

Classic Nepal-Tibet Tour | 13 Days



This once-in-a-lifetime journey begins in fabled city Kathmandu, where the main Durbar Square serves up a maze of opulent palaces, ancient temples and elaborate statues in a social melting pot. Your trans-Himalayan flight over the snowcapped Himalayan ranges from Kathmandu to Lhasa, with a spectacular view of three highest mountains in the world – Mt. Everest (8,848 m), Kanchenjunga (8,586 m), Mt. Makalu (8,463 m). You'll visit Tibet's spiritual and political capital of Lhasa, the heart of Tibet and highest city on earth, where you'll explore stunning monasteries and temples, including Potala Palace that was rebuilt by the Fifth Dalai Lama in 1645.

You embark on an epic cross-Tibet jeep expedition from Lhasa to south west via the scenic southern route, thus seeing much of central Tibet and the Himalayan range, including a short visit to Everest Base Camp en-route. You visit the resplendent gompas of Tashilhunpo in Shigatse and palkhor in Gyantse and finally you arrive Tibet – Nepal border on your return journey to Katmandu. This diverse journey reflects the Silk Route trade of olden times; old men and women with weathered, turning the wheel of Dharma chanting prayers. The nomads, in their turquoise, coral and amber necklaces and Tibetan 'chubas' worship in their Tibetan Buddhist Gompas and animism still is visible in many forms. Tibetan culture exists in its pure form, untainted by the Chinese occupation which has affected much of Tibet.

This trip leads to some of the most remote and spectacular places on earth, however you'll never need to give up big-city convenience as you rest and recharge in a collection of hotels with international standard.

Trip Highlights

- Katmandu Valley: Unveil the spiritual mysteries of age-old cities of Katmandu Valley
- Trans-Himalayan Flight: Enjoy Sweeping views of Everest (8,848 m), Kanchenjunga (8,536 m) and other Himalayan peaks.
- Lhasa: Explore Buddhist landmarks such as seventh-century Jokhang Monastery, the hundreds of Buddha statues carved into the Sanggye Dhungu cliff and the towering Potala Palace.
- Lhasa – Katmandu: Travel along picturesque Friendship Highway crossing over few of the highest passes on earth, Karo la (5,010 m), Gyamtso La (5,220 m)
- Everest Base Camp: Enjoy a truly awe-inspiring place – the absolute north face of the highest mountain in the world (Mt. Everest) soaring above you.

Detailed Itinerary

Day 1: Arrive in Katmandu (1,350 m)

Welcome to Nepal! Upon arrival in Kathmandu a *travel-to-nature Asia* guide/representative will be at the airport to greet and take us to our hotel. Please look out for your name-card once you exit out of arrival area.

If time permits, explore Kathmandu's medieval streets, including buildings dating as far back as the 16th century. Overnight stay in Kathmandu.

Accommodation: Hotel Manaslu

Day 2: In Kathmandu – Sight & Sound

Weather permitting, we have an option to start our day with an scenic mountain flight (optional) over the Himalayas. Or begin your morning visiting Kathmandu's main sites, including Durbar Square, Teleju Temple and the House of the Living Goddess.

Next, we will visit Swayambhunath, perched high on a hill overlooking Kathmandu Valley. From here we can see the mighty Himalaya rising above the valley. Journey to nearby Patan, the city of arts and architecture founded in AD 250 and known for its fine works in bronze, silver and copper.

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Many of these treasures can be seen in the new Patan Museum. Also visit the Tibetan Refugee Camp to watch a demonstration in carpet weaving. Overnight stay in Kathmandu.

Accommodation: Hotel Manaslu

Meal: Breakfast



Day 3: In Kathmandu - Pagodas, Temples & Stupa

Visit Pashupatinath Temple, the most sacred of all Hindu temples, before heading to Boudhanath and joining Tibetan pilgrims for a walk around its Buddhist stupa.

Afterwards, drive to Bhaktapur, a town with abundant medieval architecture. As we walk along its cobblestone streets, notice the many ornately carved windows for which the town is famous. Overnight stay in Kathmandu.

Accommodation: Hotel Manaslu

Meal: Breakfast

Day 4: Fly Kathmandu - Lhasa (3,595 m) | Gateway to Tibet

This spectacular flight, on a China Airlines Boeing takes us to Lhasa. The flight from Kathmandu to Lhasa is considered one of the most beautiful air routes in the world, as it provides sweeping views of Everest (8,848 m), Kanchenjunga (8,536 m) and other Himalayan peaks.

After landing at Gonggar Airport and meeting our Tibetan guide, it is 45 minutes more to Lhasa city through the new tunnel. Lhasa, the heart and soul of Tibet and one of the highest cities on earth at 3595 m /11,450 feet; Lhasa is also

the most populous city on the Tibetan Plateau. Home of the Dalai Lamas and historic Potala Palace, the city reveals modern influences and a beautiful dichotomy between past and present. Spend the remainder of your day acclimatizing due to Lhasa's altitude. Overnight stay in Lhasa.

Accommodation: Kyichu Hotel

Meal: Breakfast

NOTE: Please let us know if you wish to arrive Lhasa via mainland China. We will arrange and send the Tibet travelling permit and flight tickets accordingly.

Day 5: Lhasa - Buddhist Treasures

This morning, make the pilgrimage to the vibrant Ani Tsangkung Nunnery where cheerful nuns bustle about. Next, discover the spiritual heart of Tibet and thick scent of incense at the sacred Jokhang, a 1,300-year-old temple housing Tibet's most revered golden Buddha. After lunch, wander Lhasa's Barkhor Bazaar, selling all manner of exotic goods.

In the evening, travel just outside the city to the renowned Sera Monastery where you witness lively "monk debates." Later, discover the Dalai Lama's former summer residence at Norbulingka, a 99-acre enclave of gardens, ponds and palaces. Overnight stay in Lhasa.

Accommodation: Kyichu Hotel

Meal: Breakfast



Day 6: Lhasa - Footsteps of the Dalai Lama

After breakfast, visit Sanggye Dzhunghor (One Thousand Buddha Cliff), where more than 200 statues are carved into a dramatic rock face, including that of Buddha Akshobya. Next, venture beyond the towering walls of the incredible

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Potala Palace, a 13-story architectural masterpiece and the former winter residence of the Dalai Lama and a UNESCO World Heritage celebrated for its priceless treasury of Buddhist artifacts and bejeweled tombs of past Dalai Lamas. The Potala was also the tallest building in the world for 200 years following its construction in 1645.

Enjoy the rest of your day at leisure to explore more of Lhasa or to rest at your hotel. Overnight stay in Lhasa.

Accommodation: Kyichu Hotel
Meal: Breakfast

Day 7: Drive Lhasa - Gyantse (3,950 m | 266 km | 5.62 hrs)

The real adventure begins today. Travel along picturesque Friendship Highway crossing over Karo la (5,010 m), Kambala (4,794 m) colorful Yamdrok lake and the Tibetan country. Appreciate the majestic views of Yamdrok lake, a deep blue body of water renowned for its unique beauty, and the Nazin Kang Sang glacier standing proud at 7,252 m.

Driving about 261 km, you will enter the town of Gyantse, a stunning example of a traditional Tibetan village filled with beautiful stone farmhouses. Gyantse is the third largest city in Tibet and it's also known as the granary of Tibetan plateau. Overnight stay in Gyantse.

Accommodation: Gyantse Hotel
Meal: Breakfast

Day 8: Drive Gyantse - Xigatse (3,900 m | 95 km | 2.37 hrs)

This morning, venture the jewels of Gyantse, the Gyantse Dzong and the Kumbum monastery. Gyantse Dzong is a historical fort built in the 14th century, and overlooks Gyantse and the surrounding Nyang Chu Valley. The Kumbum rises 35km above the town, and is crowned by a golden dome. The grounds boast a chorten (stupa), several chapels and a stunning collection of Tibetan Buddhist murals, which inspired the name of the complex. The word 'Kubum' means 100,000 images in Tibetan. After lunch, take a 90 km drive to Shigatse.

En route, stop at Shalu monastery; the structure embodies the Han, Tibetan and Indian styles of architecture. Following a brief look at Shalu, the journey continues to Shigatse, the second largest city of Tibet with perhaps the

best preserved but controversial monastery, the Tashilhunpo gumpa. Tashilhunpo Monastery of Gelugpa order, home to the Panchen Lama, is one of the largest functioning monasteries in Tibet. The main chapel - Maitreya Chapel posses a giant 26 meter high sculpture of Maitreya Buddha (the future Budhha). Overnight stay in Xigatse.

Accommodation: Shigatse Hotel
Meal: Breakfast



Day 9: Drive Xigatse - Xegar (4,050 m | 236 km | 5 hrs)

Continue along the Friendship Highway. Beyond the small town of Lhatse you cross the highest pass on our journey, the Gyamtso La, 5,220 m. From here descend to some of the most spectacular panoramas of the drive. As the landscape opens into vast plains, many monasteries and camps of nomadic herders become visible in the distance. En-route opportunity to visit Sakya Monastery, the seat of the Sakya or Sakyapa school of Tibetan Buddhism, it was founded in 1073 by Konchok Gyelpo. Its powerful abbots governed Tibet during the whole of the 13th century after the downfall of the kings until they were eclipsed by the rise of the new Gelukpa school of Tibetan Buddhism. There is also preserved in this temple the largest book in the world in the great library written in gold letters; the pages are six feet long by eighteen inches in breadth. Overnight stay in Xegar.

Accommodation: Qomolungma Hotel
Meal: Breakfast

Day 10: Drive Xegar - Rongbuk (4,980 m | 103 km | 2.5hrs) | Everest Base Camp (5,150 m)

Shortly after leaving Xegar, we turn off the Friendship Highway and head south over the Pang La pass 5,150 m

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towards the main Himalayan range. The view from the top is incredible with uninterrupted views stretching from Makalu to Shishapangma, and including Everest. Below the pass, Everest initially is hidden from view, but as we turn the corner into the upper Rongbuk Valley it reappears, more impressive than ever. The view here are stupendous on a clear day. Take horse cart to Everest base camp & back. It is now being feasible to drive up to EBC from Rongbuk, we easily reach base camp by our Jeep.

In Rongbuk, make the pilgrimage to Rongbuk Monastery, a Buddhist pilgrimage site founded in 1902 by a Nyingmapa Lama. Rongbuk is claimed to be the highest monastery in the world. Venture the cluster of meditation huts used by monks and hermits for over 400 years and feel the powerful spirit of Tibetan Buddhism. In addition to the huts, hermits retreated to the many caves that dot the cliff walls around the monastery and valley below. Explore the very paths used by hermits – ancient trails lined with hundreds of carved stones that embody sacred syllables and prayers. Overnight stay in Rongbuk.

Accommodation: Everest View Hotel or Local Guest House
Meal: Breakfast



Day 11: Drive Rongbuk - Zhangmu (2,300 m | 254 km | 7.45 hrs)

At first light of the day enjoy watching sunrise on Mt. Everest. It is a truly awe-inspiring place - the absolute north face of the highest mountain in the world soaring above you. After breakfast, take the short cut from Rongbuk to Zhangmu on the southern route past old Tingri rounding some hills at the start of the vast Tibetan plain looking to the south there are views of Shisa Pagma (8,012 m), the only 8,000 m plus mountain planted completely inside Tibet. Driving past Tingri, you will cross Lalung La pass at (5,124 m) and Shung La pass at (5,200 m), Nalyam pass (3,800 m) which offer enchanting & stunning Himalayan views in the

south which compensate for the discomfort. As you descend gradually from the dry Tibetan Plateau, you will find yourself amidst the verdant and fertile vegetation of Zhangmu at 2,300 m in the Nepalese border. Overnight stay in Zhangmu.

Accommodation: Zhangmu Hotel
Meal: Breakfast

Day 12: Drive Zhangmu - Kathmandu (115 km | 4 hrs)

A few kilometers drive downhill from Zhangmu to the Friendship Bridge over the Bhoti Koshi River brings you to Immigration Control in Kodari, where you say thank you & good bye to your Tibetan guide and walk across the river to Nepal. Your Nepalese guide/escort, meets you at the border immigration and escort you to Kathmandu.

The scenic drive through the Nepalese country side along the Kathmandu - Lhasa Friendship highway brings you back to fabled city Kathmandu. Rooms are booked, showers are hot, and celebrate your successful trip tonight with a few cold beers when you attend a farewell dinner. Overnight stay in Kathmandu.

Accommodation: Hotel Manaslu
Meals: Breakfast, Dinner



Day 13: Depart Kathmandu

Transfer to airport for your homeward-bound flight.

Meal: Breakfast

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Includes

- Airport (pick up/drop off) transfers by private A/C vehicle
- Twin-Sharing accommodation in all Hotel/Lodge as mentioned
- Daily breakfast throughout the trip and other meals as mentioned in the itinerary
- Kathmandu - Lhasa Flight
- All sightseeing and long distance transportation in private air-condition vehicle (cars/SUVs or mini/micro-van etc. depending on group size). This includes toll taxes, parking, allowance for driver, outstation overnight charges for the driver
- Entrance fees to the monastery & monument
- Special Tibet Travel Permit
- Local escort /guide and representative throughout the tour
- Applicable government taxes

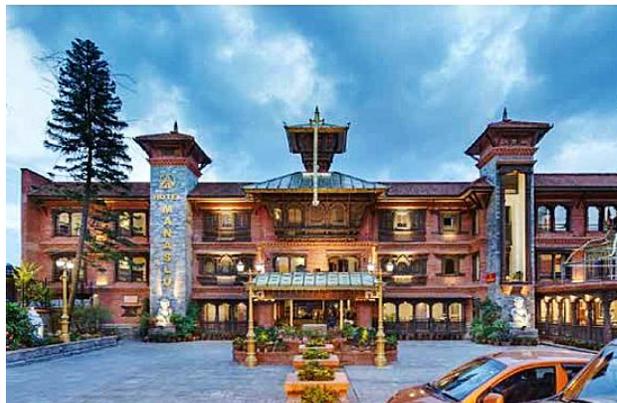
Excludes

- International flight tickets
- Visa fee
- Travel insurance
- Meals not mentioned in the itinerary
- Personal clothing and equipment
- Tips for trip leader/guide, driver, hotel staff and porters
- Items of personal nature such as alcoholic beverages, soft drinks, laundry, and other unforeseen expenses
- Items/services not listed in "included"
- Extra payment/surcharge for 'Optional' activities/programs if participated

Accommodation

Hotel Manaslu, Kathmandu

Hotel Manaslu located in the immaculate area of Lazimpat, Kathmandu is a heritage hotel established in 1972. We have kept the proud heritage of Nepal alive throughout its operation by offering unparalleled service and warm hospitality, that defines the values and culture of Nepal. The architecture of our hotel includes many ancient pieces that have been carefully restored and incorporated.



Kyichu Hotel, Lhasa

The Kyichu Hotel is named after the Kyichu River, which in Tibetan is known as "the river of happiness". A tributary of the Yarlung Tsangpo (also known as Brahmaputra), and the cradle of the ancient Tibetan civilization, the river meanders through the fertile valley in which the fabled and formerly forbidden city of Lhasa is situated.

Gyantse Hotel

You can't get more central and convenient than the well-established Gyantse Hotel. The imposing Gyantse Dzong, one of the best preserved dzongs in Tibet, is within walking distance, and Gyantse's iconic 15th century monastery, Pelkor Chode is less than two kilometres away. Views over the medieval town, the dzong and surrounding scenery can be enjoyed from the hotel's upper floors.



Shigatse Hotel

Shigatse Hotel is located in the south of the Shigatse town, on the Middle Shanghai Road and about to Tashilhunpo

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Monastery. It is a good base to explore the surrounding scenic spots including the Sakya Temple, Tashilhunpo Monastery and the Qomolangma Natural Protection Area. It is built in typical Tibetan architecture and inside decorated in popular Tibetan tradition with modern equipment.

Qomolangma Hotel, Shegar

Qomolangma Hotel is the best local hotel in Tingri which has dozens of standard rooms with private bath room. Rooms are modern and clean, especially the newer and fresher superior rooms. Hot water is only available from 7am to 7pm and heating units at times can be unreliable due to frequent power cut offs.

Rongbuk Monastery Guesthouse, Rongbuk

Very basic accommodation of Rongbuk Monastery Guesthouse is reminiscent of the spartan interiors of monastic cells but plenty of blankets are provided to keep you cosy during the chilly Himalayan nights. Bathroom facilities are the sparsest element, with hot water available but no showers, and basic toilets in a separate block a short walk away.

Zhangmu Hotel

Zhangmu Hotel near the customs post is a mid-rate hotel offering the best accommodation facilities at Zhangmu town. It has 40 double rooms with all the basic amenities along with a restaurant that provides excellent breakfast. This hotel also offers other services like coffee house, sauna, currency exchange, etc. Especially, its massage center can help you release fatigue.

Group/Individual

On this trip you will be traveling privately with your family & friends. Our representative/tour partner will look after your transfers to and from the airport and will be around to answer other questions you may have about your trip.

Accommodation – Hotel, Resort

Your accommodation has been selected for convenience of location, comfort or character, and can range from a business hotel in one city to a fine heritage hotel in another or a family-run guesthouse or lodges in a smaller town. Accommodation in remote areas tend to be basic and may not have western amenities.

Single Accommodation

Single (room) supplement is provided on request (single supplement charge applies) and are subject to availability.

Food & Transport

All breakfasts and 1 dinner are included.

Nepali cuisine is a symphony of sensational spices, simple ingredients, and ancient tradition. Kathmandu's vibrancy is reflected in its lively restaurant scene, culminating in a wealth of dining experiences waiting to be had. There are myriads of choices when it comes to eating out in Kathmandu – from typical Nepali 'Daal Bhat' to western dishes, from Newari foods to typical Indian dishes.

Tibetan cuisine is unique and reflects the region's harsh climate and altitude, as well as the influence of neighboring countries like China, Nepal, and India. In addition to traditional Tibetan cuisine, there are many restaurants in Tibet that offer a variety of food options to cater to different tastes.

For airport, sightseeing transfers, and for long drives we use a private air-con car, jeep, van depending upon group size. Internal flights are based on economy class, with reputable airlines.

Weather

NEPAL: There are basically four major seasons in Nepal – Spring, Summer, Autumn & Winter. The spring season is generally warm and dry, with temperatures ranging from 10°C to 30°C in Kathmandu. Spring (Mar-May) is a popular time to visit Nepal, as the weather is pleasant and the flowers are in bloom. The summer season (Jun-Aug) in Nepal is the monsoon season, with heavy rainfall and high humidity. Temperatures range from 20°C to 35°C in Kathmandu. Trekking and outdoor activities can be challenging during this time due to the rain and muddy trails. Autumn (Sept-Nov) is considered the best time to visit Nepal, as the weather is cool and dry, with clear skies and comfortable temperatures ranging from 10°C to 25°C in Kathmandu. This is also the peak trekking season in Nepal. The winter season starts in December and last through February in Nepal is generally dry and cold, with temperatures ranging from 5°C to 15°C in Kathmandu. Higher altitudes and mountainous areas can be much colder, with temperatures below freezing.

TRIP NOTES

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TIBET/CHINA: Generally, Tibet has a cold and dry climate with low humidity and strong sunshine due to the high altitude and clear skies. The weather in Tibet varies greatly between regions and seasons. In general, the summer months of June to August are the warmest and most humid, with temperatures ranging from 15°C (59°F) to 25°C (77°F). The winter months from December to February are the coldest, with temperatures ranging from -10°C (14°F) to 10°C (50°F). Tibet also experiences a rainy season from June to September, with the heaviest rainfall in July and August. However, due to Tibet's high altitude, the amount of rainfall is relatively low, and the region is generally considered to be quite dry.

Baggage Allowance

At time of writing the standard weight limit is one checked baggage is 25kg (55lb) and hand baggage 7kg (15lbs). We recommend packing only one piece of checked baggage. Luggage allowances for both hand and checked luggage are subject to change, we suggest you check the airline's website for the latest information prior to your departure.

ESSENTIAL/PRACTICAL INFORMATION

Passport & Visas

All nationalities require a passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, in accordance with the regulations of the country you are to visit.

NEPAL: Most nationalities require a visa for Nepal, which can be obtained in advance or on arrival. If you wish to apply visa before departure, please visit this link: <https://nepaliport.immigration.gov.np/>. The current cost of a visa on arrival is US\$30 for 15 days, US\$50 for 30 days and \$125 for 90 days. All are multiple entry. The visa on arrival fee can be paid in cash in US Dollars or Euros. Application forms are available in the immigration hall (or for electronic passports, there are visa registration machines which, after inserting your passport, automatically fill out a form for you. If you use the machine, you will not need a passport photo). You must first join the queue to pay the visa fee and then go to the relevant immigration desk to obtain your 15, 30 or 90-day visa

stamp. If you use the paper form to obtain a visa on arrival then you will also need one passport photo (a photo is not required if you use the electronic registration machines but we recommend you bring one with you anyway just in case, for any reason, the machines cannot read your passport). There might be long queues for visas on arrival.

TIBET/CHINA: The information below is primarily for EU passport holders, but nearly all nationalities require a visa to enter China, which must be obtained prior to departure. For Tibet a Tibet Travel Permit (TTP) is required, which is a separate document issued by the Tibet Tourism Bureau. In order to obtain a TTP, you must first obtain a Chinese visa and then apply for the TTP through a registered travel agency in China. It's important to note that the visa application process can take several weeks, so it's recommended to apply well in advance of your planned travel dates.

We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Please note: Visa regulations may change without notice, therefore please make sure to check the most current/updated regulations or contact us.

Vaccination & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

There are no mandatory vaccination requirements for NEPAL and TIBET/CHINA. However, recommended vaccinations are: hepatitis A, hepatitis B, typhoid, Japanese encephalitis, rabies, meningitis, polio, measles, mumps, and rubella (MMR), Tdap (tetanus, diphtheria, and pertussis), chickenpox, shingles, pneumonia, and influenza. The risk of malaria is slight, but you may wish to consult your GP or travel health clinic for further advice. You will also need a yellow fever vaccination certificate if you're arriving from a country with risk of yellow fever transmission or transiting for more than 12 hours through a country with risk of yellow fever transmission. Please confirm your vaccine recommendations and requirements with your doctor or travel clinic.

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Dengue (a tropical viral disease spread by daytime biting mosquitoes) risk is present throughout the country at elevations below 2300 m. There is currently no vaccine or prophylaxis available, so take the usual precautions to avoid mosquito bites.

Local Time

Nepal: UTC/GMT + 5:45 hours.

Tibet/China: UTC/GMT + 6 hours.

Electricity

NEPAL: Nepal operates on 230V and 50 Hz. There are four plug types in Nepal – C, D, & M. Plug type C has two has two round pins. Plugs of type E and F will also fit in a type C outlet. Plug type D & M have three round pins in triangular pattern, only difference between these two: plug M has larger/fatter pins.

TIBET/CHINA: China operates on 220V and 50 Hz. There are three plug types in China – A, C, & I. Plug type A has two flat parallel pins whereas C has two round pins. And plug I has three flat pins in triangular pattern.

Money

NEPAL: The national currency of Nepal is the Nepalese Rupee (NPR), with an exchange rate at the time of publication of approximately 145 to the Euro and 140 to the US\$. It is illegal to import or export rupees, but foreign currency is not limited, provided it is declared on arrival. Keep your change receipts, as you will need them if you want to change rupees back into hard currency at Kathmandu airport.

TIBET: The official currency in China mainland and Tibet is Renminbi (RMB) or Chinese Yuan (CNY). Yuan is the basic unit and is divided into 10 jiao/mao or 100 fen. There are banknotes in denominations of 1, 2, 5, 10, 20, 50, and 100 yuan and coins in denominations of 1 yuan, 1 and 5 jiao, 2 and 5 fen. At the time of this publication (February 2025) the approximate exchange rates are 7.5 Yuan for one Euro and 7 Yuan for 1 US\$.

ATM | Credit Cards

NEPAL: ATM machines are widely available in Kathmandu. Please do not rely wholly on ATM machines as many are broken or have run out of money and all have a per day withdrawal limit of approximately €150-175 or US\$ 175-190.

TIBET: Throughout the major cities/towns of China/Tibet you will find ATMs. Many (but not all) ATMs accept Visa/MasterCard that will allow you to withdraw money from your account at home.

Please do not rely wholly on ATM machines while in abroad sometimes they are broken or run out of cash.

Credit cards are still not widely accepted/used in China except in larger shops, handicraft stores and hotels in major cities.

You may want to notify your bank before leaving home and tell them where you plan to travel. They should put a note/remark on your account so that any withdrawal transactions would not be flagged as fraudulent.

Extra Expenses & Spending Money

You will need to bring some extra money to cover drinks, laundry, souvenirs and any other personal expense, plus any additional sightseeing that may be offered to you. Though it totally depends on individual but generally an approximate amount of US\$200 per person, per week should be sufficient (more if you enjoy a few beers); however, for those that can't resist a bargain or may wish to participate in all of the optional excursions, consider allocating a higher amount. Or if you are the one frugal with money probably allocating less would also be suffice.

Optional Tours may be offered in some city you visit during your tour. These are not included in the standard itinerary and will only be available if time permits and if seats are available. Please ensure you have additional funds available if you feel you may wish to participate in any extra activities. Each optional tour/activity will be arranged locally by our local partner/guide, participation and tipping for optional excursions is completely at your discretion.

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Tipping

NEPAL: Tipping in Nepal is not mandatory, but it is becoming more common, especially in the tourism and hospitality industries.

TIBET: Tipping in China is not a traditional practice, and it is not expected in most situations. It's generally uncommon and can even be considered rude or embarrassing in some circumstances so when taking a taxi, enjoying a refreshing drink or tucking into a delicious meal there's no requirement to leave any gratuities.

However, tipping has become more common in recent years, especially in areas frequented by tourists or in upscale establishments or your guide, driver. So, if you do want to leave a tip, a small amount of cash is sufficient, and it should be given discreetly and graciously.

IMPORTANT INFORMATION: On all guided trips although our leaders/guides are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorize them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.

Itinerary Change

In case of some unusual events/incidents the order of programs (sightseeing, excursions etc.) might have to change in order to accommodate the local situations. In these circumstances we will make the best possible arrangements while maintaining the overall integrity of your trip.

The domestic airlines may change their schedule frequently and, in such cases, our local partner/guide will inform you about the changes.

Travel Insurance

We highly recommend to choose/get an insurance plan/policy that covers your needs. And please make sure to keep/carry a hard-copy of your travel insurance documents on your person while on tour. It's prudent to check thoroughly the inclusions and procedure to file claims prior to purchasing insurance coverage. *travel-to-nature Asia* will not be responsible for any costs incurred by you due to your failure to purchase appropriate travel insurance from the date of booking.