

# Nepal Tibet Bhutan Tour

## 14 Days Exclusive & Personalized Journey

Journey of 3 Himalayan countries with Culture, Religion, Nature & panoramic views of mountains



## Destination Highlights

- **Nepal:** 6 Nights in Kathmandu with Bhaktapur Durbar Square, Pashupatinath, Boudhanath, Pokhara Valley, Sunrise from Sarangkot.
- **Bhutan:** 3 Nights in Bhutan with Taktsang Monastery (Tiger's Nest), Paro Valley, Thimphu and Punakha.
- **Tibet:** 4 Nights in Tibet with Potala Palace, Drepung Monastery, Jokhang Temple with Barkhor street and Yamdrok Lake.

## 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 any aspect of the tour as needed
5. Flexible travel route (start from Kathmandu and end to Kathmandu/Beijing/Bangkok or vice-versa)
6. Here are some other popular routes tour itineraries:
  - Nepal, overland Tibet & Bhutan Tour
  - Nepal, Bhutan & overland Tibet Tour
  - China (Beijing) Tibet Nepal Bhutan Tour
  - China (Chengdu) Tibet Nepal Bhutan Tour
  - Buddhist Pilgrimage Tour - Nepal, Tibet, Bhutan & India
  - Tibet Nepal Bhutan Myanmar (Burma) Tour

## Trip Highlights

- Enjoy the ancient world heritage sites of Kathmandu.
- Scenic drive and amazing hill view.
- View of Himalayan range from the aircraft between Nepal & Bhutan & Tibet and from Pokhara valley.
- Enjoy the delightful valley of Paro, Thimphu and Phunakha.
- Hike to Paro Taktsang Monastery (Tiger's Nest) in Bhutan.
- Admire the view of Lhasa with Potala Palace of Dalai Lama.
- Visit Drepung Monastery, the biggest Monastery in Tibet and Norbulingka Palace.

## Trip Overview

The **Nepal Tibet Bhutan Tour** takes you on an incredible journey through the Himalayas. This tour highlights the hidden treasures of Nepal, Bhutan, and Tibet, and lets you experience their ancient cultures and pristine beauty. Among the best South Asia Tours available, this tour provides opportunities to appreciate a mosaic of ancient culture fully. The serene natural beauty of all three countries adds even more color to a region of untouched beauty.

The tour begins from **Nepal's** Kathmandu Valley, where you explore magnificent temples and pilgrimage sites. It also includes several UNESCO heritage sites. We visit the temple squares of past kings and pilgrimage sites about the religious significance of Buddhism and Hinduism. [Pokhara](#), the tourist capital offers scenic landscapes, fabulous landmarks, beautiful lakeside views, and unmissable sunrise views over stunning Himalayan ranges from Sarangkot.

Afterward, fly to the Land of Dragons, **Bhutan**, and explore the vibrant cities of Thimphu, Paro, and Punakha. Landing at one of the world's extreme Paro Airports is adventurous. The Dzongs, Lhakhang, impressive architectural structures, and fortresses are Bhutan's rich cultural testaments. The breathtaking views from

Bhutan's longest Punakha suspension bridge and the pristine Himalayas from Dochu La Pass are surreal. Immerse in the phenomenal nature and spirituality while hiking to the iconic Tiger's Nest Monastery.

Finally, embark on a scenic flight to Lhasa in **Tibet**, where you discover numerous cultural wonders including [UNESCO-listed Heritage sites](#). The average altitude is 4000 m, so we strongly advise you to take a proper acclimatization rest to prevent altitude sickness. Not only is Lhasa itself stunning, but its outskirts are equally fascinating. The holy and natural turquoise Yamdrok Lake with a phenomenal mountain backdrop mesmerizes everyone. This tour offers a fascinating experience in a region of incredible charm and natural splendor.

## Your Journey day by day

### Day 01 Arrive at Kathmandu and Transfer to your hotel

**Time:** 30 min drive **Accommodation:** Hotel

After landing in Kathmandu and clearing the customs apply for your visa at the airport. This will be easy and fast as well. Our representative will welcome you and transfer you to the hotel. In the evening take a stroll around and take a glance at local culture here. Overnight at Kathmandu.

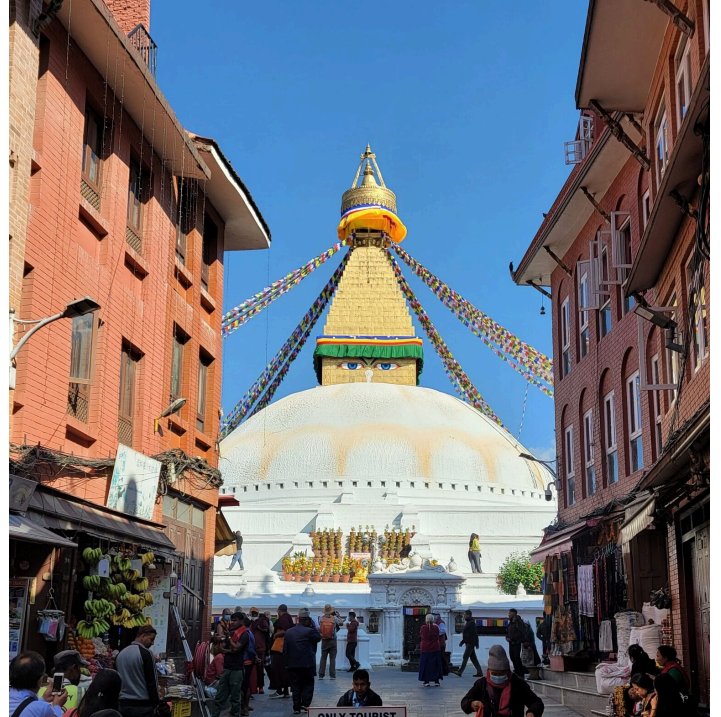
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### Day 02 Kathmandu Sightseeing: Pashupati Temple, Boudhanath Stupa, Bhaktapur Durbar Square

**Time:** 4-5 Hours **Meals:** Breakfast **Accommodation:** Hotel



After breakfast, we continue our Kathmandu Valley sightseeing tour to the UNESCO-listed World Heritage Sites. A visit to the sacred **Hindu temple Pashupatinath** situated at the bank of river Bagmati. The pagoda-style temple is a great example of Hindu architecture. The copper roofs are covered with golden covering and four doors are covered with silver sheets. The Shiva Linga is the main attraction and only Hindus are allowed to enter the temple. Other travelers can tour around the premises of the temple. The beautifully carved wooden sculptures, several small temples, and the huge golden statue of Nandi (Shiva's bull) are some highlights.



From there, a visit to the **Bouddhanath Stupa**. A famous Buddhist stupa preserving and promoting Buddhist culture and tradition in a meaningful way. The beauty of this stupa's architecture is comprised of five elements: air, water, earth, fire, and space. A semi-circle-shaped stupa comprises relics and remains of Buddha. A pleasant and calm feeling in the vicinity of the stupa. We end our tour by visiting **Bhaktapur Durbar Square**. Bhaktapur is the smallest district of Nepal abundant with cultural and religious heritages. The Durbar square is aesthetically beautiful and a true example of arts and crafts. There are 33 temples in the vicinity of Durbar Square. This ancient city is every traveler's delight. Return to a hotel after collecting some sweet memories.

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## Day 03 Flight to Pokhara - A touristic and picturesque city

**Time:** 30 minutes flight **Meals:** Breakfast

After having some fun time in Kathmandu it's time to enjoy our next destination Pokhara. A 30-minute flight to Pokhara. Later, explore nearby places. A short walk to the lakeside, visit nearby markets, and enjoy the nightlife. Spend the evening boating in the Phewa Lake enjoying a beautiful sunset over the Annapurna Ranges. Overnight at Pokhara.

*\* If you prefer drive option from Kathmandu to Pokhara, it is also available with 7-8 hours by private vehicle.*

## Day 04 Pokhara Sightseeing with sunrise from the Sarangkot

**Meals:** Breakfast



A fun day trip begins with sightseeing around Pokhara. Pokhara is a famous tourist hub. A day commences with a short hike to **Sarangkot**. A beautiful viewpoint for sunrise and sunset over Annapurna and Dhaulagiri ranges, and Machhapuchhre. Sarangkot is famous for paragliding as well. One can perform paragliding as an adventurous sport. Witness a great view of Pokhara Valley from the top. Descend back to Pokhara. Tal Barahi temple, Davis Falls, Gupteshor Cave, Bats Cave, Peace Stupa, and the International Mountain Museum are the major highlights of Pokhara City. Experience all the place tours and make some great memories.

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## Day 05 Flight/drive back to Kathmandu and Leisure time in the evening

**Time:** 30 minutes flight or 7-8 hours drive **Meals:** Breakfast

You will return to Kathmandu by a flight or drive in the afternoon from Pokhara. Leisure time in the evening. Overnight at Kathmandu.

*\*Evening, if you want you can explore market for the shopping or to see the local market life-style or practice.*

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## Day 06 Fly to Bhutan and drive to Thimphu, Thimphu Sightseeing

**Time:** 1.15 hours flight **Meals:** Breakfast, Lunch & Dinner



We have a morning flight to Bhutan today. After leaving Kathmandu, a brief flight will take us to Paro Airport. Your Bhutanese guide will meet you at the airport and you will take a short drive (1.15 hour) to Thimphu. Along the ride, the guide will brief you through the Bhutan part of the tour.

Stop halfway on the way to the Paro-Thimphu highway, and 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 arriving at the Bhutanese capital, you will explore some of the major attractions around Thimphu today which include the Giant Buddha Dordenma Statue, Third King Memorial Stupa, National Library of Bhutan, Bhutan Postal Museum, Folk Heritage Museum, Thimphu Dzong, Takin Zoo, and more. In the evening explore the local market and get closer to local culture and commerce.

Overnight at Thimphu.

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## **Day 07 Thimphu to Punakha excursion- back to Thimphu (150 km.)**

**Time:** 4-5 hours **Meals:** Breakfast, Lunch & Dinner



Head towards Punakha after breakfast today. The drive is about two and a half hours long and passes through the Beautiful Dochula Pass. We will stop at the pass and spend some time at the royal botanical garden and Druk Wangyal Chortens. The pristine view of the Himalayas in clear weather is one to behold. We will continue the journey to Punakha following the stop.



The Chhimi Lhakhang temple on the way will be our first stop. This unique temple is also known as 'the temple of the divine madman'. The Punakha Dzong is next on our list. One of the most beautiful and historically significant fortresses in Bhutan, Punakha Dzong is one not to miss here. Lastly, we cross the oldest and longest Punakha Suspension Bridge where we can witness the beautiful views of the river and valleys. We will return to Thimphu after the Punakha Tour in the evening.

Overnight at Thimphu.

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## Day 08 Drive to Paro and Tigers Nest Hiking & Paro valley tour

**Time:** 4-5 hours hike **Meals:** Breakfast, Lunch & Dinner

After breakfast, drive back to Paro. The Hike to Taktsang Monastery is a proven delight for travelers to experience nature and spirituality as a whole in Bhutan. The hike might be challenging for some but it truly is worth a couple of hours' hike from Paro. You can have a slow and gradual walk with breaks in the midway shops.

Once there, witness the majestic view of the pristine Taktsang monastery carved into a giant cliff. Know the

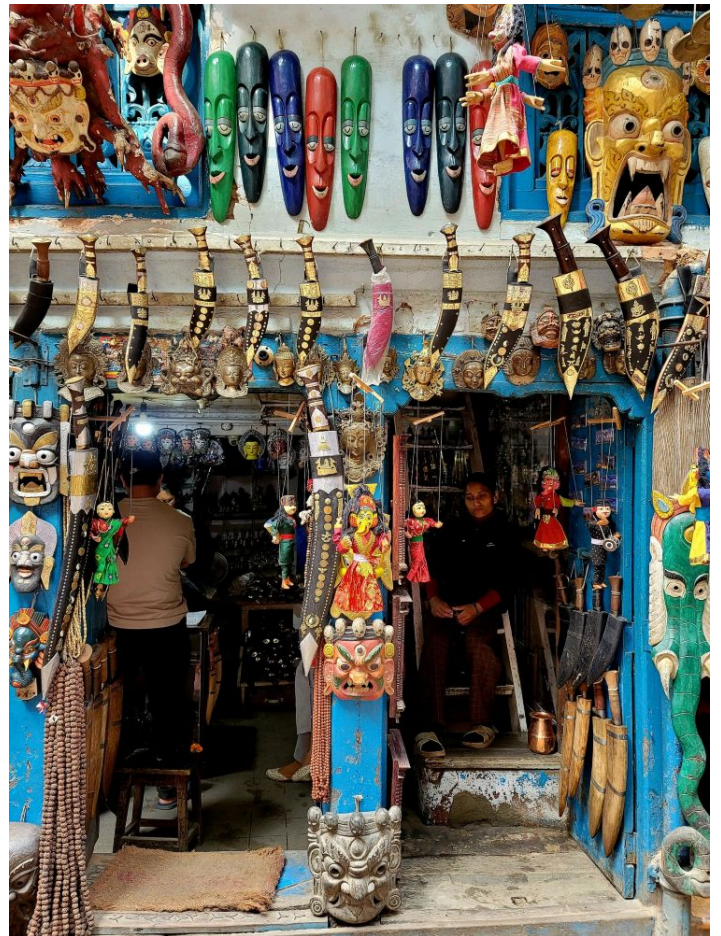
legends of the great Guru Padmasambhava and explore the beautiful monastery. Also, visit the caves inside the monastery and interact with the monks there. Return from the hike and rest for a while in your hotel or can take hot stone bath. Visit the beautiful Drukgyel Dzong, Paro town, and Kyichu Lhakhang Temple to end your Paro tour. Overnight at Paro.

## Day 09 Fly to Kathmandu (Rest or Walking tour or short Hiking)

**Time:** 1.15 flight time **Meals:** Breakfast



You will leave Bhutan and return to Kathmandu through a flight. After Landing in Kathmandu you can go for some popular local activities in this lively city. Cruise through some of the markets here, and try some local cuisine and drinks. In the evening enjoy the nightlife of Thamel visiting some bars accompanied by local Music. Rest for the day or can do short hike.



Join us for sharing your experience and suggestions alike. Overnight at Kathmandu.

## Day 10 Flight to Tibet and transfer to Lhasa city.

**Time:** 1:30 hours flight **Meals:** Breakfast

We will drive you to the airport for a flight to Lhasa from Kathmandu. You can enjoy a fantastic view of the

mountains from the window during the flight.

After landing in Lhasa your Tibetan guide will receive you at the airport and transfer you to the hotel. Lhasa is situated at an average elevation of 14000 feet above sea level. The fantastic view of landscapes follows you straight from the airport throughout the Tibetan tour. Overnight at Lhasa.

## Day 11 Lhasa Exploration

**Meals:** Breakfast



You will kick off the Lhasa tour with a visit to the beautiful Potala Palace. Located within a short drive this palace was the home of Dalai Lamas, the spiritual leader of the Tibetan people. Exploring the UNESCO world heritage site witness the wonderful sculptures, Chapels, Thangkas, Murals, and many more. Explore the allowed sections of this massive palace and spend some time in the ponds and park behind it.

**Opening Hours and Ticket Prices for Potala Palace - Opening hours: 9:30 A.M - 15:00 P.M**

Sera Monastery is next on our list which is among the biggest Gelug university monasteries in Lhasa. Within a short drive from Potala, you can get closer to the lifestyle and culture of local monks here. Explore the chapel, courtyard, and other beautiful components of the monastery in your visit.

**Opening Hours and Ticket Prices for Sera Monastery - Opening hours: 9:00 A.M - 16:00 P.M**

Towards late afternoon we will head towards Jokhang Temple. Jokhang Temple is the spiritual center of Tibet holding many beliefs and significance. The temple architecture is beautiful and is inspired by Vihara and Nepalese styles. The Barkhor square in front holds different memories of historic events and celebrations as well. Explore artifacts and paintings of different periods here in the temple. Overnight at Lhasa.

**Opening Hours and Ticket Prices for Jokhang Temple - Opening hours: 11:30 A.M.-17:30 P.M. (opened**

for all tourists).

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## Day 12 Continue exploration of Lhasa

**Meals:** Breakfast

Our Lhasa tour continues and we will visit the remaining major destinations here today. Starting the day we will take a short drive to Drepung Monastery after breakfast. This expansive monastery houses some of the oldest Buddhist writings, Murals, and Thangkas. Visit the courtyards and chapels alongside the Nechung Oracle temple nearby. We will visit the Mentshekhong (Chinese traditional hospital) next today. Learn more about some of the Tibetan ancient diagnostics and medicine while you are here.

**Opening Hours and Ticket Prices for Drepung Monastery - Opening hours:** 9:00 A.M.-4:00 P.M.

In the afternoon we will head towards another UNESCO world heritage site, the Norbulings Palace. Norbulingka was the summer residence of the Dalai Lamas. You can visit the major buildings, chapels, and monuments in this palace. The garden surrounding Norbulingka palace is another attraction of the beautiful palace. Spend some time there before returning to your hotel. Overnight at Lhasa.

**Opening Hours and Ticket Prices for Norbulingka - Opening hours:** 9:30 A.M.-5:30 P.M

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## Day 13 Excursion to Yamdrok-Tso Lake outside Lhasa

**Time:** 4-5 hours **Meals:** Breakfast



From Lhasa, it is about 2-3 hours of scenic drive to Yamdrok Tsho Lake. We will take a brief break at Kampala Pass (4794 m) from where one can have a sublime view of Yamdrok Tsho Lake and Mount Nojin Kangtsang (7,191 m). Yamdrok Tsho is one of the most significant holy lakes in Tibet.

Take a walk in the shores of picturesque Yamdrok Lake. After lunch, take a short drive to Samding Monastery. This beautiful monastery overlooks Yamdrok lake and the majestic mountain range above. After some time in Samding Monastery, we will try some local Tibetan foods around the lake. We will drive back to Lhasa and rest for the day. Overnight at Lhasa.



## Day 14 Final Departure from Lhasa to your country via Chengdu/Beijing/Kunming/China mainland

**Meals:** Breakfast

In your spare time here, you can enjoy a quick souvenir shopping session in the markets of Lhasa. With some wonderful stories and memories to return, you will conclude this amazing tour with Asia Experiences. We will drop you off at the airport before your prefer flight time to your next destination.

## Cost & Inclusion

**Nepal;**

- Airport pickups and drops service.
- Private ground transportation with air-conditioned.
- Hotel accommodation as per your interest.
- Local cultural tour guide with English speaking.

- Sightseeing entrance fees for museums and monuments.
- Breakfast in Nepal.

**Tibet;**

- All necessary travel permits to Tibet.
- Entrance ticket fees for all the sight spots listed in the program.
- Private transportation in Tibet with experienced local Tibetan driver: Ranging from 4WD land cruiser to minibus depending on the group size and trip route.
- Private guide: English speaking local Tibetan guide.
- Accommodation as per your choice.
- Oxygen cylinder for the group (4L / 7L).
- Meals: only breakfasts are included while stay in hotels.
- Lodging and meals for guide and drivers.
- First aid kit, Liability insurance, All government taxes.

**Bhutan;**

- US\$40 per person visa fees and visa arrangement
- Sustainable Development Fees (SDF)
- Accommodations as per your choice
- Breakfast and Dinner in the hotels
- Lunch in tourist standard restaurants outside the hotels
- English-speaking licensed guide
- Comfortable luxury transportation and sightseeing as per the itinerary based on group size
- Museums and parks fees indicated in the itinerary
- Complimentary bottled drinking water on daily basis

**Select;**

## FAQS

**Can the itinerary be changed during the tour?**

*Answer:* Yes. Flexibility is a core feature of our tours. Daily plans can be adjusted on the spot based on your comfort level, health, weather conditions, and personal interests, for a relaxed and well-supported travel experience.

**Can the itinerary be customized further?**

*Answer:* Absolutely. Every tour is fully customizable. You can adjust destinations, travel pace,

accommodations, activities, and trip duration, allowing your private tour to be tailored according to your interests and comfort.

**What type of beds are provided in hotels during the tour?**

*Answer:* In higher-category rooms, king-size beds are usually available, while twin beds are generally smaller. Bed preferences are subject to availability and it's recommended to confirm your choice in advance to ensure comfort during your stay.

**Will I have my own room if I'm travelling solo?**

*Answer:* Yes. Solo travelers always receive a private room to ensure privacy and comfort with no sharing with strangers. Couples or friends can select twin rooms or opt for two separate single rooms, depending on preference and availability.

**Can I meet a monk or yogi for blessings or spiritual consultation?**

*Answer:* Yes. We can arrange personal meetings with monks or spiritual teachers in Nepal or Bhutan or Tibet, offering opportunities for blessings, guidance, or spiritual consultation as part of your private tour experience.

**Can meditation or monastery retreats be arranged during Nepal or Bhutan tours?**

*Answer:* Yes. We can organize short, beginner-friendly meditation retreats (1-2 nights) at monasteries or retreat centers in Nepal or Bhutan.

**Can spiritual or meditation experiences be included?**

*Answer:* Yes. We can arrange a variety of spiritual experiences, ideal for first-time retreat participants, including:

- Meetings with monks or spiritual teachers for blessings or guidance
- Yoga and mindfulness sessions

These experiences are designed to provide an introductory immersion in local spiritual practices while keeping the schedule flexible and comfortable.

**Do you provide oxygen support for high altitudes in Tibet?**

*Answer:* Yes. Portable oxygen cylinders and masks can be arranged for high-altitude destinations such as Tibet, if needed to help ensure comfort and safety while travelling in elevated regions.

**Are ponies, donkeys, or mules available for Tiger's Nest monastery hike in Bhutan?**

*Answer:* Ponies are available for the Tiger's Nest Monastery hike in Bhutan, and they can be used up to the midpoint of the trail.

**Do you specialize in senior-friendly travel in your tour?**

*Answer:* Yes. We focus on comfortable, slow-paced, private tours, and a large portion of our travelers are senior travelers. Our itineraries are carefully designed with flexible schedules, ample rest time, and personal comfort in mind for safe and enjoyable travel experience for older travelers.

**Can I decide on hikes or steps during the tour rather than in advance?**

*Answer:* Yes, you can decide on the spot whether to participate in hikes or step-heavy visits on our private tours. Our experienced local guides assess comfort levels daily and suggest resting options or alternative sightseeing if a site involves many steps.

**Who are your tours best suited for?**

*Answer:* Our private tours are best suited for senior travelers, couples, friends, and solo travelers who prioritize comfort, flexibility, and personalized service.

**Do you organize group tours or only private tours?**

We specialize in private tours, including customized itineraries for solo travelers, couples, families, and senior travelers. We do not offer group-joining tours. Private tour allows us to tailor the pace, accommodations, and activities according to your comfort, interest, and travel style to ensure you experience a safer and personalized journey.

**Is the region safe to travel?**

*Answer:* Yes. Nepal, Tibet, Bhutan are safe and stable travel destinations with no special security concerns.

**What should I pack for a Nepal, Tibet and Bhutan tour?**

*Answer:* Packing for this trip requires layered clothing to suit varying climates:

- **Tibet:** Warm winter clothing for high-altitude conditions.
- **Nepal & Bhutan:** Light to mild-weather clothing for comfortable sightseeing.

For a complete packing guide, including accessories and essentials for high-altitude travel, a detailed list is available on our website. <https://asiaexperiences.com/nepal-bhutan-tibet-tou...>

**What is the good time to visit Nepal, Bhutan, and Tibet?**

*Answer:* The ideal time to travel varies according to the country:

- **Nepal & Bhutan:** March to May and September to November offer pleasant weather and clear skies.
- **Tibet:** May to October are safer and make high-altitude conditions more accessible.

For travelers planning a combined tour of Nepal, Bhutan, and Tibet, April-May or September-October are the best months to enjoy favorable weather and comfortable travel conditions across all three destinations.

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**What type of vehicles are used during the Nepal, Tibet, and Bhutan tour?**

*Answer:* We use comfortable, air-conditioned, and well-maintained vehicles suited to each destination. Our goal is to ensure a safe, smooth, and comfortable journey for you throughout the tour.

**How physically demanding are your Nepal, Tibet, and Bhutan tours?**

*Answer:* Most of our Nepal, Tibet, and Bhutan private tours are vehicle-based and require only light walking, making them suitable for senior travelers and those seeking a comfortable travel experience. There are no long or strenuous hikes included by default.

**Can we have guides having both local knowledge and English expertise? And how do our guide helps us to accomplish our goal?**

*Answer:* Yes, you will be provided with the guides from the start of the journey till your departure. The guides we provide are local experts having knowledge in each and every sector of this tour. Similarly, they are trained with different courses for your aid. In addition to it each guide can speak and understand fluent English.

To stick along with your guide is the best way to complete this journey without missing a thing. Our guides are trained for expertizing the trails and the regulations of your destinations. In a word, you can say that your guides are the safe side factor of your tour.

**Is the duration of tour fixed or flexible? Can we shorten or lengthen duration?**

*Answer:* Yes, it is a private tour and you can modify as your own wish. The duration of our tours is always flexible.

**At what type of hotel are we staying? Can we see a view from the room, ideally with a private balcony?**

*Answer:* You will be facilitated with top notch hotels in the city areas whereas it depends on the hotel and hotel room availability in rural destinations. Generally, you will get a hotel with a quiet and clean environment, room with hot water, ambient heating. We will request to the hotel with your additional concerns too. A view is that part which is by your side throughout your journey. So, be assured of getting nice views, wherever you are.

**What are the amenities at your three-star, four-star & five-star hotels?**

*Answer:* Amenities in different star hotels are according to standard requisites. Extra privileges are also provided to you in some hotels falling under these categories. So, it's very much similar to the services provided by hotels in these classifications in other countries.

**Is it possible to get rooms with one bed, ideally king or queen-sized or twin or triple?**

*Answer:* Yes you'll have the privilege to choose the rooms you feel comfortable apart from that we provide to you. Also the Hotels you'll be staying will have different variety of rooms furnished with different bed sizes too. So don't stress in these topics and be carefree while travelling with us.

**Can we add a "free day" to relax and walk around ourselves without a guide during our tour?**

*Answer:* Sure, it is your choice and you need to add an extra free day or free hours in your tour itinerary to relax and walk. We do suggest a guide but if you want to experience the raw experience and some personal time you are permitted to have it.

**Can we be able to do a day-hiking without getting caught in snow storms or sopping wet in these countries?**

*Answer:* Well, normally these countries have a wonderful weather but sometimes you can get drizzles in rainy seasons. However snow storms are predictable and your guide will prevent any risks in those cases. In both case your guide will be able to help you overcome the risks if there is any.

**In case of bad weather is there any travel insurance that covers all the costs i.e. cost of changing flights, hotels in case we are stuck in a city? And can we get the trip next day after the weather becomes good?**

*Answer:* Well the travel insurance totally lies in your hand as we don't provide them here. However we do provide you with the letters and necessary documents of cancelation of your tour to your insurance company. In case of bad you well definitely continue the trip the next day.

**Are there any chances of festivals happening in any of the countries/cities while we're visiting them?**

*Answer:* Absolutely, as all these countries are rich in culture and tradition you might get lucky to find yourself during one of them. As these festivals fall according to days in the lunar calendar we don't have fixed English date of these festivals. For more information about the festivals visit the links below.

i) [Bhutan Festivals list](#)

ii) [Nepal Festivals list](#)

iii) [Tibet Festival list](#)

**Are there balloon excursions/rides in any of the above places? Does it provide panoramic views?**

*Answer:* Yes, in Pokhara (Nepal), Balloon ride is available.

**Do you also manage some less expensive tours for a small group joining tour?**

*Answer:* Asia Experiences organizes private tours with private guides and vehicles. You can come as a group of any number or be a solo traveler you will be given the same services without any distinction. But we don't provide any group joining tours at the moment. Also let us assure you that you are getting the best services in very reasonable price here as your satisfaction is our success.

**Can we get a direct flight from Lhasa to Bhutan without arriving Kathmandu?**

*Answer:* No, there is no direct flight from Lhasa to Bhutan (Paro). Similarly, there is only one flight to Bhutan (Paro) from Kathmandu per day (or during low season, 3-4 flights per week). That's why you just need to stay overnight as compulsion in Kathmandu.

**Do any of the flights have baggage size and/or weight restrictions? If so, what are those limits?**

*Answer:* Restrictions are standard 20-30kg for luggage and 7 kg for the handbags.

**Do you recommend these itineraries for the first-time traveler to these countries?**

*Answer:* Yes, to experience all these unique lifestyle, food, culture, unique landmarks, and natural wonders of these nations you will need to follow our guided itineraries. It is also a safe way of missing nothing special in your visit.

**If I book my own flight, would you provide an airport transfer to and from the hotel?**

*Answer:* Yes, you have the options to book all your flights yourself. We will happily provide all transfer from the airport to the hotel.

**Can you supervise the procedure and ticketing of the International flights too?**

*Answer:* Generally, we handle only internal and international flights involved within our tour only. But we can aid you by recommending some of the best and reliable international flight providing companies around the world to your destination.

## Essential Information

### Visa and Travel Information

#### Nepal

Nepal is one of the safest South Asian countries where on-arrival visas are easily available. All you need is digital valid documents and a valid passport with 2 blank pages. Alternatively, visitors can also collect the Visa from the Embassies or Consulates of their home countries. Multiple-entry Visas simplify the traveler's experience which costs USD 30 for 15 days, USD 50 for 30 days, and USD 125 for 90 days.

#### Bhutan

Bhutan also offers online Visas for travelers, which they can collect with the help of authorized tour operators only. For visa processing, they must provide a digital photo and a digital copy of a valid passport. The Visa cost per person is USD 40.

Furthermore, travelers must pay a Sustainable Development Fee (SDF), a daily charge levied by the Bhutan Government. It is a practice of sustainable tourism to boost the country's development. The SDF effective till September 2027 is USD 100 per person per night which excludes all other travel expenses (accommodation, meals, guide tips, monument fees, etc.)

#### SDF Structure

- Adults: USD 100 per person per night
- Children aged (12 and above): Full SDF rate applies i.e. USD 100 per person/ night
- Children aged (6 to 11): 50% discount on SDF i.e. USD 50 per night
- Children (below 6): No SDF required

## Tibet

Tibet travel requires a Chinese Visa and Tibet Travel Permit if visitors plan to travel from China. Only through a licensed tour operator, visitors can apply for a Tibet Travel Permit. You must submit your valid documents, flight and hotel details, and passport-size photos. It is wise to obtain a Visa in advance for smooth paperwork for the Tibet Travel Permit.

Alternatively, travelers seeking to travel to Tibet from Nepal should provide a valid document to collect a Tibet Group Visa instead of a Chinese Visa. The process takes 4 working days. Consult with a tour operator for a guaranteed Visa and permit-acquiring process. However, the nationalities of *Albania, Democratic Republic of Congo, Chad, Ghana, Cameroon, Kenya, Libya, Mali, South Sudan, Nigeria, Somalia, Tunisia, Pakistan, Bangladesh, Sri Lanka, Afghanistan, Azerbaijan, Lebanon, Syria, Iraq, Iran, Kazakhstan, Kyrgyzstan, Tajikistan, Turkey, and Uzbekistan* must apply Chinese Visa from their home country. These nationalities can't apply Tibet Group Visa while traveling from Kathmandu, Nepal due to the restrictions.

We highly request visitors refrain from uploading any content related to Tibetan leaders or Guru. Also, bringing printed stuff, visual content in any format, etc. is strictly prohibited.

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## Major Places to Visit during Nepal Tibet Bhutan Tours

### Major List of Nepal

**Kathmandu Valley:** The historically and culturally significant Kathmandu Valley has several cultural heritage sites. It is home to some UNESCO World Heritage Sites and a uniquely vibrant indigenous lifestyle.

**Pokhara:** The tourist hub Pokhara is surrounded by majestic snow-capped peaks. The serene lakes, wonderful landmarks, sunrise viewpoints, and adventure sports make it one of the amazing destinations.

**Chitwan:** The UNESCO-listed Chitwan National Park allures visitors with its diverse wildlife and vegetation including One-horned rhino, Royal Bengal tiger, etc. Jungle Safari, Bird watching, Indigenous Tharu Village tour, and Canoe ride are some popular activities.

**Lumbini:** The holy pilgrimage site is the birthplace of Gautama Buddha, the founder of Buddhism. Both historically and culturally significant sites house several monasteries, the iconic Maya Devi Pillar and the Ashoka Pillar.

## Major List of Tibet

**Lhasa:** The capital of Tibet, Lhasa is a perfect blend of ancient and modern Tibetan art and culture. The spiritually and culturally vibrant city is home to the UNESCO-listed Potala Palace, Jokhang Temple, etc. Besides, there are several monasteries as well.

**Shigatse:** The stunning Tashilhunpo Monastery, beautiful mountain scenery, and landscapes are attractions of Tibet's second-largest city Shigatse. The Yamdrok Lake on the way is fascinating.

**Rongbuk EBC:** One of the highest elevated Rongbuk Monastery is the best place to relish the Northern Mount Everest. The Rongbuk monastery itself is very stunning and gives a spiritual aura.

## Major List of Bhutan

**Paro:** The beautiful town of Paro is surrounded by magnificent mountains and beautiful landscapes. The iconic Tiger's Nest Monastery and Paro Dzong are some of the attractions.

**Thimphu:** The capital of Bhutan, Thimphu is best known for its perfect fusion of old and new traditions. The friendly locals, their culture, several monasteries, and a Great Buddha Dordenma statue are prime attractions.

**Punakha:** The lush valley and grand festivals in Punakha attract numerous visitors. The historically significant Punakha Dzong is one of the most impressive structures in Bhutan.

**Phobjikha Valley:** The scenic Phobjikha Valley is home to the endangered black-necked cranes. The landscapes, diverse flora and fauna, and the peaceful ambiance make it the best choice for nature and birdwatcher enthusiasts.

**Bumthang:** The Bumthang Valley offers an authenticity of Bhutanese culture and religion. Popular as the spiritual heart of Bhutan, it is abundant with monasteries, temples, and pleasant scenery.

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## Detail Information

### Accommodations and Meals

The accommodation in **Nepal** ranges from standard to Luxury which visitors can select according to their preferences in cities such as Kathmandu, Pokhara, Lumbini, and Chitwan. Standard accommodation is a package of standard facilities with comfort whereas Luxury accommodation caters to you with premium facilities with private services. The meal variety includes local cuisines to International cuisines.

**Bhutan** accommodations are well comprised of culture and comfort. Paro, Thimphu, Punakha, Phobjikha, and Bumthang offer accommodation from 3-star to 5-star Luxury hotels. The 5-star Luxury chain hotels mesmerize visitors with their premium amenities. However, the 3-star and 4-star hotels don't meet the American or European standards but the services and comfort are satisfactory. Visitors have an option of authentic Bhutanese meals to International cuisines.

The capital of **Tibet**, Lhasa and cities such as Shigatse offer luxury and standard accommodations for visitors. These accommodations are a perfect blend of rich culture and comfort with standard to premium amenities. However, the accommodation in Tingri or Rongbuk Monastery (EBC) is simple and basic where facilities are very minimal but expect warmth and comfort from the locals. There are varieties of local Tibetan cuisines, Chinese, Indian, and continental cuisines.

### **Extra Facilities**

There is good internet connectivity in Nepal, Bhutan, and Tibet. However, few selected places in Tibet have internet restrictions as imposed by the government.

The Luxury hotels offer premium facilities including authentic to exotic meals, a spa and gym for wellness, scenic and spacious rooms, and private services (vehicle, driver, etc.).

The standard hotel's facilities are simple but comfortable including a good range of meal facilities, comfortable beds with attached bathrooms, and internet and TV services.

### **Health Safety and Vaccination Measures**

Being in good health is very essential as it lets the visitors relish their Nepal Bhutan Tibet Tours.

1. Visitors must strictly follow these destinations' travel health advisories before traveling. It is better to consult with doctors regarding vaccinations and other health-related issues. Some suggested vaccines are Hepatitis A&B, diphtheria, tetanus, flu, polio, dengue, cholera, rabies, typhoid, and yellow fever.
2. The high elevation and altitude sickness is a matter of concern for visitors while traveling to Tibet and hiking Tiger's Nest Monastery in Bhutan. However, it is preventable with proper planning and preparation. We suggest taking acclimatization rest, drinking plenty of water, eating healthy and balanced, carrying energy bars, and consulting a guide.

### **Respecting Local Culture and Traditions**

The culture and traditions of any destination are very significant and it is essential to respect them. We suggest visitors understand the local culture and traditions of these destinations in advance for a comfortable and memorable travel experience. The local culture, traditions, and religions are highly sensitive, and being respectful towards them is the best way to explore. Make sure to have sensible interactions and be aware of yourself from making sensitive remarks on any topic. Also, always ask for permission before doing any activities with locals. Please wear sensible clothes and take off shoes when visiting selected religious sites.

### **Transportation**

The travel to these magical destinations Nepal, Bhutan, and Tibet captivates the scenic landscapes, mighty Himalayas, high plateaus, and a roller-coaster ride.

The easy availability of flights to Bhutan and Tibet from Nepal simplifies the traveler's journey and comforts them. The flight distances from Kathmandu as compared to other cities are shorter. Also, Kathmandu is the

only international destination besides Mainland China cities for direct Lhasa flights. For Bhutan too, Kathmandu is among the limited destinations for direct flights. The scenic mountain views from Kathmandu to Paro are a treat for everyone. The **overland tour to Tibet** is possible from the Kerung border of Nepal which is long taking 6 to 7 hours a day. Yet, the roads are mostly comfortable where visitors get to travel on a private vehicle relishing the scenic landscapes and mountain views.

There is a direct flight from Kathmandu to Lhasa and Paro but there is no direct access between Lhasa and Paro. There is a weekly 3 to 4 flight from Kathmandu to Lhasa and a daily 1 or 2 flight from Kathmandu to Paro. Visitors can relish the phenomenal mountain views, beautiful scenery, and Tibetan plateaus (for Lhasa flights only) from the flights.

### **Diverse Activities**

Visitors have a great opportunity to explore these beautiful landmarks during Nepal Tibet Bhutan tours. They can indulge in diverse activities and create memories to cherish for a lifetime. Some diverse activities they can take part in are as follows:

- There are numerous historical and cultural landmarks across these destinations. The best part of these places is they are pedestrian-friendly. Primarily, the landmarks in Kathmandu, Lhasa, and Thimphu can be explored on foot. Explore the authentic beauty, and experience the local cuisine and interactions for better understanding.
- Adventurous activities such as hiking, paragliding, bungee jumping, mountain or helicopter flights to Everest, etc. also add excitement. Paragliding in Pokhara, hiking to Tiger's Nest Monastery, Everest View from Rongbuk Monastery, etc. are some perfect examples.
- Get a spiritual retreat by visiting religious monasteries, Dzongs, and temples, interact with monks, and meditate around these places.
- Rejuvenate yourself by taking yourself in nature's lap and adore the serenity and beauty of those places. Some recommended activities include Sunrise View from Sarangkot or Jungle Safari in Nepal, Yamdrok Lake excursion in Tibet, Bumthang tour in Bhutan, etc.

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## **Ideal time for Nepal Tibet Bhutan Tours**

**April to November** are the ideal time for Nepal Tibet Bhutan tours as the weather and temperature are favorable. Traveling to Nepal and Bhutan during the Winter (Dec-Feb) is possible and take advantage as it is less crowded. However, it is not feasible for Tibet Travel as Tibet remains closed to visitors in February and March and extremely cold temperatures. **Monsoon season (July & August)** travel in most parts of Nepal and Bhutan is possible with proper planning and preparations.

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## Private Tours

The tour guides are compulsory for Bhutan and Tibet tours but we suggest hiring one for Nepal tours as they are knowledgeable. It gives a unique perspective during the tours as well as visitors get a deeper understanding of the local culture and history that helps them to connect with the destination they are traveling to. Rather than group-joining tours, we, Asia Experiences offer private tours that include a private vehicle, driver, and a guide for every day. The only purpose is to provide our clients with more private, comfortable, and memorable tours with their loved ones.

## Location of Nepal, Tibet and Bhutan

Nepal, Tibet, and Bhutan are amongst the most sought after destinations constituting the best shades of the Himalayas. A trip covering all three is ideal for nature and culture admiring individuals all around the world.

- [Tibet](#) is the most extensive of the three predominantly lying in the Tibetan Plateau in China and composes most of the northern and western fraction of the great Himalayan range.
- Sharing the border with Tibet in its west is Nepal with diverse geography and culture and lifestyle inspired by China and India surrounding this landlocked country in South Asia.
- [Bhutan](#) is a small Himalayan nation and is least populated of the three to the south of Tibet and enclosed on the remaining side by the Indian states of Arunachal Pradesh, Assam, and West Bengal.

## Recommended routes to take for traveling between Nepal, Tibet, and Bhutan

One can start their journey from any of these three places, however, starting from Nepal is considered as most beneficial as Tibet and Bhutan both are easily accessible through flight and overland drive from here. Here are three routes to consider for the Nepal Bhutan and Tibet Tour.

### Route 1: Starting from Nepal- 'The Best and Hassle-free Route

- Your route commences with a tour of Nepal and from here you can select either Bhutan or Tibet as your next destination. You will return back to Kathmandu and you can choose to Fly or drive to the next destination. We will handle your visa and permits completely if you choose this route to travel.
- *Starting from Nepal is your best option because*
  - There are no direct flights from Tibet to Bhutan and vice versa
  - Applying for the travel permits and Visa for both Tibet and Bhutan is easier from here.
  - The flights to Bhutan run daily or at least 4-5 times a week in low tourist season. Tibet flight has resumed after pandemic (COVID-19) as well; 4 direct flights per week from Kathmandu to Lhasa

(Tibet) every Monday, Wednesday, Thursday and Friday. - Updated February 03, 2025

- Acclimatizing is better through this route in comparison with the other two
- After completion of the tour, you can depart back home through either Bhutan or Tibet.

### **Route 2: Arrival in Bhutan (Fly to Nepal- flight/drive to Tibet)**

- The route commences after landing in Paro, Bhutan. Paro airport is approachable from Bangkok, New Delhi, Dhaka (Bangladesh), Singapore or Kathmandu (Nepal). You can arrive here through any of the above nations after taking the availability of flights under consideration.
- After exploring the planned places and sites in Bhutan, you will either fly to Kathmandu from Paro. The flight is about an hour long and runs daily (4-5 times a week off-season). After arrival, you will visit the destinations as mentioned in the selected itinerary in Nepal.
- Upon completing the Nepal portion of the trip, you will fly Tibet or drive to Tibet from here. The [overland tour extends to three extra days going through Rongbuk/Everest Base Camp, Shigatse, and Gyantse cities](#) of Tibet. You will continue the exploration and depart after the conclusion of the tour from Tibet.
- We will take care of all the necessary visas [Chinese \(Tibet\) visa](#) will be applied on your first day in Kathmandu, It needs a minimum of 4 working days to get.

### **Route 3: Arrival in Tibet (Flight/drive to Nepal - Flight to Bhutan (via Kathmandu))**

- The route commences after reaching Lhasa, Tibet. You can arrive here through flights or from the trains connecting Tibet from different cities of China.
- After exploring the planned places and sites in Tibet, you will fly to Kathmandu or drive to Kathmandu (It is also one of the best overland tours of Asia). After arrival, you will visit the destinations as mentioned in the selected itinerary in Kathmandu.
- You will fly to Bhutan and the flight takes place daily (in some selected conditions 4-5 times a week in minimum). The flight is about 75 minutes long and takes you to Paro Airport in Bhutan. You will continue the exploration and depart after the conclusion of the tour from Bhutan.
- With this route, you must manage the Chinese Visa by yourself prior to the tour from your respective nation. We will manage your [Bhutan visa](#) in advance and [Nepal visa](#) will get upon your arrival in Kathmandu (Nepal).

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## Contact Us

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