Nepal Tibet Tours

07-24 Days Exclusive & Personalized Journey

Two stunning Himalayan kingdom countries known for their rich cultural diversity and breathtaking mountain vistas.

Trip Overview

Nepal, the prime Himalayan destination in South Asia, captivates visitors with its snow-capped peaks and stunning landscapes. The cultural richness, lush green valleys, ethnic diversities, varied flora and fauna, and towering snow-covered peaks in one single nation mesmerize everyone. The country boasts numerous UNESCO World Heritage Sites that hold great historical, cultural, and religious significance. The sunrise view over majestic mountains in several spots with abundant adventurous sports adds thrill to travelers. Immerse in the lap of nature through trekking or Jungle Safari in national parks. A perfect destination for all types of travelers seeking adventure, cultural, spiritual, and natural escapades.

Tibet, also known as the ‘Roof of the World’ attracts visitors with its stunning landscapes, huge plateaus, rugged mountains, and tranquil lakes. Tibet has numerous UNESCO-listed World Heritage Sites, ancient monasteries, and sacred temples. The perfect blend of spirituality and deep-rooted Buddhism creates a unique and enchanting aura. The impressive architectural structures, grand Buddha idols, Thangkas, paintings, and murals all unveil the splendor of Tibet. An excursion to Nature’s gift, Yamdrok Lake, and the world’s tallest Mt. Everest view (north face) highlight the natural beauty of Tibet. The overland tour to the highest-situated Rongbuk Monastery enhances a new experience among travelers. Tibet is an ideal destination for travelers seeking cultural treasures and natural wonders.

Essential Information

Essential Information of 'Tibet'

Essential Documents

The essential documents for Tibet travel are a valid passport, Chinese Visa or Tibet Group Visa, and Tibet Travel Permit. Travel insurance is highly recommended and make sure it covers high elevations, flight cancellations, loss/theft of goods, and medical and emergency evacuations.

Group Travel Requirement

Solo Tibet travel is not allowed hence, travelers (foreign tourists) are required to travel in groups. They must book their tour through a trusted travel agency and a licensed tour guide is mandatory. A travel agency will

arrange a solo traveler in a group, so no need to worry about it.

Visa and Travel Permit

Tibet travel requires obtaining a Chinese Visa or Tibet Group Visa and a Tibet Travel Permit. A Chinese Visa is easy to acquire but if travelers plan to travel via Nepal, there is no requirement for a Chinese Visa. However, the process for obtaining a **Tibet Group Visa** takes several processing days(4 working days). So, it is advisable to process in advance.

Food and Accommodation

Varieties of foods are found in mainland Lhasa city from local to continental. The local Tibetan cuisine is a unique food for travelers to try out. The accommodation in Lhasa has a wide range from basic to premium options with top-notch amenities. However, there are limited food and accommodations outside Lhasa.

Health and Vaccinations

It is best if travelers are vaccinated for health safety. The recommended vaccines for travelers are typhoid, hepatitis A, polio, Japanese encephalitis, chikungunya, tickborne encephalitis, rabies, hepatitis B, influenza, COVID-19, pneumonia, meningitis, chickenpox, shingles, Tdap (tetanus, diphtheria, and pertussis) and measles, mumps, and rubella (MMR).

Cultural Sensitivity

The cultural sensitivity in Tibet is high. So, respect local cultures, and traditions, and avoid passing sensitive comments. Also, make sure to wear appropriate clothes while traveling to religious and spiritual places.

Best Time to Visit

May to October is the best time to visit Tibet as it offers a favorable climate for sightseeing. Mainly, the oxygen level is higher creating a comfortable travel experience for travelers.

Altitude Acclimatization

The average altitude in Tibet is 4,000 meters, thus, travelers must take altitude acclimatization rest to prevent altitude sickness. The itineraries are carefully planned with the traveler’s health concerns in mind.

Prime Attractions

The Potala Palace, Jokhang Temple, Rongbuk Monastery (Everest Base Camp), and Barkhor Street are prime attractions.

Language

Tibetan is the chief language in Tibet, however, Mandarin is also common in tourist areas.

Currency and Money

The Chinese Yuan (CNY), or Renminbi (RMB) is the official currency used in Tibet. We recommend carrying cash for ease. The availability of ATMs is less outside Lhasa and credit cards may not be widely accepted.

Follow your guides

Tibet has some strict rules and regulations that travelers must follow. We advise following your guides and being a responsible traveler to enjoy the tour completely to this amazing destination.

Responsible Tourism

Travel responsibly and be respectful of the local environment and culture. Ask for permission to take photographs. Dress sensibly and support local tourism.

Essential Information of 'Nepal'

Essential Documents

The essential documents for Nepal travel are a valid passport, a Nepalese visa, and additional documents (proof of onward travel or a hotel reservation). Travel insurance is highly recommended and best if it covers high elevations, flight cancellations, loss/theft of goods, and medical and emergency evacuations.

Visa and Travel Permit

Obtaining a Nepalese Visa is easy and quick, as Nepal provides Visas on Arrival for most countries around the world. Travelers can also apply from the Nepalese consulate near their nation. There are different types of Visas, including tourist visas and multiple-entry visas.

Food and Accommodation

The ethnic diversity is the beauty of Nepal. As a result, travelers can enjoy a wide variety of dishes from diverse ethnic cuisines. Not only ethnic cuisines continental food options are also there. There are wide accommodation ranges in cities from basic to luxury. The teahouse accommodations with basic meals and facilities are prime attractions while trekking in the mountains.

Health and Vaccinations

It is best if travelers are vaccinated for health safety. The recommended vaccines for travelers are typhoid, hepatitis A, polio, Japanese encephalitis, chikungunya, tickborne encephalitis, rabies, hepatitis B, influenza, COVID-19, pneumonia, meningitis, chickenpox, shingles, Tdap (tetanus, diphtheria, and pertussis) and measles, mumps, and rubella (MMR).

Cultural Sensitivity

Respect local cultures, and traditions, and avoid passing sensitive comments as the cultural sensitivity in

Nepal is high. Also, make sure to wear suitable clothes while traveling to religious and cultural places.

Best Time to Visit

March-May and September-November are the best times to visit Nepal as it offers a favorable climate for sightseeing.

Altitude Acclimatization

The average altitude in Kathmandu Valley is 1,500 meters, and in the Terai region, it is less than 1,000 meters. So, there is no fear of altitude sickness. However, travelers planning to trek in the mountains must take altitude acclimatization rest to prevent altitude sickness. The itineraries are carefully planned with the traveler's health concerns in mind as the altitude in the mountains is above 2,500 meters.

Prime Attractions

The UNESCO World Heritage sites, ancient temples, and monasteries, Chitwan National Park, Pokhara, and Lumbini are prime attractions.

Language

Nepali is the chief language of Nepal, however, many indigenous speak their language. In tourist areas, Basic English is spoken and understood.

Currency and Money

The Nepalese rupee (NPR), is the official currency used in Nepal. Credit cards are widely accepted in the cities. If planning to trek in the mountains, we recommend carrying cash for ease. The availability of ATMs is less in the mountains and credit cards may not be widely accepted.

Follow your guides

Every nation has its laws and regulations and so does Nepal. We advise following your guides and being a responsible traveler to enjoy the tour completely to this amazing destination.

Responsible Tourism

Travel responsibly and be respectful of the local environment and culture. Ask for permission to take photographs. Dress sensibly and support local tourism.

Contact Us

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