

Earthbound Expeditions

India, Nepal and Tibet Overland Tour

18 days, from US$4,467 per person

Duration	Group size	Country
18 days	**10 people**	**Tibet**

India, Nepal and Tibet Overland Tour Overview

Cross-country tour of India, Nepal and Tibet: three countries in one trip

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This South Asian tour from Delhi to Lhasa overland was designed by Earthbound Expeditions for travellers who want to visit three countries in one trip. The route covers India, Nepal and Tibet, the roof of the world.

In one trip you see the Taj Mahal and the Ganges at Varanasi in India, Kumari, the Living Goddess, in Kathmandu, Nepal, several UNESCO World Heritage Sites and the Potala Palace in Tibet.

You also see some of the highest mountains on Earth, including Everest and the Himalaya.

This 18-day journey begins in Delhi, India, and continues to Agra (Taj Mahal) and Varanasi (Ganges). You then fly to the Kathmandu Valley in Nepal to visit its UNESCO World Heritage Sites, and travel overland to Lhasa (Tibet) on one of the most scenic highways in the world.

This tour lets you visit all three countries in one trip, saving time and money.

Earthbound Expeditions is recommended by Lonely Planet, TripAdvisor, the New York Times, The Guardian and many other national and international newspapers and magazines. The tour of India, Nepal and Tibet starts from USD $ 4,467 . For more information on trekking, hiking and travel, please contact us.
You can also extend the India, Nepal and Tibet tour with more days or include Bhutan if you wish.

Itinerary

Day 1

Arrive in Delhi, India

Arrive in Delhi, India. • An Earthbound Expeditions representative meets you. • Check in to your hotel.

Altitude: 215 m On foot: None, arrival day Night: Hotel, Delhi Meals: None

Day 2

Old and New Delhi sightseeing

1. The Red Fort, built by Emperor Shah Jahan. 2. Jama Masjid, the largest mosque in India. 3. Raj Ghat, the memorial to Mahatma Gandhi. 4. A walk along Chandni Chowk, the busy silver street of Delhi. 5. India Gate, a victory arch. 6. Rashtrapati Bhavan, the presidential residence. 7. The Parliament, Sansad Bhavan. 8. The Secretariat government buildings. 9. Connaught Place, the commercial and business centre.

Altitude: 215 m On foot: Easy walking, 2–3 hrs Night: Hotel, Delhi Meals: Breakfast

Day 3

Drive from Delhi to Jaipur

Drive for about five hours to Jaipur, the Pink City. Visit the Amber Fort, 11 km outside the city. • In Jaipur, visit the Jantar Mantar astronomical observatory and the Hawa Mahal, or Palace of Winds.

Altitude: 430 m On foot: None, 5 hr drive Night: Hotel, Jaipur Meals: Breakfast

Day 4

Drive from Jaipur to Agra

Drive from Jaipur to Agra, the city of the Taj Mahal.

Altitude: 170 m On foot: None, 4–5 hr drive Night: Hotel, Agra Meals: Breakfast

Day 5

Agra sightseeing

Visit the Taj Mahal. • Visit the Red Fort and other sights.

Altitude: 170 m On foot: Easy walking, 2–3 hrs Night: Hotel, Agra Meals: Breakfast

Day 6

Agra to Varanasi

Breakfast. • Travel by plane or train to Varanasi (Benares, on the holy Ganges). Varanasi is the holy city of Vishwanath, the city of Shiva and the city of saints.

Altitude: 80 m On foot: None, flight day Night: Hotel, Varanasi Meals: Breakfast

Day 7

Varanasi to Kathmandu, Nepal

Boat ride on the holy Ganges. • Fly to Kathmandu. • Meet on arrival and transfer to the hotel.

Altitude: 1,400 m On foot: None, flight day Night: Hotel, Kathmandu Meals: Breakfast

Day 8

Kathmandu sightseeing

Patan Durbar Square (the old palace square) • Pashupatinath on the Bagmati River • The great stupa of Boudhanath • Swayambhunath, the Monkey Temple

Altitude: 1,400 m On foot: Easy walking, 2–3 hrs Night: Hotel, Kathmandu Meals: Breakfast

Day 9

Bhaktapur and drive to Nagarkot

We explore the historic town of Bhaktapur and drive through the countryside to Nagarkot. We stay at 2100 m to help acclimatisation and see the sunset and sunrise views.

Altitude: 2,100 m On foot: Easy walking, 1–2 hrs Night: Hotel, Nagarkot Meals: Breakfast

Day 10

Nagarkot to Nala and Kathmandu

Today there is an optional hike of about 3 to 4 hours to Nala, then we return to Kathmandu and prepare for the Tibet tour.

Altitude: 1,400 m On foot: Optional 3–4 hrs Night: Hotel, Kathmandu Meals: Breakfast

Day 11

Drive from Kathmandu to Zhangmu, Nyalam or Kerung (3700 m), Tibet

• Drive to Kodari or Kerung and complete the immigration and customs formalities. • Overnight at a hotel in Zhangmu, Nyalam or Kerung.

Altitude: 2,800 m On foot: None, 7–8 hr drive Night: Hotel, Kerung Meals: Breakfast

Day 12

Drive from Nyalam or Zhangmu to Shegar (4350 m)

• Cross the Lalung La pass (5050 m). The drive has views of the high mountains, including Mount Everest.

Altitude: 4,350 m On foot: None, 7–8 hr drive Night: Guesthouse, Shegar Meals: Breakfast

Day 13

Drive from Shegar to Shigatse (3900 m)

Drive for about seven hours to Shigatse. Visit the Tashilhunpo Monastery, the seat of the Panchen Lama.

Altitude: 3,900 m On foot: None, 7 hr drive Night: Hotel, Shigatse Meals: Breakfast

Day 14

Shigatse to Gyantse

• Visit Tashilhunpo Monastery. • Take a short two-hour drive to Gyantse, a small town that was once the capital of a small kingdom.

Altitude: 3,977 m On foot: None, 2 hr drive Night: Hotel, Gyantse Meals: Breakfast

Day 15

Drive from Gyantse to Lhasa (3600 m)

Drive over the Karo La and Kamba La passes, with good views of Yamdrok Tso lake. • Cross the Brahmaputra River and arrive in Lhasa.

Altitude: 3,656 m On foot: None, 6–7 hr drive Night: Hotel, Lhasa Meals: Breakfast

Day 16

Two full days in Lhasa

Sightseeing and excursions: 1. Potala Palace. 2. Jokhang Temple. 3. The Barkhor market area. 4. Drepung and Sera monasteries.

Altitude: 3,656 m On foot: Easy walking, 2–3 hrs Night: Hotel, Lhasa Meals: Breakfast

Day 18

Departure from Lhasa to Kathmandu, Chengdu or Beijing

Fly back to Kathmandu, travel on to China (for example Chengdu, Beijing or the Great Wall), or fly home from Lhasa. We provide the airport transfer. Flights are at your own expense.

Altitude: 3,656 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- Accommodation in three-star hotels in the cities, with simple guesthouses on certain nights.
- Ground transport as per the itinerary.
- Sightseeing in Kathmandu with an Earthbound Expeditions city tour guide.
- Breakfast and meals as per the itinerary.
- Government-trained guides at all sightseeing sites.
- Farewell dinner with a cultural show in Nepal.
- Domestic flights booked according to the itinerary.
- Car, bus and domestic flights.

Not included

- International flight tickets.
- Museum entrance fees.
- All personal expenses such as bar bills, drinks and snacks.
- Airport taxes, laundry, etc.
- Personal clothing and gear.
- Tips for guides and porters.
- Costs arising from cancellations, landslides, weather, political unrest or illness, which are not our responsibility.

Photos, videos and reviews of this trip: earthbound.rajansimkhada.com/india-nepal-and-tibet-overland-tour