

Epic Himalayan Kingdoms Tour

URL: <https://himalayan360.com/trip/epic-himalayan-kingdoms-tour/>

Destination

Nepal Tibet Bhutan Tours

Activity

Cultural and Historical Tours

Start / End Point

Paro / Lhasa

Trip Type

Bouddhist Cultural Tour

Route

Paro - Thimphu - Punakha - Paro - Kathmandu15
- Kyirong - Everest Base Camp - Tingri -
Shigatse - Gyantse - Lhasa

Duration

Destination

Nepal, Bhutan, Tibet

Difficulty

Medium You need to have good physical condition and be in top form. You'll also require the right clothes for weather conditions and food items such as snacks or lunch breaks from your hiking adventure; water is essential too! This type of activity takes time, so ensure you're physically able to get enough rest before starting any trips.

Highlights

- Bhutan: Visit the remote monasteries of Bhutan, some of the most significant Buddhist sites in the country, and experience the distinct culture and spirituality of this hidden gem.
- Kathmandu Valley: Explore the vibrant Kathmandu Valley in Nepal, where you'll visit iconic religious and cultural landmarks, including Swayambhunath, Pashupatinath, and Boudhanath.
- Tibet: Traverse the high-altitude plateau of Tibet and witness breathtaking scenery, including the world's highest monastery at Rongbuk, the second-largest Tibetan city, Shigatse, and the capital, Lhasa, the heart of Tibetan Buddhism.
- Mount Everest: Experience the awe-inspiring beauty of Mount Everest, the world's highest mountain, with stunning views from both the Nepalese and Tibetan sides.
- Culture and Religion: Immerse yourself in the diverse cultures and spiritual traditions of the region, from Buddhism and Hinduism to other ancient practices.

- **Natural Beauty:** Marvel at the majestic Himalayas, featuring snow-capped peaks, serene lakes, and picturesque valleys that offer an unforgettable experience.

Starting in Bhutan, you'll have the chance to explore some of the country's most famous sites and immerse yourself in Bhutanese culture and religion. From there, you'll head to the Kathmandu Valley in Nepal, where you'll spend two days exploring the city's religious and cultural highlights.

The journey continues into Tibet, where you'll traverse the high-altitude plateau and see some of the most amazing sights in the world. From the world's highest monastery at Rongbuk to the second largest city in Tibet, Shigatse, you'll have the opportunity to see the beauty of the Himalayas from a unique perspective. Of course, the highlight of any journey through Tibet is a visit to Lhasa, the capital and the center of Tibetan Buddhism.

And finally, no visit to the Himalayas would be complete without a visit to Mount Everest, the world's highest mountain. Seeing this iconic peak up close is an experience that will stay with you forever.

Overall, the Epic Himalayan Kingdoms Tour promises to be a once-in-a-lifetime adventure that will take you through some of the most beautiful and culturally rich regions of the world.

The Travel agency Himalayan 360 believes that travel is a transformative experience that enriches our lives and expands our horizons. In addition to the **"Epic Himalayan Kingdoms Tour"**, we offer a range of other packages that cater to different interests and preferences. Whether you want to explore the [highlands of Bhutan](#), we have something new for everyone. Join us on a journey of discovery and let us show you the magic of Bhutan, Nepal, and Tibet.

Overview

Embark on a magnificent journey through the **Epic Himalayan Kingdoms Tour**, a 15-day tour that will take you to Culturally rich places through Bhutan, Nepal, and Tibet. This extraordinary excursion will introduce you to the rich cultural and religious heritage of the region while taking in some of the most stunning natural beauty in the world.

Starting in Bhutan, you'll discover the country's most famous sites, including the remote monastery of Bhutan, and experience the distinct culture and religion of this hidden gem. Then, set out to explore the vibrant Kathmandu Valley of Nepal, where you'll visit the highlights of the city's religious and cultural sites.

Next, the journey leads into Tibet, where you'll traverse the high-altitude plateau, and encounter breathtaking scenery that is both awe-inspiring and humbling. Highlights of the Tibetan adventure include the world's highest monastery at Rongbuk, the second-largest city of Tibet, Shigatse, and Lhasa, the capital, and the epicenter of Tibetan Buddhism.

Of course, the journey to the Himalayas wouldn't be complete without a glimpse of the world's highest mountain, Mount Everest. Gaze in wonder at the majestic beauty of this towering peak, an experience that is sure to leave a lasting impression.

Overall, the Epic Himalayan Kingdoms Tour promises to be an unforgettable experience, as you journey through these awe-inspiring regions, immersed in the unique cultures, religions, and stunning natural beauty of the Himalayas.

Itinerary

Day 01: Arrival in Paro and Transfer to Thimphu

Upon your arrival at Paro International Airport, our friendly Bhutanese guide and driver will greet you with a warm welcome. You'll be awestruck by the breathtaking views of the Himalayan Mountains, including Mt. Jumolhari and Jichu Drake Peaks, during your flight from Home. However, these sights are just a small glimpse of the beauty that awaits you.

Our first stop will be at the Kyichu Lhakhang, also known as Kyerchu Temple, which is one of the oldest and most beautiful temples in Bhutan. Surrounded by lush fields, flowers, and hills, Kyichu Lhakhang houses the eight-year-old Buddha statue of Sakyamuni, historic relics, elaborate paintings, and numerous Buddhist scriptures.

After that, we will visit the Paro Rinpung Dzong, a fortress built in the 17th century to protect the Paro valley. Located at the suburb of Paro City, Rinpung Dzong offers picturesque scenery and a sense of inner peace.

In the evening, we will head to Thimphu, the capital of Bhutan, where you can enjoy the vibrant nightlife and immerse yourself in the local culture.

Distance:

2 hrs

Highest Altitude:

2300m

Day 02: Sightseeing in Thimphu and Travel to Punakha

Welcome to your second day of the Bhutan tour. After breakfast, we will begin the sightseeing tour of Thimphu, the capital of Bhutan. This beautiful city, surrounded by rolling mountains, is known for its picturesque Bhutan dzong, fresh air, and friendly locals. Our first stop is the Late King's Memorial Chorten, followed by a visit to the National Library, where you can explore a vast collection of ancient manuscripts and books.

Next, we will head to the Folk Heritage Museum and the Hand-made Paper Factory, where you can learn about Bhutanese history and culture, as well as see the traditional way of making paper and textiles. Our last stop in Thimphu is the School of Arts and Crafts, where you can get a panoramic view of Bhutanese art and handicrafts.

The highlight of the day comes when we visit the Tashichho Dzong, the most beautiful Bhutan dzong and the headquarters of the Bhutanese government. Afterward, we will travel northeast to Punakha, the former capital of Bhutan. On the way, we will stop at the scenic Dochu La Pass (3,100m) for a refreshing

cup of tea and to enjoy the unobstructed vista of the Great Himalayas.

After having lunch in Wangduephodrang (1,350m), we will continue driving to Punakha. Stay overnight in Punakha.

Distance:

3-4hrs

Highest Altitude:

1250m

Day 03: Sightseeing in Punakha Dzong and Drive back to Paro

Today, we will start with a visit to the stunning Punakha Dzong, located at the confluence of Pho Chhu and Mo Chhu Rivers. It is widely believed to be the most beautiful Bhutanese Dzong, and a must-see attraction. Built in the 17th century, it is rich in history and architectural beauty.

After exploring the Punakha Dzong, we will drive back to Paro. In the afternoon, we will visit the National Museum of Bhutan, which is housed in a round watchtower. Here, you can learn about the ancient history of Bhutan and explore its diverse wildlife, as well as the country's rich culture and arts.

Next, we will drive to Drukgyel Dzong, a fortress located at the foot of a picturesque village. From there, you can enjoy stunning views of the surrounding mountains.

Stay overnight in Paro, and get ready for tomorrow's hike to the Tiger's Nest Monastery.

Distance:

4hrs

Highest Altitude:

1460m

Day 04: Trek to Taksang Lhakhang (Tiger's Nest)

On the fourth day of your Bhutan tour, you will be embarking on a trek to the famous Taktshang Goemba, also known as Tiger's Nest. You will start early in the morning, and the trek will take around 4-5 hours round trip, depending on your pace. The Taktshang Goemba is a sacred Buddhist site, perched on a cliff 3120 meters above the Paro Valley.

Legend has it that Guru Padmasambhava, also known as Guru Rinpoche, flew here on the back of a tigress and meditated in the caves on the cliffside for three months. You will be able to explore the temple complex and take in the stunning panoramic views of the valley.

After the trek, you will have lunch and can opt for a traditional stone bath or explore the nearby areas. Stone bath is a unique Bhutanese experience where you soak in hot water in a wooden tub filled with river stones believed to have therapeutic properties.

In the evening, you can relax and enjoy the serene surroundings of Paro. Stay overnight in Paro.

Day 05: Fly from Paro to Kathmandu

After breakfast, you will be transferred to the Paro International Airport for your flight to Kathmandu. Upon arrival at Tribhuvan International Airport in Kathmandu, you will be greeted by a local guide who will take you to your hotel. You can spend the rest of the day resting and relaxing after your flight, or explore the vibrant city of Kathmandu.

If you choose to explore the city, you can visit the nearby temples and shrines, such as the Swayambhunath Stupa (also known as the Monkey Temple) and the Pashupatinath Temple, which is one of the most sacred Hindu temples in the world. You can also explore the bustling markets and streets of Thamel, where you can shop for local handicrafts and souvenirs.

Stay overnight in Kathmandu.

Day 06: Day tour in Kathmandu: Kathmandu Durbar Square, Swayambhunath and Patan City

The day starts with a tour of Kathmandu City, and takes in the famous Kathmandu Durbar Square. The most famous square in the city, the Durbar Square is the Royal Palace square in the city, and is surrounded by ancient buildings from the early 16th century. The magnificent architecture, exquisite decorations, and the intensity of historical items gives a great insight into Nepali culture.

You then continue the tour with a visit to the Swayambhunath Pagoda, also known as the Monkey Temple, which is one of the oldest Buddhist sites in Nepal. Swayambhunath is a huge golden stupa festooned with prayer flags that flutter in the breeze, on a hill that overlooks the entire city. You can enjoy the panoramic view of the Kathmandu Valley from the top of the hill.

Then it is on to Patan City, the second largest city in the Kathmandu Valley area, known for its rich cultural heritage. Patan City has one of the oldest Buddhist temples in Nepal dates back to the 12th century, and is a great place to explore the Buddhist culture of Nepal. You can visit Patan Durbar Square, which is a UNESCO World Heritage site, and the Patan Museum, where you can learn more about the history and culture of Nepal.

Stay overnight in Kathmandu.

Day 07: Day tour in Kathmandu: Pashupatinath, Boudhanath and Bhaktapur Durbar square

Today, you will have the opportunity to visit some of the most significant cultural and religious sites in Nepal. You will start your day with a visit to Pashupatinath, one of the most sacred Hindu temples in the world and a UNESCO World Heritage site. Located on the banks of the Bagmati River, this temple is dedicated to Lord Shiva and is an important pilgrimage site for Hindus. You can witness the ritual bathing of devotees in the river and see the cremation ghats, where the last rites of the deceased are performed.

Next, you will visit Boudhanath, one of the largest stupas in the world and an important pilgrimage site for Tibetan Buddhists. This magnificent stupa is surrounded by colorful prayer flags and small shops selling Tibetan handicrafts. You can walk around the stupa, spin the prayer wheels, and observe the

devotees offering prayers and prostrations.

Finally, you will visit Bhaktapur Durbar Square, a UNESCO World Heritage site that showcases the rich cultural heritage of Nepal. This ancient city was once the capital of the Kathmandu Valley and is home to several impressive temples and palaces, including the 55-Window Palace, the Golden Gate, and the Nyatapola Temple. You can stroll around the square, marvel at the intricate wood carvings and stone sculptures, and soak in the atmosphere of this charming medieval town.

Stay overnight in Kathmandu.

Day 08: Kathmandu to Syabrubesi

After breakfast, our driver will pick you up from your hotel between 9:00-9:30 am. We'll then set off on a scenic drive to the China-Tibet border, passing by the majestic Mt. Himalaya, deep gorges, and snow-capped mountains along the way. We'll also drive across the Langtang National Park, which is home to diverse flora and fauna.

Upon arrival in Syabrubesi, we'll check in to guest house where we'll spend the night. You can take a stroll around the village, meet the locals, and experience their lifestyle and culture.

Distance:

7hrs

Trek Distance:

137km

Day 09: Syabrubesi to Kyirong

After breakfast at the village guest house in Syabrubesi, we will drive 15km to the Nepal-China border. Once we enter China, our local guide will meet us and we will continue the journey by car for about an hour to Kyirong (2800m). The town is surrounded by towering snow-capped mountains and dense forests, offering a stunning view.

In the afternoon, we will visit the Paba Temple (2850m), a Gelugpa temple built by Tibetan King Songtsan Gambo on the proposal of his wife, Nepali Princess Bhrikuti. This Nepali-style temple features delicate murals and is only a few minutes' walk from your hotel. You can take a stroll and appreciate the beauty of the temple.

Stay overnight at Kyirong Hotel.

Distance:

4-5hrs

Accommodations:

Hotel

Trek Distance:

40km

Day 10: Kyirong to Ebc to Tingri

Distance:

11hrs

Accommodations:

Hotel

Trek Distance:

480km

Day 11: Tingri to Shigatse

Today, you will depart from Tingri and head towards Shigatse, covering a distance of 280km and taking approximately 7 hours.

During the journey, you will make a stop at Lhatse to visit the 5000m G318 National Highway milestone. Later, you will arrive in Shigatse in the early afternoon.

Upon arrival, you will visit Tashilunpo Monastery, one of the most important monasteries in Tibet and the seat of Panchan Lama.

After the visit, you will check into your hotel in Shigatse and have the remainder of the day at your leisure.

Stay overnight in Shigatse hotel.

Distance:

7hrs

Trek Distance:

280km

Day 12: Shigatse to Lhasa via Gyantse

After breakfast, we will leave Shigatse and drive towards Lhasa via Gyantse. As we make our way through the scenic Tibetan countryside, we'll pass by several charming traditional Tibetan farming villages. Our first stop will be the historic town of Gyantse, where we'll explore the Old Street and visit the Pelkor Monastery and Kumbum Stupa.

Next, we'll head towards Lhasa and make several scenic stops along the way. We'll visit Manak Dam Lake, Korola Glacier, and Yamdrok Lake, each offering breathtaking views of the surrounding mountains and valleys.

Finally, we'll arrive in Lhasa, where you can relax and settle into your hotel. Stay overnight in Lhasa.

Day 13: Lhasa tour - Potala Palace, Jokhang Temple, and Barkhor Street

Today, we will start our Lhasa tour by visiting the iconic Potala Palace, the former winter palace of the Dalai Lama. Built on the Red Hill (Muburi), the palace stands at an altitude of 3,750 meters and offers

breathtaking views of the city. The temple dates back to the 7th century and houses a collection of artifacts and works of art from Tibetan history. You can also see the gilded burial stupas of the past Dalai Lamas, and visit the ancient meditation cave of the 33rd King of Tibet.

After lunch, we will head to Jokhang Temple, the spiritual center of Tibet and the holiest temple in Tibetan Buddhism. This temple was built by the 33rd King of Tibet in 647AD and is the primary seat of the Gelugpa sect of Tibetan Buddhism. Inside the temple, you can see the most precious object – a life-sized statue of Buddha Sakyamuni when he was 12 years old, decorated with many precious gems, making it the most sacred object in Tibet.

Next, we will visit the Barkhor Street, which is famous for its holy kora, a religious circumambulation around the temple, and many sellers where you can buy authentic souvenirs from across the region. You can join the pilgrims on their clockwise walk around the temple and immerse yourself in the vibrant atmosphere of the street.

Stay overnight in Lhasa.

Day 14: Lhasa Tour - Drepung and Sera Monastery

Begin your day early with a trip outside Lhasa to Drepung Monastery, one of the Great Three monasteries of the Gelugpa sect. Located at the foot of Gambo Utse, 5 kilometers outside of Lhasa, Drepung Monastery was founded in 1416 by Jamyang Choge, one of the disciples of Tsong Khapa. The former residence of the Dalai Lama, the Ganden Potrang, is located in the southwest corner of the monastery.

After your visit to Drepung Monastery, return to Lhasa for an afternoon visit to Sera Monastery, another of the Great Three monasteries. Founded in 1419, the name “Sera” means “wild rose” in Tibetan and was given due to the roses that were in bloom on the hill behind the monastery during its construction. One of the main attractions of Sera Monastery is the lively and colorful debating of the monks, which takes place every afternoon in the debating field under the trees. Even if you don’t understand the debates, it’s still a fascinating sight to watch.

Stay overnight in Lhasa.

Day 15: Departure from Lhasa

We hope you had a wonderful time exploring Bhutan, Nepal, and Tibet with us. Our team Himalayan 360 would like to express our gratitude for choosing us as your travel partner and for trusting us to show you the beauty of Bhutan, Nepal, and Tibet.

As your tour comes to an end, we hope you take with you memories that will last a lifetime. We also hope that our services and hospitality have exceeded your expectations.

We would appreciate it if you could take a moment to provide us with any feedback or suggestions for improvement.

Thank you once again for choosing Himalayan 360, and we look forward to serving you again in the future.

COST

Cost Includes

- Travel permit and all other necessary permits for Tibet, Nepal, and Bhutan
- Entrance ticket fees for all tourist sites listed in the itinerary
- Personal knowledgeable English-speaking Tibetan local tour guide
- A comfortable, clean, and safe vehicle with a reliable local driver; vehicle ranging from 4WD land cruiser to minibus depending on your group size
- All lodging listed in the itinerary; accommodation class can be chosen from luxury 5-star international hotels, comfortable 4-star hotels, economic 3-star hotels, or budget hostels, guesthouses, or tents
- Domestic transfers as per the itinerary
- All meals as per the itinerary
- First aid kit

Cost Excludes

- International flight
- Chinese visa (Note: we could help you with the Chinese visa application, like providing the invitation letter, presenting the hotel or domestic flight reservation copies, etc that you may need.)
- Domestic flight/train not listed in the itinerary (We can provide you the domestic flight/train ticket booking service at the BEST discount price; please contact our travel experts for the details.)
- Meals not specified in the itinerary; usually, it costs about USD 3-15 per person for one meal in TAR (Tibet Autonomous Region).
- Tips and gratitude to tour guide and driver
- Personal expenses, like laundry, phone calls, snacks, soft drinks (please do your best to avoid alcoholic beverages during your Tibet trip), optional tour activities, etc.

FAQ's

What is the Epic Himalayan Kingdoms Tour?

The Epic Himalayan Kingdoms Tour is a travel package that takes you on a journey through three of the most fascinating and culturally rich destinations in Asia: Nepal, Bhutan, and Tibet.

What are the Highlights of the Tour?

The tour includes a range of highlights such as visiting the Pashupatinath Temple and Boudhanath Stupa in Kathmandu, trekking to Tiger's Nest Monastery in Bhutan, exploring the Potala Palace and Jokhang Temple in Lhasa, and much more.

How long is the tour?

The tour lasts for 15 days, starting and ending in Kathmandu, Nepal.

What is the Difficulty level of the tour?

The tour involves some walking and hiking, including a trek to Tiger's Nest Monastery in Bhutan, but it is designed for people with average physical fitness levels.

What is the best time to take the tour?

The best time to take the tour is from March to May and from September to November, when the weather is pleasant and stable.

Do I need a visa for the countries visited on the tour?

Yes, you will need a visa for each country visited on the tour. Our travel experts can help you with the visa application process.

What kind of accommodations are included in the tour?

Accommodations range from luxury 5-star international hotels to budget hostels, guesthouses or tents, depending on your preferences.

Is the tour Customizable?

Yes, the tour can be customized to suit your interests, needs, and budget. Our travel experts are happy to work with you to create your ideal itinerary.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal