

Nepal and Tibet Tour

URL: <https://himalaya-discovery.com/trip/nepal-and-tibet-tour/>

Destination Nepal	Activity Nepal Tour	Start / End Point Nepal / Tibet
Duration 23	Max. Altitude 5,200m	Best Season February, March, April, May, June, September, October, November
Activity Per Day 4 to 5 hours	Group Size 2 - 12	Demanding

Trip Highlights

- The perfect first Himalayan trek through classic high mountain scenery.
- The natural beauty of the ancient rhododendron forests and the natural hot springs.
- Admire the extraordinary landscapes of the Himalaya, from towering peaks and hanging glaciers to the lush foothills of Nepal.
- Venture into the legendary Potala Palace in Lhasa and visit Tibet's holiest and most historic monasteries.
- Discover many layers of symbolism and belief at ancient Buddhath, the largest Buddhist stupa in Nepal.

Trip Overview

This exciting twenty-three days of **Nepal and Tibet Tour** holiday package offered by Himalaya Discovery will allow you to give the understanding of Nepal and Tibet and their respective elements.

This trip will surely take you closer to nature that enchants the glimpse of Nepal and Tibet. It will provide in-depth excitement and knowledge about its history, cultural and natural diversity.

Hiking in the Himalayas, [jungle safari](#) and exciting excursions in the inner parts of Nepal, as well as a breathtaking panorama of Himalayan ranges, the Tibetan plateau, monasteries, temples and an excursion

to Potala Palace in Tibet, are another charm of this holiday trip.

The hospitality and the warmth of the people will add to the fun and make it a great memorable journey of a lifetime. The entire tour for Nepal and Tibet takes 23 days and covers the most famous cities and must [see places in Tibet](#) and Nepal.

Nepal and Tibet Tour Required Documents

Before you leave home, you need to get your [Tibet](#) permit and visa, so you need a good tour operator like Himalaya Discovery. Once you have booked your Tibet trip, we will use scanned copies of your passport to submit requests for your Tibet travel permit on your behalf.

Once the permit has been processed, we will bring it to your Kathmandu hotel, ready to apply for your Chinese group visa with the Nepali Capital Embassy, which is requested from Nepal for those entering Tibet and cannot be obtained in person.

Your other permits—the Alien's Travel Permit for traveling outside Lhasa and the Frontier Pass allowing you to cross the border and reach Mount Everest—will be requested in advance and brought to you in Nepal before you travel to Tibet.

The process is much easier for [Nepal](#). Since there is no need for a pre-booked trip, you can apply for a Nepal Entry Visa upon arrival in Kathmandu airport and travelers returning from Tibet to Nepal at the Rasuwa Fort border crossing point on the Resuwa Bridge's Nepal side.

Visa processing on arrival usually takes less than an hour, requiring only your passport, one picture, and a fee of around USD 30.

Itinerary

Day 01: Fly to Nepal.

Day 02: Arrival in Kathmandu.

Upon your arrival in the Kathmandu airport, you will be greeted with garlands. After completing your custom formalities, (Visa, etc.) you will be then transferred to the hotel in Kathmandu by a private tourist vehicle. Overnight at a hotel in Kathmandu.

Highest Altitude:

1400m

Day 03: Pre-trip Meeting and Sightseeing around Kathmandu valley.

In the morning, after breakfast, at around 8 am, we host a pre-trip meeting at your hotel and introduce

you to your tour guide. Himalaya Discovery Adventures will brief us regarding our trek, trip preparation and will provide us an opportunity to ask questions regarding our upcoming adventure.

After the Pre-Trip meeting and breakfast, your sightseeing trip in Kathmandu Valley will start at 9.45 am in the morning. We provide a private vehicle and a professional tour guide. We visit Boudhnath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist monks in prayer in the monasteries surrounding the stupa. After Boudhnath Stupa we visit Bhaktapur Durbar Square, which is a collection of pagoda and shikhara - style temples grouped around a fifty-five-window palace of brick and wood. The attraction of the Bhaktapur Durbar Square are the Lion gate, the Golden gate, the Palace of fifty five windows, art galleries and the Statue of King Bhupatindra Malla.

The rest of our time in Kathmandu is free for further discovery and some last-minute shopping in Thamel area nearby your hotel. Overnight at the hotel.

Day 04: Drive from Kathmandu to Chitwan National Park by tourist vehicle.

We will drive to Chitwan National park on a private tourist vehicle from Kathmandu. During your drive you will come across picturesque hills and rivers. The drive takes around six hours from Kathmandu. On reaching resort, you would be briefed by our guest relations officer.

After the lunch you would be going for Elephant Safari / Jungle Walk / Nature Walk with boat ride. Meanwhile the dinner would be ready by the time you return to the resort. Overnight at the Resort.

Day 05: Activities inside the Chitwan National Park.

After morning tea/ coffee we will move ahead for morning tour which will provide you one of the best times to see the wildlife at its best with Elephant Safari/ Jungle Walk. Then after the breakfast we would go for a walk through the grassland and forest upstream of Narayani River.

We will take local boats to watch crocodiles along the banks while floating back to a camp and then we will have lunch. Late afternoon you would be guided for Elephant safari / Jungle walk/ Visit observation Tower / Nature walk with boat ride and finally back to the resort for dinner.

Day 06: Early morning activities and Departure to Pokhara by Tourist vehicle.

Today is the last day of the Jungle trip so after morning tea we would be going for bird watching as Chitwan is very famous also for the different species of the birds, which is the attracting fact for the visitor. After that we would go back to the resort, have breakfast and get ready for heading towards Pokhara by tourist vehicle.

Pokhara is a beautiful valley town, with panoramic views of Annurpurna, Machapuchare, Dhaulagiri in the West, Lamjung Himal and Manaslu in the East. The town of Pokhara is considerably less hectic than Kathmandu and is the starting point of your trek. Discover beautiful Phewa Lake, known for its tranquility and perfect picture postcards. Overnight at a hotel in Pokhara.

Trek Duration

6 hrs

Day 07: Drive to Nayapul and trek to Tikhedhunga.

We begin our trek at Nayapul after driving by private vehicle from Pokhara. After 15 minutes short walk along the bank of the Modi Khola, we reach Birethanti (1015meters), a large village that has many shops and teahouses. From there, the trail continues through the village.

The trail follows the North bank of the Bhurungdi Khola. From there, the trail climbs steadily up the side of the valley to Hille at 1495meters and after the short climb, we reach Tikhedhunga at 1570meters. Today's walk offers a short and relatively easy day, which allows us to become used to the experience of trekking in Nepal. Overnight at a guesthouse.

Trek Duration

3.30 hrs

Highest Altitude:

1575m

Day 08: Trek to Ghorepani.

Leaving Tikhedhunga, we begin our journey with a steep climb to Ulleri. Ulleri is a large Magar village at 2070meters. The trail then continues to ascend more gently, through fine forests of oak and rhododendrons towards Banthanti at 2250meters.

Then we trek towards Nangethanti at 2460meters. After an hour of walking this brings you to Ghorepani at 2840meters. Overnight at a guesthouse.

Trek Duration

5 hrs

Highest Altitude:

2850m

Day 09: Hike up to Poon Hill and trek to Tadapani.

Today, very early in the morning, we start an hour hiking to Poon Hill at elevation of 3210meters, a brilliant spectacle; this vantage point provides an unobstructed view of sunrise over the high Himalayas. There we spend about 1 hour, afterwards we return to Ghorepani to take a hot breakfast at the hotel. Then we trek to Tadapani (2620meters).

Along the trail towards Tadapani, we climb along ridges and through pine and rhododendron forests to Deurali (2960meters). After that we descend to the Banthanti, we then turn off to Tadapani. Overnight at a guesthouse.

Trek Duration

5 hrs

Highest Altitude:

2620m

Day 10: Trek to Hot spring, Jhinu danda.

After having breakfast we are going downhill to the hot spring “Jhinu danda” to relax in this pool of natural hot spring. On the way we will encounter local people, walking through tiny villages, small rivers, rice and potatoe fields and landslide before reaching the hot spring. Overnight at a guesthouse.

Trek Duration

4.30 hrs

Highest Altitude:

1750m

Day 11: Trek to Pothana / Dhampus.

Today, The first part of the day is a descent and then flatland until you reach Himal-Pani, where there is a beautiful waterfall. Beyond Himal Pani the trail rises gently across many streams and terraces.

Soon, you will be at Landruk village 1,545 meters, fairly big village inhabited by an ethnic mix of Gurung, Magar and Brahmin people. Gently ascending we come to Tolka 1,700 meter and continue on to Bherikharka.

Now, a brief up-trek to Deurali 2,100 meters to view the famous panorama. We will now descend to Pothana (ethnic Gurung population) through oak forests. Pothana is a charming small ‘town’. Overnight at a guesthouse.

Trek Duration

6 hrs

Highest Altitude:

1890m

Day 12: Trek to Phedi and drive to Pokhara.

Trek from Pothana / Dhampus to Phedi (3 hours.). The trail gently descends to Dhampus then steeply descends to Phedi. Now your private transportation will drive from Phedi to Pokhara (apx. 30mins.). Overnight at a hotel in Pokhara.

Trek Duration

3 hrs 30 mins

Day 13: Rest and Relax day in Pokhara.

Accommodation: Bed and Breakfast

Day 14: Drive back to Kathmandu.

We depart at approximately 7.30am for Kathmandu by tourist bus. We arrive back in Kathmandu at

around 2-3.00pm. The rest of the time is your own.

Accommodation: Bed and Breakfast

Highest Altitude:

1400m

Day 15: Free and preparation day for tibet.

Overnight at a hotel in Kathmandu.

Accommodations:

Bed and Breakfast

Day 16: Arrival in Lhasa.

Early morning transfer to the international airport for the one hour-long flight to Lhasa. This stunning flight, on a China Southwest Airlines Boeing 757, takes us right across the main Himalayan range and provides us with magnificent mountain views.

After landing at Gonggar Airport and meeting our Tibetan guide, it is a further 2-hour drive by Land cruiser to Lhasa. It's advisable to rest and take it easy for the remainder of the day due to Lhasa's altitude. Overnight at a hotel in Lhasa.

Highest Altitude:

3660m

Day 17: Sightseeing in Lhasa: Potala Palace, Norbulingka Palace and Tibet Museum.

We begin sightseeing in Lhasa after breakfast. Today is the day we visit the beautiful Potala and Norbulingka Palaces. Built in the 17th century, Potala Palace provides amazing views of the entire city and houses the private quarters of the Dalai Lama, numerous grand state rooms and chapels.

Norbulingka Palace is the summer palace of the Dalai Lama and houses what is considered to be the largest man-made garden in Tibet. Next, we visit the Tibet Museum, the official museum of Tibet, which has a permanent collection of around 1000 artifacts related to the cultural history of Tibet. Overnight at a hotel in Lhasa.

Trek Duration

5 - 6 hrs

Day 18: Sightseeing in Lhasa: Sera Monastery, Drepung Monastery, Jokhang Temple and Barkhor Bazaar.

After breakfast we visit Drepung Monastery, Sera Monastery, Jokhang Temple and Barkhor Bazaar. Drepung Monastery, which was built in the 14th century, is believed to have sheltered around 10,000 monks in the past but as of now there has been quite a declination resulting in only a few hundred.

The history, culture, and religious beliefs of the Tibetan people are strongly concentrated and centered in this marvelous monastery. Sera Monastery is a preserved monastery of white-washed walls and golden roofs. Jokhang Temple is another important sacred site which unravels more deep-seated mysteries of Tibetan Buddhism.

We further stroll through Barkhor Bazaar (market). With its open air stalls, shops and crowd of pilgrims, it is the nerve centre of Lhasa. Overnight at a hotel in Lhasa.

Trek Duration

5 - 6 hrs

Day 19: Lhasa to Shigatse.

After breakfast, we embark on a pleasant drive to Shigatse, the second biggest city in Tibet via Gyantse. We drive past Khamba La (4,794m) pass and savor the enthralling views of Yomdrok-Tso (Turquoise Lake), one of the Holy Lakes in Tibet and Mt. Nazin Kang Sa (7,252m).

Further to the west, we come across another pass, Karo La (5,045m) and take in amazing views of the majestic glaciers. Upon reaching Gyantse, we visit the Khumbum Stupa, Phalkot Monastery and Gyantse Dzong (Fortress), which is one of the best preserved dzongs in Tibet.

From Gyantse, we continue to Shigatse enjoying a captivating mountain landscape along the way. Overnight at a hotel in Shigatse.

Trek Distance:

367km

Trek Duration

6 - 8 hrs

Highest Altitude:

3900m

Day 20: Shigatse to Shegar / Nyalam.

After breakfast, we visit the most popular landmark of Shigatse, the Tashilhunpo Monastery, which holds both historical and cultural importance for being founded by Gendun Drup, the First Dalai Lama in 1447.

On the way, we cross the Lalung La (5,124m) and Shung La (5,200m) passes which offer enchanting views of the Himalayas-Shishapangma, Cho Oyu, Menlungtse and Gauri Shanker. We reach Shegar, a small town around evening and spend the night at a guesthouse.

Trek Distance:

260 km

Trek Duration

5 hrs

Highest Altitude:

4190m

Day 21: Nyalam to Kathmandu.

Early in the morning we leave Shegar for Kathmandu. We then descend gradually from the dry Tibetan Plateau to the fertile vegetation of Zhangmu.

A few kilometers drive from Zhangmu to the Friendship Bridge over the Bhote Koshi River brings us to immigration control in Kodari where we are expected to complete some custom formalities.

After around 4 hours of driving through deep valleys, we reach Kathmandu. Overnight at a hotel in Kathmandu.

Trek Distance:

365 km

Trek Duration

6 – 7 hrs

Highest Altitude:

1400m

Day 22: Free and shopping day in Kathmandu.

In the evening we will have a farewell dinner in a traditional Nepalese restaurant with cultural performances. Overnight at a hotel in Kathmandu.

Day 23: Fly to home.

The trip concludes. We will drop you at the international airport in Kathmandu for your flight departure from Nepal with great memories.

Price Includes

- Pick up from and drop off at the hotel and the airport in a private tourist vehicle.
- Twin sharing accommodation in a three-star hotel in Kathmandu (Nepal only 4 nights / with Tibet 6 nights) (B&B).
- Twin sharing accommodation in Pokhara 3 nights (B&B).
- Twin sharing accommodation in two-star hotel in Lhasa 3 nights (B&B).
- Kathmandu – Lhasa – Kathmandu airfare and airport departure tax.
- Two nights three days wildlife activities inside Chitwan national park.
- All meals (breakfast, lunch and dinner) and drinks such as tea, coffee and water in Chitwan.
- All your Meals during the trek (Breakfasts, Lunches and Dinners).
- Standard lodges, guesthouses accommodation during the trek.
- The required number of local staff and porters to carry your luggage during the trek (We assign one porter for every two guests).
- All group transportation by private tourist vehicle.
- All guided city tours in Nepal and Tibet as mentioned on day by day itinerary.

- Driver and all support staff.
- Food, accommodation, salary, insurance, equipment and medicine for our field staff.
- Entry permits and fees for all temples, parks, monasteries, and cultural and historical sites.
- Tibet visa fees and traveling permits.
- Farewell dinner in typical Nepali Restaurant with cultural dance show on second last day.
- All government taxes, vat and Tourist service charges.

Price Excludes

- International airfare and travel insurance.
- Nepal entry visa - you can obtain a visa easily upon your arrival at the Tribhuwan International Airport in Kathmandu.
- Tips for trekking staff and driver (tipping is expected).
- Others expenses not mentioned in the 'Price Includes' section.

Address

Bijeshwori Swayambhu
Kathmandu, Nepal