

Overland Tour from Kathmandu to Lhasa



The Overland Tour from Kathmandu to Lhasa is one of the most scenic and culturally rich journeys in the Himalayas. Lhasa, located at an altitude of 3,650 meters in the heart of the Tibetan Plateau, has been the spiritual and administrative capital of Tibet since the 17th century. Often referred to as the “Sunlit City,” it is among the highest cities in the world and a dream destination for those seeking a blend of adventure, history and spirituality.

Lhasa is home to some of the most significant cultural and religious landmarks in Tibet. The magnificent Potala Palace, once the residence of the Dalai Lama, dominates the city skyline and stands as a symbol of Tibetan identity. The sacred Jokhang Temple, considered the spiritual heart of Tibet, attracts pilgrims from across the Himalayan region. Other highlights include the Drepung Monastery and Sera Monastery, both important centers of Buddhist learning and monastic life.

Where is Overland Tour from Kathmandu to Lhasa?

The Overland Tour from Kathmandu to Lhasa takes travelers from the capital city of Nepal (Kathmandu) across the Himalayas into the heart of Tibet, China. The journey begins in Kathmandu and follows the scenic road through the Nepalese countryside to the Gyirong Border (Nepal–Tibet border). From there, travelers enter the Tibetan Plateau and continue the drive across vast landscapes, high mountain passes, and traditional towns before reaching Lhasa, the capital city of Tibet, situated at an altitude of 3,650 meters.

Trek Highlights:

- Scenic Overland Journey – Cross the Nepal–Tibet border and travel through dramatic landscapes, high passes and the vast Tibetan Plateau.
- Explore Lhasa, the “Sunlit City” – Visit the cultural and spiritual heart of Tibet, set at an altitude of 3,650 m.
- UNESCO World Heritage Sites – Discover the grandeur of the Potala Palace and the serene beauty of Norbulingka, the Dalai Lama’s summer palace.
- Spiritual Heart of Tibet – Experience the sacred Jokhang Temple, an important pilgrimage site for Tibetan Buddhists.
- Famous Monasteries – Visit Drepung Monastery and Sera Monastery, both important centers of Buddhist learning and monastic life.
- Barkhor Bazaar Walk – Immerse yourself in Tibetan culture while exploring the traditional market filled with prayer flags, handicrafts, and local life.
- Panoramic Himalayan Views – Enjoy breathtaking vistas of snow-capped peaks and expansive plateaus during the overland drive.
- Unique Tibetan Lifestyle – Witness nomadic traditions, vibrant prayer flags, and the deep spiritual connection of Tibetans with their land and religion.
- Blend of Culture & Nature – A perfect journey that combines rich history, Buddhist spirituality, and stunning Himalayan scenery.



Detailed Itinerary

Day 1: Arrival in Kathmandu

Welcome to Nepal! Upon arrival at Tribhuvan International Airport, make your way to your hotel in Kathmandu (self-transfer).

Day 2: Kathmandu to Lhasa(3,650m)

After breakfast, transfer to the airport for a scenic one-hour flight to Lhasa, crossing over the world’s highest Himalayan ranges with spectacular views of Everest, Kanchenjunga, and other majestic peaks. On arrival, our Tibetan guide will meet you and transfer you to your hotel. The rest of the day is set aside for rest and acclimatization, allowing your body to adjust to the high altitude.

Day 3: Lhasa Sightseeing -Potala Palace Jokhang Temple and Barkhor Bazaar

Today begins with a visit to the iconic Potala Palace, the winter residence of the Dalai Lama and a masterpiece of Tibetan architecture. Continue to the Jokhang Temple, the most sacred site in Tibet, where pilgrims from all over the plateau gather to worship. End the day exploring Barkhor Bazaar, a traditional Tibetan market that encircles the Jokhang Temple, filled with prayer flags, incense and local handicrafts.



Day 4: Lhasa Sightseeing - Drepung and Sera Monasteries

After breakfast, drive uphill to the historic Drepung Monastery, once the largest monastery in Tibet and an important center of Buddhist learning. In the afternoon, visit the Sera Monastery, famous for its unique monastic debates held in the courtyard, offering a fascinating glimpse into Tibetan education and spiritual practice.

Day 5: Excursion to Ganden Monastery

Today, enjoy a scenic drive to Ganden Monastery, located on a hilltop with sweeping views of the valleys below. As one of the “Great Three” Gelug university monasteries, Ganden is an important pilgrimage site and offers deep insight into Tibetan Buddhism. Explore the monastery complex, interact with monks, and take in the breathtaking highland scenery before returning to Lhasa for the evening.

Day 6: Lhasa to Kathmandu

In the morning, transfer to the airport for your return flight to Kathmandu. Upon arrival, you will be taken to your hotel. The rest of the day is free for shopping, visiting local markets or simply relaxing after your Tibet adventure.

Inclusions:

- Airport transfers in Kathmandu and Lhasa
- Flight from Kathmandu to Lhasa (round-trip if included in the package)
- Comfortable private vehicles for local travel and sightseeing in Tibet
- Accommodation: 3 Saar hotels or resorts in Lhasa on twin-sharing basis, including daily breakfast
- Sightseeing & Activities: Guided tours in Lhasa covering Potala Palace, Jokhang Temple, Barkhor Bazaar, Drepung Monastery, Sera Monastery and Ganden Monastery
- Guide Services: Licensed, English-speaking Tibetan guide throughout the tour
- Permits: Tibet Travel Permit and all required local permits for sightseeing

Exclusions:

- Nepal Visa fees
- Lunch, dinner, and other meals not mentioned in the itinerary
- Travel insurance (highly recommended)
- Personal expenses: Shopping, tips, phone calls, laundry, beverages, etc.
- Optional activities not mentioned in the itinerary
- Excess baggage fees and porters’ services

Best time for the Overland Tour from Kathmandu to Lhasa

The best time to travel from Kathmandu to Lhasa is during spring (April–May) and autumn (September–October). These months offer the most favorable weather conditions, making sightseeing and high-altitude travel comfortable and enjoyable.

Spring (April–May): During spring, the weather is mild, and the Tibetan Plateau begins to bloom with colorful flowers. Skies are generally clear, providing excellent visibility of the Himalayan peaks, including Mount Everest. This season is perfect for photography, trekking, and exploring Lhasa and surrounding monasteries.

Autumn (September–October): Autumn brings crisp, clear skies and stable weather conditions. The post-monsoon period ensures stunning mountain views and vibrant landscapes, making it one of the most popular times for overland travelers. Cultural festivals and local events also add a unique touch to your journey during this season.



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