

Tibet Overland Tour

Facts

Destination: Tibet

Trip Difficulty: Easy

Trip Style: Tour

Transport: Private Vehicle / Tourist Bus

Food: Breakfast + Lunch + Dinner

Accommodation: Hotel + Teahouses + Lodges

Group Size: 2-20 PAX

Max Elevation: 4350m



Tibet Overland Tour is an **8-day tour** that takes you to the core area of [Tibet](https://www.marveladventure.com/tibet) (<https://www.marveladventure.com/tibet>), rich in culture and history. Starting the journey from [Kathmandu](https://www.marveladventure.com/kathmandu-day-tour) (<https://www.marveladventure.com/kathmandu-day-tour>), you will reach Kerung Border and head toward the beautiful countryside town of Xigatse, Xegar, and Tingri. This tour also brings you insights into Buddhism which has been practiced in the region for



centuries. Lhasa, a famous tourist destination, has several places like Sera Monastery, Drepung Monastery, Jokhang Temple, Barkhor Bazaar, Potala Palace, and many others rich in ancient arts, culture, and history.

The Tibet Overland Tour also offers you a great chance to experience the views of the Himalayas and other natural richness like the **Brahma Putra River**, Yamdrok-Tso Lake, and others.

Why Tibet Overland Tour?

Stunning Scenery

Tibet is considered the “**Roof of the World**,” the highest plateau ever. It is also home to stunning landscapes, snow-capped mountains, pristine lakes, and grasslands. You can delve into the natural beauty of Tibet as you can experience the views of [Mt. Everest](https://www.marveladventure.com/blog/how-long-does-it-take-to-climb-mount-everest) (<https://www.marveladventure.com/blog/how-long-does-it-take-to-climb-mount-everest>), Kailash, Sishapangma, Lhotse, and many other famous peaks. Similarly, Mansarovar Lake and Namtso Lake provide spectacular views of this region, which are breathtaking.

Cultural And Religious Immersion

Tibet is rich in culture and religion. Several places and landmarks like Mount Kailash, [Mansarovar Lake](https://en.wikipedia.org/wiki/Lake_Manasarovar) (https://en.wikipedia.org/wiki/Lake_Manasarovar), Panchen Lama's Tashilhumpu Monastery, Kumbum Stupa & Phalkor Monastery carry great Hindu and Buddhist significance.

Every year thousands of devotees visit Mansarovar to do religious rituals, expecting to get spiritual enlightenment. Mount Kailash and Mansarovar Lake closely bond with Lord Shiva in



Hindu Myths. It is believed that Lord Shiva, the God of Gods, resides in Kailash Parbat. Similarly, Mansarovar Lake is believed to be a place where gods take bath during Brahma Muhurta. Devotees worldwide dip themselves into the lake, hoping to get salvation.

Similarly, Buddhist monasteries like **Kumbum Stupa**, **Phalkor Monastery**, and **Zutul Phuk Monastery** give you the practice of Buddhism in Tibet.

Delve Into Tibetan Cities And Their History

During your Tibet Overland Tour, you will visit famous places like **Potala Palace**, **Sera Monastery**, **Jokhang Temple**, **Barkhor Bazaar**, and **Drepung Monastery**. They are the ancient infrastructures and landmarks that exist from the evolution of [Lhasa](https://www.marveladventure.com/kailash-mansarovar-tour-via-lhasa) (<https://www.marveladventure.com/kailash-mansarovar-tour-via-lhasa>) city and bring back the insights of the cultural importance to the present time.

As the major religion of Tibet is Buddhism, you can find numerous Buddhist stupas and monasteries, statues of Lord Buddha, and sculptures and inscriptions that read the ancient Buddhist myths. These arts and artifacts are also found in the places like Jokhang Temple, Potala Palace, and Sera and Drepung Monasteries. Nevertheless, Tibet has still lived its history through their culture and celebration. And visiting the city will give you a narrative explanation of its rich history and lifestyle.

Best Time To Go For The Tibet Overland Tour

Generally, the best time for the Tibet Overland Tour is **autumn and spring**. Here are some of the reasons why:

Autumn Season

Autumn Season, which starts in September and ends in November, **features stable weather** like dry and sunny days. The clear skies allow you to witness Tibet's stunning fall foliage and **colorful landscapes**. Besides, the **temperature is moderate**, which makes travelers comfortable to enjoy the stunning beauty of Tibet.

Spring Season

Spring lasts from **March to May**, bringing mild, pleasant weather with clear blue skies. Similarly, the nature is colorful during this time as the flowers are in full blossom and the greenery is everywhere, which makes the scene very pleasant.

Besides, there is less rainfall during Spring, which makes **navigation comfortable for trekkers**. It ensures a safe and sound visit to Tibet.

Can I Go On Off Season Travel To Tibet?

Yes, you can go on off-season travel to Tibet; however, you should be prepared for the weather hazards that come with it. With proper preparation and planning, you can still make the most of your off-season trip to Tibet.

The monsoon season brings heavy rainfall, while the winter comes with heavy snowfall and cold temperatures. You should be mindful of the defects of this weather for travel and plan accordingly.

How To Get the Most Out Of The Tibet Overland Tour?



Tibet Overland Tour gets you the most out of the Tibetan cities that lie to the other side of the Himalayas from Nepal. Cities like Xigatse, Lhasa, Xegar, and others will be covered in this package, which includes sightseeing and other thrilling activities. Here are some ways to make the most out of your tour in Tibet.

Preparation

Tibet Overland Tour requires a set of preparations, including physical, mental, gear, and safety kits. During the trip, you will be over 3500 meters above sea level, and the temperature of Tibet is relatively low. So **packing weather-friendly clothes** like thermal layers, windproof and waterproof jackets, warm socks, and gloves are essential.

Similarly, some parts of Tibet require a hike to reach, so ensure you have packed a pair of sturdy hiking boots. In addition, your **physical strength is also essential** for this tour as it is at a high altitude, and you are most likely to get altitude sickness. Besides, you should prepare the safety kits that might be used during emergencies.

Book Early

Booking early gets you enough time to prepare. If you are looking to embark on Tibet Tour in the Autumn, make sure you are working on the **preparation from one to two months before**. Similarly, Tibetan Tourism gets crowded during the peak season, so you have to analyze how to get the booking in the destinations and plan accordingly for the logistics. Booking early will ensure your safe flight to Nepal, transport services, and accommodation.

Choose A Reputable Tour Agency

You should always book your tour from a reputable tour agency, for they provide you with



various amenities that align with your expectations and interest. At [Marvel Adventure \(https://www.marveladventure.com/contact-us\)](https://www.marveladventure.com/contact-us), we provide professional guide services, 24/7 Customer Support, Guidance to book tickets, and several other amenities.

We also provide the tour at a reasonable cost, including all your domestic transport, food, and accommodation services.

You may also like:

- [Tsum Valley Trek \(https://www.marveladventure.com/blog/tsum-valley-trek-itinerary-cost-and-difficulty\)](https://www.marveladventure.com/blog/tsum-valley-trek-itinerary-cost-and-difficulty)
- [Langtang Valley Trek \(https://www.marveladventure.com/langtang-valley-trek\)](https://www.marveladventure.com/langtang-valley-trek)
- [Upper Mustang Trek Itinerary \(https://www.marveladventure.com/blog/upper-mustang-trek-itinerary\)](https://www.marveladventure.com/blog/upper-mustang-trek-itinerary)

Highlights

Here are some things you should know before heading for the Tibet Tour.

- Reach the border of Nepal and Tibet, Kerung
- Explore the culturally rich Lhasa City and its destinations like Potala Palace, Sera and Drepung Monastery, and Panchen Lama's Tashilhumpu Monastery.
- Reach the highest pass of Gyatsu La Pass at 5220 meters above sea level
- Exploring the views of Mt Cho Oyu (8201m) and Mt Xishapagma (8012m), Karola (5,010m), Kambala (4,749m), and Mt. Everest.

- Explore Yamdrok-Tso Lake, and the Brahma Putra (Yarlung Tsangpo) River
- Explore Buddhism and its practice in Tibet

Day to Day Itinerary

Day 01: Kathmandu-Kerung Border/145km

Day 02: Kerung-Tingri (4300m)/Lhatse (4350m) | 225km/244km

Day 03: Tingri/Lhaste-Xigatse (3900m) | 244km

Day 04: Xigatse-Gyantse (3950m) -Lhasa.

Day 05: Sightseeing in Lhasa.

Day 06: Sightseeing in Lhasa

Day 07: Lhasa – Xegar (4300m) 490km

Day 08: Xegar to Kerong Border to Kathmandu 395km

Cost Includes

- **Permits and entry fees:** The entry and permit charges to various landmarks and sites are included in cost.
- **Transportation:** The transportation charges within Tibet, Bus Fare From and To Tibet
- **Accommodation:** Cost Includes Hotel Costs throughout the tour.
- **Meals:** Breakfast, Lunch, and Dinner costs during the entire tour, including Farewell Dinner, are included in the cost.
- **English-speaking guide:** A knowledgeable and fluently speaking Tour guide with prior information about sites is included.
- **Sightseeing and activities:** Entrance fees for Major attractions, cultural activities, and guided tours are generally included.



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- **Support staff:** Team members like drivers and porters may be included on demand

Cost Excludes

- **Visa fees:** Chinese visa or Tibet Travel Permit is generally not included and must be obtained individually.
- **International airfare:** The cost of international flights to and from Kathmandu is not included and should be arranged by yourself.
- **Personal expenses:** Souvenirs, gifts, additional meals, drinks, laundry, and expenses of personal nature are not covered.
- **Travel insurance:** Travel insurance is essential, yet it is not included in the tour package and should be managed independently.
- **Optional activities:** Optional activities, side tours, or recreational activities are not covered by the main cost.
- **Extra services:** Customized itineraries, facilities plus expenses not mentioned in Cost Included are not covered.