

# Taj Mahal to Potala Palace Via Nepal

## India - Nepal - Tibet

3 most popular destination covered



HIMALAYAN GLACIER TREKKING PVT. LTD.

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## Day to Day Itinerary

### Day 01

#### BEGIN OF BASIC TOUR

Individual arrival at Agra AGR an Indian visa single entry is required no vaccinations for India are mandatory.

City, west-central Uttar Pradesh state, north-central India, on the Yamuna (Jumna) River. Founded by Sikandar Lodi in the early 16th century, it was the Mughal capital during some periods of their empire. In the late 18th century the city fell successively to the Ja?s, the Mara?has, the Mughals, and the ruler of Gwalior and, finally, to the British in 1803. It was the capital of Agra (later North-Western) province from 1833 to 1868.

Agra is best known as the site of the Taj Mahal (17th century). Other monuments include a 16th-century fort built by the emperor Akbar that contains the 17th-century Pearl Mosque (Moti Masjid), constructed of white marble, and a palace, the Jahangiri Mahal. Also in Agra are the Jami? Masjid, or Great Mosque, and an elegant tomb noted for its architectural style. To the northwest, at Sikandra, is the tomb of Akbar.

Agra is a major road and rail junction and a commercial and industrial centre. Agra University (1927) and six of its affiliated colleges are located in the city; the state mental hospital and Dayalbagh, a colony of the Radha Soami sect, are in the suburbs.

The region around Agra consists almost entirely of a level plain, with hills in the extreme southwest. The region is watered by the Yamuna River and the Agra Canal; millet, barley, wheat, and cotton are among the crops grown. The deserted Mughal city of Fatehpur Sikri is 23 miles southwest of Agra city. Pop. (1981) city, 694,191; metropolitan area, 747,318.

Individual check-in at the hotel holding your reservation confirmation number



#### Hotel Holiday Inn

M.G. Road, San Jay Place  
IN-AGRA 282002

Phone : 91 562 25 23 460

Fax : 91 562 25 23 591

E-mail : reservation@holidayinnagra.co.in

Internet : www.holidayinnagra.co.in

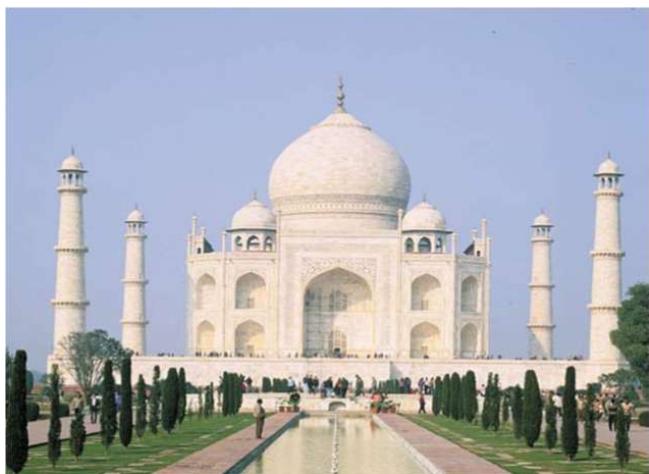
#### START OF THE BASIC TRIP

5.45pm Meeting at the reception of the hotel and welcome diner together (cost not included)

### Day02

5.45am Visit of Taj Mahal (5 mi) and sunrise followed by breakfast at the hotel (transfers in Agra not included)

10.30am Visit of Red Ford (5mi)



The Taj Mahal is a mausoleum located in Agra, India, built by Mughal Emperor Shah Jahan in memory of his favorite wife, Mumtaz Mahal.

The Taj Mahal (also "the Taj") is considered the finest example of Mughal architecture, a style that combines elements from Persian, Ottoman, Indian, and Islamic architectural styles. In 1983, the Taj Mahal became a UNESCO World Heritage Site and was cited as "the jewel of Muslim art in India and one of the universally admired masterpieces of the world's heritage."

For more information

[http://en.wikipedia.org/wiki/Taj\\_Mahal](http://en.wikipedia.org/wiki/Taj_Mahal)

## 1.15pm Transfer to the train station (1.86mi)

Agra Cantonment AGC  
Delhi Haz. Nizamuddin Station NZM  
PUNE NZM SUP SP Train 0477

dp 1.45pm M118  
ar 4.40pm

(1st class seats air condition) Price includes reservation and superfast surcharges

With more than 38,500 miles (62,000 kilometres) of track length, India's rail system, entirely government-owned, is the sixth longest in the world, while in terms of the distance traveled each year by passengers it is exceeded only by that of Russia, Japan, and China. Railway administration is handled through nine regional subsystems. Routes are mainly broad-gauge (5.5 feet, or 1.68 metres), single-track lines, and the remaining meter and narrow-gauge routes are being converted to the broad-gauge standard. There has also been conversion to double-tracked lines, as well as a shift from steam locomotives to diesel-electric or electric power.

## Transfer from train station to the hotel (1.86mi)

- 3 nights including breakfast
- Visit of the Diwali festivities in the evening.



Hotel BB Palace, Delhi

**Day 03**

1.00pm	Lunch (not included) at a panoramic restaurant with view of the city
3.00pm	Old Delhi Jama Masjid Mosque Bazar
5.30pm	Back at hotel

City and national capital territory, north-central India. Popularly known as Old Delhi, it is the country's second largest city, surpassed in population only by Greater Mumbai (Bombay). New Delhi, the capital of India, lies immediately to the south. Besides being at the political centre of the country, Delhi is also a focal point in India's transportation network.

Delhi is situated about 100 miles south of the Himalayas and stands on the west (right) bank of the , a tributary of the Ganges (Ganga). The national capital territory lies at an elevation of between 700 and 1,000 feet and covers an area of 573 square miles. Of this area, Old Delhi occupies 360 square miles (932 square km) and New Delhi 169 square miles (438 square km). The national capital territory is bounded to the east by the state of Uttar Pradesh and on the north, west, and south by Haryana. It generally has been presumed that the city was named for Raja Dhilu, a king who reigned in the 1st century BC, and that the various names by which it has been known (Delhi, Dehli, Dilli, and Dhilli) have been corruptions of this name.

Delhi has been the capital city of a succession of mighty empires and powerful kingdoms, and numerous ruins mark the sites of the various cities. According to popular tradition, the city has changed its locality a total of seven times, although some authorities, who take smaller towns and strongholds into account, claim it has changed its site as many as 15 times. All of these locations are confined to a triangular area of about 70 square miles called the Delhi triangle. Two sides of this triangle are represented by the rocky hills of the Aravalli Range in the west and south and the third side by the shifting channel of the Yamuna River. The present site of Delhi is bounded to the west by a northern extension of the Aravalli Range known as the Delhi Ridge. Pop. (2001 prelim.) Old Delhi city, 9,817,439; New Delhi city, 294,783; national capital territory, 13,782,976.



**Day 04**

Morning	No activity, free time for shopping
1.30pm	Visit of Humayuns Tomb (14mi) and Qutub Minar.
5.30pm	Back at hotel



Humayuns Tomb

**Day 05**

10.30am	Transfer to the airport (10mi)
Delhi DEL	dp 12.55pm
Kathmandu KTM	ar 2.45pm
Jet Airways flight 9W262 (617mi)	
Flight is in economy class	
<i>(upgrade possible into business class extra charges will be applied)</i>	

- Nepal Visa on arrival \$ 30 for single entry visa 1 photo
- Nepal Visa on arrival \$ 55 for double entry visa 2 photos



Transfer to hotel

- Crowne Plaza Hotel, Kathmandu KTM
- 2 nights including breakfast



## Day 06

10.30am Kathmandu KTM sightseeing 1/2 day  
lunch (not included) at the rooftop restaurant with a view near the famous  
Bouddhanath Stupa five miles east of the city



Bouddhanath Stupa

Katmandu also spelled Katmandu , or Kantipur capital of Nepal. It lies near the confluence of the Baghmati and Vishnumati rivers, at an elevation of 4,344 feet above sea level. It was founded in 723 by Raja Gunakamadeva. Its early name was Manju-Patan; the present name refers to a wooden temple (kath, “wood”; mandir, “temple” or “edifice”) said to have been built from the wood of a single tree by Raja Lachmina Singh in 1596. A building, supposedly the original, still stands in the central square and is used for the accommodation of sadhus (holy men). Kathmandu has served as the seat of the ruling Shah family of the Gurkha people since 1768.

The city has become the country's most important business and commercial centre through the efforts of its Newar merchant families. In the 1970s the construction of new roads and the expansion of air service were centred upon Kathmandu, making it the hub of the national transportation system, which for centuries was limited to footpaths. Many of the townspeople are engaged in agriculture, the Newar preferring to live in the city. Tribhuvan University was chartered in 1959.

## Kathmandu - Lhasa Tour Map



### Day 07

#### START OF THE OVERLAND TRIP

Kathmandu KTM-Kodari-Zhangmu Friedship

Bridge Border Nepal/Tibet-Nyalam-Milarepa Cave-Nyalam (12300ft/114mi)

Check-in "Hotel Nylamu"

*(Breakfast included)*



“Himalaya” great mountain system of Asia forming a barrier between the Tibetan Plateau to the north and the alluvial plains of the Indian subcontinent to the south. The Himalayas include the highest mountains in the world, with more than 110 peaks rising to elevations of 24,000 feet or more above sea level. One of these peaks is Mount Everest (Tibetan: Chomolungma; Chinese [Wade-Giles romanization]: Chu-mu-lang-ma Feng; Nepali: Sagarmatha), the world's highest, which reaches a height of 29,035 feet. The great heights of the mountains rise above the line of perpetual snow.

Early morning drive (Approx. 5 hours) from Kathmandu to Kodari (6150ft). The capital of Kathmandu is connected to Pokhara by a highway through Kodari Pass gives Nepal access to Lhasa in Tibet. After completing immigration and custom formalities drive up hill to Zhangmu (7550ft). This is Tibetan border town. The Tibetan Guide will meet the Group on arrival at the check post and we drive further road climbs and climbs to Nyalam for overnight. On the way you will see fantastic view of deep valley with some overflowing waterfalls.

Visit of the famous Milarepa Cave:

The Saint Vajrayana Mahasiddha Milarepa (1052-1135) was one of the most famous figures of Tibetan history. In his youth he was a magician, but he saw the futility of that pursuit and became a yogi. He was guided by Marpa of Lhobrag (1012-1097).

Milarepa went into the mountains to live as a cave-dwelling hermit, and became a wise teacher attracting students who later also founded important lineages. He is also known as a singer of many dohas, songs of devotion and wisdom.

Today the cave where he supposedly lived has become an important place of worshipping. From the outside looking like a normal building or church, there is a natural cave inside. It is more or less just an overhanging rock, which was used as a shelter by the saint. This place is a stop on many organized travels to Tibet.

The cave is part of the monastery Nyelam Pelgye Ling. During the 1960s more than 70 monks lived here, but the monastery was destroyed when China invaded Tibet. But both cave and monastery were restored during the 1970s and so today again seven monks live in the monastery, two of them are guarding the cave.

#### **Day 08** Nyalam-Nyalam Pass-Lalung La Pass-Tingri (14270ft/92mi)

Drive (Approx. 5-6 hours) to Tingri crossing two spectacular passes. Nyalam pass (12470ft) and Lalung La pass (16680ft). This drive provides fabulous view of the high mountains including, Mount Everest (29035ft) Jugal Himal, Mt. Makalu (27770ft) and more. Overnight in Tingri.

Hotel Snow Leopard, Lo including breakfast

#### **Day 09** Tingi-Ronbuk Monastery (17070ft/66mi)

After breakfast easy and short drive to Rongbuk. Rongbuk monastery first, it is the highest monastery in Tibet. enjoy the unique view of Mt. Everest (Mount Quomolangma), you can have a face to face experience of Mt. Everest. Overnight in Rongbuk.

Everest View Hotel including breakfast

#### **Day 10** Mt Everest Base Camp – Mt Quomolangma (19686 ft)

Approx. 2 hr. trek from The Rongbuk Monastery will lead you to the base of the highest peak on earth - The North Face of Mount Everest (29035ft). Or Mount Quomolangma in Tibetan. Explore the Base Camp and The Rongphu glacier. Retreat to lodge. The base camp itself is dry and barren, but the views of Everest more than compensate for this. It is a truly awe-inspiring place with the sheer north face of the highest mountain in the world towering above you. No tour vehicles, apart from expeditions and trekking, are allowed beyond Rongbuk so you can walk or take a horse cart.



Controversy over the exact elevation of the summit developed because of variations in snow level, gravity deviation, and light refraction. The figure 29,028 feet (8,848 meters), plus or minus a fraction, was established by the Survey of India between 1952 and 1954 and became widely accepted. This value was used by most researchers, mapping agencies, and publishers until 1999.

Attempts were subsequently made to remeasure the mountain's height. A Chinese survey in 1975 obtained the figure of 29,029.24 feet (8,848.11 meters), and an Italian survey, using satellite surveying techniques, obtained a value of 29,108 feet (8,872 meters) in 1987, but questions arose about the methods used. In 1992 another Italian survey, using the Global Positioning System (GPS) and laser measurement technology, yielded the figure 29,023 feet (8,846 meters) by subtracting from the measured height 6.5 feet (2 meters) of ice and snow on the summit, but the methodology used was again called into question.

In 1999 an American survey, sponsored by the (U.S.) National Geographic Society and others, took precise measurements using GPS equipment. Their finding of 29,035 feet (8,850 meters), plus or minus 6.5 feet (2 meters), was accepted by the society and by various specialists in the fields of geodesy and cartography.

### **Day 11 Ronbuk Monastery-Shigatse (12800ft/189mi)**

Approx. 8 to 10 hours drive over rocky terrain on 4-WD Land cruiser/s to the city of Shigatse for overnight. The place of famous Tashilunpo Monastery and seat of Panchen Lama until his death in 1989 with its huge Thangka wall, which is clearly visible from the north side of the road.

Chinese (Wade-Giles) Jih-k'a-tse , Pinyin Xigazê city in the south-central part of the Tibet autonomous ch'ü (region), China. Situated on a well-defended height (elevation 12,800 feet) overlooking the confluence of two rivers in one of the most fertile valley areas of Tibet, it is the traditional capital of the area known as Hou-tsang on the Nepal border. It was formerly a small town near one of the largest monasteries in Tibet, the Tashilhunpo, traditional seat of the Pa?chen Lama. The area was brought under the control of Lhasa, capital of Tibet, in the 1920s, when the Pa?chen Lama fled to China after a disagreement with the Dalai Lama. Since 1951 the area around the city has been intensively cultivated (wheat and barley), and communications have been improved. Pop. (mid-1980s est.) 10,000–50,000. Utse Hotel, Xigatse including breakfast

### **Day 12 Shigatse-Tashilunpo Monastery-Xigaste-Khumbum**

Stupa-Phalkot Monastery-Gyantse (12955ft/56mi)

In the morning visit the Tashilunpo Monastery and the free bazaar of Xigaste. After lunch embark on a pleasant 2 hours drive to Gyantse. Here you visit the Khumbum Stupa and Phalkot Monastery. O/nt. In Gyantse. Hotel Gyantse including breakfast

### **Day 13 Gyantse-Karo La Pass-Kamba La Pass-Yamdrok**

Tso/Turquoise Lake-Yarlung Tsangpo/Brahmaputra River-Lhasa LXA (16440ft/161mi)

The drive to Lhasa takes 08 hours, crossing 2 passes The Karo La (16440ft) and Kamba La (15730ft) pass and lake Yamdrok Tso (Turquoise Lake). You will cross the Yarlung Tsangpo (Brahmaputra) river and see the distant views of the Potala Palace. O/nt. in Lhasa.

Lhasa Hotel, Lhasa LXA - 2 nights including breakfast

Wade-Giles romanization T'ang-ku-la Shan, Pinyin Tanggula Shan, mountain range in the Tibetan Autonomous Region, China. On the southeastern high plateau south of the mountains, there are many large salt lakes. In its eastern part the range forms the boundary between Tibet and Tsinghai province. Although many peaks are higher than 19,000 feet, and the tallest, Basudan Ula, reaches 20,000 feet, the mountains do not appear to be particularly high, since the surrounding plateau averages little less than 16,500 feet above sea level. The range is rather rounded in contour in the west; the most rugged and deeply incised section is in the east, where there are considerable areas of permanent snow. The northern flank of the mountains is drained by various headwaters of the T'ung-t'ien River, a tributary of the Yangtze River. The southeastern flank drains into the Nu River, the headwater of the Salween River; and the Mekong River rises at the eastern end of the range. The range is crossed by the important T'ang-ku-la Pass, which carries the main route from Lhasa (capital of Tibet) and the southern Tibetan region to the Tsaidam Basin and beyond, to Sinkiang province to the north and west. Mineral surveys have revealed deposits of iron ore, hard coal, graphite, and asbestos in the range.

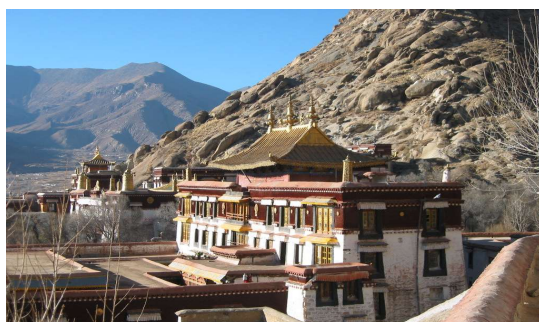
Wade-Giles romanization La-sa , Pinyin Lhasa capital of the Tibetan autonomous ch'ü (region) of the People's Republic of China. It is located at an elevation of 11,975 feet in the Tibetan Himalayas near the Lhasa River, a tributary of the Brahmaputra.

Lhasa had been designated as the capital of Tibet by the 9th century AD. National power was decentralized following the assassination of the Tibetan king in 842, and Lhasa lost its position as the country's capital, though it gained in religious importance in succeeding centuries. It served as the national religious centre of Tibet, and much of its population was composed of Buddhist monks and laymen. In 1642 Lhasa was again the seat of the central government, a position it held into the 20th century. Although Lhasa and Tibet came under Chinese occupation in 1951, the city and the country remained under the Tibetan government until 1959, when direct Chinese administration was imposed. The centre of the city is occupied by a four-story temple of Gtsug-lag-khang, built in the mid-7th century AD and considered the holiest in Tibet. It was temporarily converted into a guesthouse by the Chinese after 1951, but restoration of its artistic and architectural heritage began in 1972–75, and its religious functions were restored in 1979. Other city landmarks include the temple of Klu-khang; the Potala Palace, once the winter residence of the Dalai Lama; and the former summer palace of the Dalai Lama, the Nor-bu-gling-ka (Jewel Palace), which is now the People's Pleasure Park. The monasteries of 'Bras-spungs (Drepung) and Se-ra, two of the largest in Tibet, have received renovation.

Before the Chinese occupation, the city's economy was based on the historic trade routes that converged on Lhasa from China, India, Nepal, and Bhutan. Except for handicrafts, the only industries were those of the ammunitions factory and mint. The Chinese administration reopened Lhasa to foreign trade in the 1980s and has established experimental farms outside the city and encouraged the scientific breeding of livestock. Small-scale industries include chemical production, electric-motor manufacturing, tanning, wool processing, pharmaceutical and fertilizer production, motor-vehicle maintenance and repair, tractor assembly, rug and carpet making, and cement production. The city has a teacher-training college and an airport. Roads connect Lhasa with the major cities in the Chinese provinces of Szechwan and Tsinghai and the autonomous region of Sinkiang. Pop. (1988 est.) 106,000.



Potala Palace



Sera Gumpa



Lhasa Train

**Day 14****Lhasa LXA sightseeing 1/2**

Potala Palace, Norbulinka Palace, Drepung Monastery

**Day 15****Lhasa LXA sightseeing 2/2**

Sera Monastery, Lokhang Temple, Markhor Bazaar

**Day 16**

7.30am transfer to train station

(departure Lhasa LXA by train dp 8.00am) and to the Gonggar Lhasa airport (61mi)  
departure Lhasa LXA by air at 11.10am

or

Later and onwards to any destination served

**End of overland and basic tour**

## START OF PANDA TOUR

*(Optional Tour)*

Lhasa LXA dp 11.10am Chengdu CTU ar 1.00pm  
- China Air flight CA4404 (776mi)  
- Flight in economy class (*Flight can be upgrade to Business class or first class with extra payment*)  
- Transfer to the hotel not included  
Hotel Crowne Plaza, Chengdu CTU - 2 nights including breakfast



### Day 17

10.30am Full day visit of the city of Chengdu CTU and the Panda park  
*(Transportation not included in Chengdu CTU)*

Welcome back into the civilization of Chengdu, the capital of Sichuan Province where we will stay for another two nights and enjoy the good Sichuan food. We will visit the Panda bears. Depending the weather there is a possibility of visiting other sights: Dufu's Cottage, Renmin Park, Wenshu Temple or the highest Buddah statue of Leshan DaFu. We will share the costs of our taxis and minibuses in Chengdu. It is more economic and flexible not including the transportation there.

The giant panda is high on the endangered species list; only a few thousand of these unique animals remain, all in Gansu, Sichuan and Shaanxi provinces. The Chinese government is making great efforts to increase their numbers. The Chengdu Panda Breeding Center constitutes one such effort. The hope is that the center will achieve not only successful breeding plan, but that the enclosure will be large enough to simulate the wild so that the pandas can one

### Day 18

END OF PANDA OPTION

Individual transfer to the airport (not included).

Chengdu (Shuangliu) International Airport has been open to navigation with 68 cities, including 60 domestic cities, 6 international cities, Hong Kong and Macao.

International aerial liner:

Chengdu - Tokyo  
Chengdu - Fukuoka  
Chengdu - Osaka  
Chengdu - Seoul  
Chengdu - Bangkok  
Chengdu - Singapore

Two Regional Flight Courses:

Chengdu - Hong Kong  
Chengdu - Macao

### Important Note and Optional Activities:

Your safety is of paramount concern whilst traveling with Expansions. Please note that our leader has the authority to amend or cancel any part of the itinerary if it is deemed necessary due to safety concerns. Our every effort will be made to keep to the above itinerary, however as this is adventure travel in a remote mountain region, we cannot guarantee it! Weather conditions, the health of member can all contribute to changes the itinerary. The leader will try to ensure that the trip runs according to plan, but please be prepared to be flexible if necessary. Your leader will accompany you on all scheduled activities. During your trip you will have free time to pursue you own interests. Your leader will assist you with information about your options but please note that any additional activities you undertake are not part of the itinerary and we make no representation about the safety of the activity. Please use your own good judgment when choosing optional activities in your own free time.

## Equipments List

Remember, the temperature in Tibet is low, weather will be very cold round the year and in fact you are traveling in the Trans Himalaya, we therefore suggest you to prepare warm clothes and our extensive check list could be helpful for your preparation. If you plan any trekking activities in Nepal, this list can be useful for both Nepal & Tibet.

The following basic equipments check lists should help you with your packing. Please remember that you should always try to keep the weight of your equipment to a minimum. At the start of the trek your packed trek bag should weigh not more than 44 pounds.

### Head:

- Sun hat or scarf
- Light balaclava or warm fleece hat
- Sunglasses with UV protection

### Upper Body:

- T-shirts
- Light and expedition weight thermal tops
- Fleece jacket or pullover
- Fleece Wind-Stopper jacket (optional)
- Waterproof (preferably breathable fabric) shell jacket
- Down vest and/or jacket

### Hands:

- Lightweight gloves
- Heavyweight gloves or mittens with a
- waterproof shell outer

### Lower Body:

- Underwear
- Hiking shorts
- Lightweight cotton long pants
- Light and expedition weight thermal bottoms
- Fleece or wool pants
- Waterproof (preferably breathable fabric) shell pants
- Swimwear for hot sources and bathing in the Holy Lake

### Feet:

- Thin, lightweight inner socks
- Thick, warm wool hiking socks
- Good hiking boots with spare laces
- Camp shoes (sneakers and/or sandals)
- Gaiters for hiking in winter to the base camp

### Accessories:

- Sleeping bag rated to zero degrees F
- Headlamp (e.g. Petzl Zoom) with spare bulbs and batteries
- Small pad or combination lock-to-lock Himalayan Glacier trek bag
- Basic First Aid Kit (see Health and Medicinal)
- Large plastic bags - for keeping items dry inside trek bag
- Daypack (approximately 2500 to 3000 cubic inches)
- Thermarest sleeping pad
- Water bottles
- Toiletries
- Small wash towel
- Torch
- Extra good sunglasses protecting against the sun and dust

### Extras/Luxuries

- Binoculars
- Reading book
- Trail Map/Guide book
- Journal & Pen
- Walkman
- Pencils and small notebooks
- Travel game i.e. chess, backgammon, scrabble

### Food

- Instant soups and noodle dishes
- Dried meats like salamis
- Precooked foods
- Canned foods
- Dried fruits and nuts
- Dark chocolates and glucose for energy

## Price

### Taj Mahal to Potala Palace Via Nepal (Basic Tour)

\$ 4580	in a half double room
\$ 1390	single room surcharge
\$ 335	Business class surcharge ( <i>Delhi -Kathmandu</i> )

### PANDA TOUR OPTIONAL

\$ 777	in a half double room
\$ 122	single room surcharge
\$ 90	Business class surcharge: Lhasa - Chengdu
\$ 180	First class surcharge: Lhasa - Chengdu

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A booking is confirmed when a minimum of \$ 800 is received by Himalayan Glacier

A booking as early as possible is recommended as space is very limited and when interested the Tibet train requires a reservation early in advance.

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For booking and other information please contact

Himalayan Glacier Trekking Pvt. Ltd.  
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