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Nepal Tibet combines Tour is the best way to explore both travel destinations in one trip, which saves time and money. This Nepal Tibet tour package is suitable for those who have little time to explore Kathmandu and Lhasa. The Nepal and Tibet tour includes a tour of Kathmandu's cultural heritage sites, including a tour of the Kathmandu durbar square, Swoyambunath, Bouddhanath Stupa, Pasupatinath Temple, the Durbar Squire of Patan, and Bhaktapur in Nepal. It also includes a visit to Tashi Lumpo Monastery, Xigatse Bazaar, Potala Palace, Jokhang Temple, Barkhor Market, Drepung Monastery, and Sera Monastery in Tibet.

Main Highlights

- ❖ You will visit the World Heritage sites in Kathmandu valley
- ❖ You will enjoy dramatic sunrise, sunset and mountain views from Nagarkot
- ❖ You will see the natural wonders of picturesque Pokhara
- ❖ You will experience adventurous paragliding in Pokhara
- ❖ You will discover Tibetan culture, history, and civilization.
- ❖ You will enjoy the beautiful city of Lhasa and discover the Potala Palace
- ❖ You will Enjoy exploring Buddhist monasteries

Nepal Tibet Combine Tour is the best cultural tour package that ignores the borders to experience the Nepalese and Tibetan peoples' culture. This cultural travel package includes exploration into the culture and tradition of the two nations. It means the experience of the subcontinental and Tibetan plateaus

Nepal and Tibet are nations, a culturally blessed country that shares a great culture and tradition. Most of the Himalayan cultures are similar to the Trans Himalayan culture. The peoples of Tibet and Nepal share a common culture and

tradition, which differ slightly due to time and distance. Nepal has been a rich cultural country since the beginning of antiquity. Nepal is home to traditional Buddhist cultures' modernization, while Tibet is the country where ancient Buddhist cultures begin. Both nations share the ancient Buddhist cultures, which are also the most similar. Most of the native Mongol-Nepalese ancestors have come here from Tibet, and therefore, their cultures spread.

Our 14-day overland tour packages include many cultural and historical sites in Nepal and Tibet. You will spend seven days in Nepal while visiting some historically and culturally significant places in Nepal. You see various cultural sites in Kathmandu; Swayambhunath Stupa, Pashupatinath Temple, Boudhanath Stupa, Durbar Square in Kathmandu, Patan, and Bhaktapur. All are UNESCO World Heritage Sites in Kathmandu. You also go to the Nagarkot Mountain hill Station, which is also one of Kathmandu's best viewpoints. During your stay in Nepal, you also visited Pokhara. You can have a good time in some of Pokhara's most popular places, such as Phewa Lake, Devi's falls, Bindabasini temple, Gupteshwor cave, etc.

After the cultural exploration of Nepal, you will travel to Tibet. After landing in Lhasa, you drive to Tsedang, where you will do sightseeing. From Tsedang, you stop at Gyantse to return to Lhasa. You spent two days of sightseeing in Lhasa city, where you explore various monasteries and palaces. Then you fly back to Kathmandu to return home.

Itinerary details

Day 01: Welcome at Kathmandu Tribhuvan International Airport

Upon arrival in Kathmandu, our airport representative will pick you up and take you to your reserved hotel. You can relax in the afternoon. In the evening, we organize a briefing about the trip to your hotel and introduce your guide. After the meeting, you are free.

You are spending the night in a hotel in Kathmandu.

Day 02: Full day guided tour of the Kathmandu valley

Your sightseeing tour begins after breakfast. You will have a deluxe private vehicle and a professional guide for visiting the following beautiful sites. Swyambunath Stupa: During your visit, Swoyambunath, You can see the valley from the top of a hill on its west side. Swyambhunath is also known as monkey temple due to the countless monkeys that live on the site. Pashupatinath Temple: It is one of the holiest Hindu temples in Nepal. It is located on the banks of the Bagmati River, on the eastern outskirts of Kathmandu. Pashupatinath is the main temple dedicated to God Shiva. Boudhanath Stupa: Boudhanath Stupa is a 2500-year-old Buddhist stupa in the valley built in the 5th century. Four pairs of the Lord Buddha's eyes in four directions have eternal vigilance over people and their actions. You will find Buddhist pilgrims from Tibet walking around the stupa and turning the prayer wheels. The rest of your time is available for further exploration and shopping near your hotel. Night stay at hotel in Kathmandu.

Day 03: Sightseeing of Patan and Bhaktapur Durbar Square and Nagarkot.

Your sightseeing tour begins after breakfast. You have a private vehicle and a professional guide available. Patan Durbar Square: Patan Durbar Square - located in the city center of Lalitpur. It shows the Newari architecture, which peaked during the reign of the Malla kings, who were great builders and promoters of the arts. Bhaktapur: Bhaktapur Durbar Square is the most important of all the tourist attractions in Bhaktapur and is considered a fascinating tourist destination for Nepalese and international tourists. The area is known in Newari as "Layaku." Ancient temples and shrines, sculptures, and historical sites from different eras bear this city's identity. Bhaktapur's main attraction is Darbar Square, 55 Window Palace, Golden Gate, Lion Gate, Mini Pashupati Temple, Vatsala Temple, Nyatapola Temple. End of noon by car to Nagarkot. Along the way, you can enjoy the quiet beauty of the mountains with a beautiful sunset view. Night stay at hotel in Nagarkot.

Day 04: Travel from Nagarkot to Pokhara.

Early morning you will have a sunrise view from Nagarkot. After breakfast, leave Nagarkot for Pokhara. When you leave Kathmandu, the landscape changes, and you will see hills, small settlements, and terraced farms. When you get in

Pokhara, you will be rewarded with an outstanding view of the Nepalese Himalayas, which includes Mount Dhaulagiri, Manaslu, Machhapuchhre, the five peaks of Annapurna, and others. Check into the hotel and rest. You can also wander Pokhara's streets and be in one of the most beautiful cities in Nepal. You will spend the night in Pokhara.

Day 05: A full day sightseeing trip of the Pokhara Valley

Your sightseeing tour begins after breakfast. You will visit the real important place in Pokhara, including Bindhabasini Temple, located in the old religious bazaar center. It is dedicated to the goddess Bhagwati, another manifestation of Shakti. The park area offers a nice picnic and relaxation area. Davis fall: In the Patale Chango region and on the Pokhara Valley's southern flank, the stream flowing from Lake Fewa collapses and flows down the rock into a deep gorge that jumps through various potholes. Gupteshwor Cave: The revered Gupteshwor Cave is 2 km from Pokhara Airport. The entrance is directly opposite the Devi fall, and the cave is almost 3 km long. It has some large rooms, a hall's size, and some passageways where you have to crawl through all four. Phewa Lake and Barahi Temple: Located 800 m above sea level, it is the second-largest lake in the kingdom. Barahi Temple is the central religious monument in Pokhara situated in the middle of the lake. Gorges of the Seti River: Carved by Seti-Gandaki is one of the natural wonders of Pokhara.

K.I. Singh Bridge: The K.I. Singh Bridge in Bagar, Mahendrapool, and Prithivi Highway Bridge near the bus park offers a perfect view of the river's terrible rush and the deep gorge created by the turbulent flow of white water.

Day 06: Drive from Pokhara to Kathmandu: 210 km / 5-6 hours by car

After breakfast, return trip from Pokhara to Kathmandu. It will be a journey along the riverbank with great views of the hills and the rural Nepalese lifestyle. After arriving in Kathmandu, take a rest or buy some souvenirs. Night stay at the hotel.

Day 07: Flight to Lhasa and drive to Tsedang

Our representative will accompany you to the Kathmandu airport 3 hours before your flight to Lhasa. When your plane approaches Tibet, you can enjoy a breathtaking view of the Himalayas. You will meet a representative from our Tibet office representative at the airport who will take you to your hotel in Tsedang for a good night's sleep. We will spend the night in Tsedang.

Day 08: Sightseeing tour in Tsedang with guide

After having breakfast, your sightseeing trip to Lhasa begins. You will have a Professional tour guide and private vehicle to visit the following place during your today trip. Yumbulakang Palace: It is considered the first palace in Tibetan history and one of the oldest buildings in Tibet, located 12 km southwest of Tsedang. The castle is divided into front and rear districts. You will catch a beautiful view of the entire valley. Trandruk Monastery: Trandruk Monastery, located 5 km south of Tsedang, is one of the earliest Buddhist monasteries in Tibet. According to legend, the monastery could only be built after Songtsen Gampo became a roc and conquered an evil dragon. The name "Trandruk" means that Roc defeated a dragon. You will spend the night in Tsedang.

Day 09: Drive from Tsedang to Gyantse:

After breakfast, leave Tsedang and drive to Gyantse. Along the way, you cross the Gampala pass and visit Lake Yamdrok and the Karola Glacier. Yamdrok Lake - The Lake stretches for 72 km, is fed by numerous small streams, and is surrounded by snow-capped mountains, one of the three holiest lakes in Tibet. The two long arms of water make it look like a scorpion from the sky. According to legend, Yamdrok Lake is the transformation of a goddess. Karola Glacier: at 5,560 m above sea level and with an area of 9.4 km², this imposing glacier is visible from the road that connects Lhasa and Shigatse. The glacier was divided into black and white layers due to smoke pollution from motor vehicles, giving this great glacier a distinctive color. Night stay in Gyantse.

Day 10: Drive from Gyantse to Lhasa

After breakfast, visit the famous Pelkor Monastery and then drive to Lhasa overnight. Pelkor Chode Monastery: Founded in 1418, Pelkor Chode Monastery is

the Gyantse's main monastery in Tibet. The highlight inside is the Kumbum with 108 chapels on four floors. As a major center of the Sakya sect of Tibetan Buddhism, Gyantse and the Pelkor Chode Monastery were attacked by the British Army in 1904. However, most of the damage was later restored, bullet holes from this attack. Night stay in Lhasa.

Day 11: Guided Tour of Lhasa (Lhasa City, Potala Place, and Barkhor)

After breakfast, start your sightseeing tour of Lhasa. The Tour begins at the UNESCO World Heritage site - the Potala Palace, also the Dalai Lama's winter palace. It is a 13-story building with more than 1,000 rooms, various statues, stupas, murals, and artifacts. You will continue to Jokhang Temple, a UNESCO World Heritage Site, a spiritual center for Buddhists in Tibet. Next to the temple is Bakhor Street, which pilgrims and street vendors visit and sells traditional Tibetan items such as prayer wheels and jewelry. Night stay in Lhasa.

Day 12: Guided Tour of Lhasa (Drepung, Sera and Ganden Monastery)

In the morning, you will go to Drepung Monastery, one of three Gruug-Gelug monasteries in Tibet and founded in 1416. Ganden Palace is used as the Dalai Lama Palace in Drepung before being relocated to Potala Palace. Afternoon, Sera Monastery. It was one of the "big three" Gelug monasteries in Tibet and was founded in 1419. The highlight is the monks' debate around 3 to 5 in the afternoon. Drive to Ganden Monastery, one of the three great Gelug monasteries in Tibet. The main attraction is Serdang, where Tsongkhapa's tomb is located. It is fascinating to explore Lingkor. Clients can also visit the Great Tsongkapa Meditation Cave with many religious statues and enjoy the Lhasa Valley's beautiful view. Night stay in Lhasa.

Day 13: Transfer to Lhasa airport for the flight to Nepal

After breakfast, you will drive to Lhasa Airport for a flight to Kathmandu, Nepal's capital. Upon arrival at Tribhuvan International Airport, our airport representative will be waiting in front of the airport terminal. He will pick you up and drop it to the hotel. You will spend the day at the hotel.

Day 14: Transfer to Tribhuwan International Airport.

Today, our representatives will accompany you to Tribhuwan International Airport according to your departure flight time.

What's included?

- ❖ Pick up at hotels and airports with private vehicles.
- ❖ Accommodation in bed and breakfast with a twin sharing basis.
- ❖ Guided tour in Kathmandu, Bhaktapur, Pokhara, and Tibet
- ❖ Private transportation throughout the trip in Nepal and Tibet
- ❖ An experienced, Knowledge, and friendly English speaking tour guide.
- ❖ Salary, food, accommodation, transportation, and insurance for the guide.
- ❖ Air tickets Kathmandu-Lhasa-Kathmandu
- ❖ Tibet Visa fees (we will process it upon arrival in Nepal)
- ❖ City tour and entry tickets in Nepal and Tibet
- ❖ Nepal and Tibet government taxes, tourist service charge.

What is excluded?

- ❖ International flight fare
- ❖ Nepal entry Visa fees
- ❖ Travel and health insurance
- ❖ Lunch and dinner during a tour
- ❖ Personal expenses.

How bad altitude sickness in Tibet is, and what can I do to avoid it?

Tibet is well-known as the roof of the world at the highest places on earth. Due to Tibet's high altitude, many visitors to low-lying areas suffer from altitude sickness. Most people experience minor effects of altitude sickness, including headaches, loss of appetite, and a tendency to lack energy until their bodies get used to heights. This adjustment may take a few hours and, in rare cases, a few days. If visitors make some simple preparations before traveling to Tibet, most altitude sickness symptoms can be avoided. Being healthy and in good shape before arriving in Tibet will be very helpful. It is also recommended that you talk to your

local doctor about AMS pills to combat altitude sickness. When you get to Tibet, go slowly and take a deep breath. Your guide is at your side with tips and actions.

What is the weather like, and when is the best time to travel in Tibet?

In general, the climate in Tibet gets used to it. Summers are cool, and winters are dangerously cold. Solar radiation is extreme in Tibet. The ideal time for travel to Tibet is from April to October. From June to September, usually rains in the afternoons in Lhasa and Shigatse areas. The best time to visit Mount Everest in May and early October. The high tourism season lasts from July 1 to October 15.

What cooking options are there in Tibet? Are there other options besides local food?

Due to the cruel living environment in Tibet, traditional Tibetan food is very different from cooking in other parts of the world, and many visitors don't like it when they try it for the first time. Due to its uniqueness, visitors are highly recommended to try at least local food. There are many types of food in Tibet, like Chinese, Western, and Nepalese food. Options are limited in cities and remote areas. Chinese food or Sichuan cuisine is probably the best option.