



Taksang, the Tiger's Nest monastery, Bhutan

PRIVATE GUIDED WALKING & HIKING

Himalayan Trails & Sacred Cities

Bhutan, Nepal and Tibet with attentive private guiding

YOUR JOURNEY

16 days / 15 nights

OUR RECOMMENDED TIME

Mid to late October

Your own party. Your own experienced guide.

THE EXPERIENCE

Three Himalayan cultures. A personal journey through each.

Explore three different Himalayan cultures in one carefully connected private journey. Bhutan brings forested valleys and cliffside monasteries; Nepal adds the temples and traditional communities of the Kathmandu Valley; Tibet offers the great religious sites of the Yarlung Valley and Lhasa.

Experienced private guides meet you in each region and accompany every scheduled walk and visit. Comfortable hotels, personal transfers and carefully arranged meals support the journey. The programme combines meaningful cultural time with selected hikes, including Tiger's Nest and a high-altitude monastery circuit.

JOURNEY HIGHLIGHTS

- | | | | |
|----|--|----|--|
| 01 | Visit Thimphu, Punakha and the beautiful Paro Valley. | 02 | Hike with your private guide to Bhutan's Tiger's Nest monastery. |
| 03 | Explore Kathmandu, Patan and Bhaktapur's historic squares. | 04 | Walk through Newar villages and along a selected valley ridge trail. |
| 05 | Visit Samye, Jokhang, Potala Palace and Sera Monastery. | 06 | Enjoy a guided circuit at Ganden with wide valley views. |

Fully accompanied, from the first welcome to the final farewell.

All scheduled walks, hikes and cultural visits are led by experienced private guides.

ROUTE, SEASON & WALKING LEVEL

Your journey at a glance.

Bangkok, Thailand → Bangkok, Thailand

OVERNIGHT BASE

NIGHTS

Bangkok	1
Thimphu	2
Punakha	1
Paro	2
Kathmandu	4
Tsedang	1
Lhasa	4

BEST TIME TO TRAVEL

Mid to late October

Also recommended: April to May and mid-October to early November.

Mid to late October is an excellent choice for clear Himalayan views and comfortable lower-valley touring. April and May offer a spring alternative. The final start date is coordinated with regional flights and Tibet entry arrangements.

WALKING LEVEL

Moderate walks / high altitude

Most days are cultural walks of 2–6 km. Tiger's Nest is a 6–7 km uphill hike. Tibet adds a different physical demand: stays around 3,400–3,650 m and a Ganden visit near 4,300 m, with a deliberately gentle arrival day.

THOUGHTFUL CONNECTIONS

The 16-day route uses flights from Bangkok to Paro, Paro to Kathmandu, Kathmandu to Lhasa and Lhasa via a Chinese hub back to Bangkok. Dates are chosen only after operating days and Tibet entry approvals are aligned. Plan any onward flight from Bangkok after a comfortable connection or an additional overnight.

Daily distances and elevations are approximate planning figures, not a GPS track. They include the scheduled cultural walking as well as trail sections. Walking times exclude meals, visits and vehicle travel unless stated. Your private guide confirms the day's route and pace.

DAY BY DAY / DAYS 01 / 02

DAY 01

Arrive and settle in Bangkok

Your private host meets you at Bangkok airport and transfers you to a comfortable hotel near the airport. Today is reserved for rest after your international journey. Dinner is arranged at the hotel, and your team confirms the following morning's regional flight and transfer details. The easy first day helps you begin the Himalayan part of the journey feeling refreshed.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
0 km scheduled	No scheduled walk	Rest / travel

Terrain / elevation: None

Overnight Bangkok

Connections Private airport meet-and-greet and hotel transfer

Meals Dinner

DAY 02

Fly to Bhutan and continue to Thimphu

Fly to Paro, where your Bhutanese private guide welcomes you and accompanies the drive to Thimphu. After lunch and hotel check-in, enjoy a gentle introduction to the capital, with selected visits to the Memorial Chorten and local craft traditions. The afternoon is kept flexible around the actual flight arrival. Dinner at your comfortable Bhutanese property provides time to discuss the coming valley walks.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
3–4 km	1.5–2 hours	Easy

Terrain / elevation: Gentle town gradients; elevation about 2,300 m

Overnight Thimphu

Connections Regional flight to Paro; private drive about 1.5 hours

Meals Breakfast, lunch and dinner

DAY BY DAY / DAY 03



Cheri Monastery above the Thimphu Valley, Bhutan | Day 3

DAY 03

Monastery paths above Thimphu

Walk with your private guide towards Cheri Monastery, ascending through woodland at a steady pace. Pause to appreciate the monastery setting before descending for lunch. A second selected walk in the Wangditse area adds views over Thimphu and a different part of the surrounding forest. Your guide adjusts the order to local access arrangements. Return to your hotel for a comfortable evening and dinner.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
6–7 km	3–4 hours	Moderate

Terrain / elevation: About +500 m / –500 m; forest paths

Overnight Thimphu

Connections Private local road travel, about 2 hours total

Meals Breakfast, lunch and dinner

DAY BY DAY / DAY 04



Punakha Dzong beside the river, Bhutan | Day 4

DAY 04

Dochula and the Punakha Valley

Travel over Dochula, stopping at the chortens and viewpoints when the skies are clear. Descend into the warmer Punakha Valley for lunch and a guided visit to Punakha Dzong, beautifully placed near the meeting of two rivers. Add a gentle village or riverside walk according to the afternoon timing. Your comfortable valley accommodation offers a peaceful setting for dinner and the night.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
3–4 km	1.5–2 hours	Easy to moderate

Terrain / elevation: Monument steps; Dochula about 3,050 m

Overnight Punakha

Connections Private road travel, about 3 hours

Meals Breakfast, lunch and dinner

DAY BY DAY / DAYS 05 / 06

DAY 05

Return across the hills to Paro

Leave Punakha after breakfast and travel back through the mountain valleys towards Paro, with regular stops and an included lunch. On arrival, visit the National Museum and the Rinpung Dzong area with your private guide as opening arrangements allow. Settle into your heritage-style hotel and prepare for tomorrow’s walk. Dinner is arranged at a comfortable pace after the road journey.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
3–4 km	1.5–2 hours	Easy to moderate

Terrain / elevation: Museum and dzong steps; Paro about 2,200 m

Overnight Paro **Connections** Private road travel, about 4–5 hours
Meals Breakfast, lunch and dinner

DAY 06

The walk to Tiger’s Nest

Start early with your private guide for the climb to Taktsang, widely known as Tiger’s Nest. Follow the forest path with rest stops before reaching the viewpoints and the stepped approach to the monastery. Your guide explains the site’s significance and manages the pace throughout the visit. Lunch is arranged around the walk. Return to your hotel in the afternoon and celebrate your Bhutan stay over dinner.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
6–7 km	4–5 hours	Moderate to challenging

Terrain / elevation: About +650 m / –650 m; monastery near 3,120 m

Overnight Paro **Connections** Short private trailhead transfers
Meals Breakfast, lunch and dinner

DAY BY DAY / DAYS 07 / 08

DAY 07

Kathmandu and Boudhanath

Fly to Kathmandu and meet your Nepalese private guide on arrival. After a comfortable hotel transfer and time to refresh, visit Boudhanath for a gentle guided walk around the stupa and its surrounding lanes. The visit offers a welcoming introduction to the valley without crowding the travel day. Enjoy dinner at a carefully selected restaurant and settle in for four nights in Kathmandu.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
2–3 km	1–1.5 hours	Easy

Terrain / elevation: Mostly level paths

Overnight Kathmandu

Connections Regional flight Paro–Kathmandu; private airport transfers

Meals Breakfast, lunch and dinner

DAY 08

Kathmandu and Patan’s historic centres

Explore the Kathmandu Valley with a private cultural expert. Visit Swayambhunath, then continue to Kathmandu Durbar Square for an introduction to the city’s royal and religious history. After lunch, travel to Patan and spend time among its temples, courtyards and museum displays. A private vehicle links the main areas so the day focuses on the visits themselves. Return to your hotel before dinner.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
5–6 km	3–4 hours within a full cultural day	Easy to moderate

Terrain / elevation: Temple steps, cobbles and historic squares

Overnight Kathmandu

Connections Private city touring vehicle

Meals Breakfast, lunch and dinner

DAY BY DAY / DAY 09



Nyatapola Temple in Taumadhi Square, Bhaktapur | Day 9

DAY 09

A valley ridge walk and Bhaktapur

Drive towards Nagarkot and walk a selected 4–5 km ridge section in the direction of Telkot, with a private vehicle collecting you at the arranged endpoint. This keeps the country walk enjoyable within a varied day. Continue to Bhaktapur for lunch and a guided exploration of Durbar Square, Taumadhi Square and the craft lanes. A late-afternoon visit to Pashupatinath’s visitor areas completes the programme before returning to Kathmandu.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
7–8 km total	3–4 hours total walking	Moderate

Terrain / elevation: About 250 m descent on the selected ridge trail

Overnight Kathmandu

Connections Private road touring, about 3.5 hours

Meals Breakfast, lunch and dinner

DAY BY DAY / DAYS 10 / 11

DAY 10

Newar villages and Kirtipur

Spend the day in the traditional communities of the Kathmandu Valley. With your private guide, walk through Bungamati and Khokana, learning about local architecture, crafts and everyday life. Enjoy a regional lunch before continuing to Kirtipur for a guided visit to its historic streets and viewpoints. Return to your hotel with time to rest and prepare for the onward flight to Tibet.

WALKING (APPROX.)

5–6 km

WALKING TIME

2.5–3 hours

DAILY EFFORT

Easy to moderate

Terrain / elevation: Village lanes, steps and short slopes

Overnight Kathmandu

Connections Private local road transfers, about 2 hours

Meals Breakfast, lunch and dinner

DAY 11

Arrival in Tibet and a restful afternoon

Fly from Kathmandu to Lhasa Gonggar on the operating service arranged for your departure. Your Tibetan private guide meets you and accompanies the transfer to Tsedang. The rest of the day is deliberately gentle, with hotel time, an easy meal and only a very short accompanied stroll if you feel comfortable. This first overnight introduces the Yarlung Valley while giving priority to a sensible high-altitude arrival.

WALKING (APPROX.)

0–1 km optional

WALKING TIME

Up to 30 minutes, accompanied

DAILY EFFORT

Very gentle / acclimatisation

Terrain / elevation: Overnight elevation about 3,400 m

Overnight Tsedang

Connections Regional flight to Lhasa Gonggar; private drive about 2 hours

Meals Breakfast, lunch and dinner

DAY BY DAY / DAYS 12 / 13

DAY 12

Samye Monastery and onward to Lhasa

Visit Samye Monastery with your private guide, taking the cultural exploration at a slow, comfortable pace. Spend time among the accessible courtyards and buildings, with breaks built into the visit. After lunch, continue by road to Lhasa and check into your hotel. The late afternoon is reserved for rest before dinner, rather than adding another major sightseeing programme to the day.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
2–3 km	1.5–2 hours, slowly paced	Easy walking / high altitude

Terrain / elevation: Mostly monastery paths; Lhasa about 3,650 m

Overnight Lhasa **Connections** Private road touring, about 4–5 hours total
Meals Breakfast, lunch and dinner

DAY 13

Jokhang and the old streets of Lhasa

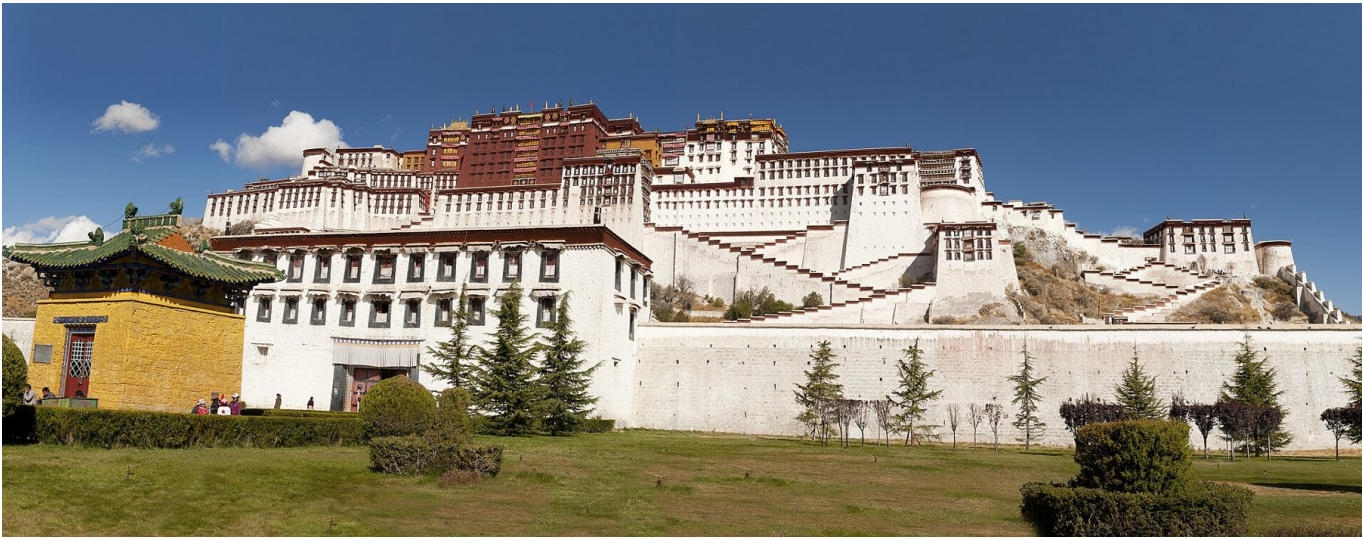
Explore the old centre of Lhasa with your private guide. Visit Jokhang according to the day's entry arrangements, then follow the Barkhor circuit and nearby historic lanes. Allow time for a relaxed lunch and comfortable pauses while your guide explains the places and customs you encounter. Return to the hotel for a break before dinner. The walking remains unhurried at this altitude.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
4–5 km	2–3 hours, slowly paced	Easy walking / high altitude

Terrain / elevation: About 3,650 m; occasional steps

Overnight Lhasa **Connections** Short private city transfers
Meals Breakfast, lunch and dinner

DAY BY DAY / DAY 14



Potala Palace, Lhasa, Tibet | Day 14

DAY 14

Potala, Sera and the summer-palace gardens

Visit Potala Palace at the allocated time with your guide, taking the stairways steadily. Continue with an included lunch and a visit to Sera Monastery, where the programme follows the activities open to visitors that day. The gardens and palace buildings of Norbulingka provide a different setting for the final visit. Your private vehicle links the sites, and the evening is kept relaxed.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
4–5 km	2.5–3 hours walking within a cultural day	Moderate at altitude

Terrain / elevation: Palace stairways; elevation about 3,650–3,750 m

Overnight Lhasa

Connections Private city touring vehicle

Meals Breakfast, lunch and dinner

DAY BY DAY / DAYS 15 / 16

DAY 15

Ganden's monastery circuit

Travel to Ganden for a guided monastery visit and a selected kora circuit with wide views across the surrounding valleys. At this higher elevation, your guide uses a gentle pace and frequent pauses; a shorter accompanied circuit is available within the private programme. Enjoy lunch before returning to Lhasa. Your farewell dinner reflects on the very different Himalayan cultures experienced during the journey.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
3–4 km	2–2.5 hours, slowly paced	Moderate / high altitude

Terrain / elevation: About +150 m / –150 m; visit near 4,300 m

Overnight Lhasa

Connections Private road excursion, about 2.5–3 hours total

Meals Breakfast, lunch and dinner

DAY 16

Return to Bangkok via China

Your private driver transfers you to Lhasa Gonggar airport for the booked regional connection via a Chinese hub, normally Kunming when schedules align, to Bangkok. The journey concludes on arrival in Bangkok. Your Midasia Routes team coordinates an onward connection with sufficient time or can arrange an additional Bangkok night. No sightseeing is scheduled on this final travel day.

WALKING (APPROX.)	WALKING TIME	DAILY EFFORT
0 km scheduled	No scheduled walk	Rest / travel

Terrain / elevation: None

Overnight Departure in Bangkok

Connections Regional flights Lhasa–Chinese hub–Bangkok; allow a full travel day

Meals Breakfast; other meals arranged around the flight schedule

THE MIDASIA ROUTES DIFFERENCE

Your private journey, cared for.

Every scheduled walk, hike and cultural visit is accompanied. Your guide handles the route and timing, with specialist mountain or local site guides where needed. Private means your own travelling party, with the arrangements shaped around your interests and walking ability.

YOUR STAYS

An upscale Bangkok airport-area hotel, comfortable Bhutanese boutique or heritage-style properties, a refined Kathmandu base and well-appointed hotels in Tsedang and Lhasa. Private bathrooms throughout.

YOUR ARRANGEMENT INCLUDES

Private guides and personal arrival assistance; the stated accommodation and meals; private road transfers; listed regional flights, trains, ferries and cable cars; scheduled visits, entrance fees and activities; luggage handling and trail refreshments.

ARRANGED SEPARATELY

International flights to the starting city and home from the finishing city; travel and medical insurance; passport-dependent visa fees unless specified in your proposal; personal shopping, laundry, alcoholic drinks and discretionary gratuities.

We confirm the named hotels, room arrangements and operating details in your personal proposal. Park visits, scheduled transport and public heritage sites may be shared with other visitors; your party remains accompanied by its private guide. Tibet party-size, passport and entry requirements are checked before confirming travel.

PLAN YOUR PRIVATE JOURNEY

A remarkable journey, arranged around you.

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Private guiding, thoughtful stays and carefully coordinated Himalayan travel.