

Nepal overland Tibet Bhutan Tour

Tibet (Lhasa) to Kathmandu by drive via Rongbuk (EBC) - Kathmandu, Chitwan National Park, Pokhara and Bhutan by flight



Overview

Nepal Bhutan overland Tibet Tour is a unique and adventurous trip made to treat you the scenic Himalayas, amazing people, and divine nature with different shades of local culture and traditions.

Nepal Bhutan Tibet tour is one of the most sought after vacation tours in Asia. **The overland option from Tibet to Nepal** straight through the Himalayas is one of the popular options between these nations. Commencing from the heart of all the trip **Kathmandu**, we will take a cultural surf of these beautiful countries. From the lively streets of Kathmandu, the mountainous monasteries of Tibet and to the fresh breeze of Bhutanese hills, we'll discover the true joy of traveling. Making the small talks, hearing the legends, and sharing the local lifestyle, what more you want in a vacation.

Nepal is a perfect blend of gifted natural and cultural destinations. With a great view of the Himalayas and warm hospitality, you will find yourself at home here. Sensory overload with the bliss of historical monuments and religious centers, Kathmandu hits you with the wave of surprises. Barreling through the narrow alleys and to the quieter outskirts, be prepared to be amazed by the cultural mix here. Slipping

through the hills, discover the ecosystem of Terai plains and the magical forms of nature in [Pokhara](#). This backpacker's paradise and the shining point of the classic Hippie trail is one to explore in Asia. Devouring the local cuisine and equally dazzling art, create your own travel story of the valley.

Bhutan, a nation with unspoiled culture, breathtaking scenery, and Buddhist monks, is also among the happiest places to visit in the world. Bhutan is blessed with diverse biodiversity and tradition protected by the locals for thousands of years. Traveling through the terraced ricefields and dzongs, we will uncover the gift of the Himalayas. With the freshest air of any place on earth, this country is the only carbon negative country in the world. The vibrant local dress, united community, warm hospitality, and unique cuisine makes your trip here memorable. From the cliffside of [Taktsang monastery](#) to the plains of the pro valley, we will know this land of the Thunder Dragon better than ever.

Tibet is a land of hidden stories in the shade of Buddhism throughout the state. The majestic landscape holds in it some of the pristine Tibetan Buddhist monasteries in the world. Our trip will start with a glance at these astonishing monuments and sites here. With the cultural tour running we will begin our road trip to Tibet. Driving in the Friendship highway to connect both countries, we will understand the local art and culture. Through the high mountain passes and glaring glacial lakes, by the way, our journey stops briefly to admire the beauty of MT. Everest from the Tibetan side at [Rongbuk monastery](#). The tour of Tibet will give you sensational picturesque views and equally welcoming people in each destination. With the overland option, you can get a lot more of this magical land than the internet has to offer. Spend your vacation like never before with AsiaExperience in this **Nepal Tibet Bhutan Tour**.

Highlights

- **Nepal:** 8 Nights in Kathmandu, Nagarkot with Bhaktapur Durbar Square, Pashupatinath, Boudhanath, Patan, Chitwan National Park, Pokhara.
- **Tibet:** 6 Nights in Lhasa with overland including Potala Palace, Drepung Monastery, Norbulinka Palace, Yamdrok-Tsho Lake, Rongbuk Monastery, Everest Base Camp.
- **Bhutan:** 3 Nights in Bhutan with Taktsang Monastery (Tiger's Nest), Paro Valley, Thimphu with weekend market and Punakha Dzong.

Outline

1. Choose your own departure date as we always run private trip.
2. Select the comfort level of accommodation. Hotel choices reflect in tour cost.
3. Adjust activities to cater to special interests.
4. Modify tour duration and any aspect of the tour as needed
5. Flexible travel route {start from Kathmandu and end to Kathmandu/Bangkok/New Delhi or vice-versa.}
6. Overland tour from Tibet Lhasa to Kathmandu via EBC or vice-versa (fly in - drive out)

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 Exploration

After a refreshing breakfast, we will start our cultural tour of Lhasa. Being the Capital of Tibet, we can experience a timeline of culture and art in this city. The Potala Palace, also the former seat of Dalai Lama of Tibet, is the first destination we'll visit today. Potala Palace is one of the most beautiful and extensive palaces in Tibet withholding a significant part of the Tibetan history behind its walls. We will start the tour from the garden on the ground floor and to the different parts of the Palace. The courtyards, praying rooms, decorations, Thangkas, and sculptures reflect the Buddhist culture as well as the lifestyle of the previous Dalai lamas here. After a memorable time here, we will make our way towards the Sera monastery within a short drive from here. We will explore the art and culture of the monks living there alongside the view of the landscape surrounding it. From the monastery, we will make our way to Barkhor Street and Jokhang Temple. This temple is one of the most important ones in Tibet. This UNESCO heritage site and premises is the best place to learn Tibetan culture. Overnight at a hotel in Lhasa.

Day 03 : Further exploration of Lhasa

We will continue our Lhasa Tour visiting the Drepung monastery here. Being one of the biggest monasteries in Tibet, it was once home to more than 10,000 monks. We will explore the paintings and murals here and pay a visit to the library. After spending some time here with the monks, we will head towards MentshiKang. A Tibetan Medicine center, you can learn more about the locally made medicines and healing techniques. Our next destination in Lhasa will be the summer palace of Dalai lamas, Norbulingka palace. Also a UNESCO world heritage site, the gardens, shrines, and monuments are pristine here. Overnight at a hotel in Lhasa.

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

After breakfast, we will prepare and start our overland tour from Lhasa to Kathmandu. We will drive to Shigatse via Gyantse tour 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)

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.

Day 06 : Drive to Gyirong/Kerung from Rongbuk

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.

Day 07 : Kerung/Gyirong to Kathmandu

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.

Day 08 : Kathmandu tour with Patan

We will start our cultural tour of Kathmandu after breakfast. From the hotel, it is about half an hour drive to reach our first site, Pashupatinath. Pashupatinath temple is a complex with over 500 small and big Hindu shrines in the bank of holy Bagmati River. After some time here, we will take a short drive to the Boudhanath Stupa. The stupa is the biggest one in Nepal and reflects Tibetan Buddhism in the valley. You can try some snacks from the rooftop restaurants here. After some spiritual time here, we will take a drive to the 'The monkey temple' Swayambhunath. A short hike to the top provides you a great view of the Kathmandu valley. You can witness both Hindu and Buddhist devotees in the temple and certainly a

lot of monkeys. We will head towards Patan from here and explore the major attractions here. The Patan Durbar Square, Newari streets, and other historical monuments make our visit-list here. We will return to hotel and rest for the day there. Overnight at a hotel.

Day 09 : Bhaktapur sightseeing and Nagarkot

After breakfast today, we will head towards Bhaktapur, one of the major cities in the valley. Bhaktapur also called 'Bhadgaon' showcases the ancient-side of the valley as many locals live a similar life as the traditional people use to. We will visit the Bhaktapur Durbar Square here first and take a tour of nearby temple square as well. In between these amazing tours, we will also make brief food stops to gulp in some of the local Newari delicacies. We will visit the art schools to view the traditional paintings and Thangkas before driving to Nagarkot today. About an hour of calm and beautiful hill drive will lead us to this hilltop village. Overnight at a hotel in Nagarkot.

Day 10 : Flight / Drive from Kathmandu to Chitwan

We will take an early drive (5-6 hours) or a domestic flight (25 min) to Chitwan today. In the curvy hill highway and the settlements in between, we will take a peek at the rural economy of Nepal. Besides the raging mountain rivers and green hills, we will glide our way to the granary of Nepal. Once there, you can experience the change in vegetation, landscape, and lifestyle from that of Kathmandu. In the evening, we will head for a brief Tharu (Local tribe) village tour nearby. Overnight at a hotel in Chitwan.

Day 11 : Chitwan National Park

We will first take a canoe ride in the Rapti River leading to the entrance of the Chitwan national park. After getting the permits, we will take an Elephant safari to the wilderness of the lush jungle here. You should always avoid wearing bright clothes so prepare a bland one for the occasion here. You can spot many different species of mammals, birds, reptiles, and flora in this safari. The rare Royal Bengal tiger and One-horned rhinoceros are two of the many beautiful animals you can witness in their natural habitat. We will also visit the egg-hatchery and breeding center in the park premises before returning to the hotel. Enjoy the cultural program from the local Tharu community and try some of their cuisines. Overnight at a hotel in Chitwan.

Day 12 : Drive/flight from Chitwan to Pokhara

You have an optional bird-watching tour in the morning visiting some of the watchtowers in the park. Our next destination is the adventure capital- Pokhara, which is about 5 hours of drive (25 min flight) from Chitwan. Pokhara will welcome you with a cool breeze and the view of lovely hills surrounding it. There is so much happening here, and you can catch the most of it in the evening tour of the Lakeside. You can try some local Thakali cuisine before returning to your hotel. Overnight at Pokhara.

Day 13 : Pokhara city tour

We will take a short drive and hike for a while to the top of the Sarangkot hill. You can get a beautiful sunrise view of Annapurna and Macchapuchre mountains from here. Sarangkot is also the takeoff place for the popular Pokhara city paragliding. You have an option to do it in clear weather. After returning

from Sarangkot, we will explore the city attractions in the city. Davis falls (underground) will be the first one, which is also one of the most picturesque places to be in Pokhara. The cave complex here is next starting from Gupteshor to Mahendra and Bat caves. Each has its unique feature to enjoy here. The International Museum is the next place on the list. One of the must-visit places in Pokhara to learn about mountain culture and Mountaineering as a whole. In the evening we will take a boat ride and enjoy the sunset over the Phewa Lake. Overnight at a hotel in Pokhara.

Day 14 : Pokhara tour and Kathmandu return drive/flight

Before our flight/drive back to Kathmandu, we will visit some of the remaining attractions in Pokhara. The Bindabashini and Tal Barahi temple here. We will complete a round trip returning to Kathmandu from Pokhara. It is about 6 hours' drive going up to the capital. Passing by small and big settlements, we will reach Kathmandu and drive to the hotel. In the evening, you can enjoy the nightlife in Thamel. Overnight at a hotel, Kathmandu.

Day 15 : Fly to Bhutan (Paro) and drive to Thimphu

We will fly to Bhutan from TIA today. In the spare time before the flight, you can explore the market areas of Thamel. The trip to Paro is short but gifted with a great view of both the nations. Our representative will receive you at the airport and take you to your hotel in Thimphu. The drive is slightly over an hour in the green hills and farmlands of Bhutan. The fresh breeze and nature accompany you in the journey to the Capital.

Stop halfway to the Paro-Thimphu highway, and visit the 16th-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. Transfer to a hotel and rest for a while. Explore the local life in Thimphu. Visit some famous landmarks such as Buddha Dordenma Statue, Late King's Memorial Chorten, Bhutan Postal Museum, Folk Heritage Museum, and Takin Zoo. Similarly, the weekend markets here is a culture to experience if you are in these days. Overnight at Thimphu.

Day 16 : Thimphu to Punakha excursion and Back to Thimphu

After a great sunrise view and some local breakfast, we will head towards Punakha today. We will stop at the Dochula Pass on the way there and spend some time here. The eyes will go straight to the beautiful Druk Wangyal Chortens which is a collection of 108 memorial chorten dedicated to the deceased Bhutanese war soldiers. The views of the Himalayas and the garden nearby is also majestic from the pass. After some time here, we will move towards the historical fortress in Punakha, Punakha dzong. The Dzong is a beautiful masterpiece located between the Pho Chu and Mo Chu rivers. A few miles from the dzong is beautiful and the longest Punakha Suspension Bridge. Enjoy the beautiful views from the bridge. Then, return to Thimphu, we can also take a short detour to the Fertility temple Chimi Lhakhang if time permits. Overnight at a hotel in Thimphu.

Day 17 : Thimphu to Paro, Taktsang Monastery Hike

After breakfast, we will drive to Paro. Here we will do a short and scenic hike to one of the most significant monasteries in Bhutan, the Taktsang monastery. There are different routes to reach this majestic monastery sitting in a cliff-side of a high hill. We will take the best amongst them and stop for great views and snacks in the way. Our guide will also tell you some local legends and historical importance of the monastery in the hike. After reaching the monastery, you can have a great view of the landscape surrounding it. We can visit the caves where Guru Rinpoche or Padmasambhava is said to have meditated and introduced Buddhism in Bhutan in the monastery. We will return to our hotel in Paro next and have lunch.

Next, we visit Kyichu Lhakhang temple where you can see the oldest Jowo Temple. Then, a visit to beautiful Paro Rinpung Dzong. After crossing a cantilever bridge, you can see the Deyangkha Temple outside the main dzong. Explore the fourteen shrines and chapels inside the dzong. Ta Dzong houses the National Museum of Bhutan above the hill of Rinpung Dzong which was once used as a watchtower. Presently, it is established as the National Museum of Bhutan. A great place for art and culture lovers as hundreds of ancient Bhutanese artworks and crafts embracing traditional costumes, armors, and handicraft tools of daily life are displayed there. Overnight at Paro.

Day 18 : Departure from Paro and return via Kathmandu/ Bangkok/ New Delhi

Our representative will drive you to the airport before your departure. From Paro, you will take a plane first to Kathmandu, New Delhi or Bangkok before heading to your home from there. With boundless memories and experiences, you will head home knowing these beautiful nations and the lifestyle better. The Asia Experience team will stay connected with you for your valuable suggestions and feedback after the tour too. Explore and discover this golden triangle in the Himalayas with Asia Experiences.

Cost & Inclusion

Tibet :

- Airport pickups and drops service.
- Private ground transportation with air-conditioned.
- Accommodation as per your choice.
- Local Tibetan tour guide with English speaking.
- Sightseeing entrance fees for museums and monuments.
- Breakfast in Tibet.
- Permit: Tibet Tourism Bureau Permit; Alien's Travel Permit to be applied in Shigatse with your original passport which takes about 30mins.
- Sleeping bags.
- Travel Agency Liability insurance.
- Government Tax.
- Food & lodgings for guide & driver.
- Oxygen tank for emergency use.
- Two bottles of mineral water per person per day.

Nepal :

- Airport pickups and drops service.
- Private ground transportation with A/C.
- Hotel accommodation as per your choice.
- Local cultural tour guide with English speaking.
- Sightseeing entrance fees for museums and monuments.
- Breakfast in Kathmandu and Pokhara.
- Full meals in Chitwan.

Bhutan :

- Government SDF fee USD 200 per person per night.
- 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.
- Full meals in Bhutan.
- Processing Travel Permit and Entry Visa.

Select :**FAQS****How can I arrange a Nepal overland Tibet Bhutan Tour?**

You can arrange a Nepal overland Tibet Bhutan Tour through various travel agencies and tour operators. They will help you with the necessary permits, transportation, accommodation, and guided tours to make your journey seamless.

What is the best time to undertake the Nepal overland Tibet Bhutan Tour?

The best time to undertake this tour is during the spring (March to May) and autumn (September to November) seasons when the weather is pleasant, and the skies are generally clear. These months offer favorable conditions for sightseeing and outdoor activities.

Do I need a visa for Nepal, Tibet, and Bhutan?

Yes, you will need visas for all three countries. You can obtain a tourist visa for Nepal upon arrival at the airport, while Tibet and Bhutan require you to arrange a visa in advance through a travel agency. It is recommended to consult with your tour operator for detailed information and assistance regarding visas.

How long does the Nepal overland Tibet Bhutan Tour typically last?

The duration of the tour can vary depending on your preferences and the itinerary chosen. Typically, it can range from 10 to 20 days, allowing sufficient time to explore the major attractions of Nepal, Tibet, and Bhutan.

What are some of the highlights of the Nepal overland Tibet Bhutan Tour?

The tour offers a range of highlights, including exploring Kathmandu's UNESCO World Heritage Sites in Nepal, witnessing the awe-inspiring Mount Everest and other Himalayan peaks, visiting iconic Tibetan monasteries such as the Potala Palace and Jokhang Temple, and experiencing Bhutan's unique culture and landscapes, including the Tiger's Nest Monastery.

How do I travel from Nepal to Tibet and then to Bhutan during the tour?

The overland journey typically involves flying from Kathmandu, Nepal to Lhasa, Tibet, and then traveling by road through scenic landscapes and mountain passes to reach the Bhutanese border. From there, you will enter Bhutan and continue your tour within the country.

What type of accommodations can I expect during the tour?

Accommodations can vary depending on your preferences and the tour package you choose. Generally, you can expect a mix of comfortable hotels, guesthouses, and resorts that cater to tourists in all three countries. It is advisable to discuss your accommodation preferences with your tour operator beforehand.

Is it possible to customize the Nepal overland Tibet Bhutan Tour itinerary?

Yes, many tour operators offer customizable itineraries to suit your preferences, budget, and time constraints. You can discuss your specific requirements with the tour operator to create a tailor-made itinerary that suits your needs.