

Himalayan Retreat 2015 – Tibet and Nepal (Sept. 15 – Oct. 8, 2015)

Detailed Program:

DAY 1 (Sept. 15)

- Depart Canada for Lhasa, Tibet.

DAY 2 (Sept. 16)

- International travel.

DAY 3 (Sept. 17)

- Fly to Gonggar airport then drive (about 46 km.) to Lhasa, Tibet.
- Night stop in Kyichu Hotel in Lhasa (3570 M).

DAY 4 (Sept. 18)

- Sightseeing: Potala Palace, Jokhang Temple, Barkhor market.
- Night stop in Kyichu Hotel in Lhasa (3650 M).

DAY 5 (Sept. 19)

- Sightseeing: Drepung Monastery, Sera Monastery.
- Night stop in Kyichu Hotel in Lhasa (3650 M).

DAY 6 (Sept. 20)

- Drive to Tsedang.
- Sightseeing: Yumbulakang & Trundruk Monastery.
- Night stop in Tsedang Hotel in Tsedang (3400 M).

DAY 7 (Sept. 21)

- Drive to Gyantse and to Shigatse.
- Visit Khumbum stupa in Gyantse.
- Night stop in Mansarovar Hotel in Shigatse (3860 M).

DAY 8 (Sept. 22)

- Drive to Shegar.
- Visit Tashilimphu Monastery and local markets.
- Night stop in Qomolangma Hotel in Shegar (4316 M).

DAY 9 (Sept. 23)

- Drive to Rongbuk and then back to Shegar/Old Tingri.
- In Rongbuk visit Everest Base Camp (from Tibet side) and Rongbuk Monastery.
- Night stop in Shegar (3800 M).

DAY 10 (Sept. 24)

- Drive to Zhangmu then to Kathmandu.
- Cross border at Kodari from Tibet to Nepal.
- Arrival @ Kathmandu: Check-in Park Village Hotel & Resort.
- Night stop in Kathmandu (1400 M).

Park Village Hotel and Resort (PVH&R): <http://ktmgh.com/park-village-hotels-resorts.html>

Information Session & Sightseeing, Kathmandu (Days 11 – 12)

DAY 11 (Sept. 25)

FIRST HALF

9:00am – Introduction to the overall program, do's & don'ts, question-answer session for sightseeing, white water rafting, wildlife safari and trekking.

9:45am – Introductory session on Nepal's history, geography, politics, religion, and culture by Mr. Damodar Prasad Gautam, former Nepalese ambassador to USA/Canada.

11:00am – Conservation and tourism by Karna Sakya, Conservationist and hotelier.

SECOND HALF

- Visit Swayambhu Nath (Buddhist Stupa) – World heritage site.
- Patan Durbar square – World heritage site.
- Tibetan refugee camp.
- Night stop at PVH&R, Kathmandu (1400 M).

DAY 12 (Sept. 26)

FIRST HALF

- Boudha (Buddhist stupa) – World Heritage site.
- Pasupati (Hindu temple) – World Heritage site.

SECOND HALF

- Bhaktapur Durbar Square – World Heritage site.
- Night stop at PVH&R, Kathmandu (1400 M).

Outside Kathmandu Tour (Days 13 -21)

DAY 13 (Sept. 27)

- Arrival at Chitwan National Park: Wildlife safari – elephant riding
- Check-in Machan Country Villa Resort.
- Night stop in Chitwan (200 M).

Machan Country Villa Resort (MCVR): <http://machanwildliferesort.com/country-villa/>

DAY 14 (Sept. 28)

- Full day jungle activities: elephant ride to watch wildlife (rhino, tiger, wild deer, etc.), natural walk, canoeing, bird watching, elephant bathing and dinner with ethnic Tharu dance.
- Night stop at MCVR, Chitwan (200 M).

DAY 15 (Sept. 29)

- Departure for Pokhara.
- In Pokhara: Visit lake-side market, and dinner with Nepalese folk dance show.
- Overnight stop at Temple Tree Resort, Pokhara (1015 M).

Temple Tree Resort and Spa (TTR&S): <http://www.templetreeneepal.com/introduction.php>

Trekking in the Annapurna Region (Days 16 – 20)

*Full board – Overnight in tea houses

DAY 16 (Sept. 30)

- Drive roughly 2 hrs from Pokhara and start trek from Nayapul to Tikhedhunga (1524m).

DAY 17 (Oct. 1)

- Trek from Tikhedhunga to Ghorepani (2775 M).

DAY 18 (Oct. 2)

- Trek from Ghorepani to Poonhill back to Ghorepani and to Tadapani (2540 M).

DAY 19 (Oct. 3)

- Trek from Tadapani to Ghandruk (4130 M).

DAY 20 (Oct. 4)

- Trek from Ghandruk to Birethati to Nayapul.
- Overnight stop at TTR&S, Pokhara (1015 M).

DAY 21 (Oct. 5)

- Free day in Pokhara.
- Activities include: Paragliding, mountain biking, micro plane flight and more (cost not included).
- Overnight stop at TTR&S, Pokhara (1015 M).

DAY 22 (Oct. 6)

- Drive back to Kathmandu. Lunch at Riverview Resort, Kuringtar.
- Overnight stop at Hotel Yak and Yeti Hotel, Kathmandu (1400 M).

Hotel Yak and Yeti: <http://www.yakandyeti.com/home/page/hotel-overview>

DAY 23 (Oct. 7)**FIRST HALF**

- Free (Option for mountain flight to Mt. Everest – cost not included).

SECOND HALF

- Visit Kathmandu Durbar Square and about an hour walk in the historic region of Kathmandu.
- Evening: Farewell dinner.
- Overnight stop at Hotel Yak and Yeti Hotel, Kathmandu (1400 M).

DAY 24 (Oct. 8)

- Participants leave Kathmandu to return to home destinations.

DAY 25 (Oct. 9)

- Participants arrive home.

*Note: The program is subject to change