

Tibet & Kathmandu

Chengdu, Lhasa, Namtso Lake, Kathmandu, Nagarkot, Pokhara, Chitwan National Park



AIR CHINA
中國國際航空

\$3500

15 Days

Including airfare & airport taxes

2017 Dep.
SYDNEY

1 May, 4 Sep



Kathmandu



Sera Monastery



Namtso Lake

Prices:

\$3500Adult; \$3400/Child (2-11 years old)
Land Only: \$3500 (starts in Chengdu ends in Kathmandu)
Single Room Supplement: A\$820
Air Ticket Extension: from \$150 depends on seat availability

Price includes:

Economy class return airfare from Australia to China with Air China
Airport taxes: A\$555Adult) A\$455(Child)
Full accommodations at 4star hotel on twin sharing basis
All transfers, meals and sightseeing as per itinerary and English-speaking guide

Price excludes:

China A\$150 and Nepal A65 visa single entry Australian passport holder
Personal expenses
Tipping (suggested \$10 per day per person)
Travel insurance;

This tour is based on minimum 10 passengers for departure.



澳洲 **中国旅行社** 有限公司
CHINA TRAVEL SERVICE (AUST) PTY.LTD.
Shop 2, 743 George Street, Sydney NSW 2000
Tel: (02)8202 9822, Fax: 02-9281 8855
Email: ctstour@chinatravel.com.au
www.chinatravel.com.au

Airport taxes and fuel surcharges are subject to change without prior notice

Itinerary

Day 01 : Sydney/Chengdu

Fly from Sydney to Chengdu with Air China on CA430(1335/2235) upon arrival transfer to hotel.

Day 02 Chengdu (B/L/D)

After breakfast, you will visit the Chengdu Panda Research Base to see the Pandas. The Base was founded in 1987. Today the Panda captive population has increased to 62 individuals from a founding population of only 6. This afternoon you visit Jinli Street, the oldest shopping street in the area, you then experience the relaxing local life by visiting a local teahouse; you can see the people chatting, playing cards and Mah-jong.

Day 03 Chengdu / Lhasa (B/D)

Morning at leisure and transfer to the airport at noon for Lhasa on CA4112 (1300/1500). The rest of the day is for you to take a good rest so as to adapt yourself to the high altitude of Lhasa. Stay overnight in Lhasa.

Day 04: Lhasa sightseeing - Potala Palace/Tibet Museum/Jokhang Temple/Barkhor (B/L/D)

In the morning, we visit the famous Potala palace and explore the grandest of this myriad chapel, and its audience halls, Then visit the Tibet Museum. In the afternoon, pay a visit to the holist temple in Tibet, the Jokhang Temple, built during Songtsen Gonpo's reign by princess Wencheng of Tang Dynasty, 647 A.D, and its famous Barkor Kora (the religious circling around Barkhor street)
Stay overnight in Lhasa

Day 05: Lhasa Sightseeing - Nubulingka(Summer Palace) / Drepung Monastery/Sera Monastery (B/L/D)

Today, you will visit Nubulingka and two important monasteries in Lhasa, Drepung monastery, founded by Jamyang Choeje in 1416, was once home to 10000 monks and Ganden podrang in Drepung. After lunch, we continue to visit the Sera Monastery founded in 1419 by Tsongkapa's disciple Jamchen Choeje. The most dramatic scene is its Buddhist Scriptures debate held in the debating courtyard mostly around 6:00 - 7:30 in the afternoon. Stay overnight in Lhasa

Day 06: Lhasa - Namtso Lake (220km, 4 hours driving, asphalt road in good condition) (B/L/D)

At around 08:00am, we leave from Lhasa to Namtso Lake. Nyenchen Thanglha snow mountain ranges appear in front of you all the way. The shepherders and their family move to grassland and set up their tents, you could see green grassland, groups of sheep and yaks, nomad tents by the road. Namtso Lake is the Heavenly lake popular among tourists and Tibetan people. In the late afternoon, we drive back to Lhasa. Stay overnight in Lhasa

Day 07: Lhasa/Kathmandu (B)

Morning transfer to airport for Kathmandu on CA407(1210/1120). This afternoon, visit Boudhanath Stupa, This Tibetan Buddhist monument is the largest stupa in Nepal and one of the largest in the world. Also visit Pashupatinath Temple, a temple dedicated to Lord Shiva and one of the most sacred Hindu shrines in the world, Although only Hindus are allowed inside the temple, visitors can clearly see the temple and the activities performed inside, from the eastern bank of Bagmati River. Later this evening visit Kathmandu Durbar Square, which is famous for its exquisite architecture, museums, temples and artistic embellishments.

Day 08: Kathmandu /Nagarkot(B)

(and early morning excursion to Nagarkot - 35 Kms / 1 Hr)

Early this morning, embark on a short drive north east of Kathmandu to Nagarkot. It is famous for its panoramic views of the snowy Himalayan peaks including a distant pyramid of Mount Everest. Enjoy fascinating sunrise views from here. Then drive back to Kathmandu. En-route visit Bhaktapur which was the former capital of the valley, Also visit the Patan Durbar Square.

Day 09: Drive Kathmandu - Pokhara (B) [210 Kms / 6 Hrs]

After breakfast, visit Swayambhunath Stupa, one of the world's oldest Buddhist chaityas, acclaimed to be more than 2500 years old. It is one of the holiest Buddhist sites in Nepal. Later, embark on a scenic drive to Pokhara. Surrounded by beautiful snow-capped mountains, with a magnificent lake of crystal-clear Himalayan water. It offers fascinating view of Annapurna range including the fish tail peak of Machapuchare. Upon arrival, check in at your hotel for 2 nights stay.

Day 10: Pokhara

Rise early this morning, for a short drive to Sarangkot, to view a spectacular sunrise over the Annapurna ranges. Later, drive back to Pokhara.

Culture Connection:

Option for Ultra Light Flight: Ultra Light flights offer spectacular views of the lakes, mountains and villages. This is an ideal way to discover the natural beauty of Pokhara. Ultra Light flight experience is offered over flight (at an extra charge of PER PERSON: USD 145 for 15 mins, USD 245 for 30 mins and USD 350 for 60 mins duration)

Option for Paragliding: Paragliding is an ideal way to experience the beautiful sights around Pokhara. (at an extra charge of PER PERSON: USD 180 for 30 mins and USD 240 for 60 mins duration)

Spend the afternoon exploring the beautiful town of Pokhara, visiting the Devis Fall and the nearby Gupteshwor

Day 11 : Pokhara to Chitwan National Park (B/L/D) [160 Kms / 4 Hrs]

After breakfast, embark on a scenic drive to Chitwan National Park, in the foothills of Himalayas. This afternoon, enjoy an Elephant Back Safari to explore the jungle and its wildlife. Popular wildlife at Chitwan National Park includes the one-horned rhinoceros, several types of deer, monkey, wild boar, bison, sloth bear, and leopard and tigers. We will enjoy an elephant ride. (Each elephant seats 4 people.)

Day 12 : Chitwan National Park (B/L/D)

Enjoy an early morning Nature Walk. Chitwan is most beautiful at dawn with the sun rising above the jungles and the glistening river. After breakfast, join an Elephant Briefing Program, where you get an opportunity to visit elephant stables and learn more about these gigantic animals. For the more adventurous, you may also try your hand at giving these mammals a good scrub and wash! After lunch, a traditional Dug-Out Wooden Canoe Cruise takes you on a silent trip down the Rapti River to view aquatic birds and crocodiles of the banks of the river. (Canoe ride is subject to water level) This evening, enjoy Dinner around Camp Fire with the indigenous Tharu Stick Dance Show, whereby farmers from nearby villages showcase their traditional skills and dances.

Day 13 : Drive Chitwan National Park to Kathmandu (B) [185 Kms / 5 Hrs]

This morning, embark on your return drive to Kathmandu. On arrival in Kathmandu, check in at your hotel.

Culture Connection:

Option for Dinner with Cultural Performance: In the evening, you have the option to savour some traditional Nepalese cuisine with cultural performances at a local restaurant. A great way to bid good bye to the people of Nepal! (at extra charge of US\$25 per person)

Day 14 : Kathmandu /Chengdu/Sydney (B)

After breakfast, transfer to the airport to catch your flight home (CA408 1220/1925 CA429 2255/1135+1)

Day 15 : Kathmandu /Chengdu/Sydney

Arriving home at 1125 at noon.