

7 Days Kathmandu & Lhasa Tour By Flight

Trip overview

Embark on an extraordinary **7-day Kathmandu to Lhasa tour by flight**, bridging the vibrant culture of Nepal with the mystical "Roof of the World." This classic Himalayan journey is meticulously designed for travelers who seek to immerse themselves in ancient traditions, UNESCO-listed architecture, and the profound spirituality of Tibetan Buddhism.

Your adventure begins in the **Kathmandu Valley**, where you'll explore medieval Durbar Squares and sacred Hindu and Buddhist shrines. Then, take a breathtaking trans-Himalayan flight over Mt. Everest to **Lhasa**, the spiritual heart of Tibet. From the majestic **Potala Palace** to the bustling devotional paths of Barkhor Street, every moment offers a deep connection to the history and soul of the Himalayas.

- **Durations:** 7 Days
- **Destinations:** Kathmandu - Lhasa
- **Tour inquiry:** <https://asiachinatour.com/7-days-kathmandu-lhasa-tour-by-flight/>

Itinerary

Day 1: Kathmandu Arrival

Welcome to the vibrant heart of the Himalayas! Upon your arrival at **Kathmandu Tribhuvan International Airport (KTM)**, your professional tour guide will be waiting at the arrival hall with a personalized pickup board. A private, comfortable vehicle will then transfer you to your hotel.

The rest of the day is yours to relax and recover from your flight. You can enjoy the hotel's amenities or take a leisurely walk through the bustling streets of **Thamel**, a famous hub where ancient culture meets modern convenience, perfect for your first taste of Nepalese hospitality.

Accommodation: Hotel in Kathmandu

Meals: /

Professional Advice:

To ensure a smooth arrival, we recommend having a few small denominations of US dollars or local currency (NPR) ready for tips or small purchases at the airport. For your first evening, Thamel offers a wide variety of excellent international and local restaurants. To stay healthy for

the journey ahead, always opt for bottled or filtered water and avoid raw salads or ice in your drinks during these initial days of acclimatization.

Day 2: Kathmandu Valley Exploration - Patan & Swayambhunath

After a fresh breakfast at your hotel, you will begin your journey through the **Kathmandu Valley**, a treasure trove of ancient history. Your first stop is the **Ason Tole Vegetable and Spice Market**, the city's oldest marketplace. Here, you will witness the vibrant pulse of local life as vendors trade everything from exotic spices to traditional textiles.

Next, you will explore the historic **Kathmandu Durbar Square**, a UNESCO World Heritage Site. Marvel at the intricate woodcarvings of the **Kumari Temple** (home to the Living Goddess) and admire the towering **Taleju Temple** and the massive stone relief of **Kal Bhairav**.

In the afternoon, a short drive takes you to the "City of Fine Arts," **Patan**. You will visit **Patan Durbar Square**, famous for its exquisite Newari architecture and the ancient Krishna Mandir. Your day concludes at the iconic **Swayambhunath Stupa** (the Monkey Temple). Perched high on a hill, it offers a breathtaking panoramic view of the entire valley as prayer flags flutter in the breeze. Finally, you will return to your hotel in Kathmandu.

Accommodation: Hotel in Kathmandu

Meals: Breakfast, Lunch

Professional Advice:

When exploring the crowded alleys of Ason Tole and Durbar Square, keep your personal belongings secure and be mindful of local traffic. At Swayambhunath, the 365-step climb is spiritually rewarding but can be steep; take your time and stay hydrated. Please be cautious with the resident monkeys—avoid showing food or shiny objects, as they are very active and may attempt to grab them. For the best photography, the late afternoon sun at Swayambhunath provides a stunning golden glow over the stupa's eyes.

Day 3: Kathmandu - Bhaktapur - Kathmandu

After breakfast, your cultural odyssey continues to the magnificent **Boudhanath Stupa**, known locally as "Chorten Chenpo." This massive white dome, topped with the watchful "Painted Eyes of Buddha," is one of the largest spherical stupas in the world and the spiritual center for Tibetan Buddhism in Nepal. Next, you will visit **Pashupatinath**, the country's most sacred Hindu temple complex dedicated to Lord Shiva. Situated on the banks of the holy Bagmati River, it is revered as the "Temple of Living Beings" and is a profound site for witnessing traditional religious rituals.

In the afternoon, you will drive to the medieval city of **Bhaktapur**, the "City of Devotees." You will wander through **Bhaktapur Durbar Square**, famous for its 55-Window Palace and the exquisite Golden Gate. To conclude your day, visit the ancient **Changu Narayan Temple**. Perched on a high ridge, this temple is considered the oldest in Nepal and is celebrated for its historic stone inscriptions and master-level artistic achievements, making it a vital part of the UNESCO World Heritage List. You will return to Kathmandu for the evening.

Accommodation: Hotel in Kathmandu

Meals: Breakfast, Lunch

Professional Advice:

At Pashupatinath, please be respectful of the open-air cremation ceremonies held along the riverbanks; photography of these solemn rites is considered highly insensitive. While in Bhaktapur, we highly recommend trying the local specialty "Juju Dhau" (The King Curd), a delicious, thick yogurt served in traditional clay pots. Also, Bhaktapur is the best place to purchase authentic handmade pottery and woodcarvings, as the city is famous for its artisanal craft traditions.

Day 4: Kathmandu to Lhasa - Trans-Himalayan Flight

Prepare for one of the most spectacular aerial journeys in the world. This morning, you will take a scenic flight from Kathmandu to **Lhasa**, which takes approximately 2 hours. As you soar over the majestic **Himalayan mountain range**, you will have a bird's-eye view of some of the highest peaks on Earth, including Mt. Everest.

Upon arrival at **Lhasa Gonggar International Airport (LXA)**, you will be warmly welcomed by your Tibetan guide and driver, who will present you with a traditional white Hada (silk scarf) as a gesture of auspiciousness. You will then be transferred to your hotel in the holy city of Lhasa. The remainder of the day is strictly for rest and acclimatization to the high altitude (3,650m).

Accommodation: Hotel in Lhasa

Meals: /

Professional Advice:

The flight from Kathmandu to Lhasa offers the best views of Mt. Everest from the left side of the aircraft (Seat A)—try to request this during check-in. Upon arrival in Lhasa, it is crucial to avoid any strenuous physical activity, including running or long walks, even if you feel fine. Drink plenty of water (around 2-3 liters) and avoid alcohol or hot showers on your first night to help your body adapt to the thinner air. A slow transition today ensures a much more comfortable experience for the rest of your Tibet journey.

Day 5: Landmarks of Lhasa - Potala Palace & Jokhang Temple

Your exploration of the "Roof of the World" begins at the magnificent **Potala Palace**, an architectural marvel and the symbolic heart of Tibet. Originally built in the 7th century, this winter palace of the Dalai Lamas houses an incredible collection of gilded burial stupas and the sacred meditation cave of King Songtsen Gampo. Walking through its grand halls, you will witness the pinnacle of Tibetan art, history, and religious devotion.

After a local lunch, you will head to the **Jokhang Temple**, the most sacred destination in Tibetan Buddhism. Located in the center of old Lhasa, it attracts thousands of adventurers daily. Inside, you will find the life-sized statue of **Joro Sakyamuni** (Buddha at age twelve), the most venerated object in the Tibetan Buddhist world.

To conclude your day, wander through the vibrant **Barkhor Street** surrounding the temple. This ancient circular street serves as both a spiritual path and a bustling marketplace. You can walk clockwise alongside local adventurers turning prayer wheels or shop for authentic Tibetan handicrafts and souvenirs.

Accommodation: Hotel in Lhasa

Meals: Breakfast, Lunch

Professional Advice:

Visiting the Potala Palace involves climbing many steep stairs at high altitude; we recommend taking frequent breaks and moving slowly to maintain your oxygen levels. Please note that photography is strictly prohibited inside the chapel rooms of both the Potala Palace and Jokhang Temple. In Barkhor Street, always remember to walk in a clockwise direction to respect local religious traditions. This is an excellent place to purchase hand-painted thangkas and Tibetan incense, but don't hesitate to engage in friendly bargaining with the local vendors.

Day 6: Authentic Tibetan Life & The Monks' Debate

Today begins with a scenic drive to **Dadong Village**, widely celebrated as the most beautiful and well-preserved traditional village in the Lhasa area. Nestled just 25 kilometers from the city center, this hidden gem offers a peaceful escape into the Tibetan countryside. You will first visit the ancient **Nyimatang Monastery**, followed by a leisure walk through the village to visit a **local Tibetan family**. This intimate experience allows you to witness the authentic daily rhythms of rural life and enjoy a traditional home-cooked Tibetan lunch.

In the afternoon, you will return to the edge of the city to visit **Sera Monastery**, one of the "Great Three" Gelug university monasteries of Tibet. Founded in 1419, it remains a vital center for Buddhist scholarship. The highlight of your visit will be witnessing the **famous Monk Debates** held in the monastery's courtyard. Watching the monks use dramatic hand gestures and spirited verbal exchanges to discuss Buddhist philosophy is a captivating spectacle that offers a rare window into monastic education.

Accommodation: Hotel in Lhasa

Meals: Breakfast, Lunch

Professional Advice:

The monk debates at Sera Monastery typically take place between 3:00 PM and 5:00 PM (except on Sundays). While visitors are welcome to watch and take photos, please remain quiet and avoid using flash photography to ensure the monks are not disturbed during their studies. At Dadong Village, if you wish to bring a small gift for the local family you visit, items like packaged tea, fruit, or stationery for children are highly appreciated gestures of gratitude.

Day 7: Lhasa Departure & Final Farewells

After your final breakfast in the holy city, take a moment to soak in the mountain air and the spiritual atmosphere of the "Roof of the World." At the scheduled time, your private guide and driver will meet you at your hotel to provide a comfortable transfer to **Lhasa Gonggar International Airport** or the **Lhasa Railway Station**.

Your guide will assist you with the check-in procedures and help you navigate the departure gate, ensuring a smooth transition for your onward journey. As you leave the Himalayas behind, you carry with you the profound memories of the ancient traditions and majestic landscapes of both Nepal and Tibet. Tashi Delek!

Accommodation: /

Meals: Breakfast

Professional Advice: *Lhasa Gonggar Airport is located about 60 kilometers (roughly a 1-hour drive) from the city center, so ensure you have all your travel documents, especially your Tibet Travel Permit, easily accessible for the final checkpoints. If you are departing by the Qinghai-Tibet Railway, we recommend stocking up on snacks and fruit in Lhasa, as the dining options on the train can be limited. Double-check your bags for any restricted items, such as lighters or large power banks, which are strictly prohibited on both flights and trains in China.*

Booking Policy

Cancellation Policy

Cancellation by Customer

- Cancellation received before 60 days: FREE of charge
- Cancellation received from 30 days to 59 days prior arrival date: 20% of total rate
- Cancellation received from 15 days to 29 days prior arrival date: 40% of total rate
- Cancellation received from 7 days to 14 days prior arrival date: 70% of total rate
- Cancellation received less than 7 days prior arrival date or No show: 100% of total rate

Children Policy

The rate for children applicable for one child sharing a twin or double cabin with two adults.

- For infant (<04 years old): Free of Charge
- 04 - 11 years old without bed: 50% adult rate
- 04 - 11 years old with extra bed: 75% adult rate
- Above 11 years old with extra bed: 100% adult rate

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