Square, a palace square built by the Malla kings. This medieval palace square is dotted with ancient pagoda-roofed temples and a royal palace now converted into a museum. Golden Temple, Kumbeshwar Temple, Krishna Temple and Patan Palace Museum are some of the cultural gems adorning this beautiful square.

Later head to Bhaktapur or the 'City of Devotees'. A medieval city, Bhaktapur is one of the best preserved heritage sites in Kathmandu Valley. In order to preserve the old buildings no heavy vehicles are allowed inside the old city. The nine-storied Nyatapole Temple, Palace of 55 Windows, Datteraya Temple, Golden Gate and Bhiravnath Temple are some of the architectural wonders of this medieval kingdom. Spend sometime at Potter's Square observing the local potters moulding artifacts from lumps of clay. Before leaving Bhaktapur don't forget to have *Juju Dhau* ('King's Curd', yoghurt made from buffalo milk and honey). Later drive back to your hotel in Kathmandu. Overnight in Kathmandu.

Meal Included : | Breakfast | Dinner

## 7: FLY TO POKHARA AND POKHARA SIGHTSEEING

Take an early flight to Pokhara. Set beside the serene Phewa Lake and surrounded by snowy **Himalayan peaks**,

beautiful Pokhara is sure to take your breath away. Drive to your hotel and check-in. Get refreshed and afterward begin your sightseeing tour. Take a boat ride across the Phewa Lake to the island temple of Tal Barahi. Dating back to the 18th century, this temple is dedicated to the Hindu goddess Durga, 'mother of the universe'. Next head to Davis Falls and witness one of the natural wonders of Pokhara. This place is locally known as Patale Chango meaning 'underground waterfall'. Walk to the Gupteshwar Mahadev Cave and explore the cave. If you climb down to the bottom of the cave you will see a portion of the Davis Falls from a crack of the cave's wall. Drive to the International Mountain Museum and view some of the original gear used by the first expedition groups to the Nepal Himalaya. The museum also has information about the culture, history, flora and fauna of the region. After your sightseeing tour, return to your hotel. Overnight in Pokhara.

Meal Included : | Breakfast

## **8: DRIVE TO PHEDI, HIKE TO NAUDANDA - SARANGKOT TO POKHARA**

Have breakfast at your hotel and drive to Phedi. From Phedi begin your hike to **Naudanda**, a hilltop Gurung village offering panoramic views of *Himalayan peaks*. Take a gentle ascent past paddy fields and rural homesteads. Once you reach Naudanda, enjoy amazing views of Himalayan peaks – **Annapurna Massif**, Lamjung Himal and Hiunchuli. Later follow an up and down the trail and arrive at Sarangkot, another popular vantage point. Enjoy 360-degree views of Pokhara valley and surrounding mountains. Walk down to the highway and drive back to your hotel. Overnight in Pokhara.

Meal Included : | Breakfast

## **9: SARANGKOT SUNRISE VIEW AND FLY TO KATHMANDU**

Wake up early and head to Sarangkot Hill. It takes a little more than 30 minutes from lakeside to drive to the hill. Witness a glorious Himalayan sunrise. Watch the sun rising from behind white snowy peaks colouring the hillside in golden hues. Later, return to your hotel, have breakfast and fly to Kathmandu. Once you arrive in Kathmandu, prepare for your Tibet trip and take rest. There is no program planned for today. Evening, enjoy complimentary farewell dinner at an authentic Nepalese restaurant. Overnight in Kathmandu.

Meal Included : | Breakfast

## **10: ARRIVAL IN LHASA**

Take an early flight to Lhasa. This is a spectacular journey. From the comfort of your plane, you can savour incredible views of the Himalayan peaks. The flight lasts for about an hour and a half. Once you reach [Lhasa Gonggar International Airport](#), your guide will meet you at the terminal. From the airport, it takes another hour and a half to reach the centre of Lhasa. Drive to your hotel and take rest. No activities have been planned for the day as it is advisable to let your body get used to the rarefied air. Remember you are now at an altitude of 3,656 metres. It is important that you let your body rest and get used to the thin Lhasa air. Drink lots of water and keep your body hydrated as the body gets easily dehydrated at high altitude. *Overnight in Lhasa.*

Meal Included : | Breakfast

## 11: LHASA SIGHTSEEING

Commence your Tibetan journey today by visiting some of Lhasa's popular sites- **Potala Palace** and **Norbulingka Palace**. Located over a high ridge overlooking Lhasa, Potala Palace looks magnificent. This grand palace was once the winter residence of *Dalai Lama and the seat of Tibetan government*. Inside the palace are several chapels, memorials of the former Dalai Lamas, living quarters of the 13<sup>th</sup> and 14<sup>th</sup> Dalai Lamas etc. The palace is a protected UNESCO World Heritage Site. Also visit **Norbulingka**, the Summer Palace of the Dalai Lama. Built in the eighteenth century, the palace is surrounded by beautiful gardens and chapels. Later head to Tibetan Traditional Hospital or Mentsekhang, as the locals call it. This is one of the oldest traditional hospitals in Tibet. Established in 1916 to train doctors and astrologers, this hospital is known as one of the important research centres for Tibetan Traditional Medicine. Patients are treated here using traditional methods, with Tibetan herbs and medicine. *Overnight in Lhasa.*

Meal Included : | Breakfast

## 12: EXPLORE LHASA

Leave the city of Lhasa and head towards **Ganden Monastery**. The monastery lies about 50 km from the city centre, on top of the Wangbur mountain (3800m). Ganden Monastery is one of the three important Gelugpa Monasteries in Tibet (the other two are Drepung and Sera). The monastery was established by Tsongkapa, the founder of the Gelugpa (Yellow Hat) order, in 1409 AD. Explore the large assembly halls and debating courtyards. The monastery has a vast collection of Buddhist relics and paintings. Many monks residing at this monastery receive higher education from learned monks. Later hike to the **Drayerpa Cave**. A sacred pilgrimage site for Tibetan Buddhists, this cave is located on a hillside. Padmasambhava or Guru Rimpoche and Emperor Songsten Gampo are said to have meditated at this cave. *Overnight in Lhasa.*

Meal Included : | Breakfast

## 13: LHASA SIGHTSEEING

Step inside two of the most sacred and active monasteries in Lhasa, Drepung and Sera monasteries. Drepung Monastery is the largest monastery in Tibet. In the distant past it was the largest Buddhist monastery in the world. Explore its large prayer halls and shrines. This monastery was built in 1416 and was the residence of the Dalai Lamas before Potala Palace was built. Afterwards, head to Sera Monastery. Sera' means 'rose' in Tibetan. The monastery was so named because of the abundance of rose bushes on the hillside adjoining the monastery. Observe the monks debating at the monastery grounds. The debates are part of their training sessions to become senior monks. Also visit the sacred Jokhang Temple and Barkhor Square in downtown Lhasa. Jokhang Temple is one of the oldest and most important Buddhist temples in Tibet. The temple was built by Tibetan emperor Songsten Gampo to house an idol of Buddha brought by his Nepalese queen Bhrikuti. Later another Buddha statue (Jowo Sakyamuni) brought by the emperor's Chinese queen Wenchen was placed at the altar. This is also a UNESCO World Heritage Site. Walk around the busy Barkhor Square and observe Tibetan locals trading their wares and pilgrims walking around the temple. You can also shop for souvenirs at many of the souvenir shops lining the square. *Overnight in Lhasa.*

Meal Included : | Breakfast

## 14: DEPART FROM LHASA

Your **travel to Nepal, Tibet and Bhutan** officially ends here. Our representative will drive you to the airport well on time to catch your international flight.

Meal Included : | Breakfast

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### Note on itinerary

## WHAT'S INCLUDED

### PRICE INCLUDES

- All ground transportation by comfortable private vehicle as per the itinerary
- Airport pick up & drop off service for international and domestic flights
- Accommodation at government approved 3 star hotels in Bhutan
- For Deluxe package in Bhutan, breakfast and dinner will be served at your hotel (4 star). Lunch will be at a tourist standard restaurant.
- In Bhutan, Breakfast, Lunch and Dinner and bottled mineral water during the trip.
- Professional English-speaking tour guide with government license.
- Luxurious accommodation at a 4 star hotel in Kathmandu, Tibet and 5 star in Pokhara
- Oxygen cylinder and bottled water in vehicle during Tibet tour
- Tibet Visa Fee, Tibet Travel Permit and Bhutan Visa Fee
- Monument entrance fees.
- Staff costs including their salary, insurance, equipment, food, transportation and accommodation.
- All Local and Government taxes, administrative charges
- Accommodation at a 3 star hotel in Kathmandu, Tibet and Pokhara
- Complimentary Welcome dinner at a traditional Nepali restaurant.

## PRICE EXCLUDES

- Travel and medical insurance.
- Nepal Visa fee.
- International flights
- Any unseen expenses due to circumstances beyond our control (natural calamities, strike etc.)
- Expenses not listed in the 'Price Includes' section
- Tips for guide and driver
- Lunch and dinner in Kathmandu, Pokhara and Lhasa
- Personal expenses (laundry, drinks, beverages, snacks, phone calls, extra porters, battery recharge, bottle or boiled water, souvenirs, hot showers etc.)
- Extra night accommodation in case of early arrival or late departure.

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**Note :**

## ADDITIONAL INFORMATION

### Passport and Visa - Bhutan

Except for India, Maldives and Bangladesh, all other visitors need to obtain a visa for Bhutan. Visas are obtained through an online system by your licensed Bhutanese tour operator directly or through a foreign travel agent. Tourists are required to send the photocopy of their passports to their tour operator, who will then apply for their visa. Once the full payment of the holiday (including your visa fee of USD 40) is made, the tourism council of Bhutan will process the visa within 72 working hours.

### Passport & Visa for Nepal

All foreigners except Indians need to have a visa to enter Nepal. Unlike other countries, Nepali consulates and embassies overseas issue visas without much fuss. Visas are also issued on the spot at Tribhuvan International Airport or at the border checkpoints. It can easily be obtained at the Nepal/China border as well. When you arrive at the airport you must fill in an application form and provide a passport photograph. A single entry visa is valid for 15, 30 or 90 days and it costs \$25,40 or 100 respectively. At the airport, you can pay this amount in any major currency but some land crossings insist on payment in USD. Children under 10 are required to have a visa but are not charged for the same. If you are planning to visit India, Tibet and Bhutan you could apply for a multiple entry visa. You can change your single entry visa to multiple entry visa at Kathmandu's Central Immigration Office. Keep in mind that your passport must be valid for at least 6 months when you submit your visa application. For further information, you can easily contact the Embassy of Nepal.

All foreign nationals entering Nepal are required to arrange a visa either on arrival or beforehand. A Nepalese visa can be obtained either prior to your arrival at a Nepalese embassy abroad or on arrival in Kathmandu at the airport. Please note that nationals from Afghanistan, Iraq, Cameroon, Ghana, Somalia, Swaziland, Palestine, Zimbabwe, Nigeria, Ethiopia and Liberia cannot secure the Nepalese Visa upon Arrival. Nepalese visa can also be secured at entry points at Nepalese borders. A digital photo (size: 1.5" \* 1.5") will be required and the

following fees either in USD dollars cash or the equivalent local currency:

Multiple Entry | 15 Days | US\$ 25 or equivalent Nepalese currency

Multiple Entry | 30 Days | US\$ 40 or equivalent Nepalese currency

Multiple Entry | 90 Days | US\$ 100 or equivalent Nepalese currency

For further information please visit: <http://online.nepalimmigration.gov.np/tourist-visa>

## **Lukla Weather Condition -Nepal [Everest]**

- Please note the flights to and from Lukla depend on weather conditions. Bad weather conditions may cause delay for a few hours or the flight may get cancelled by a couple days. This may happen at the start of the trip (while flying from Kathmandu to Lukla) or at the end of the trip (while returning to Kathmandu from Lukla). In such a scenario the extra cost incurred (accommodation, food, etc) will be borne by you. The company will be in no way held responsible for the extra expenses.
- We will try our best to get you on the next available flight. When planes are grounded due to bad weather, helicopter charter companies operate mountain flights to Lukla. At your request we can even arrange a helicopter flight (to or from Lukla) for you. Please remember this will incur an extra cost. A helicopter can carry four or five people on board.
- While trekking in the mountains we will try our best to stick to the original itinerary. But if bad weather persists or if something untoward happens (natural disasters like landslide, avalanche etc.) your trek leader has the right to modify the itinerary. This will be done keeping your safety in mind.
- In instances where bad weather persists for days on end and disrupts your travel schedule, you have the choice to cancel your trek to Everest and book another trek (leading to other trekking regions - Annapurna, Langtang etc.) or a cultural tour. We will help you choose the right itinerary for you; one that suits your budget and time frame. Please note there will be no refunds for the loss of time due to flight delay or cancellation. There will be no refunds either if you decline to book another trip in place of your [Everest trek](#).
- To avoid getting your trip disrupted we recommend you to keep aside a few extra days in your itinerary for emergencies.

## **Best time to visit Bhutan**

Spring (mid February- March – April), Autumn (September – October) and early Winter (November) are the best seasons to visit Bhutan. Northern Bhutan lies close to the Himalayan Mountains and this makes it much colder than the rest of the country. The region receives snowfall during winter. Southern Bhutan with its tropical climate is the warmest. During the monsoon season (June to August) there is heavy rainfall and humidity. The endangered Black-Necked Cranes migrate to Phobjika Valley from Tibet during late October. October to mid-February is the ideal time for bird-watching tours.

## **Climate in Bhutan**

Bhutan's climate ranges from hot and humid in the tropical belt (southern and central Bhutan) to freezing in the north. Spring and Autumn (popular tourist seasons) are generally pleasant with clear skies and mild temperatures. There is heavy rainfall during monsoon or summer season. While the north remains shrouded in clouds the rest of the country gets drenched with heavy rainfall during this time. In winter there is heavy snowfall in the northern parts, while the southern and eastern regions enjoy pleasant weather.

## **Climate in Nepal**

Europe and Nepal share pretty much the same weather, completely opposite of the Australian seasons. January is the coldest month and July is the hottest. We can say that the climate of Nepal is moderate which means that winters are dry and summers are hot. The important thing to note is because of the huge range in altitude and landscape, climate in Nepal differs significantly. Monsoon lasts from around the end of June to the end of August. About 80 percent of the rainfall occurs during this period throughout the country but the remainder of the year is dry. March to May is spring and September to November is autumn and they are also the most pleasant seasons. During winters (December, January and February) temperatures drop down with a high level of snowfall especially in the high mountain areas.

## **Meals-Bhutan**

The national dish of Bhutan is 'Ema Datshi' (chili with cheese sauce) and 'Zow Shungo' (rice with mixed vegetables). 'Jasha maru' (chicken stew), 'Phaksha Paa' (pork prepared with vegetables and spices), 'Hapai Hanteu' (Bhutanese meat dumplings), 'Kewa Datshi' (baked potatoes and yak cheese), 'Tshoem' (beef with mushrooms) etc. are some of the important local dishes. Bhutanese widely consume rice (red rice grown locally), meat items (yak meat, pork, chicken, beef and mutton), chili peppers, dairy products (milk, cheese) and organic vegetables. Popular beverages include butter tea or Pho cha, 'Ara' an alcoholic drink and beer.

## **Tourism Policy- Bhutan**

Bhutan tourism policy is based on sustainability and environmental protection. According to the Bhutanese government tourism in the country must be "ecologically friendly, economically viable and socially and culturally acceptable". The government strictly regulates the number of tourists visiting the country annually. Independent traveling is not allowed and it is mandatory for all foreign tourists to book their tours with a government registered tour operator in Bhutan.

## **Banking and Forex In Bhutan**

Bhutan's unit of currency is Ngultrum (NU). Once you fly into Bhutan, you can exchange currency at the money exchange counters at Paro International Airport. Bank of Bhutan accepts foreign currency as well as travelers' cheques. Foreign currencies that are accepted include US Dollar, Euro, Pound Sterling, Indian Rupee, Swiss Franc, Canadian Dollar, Australian Dollar, Japanese Yen etc. Since banking and ATM facilities are available only in the major cities it is advisable to carry local Ngultrum while traveling in the rural areas. Only a

few upscale establishments (hotels and handicraft stores) accept credit cards. When you shop for items or exchange currency you will be given receipts. Hold on to these as you may need to show the same while leaving the country. If you purchase antique items, you will be asked to show the receipt (of purchase) at the customs checkpoint. Receipt of foreign exchange (that you had received while exchanging currency on entering the country) may also be needed while **exchanging the local currency** to USD or other currencies.

## **Banking and Forex in Nepal**

Payment in hotels, travel agencies and airlines can be made in foreign exchange. Credit card payments are accepted at most business establishments. There are plenty of cash machines or ATMs in cities and most will accept cards issued by any of the major international banking networks (Plus, Cirrus, etc). The maximum withdrawal amount is Rs 10,000 in majority of ATM's ( you can definitely make repeated withdrawals). Most credit cards such as Visa, MasterCard, JCB and American Express are readily accepted at most tourist class hotels, restaurants, airlines and major tourist merchants. There is however a transaction fee for processing the cards (please note that this charge is enforced by the banks and not the merchants so it's useless asking for a discount to remove this). The surcharge is usually around 4% or higher.

## **Bhutanese Language**

'Dzongkha' is the national language of Bhutan. Other than the national language, Sharchop, Nepali and Lepcha are widely spoken in Bhutan. English is used as the medium of instructions in most of the country's educational institutions.

## **People and Traditional Dress of Bhutan**

The Sharchops, living in the eastern part of Bhutan are believed to be the earliest inhabitants of Bhutan. In the western part of the country live the Ngalongs, descendants of Tibetan settlers. Southern Bhutan is populated by Lhotsampas, settlers who came from Nepal during the nineteenth century. Brokpa, Dhakpa, Lepcha, Doya, Layap and Lhopu make up the indigenous tribes.

When you visit Bhutan you will rarely find Bhutanese wearing western clothes. Almost all of them will be attired in their traditional attire. While the men wear a kilt-like garment called 'Gho', women are seen wearing the traditional robe known as 'Kira', a blouse called 'Wonju' and a light jacket - 'Taego'. These traditional dresses are made with textiles woven on traditional looms. Accessories worn by the women include brooches and necklaces and earrings made of precious stones.

## **Shopping in Bhutan**

If on a trip to Thimpu, don't forget to visit the lively 'Weekend Market'. A local farmer's market which is held during the weekends (from Friday afternoon till Sunday), the Weekend market has sellers from the rural areas selling handicraft items, cheese, honey, meat, vegetables, fruits, incense and an assortment of other goods. You can buy souvenir items at the market or the handicraft shops. Items worth buying include thangkhas, traditional handloom items, handmade wooden bowls (Dappa), bamboo baskets (Bangchung), wooden masks, handmade paper products, Bhutanese traditional jewellery, rugs etc. Paro, Thimpu and Phuentsholing are the best cities for shopping.

## **Custom Formalities-Nepal**

On arrival in Nepal, your baggage should be cleared by the customs at the entry point. You are allowed to bring a personal laptop, camera, movie or video camera, 15 film rolls etc. apart from your personal belongings. If you purchase an antique in Nepal and want to take it home with you, the item will have to be certified by the Department of Archeology. In Nepal, it is illegal to take outside the country objects that are 100 years and older.

## **Emergency Contact Information**

Please do not forget to provide your emergency contact information while filling out the form to book this trip. You can give the contact details of a family member or someone close to you.

## **Safety and Security - Nepal**

Nepal is one of the safest and hospitable countries in the world for travelers (for groups as well as solo travelers). Nepalese are very warm and friendly towards tourists and most of them go out of their way to help visitors visiting their country. Having said that, to be on the safe side one should always take care of one's belongings. Keep your cash, jewelry and expensive gadgets and accessories in a safe place. Try not to venture out alone during nighttime, especially at places where there are less people.

## **Electricity - Nepal**

In Nepal the standard voltage is 230V and the frequency is 50 HZ. While in cities most hotels have multi-adaptor style sockets but in the mountains the teahouses may have two pronged or three pronged outlets. It would be handy to bring along a worldwide adaptor with you to charge your devices. Some teahouses along the trail utilize solar power.

## **Vaccinations - Nepal**

We advise you to visit a physician specializing in travel related illnesses six months before your trip's departure. Take the required boosters and vaccinations. Some of the vaccinations require six months for a complete course and it is advisable to take the full course before embarking on an adventure to a foreign country. You may not have to worry about tropical illnesses if you are trekking in the mountains.

## **Baggage - Nepal (Porter and Domestic Flight)**

On the trail while your heavy luggage is carried by a porter, you will be carrying a light daypack filled with your important belongings and accessories. Please note your baggage (carried by the porter) should not weigh more than 15 kg. One porter will carry the baggage of two clients.

The baggage allowance for domestic flights is 15 kg. You will have to pay for extra baggage if your total baggage weight exceeds 15kg.

## **Group Size**

If you join a fixed departure trip, you will be traveling with a group of people from different countries and backgrounds and of varying ages. It is a great way to meet new people and make friends. For all our fixed departure trips the minimum group size is 2 and the maximum is 16 people.

## **Arrival & Departure (Kathmandu)**

We offer airport pick up and drop off services. On arrival at the Tribhuvan International Airport in Kathmandu, our representative will meet you and drive you to your hotel. On the last day of your trip you will be transferred to the international airport well in time (3 hours prior to your flight's scheduled departure) to catch your flight.

## **Travel Insurance for Nepal**

It is always a good idea to have a travel insurance policy while travelling to Nepal. Nepal is an adventure destination and most of the tourists who visit Nepal come to see the high Himalayan Peaks and experience different adventure sports. You will reach above 4000m in most of the treks in Nepal and it is best to have a policy that covers medical and emergency rescues. Helicopter rescues and emergency evacuation is common in Nepal so you have to choose insurance wisely. It's a wise decision to have insurance policy that pays directly to the hospital rather than you having to pay for it at the spot.

## **FREQUENTLY ASKED QUESTIONS**

- How do I enter Nepal?

You can fly into Nepal from any of the world's major cities. There is one only international airport in the country, viz Tribhuvan International Airport at Kathmandu. You can also enter the country through any of the overland entry points – Kakkarvitta, Birgunj, Bhairahwa, Mahendranagar etc.

## **TERMS & CONDITIONS AGREEMENT**

Third Rock Adventures Private Limited

Please read the following Terms and Conditions that governs the relationship between you (client) and Third Rock Adventures Private Limited (hereinafter referred as the 'The Company') with the registration number **184629/074/075**. Please note that while booking a trip you are agreeing to the terms and conditions as well as the cancellation policy and certain limitations of liability set by the company. Both parties agree to these terms and conditions to resolve any legal or other disputes that may arise during the trip.

## **1. THE BOOKING CONTRACT:**

Once your booking has been confirmed, the tour operator or the travel agent issues a written confirmation after you have deposited the amount for your trip. Do go through the confirmation details thoroughly and report any incorrect or incomplete information to the company immediately. Please ensure that your names are stated exactly as in your passport.

If you book on behalf of other participants, then you are deemed to be the designated contact person for every participant included on that booking. This also means that you are responsible for making all payments due in connection with your tour booking. You will have to notify us if changes or cancellations are required and you will be solely responsible for keeping your group informed.

If you book on behalf of others, then you represent and warrant that you have obtained all required consents. It is your responsibility for verifying the information that you provide on behalf of other people is complete and accurate and the company will under no circumstances be liable for any errors or omissions in the information provided to complete a booking.

## **2. BOOKING A TRIP:**

- A 'trip' refers to any product itinerary or activities that you buy from us including Trekking, Tours, Expeditions and / or other adventure tour programs.
- The contract between the Company and the Client comes into existence only when the company sends a confirmation invoice or email to the customer.
- The company has the right to increase or decrease product (trip/tour) prices before booking are confirmed and the contract comes into force.
- The company will not be liable for any warranty, collateral agreement, prior agreement, and description of services or conditions other than expressed herein

## **3. BOOKING DEPOSIT, FINAL PAYMENT REQUIREMENT, AND LIFETIME DEPOSIT:**

While booking a trip the non-refundable deposit should be sent to the company. The same amount (non-refundable deposit) is levied for standard as well as customized trips.

### **Deposit Payment:**

To book a trip, a non-refundable deposit of 20% along with due airfares (if the client wants the company to arrange it) 30 days before the trip departure is required. If your booking is done 30 days or less prior to departure, then you must pay the full amount at the time of booking.

## **Final Payment:**

For standard as well as customized trips the non-refundable deposit should be made 30 days prior to your trip's departure. The balance (final payment) should be paid within 30 days of the departure date. In case a booking is made less than 30 days before the departure date, then full payment is required at the time of booking.

## **Lifetime Deposit**

When you are forced to cancel your booking due to unavoidable circumstances, you can rest easy. Your deposit will not go to waste. Your deposit can be retained, provided the reason for the cancellation can be taken as an emergency or an unavoidable circumstance (like illness etc). You should furnish plausible proof (documents like doctor's certificate etc.) for canceling the trip to retain your deposit. You can use the deposit later on to book the same trip or another trip of the same value at a later date.

Please note if the trip has been cancelled for non-payment or violation of these Terms & Conditions your deposit will not be counted as a Lifetime Deposit. Only one Lifetime Deposit is issued per cancelled booking per person. If the value of the Lifetime Deposit is greater than the value of the new trip (per person) then the company will not refund or credit the difference. You can also transfer or regift your Lifetime Deposit to a friend or family to book a trip with us by notifying us.

## **4. PAYMENT METHODS:**

The company receives a booking deposit through the online payment system. We accept all major credit and debit cards. Kindly follow the instructions provided on the booking form.

## **Prices:**

The prices quoted on [our website](#) are the current prices. The quoted price is for per person and is subject to minimum group size. If the minimum numbers are not met by the payment date, a small group surcharge will be levied to ensure the trip's operation. To check the price validity, inclusions and exclusions please do go through the trip notes. If the departures are past the validity date, there will be a likely increase on the trip cost due to a rise on operational costs. There may also be a reduction in trip prices in the instance of a drop in local service charges. Once the deposit amount is paid for your trip any subsequent discounts or price reductions that are advertised may not be applicable.

Third Rock Adventures reserves the right to amend tour prices at any time. Amendments may be done for many reasons including, but not limited to, increases in ground operator services, exchange rate fluctuations, increased fuel costs, airfares, airport charges, or the need to engage alternative air or ground operators. If there is an increase in the tour price, it must be paid prior to the departure date.

## **5. CANCELLATION BY THE CLIENT:**

Any cancellation by a client must be made in writing and acknowledged by the company. The date on which the request to cancel is received by the company or its agents will determine the cancellation charge applicable.

The cancellation charges are expressed hereafter as a percentage of the total tour price. Please note these charges are levied when you don't furnish plausible proof (documents like doctor's certificate etc.) for canceling the trip.

- Cancellation 30 days or more before departure: Loss of deposit.
- Cancellation 7-29 days before departure: 50% of the cost of services booked.
- If you neither show up on the starting day of the tour nor inform the company about your absence: 100% of the cost of services booked.

The client is strongly advised to take out cancellation insurance at the time of making the booking.

Please note that no refunds will be made if you voluntarily leave a trip for any reason after the trip has begun.

No refunds will be made for any accommodation, transport, sightseeing, meals or services not utilized.

## **CANCELLATION BY THE CLIENT DURING AN EMERGENCY**

When you cancel your booking at the last moment due to an emergency, there won't be any refund of your initial deposit. But if you inform us(via email) at least 7 days before the trip starts, stating the reason for the cancellation and furnishing valid documents as proof we will retain your deposit after deducting 20% from the initial deposit. You can use the remaining 80% to book a tour (added charges applicable for the chosen trip) for yourself, your family or friends.

## **6. CANCELLATION OF A TOUR BY THE COMPANY:**

- The company reserves the right to cancel any trip you booked unless guaranteed to run.
- Third Rock Adventures reserves the right to cancel any trip, including a guaranteed trip, prior to departure in the event of natural disasters, flight cancellation, strikes, industrial action, wars, riots, sickness, quarantine, government intervention, weather conditions, or other untoward occurrences beyond its control. In such a case, the company will refund the trip price only. If the company cancels a departure which is guaranteed to run, the trip price will be refunded, or you will be entitled to take an alternative trip of the same value.

The significant alterations do not include a change of airline carrier, flight timetables or itineraries, provided the departure and arrival dates remain unchanged. Change in cabin category or hotel accommodation provided is of the same category.

- The company is not responsible for any incidental expenses or consequential losses that the client may have incurred as a result of the booking such as visas, vaccinations, non-refundable flights or rail fares, non-refundable car parking or other fees, loss of earnings, or loss of enjoyment etc.

## **7. MEDICAL CONDITIONS AND SPECIAL REQUIREMENTS:**

In case of any medical condition, do inform the company at the time of the booking. A physically challenged condition or any other mental or physical debility which may hinder your ability to travel should be notified at the time of booking. Failure to notify the company may result in the client being refused to travel. It may also result in the loss of deposit amount or 100% of the trip cost.

There may be some trips that may be unsuitable for clients of a certain age, physical (mobility, pregnancy etc.) or mental conditions. It is the client's responsibility to check prior to booking. The company will not provide any special facilities unless it has agreed to do so in writing. The company will also do its best to meet the clients' special requests including dietary. Please note that such requests do not form part of the contract and therefore the company is not liable for not adhering to these requests.

The medical facilities vary from country to country and the company makes no representations and gives no warranties in relation to the standard of such treatments.

## **8. TRAVEL INSURANCE:**

All travelers must travel with adequate and valid travel insurance. Your travel insurance must cover accidents, injuries, illnesses, death and medical expenses (including any related to pre-existing medical conditions), emergency repatriation (including helicopter rescue and air ambulance where applicable) and personal liability. It will be helpful if your insurance covers trip cancellation, curtailment, and loss of luggage and personal effects. You must carry proof of insurance with you and produce it when requested by the company employees or suppliers. If you are unable to provide proof of insurance when requested, the company reserves the right to cancel or suspend your participation on a trip or in certain activities that comprise part of a trip, at any time, including after the commencement of your trip, with no right of refund.

## **9. FLIGHT DELAYS AND CHANGES IN THE ITINERARY:**

Please understand that mountain adventure is always unpredictable due to weather. Bad weather in the mountain regions can cause domestic flight delays. If the domestic flights get delayed or cancelled, the company will arrange accommodation (guest house) and food (lunch and breakfast) at the request of the client. However, the client is responsible to bear all additional expenses including food and accommodation costs. If you wish to make an alternative arrangement such as a Helicopter flight to avoid flight delays, all additional cost would be your responsibility.

Third Rock Adventures will not be held responsible if the client misses his/her international flight. However, we would try and assist to make alternative arrangements wherever possible. Please also note that during outdoor activities, we may have to make some changes in the itinerary owing to bad weather conditions or events outside our control.

## **10. TRIP AMENDMENT:**

If the booking amendment request is received by Third Rock Adventures 30 days or more prior to your original trip departure, the company will make the necessary amendment with a charge of US\$100 per person. In case you wish to make amendments within 30 days of the trip departure, the cost of an amendment may be higher depending upon the company's arrangements with other parties such as hotels, teahouses, ground operators or airlines.

## **11. VISA & PASSPORT:**

You must carry a valid passport and visa when traveling with Third Rock Adventures. Please ensure your passport is valid for 6 months beyond the duration of the trip. Nepal Visa is available on arrival in Nepal. For Tibet & Bhutan, the company can make the necessary arrangements upon request. For India, the client will have to acquire the Visa from their own home country.

It is your responsibility to ensure that you are in possession of the correct visas for the countries you are traveling to. Third Rock Adventures will not accept responsibility if you are refused entry to a country or places because you lack the correct visa documentation.

## **12. INJURIES AND EVACUATION:**

Third Rock Adventures will not be liable for any injury, health conditions, emotional or other conditions suffered by the client during the trip. Similarly, our package cost does not include any personal insurance. Hence, we advise the clients to take adequate travel insurance package, including medical emergencies and evacuation by Helicopter.

## **13. SERVICES MISSED OR UNUSED:**

There will be no discounts or refunds for missed or unused services. These include voluntary or involuntary termination/departure from the tour due to sickness, the death of a family member etc, late arrival on the tour, or premature departure either voluntarily or involuntarily.

## **14. UPDATING OF TERMS AND CONDITIONS:**

The company reserves the right to update and amend these terms and conditions at any time. It is the responsibility of the client to keep himself/herself updated with any changes. The current version of terms and

conditions will always be found on the website [www.thirdrockadventures.com](http://www.thirdrockadventures.com) and will be the terms referred to in any dispute.