



TRAVELLING TO NEW PLACES WITH CONFIDENCE

# Himalayas Kingdoms: Bhutan & Nepal

## 8-Day, 7-Night Journey

*Kathmandu, Thimphu, Paro*

Combine two beautiful Himalayan Kingdoms in one journey to the serene and spiritual lands of Nepal and Bhutan. Join us to be inspired and gaze at the world's tallest mountain up close. No Mount Everest climbing skills required! Nepal offers an unbelievable number of UNESCO World Heritage Sites and blends a multi-ethnic society with the harmony of Hinduism and Buddhism. The secluded kingdom of Bhutan retains its unique ancient Buddhist heritage and cultural through its sustainable tourism policy. Whether you're in bustling Kathmandu Durbar Square, on your sunrise Mount Everest sightseeing flight or walking up to the mystical Tiger's Nest; every experience is a mesmerizing and mind-opening experience.

♦ Customizable Private Tour

## Trip Overview (\*UNESCO World Heritage Sites)

- Bhaktapur & Kathmandu City Tour
- **Bhaktapur Durbar Square\***
- Nyatapola Temple
- Kashi Biswanath Temple
- Dattatreya Temple
- **Pashupatinath Temple\***
- **Boudhanath Stupa\***
- **Swayambhunath Stupa\***
- **Kathmandu Durbar Square\***
- Mount Everest Sightseeing Flight
- Patan City Tour
- **Patan Durbar Square\***
- Chandragiri Hills Cable Car Ride
- Thimphu City Tour
- Changangkha Lhakhang Temple
- Bhutan National Bank
- Arts and Crafts School
- Traditional Medicine Institute
- Motithang Takin Wildlife Preserve
- Thimphu Weekend Market
- Cheri Monastery (Chagri Monastery)

- Handicraft Bazaar
- National Memorial Chorten
- Simtokha Dzong
- Mount Sumeru
- Taktshang Monastery
- Archery Demonstration

## Why You'll Love This Tour



### **BHUTAN'S SACRED TIGER'S NEST**

No visitor leaves Bhutan without making the trek to Paro Taktsang aka the Tiger's Nest. Situated on the edge of a cliff some 1,700 feet above the rice fields of Paro, this 325-year-old monastery is the kingdom's most sacred religious site.



### **NUMEROUS WORLD HERITAGE SITES**

In Kathmandu Valley alone, there are seven sites. So if you've got a plan to visit as many UNESCO World Heritage Sites as you can, a visit to Nepal will give you a big jump in the right direction.



### **PANORAMA OF THE HIMALAYAS**

Since Nepal is located right in the heart of the Himalayan Mountains, it has extremely beautiful world class summits and landscapes with lots to offer to nature lovers. Catch a glimpse of 20 of the highest peaks to the east of Nepal on your scenic flight. See the stunning beauty of nature; raw, undiluted and truly majestic.

### Inclusions

- Airport Transfers, Meet and Greet
- Hotel Accommodations
- Daily Breakfast & Selected Meals  
(See tour plan for details)
- English-speaking Local Guide
- Entrance Fees to Monuments and Attractions per Itinerary
- Bhutan Visa Fee
- Mountain Everest Flight

### Exclusions

- Air Fare
- Travel Insurance
- Medical Expenses
- Nepal Visa Fee
- Gratuity
- Personal Expenses

## Nearby Airports

Kathmandu - Tribhuvan International Airport (KTM)

Paro – Paro International Airport (PBH)

## Itinerary

(B)-Breakfast, (L)-Lunch, (D)-Dinner

### DAY 1: MEET UP AT KATHMANDU (KTM)

Upon arrival into Kathmandu, you'll be met at the airport and transferred to your hotel. The remainder of the day is free.

### DAY 2: KATHMANDU | TEMPLE TRAIL (B)

Kathmandu Valley has 3 royal cities namely Kathmandu, Bhaktapur and Patan. Today we visit the first 2 cities,

**Bhaktapur Durbar Square, Nyatapola Temple, the Kashi**

**Biswanath Temple** and the **Dattatreya Temple. Pashupatinath Temple** (one of the holiest Hindu temples with many exotic carvings on its ornate wooden roof struts); **Boudhanath Stupa**, the largest spherical stupa (akin to a mausoleum) in the world with a massive mandala; **Swayambhunath** which is the most sacred among Buddhist pilgrimage sites; **Kathmandu Durbar Square**.

### DAY 3: KATHMANDU | MOUNT EVEREST FLIGHT, PATAN CITY TOUR (B)

Early morning takes off on a spectacular **sightseeing flight** to see **Mount Everest!** Visit the magnificent **Patan Durbar Square** that surrounded by many temples and the ancient royal palace of Patan. Ride the **cable car** up **Chandragiri Hills** if time permitting. You will see the beautiful Kathmandu valley and great Himalayan range from west to east.

### DAY 4: KATHMANDU - PARO - THIMPHU | CITY TOUR (B, L, D)

**Fly to Paro, Bhutan.** Paro is a valley town west of the capital, Thimphu. It is the site of the country's only international airport with elevation of 7,200 ft. Upon arrival into Paro, you'll be met at the airport and transferred to your hotel. Then after being settled in, we'll start the day with a visit to **Changangkha Lhakhang**, a 12<sup>th</sup> century temple perched like a fortress on a ridge above central Thimphu. We'll also visit **Bhutan National Bank**; a local **arts and crafts school**, **Traditional Medicine Institute** where Bhutanese still practice the ancient art of healing, and **Motithang Takin Preserve** which is the wildlife preserve of national animal of Bhutan.



#### **DAY 5: THIMPHU | CHERI MONASTERY, NATIONAL MEMORIAL CHORTEN, HANDICRAFTS (B, L, D)**

Today, we enjoy discovering more of the serene and beautiful city of Thimphu while exploring deep within their culture. The day begins with sightseeing at **Thimphu weekend market** (Thursday – Sunday only). Vendors fill the market with local produce and pink cubes of camphor and saffron. Followed by 1-hour hike to **Cheri Monastery (Chagri Monastery)**. Visit a **Handicraft Bazaar**. Take a look into their artistic techniques and local handicrafts like traditional paper making.

The **National Memorial Chorten** is a stupa built in memory of Bhutan's third King who is popularly regarded as Father of modern Bhutan. The paintings and statues inside this monument provide a deep insight into Buddhist philosophy.

#### **DAY 6: THIMPHU - PARO | SIMTOKHA DZONG, MOUNT SUMERU (B, L, D)**

Drive to Paro. Enroute visit **Simtokha Dzong** (the place of profound tantric teaching, one of the oldest fortresses in Bhutan) and **Mount Sumeru**, a sacred five-peak mountain of Hindu, Jain, and Buddhist cosmology.

#### **DAY 7: PARO | TAKTSHANG MONASTERY, ARCHERY DEMONSTRATION (B, L, D)**

We save the best for last as today we hike to **Tiger's Nest**. This monastery is the most sacred place in Bhutan, visited by all Buddhists at least once in their lifetime. Round trip hike takes approx. 5 hours; alternatively, if you don't wish to hike, you may ride a pony part of the way. The national sport of Bhutan is archery so your trip wouldn't be complete without observing an **archery demonstration**.

#### **DAY 8: DEPART PARO (PBH) (B)**

After breakfast the tour ends. Hotel check-out and transfer to Paro International Airport for your return flight home or onward journey.

## **Hotels**

We carefully handpick our hotels to ensure they provide you with the best comfort and experience. For Private Tours, you may request a specific hotel as one of the customizable options.

