

# Tibet Bhutan Myanmar (Burma) Tour

## 19 Days Exclusive & Personalized Journey

3 countries Buddhist tour with Cultural, Historical, Lifestyle & Scenic Experience



## Destination Highlights

- **Tibet:** 6 Nights in Lhasa, Tibet with Potala Palace, Yamdrok-Tso Lake excursion, Shigatse, Rongbuk Monastery (Mt. Everest view).
- **Nepal:** 1 Night in Kathmandu with the local market tour.
- **Bhutan:** 4 Nights in Bhutan with Taktsang Monastery (Tiger's Nest), Paro Valley, Thimphu and Punakha Dzong.
- **Myanmar:** 7 Nights in Burma with Shwedagon Pagoda at Yangon, Pagodas city Bagan and Inle Lake Excursion.

### Customizable Private Tour

Tailor Your Journey with Flexible Dates,  
Accommodations & Activities

1. Choose your own departure date as it will be your private tour.
2. Select the comfort level of accommodation. Tour cost will depend on your accommodation type.
3. Adjust activities to cater to special interests
4. Modify any aspect of the tour as needed like trip duration, activities, budget etc.
5. Flexible travel route (Start from mainland China and end to Yangon/Bangkok or vice-versa)

## Trip Highlights

- Potala Palace, Drepung Monastery and Norbulinka Palace at Lhasa.
- Day Excursion to Yamdok Tsho Lake with a beautiful view.
- Visit local markets during the short stay in Kathmandu.
- Hike to Taktsang Monastery (Tiger's Nest) and exploration of Paro landscape.
- Great mountain views from Dochu-La Pass during Thimphu to Punakha visit.
- Amazing pagodas at Bagan and Nyaung U Market.
- Shwedagon & Botahtaung Pagoda at Yangon.
- Floating Garden and Inle Lake exploration in Heho.

## Trip Overview

**Tibet Bhutan Myanmar (Burma) Tour**, A Buddhist pilgrimage tour that will rinse your heart and soul with purity and completeness. Not only you have the tour of a lifetime to know the culture and religion of these places but also an opportunity to know a chain of lifestyle untouched and less tampered by modernization. A passage to understand the Buddhist culture and way of life with a caress of natural beauty. Furthermore, you will know a lot more about the history and traditions of these wondrous countries.

Amplify your vision to the roof of the world as you unleash a new chapter of your visit diary to **Tibet**. A kingdom believing in unity, culture, and religion welcomes you with warm hospitality. A land with uniquely grafted landscape and history to look at, conquer the destination as you can. Similarly, seek the light in your soul and awaken your travel bug to mingle with the monks here. Explore the prior home of **Dalai Lama** the **Potala Palace**. Replenish your energy as you pray with the locals in Jokhang temple and the Sera monastery. Mobilize yourself with the counts of the Norbulingka Palaces. Defeat your exhaustion with gulps of Tibetan energy in like manner with fulfillment.

**Kathmandu** is a great midway point before your next destination. Seek the spices used in the south Asian culinary from the markets of Ason correspondingly in your visit here.

Surpassing your expectations and imagination, **Bhutan** hits you with surprise with its beauty and culture. A nation surrounded by hills and as many monasteries that reflect the rich religious belief here. Review the manuscripts in these beautiful monasteries unrevealing the history of the nation at its National Library. The breathtaking scenes of Paro valley and the **Taktsang** (Tiger's nest) will recharge you for the whole tour.

Untangle the untraveled land of **Myanmar** where peace and nature affiliate with each other. A land of ethnic diversity and with influence from the neighboring nations in cuisine, it's a package of surprise. The landscape

is identically diverse with renders with great scenes during your visit. Dive into the beautiful Pagodas of Yangon and the Devotional temples of **Bagan**. Peep into the village of Minnanthu and experience the unique floating market of the **Inle lake**. The mausoleum of the last Mughal Empire here will tickle your curiosity of the places ancient history. To sum up, you will revitalize your senses after your visit to Burma.

## Tips for the Tour

- Respect the culture and religion of these places while you enjoy it. Similarly, follow the norms of your destination here.
- As this destination provides a full scenic beauty, Photography is still not allowed in some selected places.
- Stick with your local expert guide for a better experience of the tour.

## Your Journey day by day

### Day 01 Flight to Tibet Lhasa from Mainland China (Beijing/Chengdu/Chongqing/Kunming)

\*Please note that travelers need to obtain a China visa in their home country and spend a night in mainland China (such as Beijing, Chengdu, Chongqing, or Kunming) in order to obtain the Tibet Travel Permit. This permit will be provided in hard copy at the hotel before your arrival. We would be happy to assist you in booking a hotel for one night in any city in China.

Asia Experiences would like to extend a warm welcome to Lhasa! Upon arrival, you will be greeted by your English-speaking Tibetan guide and driver who will accompany you to your hotel. As Lhasa is one of the highest cities in the world, we understand that the high altitude of Tibet can be challenging for some. We recommend taking your time to acclimate to the altitude. Rest assured that we will provide all the necessary support to ensure your well-being. To minimize any altitude sickness symptoms, it is important to drink plenty of water and get enough rest. Get ready for an unforgettable adventure!

### Day 02 Lhasa Sightseeing

**Meals:** Breakfast

Our Lhasa Sightseeing tour starts after an early breakfast today. Our destinations today constitute the UNESCO world heritage sites as well. First, we will drive up to the majestic Potala Palace. As the most

significant part of the history and culture of Lhasa, this palace was the ruling palace of the Dalai Lama for centuries. Potala palace houses some of the best art, culture, and murals that reflect the timeline of Tibet.

Next, we will head towards the Sera Monastery. Probably the most beautiful and lively monastery that we will be in this journey, the monks teach us a better way of life. Explore the courtyard and murals here reflecting Tibetan Buddhism. From Sera Monastery, we will make our way to the Jokhang Temple. It is the center of spirituality in Lhasa. The architecture of this masterpiece is inspired by Indian Vihara and Nepalese style. Also, explore the Barkhor Square surrounding the temple while you are there. Overnight at a hotel in Lhasa.

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## Day 03 Lhasa Sightseeing

**Meals:** Breakfast

We will resume the exploration of Lhasa first visiting the Drepung Monastery. Once among the largest in the world home to over 10,000 monks, you can still take a peek into centuries-old components of Tibetan Buddhism here. For a complete experience try being here in the Shoton Festival when you can witness the unfolding of a giant mural and explore many other Buddha sculptures around the monastery. From here we will make our way to Mentsekang. You can take a glance at the Tibetan art of healing and medicine here.

The Summer Palace of the Dalai Lamas, Norbulingka palace is next in our list of the visit. The palace itself is massive with fine cultural relics centuries-old and important. But the garden here adds more reason to visit this wonderful Palace. On the premises of the palace, one can have a look of thousands of sublime sculptures reflecting art and history. After the visit, we will return to the hotel and rest for the day.

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## Day 04 Lhasa - Gyantse (3950m) -Shigatse (3900m)

**Meals:** Breakfast

After breakfast, we will prepare and start our overland tour from Lhasa to Kathmandu. We will drive to Shigatse via Gyantse today. The road trip from Lhasa quickly joins the friendship highway and towards the Khamba La pass at 4794 meters. For the first part of the drive, you can savor the breathtaking views of Yamdrok-Tso Lake and Nazin Kang Sa Mountain (7252 m). Heading towards Gyantse, you can also enjoy the sightings of snow-capped mountains and massive glaciers from the road. We will pass small Tibetan settlements where we can try some snacks before reaching the town of Gyantse. This historically significant town is in a beautiful valley and was one of the major cities where multiple trading routes were mixed. Our stay here will be brief, and we will visit some of the dzong and monasteries in the stop. Our journey continues for about a couple of hours from Gyantse and ends today at Shigatse. The second-largest city in Tibet, Shigatse is beautiful and full of life. We will visit the Tashilupo monastery which is the seat of Panchen lamas of Tibet and one of the largest functioning monasteries here. Overnight at a hotel in Shigatse.

## Day 05 Drive Xigatse (Shigatse) to Rongbuk/ EBC - (5000m)

**Meals:** Breakfast

The drive of today to the famous Rongbuk Monastery from Shigatse is packed with wonderful views of the landscape and natural scenery. The road is smooth, and we will be passing the highest point of the tour, the Gyatshu La pass at 5,220 m today. We will first cross Lhatse and drive through a pass nearby. Moving on from small stops where we will have our lunch, we will pass by Tingri village. Another two to three hours of the relaxed drive, followed by small patches of settlements, will take us to Rongbuk monastery (5000 m). The north face of Everest is a sight to relish here in Rongbuk. Rongbuk monastery is also the starting point to hike to the northern Everest Base Camp. Witness a beautiful sunset over Mt. Everest (8848 m). Overnight at Rongbuk.

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## Day 06 Drive to Gyirong/Kerung from Rongbuk

**Meals:** Breakfast

We will wake up with the monks in Rongbuk and start our drive to the China-Nepal border at Kerung/Gyirong. With a beautiful view of the sunrise and the Everest, we will start the journey early. For the first portion of the drive, we will do high passes with views of steep hills and snow-covered mountains. We will cross the Lalung La (5,124 m) and Tong La (5,120 m) and the views of Mt. Cho Oyu, Everest and Sishapangma are pristine in a clear sky from the passes. We will drop some altitude, and the landscape also begins to change as we get nearer to Kerung/Gyirong. We will stay on the Chinese side for the day. Overnight at a hotel in Kerung/Gyirong.

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## Day 07 Kerung/Gyirong to Kathmandu

**Meals:** Breakfast

After bidding farewell to your Tibetan guide and driver, we will start our journey to the Nepalese Capital from Kerung today. The drive is thrilling beside the green hills and Trishuli River straight from the mountains. We will stop in the intermediate hill settlements to have our lunch in the way. The windy roads will lead you to the valley, and you'll head straight to your hotel here. Overnight at a hotel in Kathmandu.

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## Day 08 Fly to Paro, Bhutan and drive to Thimphu

**Meals:** Breakfast, Lunch & Dinner

We will drive you to the airport in Kathmandu for a scenic flight to Paro, Bhutan. After a scenic flight of over an hour, you will land at the only International airport Paro in Bhutan. Your Bhutanese guide will receive you at the airport. After a short introduction, you will drive to Thimphu from here.

Driving on a small hill highway road from Paro valley, we will reach Thimphu in no time. Halfway to the Paro-Thimphu highway, visit the 16<sup>th</sup>-century old Tachogang Lhakhang temple by traversing an old bridge. From the bridge, enjoy the scenic views of the villages. Tachogang temple means the hill of the excellent horse. Continue to drive to Thimphu. Overnight stay at Thimphu.

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## Day 09 Thimphu sightseeing tour

**Meals:** Breakfast, Lunch & Dinner

We will start the day with a fantastic sunrise view and a light Bhutanese breakfast. In our Thimphu sightseeing tour today, we will explore the major cultural and historical sites in the Bhutanese capital. Commencing from the National Library of Bhutan, we will look at the centuries-old Buddhist Manuscripts.

Next, we will visit the National Memorial Chorten made in honor of the third Bhutanese king. The Chorten is one of the most prominent sites in Thimphu. We will also visit the traditional paper factory, Bhutan Postal Museum, Thimphu Dzong, Great Buddha Dordenma statue, the Folk Heritage museum, and Takin Zoo among others in the city today. In the evening, you can attend the local markets in the city. Overnight at a hotel in Thimphu.

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## Day 10 Thimphu to Punakha excursion- back to Thimphu

**Meals:** Breakfast, Lunch & Dinner

We will start our trip to Punakha Early today. The drive is about 3 hours long. We will stop in the Dochula Pass in the way. The 108 Druk Wangyal Chortens is a treat for the eyes at the pass. The magnificent views of the Himalayas including the Gangkar Puensum (7570 m) also accompany you here.

After a brief stay here, we will take a short de-route towards the Chimi Lhakang temple. This temple of fertility is a well-visited place in this region known for the unique paintings of Phallus in the temple and surrounding houses.

After reaching Punakha, we will head towards the historic Punakha dzong. This magnificent Dzong is an exemplary example of Bhutanese architecture and culture. Located amid the scenic Pho Chhu and Mo Chhu rivers this Dzong also treats with fantastic landscape views. Also, explore nearby Bhutan's oldest Punakha Suspension Bridge. Relish the stunning views from the bridge. After a brief visit at other main sites and some historical stories from your guide, return to Thimphu. Overnight at a hotel in Thimphu.

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## Day 11 Thimphu to Paro

**Meals:** Breakfast, Lunch & Dinner

We will drive early from Thimphu to Paro. After arriving in the valley, we will start the iconic hike to the Taktsang Monastery. The walk is steep and surrounded by beautiful views all along. We will stop in the way for snacks and chat with the locals making our way to the monastery. This monastery has been representing Bhutan for a long time outside Asia.

Located at a steep face of a cliff the monastery treats travelers with breathtaking views and a bit of legend from several centuries ago. Guru Rinpoche or Padmasambhava is said to have meditated in the caves here in Taktsang monastery. After the visit and exploration, we will start our downhill walk back to the valley. After lunch, we will explore Rinpung Dzong, National Museum of Bhutan, and beautiful Kyichu Lhakhang Temple. Overnight at a hotel in Paro.

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## Day 12 Fly to Myanmar (Burma) via Bangkok - Arrival in Yangon

**Meals:** Breakfast & Dinner

After arrival at Yangon, You are received by an English speaking guide and then transferred to hotel. You can take rest and your overnight is at Yangon. Myanmar is ethnically diverse with 135 distinct ethnic groups recognized by the government. Myanmar also has a diverse range of indigenous cultures but primarily is Buddhist and Bamar. Its culture is influenced by its neighboring countries and is manifested in its language, cuisine, music, dance & theatre. You can try Burmese cuisine. It is characterized by extensive use of fish products such as fish sauce, ngapi (fermented seafood) and dried prawn.

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## Day 13 Yangon

**Meals:** Breakfast, Lunch & Dinner

We will visit the major sites of Yangon today. The Botahtaung Pagoda will be our first. Rebuilt after the second

world war, this beautiful pagoda houses numerous relics and artifacts. Next, we will visit ChaukHtatKyi Pagoda. The major attraction here is the colossal Buddha image of over 66 meters in length. From here we will visit the beautiful Sule pagoda at the heart of Yangon. It has been an important site of Burmese politics, ideology, and geography for many years.

In the evening, we will have a heartwarming sunset view from the premises of Shwedagon Pagoda. Also popular over the world as the 'Golden Pagoda', Shwedagon Pagoda hovers over the landscape of Bagan. Standing nearly a hundred meters tall, the views are pristine of the rays reflecting off its golden surface. Overnight at a hotel in Yangon.

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## Day 14 Yangon - Bagan

**Meals:** Breakfast, Lunch & Dinner

From Yangon, we will take an early flight to Bagan. Bagan, a UNESCO world heritage site was the former capital of the Pagan Kingdom. After landing, you will head straight to the hotel here. Visit the Nyaung U Market and try some local cuisine of Myanmar.

Next, we will visit the Shikhara styled GuByaukKyi Temple. Some of the oldest Buddhist paintings in Myanmar. From here we will visit the Ananda Temple, one of the architectural wonders of Bagan. After some cultural time here, we will return to the hotel and rest for the day. Overnight at a hotel in Bagan.

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## Day 15 Bagan

**Meals:** Breakfast, Lunch & Dinner

We will visit the other important and beautiful pagodas of Bagan today. Being an archeological zone as a whole we can explore centuries-old historical components, sculptures, paintings, and many more here.

Dhammayazika Pagoda, Layhmyetna Temple, Tayokepyay Temple, Nandamanya Temple, and Phayathonezou Temple are the major attraction of the Bagan tour, each with their own unique delight and treasure to witness. Towards the afternoon we will pay a short visit to Minnanthu Village. The Sulamani temple here withholds some of the historic frescos in the inner wall documented over the years by the archeological restorers. We will also have a peek into the village lifestyle of the local people here. Returning from here we will rest for the day in the hotel. Overnight at Bagan.

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## Day 16 Bagan-Heho-Inle Lake

**Meals:** Breakfast, Lunch & Dinner



You will take a morning flight to Heho. Our guides will meet you at the airport and transfer you to the hotel. After lunch, we will drive to Inle Lake. You will also visit PhaungdawOo Pagoda here. This architectural brilliance lies in the banks of Inle showcasing the art of Myanmar to the highest level. You can also buy some traditional Shan and Burmese merchandise in the basement shops here. Visit Myanmar Handicraft workshops and jumping cat Monastery to catch a glimpse of the art, culture, and tradition of the locals in Inle. Overnight at a hotel in Inle Lake.

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## Day 17 Inle Lake

**Meals:** Breakfast, Lunch & Dinner

Exploration of Inle Lake is a well-made combination of natural and cultural moments. A fantastic view opens our day as we make our way to the floating markets of Inle. We will then visit the Shwe Innsein Pagodas. These pagodas are an important archeological part of Myanmar.

Exploring around the Innsein village, we can witness the local lifestyle closely. Take short hikes near the tribal villages of the Inle Lake. We will visit a couple of other sites and return to the hotel and rest for the day. Overnight at Inle.

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## Day 18 Inle Lake-Heho-Yangon

**Meals:** Breakfast, Lunch & Dinner

You return to Yangon today via Heho. Once there you will continue to explore different sites of Bagan. You can visit some monuments from the colonial era here as well. In Southeast Asia, Yangon has the largest number of colonial-era buildings with a unique colonial-era urban core that is noticeably intact.

Your leisure can be utilized to view the local markets there and try the local cuisines. Overnight at a hotel Yangon.

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## Day 19 Final Departure from Yangon, Myanmar

**Meals:** Breakfast

We express our gratitude for providing us an opportunity to operate your tour in Nepal, Bhutan & Myanmar. We have ensured to make this tour safe, sound and thoroughly enjoying. You will be leaving with a lifetime of memories enriched with the knowledge of diverse and beautiful cultural heritage.

We wish you a happy and safe journey. If you decide to return we will be happy to serve you again.

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## Cost & Inclusion

### Tibet;

- Breakfast in Tibet.
- Processing Travel Permit and support for Visa.

### Bhutan;

- Full meals in Bhutan.
- Processing Travel Permit and Entry Visa.

### Myanmar;

- Full meals in Myanmar.

### Extras;

- Airport pickups and drops service.
- Private ground transportation with A/C.
- Twin-sharing hotel accommodation.
- Local cultural tour guide with English speaking.
- Sightseeing entrance fees for museums and monuments.

## Contact Us

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