

# Beijing Tibet Nepal Bhutan Tour (Overland tour from Lhasa to Kathmandu)

## 20 Days Exclusive & Personalized Journey

A comprehensive Himalayan tour featuring stunning scenery, rich culture, and iconic landmarks



## Destination Highlights

- **China:** 3 Nights in China with Beijing, Great Wall, Tiananmen Square, Summer Palace and Temple of Heaven.
- **Tibet:** 6 Nights in Lhasa, Tibet with Potala Palace, Drepung Monastery, Yamdrok-Tsho Lake, Gyantse, Shigatse, Rongbuk Monastery (Mt. Everest view).
- **Nepal:** 6 Nights in Kathmandu with Bhaktapur Durbar Square, Pashupatinath, Boudhanath, Patan, Swoyambhu Stupa and Chitwan National Park.

- **Bhutan:** 4 Nights in Bhutan with Taktsang Monastery (Tiger's Nest), Paro Valley, Thimphu with weekend market and Punakha Dzong.

## Customizable Private Tour

Tailor Your Journey with Flexible Dates, Accommodations & Activities

1. Choose your own departure date
2. Select the comfort level of accommodation
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 Beijing and end to Bangkok/Kathmandu or vice-versa.}

## Trip Highlights

- The Forbidden City showcases 600 years of Chinese culture and architecture.
- Monasteries & palace of former Dalai Lama in Tibet.
- Admire the view of Lhasa with **Potala Palace of Dalai Lama**.
- Visit Drepung Monastery, the biggest Monastery in Tibet and Norbulingka Palace.
- Explore the beauty of Tibet with amazing view of Mt. Everest with sunrise and sunset.
- Enjoy the ancient **world heritage sites** of Kathmandu.
- Experience a vast difference with geography, culture, and overall lifestyle here.
- Wildlife adventure with activities like jungle safaris, bird watching, and canoeing, amidst the stunning landscapes
- Fly above Nepal to Bhutan and admire the beauty of Himalayan range
- Enjoy the delightful **valley of Paro**, Thimphu, Phunakha and Wangdue.
- Hike to Paro **Taktsang Monastery (Tiger's Nest)** in Bhutan.

## Trip Overview

Beijing Tibet Nepal Bhutan Tours is a complete tour of the Himalayas with scenic, cultural, and monumental goodness surrounding you throughout the trip. From the Great Wall of China, making the way to the rocky faces of Tibet into the art-packed streets of Nepal, this tour completes itself in the cliffs and hills of Paro. Hovering over the lifestyle and traditions of the locals from centuries of living in the Himalayas, each destination in this tour shows us a different delightful shade of the Himalayas. Discover the hidden beauty of the landscape, nature, wildlife, and people in this trip of a lifetime. Explore the part of paradise in some popular as well as less known destinations in this tour.

**Beijing** is a repository of art and tradition in the whole world. A nation perfectly balanced between the rich culture and modern technology; you will witness a whole new world out here. Sipping the herbal tea and

glancing at the best architecture over a period of time, this nation never fails to surprise you. **Tibet**, an autonomous region within China, is a whole new region. Sitting in higher altitude and holding some of the highest destinations of our trip, the views of the Himalayas is just breathtaking from here. Making our way to Potala Palace and many other masterpieces of Tibetan architecture, Tibet is a dream destination for all the adventure lovers. Alongside the history of centuries-old fortresses and monasteries, devotional Buddhism spreads a wave of Positive energy throughout the nation here. The overland tour to Nepal traversing Yamdrok Lake, Gyantse, and Shigatse takes close to the Rongbuk Monastery (EBC). The view of northern Everest from the Rongbuk Monastery is marvelous.

**Nepal** is the most diverse country among our destinations. With a wide variety of ethnic locals, wildlife, geography, landscape, and culture, every day is a delight here. The majestic sunrise over the Everest starts your day with a dose of heritage-rich places completing the trip. Following the lead of the wood and stone sculpture art, enjoy some of centuries-old finest art here. Embrace nature and wildlife with the pristine touch of sceneries surrounding you in **Nepal**. Chitwan National Park tour with Jeep Safari allows connecting with the diverse flora and fauna in the vicinity. Tharu village excursion and Tharu cultural dance allow travelers to immerse themselves in the indigenous culture and lifestyle.

**Bhutan** is a small nation with the best-preserved culture and tradition in this world. Friendly locals, welcoming smiles, fresh breeze, and mesmerizing Landscape makes this nation the first step closer to nature — cherish the less traveled path through authentic hill lifestyle with some of the unique local cuisines here. Living the local life in the most beautiful hills of Bhutan, we will conclude this majestic trip of a lifetime covering the Himalayas. With **Asia experience**, you can yield maximum with absolute ease and safety. Overlapping the tour with the local festivals provides you bonus delights in these amazing countries. So, leap the best bits of Asia in your next holiday vacation with us.

## Your Journey day by day

### Day 01 Arrival in Beijing, Transfer to Hotel

Upon your arrival at the airport in Beijing, our Asia experiences representative will approach you there. From the airport, you will head straight to your hotel. In the way, he/she will give you a short orientation about the tour. After reaching the hotel, you can rest for the day. Towards the evening, head out for a stroll and try some of the local Chinese cuisines. Chinese food is the main reason people love to visit this nation, and our guide will suggest you some of the unmissable delicacies to gulp in this tour. Overnight in Beijing.

### Day 02 Beijing Sightseeing, Forbidden City, and the Great Wall

Beijing is a large city with some of the most beautiful destinations in China. We will cover some of the best places reflecting Chinese culture, history, and architecture today. After breakfast, we will head towards the UNESCO world heritage site, the Forbidden City. One of the most visited places in China the Forbidden City is a preserved Palace complex aging 600 years back with some 980 historical and architecturally masterpiece buildings in it. You can get the full extent of the town from the nearby Jingsan Hill. The Forbidden City is the best place to learn about medieval Chinese lifestyle, art form, and culture from near.



After returning, we will have our lunch and head towards the Great Wall of China. Among the Seven Wonders of the World, this wall is the only human-made object even visible from the moon. Throughout the wall, we can see various towers and small monuments to enjoy. The views from the wall of the beautiful sunset are pristine too. Overnight at Beijing.

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## Day 03 Beijing Sightseeing- Tiananmen Square, Summer Palace and Temple of Heaven

We will continue our Beijing tour today after breakfast. Our first destination is Tiananmen Square. This square is among the most extensive city square of the world with an area of over 440,000 square meters. Many historical moments took place in this square, and one can experience the bustling local life here. We will head towards the Summer Palace of the former kings of Qing dynasty. After some time here, we will head towards the Temple of heaven, one of the four major royal temples in Beijing made by the former kings here. It is believed that praying here results in the good harvest of the crops and happiness.

Return to your hotel from the temple and rest for the day — overnight in Beijing.

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## Day 04 Fly to Lhasa

We will take a flight to Tibet today after our breakfast in Beijing. This 5-hour flight provides us with some of the magnificent views of Landscape over China. After Landing in Lhasa, you will head straight to your hotel. After some snacks, you can rest for the day here. In the evening, try visiting the local markets of Lhasa and experience the local art of trading. Overnight at Lhasa.



## Day 05 Lhasa Sightseeing Potala and Norbulingka Palace

We will commence the Sightseeing tour of Lhasa today with a warm Tibetan tea in the hotel. Our visit today will constitute of two significant attractions alongside brief stopping in some of the places. We will visit the Potala Palace, the former ruling seat of the Dalai Lamas of Tibet first today. The Palace is an architectural masterpiece with the best showcasing of vibrant Tibetan Art and culture. You can visit the grand chapels, state rooms, large courtyards, and beautiful gardens throughout the palace premises. The decorations, sculptures, paintings, and other components of the palace is alluring as well.



From Potala, we will next visit the Summer Palace of Dalai Lamas, Norbulingka Palace. The Palace gardens are the most beautiful component alongside the architecture, local houses, and small prayer shrines. We will head towards the Tibet Museum to watch the culture, history, and artwork of this fantastic state from near in the late afternoon. Overnight in Lhasa.

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## Day 06 Lhasa Sightseeing Sera-Drepung Monastery, Jokhang Temple

Our Lhasa sightseeing continues today with some of the other great attractions here. We will visit the Debrug Monastery here first. Built in the 14th-century Drepung Monastery is among the biggest monastery in the world. This beautiful monastery was once home to over 10,000- 12,000 monks, which now have declined with time and revolutions from the past years. Similar to Drepung monastery Sera monastery, our next destination, is amongst the top three Gelug sect monastery of Tibet. The white walls with a golden roof, courtyards, halls, and library here makes Sera monastery a must-see place in Tibet. From here we will head towards the UNESCO world heritage site, Jokhang temple. Jokhang Monastery is the most prominent and sacred site for the people in Tibet. Said to be built around 652 AD, Jokhang is an ideal way to explore culture and lifestyle in Tibet. We will stroll around the famous Barkhor street surrounding Jokhang temple and rest for the day. Overnight at Lhasa.

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## Day 07 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 ad 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.

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## Day 08 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 Gyatchu 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 09 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.

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## Day 10 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.

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## Day 11 Kathmandu Sightseeing

We will start the heritage tour of Kathmandu valley today which includes four of the UNESCO world heritage sites among others. After having our breakfast, we will visit the Kathmandu/Basantapur Durbar square near your hotel. One of the three major palace squares in Kathmandu, it holds the historical, architectural, religious, and monumental components from medieval Nepal. We will head towards 'the monkey temple' Swyambhunath next. From the top of the temple, we can have a complete birds-eye view of Kathmandu Valley. The holy Hindu temple of Pashupatinath is next in our heritage tour.



In the banks of Bagmati River, this temple complex constitutes of over 500 small and big shrines. Towards the evening, we will head north to the Boudhanath stupa. We can enjoy the peaceful setting and gaze at the beautiful sunset over this extensive dome here. Overnight at Kathmandu.

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## Day 12 Thimi, Bhaktapur, Changu Narayan, and Nagarkot

Our tour of today is a complete tour of Bhaktapur city. After breakfast, we will drive to the small settlement of Thimi. You can explore the pottery, masks, and other handwoven handicrafts reflecting the Newari culture here. The Bhaktapur durbar square is the next place on our list. The fifty-five windows palace, Nyatapola temple square, and Museum here are the main attractions. You can try the King curd "juju dhau" here as a delicacy popular all over the country. We will head towards the Changu Narayan temple, which is about half an hour of drive from Bhaktapur. One of the oldest temples in Nepal, Changu Narayan is devoted to the Hindu god



Bishnu. The stone inscriptions and manuscripts in the premises of the Temple ages back from 3rd to the 11th century. After some time here we will head towards the hilltop village of Nagarkot and rest for the day at a hotel there. Overnight at Nagarkot.

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## Day 13 Drive/Flight to Chitwan and Village Tour

Post Breakfast travel towards Chitwan via 30 minutes flight (or 5 hours drive from Kathmandu). At Chitwan we will stroll villages, here you will meet the Tharu, inhabitant of Chitwan whose culture is quite distinct than other groups of Nepal. We can roam around the market and visit the information center. In the evening we can go for entertainment programs and watch Tharu dance, a traditional dance of Tharus.

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## Day 14 Chitwan National Park tour with Jeep Safari

We start our day with a canoe at the Rapti River. It is a traditional dugout canoe and on the river we can see Crocodile and various other aquatic life. After the Canoe trip you have an option of traditional cart ride. Then we head towards elephant back safari towards the forest where u can find One-horned Rhino and various other species of animal. If you are lucky enough then you might get a chance to see the Royal Bengal Tiger. After the Safari you can see the elephant/Crocodile breeding center and walk around the village.



## Day 15 Drive/flight to Kathmandu after Bird Watching Tour

After breakfast, drive to Bharatpur airport and flight to Kathmandu or continue drive to Kathmandu (5 hours drive). If you want to choose drive option from Chitwan to Kathmandu, you can take photographs of the small and beautiful hills and on the way. You can also find many street shops that sell different fruits and vegetables. The view of Trishuli River on the way is quite enthralling. Free time in Kathmandu.

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## Day 16 Fly to Paro, Drive to Thimphu

As per flight time, we will head towards the Tribhuvan International Airport (TIA) and fly to the Paro airport in Bhutan. After arriving at Paro, our representative from Asiaexperiences will approach you and transfer you to your hotel in Thimphu. The guide will provide you a brief introduction about this tour on the way to Thimphu.

On

the way to the Paro-Thimphu highway, visit the 16<sup>th</sup>-century old Tachogang Lhakhang temple. The temple means the hill of the excellent horse. You need to cross an old bridge to visit the temple. From the bridge, enjoy the scenic views of the villages.

After reaching the hotel, you can rest for a while and head for a walk around it. You can also attend the evening markets here today. Overnight at Thimphu.

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## Day 17 Sightseeing in Thimphu

We will visit the major attractions in and around Thimphu today. After breakfast, we will head towards the King's Memorial Chorten. This beautiful Chorten is made in the memory of the late third king of Bhutan Jigme Dorji Wangchuck (1928-1972 AD).

We will then head towards the nunnery temple and mini zoo in Thimphu. Here you can catch a glance at 'Takin', the national animal of Bhutan. We will pay a



short visit to the traditional medicine institute here and watch some healing techniques. You can also explore the traditional paper factory, painting schools, and Bhutan Postal Museum in Thimphu today. After some time here, we will head towards the folk heritage museum and know Bhutan from a step closer. In the late afternoon, we will visit the Tashichho Dzong, one of the historically significant dzongs in Bhutan. We will end the tour with a visit to the largest Buddha statue of Bhutan, the Great Buddha Dordenma looking over the beautiful Thimphu Valley. If you have made the Trip overlapping weekends in Bhutan, you will have an opportunity to attend the weekend markets and experience the local trade and lifestyle here. Overnight at Thimphu.

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## Day 18 Thimphu to Punakha and Back

We will drive to Punakha after breakfast today. On the way, we will stop at the Dochula Pass at 3,100 meters. From this pass, we can enjoy a fantastic view of the Himalayan range centered by Gangkhar Puensum (7,570

m: highest in Bhutan). The Druk Wangyal Chortens lies in the past and was made in honor of the war soldiers of Bhutan. From here we will make brief stops at the temple of the divine madman, and the temple of fertility before reaching Punakha. We will visit the longest Punakha Suspension Bridge which is also the oldest in Bhutan. It connects three villages of Bhutan and relish the beautiful surrounding views from the bridge. Next, visit the famous Punakha Dzong that is not so far from the bridge. The Dzong lies on the banks of the Pho Chu and Mo Chu rivers and spend some time in this magnificent Dzong. We will then take a return drive to Thimphu beside the hills and rice fields and rest for the day. Overnight at Thimphu.

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## Day 19 Thimphu to Paro and Taktshang Monastery hike

We will take a short drive to Paro after breakfast and start our hike to the Tiger's Lair, Taktsang Monastery. The main highlight of Bhutan, this monastery is a beautiful place to be with magnificent landscape views of the surrounding regions. Located at a sharp face of a high hill, the hike to it is certainly not easy. However, with our experienced guides, you will be assured the safest route to it. Many legends are presented at this monastery with some claiming that one the great Guru Rinpoche meditated in the caves of this monastery. After spending some time here, we will return to Paro for lunch.



After lunch, visit the oldest sacred temple Kyichu Lhakhang. Then, a visit to the beautiful Paro Rinpung 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.

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## Day 20 Final Departure via Bangkok/Kathmandu/New Delhi

The journey of these amazing Himalayan nations and fantastic destination ends today. With a heart full of memorable moments and wonderful stories, making up to them will give you a unique sensation of fulfillment. We will drop you to Paro airport, and you will depart to your next destination from here. Our team will be connected with you always for your feedback, experiences, and suggestions to us.

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## Cost & Inclusion

### Tibet;

- 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.
- Breakfast in Tibet.
- Processing Travel Permit and Entry Visa.

### Nepal;

- 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.
- Breakfast in Nepal.

### Bhutan;

- 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;

## Contact Us

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