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Nepal, Bhutan and Tibet Tour

URL: <https://naatatravels.com/trip/nepal-bhutan-tibet-tour/>

Duration	Per Person Cost	Group Size
14 Days	USD 4020	2-16
Maximum Elevation	Accommodation	arrival_on
3656 meters	Tourist standard hotels	Paro
Meals	Departure	Trip Route
Full board in Nepal andLhasa Bhutan, Breakfast in Tibet		Nepal, Tibet and Bhutan

Highlight of Nepal Bhutan and Tibet Tour

Hike to Wangditse Gumba and Lungchutse monastery

Hike to Khamsum Yulley Namgyal Chorten

Jungle safari in Chitwan National Park

Sunrise view hitting the Himalayas from Sarangkot

Explore Drayerpa caves

A tour with an amalgamation of three Himalayan countries that showcases the different cultures, lifestyles, and natural beauty

Trip Overview

The Nepal Tibet Bhutan tour combines South Asia's three most beautiful Himalayan countries. We visit the last Shangrila-Bhutan, the roof of the world Tibet, and the land of Mount Everest, Nepal. The tour takes us to Tigers Nest Monastery, Kings Memorial Chhorten, and Panukha Dzong (fortress). This tour package encompasses all the best bits of the Himalayan kingdom of Nepal, Bhutan, and Tibet. These visits to these unique places make it one of the best Nepal Tibet Bhutan tour packages.

In our travel plan, we fly to Tibet. *Tibet boasts unrivaled natural beauty, with unique terrain and snow-capped mountains.* Furthermore, the turquoise lakes are something to write home about. Moreover, there is a plethora of ancient monasteries in Tibet. You can also go on an overland tour and reach Everest Base Camp. We also visited the Grand Potala Palace of Bhutan. Bhutan and Nepal are similar in many ways, such as geography and unrivaled natural beauty, and trekking in Bhutan can look similar in many ways.

The Kingdom of Bhutan is renowned for being carbon neutral; this country has much to offer regarding natural beauty. The Bhutan tour takes us to the capital of Bhutan, Thimpu, and we also visit Paro and the **Bhutan National Museum**. Overall, a trip to Bhutan is a trip to remember. Finally, we will round off the trip after we return to Nepal. We will join you on a cultural tour of Nepal and explore the city of [Kathmandu Valley](#). We will cover all three geographical terrains as we visit Chitwan National Park and numerous temples in Nepal.

How can I ensure a culturally respectful experience while visiting Nepal, Bhutan, and Tibet?

Cover your arms and legs while visiting monasteries in Tibet, and avoid wearing short clothes. Do not touch the children's foreheads while visiting a Tibetan family, and add a "la" after each person's name as a mark of respect. Also, do not step on the threshold of the house's entrance.

One customary thing to do while visiting a Bhutanese family is to take off your shoes before entering their home and use their traditional greeting, "**Kuzuzangpo.**" You must also acknowledge the importance of the monarchy in the nation and not say or do anything degrading the monarchy.

Taking off your shoes while entering people's homes or temples is also customary in Nepal. Do not wear leather items in a temple; make sure you go around a temple clockwise, as it is a way of paying respect. Although you will see younger people wearing revealing clothes, avoiding those kinds of clothing is respectful, especially for women.

Trip Itinerary

Day : Fly to Paro

We begin our flight to Paro and enjoy amazing views of the Himalayas, including the sacred Chomolhari and Jichu Drake peaks. We have lunch and visit Rinpung Dzong. Next, we visit Kichu Lhakhang, the country's oldest temple. We then go to the Drugyal Dzong (Bhutan Victory Fort), built in 1646 to commemorate Bhutan's victory over Tibetan invaders during the 1600s. On a clear day, we can see Mount Chomolhari, Bhutan's second-highest mountain, at 7,314 meters.

Accommodation

Hotel

Meals:

Dinner

Altitude:

2250 meters

Day 1 hour: Paro to Thimpu

After breakfast, we will hike for around 4 -5 hours to Taktsang (Tiger's Nest) Monastery, which is Bhutan's most famous monastery, situated at 3,180 meters. Guru Rinpoche (spiritual master) is said to have flown on the back of a tigress to meditate in a cave where Taktsang Monastery now stands. Lunch will be served in the Cafeteria Restaurant, located about halfway up the mountain. The monastery is perched on the edge of a steep cliff, about 900 meters above Paro Valley. After having explored the monastery, we hike down to the valley floor and leave for Thimphu.

Time:

4-5 hours

Accommodation

Hotel

Meals:

Breakfast

Altitude:

2320 meters

Day : Hike to Wangditse Gompa followed by sightseeing in Thimphu

In the morning, we drive to BBS Tower and then hike for an hour to Wangditse Gompa on the leveled trail with a great view of Tashichho Dzong. We also get a fantastic view of the Samtenling Palace, home to the Fourth King and Dorje Drak meditation retreat on the hillside above. After touring the Gompa, we return to Thimphu. On the way, visit the mini Zoo to see the Takin, the national animal of Bhutan.

After lunch, we visit the King's Memorial Chorten (built in memory of the third King of Bhutan, who reigned from 1952 to 1972), the nunnery temple, the National Library (which houses ancient manuscripts), and the National Institute of Traditional Medicine. We may also visit the Textile Museum, the Handicraft Emporium, the traditional paper factory, and the majestic Tashichho Dzong. In the evening, we enjoy strolling through Thimphu's streets and observing the local lifestyle.

Time:

1-2 hours

Accommodation

Hotel

Meals:

Breakfast

Altitude:

2320 meters

Day : Thimphu to Punakha and Hike to Lungchutse Monastery

After breakfast, we drive to Dochula Pass (3,100 meters), where we can get spectacular views of the Himalayas on a clear day. We will begin the 2-hour hike to Lungchutse Monastery from 108 chortens. The trail passes through rhododendron forests. Walking along the high ridges marked with colorful Buddhist

prayer flags offers us stunning Himalayas views and incredible vistas into the valleys below the pass.

After lunch, drive downhill through the rhododendron, fir, and hemlock forests. On the way, we stop at Metshina Village and take a 20-minute walk through the rice fields to Chimi Lhakhang, a fertility temple dedicated to the Divine Madman or Lama Drukpa Kuenley.

Time:

2-3 hours

Accommodation

Hotel

Meals:

Breakfast

Altitude:

3100 meters

Day 1-2 hour: Punakha to Paro, Hike to Khamsum Yulley Namgyal Chorten

We drive 12 km north of Punakha at dawn and begin our 2-hour hike to Khamsum Yulley Namgyal Chorten. It is located on a beautiful hillock called Ngezergang and contains elaborate paintings dedicated to the old sect of Buddhism. We hike further towards Punakha. On the way back, we visit the Punakha Dzong which was built in 1637. It is also the second oldest and the second largest Dzong in Bhutan. In the afternoon, we drive to Paro and spend the night there.

Time:

23 hours

Accommodation

Hotel

Meals:

Breakfast

Day : Fly to Kathmandu and Sightseeing

We fly to Kathmandu early morning and visit the UNESCO World Heritage sites.

We visit Boudhanath Stupa, one of the biggest Buddhist shrines in the world, where we observe Buddhist monks praying in the monasteries surrounding the stupa. After Boudhanath Stupa, we visit Pashupatinath Temple, the most famous Hindu temple in the country. It is located on the banks of the holy Bagmati River.

Here, we see Hindu holy men (sadhus) meditating, pilgrims bathing, and occasionally funeral pyres burning on the ghats. We will also visit Bhaktapur Durbar Square, a collection of pagoda and shikhara-style temples grouped around a fifty-five-window palace of brick and wood. The attractions 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.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

1400 meters

Day 5-6 hours: Drive from Kathmandu to Chitwan

After breakfast, we begin our drive to Chitwan, a warm city at the foot of the Churia range, boasting the Chitwan National Park, the first national park in Nepal. Once we reach Sauraha in Chitwan National Park, we can take a jungle safari or nature walks, depending on our preferences and arrival time. We go deep into the jungle for a safari and can spot deer and different species of birds.

If we are lucky, we may see the endangered one-horned rhinoceros and the volatile Royal Bengal Tiger. If we do a nature walk, we will be surrounded by a wide variety of flora and fauna and a wide range of species of birds. There will be a presentation on CNP's wide range of flora and fauna. We stayed the night in Sauraha.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

415 meters

Day : Chitwan Jungle Safari

The morning starts with an elephant back safari through the woods and dense grasslands. After the safari, we visited elephant stables and even enjoyed bathing the elephants. In the afternoon, we canoe down the Rapti River. While canoeing, we can get close views of Gharial, Mugger crocodiles, freshwater dolphins, and a wide range of water birds. We stayed the night in Sauraha.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

415 meters

Day 5-6 hours: Drive to Pokhara

We leave the flat lands of Chitwan for the hilly region of Pokhara, a beautiful lake city. Upon entering Pokhara, we are welcomed by picturesque views of the Himalayas, including Dhaulagiri, Manaslu, and Machhapuchhre, along with five other peaks. We visit Davis Falls and Shiva Cave (popularly known as Mahendra Gufa). The Davis fall is named after a couple who fell victim to the gushing waters that flow into a narrow and deep canal. We stayed the night in Pokhara.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

910 meters

Day : Sunrise from Sarankot and fly to Kathmandu

We leave for Sarangkot early in the morning, which is a hill station that overlooks the Dhaulagiri and Annapurna ranges in the north and Pokhara city to the south. We head back to Pokhara by boat on Phewa Lake. We also visited Bindyabasini Temple, located on a small island on a lake. We fly back to Kathmandu in the evening and stay the night.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

1600 meters

Day : Fly to Lhasa

We arrive in Lhasa by direct flight from Nepal or via China. If we fly from Nepal, we can enjoy some of the most beautiful views of the Himalayan range, including Everest, Kanchenjunga, and other mountains and glaciers. If we go from China, we can fly over Chinese cities or take the world's highest train route to Lhasa.

Upon our arrival in Lhasa, a representative holding a signboard containing your name will be there to pick you up, and he/she will escort you to your designated hotel in Lhasa. Resting for the remainder of the day is better as it helps a great deal to acclimate to the high altitude.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

3656 meters

Day : Lhasa Sightseeing

We have breakfast and begin our exploration of Lhasa, where we visit the following places:

Potala Palace- Also known as the Winter Palace and named after Mount Potakala, Potala Palace used to be the residence of the Dalai Lama and is now a museum and a world heritage site. One can get amazing views of the entire city as well as the private quarters of the Dalai Lama from here.

Norbulingka Palace- Built in the 17th century, Norbulingka Palace was the summer settlement of Dalai Lamas until the 14th Dalai Lama. This palace's well-laid, colorful garden also makes up the list of attractions here.

Next, we will visit the Tibetan Traditional Hospital, a center for patient treatment, training, research, and the production of Tibetan medicine.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

3656 meters

Day : Lhasa Sightseeing

We continue our sightseeing tour of Lhasa by visiting Drepung monastery, Sera monastery, Jokhang temple, and Barkhor Bazaar.

Drepung Monastery is the world's largest monastery and is believed to have sheltered 10,000 monks, but today, the number has significantly diminished to a mere few hundred.

Sera Monastery is one of the three Gelung University monasteries, alongside Dreprung and Ganden. It is

beautifully constructed with white walls and a golden roof. The main attraction of this monastery is the monk's debate, which is held every day except Sundays from 3 to 5 p.m.

Jokhang temple is an important sacred site that uncovers the deep-rooted mysteries of Tibetan Buddhism. Inside, we can see the statue of Buddha Sakyamuni when he was twelve years old. We roam through Barkhor Bazaar, a market with open-air stalls, shops, and crowds of pilgrims.

Accommodation

3-star hotel

Meals:

Breakfast

Altitude:

3656 meters

Day : Day Excursion to Ganden Monastery and Drayerpa caves

Today, we drive 110 km to Ganden monastery, Drayerpa cave, and back to Lhasa. First, we visit Ganden Monastery, located at the top of Wangbur Mountain (3,800m) in Lhatse County, lying 55km east of Lhasa. Ganden monastery is one of the three most famous and oldest monasteries in Tibet. Ganden Monastery has extremely fragile murals and sculptures.

The monastery also houses a suit of armor decorated with gems, which was once worn by Emperor Qianlong and was entrusted to the monastery as an offering to Tsong Khapa, founder of the Gelug Sect. Next, we drive to Drayerpa Cave, located in a beautiful valley with a stunning landscape. There are more than 30 caves that Lamas use to meditate. We drive back to Lhasa to spend the night.

Accommodation

Hotel

Meals:

Breakfast

Day : Departure

Today is the final day of our trip. Our office representative will drop you off at the airport for your departure.

Trip Includes

- All airport pick-ups and drops
- All ground transportation by comfortable private vehicles in Bhutan, Nepal, and Tibet
- All Meals in Bhutan and Chitwan and breakfast in Kathmandu and Pokhara
- Breakfast in Tibet
- Twin-shared hotel accommodation in Bhutan, Nepal, and Tibet
- Sightseeing in Bhutan, Nepal, and Tibet by an experienced English-speaking local tour guide
- Bhutanese visa fee and Tibet entry permit
- Sightseeing entrance fees for museums and monuments as per the itinerary

- Company services and all required government taxes

Trip Excludes

- All international flights
- Nepalese visa fee (easily available after arriving at the Tribhuvan International Airport in Kathmandu)
- Chinese visa (US \$175 for Americans and US \$85 for other nationals)
- All personal expenses (personal gear, telephone calls, beverages, internet, laundry, etc.)
- Lunch and dinner in Tibet, Kathmandu and Pokhara
- Tips for guide and driver

Additional Trip Information

Meals During Nepal Bhutan and Tibet Tour

As you will be traveling in cities during your tour in Nepal, there will be no shortage of meal choices. The meals in Nepal will be mostly Nepalese cuisines, including the staple dal bhat tarkari (lentil rice and curry). *However, there will be plenty of options for international cuisines as well.* Moreover, during your stay in **Kathmandu**, you can choose from Asian and Western dishes.

While in Tibet, you will mostly be offered Tibetan food such as Thenthuk, Yak Meat wraps, Yak blood sausage, hot pot, dough soup with Yak Butter, etc. However, there will be Western options as well.

In Bhutan, the offerings will also be mostly Bhutanese dishes. Some of the dishes presented will be Ema Datsi, Phaksa Paa, Jasha Maru, Puta, Juma, etc. In Bhutan, there are international dishes available.

Accommodation During the Muti Tour

You will be accommodated in starred hotels on your Nepal, Tibet, and Bhutan tours. You will stay in 2-3 starred hotels in Kathmandu, Chitwan, Bhutan, and Tibet. Thus, the amenities will be aplenty. You will be referred to a licensed Bhutanese tour operator for your trip to Bhutan and Tibet.

Required Permits and Visas

For the Tibet Nepal Bhutan tour, you first fly to Bhutan and need a Tibet visa to enter Tibet. You will also require a Tibet permit to enter Tibet. While you don't need a Nepal visa, you will also need a Bhutan visa. But please make sure to get travel insurance covering all the essentials.

Best time to go Nepal, Bhutan, and Tibet Tour

Spring and autumn are The best times to visit Tibet, Nepal, and Bhutan. In Nepal, spring (March to May) brings beautiful blooming rhododendrons and clear mountain views, while autumn (September to November) offers clear skies and moderate temperatures, ideal for trekking and sightseeing. Avoid the monsoon season (June to August) as it brings heavy rain and can make travel difficult.

In Bhutan, spring and autumn are also the best times to visit. During these seasons, the weather is pleasant, and the skies are clear, making it perfect for outdoor activities and exploring the cultural festivals. The monsoon season brings heavy rains, and winter can be quite cold, especially in the higher altitudes.

Tibet is best visited in the spring and autumn. *These seasons offer mild weather, clear skies, and great visibility for enjoying the stunning landscapes and ancient monasteries.* The winter months are extremely cold and can make travel difficult, while the summer months bring heavy rains and can make some areas inaccessible.

Top Sight to See in Nepal Bhutan and Tibet Tour

The top places to see on the Nepal Bhutan Tibet tour are as follows,

- You will be visiting UNESCO World Heritage sites in Kathmandu
- A jungle safari in Chitwan National Park
- Visit Ganden monastery, one of Tibet's most famous and oldest monasteries, and Drayerpa caves.
- Excursion of Potala Palace and Norbulingka Palace
- Visit Wangditse Gompa and King's Memorial Chorten in Bhutan

Frequently Asked Questions

What are the must-visit attractions in Nepal, Bhutan, and Tibet?

Some of the must-visit attractions in Nepal are the UNESCO World Heritage sites of Kathmandu Durbar Square, Boudhanath, Swayambhunath, and Pashupatinath Temple, which are in the cultural section. You can also visit natural UNESCO world heritage sites such as Chitwan National Park and Sagarmatha National Park, where Mount Everest is located.

What is the best time of the year to visit Nepal, Bhutan and Tibet?

To travel to Nepal, Bhutan, and Tibet, you will need a visa. For travel purposes, you will need a Chi passport visa and a Tibet entry pass.

Do I need a visa to travel to Nepal, Bhutan, and Tibet?

To travel to Nepal, Bhutan, and Tibet, you will need a visa. For travel purposes, you will need a Chi passport visa and a Tibet entry pass.

Pass are the main cultural differences between Nepal, Bhutan and Tibet?

The main cultural differences between these countries lie in the predominant culture. While Nepal is Predominantly Hindu, the countries of Tibet and Bhutan are predominantly Buddhist. Secondly, the languages spoken in these countries are different. People talk to Nepali; Dzongkha is in Bhutan, and Boekha is in Tibet. Moreover, the dress codes are different, with Nepalese being in stark contrast, and so is the food.

Are there any trekking opportunities available in these regions?

Yes, all three Himalayan nations have plenty of trekking options. Nepal and Bhutan's terrains are similar, whereas Tibet is a trans-Himalayan region.

What is the process to go Bhutan from Nepal?

You can get Bhutan from Nepal in two ways. One way is to travel overland through Nepal, then India, and enter Bhutan at the Phuentsholing border. The other way is to fly directly from Tribhuvan International Airport in Kathmandu to Paro International Airport in Bhutan.

Is it possible to travel from Nepal to Tibet?

From Nepal, there are only two ways to travel to Tibet: overland or by international flight from Kathmandu. The most popular option is the overland tour from Kathmandu to Lhasa, which takes 9 days and covers around 1,300 km via the Kerung Border.

What is a main tourist attraction in Nepal, Tibet and Bhutan?

A main tourist attraction in Nepal is Mount Everest, the world's highest mountain. In Tibet, the Potala Palace in Lhasa is a main attraction. In Bhutan, the Tiger's Nest Monastery, perched on a cliff is a main attraction.

Is Nepal cheaper than Bhutan?

Yes, Nepal is cheaper than Bhutan. In Nepal, you can find affordable accommodation, food, and transportation options that suit a range of budgets. Bhutan, on the other hand, has a daily tourist tariff that includes guided tours, accommodation, meals, and other services, making it more expensive to visit.

Why travelling to Bhutan is expensive?

Traveling to Bhutan is expensive primarily because the country's tourism policy, which requires visitors to pay a daily tariff set by the government. This daily tariff covers accommodation, meals, transportation, and a licensed guide. This policy helps protect Bhutan's culture and environment while keeping the number of visitors low.

Can you travel Tibet without a guide?

No, you cannot travel in Tibet without a guide. The Chinese government requires all foreign travelers to have a licensed tour guide and to travel as part of an organized tour. This rule is in place to ensure safety

and control the tourism experience.

Address

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