Nepal Tibet Tour

DURATION: 8 DAYS

Trip Facts

Group Size 1-10 Persons

Trip Grade Moderate

Accommodation Hotel

Max Height 4380 Metres

Start From Khasa

End At Khasa

Transportation Plane + Jeep

Duration 8 Days

Meals included Breakfast Days

Best season:
March-May, Sep-Nov

Trip Overview

The Nepal Tibet Tour is an exciting and popular destination for travelers, starting at Tribhuvan International Airport in Nepal. Tibet and Nepal are known for their religious significance and beautiful landscapes, with a strong Buddhist influence. The country is blessed with beautiful Himalayas, beautiful landscapes, and a rich heritage. Traveling to Tibet from Nepal offers a chance to trace the footsteps of ancient Nepalese Buddhist legends who spread Buddhism and knowledge. The tour can be done by road or air, with Gyirong Port and Lhasa Gonggar International Airport being the two main options. Tibet is known as the roof of the world due to its 3 miles above sea level. The country's monasteries offer spiritual experiences, and the locals are friendly, humble, and generous. The sacred Namtso Lake and the deepest canyon in the world are major attractions. A licensed tour guide is essential for entering Tibet. Explore the beauty of Tibet with our best value packages and first-hand travel information throughout your journey.A Nepal Tibet Tour involves visiting Nepal and Tibet, two regions in the Himalayas rich in culture, history, and natural beauty.

The tour typically starts in Kathmandu, Nepal, where visitors can explore historical sites, enjoy Nepalese cuisine, and enjoy the vibrant culture. After Kathmandu, many tours continue to Pokhara, a picturesque city with stunning lakes and stunning views of the Annapurna mountain range. Chitwan National Park offers wildlife experiences, while the road trip from Kathmandu to Lhasa, the capital of Tibet, takes travelers through majestic Himalayan landscapes. Lhasa is the heart of Tibet, with cultural and religious significance, including the Potala Palace, Jokhang Temple, Barkhor Street, Norbulingka Palace, and Drepung and Sera Monasteries. Beyond Lhasa, the Tibetan Plateau offers stunning landscapes, high-altitude lakes, snow-capped mountains, and vast grasslands. The North Base Camp of Mount Everest offers breathtaking views of the world's highest peak. Foreign visitors need a Tibet Travel Permit and group travel with a registered tour guide. Stay informed about the current situation and travel advisories before planning your trip.

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Trip Itinerary

Day 1 Arrival In Lhasa (3680 m)

A flight into Tibet will give you a panorama of the snowy Himalayas Mountains Or 1-2 days of train riding over the high plateau by crossing the Tanggula Mountains with beautiful sceneries along the way. Once you arrive, our local Tibetan tour guide and driver will greet you at Lhasa Airport/Railway to transfer you to the hotel. From the airport to downtown Lhasa, it takes about 1.2hrs; from Lhasa Railway Station, about 20mins. After being transferred to the hotel, the rest of the day you will be free to wander around the city on your own but try not to overtax yourself. The first day's well-rest is crucial to acclimatize to the high altitude. Remember to drink lots of water, eat light, and not shower if you can help it. Stay overnight in Lhasa.

Day 2 Lhasa Suburb (3680 m)

Today's first attraction is to visit Drepung Monastery which is the world's largest monastery that housed more than 10,000 monks; it was the residence of the Dalai Lama. After lunch, you will continue to visit the Sera Monastery which was founded in 1419 by Tsongkapa's disciple Jamchen Choeje. The most attractive thing about Sera Monastery is the Buddhist Scriptures debating held in the courtyard between 15:00 – 17:00 from Monday to Saturday. Stay overnight in Lhasa.

Day 3 Lhasa City (3680 m)

In the morning our guide will meet you at the hotel and first take you to visit the famous Potala Palace, the cardinal landmark of Tibet and the masterpiece of Tibetan architecture, it was first built by 33rd King Songtsen Gangpo in the 7th century and rebuilt later in the 17th century by 5th Dalai Lama, now it is a museum and world heritage site. In the afternoon, we will go to visit Jokhang Temple in the center of the old Lhasa city. Jokhang Temple is one of the most sacred temples in Tibet and it is always bustling with earnest local pilgrims since from early days. After that you will take a walk around Barkhor Street which is one of the most devotional circuits as well as a crowded central market of Lhasa, Barkhor Street is located in the old area of Lhasa City Tibet, it is a very ancient round street surrounding the Jokhang Temple and the locals are always proud of it. As a symbol of

Lhasa, it is also a must-see place for visitors. Stay overnight in Lhasa.

Day 4 Lhasa- Gyantse(4040m)- Shigatse(3840m), 360km, Approx 7hrs

We will pass by Kampala pass (4794m) on the way from Lhasa to Shigatse and visit Yamdrok Lake. Covering 638Km², Yamdrok Lake is one of the three largest sacred lakes in Tibet. The lake is surrounded by many snow-capped mountains and is fed by numerous small streams. Later we will pass and enjoy the Karola Glacier on the roadside. It is about 300m from the main highway with easy access on your way to Gyantse. Then visit the main monastery in Gyantse – Pelkor Chode Monastery. Pelkhor Chode in Gyantse town is located about 230km to the south of Lhasa and 100kmto east of Shigatse. The monastery is a short walk from the heart of the town. Stay overnight in Shigatse

Day 5 Shigatse - Tingri - EBC (5100m), 350km, Approx 8hrs

In the morning, you will leave Shigatse to Lhatse, a small town located 150 km from Shigatse, and you may have lunch in the local restaurant. After a short rest, you will go ahead to Tingri. You will pass Tsola Pass(4600M), and Gyatsola Pass(5248M). In the late afternoon, you enter Mt. Everest National Nature Reserve. You can enjoy the panorama of the Himalayas at Gawula Pass (5198m). Then we drive along the New zigzag road to Rongbuk or the Tent Camp to stay overnight. If the weather is good, you can have a clear view of the sunset of the golden Everest peak. If it’s summertime (usually May~Oct), we will stay overnight at the nomad tents of the new Everest Base Camp; if wintertime (usually Nov~Apr), we will stay at Rongbuk Monastery’s guesthouse. Both places have but only the dorm bed lodging available. In both places, you can see the glorious Everest sunset if the weather is good. Stay overnight in the Rongbuk guesthouse or Nomad Tent, (Dorm Bed)

Day 6 EBC - Shigatse, 350km, Approx 8hrs

Can get up early and enjoy the sunrise of Everest Peak in the lodging area if the weather is good. And then, we can drive you to the Everest Base Camp. After sightseeing, we will drive back to Shigatse and enjoy the fabulous view along the way.

Day 7 Shigatse - Lhasa, 300km, Approx 5hrs

Shigatse, we will visit Tashilunpo Monastery the home of Panchen Lama. It was founded by the 1st Dalai Lama in 1447, and is a historic and culturally important monastery in Shigatse and also the second-largest city in Tibet. It is located on a hill in the center of the city, the full name in Tibetan of the monastery means “all fortune and happiness gathered here” or “heap of glory”. Drive back to Lhasa from Shigatse along the friendship way, the northern way to Lhasa. On the way, you’ll see the Yarlung Tsangpo valley.

Day 8 Depart From Lhasa (3680 m)

Today your guide and driver will escort you to the airport or railway station for your next destination. Before your departure, we will appreciate it if you can spend a few minutes evaluating our services either by filling out the feedback form or simply sending us an email when you back home. Your whole trip officially ended.

Cost Includes

- Lodgings: 6 Nights, twin room en suite in 3*
- 1 Night, dorm bed at GUESTHOUSE or NOMAD TENT;
- Meal: 6 Breakfasts & 1 Welcome Dinner
- The travel-licensed vehicle according to group size & season as itinerary needed including gas and parking fee;
- Lhasa Railway Station transfer at all times on the first & last day;
- Pick-up from Lhasa Gonggar Airport to your hotel at 9:30 am, 13:00 pm, and 16:00 pm on the first day;
- The drop-off from your hotel to Lhasa Gonggar Airport at 6:00 am?8:30 am and 12:30 pm on the last day;
- Guide: experienced local English-speaking tour guide
- Attractions: all entrance fees mentioned in the itinerary
- Permit: Tibet Tourism Bureau Permit (TTB); Alien's Travel Permit(PSB) to be applied in Shigatse with your original passport which takes abt 30mins;
- Travel Agency Liability insurance
- Government Tax;
- An express delivery fee of Permit (eg. SF. Express)
- Food & lodgings for guide & driver;
- Oxygen tank for emergency use;
- Two bottles of mineral water per person per day

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Cost Excludes

- Domestic flight/train to and out of Lhasa; (We’d like to book the domestic flight/train ticket at the BEST price. Please contact us for details.)
- If you miss the free transfer schedule due to flight delay or cancellation, then you are required to pay a private transfer from USD 80/vehicle/time.
- Lunch & Dinner are not included but we will recommend some good ones for you according to your requirements. Usually, it takes 3-10 USD per person for each meal.
- While Gratuities for guide and driver is NOT mandatory, it is expected. Based on their service, you can tip them on the last day of the tour. You are suggested to tip each of them 5-10 USD/day in total;
- All the commission and tax charged by PayPal, Bank, and government when making payment.
- Personal expenses;
- Anything not mentioned in the Inclusions.

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