

# China Tibet Nepal Tour

## 18 Days Exclusive & Personalized Journey

Timeless wonders, spiritual discovery, breathtaking landscapes, and unforgettable cultural encounters



## Destination Highlights

- **Beijing:** 3 Nights in Beijing with Great Wall, Bird's Nest, Forbidden City, Tiananmen Square & Temple of Heaven.
- **Xi'an:** 2 Nights in Xi'an with Terracotta Army, Ancient Walls & Muslim Quarter Exploration.
- **Chengdu:** 2 Nights in Chengdu with Wuhou Temple, Panda Base Visit & Leshan Giant Buddha.
- **Tibet:** 4 Nights in Tibet with Potala Palace, Norbulingka, largest monastery Drepung, Barkhor street, Yamdrok Lake and local lifestyle.
- **Nepal:** 6 Nights in Kathmandu Nepal with Boudhanath, Pashupati, Patan Durbar Square, and Pokhara city.

### Customizable Private Tour

Tailor Your Journey with Flexible Dates, Accommodations & Activities

1. Choose your departure date
2. Select the comfort level of accommodation
3. Adjust activities to cater to special interests
4. Modify any aspect of the trip as needed
5. Flexible travel route (start from Beijing and end to Kathmandu or vice-versa)

## Trip Highlights

- Great Wall of China (Beijing) - iconic world wonder with breathtaking mountain views.
- Forbidden City (Beijing) - ancient imperial palace with rich history.
- Experience Xi'an's timeless charm through the Ancient City Wall, the vibrant Muslim Quarter, and the awe-inspiring Terracotta Army.
- Discover Chengdu's relaxed culture with pandas, ancient temples, tea houses, and the majestic Leshan Giant Buddha.
- Historical Monastery and exploration of different cultures in Tibet.
- Amazing Palace Potala, a house of Dalai Lama, Visit Drepung Monastery, largest monastery in Tibet.
- Tibetans culture, tradition and modern Lhasa with exploring Yamdrok Lake - turquoise hue.
- Sightseeing of famous World Heritage Sites in Kathmandu. Close look of culture and tradition of Nepalese people.
- Pokhara's lakeside charm pairs perfectly with Sarangkot's stunning Himalayan sunrise views.

## Trip Overview

Set out on a once-in-a-lifetime 18-day journey through three remarkable destinations: the imperial wonders of China, the spiritual center of Tibet, and the Himalayan charm of Nepal. This is one of the best ways to enjoy Asia's true natural beauty, spirituality, and culture. This trip combines famous sites with cultural interactions, beautiful scenery, and unique experiences created for the inquisitive and enthusiastic travelers.

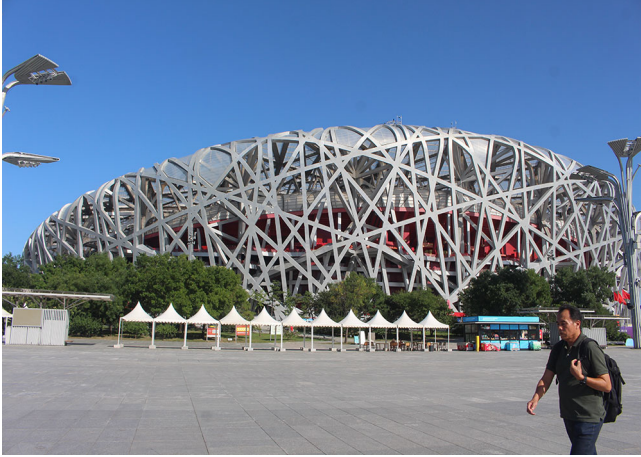
This trip provide you through the great landmarks such as the Great Wall, the Potala Palace, and Kathmandu Valley's historic monuments. For those seeking an adventure filled with beauty and culture, this is the perfect 18-day China Tibet Nepal tour itinerary.

## Your Journey day by day

### Day 01 Arrival in Beijing - The Heart of China

The China Tibet Nepal tour starts in Beijing, the vibrant capital of China. Check into your hotel upon arriving, after which a relaxing evening awaits you. Or treat yourself to the authentic foods of Beijing, such as Peking Duck dinner, to have a wonderful introduction to the unique taste of China.

## Day 02 The Great Wall & Modern Beijing Icons



Visit the famous Great Wall of China on the second day of the tour. Juyongguan Pass and Badaling are the two most famous sections to choose from. Walk on this historical icon, enjoying amazing mountain views.



Capture awe-striking moments at the Bird's Nest Stadium and the Water Cube. These are Olympic landmarks, representing China's modern architecture. End your day at the local shops on the lively Wangfujing Street, Beijing's vibrant shopping and food districts.

## Day 03 Forbidden City, Tiananmen Square & Temple of Heaven Tour



Begin the third day of your China Tibet Nepal tour at Tiananmen Square and continue with the Forbidden City,

a glimpse of the historical homes of Chinese emperors. Travel back in time while exploring these cultural treasures.

The temple of Heaven is the next destination that shows you the beautiful architecture of the Ming dynasty. Follow it up with a relaxing rickshaw ride through traditional hutongs, observing the lives of local people.

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## Day 04 Fly to Xi'an - Ancient Walls & Muslim Quarter Exploration



On the fourth day, fly to Xi'an - a historic area representing China's past. Once you land, head over to the Ancient City Wall, well known for being the best-preserved city wall. Take in the wide-open sights of Xi'an. To add to the fun experience, cruise along its top by taking a bike ride.

Explore the lively Muslim Quarter, where you'll find energy and culture everywhere. Don't forget to stop by the Great Mosque, a smart blend of old Chinese design meeting Islamic roots.

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## Day 05 Terracotta Army - Timeless Masterpiece

Begin your day at the famous Terracotta Army, a mind-blowing archeological finding from ancient time. Check out the wonderfully crafted excavation site linked to an important figure from the Chinese past.

In the evening, you could witness the Tang Dynasty Cultural Show - catch the dazzling performance, classic melodies, and graceful moves, while spotting Xian's eye-catching traditional costumes.

## Day 06 Travel to Chengdu - Tea Culture & Wuhou Temple



On day 6 of your China Tibet Nepal tour, head to Chengdu, a laid-back core of Sichuan, by flight or by bullet train. Take a slow stroll through People's Park. You could also grab a cup of tea at a local spot, where locals gather to chat and relax. Feel how life moves there.

Next, visit the old Wuhou Temple, built for the famous commander Zhuge Liang, consisting of peaceful yards, historical buildings besides thick greenery.

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## Day 07 Chengdu Panda Base Visit & Leshan Giant Buddha Tour

Your 7<sup>th</sup> day begins in Chengdu Panda Research Base- have fun with cute giant pandas eating and fooling around. This spot's a favorite among animal fans. After that, make your way over to the huge Leshan Buddha carved into a cliff face. It is listed by UNESCO and offers amazing views.

Wrap up the day by checking out the lively districts around Chengdu town. Grab street bites or enjoy the fiery Sichuan dishes loved worldwide.

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## Day 08 Fly to Lhasa - Arrive in Tibet's Capital & Barkhor Street Walk



Have a smooth flight to Lhasa, spotting the stunning peaks of the Himalayas from above. Once you land in Tibet's sacred hub, take time to acclimatize and settle into your hotel.

Spend the evening taking a slow stroll through Barkhor Street - the soul of Lhasa. Browse the local stores, spinning prayer wheels, watch locals live and pray, and know the real Tibet from the start.

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## Day 09 Lhasa Sightseeing - Potala Palace & Jokhang Temple

Visit the Potala Palace - once home to the Dalai Lama, now a towering symbol across Tibet's skyline. Explore the palace and feel the history connected to the place. Then go to the famous Jokhang Temple - the holiest shrine in Tibet. Take in the calm energy of that place. After that, walk through the lively Barkhor Market, bursting with everyday culture.

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## Day 10 Lhasa Monastery Tour - Drepung & Sera Monastery



Arrive at the Drepung Monastery - among Tibet's biggest spiritual sites. Peek into how monks study ancient teachings & how hundreds lived there in the past. Next is the well-known Sera Monastery, where monks debate in a unique style. This one-of-a-kind tradition highlights Tibetan education.



## Day 11 Yamdrok Lake Excursion - Sacred Himalayan Scenery

Spend the day exploring Yamdrok Lake - one of Tibet's holiest spots and famous for its striking turquoise hue. Take it slow, experience the place where the glassy water meets towering mountains dusted in white. Head back to Lhasa to unwind in a peaceful evening through the streets.

## Day 12 Fly to Kathmandu - Explore Sacred Temples & Stupas

Fly into Kathmandu, Nepal's lively heart of culture and faith. After landing, check out two of the major sacred spots in town-

**Pashupatinath Temple** - important for many Hindus, dedicated to Lord Shiva. Immerse in the intense, calm, and still vibes around there. **Bouddhanath Stupa** - huge dome, important to the Buddhists. Experience the calm when you move around there quietly.

## Day 13 Kathmandu Heritage Tour - Durbar Squares & Swayambhunath



Kick off your 13<sup>th</sup> morning at the old **Kathmandu Durbar Square** - this UNESCO-listed spot reveals centuries-old buildings. After that, go by car to **Swayambhunath Stupa - also called Monkey Temple** - sitting high above the Kathmandu Valley. Take in the wide-open sights from these sacred spots for Buddhists. Stroll through the **Patan Durbar Square**, see the famous arts and ancient temples up close. Then visit the local museums nearby, and then return to Kathmandu.

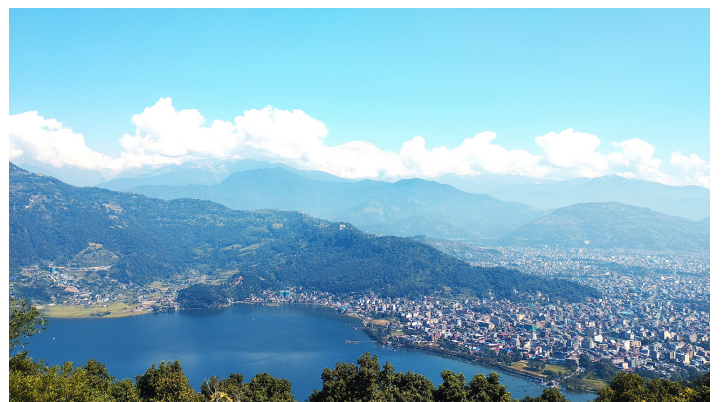
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## Day 14 Travel To Pokhara - Gateway to Annapurna

Travel to Pokhara - a peaceful lake town - by scenic flight or by a road trip through the greenery and waterways. Enjoy a relaxing evening walking by the Phewa Lake - its smooth surface reflects the beautiful hills along with the snowy Annapurna.

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## Day 15 Pokhara Sightseeing - Sunrise & Lakeside Highlights





Start the morning up at Sarangkot - right by Pokhara - where sunrise paints the heavens wild. Enjoy an amazing view of the towering giants - Annapurna, Dhaulagiri, and Machhapuchhre glowing in the sunlight.



Proceed to the Bindhyabasini Temple - a beautiful Hindu temple that sits on the hillock in old bazaar. Then stop by the Davis Falls, where water crashes down in bold rush. Visit Gupteshwor Cave, a symbol of devotion around a hidden Shiva shrine. Later on, chill out with a quiet paddle across Phewa Lake.

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## Day 16 Adventurous Activities in Pokhara

Spend the whole day in Pokhara doing what you like - chasing thrills, soaking up views, or just unwinding. Pick whatever suits you from these top outdoor adventures:

- **Paragliding** - float high above Phewa Lake while mountains stretch out in every direction.
- Experience the wild terrain views on fast **ziplines**. Feel the air rush past while gliding down the rugged hills.
- Soar near the Annapurna range with **Ultralight flight** - enjoy the beautiful view from open sky.
- Just take short **strolls** along the quiet paths near Pokhara's hills or scenic viewpoints if that's what you like.
- But if you want things calm, just kick back at lakeside cafes - savor the peaceful energy while gazing at the scenic views.

## Day 17 Return to Kathmandu - Explore the Vibes & Culture



Head back to Kathmandu after wrapping up your Pokhara adventure. After settling in your hotel, rest and spend the day wandering through Thamel. The city, consisting of chill spots and tiny shops offering souvenirs and a variety of other things, is famous among tourists.

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## Day 18 Departure from Kathmandu - Farewell

Get to Tribhuvan International Airport for your departure flight. As you leave, you take home a lasting memory of your trip across China, Tibet, and Nepal, shaped by the natural, spiritual, and cultural moments you experienced.

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## Cost & Inclusion

### 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.
- Airport pickups and drops service.
- Private guide: English speaking local Tibetan guide.
- Accommodation with breakfast as per your choice.

## Nepal;

- Airport pickups and drops service.
- Private ground transportation with air-conditioned vehicle.
- Hotel accommodation with breakfast as per your preference.
- Local cultural tour guide with English speaking.
- Sightseeing entrance fees for museums and monuments.

## Essential Information

### Comparison: Train vs Flight

While planning your trip, you have mainly two options for the method of travel. This breakdown shows what each option brings so you can pick what suits you better.

#### Beijing to Xi'an & Xi'an to Chengdu

- **By Plane:**
  - Flight time from Beijing to Xi'an is 2 - 2.5 hours.
  - Xi'an to Chengdu takes around 1.5 hours.
  - Might need additional time for airport transfers, check-in, security, and security.
  - Flight delays are possible during peak seasons or bad weather.
- **By High-Speed Train:**
  - It takes approximately 4.5 - 6 hours from Beijing to Xi'an on a high-speed train.
  - Xi'an to Chengdu takes almost 3 - 5 hours.
  - Train stations are usually centrally located compared to airports, reducing travel time.
  - High-speed trains are really punctual - reliable for tight itineraries.
  - More comfort and space than domestic economy flights, allowing walking or stretching freely.
  - It offers beautiful countryside views on the way.

**Recommendation: Choose the high speed train for extra comfort, on-time performance, and minimal cost & travel stress than flights.**

#### Chengdu to Lhasa (Tibet)

- **By Plane/Flight**
  - It takes about 2 - 2.5 hours, which is the fastest way.
  - Popular option for travelers for convenience.

- Multiple daily flights operate from Chengdu to Lhasa.
- Because of the rapid altitude gain - 3650m elevation in Lhasa, some you might experience mild altitude symptoms. Resting on the first day (no sightseeing) is highly recommended.
- **By Train**
  - It takes approximately 36 - 44 hours (about two days).
  - This is better for those who want a slow and gradual ascent - easier for acclimatization.
  - Scenic route - featuring mountains, lakes, and high-altitude grasslands
  - It is a very long journey, and train tickets can be difficult to secure during peak travel seasons.

**Recommendation: For most travelers, flying from Chengdu to Lhasa is the best choice. It's fast, convenient, and widely available. Make sure to rest on the first day after landing to ensure a comfortable start to your Tibet journey.**

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## Comparison: Flight vs Overland Drive (Lhasa to Kathmandu)

### By Flight

- It takes approximately 1 hour 30 minutes to 1 hour 45 minutes.
- It is ideal if you want a quick transfer between Tibet and Nepal.
- You can spend the extra time you saved sightseeing.
- This is also good if you want to avoid physical strain from long drives.
- Direct flights are limited and generally operate on Tuesdays, Wednesdays, Thursdays, and Fridays.

### By Overland via EBC

- It usually takes 4 days, covering around 1200 - 1300 km depending on the route.
- You'll encounter spectacular landscapes in Tibet - the Tibetan Plateau, Shigatse, Gyantse, high-altitude lakes, monasteries, and the unforgettable Everest Base Camp approach.
- The gradual descent lets your body handle height shifts without stressing about acclimatizing.
- Plenty of opportunities to snap pics, local vis, and cultural experiences while travelling.
- It requires more time and extra budget for lodging, guides, fuel, and paperwork.
- It involves long hours on mountain paths, hitting bumpy sections, and possible delays due to weather or road conditions.

### Recommendation:

- Choose the flight for quick, smooth, and minimal hassle.
- Go for the land route for a journey packed with scenery, local life, and cultural moments in the

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Himalayan peaks.

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