

Royal Mountain
Travel — Nepal

TIBET & EVEREST EXPERIENCE: 2026

AN EPIC JOURNEY
FROM LHASA TO KATHMANDU

TRIP HIGHLIGHTS/ IMPACTS

DEPARTURE DATES

OUTLINE ITINERARY

DETAILED ITINERARY

TRIP COST

INCLUDES / EXCLUDES



WELCOME TO TIBET!

Royal Mountain Travel invites you to embark on the adventure of a lifetime, the unforgettable Tibet Over land tour.

This remarkable journey takes you across the majestic Himalayas into the enchanting landscapes of Tibet, where you'll discover ancient monasteries, traverse breathtaking mountain passes, and immerse yourself in the distinctive way of life of the Tibetan people.

Tibet, often referred to as the "Roof of the World," lies on a vast plateau north of the Himalayas in western China. For centuries, it remained inaccessible to most outsiders, adding to its air of mystery and the allure of its distinctive culture. This journey invites you on an unforgettable adventure, giving you the chance to witness Tibet's breathtaking natural beauty, immerse yourself in the tranquility and wisdom of its Buddhist heritage, and observe how Tibetan nomads and farmers sustain their way of life in such a challenging environment.

Whether your goal is a spiritual retreat, a pilgrimage, a cultural discovery, or the dream of gazing upon Mt. Everest and the Himalayan range, this trip offers it all. From exploring the revered temples and monasteries of Lhasa, you will traverse Tibet's lofty mountain passes, admire the striking turquoise waters of the sacred Yamdrok Lake, experience traditional life in Gyantse, visit the Panchen Lama's residence in Shigatse, and cross the Trans-Himalayan range for awe-inspiring views of Everest, the world's highest peak.

INSIDE
HIMALAYAS



This itinerary has been crafted with insights from our travel experts and enriched by feedback from guests who have joined our Tibet Overland Tour in recent years. We look forward to welcoming you on this extraordinary journey of a lifetime!

TRIP HIGHLIGHTS

- Travelling Tibet made easy with this Group tour (Please check if you are among Visa free nationalities in China).
- Embark on your journey from Lhasa: Joining in from any of the major cities in China.
- Witness Everest (North Base Camp) up close from Rongbuk.
- A pilgrimage tour with an insight into the traditional Tibetan culture, natural beauty and its serenity.
- Enjoy the fabulous and stunning drive with adventure.
- Explore the Potala Palace, the most famous landmark of Tibet.
- Visit the famous turquoise or the soul lake of Tibet – Yamdrok Tso.
- Get to know the land of Nepal and experience the richness of its culture and heritage.

THE VALUE BEHIND OUR TRIPS: DRIVING COMMUNITY CHANGE – THROUGH TRAVEL

Our circuits are more than just routes on a map — they are pathways to meaningful connections and shared prosperity. Each journey is thoughtfully designed to not only showcase the natural beauty and cultural heritage of our destinations but also to ensure that local communities benefit directly from tourism.

By choosing our tours, you support locally owned businesses and community-led initiatives that preserve traditions, protect the environment, and create sustainable livelihoods. Every mile you travel with us becomes part of a larger story — one where adventure and responsible tourism go hand in hand, driving positive change for the people and places we visit.

TRIP IMPACTS: TRAVEL THAT MAKES A DIFFERENCE

- **Empowering Local Communities:** By supporting local lodges, restaurants, and guides to create sustainable livelihoods.
- **Preserving Culture:** Help maintaining Tibetan traditions, arts, and spiritual heritage through respectful engagement.
- **Protecting Nature:** Experiencing Tibet responsibly with eco-friendly practices and awareness of fragile ecosystems.
- **Learning & Transformation:** Gaining insights into Tibetan life, spirituality, and resilience that stay with you long after the trip.
- **Adventure with Purpose:** Every journey combines breathtaking scenery and cultural discovery with positive impact.

DEPARTURE DATES 2026



MONTH	DEPARTURE DATES
APRIL	18
MAY	2, 16, 30
JUNE	13
JULY	4, 18
AUGUST	8, 22
SEPTEMBER	5, 19
OCTOBER	17
NOVEMBER	7

(GUARANTEED DEPARTURE CONFIRMED FROM 02 PAX)

ACCOMMODATION LIST

PLACE	LIST OF ACCOMMODATION	NIGHTS
Lhasa	Hotel Kyichu or similar	04 Nights
Gyantse	Hotel Yuthuo or similar	01 Night
Shigatse	Hotel Shiga Yangcha or similar	01 Night
Shegar	Hotel Chomolangma or similar	01 Night
Rongbuk	Hotel Rongbuk or similar	01 Night
Lower Kyirong	Hotel Mustang or similar	01 Night
Kathmandu	Hotel Traditional Stay or similar	01 Night

**Hotels mentioned above are subject to change without prior notice.

OUTLINE ITINERARY



LHASA – GYANTSE – SHIGATSE – SHEGAR – RONGBUK – KYIRONG – KATHMANDU

- Day 01:** Arrival in Lhasa – Group Meeting and Welcome Dinner.
- Day 02:** Visit Drepung – Nechung, Norbulingka and Sera.
- Day 03:** Walking tour of Potala and Jokhang – Barkhor.
- Day 04:** Lhasa - Free Day.
- Day 05:** Drive to Gyantse via Yamdrok Tso and Karo La.
- Day 06:** Visit Pelkhor Choede and Drive to Shigatse and visit Tashilhunpo.
- Day 07:** Drive to Shegar via Sakya Gompa.
- Day 08:** Drive to Rongbuk. Unveil the breathtaking Everest view.
- Day 09:** Drive to Lower Kyirong via Paiko Tso.
- Day 10:** Cross Border at Rasuwagadi and Drive to Kathmandu.
- Day 11:** Departure. End of Service.



Day 01: **Lhasa**
Activities of the day: Arrival in Lhasa. Group Meeting and Welcome Dinner.
Accommodation: Hotel Kyichu or similar
Meals Included: Dinner at Hotel

Today is the group's arrival day, with no activities planned aside from the group meeting. Your designated guide will receive all members at the airport or train station and help them check in at the hotel in Lhasa. After everyone has arrived, your guide will organize the first group meeting to brief participants on the trip, covering key information, important guidelines, and dos and don'ts.

Day 02: **Lhasa**
Activities of the day: Visit Drepung – Nechung, Norbulingka and Sera.
Accommodation: Hotel Kyichu or similar
Meals Included: Breakfast at Hotel

A full day exploring Lhasa's most important sites.

Sightseeing Drepung Monastery:

Drepung, meaning "rice-heap," derives from the Sanskrit term *Dhanyakataka*, named after a stupa in southern India where the Buddha first taught the Kalachakra Tantra. The monastery is situated 8 km west of Lhasa and spans over 20,000 square meters. Its main structures include the Tshomchen, the four principal tratsangs, and the Ganden Potrang, each featuring residential quarters, Khangstens, and other functional buildings. The architectural layout is simple, typically comprising a courtyard, a large hall, and inner chapels, and the complex is dominated by the high ridge known as Gephel Utse.

Drepung was founded in 1416 by Jamyang Choje, a prominent Yellow Hat lama born near Samye to a wealthy family, with additional financial support from his childhood friend. With contributions from affluent families and feudal lords, he set out to establish a grand monastery. Within a year of its founding, Drepung housed 2,000 monks, and by the era of the Fifth Dalai Lama (1617–1682), the monastery's population had grown to an impressive 10,000 monks.

Pilgrims visiting the monastery typically follow a clockwise route from the parking area at the main entrance, passing through the Ganden Potrang, Tshomchen, Ngagpa Tratsang, Jamyang Lhakhang, Loseling Tratsang, Gomang Tratsang, and Deyang Tratsang

Sightseeing of Nechung Monastery:

Nechung Monastery, known as the seat of the State Oracle of Tibet, is also called Sungi Gyelpoi Tsenkar, or the "Demon Fortress of the Oracle King." Located approximately a 10-minute walk downhill from Drepung Monastery, it was the residence of Pehar, the three-headed, six-armed chief protector of the Gelug (Yellow Hat) sect, and served as the home of the State or Nechung Oracle. This medium-sized monastery traditionally accommodated around a hundred monks.

Sightseeing of Norbulingka:

Norbulingka, the Dalai Lamas' summer palace or "Treasure Garden," is a serene and beautiful estate known for its stunning high-altitude gardens and popular as a summer picnic spot.

Sightseeing of Sera Monastery:

Sera Monastery is one of the six major Gelugpa monasteries, alongside Drepung, Ganden, Tashilhunpo, Labrang, and Kumbum. Situated at the base of Phurpa Chok Ri in the Tatipu Range, marking the northern boundary of Lhasa, it was founded in 1419 by Sakya Yeshe (1355–1435), a principal disciple of Tsong Khapa.

Today, Sera is a sprawling monastic complex covering nearly 12 hectares. It comprises the Tsokchen (Great Hall), three tratsangs, and 30 Khangstens. Khangstens are residential compounds with chapels for monks from various regions, while tratsangs are colleges offering specialized studies under the guidance of an abbot (Khenpo). Once home to over 5,000 monks and novices, Sera was a key center of religious activity. Remarkably, its main structures were largely spared during the Cultural Revolution, making it one of the best-preserved monasteries in Tibet.

Pilgrims typically follow a clockwise route through the monastery, visiting the main chapels in this order: Sera Me, Ngagpa Tratsang, Sera Je, Hamdong Khangsten, Tsokchen, and Tsong Khapa's hermitage.

Day 03:

Lhasa

Activities of the day: Walking tour of Potala and Jokhang – Barkhor.

Accommodation: Hotel Kyichu or similar

Meals Included: Breakfast at Hotel

Walking Tour of Potala Palace:

Dominating the skyline of Lhasa, the Potala Palace stands as an iconic symbol of Tibet. Only the foundations remain from the original structure built by Songtsen Gampo. As you ascend its impressive stairways, you will encounter the audience halls and private living quarters of the Dalai Lamas, along with remarkable relics, stupas, three-dimensional mandalas, and numerous statues. When Lhasa was reinstated as Tibet's capital in the 17th century, the Great 5th Dalai Lama commissioned the construction of the White Palace (1645–1653), enlisting 7,000 workers and 1,500 artisans to complete this monumental project.

Walking Tour of Jokhang Temple:

The Jokhang Temple, over 1,300 years old with its striking golden roof, sits at the heart of Barkhor Market. Considered one of the most sacred and active Tibetan temples, it was founded by Bhrikuti, the Nepalese queen of King Songtsen Gampo, on a site chosen by his other wife, Wenchang, a Tang dynasty Chinese princess, for its principal geomantic significance in Tibet.

Walking Tour of Barkhor Market:

Tibet has long been a land of wonders. After absorbing the grandeur of the Potala Palace, a stroll through Barkhor Street Market immerses you in a world brimming with culture and curiosity.

Encircling Jokhang Temple in Lhasa's old town, Barkhor Street features a unique circular layout and public square, reflecting authentic city life and distinctive architectural style. It serves not only as a sacred path for pilgrims performing the kora but also as a vibrant hub for Tibetan cuisine and handicrafts. Each day, traders and vendors set up stalls offering intricate handmade items, while numerous shops showcase traditional Tibetan goods. Over time, Barkhor Street has earned its reputation as the liveliest bazaar in Lhasa and one of the most dynamic markets in Tibet.



DETAILED ITINERARY

Day 04: **Lhasa**
Activities of the day: Free day in Lhasa
Accommodation: Hotel Kyichu or similar
Meals Included: Breakfast at Hotel

Today is a free day in Lhasa. However, given potential changes in local regulations, please confirm with your guide regarding the options for independent exploration. If you wish to visit other sites or attractions, your guide can provide recommendations and assist with arrangements.

Day 05: **Gyantse**
Activities of the day: Drive to Gyantse via Yamdrok Tso and Karo La.
Accommodation: Hotel Yuthuo or similar
Meals Included: Breakfast at Hotel

Today's journey covers 254 km from Lhasa, offering spectacular scenery as you cross the Khamba La and Karo La passes and follow the shores of the stunning Yamdrok Tso Lake.

Gyantse (3,950 m) was once a key trading town linking Sikkim, Bhutan, and Tibet, and it still exudes the charm of old Tibet. Strolling through its narrow backstreets feels like stepping back into medieval times, or you can climb to the impressive hilltop fortress (dzong), where in 1904 local forces resisted the far superior British army for nearly six months.



DETAILED ITINERARY

Day 06:

Shigatse

Activities of the day: Visit Pelkhor Choede Monastery. Drive to Shigatse and Visit to Tashi Lumpo.
Accommodation: Hotel Shiga Yangcha or similar
Meals Included: Breakfast at Hotel

In the morning, visit **Pelkhor Choede Monastery**. Its main temple, the **Tsuklakhang**, was constructed between 1418 and 1425 by the prince of Gyantse. Once an eclectic academy comprising 16 dralsang (colleges) affiliated with the Sakya, Butonpa, Geluk, and Kagyu traditions, all the dralsang buildings have since been destroyed. However, the main assembly hall remains, housing remarkable 15th-century statues and murals. The upper chamber is adorned with stunning mandalas in the Sakya tradition.

Afterwards, drive to **Shigatse**, located at the confluence of the Nyangchu and Brahmaputra Rivers. As Tibet's second-largest city, Shigatse is home to the impressive **Tashilhunpo Monastery**, founded in 1447 by a nephew and disciple of Tsongkhapa, who was posthumously recognized as the first Dalai Lama.

Day 07:

Shegar

Activities of the day: Drive to Shegar via Sakya Gompa
Accommodation: Hotel Chomolangma or similar
Meals Included: Breakfast at Hotel

Continue your journey toward **Shegar**, passing through **Sakya town**. As the principal seat of the Sakya School, Sakya played a central role in Tibet's political and religious history during the 13th and 14th centuries. Both the town and its gompa feature distinctive architecture and color schemes. The name "Sakya," meaning "light-colored earth," is derived from a pale patch on the hillside opposite the main temple complex.

Day 08:

Rongbuk and Everest view

Activities of the day: Drive to Rongbuk. Unveil the breathtaking Everest view.
Accommodation: Hotel Rongbuk or similar
Meals Included: Breakfast at Hotel

After departing Shegar, you will leave the Friendship Highway for a scenic drive through Qomolangma National Park, arriving in the Rongbuk Valley by the afternoon for your first view of Mt. Everest—known locally as Qomolangma, meaning "Queen of the Mountains." The best vantage point is from the small Tibetan monastery, Rongbuk Monastery (5,100 m), where you will stay overnight at a nearby hotel.



DETAILED ITINERARY

Day 09: Lower Kyirong
Activities of the day: Drive to Lower Kyirong via Paiko Tso
Accommodation: Hotel Mustang or similar
Meals Included: Breakfast at Hotel

This morning, you will wake up to the breathtaking sight of Mt. Everest—an experience like no other. Standing face-to-face with the North Face of Everest (8,848.86 m), or Qomolangma as it is called in Tibetan, is truly unforgettable. Later, you will continue your drive toward Lower Kyirong, covering 257 km in approximately 6–7 hours. The journey takes you past the stunning Paiko Tso Lake on the Tibetan Plateau and along high-altitude mountain passes, offering magnificent views of Mt. Shishapangma and Cho Oyu.

Day 10: Kathmandu
Activities of the day: Cross border at Rasuwagadi and Transfer to Kathmandu.
Accommodation: Hotel Traditional Stay or similar
Meals Included: Breakfast at Hotel

Today, you will continue your drive toward the Nepal-Tibet border. Kyirong (Gyirong) Port, with Rasuwa Port on the Nepal side, is situated about 160 km from Kathmandu and approximately 820 km from Lhasa. At the border, you will cross the bridge connecting Nepal and Tibet. Your local guide will meet you to assist with the necessary immigration procedures on Nepal side. After completing the formalities, you will continue your journey to Kathmandu via the Prithvi Highway, driving through lush forests along the Trishuli River on winding roads toward the Kathmandu Valley. Kathmandu is a historically rich and diverse city, renowned for its stunning architecture, intricate wood carvings, and exquisite metalwork that reflect the craftsmanship of Newar artisans from centuries past.

Day 11: Departure. End of service.
Activities of the day: Departure Transfer to Tribhuvan International Airport
Accommodation: None
Meals Included: Breakfast at Hotel

Your memorable journey comes to an end today. After breakfast, you will check out of the hotel to continue your onward travel, depending on the services you have booked.

It is recommended to arrive at the airport at least 2.5 hours before your flight, as queues can be long and slow. Your pre-arranged airport transfer will pick you up from the hotel in time, with an estimated 30-minute drive to the airport, depending on traffic. At the airport, security will verify your flight ticket—either printed or on your mobile—along with your passport before granting access to the departure hall.



Group Joining Trip Cost: USD 1690.00 Per Person (On Twin Sharing Basis)
Single Room Supplement Surcharge: USD 280.00 Per Person

SERVICE INCLUDED IN THE PACKAGE

TIBET:

- ❖ Airport arrival/ Train station transfer
- ❖ All land transfers as per itinerary by private vehicles as per group size.
- ❖ An English-speaking Tibetan Guide throughout the trip.
- ❖ Accommodation in Hotel on Twin sharing with Bed and Breakfast basis.
- ❖ All Tibet Permit and permissions.
- ❖ Permit delivery in your hotel in Mainland China - Beijing, Chengdu, Xining (or other cities).
- ❖ Entrance fees of Drepung, Nechung, Norbulinkha, Sera Monastery, Potala Palace, Jokhang Temple, Yamdrok Tso, Karo La Entry Fee, Pelkor Choede Monastery, Tashilumpo Monastery, Sakya Monastery and EBC park permit pax.

NEPAL:

- ❖ Transfer from Rasuwagadi Border to Kathmandu by private vehicles as per group size.
- ❖ An English-speaking escort guide from Rasuwagadi border to Kathmandu.
- ❖ Border guide service charge for assistance at the border.
- ❖ 01 Night accommodation at Hotel Traditional Stay on Twin sharing with Bed & Breakfast basis.
- ❖ Entrance fee: Patan Durbar Square and Golden Temple.
- ❖ Airport departure transfer.

SERVICE EXCLUDED IN THE PACKAGE

TIBET:

- ❖ Chinese Visa Fee.
- ❖ Flight/Train ticket to Lhasa.
- ❖ Lunch & Dinner.
- ❖ Expenses of personal nature such as Bar Bills, Mineral Waters, Laundries, etc.
- ❖ Insurance – your Travel Insurance must provide cover against personal Accident, Medical expenses, Emergency evacuation and Expatriation and personal liability. We recommend that it cover Cancellation curtailment and Loss of Luggage and personal effects.
- ❖ Tips and Gratuities.
- ❖ Any other services which are not mentioned as included.
- ❖ Additional expenses which may arise due to circumstances including the Delay or Extension of a trip due to bad weather, illness, Government decree other causes beyond control of Royal Mountain Travel.

NEPAL:

- ❖ Nepali Visa Fee.
- ❖ Lunch & Dinner.
- ❖ Entrance fees other than mentioned as includes.
- ❖ Expenses of personal nature such as Bar Bills, Mineral Waters, Laundries, etc.

- ❖ Insurance – your travel insurance must provide cover against personal Accident, Medical expenses, Emergency evacuation and Expatriation and personal liability. We recommend that it cover Cancellation curtailment and Loss of Luggage and personal effects.
- ❖ Tips and Gratuities.
- ❖ Any other services which are not mentioned as included.
- ❖ Additional expenses which may arise due to circumstances including the Delay or Extension of a trip due to bad weather, illness, Government decree other causes beyond control of Royal Mountain Travel.

IMPORTANT NOTES

- ❖ This Joining trip is Guaranteed if confirmed with 02 pax.
- ❖ Maximum Group Size: 15 pax.
- ❖ The Mainland China Visa and Flights/Trains are to be managed at your end; we shall be providing the services only from Lhasa.
- ❖ Tibet Permit will be delivered to your hotel address in Mainland China, so please provide us the correct details of your hotel you are accommodated.
- ❖ Additional cost will be applicable for Permit delivery at the Airport. **(USD 90.00 – subject to change)**
- ❖ You will be joining others in the group at hotel in Lhasa.
- ❖ Accommodation mentioned in the itinerary is subject to availability. At the time of booking confirmation, we will try to book the same accommodation mentioned. If not, then we will inform you about the next available hotel of similar category and price.
- ❖ Please note that the distance and timings mentioned in the itinerary are for reference purpose only. The actual distance covered and time taken in the journey may change.
- ❖ No Refunds in case of any services missed or unused.



ADDITIONAL INFORMATION



ACCOMMODATION

Generally, we at Royal Mountain Travel provide standard and comfortable hotels in Tibet and Nepal. These may be simple yet comfortable, with locally operated hotels providing clean rooms and basic amenities. Bathrooms may be attached or shared, depending on the location, and Wi-Fi is usually available in larger towns such as Lhasa and Shigatse. In more remote areas, facilities are more limited, reflecting the high-altitude environment.

MEALS

Meals in Tibet are straightforward but nourishing. In cities like Lhasa. In big cities and town like Lhasa, there are plenty of restaurants serving you all types of food from local cuisines to multinational cuisines. Travelers can find a range of both Tibetan and Chinese dishes, while on the road and in smaller towns, menus are limited, typically featuring Tibetan staples such as noodles, thukpa, momos, and fried rice. Food is prepared hygienically as per resources and availability. In Nepal, restaurants serve Nepalese Cuisines, which is delicious and different than that of Tibet, and can have more options and would please your taste buds.

TRANSPORTATION

Transportation across Tibet is provided in private vehicles that adhere to strict safety standards and undergo regular maintenance. Each vehicle is equipped with seatbelts, fire extinguishers, and first aid kits. Our drivers are trained to navigate mountain roads safely, ensuring a secure journey. To maintain high safety standards, we operate our own fleet of vehicles and continuously monitor their condition. Additionally, our drivers receive annual First Aid Training conducted by the Red Cross Society of Bhaktapur, a branch of the Nepal Red Cross Society. This ensures that your journey is not only comfortable but also safe and well-managed.

GUIDE AND SUPPORT STAFF

Our guides in Tibet are government-licensed professionals with extensive experience in both cultural interpretation and high-altitude travel. They are trained to ensure hygiene, guest comfort, and safety, providing assistance in emergencies until professional medical help is available.

In Nepal, all our tour and trekking guides hold official licenses from the Government of Nepal and receive additional training to deliver unique, memorable, and enriching experiences—whether exploring historical sites or trekking through scenic landscapes. Like our drivers, all guides receive annual First Aid Training. While they do not administer medicines, they are fully equipped to support you in any emergency situation until professional medical assistance can be reached.

MONEY EXCHANGE

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com. There are many ATM machines that accept both Visa and MasterCard but these are limited to major cities. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee, but not at all shops.

TIPPING

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected, though not compulsory, and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels.

ADDITIONAL INFORMATION



Recommendations for tipping drivers and local guides would range from \$4-\$7 USD per person per day depending on the quality and length of the service. For porters during the trekking portion of your trip, the recommended amount is 4-7 USD per porter per day; ask your guide for specific recommendations based on the circumstances and Culture. Also at the end of each trip if you felt your Royal Mountain Travel guide did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however, as a guideline \$7-10 USD per day, can be used.

HEALTH

Health considerations are important in Tibet due to the high altitude. Travelers are strongly encouraged to consult their doctor regarding altitude medication, general travel health, and necessary vaccinations before the trip. Some medications may have side effects at high altitude. You should be considerably aware of any medications needed for any foreseeable illnesses whilst traveling in Nepal. So, medical advice is essential.

Be aware that some drugs, including anti-malarial, have side effects at altitude. Please discuss this carefully with your doctor.

VISAS

Please note it is your responsibility to arrange visas before you travel. below are the visa requirements at the time of printing. NEPAL: All foreign nationals (except Indians) require a visa to enter Nepal. Visas are obtainable from embassies abroad or on arrival at Kathmandu's Tribhuvan airport. If getting the visa at the airport be prepared for long queues. You will also need to provide one passport photo and the following fees in US dollars' cash only: single entry visa valid for 15 days - US \$30: Single Entry Visa for 30 days - US \$50 and multiple entry visa valid for 90 days - US \$125.

All travelers require a Tibet Travel Permit to enter Tibet, which is separate from a standard Chinese visa (to be issued by your own). A valid Chinese visa is also required in addition to the Tibet Travel Permit. Permits are arranged through Royal Mountain Travel in advance, as independent travel is not allowed.



Weather in Tibet varies, greatly depending on the season and region, due to its high-altitude plateau climate. Spring and autumn are generally the most favorable times to visit, offering clear skies, comfortable temperatures, and excellent visibility of the mountains and plateau landscapes. Summer coincides with the monsoon, bringing occasional rain—mainly to southern Tibet—while northern areas remain relatively dry. Winters are very cold, especially at higher altitudes, but the air is exceptionally clear, providing spectacular mountain views.

Winter (December–February): Very cold, with temperatures often dropping well below freezing at higher altitudes. The clear air provides outstanding views of the surrounding mountains and plateau. Spring (March–May): Days gradually warm up, while nights remain chilly. Snowmelt may make some areas muddy, and occasional mist or clouds can reduce visibility. Summer (June–August): Rain falls mainly in southern Tibet during the monsoon, but most regions remain dry with sunny days. High-altitude areas can still be chilly, particularly at night. Autumn (September–November): The most pleasant season to visit, with warm, sunny days, cool nights, and generally clear skies, perfect for exploring and sightseeing.

Nepal has a generally temperate climate, but varying altitudes lead to distinct variations. The monsoon sweeps up from India each summer, making mid-June to mid-September humid and wet. Winter (December-February) winter is cold and you will need to be prepared, but the air is very clear providing the best mountain views. Spring (March-May) Days are increasingly warm; mist and clouds are not uncommon. Summer (June-August) The monsoon season. It will rain every day, although not all day. Autumn (September - November) the most pleasant season, in which days are warm but not hot and skies are clear.

**Please note that the weather information given below is for reference only. Weather cannot be forecasted.

