10 Days Nepal Tibet and Bhutan Tour

Trip overview

Few journeys on Earth offer the spiritual depth and visual grandeur of a cross-border Himalayan expedition. This 10-day curated tour connects the three last Shangri-Las: the mystical valleys of **Nepal**, the sacred high plateau of **Tibet**, and the serene "Land of the Thunder Dragon," **Bhutan**.

Starting in the vibrant cultural hub of **Kathmandu**, you will fly across the highest peaks in the world to reach **Lhasa**, the spiritual heart of Tibetan Buddhism. Finally, you will descend into the pristine forests of **Paro and Thimphu**, where happiness is the national currency. This is more than a tour; it's a tour through the world's most profound landscapes and ancient traditions.

- **Durations:** 10 Days
- **Destinations:** Kathmandu - Lhasa - Thimphu - Paro
- **Tour inquiry:** https://www.asiachinatour.com/10-days-nepal-tibet-bhutan-tour/

Itinerary

Day 1: Arrival in Kathmandu – The Gateway to the Himalayas

Welcome to the vibrant heart of Nepal! Upon your arrival at **Kathmandu Tribhuvan International Airport (KTM)**, you will be warmly greeted by our local representative at the arrivals hall with a personalized welcome board.

- **Seamless Arrival:** Forget the chaos of airport logistics; enjoy a smooth, private transfer in a comfortable, air-conditioned vehicle as we whisk you through the colorful streets of Kathmandu to your hotel.
- **The Spirit of Nepal:** After checking in, the rest of the day is yours to unwind from your journey. You might choose to rest at the hotel or take a gentle stroll to explore the nearby areas. Whether it's the bustling markets of **Thamel**, the golden spires of ancient shrines, or

the aroma of spiced chai from a street-side stall, your Himalayan adventure begins with the captivating sights and sounds of this historic city.

- **Preparation for the Journey:** Use this afternoon to acclimate to the local pace. If you need any last-minute gear for your upcoming travels to Tibet or Bhutan, Kathmandu is the perfect place to find high-quality walking and travel supplies.

Accommodation: Selected Hotel in Kathmandu

Meals: On your own arrangement (Our guide will be happy to recommend local culinary gems)

Day 2: Kathmandu & Patan Discovery – Ancient Kingdoms & Sacred Shrines

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.

- **Morning: The Pulse of Old Kathmandu** 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.

- **Afternoon: The City of Fine Arts & The Monkey Temple** 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.

- **Evening:** Return to your hotel in Kathmandu to relax and prepare for your upcoming journey to the "Roof of the World."

Accommodation: Hotel in Kathmandu

Meals: Breakfast & Lunch

Day 3: Spiritual Kathmandu & The Medieval Glory of Bhaktapur

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.

- **Morning: A Spiritual Awakening** 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).
- **Afternoon: The Living Museum of Bhaktapur** 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.
- **Evening:** Return to your hotel in Kathmandu for a final evening in the city before your spectacular flight to the "Roof of the World" tomorrow.

Accommodation: Hotel in Kathmandu

Meals: Breakfast & Lunch

Day 4: Flying Over the Himalayas – From Kathmandu to Lhasa

Prepare for one of the most spectacular aerial journeys on Earth. Today, you will leave the lush Kathmandu Valley behind and ascend to the "Roof of the World."

- **A Flight Above the Giants:** The 2-hour flight from **Kathmandu to Lhasa** is legendary. If the weather is clear, you will have a front-row seat to the **Himalayan mountain range**. Look out your window to spot the snow-capped summits of several 8,000-meter peaks, including

the majestic **Mount Everest**, soaring above the clouds.

- **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.

Accommodation: Selected Hotel in Lhasa (Acclimatization-friendly)

Meals: Breakfast at the hotel

Transfer: Private airport transfer

Day 5: Lhasa's Spiritual Heart – The Potala Palace & Jokhang Temple

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

- **Morning: The 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" 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.
- **Afternoon: 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.

- **Late Afternoon: Barkhor Street & The adventurers' devotional walking** Step outside the temple into the vibrant energy of **Barkhor Street**. 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.

Accommodation: Hotel in Lhasa

Meals: Breakfast & Lunch

Day 6: Authentic Tibetan Life & The Famous Debates of Sera

Today offers a unique contrast between the tranquil, rural landscapes of the Lhasa valley and the intellectual energy of one of Tibet's most prestigious monastic universities.

- **Morning: Dadong Village – A Glimpse of Rural Tibet** Leave the city center behind for a short 25km drive to **Dadong Village**, widely celebrated as the most beautiful traditional village in the Lhasa region. Tucked away in a lush valley, Dadong offers a peaceful retreat into authentic Tibetan country life. We begin with a visit to the ancient **Nyimatang Monastery**, a hidden gem known for its serene atmosphere. Afterward, enjoy a **leisurely village walk** that leads us into the home of a local Tibetan family. Here, you'll experience genuine hospitality, learn about their traditional lifestyle, and savor an **authentic Tibetan lunch** prepared with fresh, local ingredients—a true "farm-to-table" Himalayan experience.

- **Afternoon: Sera Monastery & The Art of Philosophical Debate** 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.

Accommodation: Hotel in Lhasa

Meals: Breakfast & Authentic Village Lunch

Day 7: Return Flight Over the Himalayas – From Lhasa to Kathmandu

Bid farewell to the holy city of Lhasa as you begin your descent from the high plateau back to the lush valleys of Nepal. This "return journey" offers a second chance to witness the Earth's most majestic skyline.

- **The Himalayan Aerial Corridor:** After breakfast, your private driver will escort you to **Lhasa Gonggar International Airport (LXA)**. On the 2-hour flight back to Kathmandu, ensure you request a seat on the **right side of the aircraft** for a breathtaking panoramic view of the Himalayan giants, including a final, sweeping look at **Mount Everest**.
- **Back in the Valley:** Upon arrival at Kathmandu Tribhuvan International Airport, your Nepalese guide and driver will be waiting to welcome you back. Enjoy a smooth transfer to your hotel, where the thicker, oxygen-rich air and the vibrant energy of the city provide a relaxing contrast to the high-altitude stillness of Tibet.
- **Evening of Relaxation:** The rest of the afternoon is yours to enjoy at leisure. Revisit your favorite spot in **Thamel**, indulge in a traditional Newari dinner, or simply relax at the hotel and prepare for the final leg of your Himalayan trilogy: the mystical Kingdom of **Bhutan**.

Accommodation: Selected Hotel in Kathmandu

Meals: Breakfast & Lunch (Lunch may be served on board or at a local restaurant depending on flight time)

Day 8: 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.

Accommodation: Selected Boutique Hotel in Thimphu

Meals: Breakfast, Lunch & Dinner (Traditional Bhutanese cuisine)

Day 9: The Legend of Tiger's Nest – Bhutan's Spiritual Icon

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

- **The Sacred walk:** 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.
    - **The Viewpoint:** 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.
    - **The Sanctuary:** We continue 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.
- **Afternoon: Bhutanese Heritage & Fortresses** After descending and enjoying a well-deserved lunch, we explore more of Paro's treasures:

    - **Ta Dzong (National Museum):** Originally a strategic watchtower, this circular building now serves as the **National Museum of Bhutan**. 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*.
- **Evening:** 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.

Accommodation: Selected Hotel in Paro

Meals: Breakfast, Lunch & Dinner

Day 10: 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 ancient shrines of Kathmandu and the spiritual heights of Tibet to the pristine beauty of Bhutan.

- **Seamless Departure:** 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.
- **The Himalayan Legacy:** 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.
- **Onward Journeys:** 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.

Accommodation: None (End of services)

Meals: Breakfast at the hotel

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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