

NEPAL & BHUTAN ADVENTURE

15 DAYS / 14 NIGHTS



Destination overview:

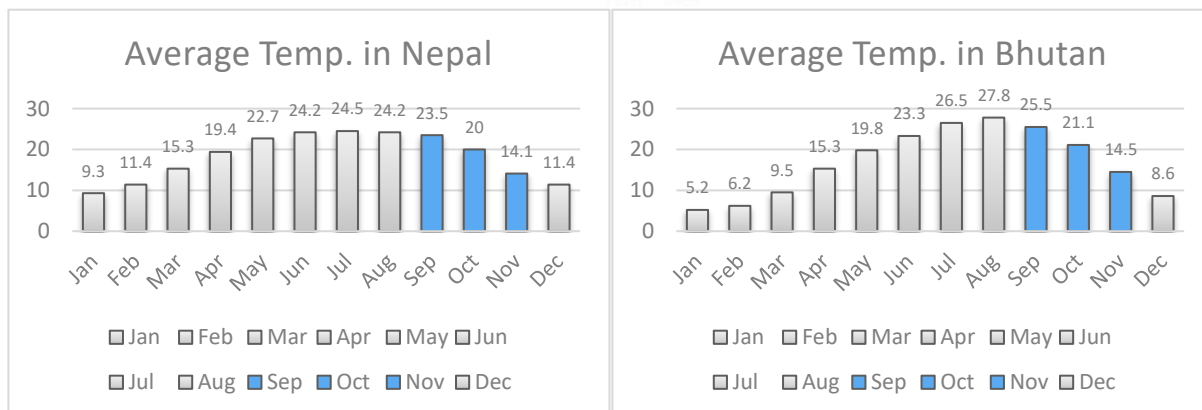
Home to the highest peaks of the planet, the Himalayas stretch from the Indus River in Pakistan, through India, Nepal and Bhutan; ends at the Bramaputra River in eastern India. The Himalayas have captured people's imaginations for centuries. It's a region of untouched, stunning landscapes and incredible diversity – from nature to culture.

Nepal and Bhutan shared the same distinct 4 seasons:

Nepal is a land of diverse climates, with four distinct seasons: spring, summer, autumn, and winter. During the winter months (December-February), the weather in Kathmandu and other high-altitude areas can be quite cold, with temperatures dropping below freezing at night. However, the lower altitudes are still relatively warm, and the Chitwan National Park is a great place to visit to see wildlife such as elephants, rhinos, and tigers.

Bhutan is a land of diverse climates, with the southern foothills being hot and humid, while the northern peaks are frigid and snowcapped. Like Nepal, Bhutan has four seasons: spring, summer/monsoon, autumn, and winter. Winter in Bhutan lasts from December to February, and the days are generally cool but pleasant, with clear skies and sunshine. It is important to note that temperatures can vary dramatically with altitude, so it is important to pack accordingly.

The best time to visit Nepal and Bhutan travel is during the **autumn** season (September-November), when the weather is mild and there are many festivals and cultural events taking place.



Itinerary Summary

Day 1: Kathmandu Arrival
Day 2: Kathmandu
Day 3: Kathmandu – Thimphu
Day 4: Thimphu – Punakha
Day 5: Punakha
Day 6: Punakha – Paro
Day 7: Paro – Taktsang Monastery
Day 8: Paro – Patan

Day 9: Patan – Pokhara
Day 10: Pokhara
Day 11: Pokhara – Bandipur
Day 12: Bandipur – Nuwakot
Day 13: Nuwakot
Day 14: Nuwakot - Bhaktapur
Day 15: Departure



ITINERARY

DAY 1: KATHMANDU ARRIVAL

Welcome to Kathmandu, a spicy masala of its mixed reputations. After your check-in, we will provide pre-trip brief. Enjoy your first activity in the evening: rickshaw night explorer. Start your interesting ride from Thamel, then on to the bustling market square Asan. Continue to take the backstreets into the Kathmandu Durbar Square and feel the soulful side of the archaic Kathmandu before enjoying your welcome dinner.

DAY 2: KATHMANDU

In the morning, travel to the holiest temples for Hindus - Pashupatinath. The guide will take you through the spirit explanation about the history of Hindu religion. Witness cremations along the banks of Bagmati River and on the temple's sanctimonious grounds. Later on, visit the largest Buddhist stupa in Nepal – Boudhanath for you to offer prayers to Lord Buddha. Lunch option at a roof-top restaurant with an enticing view of the stupa. Join the pilgrims at Swoyambhunath, which was acclaimed as the oldest stupa in the world and is influenced by both the Nepalese and Tibetan forms of Buddhism.



DAY 3: KATHMANDU - THIMPHU

Embark on a morning flight to the Bhutanese city - Paro. Afterwards, we make our way to the capital city of Thimpu. The scenery along the way will 'up' your excitement levels. After lunch, start your journey to take in the highlights of Thimpu. Visit the National Memorial Chorten: The building was the idea of Bhutan's third King, H.M. Jigme Dorji Wangchuck, but was unable to do it during his lifetime. After His Majesty's death, the Royal Family and Cabinet resolved to fulfil his wishes. Afterwards, journey to Institute for Zorig Chusum, an Institute offers a six-year course on the 13 traditional arts and crafts of Bhutan. Conclude the day with the 'fortress of the glorious religion' – Tashichhodzong. The fortress houses some Ministries, the King's Secretariat, and a central group of monks.



DAY 4: THIMPU - PUNAKHA

In the morning, we will visit a tiny zoo to be bemused by the sight of The Takin - national animal of the Druk Kingdom. We then travel to discover the nunnery, Drubthob Lhakhang. En route are wonderful views of the city from high above. On returning to the city centre, visit the local vegetable market. After lunch, embark on a drive to Punakha via the Dochu La Pass. Blessed with a temperate climate and fed by the Pho Chu (male) and Mo Chu (female) rivers, Punakha is situated in the country's most fertile valley. Afternoon activity will include a walk to the Temple of the Divine Madman- Chimi Lhakhang - the walk is through farmland and past farmhouses to a hill with commanding views of the river valley below.



DAY 5: PUNAKHA

Today will start with the drive to Yambesa. We will drop off at a parking lot by the Mo Chu River, for the hike to Khamsum Yuelley Namgyal Chorten. Then, take a picnic lunch by the river and enjoy top favorite sport in Bhutan – Archery. The latter part of the day will be a journey to Punakha Dzong. Placed strategically at the junction of the Pho Chu and Mo Chu rivers, the dzong was built in 1637 to serve as the religious and administrative center for the region.



DAY 6: PUNAKHA – PARO

Embark on the return drive to Paro. Upon arrival, we will visit Drukgyel Dzong, a dzong built in 1646 by Shabdrung Ngawang Namgyal to commemorate his victory over Tibetan invaders. We will then visit Rinpung Dzong: the ‘fortress of the mountain of jewels’. The approach to the Dzong is through a traditional covered bridge, then up a paved stone path running alongside the imposing outer walls. On a ridge immediately above Rinpung Dzong is Ta Dzong, built as a watchtower to protect the Dzong. In 1968, Paro’s Ta Dzong was inaugurated as the National Museum.



DAY 7: PARO – TAKTSANG MONASTERY

Enjoy a hearty breakfast before beginning the morning with the hike up to the famed Taktsang Monastery (Tiger’s Nest), an iconic Bhutanese landmark. The upward climb will take around 2 hours. Local lore claims that Guru Padmasambava landed on the back of a Tiger in the 8th century and then proceeded to meditate for three months in this region. In 1684, a monastery was built to commemorate the event. Midway on the descent, lunch is on the terrace of a cafeteria.



DAY 8: PARO - PATAN

Today, we will embark on a flight from Paro to Kathmandu, and then transfer to Patan. Although these days it is part of the sprawl of the Kathmandu conurbation, it has a history of its own. It is a destination for connoisseurs of fine arts, filled with the rich local traditions of wood and stone carvings, metal statues, ornate architecture, Buddhist and Hindu temples, and over 1200 monuments. Explore the surrounding and Patan Durbar Square before conclude the day.



DAY 9: PATAN - POKHARA

Today, we will transfer to the airport for a flight to Pokhara - popular lakeside tourist hub with an array of cafés, restaurants and souvenir shops, and beach town like ambience. Enjoy your free time exploring the region. Phewa Lake offers the chance of serene boat trips, or a climb up to the nearby World Peace Pagoda if you want a more demanding activity.



DAY 10: POKHARA

A free day for you after the long trip. Optional day hikes to view the nearby Annapurna range can be organized as well as a chance to paraglide from the heights of nearby Sarangkot, or simply stroll along the lakeside and take in your fill of this easy going leisurely town.”



DAY 11: POKHARA - BANDIPUR

A late morning scenic drive Pokhara to Bandipur after breakfast. Upon arrival, enjoy a warm welcome at The Old Inn. Afternoon stroll around the Bandipur environs as the village life comes to fore giving you the reflection of the typical laid back life-style of the middle hills of Nepal. Enjoy observing local atmosphere for the remaining of the day.



DAY 12: BANDIPUR – NUWAKOT

Today, travel onwards as the rural scenes of Nepal enchants you on your drive to the idyllic little hill-top village of Nuwakot. Rural scenes, meandering Trisuli river and rather low traffic makes for an enjoyable & adventurous ride. Heading up the forested hill from a town in a valley basin on a winding narrow road, the first glimpse of an imposing fortress will have you journey back into the unsung history of Nepal.



DAY 13: NUWAKOT

The Farm is an ideal place to just disconnect yourselves from the trappings and daily grind of the modern world. Take a stroll to the Nuwakot Bazaar - a centerpiece of the Nepalese story, embellished by the rich history behind the 17th century fortress and Royal Palace; of the shaping of far-flung tribes and of trans-Himalayan races into a unified kingdom. Feel at home and drop in to the kitchen to learn some Nepali-style cooking.



DAY 14: NUWAKOT - BHAKTAPUR

Enjoy the sights & sounds, interrupted by few bumps on the Nepalese highway on your overland journey back to Kathmandu, and then to medieval town of Bhaktapur - the magnificently preserved old self of Kathmandu valley. Late afternoon, enjoy walking tour of the town.

DAY 15: DEPARTURE

Enjoy the day at leisure until the transfer to the airport for your home-bound flight.

TOUR COST

This itinerary is provided for sample purposes only. Please contact us at inquiry.bjapaninternational@gmail.com for complete details, including pricing.