13 Days Tibet Nepal and Bhutan Tour

Trip overview

A 13-Day Tibet, Nepal, and Bhutan Tour is a classic Himalayan expedition designed to cover the core highlights of all three regions in a balanced itinerary.

Your journey begins in Lhasa, Tibet - a sacred highland city steeped in the culture and history of Tibetan Buddhism. Here, you will visit the majestic Potala Palace and the hallowed Jokhang Temple, and wander through the bustling Barkhor Street to experience the daily lives and devout faith of the local people. From there, you will travel toward the world's highest peak - Mount Everest. Along the way, you will take in the magnificent scenery of the Himalayas.

Next, you will head to Kathmandu, Nepal, to explore ancient temples, sacred stupas, discovering the diverse cultural charm found at the foothills of the Himalayas. Finally, you will arrive in Paro, Bhutan, where you will visit the renowned Tiger's Nest Monastery (Paro Taktsang), admire the tranquil valleys and traditional architecture.

- **Durations:** 13 Days
- **Destinations:** Tibet-Bhutan
- **Tour inquiry:** https://asiachinatour.com/13-days-tibet-nepal-bhutan-tour/

Itinerary

Day 1: Arrive in Lhasa

Welcome to the Holy City! Upon landing at Lhasa Gonggar International Airport (LXA), you will be greeted by your Tibetan guide with a traditional white Hada (a silk scarf symbolizing purity and welcome). Your private driver will then transfer you through the high-plateau landscape to your hotel in the heart of Lhasa (3,650m).

Essential Acclimatization: The rest of the day is dedicated to rest. Adapting to the high altitude is crucial for an enjoyable trip. We recommend taking it very easy: stay hydrated, avoid strenuous activity, and allow your body to adjust to the thin, pure air of the plateau. Your guide will provide a briefing on altitude safety to ensure your comfort for the days ahead.

Day 2: Lhasa City Tour - Drepung Monastery & Sera Monastery

Begin your day at **Drepung Monastery**, once one of the largest monasteries in the Tibetan world. Explore its whitewashed buildings, grand assembly halls, and sacred chapels while learning about its important role in Tibetan Buddhism and monastic education.

In the afternoon, we head to the northern outskirts of Lhasa to visit **Sera Monastery**, one of the "Great Three" Gelugpa university monasteries of Tibet. Founded in 1419, Sera remains an important center for Buddhist learning. The highlight of our visit is the famous Monk Debates, held in the monastery's courtyard between 3:00 PM and 5:00 PM. Watch as the monks use dramatic hand claps and gestures to punctuate their philosophical arguments. This centuries-old tradition is not just a performance but a rigorous oral examination that is fascinating to witness, even if you don't understand the language.

Day 3: Lhasa City Tour - Potala Palace, Jokhang Temple & Barkhor Street

Today, you will stand in awe of the architectural wonders and the profound spiritual pulse of Lhasa, the "Place of the Gods."

Potala Palace - A Landmark on the Roof of the World. Your exploration begins at the legendary Potala Palace, a UNESCO World Heritage site and the iconic symbol of Tibetan Buddhism. Rising dramatically above the Red Hill, this "Golden Feather" has served as the winter palace of the Dalai Lamas since the 7th Century. Wander through its labyrinthine halls to witness the gilded burial stupas of former Dalai Lamas and the sacred Meditation Cave of King Songtsen Gampo, the 33rd great king of Tibet. The panoramic view of the Lhasa valley from the palace roof is truly unparalleled.

Jokhang Temple - The Center of the Tibetan Universe. After a local lunch, we head to the Jokhang Temple, the most sacred destination for Tibetan adventurers. Inside this 1,300-year-old sanctuary, you will encounter the Jowo Shakyamuni statue, a life-sized image of the Buddha at age twelve. This is the most venerated object in the Tibetan Buddhist world, believed to have been blessed by the Buddha himself. The scent of juniper incense and the soft glow of butter lamps create an atmosphere of timeless devotion.

Barkhor Street - The adventurers' devotional walking route. You can join the local adventurers as they perform their sacred circuit around the temple. This bustling marketplace is the perfect place to observe traditional Tibetan life, watch the faithful as they prostrate in prayer, or find authentic handicrafts and Thangkas.

Day 4: Lhasa to Shigatse - Yamdrok Lake, Karola Glacier, Pelkhor Chode Monastery

Depart from Lhasa and journey toward Shigatse via Gyantse, enjoying the spectacular landscapes of the Tibetan Plateau along the way.

Your first major stop is **Yamdrok Lake**, one of Tibet's three sacred lakes. Stop at a panoramic viewpoint to admire its winding shoreline and capture spectacular photographs of this sacred natural wonder.

Continue your journey toward **Karola Glacier**, an extraordinary wall of ice descending from the slopes of Mount Nojin Kangsang. Visible from the roadside, the glacier creates a striking contrast against the surrounding dark mountains and open valleys. Take time to appreciate its rugged ice formations and the dramatic high-altitude scenery. As one of the most accessible glaciers in Tibet,

Karola offers a memorable glimpse of the region's magnificent glacial landscapes.

Arrive in Gyantse and visit **Pelkhor Chode Monastery**, an important religious complex known for its distinctive combination of Tibetan Buddhist traditions. The monastery is especially famous for the Gyantse Kumbum, a remarkable multi-tiered stupa featuring numerous chapels decorated with Buddhist murals and statues.

Day 5: Shigatse to EBC - Gyatso La Pass, Gyawu La Pass, Mt. Everest Sunset

Depart from Shigatse and travel toward Everest Base Camp, crossing the spectacular **Gyatso La Pass**, where vast mountain landscapes unfold before your eyes. Continue to **Gawula Pass**, one of the best viewpoints for admiring the majestic Himalayan range, with panoramic views of several towering peaks, including Mount Everest on clear days.

Arrive at **Mount Everest Base Camp** in the afternoon and take in the awe-inspiring sight. Watch sunset and the snow-covered summit glow in golden light, creating an unforgettable Himalayan sunset. Enjoy the peaceful atmosphere of the Everest region before settling in for an overnight stay near EBC.

Day 6: EBC to Nyalam - Mt. Everest Sunrise, Rongbuk Monastery, Lalongla Pass

Wake up early to witness the spectacular **sunrise over Mount Everest**, when the first rays of sunlight illuminate its snow-covered summit in golden hues. Before leaving the EBC, visit **Rongbuk Monastery**, the world's highest monastery.

Then, continue your journey toward Nyalam, crossing **Lalong La Pass**. As you descend from the plateau toward the Nepal border, observe the changing scenery and experience another memorable day of your Himalayan adventure.

Day 7: Nyalam to Kathmandu - Zhangmu Border

Depart from Nyalam and travel toward the Zhangmu border, after completing the border formalities, cross into Nepal and continue your journey to Kathmandu, the country's vibrant capital.

Upon arrival, transfer to your hotel and enjoy some free time to relax or explore the lively streets, colorful markets, and local cuisine at your own pace.

Day 8: Kathmandu & Patan Discovery - Kathmandu Durbar Square, Patan Durbar Square, Swayambhunath Stupa

After a delicious breakfast, embark on a full-day immersive journey through the heart of the Kathmandu Valley, an area where ancient history and daily life are inextricably linked.

Our day begins with a sensory explosion at the **Ason Tole Vegetable and Spice Market**. This bustling local hub is the perfect place to observe the authentic rhythm of Nepali life as locals trade exotic spices, vibrant textiles, and fresh produce. Next, we step into the legendary **Kathmandu**

Durbar Square, a UNESCO World Heritage Site. You will visit the **Kumari Ghar**, the palatial home of the Living Goddess, and marvel at the intricate woodcarvings of the **Taleju Temple** and the formidable Kal Bhairav statue. Standing in this square feels like stepping back into the era of the Malla Kings.

A short drive takes us to Patan, also known as Lalitpur (The City of Beauty). At **Patan Durbar Square**, you'll discover some of the finest Newari architecture in the world, including the stunning Krishna Temple.

We conclude the afternoon at the iconic **Swayambhunath Stupa** (The Monkey Temple). Perched atop a hill, this ancient and enigmatic shrine offers a panoramic 360-degree view of the Kathmandu Valley. Watching the sunset while the prayer flags flutter in the breeze is a spiritual highlight of any trip to Nepal.

Day 9: Spiritual Kathmandu & Bhaktapur - Boudhanath Stupa, Pashupatinath Temple, Bhaktapur Durbar Square

Today, we delve into the deep spiritual roots of Nepal, visiting the holiest sites of Buddhism and Hinduism before stepping into a perfectly preserved medieval city.

Our journey starts at the massive **Boudhanath Stupa**, one of the largest spherical stupas in the world and the center of Tibetan Buddhism in Nepal. Walk clockwise with the adventurers, listening to the rhythmic chants and observing the watchful "Eyes of Buddha" painted on the golden spire. Next, we visit **Pashupatinath Temple**, Nepal's most sacred Hindu shrine dedicated to Lord Shiva. Located on the banks of the holy Bagmati River, this sprawling complex is a place of profound spirituality where you can observe ancient rituals and the deep devotion of the Sadhus (holy men).

We drive to Bhaktapur, the "City of Devotees." This UNESCO World Heritage site feels like an open-air museum, free from motorized traffic and rich with red-brick architecture. At **Bhaktapur Durbar Square**, you'll marvel at the 55-Window Palace and the Golden Gate, showcasing the pinnacle of Newari craftsmanship. Before returning to Kathmandu, we visit the hilltop Changu Narayan Temple. As the oldest Hindu temple in the valley, its exquisite stone, wood, and metal carvings are considered among the finest artistic achievements in Nepalese history.

Day 10: Fly into the Kingdom of Bhutan - From Kathmandu to Thimphu

Prepare for a life-changing entry into the last Himalayan Kingdom. The flight from Kathmandu to Paro is legendary, offering some of the world's most intimate views of Mount Everest, Kanchenjunga, and Bhutan's sacred Jomolhari.

Arrival in the Land of the Thunder Dragon: As your aircraft maneuvers through the emerald valleys for a thrilling landing at Paro International Airport (PBH), you'll immediately feel the crisp, pristine air of Bhutan. Your private Bhutanese guide will welcome you in traditional Gho/Kira attire and drive you through winding river valleys to the capital city, Thimphu (2,330m).

Exploring Thimphu's Landmarks: After a 1.5-hour scenic drive and a short rest at your hotel, we dive into the cultural heart of the capital.

National Memorial Chorten: A landmark of Thimphu, where you will join locals as they circumambulate the stupa, spinning prayer wheels in a peaceful daily ritual.

Motithang Takin Preserve: Meet the Takin, Bhutan's national animal, a unique creature that looks like a blend of a cow and a goat, linked to local mythology.

Zilukha Nunnery: Visit the peaceful residence of the nuns and enjoy a panoramic view of the Thimphu Valley.

Tashichho Dzong (Thimphu Dzong): Conclude the day at this magnificent fortress-monastery, which serves as the seat of the government and the summer residence of the Chief Abbot. Its grand architecture, without a single nail, is a marvel of Bhutanese craftsmanship.

Day 11: Bhutanese Heritage & Fortresses: Thimphu - Punakha - Paro

After enjoying a well-deserved breakfast, we will head to Punakha to explore more treasures:

Punakha Dzong: Located at the confluence of the Pho Chhu and Mo Chhu rivers, this is one of Bhutan's oldest and largest dzongs, carrying centuries of cultural and religious significance.

After visiting Punakha, your journey will continue to Paro.

Ta Dzong (National Museum): Originally a strategic watchtower, this circular building now serves as Bhutan's National Museum. It houses an impressive collection of ancient Thangkas, festival masks, and religious relics, providing a deep dive into Bhutanese history.

Paro Rinpung Dzong: We conclude with a visit to the "Fortress on a Heap of Jewels." This is one of the finest examples of Bhutanese architecture and famously served as a filming location for the movie Little Buddha.

Day 12: Bhutan's Spiritual Icon - The Legend of Tiger's Nest

Today, prepare for the crowning jewel of your Himalayan journey. We will embark on a tour to Paro Taktsang, famously known as the **Tiger's Nest Monastery**.

Perched precariously on a cliff 900 meters above the Paro Valley, the Tiger's Nest is a marvel of faith and architecture. The walk is a rewarding 3- to 5-hour round trip through fragrant pine forests draped with Spanish moss and fluttering prayer flags.

After about 1.5 hours of steady climbing, we reach the iconic viewpoint cafeteria. Here, you'll capture that world-famous photograph of the monastery clinging to the rock face.

We continue for another 1.5 hours to reach the monastery itself. Legend has it that Guru Rinpoche flew here on the back of a tigress to meditate in a cave. You will visit the sacred shrines and feel the profound energy that has drawn adventurers for centuries.

Following the mountain trek, **Kyichu Lhakhang** offers a serene and deeply grounding counterpoint to the heights of Tiger's Nest. As one of Bhutan's oldest and most sacred royal temples, it provides an intimate look into the earliest roots of Buddhism.

Enjoy a farewell dinner in Paro. You may choose to experience a traditional Bhutanese Hot Stone Bath (optional) to soothe your muscles after the day's walk.

Day 13: Farewell from the Land of Happiness - Journey Homeward

On your final morning in the Kingdom of Bhutan, enjoy a peaceful breakfast surrounded by the misty mountains of Paro. Take a moment to reflect on the incredible transformation of the past ten days - from the spiritual heights of Tibet and the ancient shrines of Kathmandu to the pristine beauty of Bhutan.

Depending on your flight schedule, your private Bhutanese guide and driver will meet you at your hotel for a final farewell. We will provide a comfortable transfer to Paro International Airport (PBH), ensuring you arrive in plenty of time for your onward flight.

As your plane takes off, you'll have one last chance to gaze down at the emerald valleys and snow-capped peaks that have been your home. You leave with more than just photographs; you carry the blessings of the Himalayas and the timeless wisdom of the cultures you've encountered.

Whether you are flying back to Kathmandu for your connecting flight home or heading to Bangkok, Delhi, or Singapore, our team remains at your service until you reach your final destination.

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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