

## All Inclusive Nepal & Bhutan Tour

**10  
Days**

**\$ 3847**

**N**epal – Mystical and Magical Himalayan country ! mind body spiritual adventure ...  
Bhutan – the country of Happiness...

10 days all-inclusive package for 2 Himalayan Kingdoms, You don't need to empty your pocket again; pay once and just enjoy your holiday. Great Optional Buddhist Meditation and Yoga class – be pure, clean and healthy – mind body spiritual adventure ...

Best way to enjoy Nepal and Bhutan at one go! Bhutan and Nepal have a rare combination of harmony and accord amidst the landscape of incredible beauty. Protected by mighty Himalayas from the rest of the world and enriched by the essence of Drukpa Kagyu School of Buddhism, Bhutan has managed to remain shrouded deeply in a jealously guarded isolation, come join our Bhutan and Nepal tour and enjoy the different world! Bhutan and Nepal, best known to the world as the last Shangri – la, their rich Himalayan flora and fauna, dazzling white peaks and lush valleys provide stunning beauty and aesthetic grandeur.

Bhutan has gently opened its doors to the visitors who respect the delicate sensitivities of this pristine land and shares the sacred values of its people. Bhutanese architectures in Dzongs, buildings and houses are very striking. Bhutan is an extraordinary place and has many surprises; a visit to the country is a splendid adventure.

Bhutan is only the country where there are no traffic lights. The busiest intersection in Thimpu and you will see only a policeman directing the flow of the traffic.

To give you the true Himalayan Experience we have combined two popular destinations – Nepal and Bhutan, starting from Kathmandu into the unique adventure to east Himalaya Bhutan. Visit Paro, Punakha valley, Tigers Nest Monastery and Thimpu to experience Bhutan – the last Shangri-la on earth! – an amazing place to be also known as the kingdom in the sky or above the clouds...

Be acquainted with the unparalleled natural beauty and age-old cultures of the two amazing Himalayan nations, one Hindu and the other Buddhist.

# Detail Itinerary

## Day 1: Arrival Day

We arrive to Kathmandu. We will be met and picked up by an Earthbound Representative from airport and transferred to hotel. Later we meet for the orientation about our tour in details. - Evening can do Meditation class.



## Day 2: Kathmandu Exploration - Yoga Retreat

Day in Kathmandu and stay at Yoga Retreat. In the morning we do Yoga. After breakfast in the morning we go for the Kathmandu sightseeing tour. We are going to do the UNESCO CULTURAL HERITAGE TOUR today which includes:

**Swyambhunath** - The oldest Buddhist Stupa in Kathmandu Valley, a beautiful abode for lots of monkeys thus also known as Monkey Temple, is also a perfect vantage point to see Kathmandu valley.



**Pashupatinath** - A holy pilgrimage for Hindus and Hindu Crematorium, watch as the Hindu dead bodies are cremated in the most unique way in the world; we come across men with ash rubbed body, matted locks and

dreaded look which is typical look of a Hindu Holy Men known as Sadhus. **Boudhanath** - the biggest Buddhist temple in the world; a site for Tibetan Buddhism where we can visit monasteries, watch the Holy Monks busy in their chanting ritual going around the temple.

**Patan Durbar Square** - A Medieval Royal Palace area which is also known as the city of fine arts, we can see the finest example of metal and stone carving back to 14th century and also the amazing Nepali Architecture. then we drive to the Yoga Retreat. Enjoying the Green hills and the local life, we come to Nepal Yoga Retreat where we are staying for one night practicing Yoga and Meditation, helping ourselves to grow spiritual and healthier. Evening Meditation Stay at retreat center. B. L. D

## Day 3: Yoga Retreat - Nagarkot - Yoga Retreat

Early morning we drive to Nagarkot for about 40 minutes - Nagarkot is a beautiful hill station 32 Kilometers east of Kathmandu and famous for sunrise and Mountain View. We can enjoy the breathtaking view of Langtang range in the Himalaya and other magnificent mountains including SisaPangma, DorjeLakpa, Gaurishankar and also a tiny glimpse of Mt. Everest on a very clear day. Sunrise from here is as fascinating as it can be. The cool weather there makes us wish for more days there but so sad, we are checking out tomorrow.

We enjoy sunrise in the morning and come for the breakfast. After having breakfast we hike to today's destination. A 2.5 hours hike ( down hill mostly, people who don't want hike have option of driving back) will take us to the local village area allowing us to experience the local life style. As we walk, we will be welcomed by a friendly hello of local people. Enjoying the Green hills and the local life, we come to Nepal Yoga Retreat where we are staying for two nights practicing Yoga and Meditation, helping ourselves to grow

spiritual and healthier.

After lunch, we can go visit organic farm, temple and explore the surrounding. Also can enjoy the spa and massage facility with extra cost at the retreat. In the evening, another meditation session will make us feel more peaceful and energetic. Stay in the retreat BLD



## Day 4: Yoga Retreat - Bhaktapur - Kathmandu

Early morning we do Yoga for about 45 minutes and later drive to Bhaktapur the UNESCO World heritage site, visit the old palace square. Drive to Hotel. Evening join meditation class. B, L, D – prepare to leave for Bhutan



## Day 5: Kathmandu - Paro - Thimpu

The flight into Paro on Druk Air, is a befitting introduction to the spectacular beauty of our country. In clear weather, magnificent views of the world's highest peaks give way to the lush green Paro valley as you land. The first gift from Bhutan will be the cool, clean fresh air as you step out of the plane. After clearing customs and visa control you are met by your guide and depart to Paro town for lunch. After lunch visits the Ta dzong, an ancient watchtower, which now houses the National Museum. Below the museum is the ParoRimpungDzong, the centre of



civil and religious authority in this valley. A short walk takes you to the base of the dzong and across a traditional cantilevered, covered bridge. A short distance further is one of the innumerable archery grounds. (Archery is the national sport of Bhutan ). If we are lucky, we may catch a match in action. Late afternoon depart to Thimphu, the modern capital of Bhutan. The drive will take around 1.5 hour. Thimphu has a population of about 98,000. The town is made up of just three lines of shops and is the only capital in the world without traffic lights. Dinner and overnight at hotel. B, L, D

### **Day 6: Thimphu and Punakha Exploration**

Thimphu sightseeing includes a visit to the National Memorial Chorten, National Library, stocked with priceless ancient Buddhist manuscripts and also visit the Folk Heritage Museum, which is dedicated to connecting people to the Bhutanese rural past through exhibition of items and artifacts used in rural households, Textile Museum, where the art of traditional weaving is still kept alive and preserved through exhibition and has a good collection of old textiles which are rich in its color and design. Other high lights include a visit to the Handicrafts Emporium, which has all types of Bhutanese handicrafts for sale. After lunch depart to Punakha. Leaving Thimphu the road climbs steeply through a forest of pine and cedar,

festooned with hanging lichen high up near Dochola pass (3050 m). This pass often offers panoramic views of the Himalayan mountain ranges. After stopping for tea and the view, we descend along a series of hairpin bends to the fertile valley of Punakha. Afternoon visit Punakha Dzong, winter seat of the Je Khenpo and ancient capital of Bhutan, remarkably located between the rivers of the Mo (Female) Chu and Pho (Male) Chu . The dzong is open to visitors only in summer when the Je Khenpo and the Monk Body are in Thimphu. Dinner and overnight at hotel. B, L, D

### **Day 7: Punakha - Wangdue - Paro**

Continue your drive to Wangdue, one of the major towns and district headquarters of Western Bhutan where we make a short stop to view the Wangdue Phodrang Dzong (currently may not show this due to the fire hit the DZONG last year) , the Dzong was dramatically located on the spur of a hill at the confluence of the Tsang Chu and Dang Chu rivers and then drive your way back to Paro. Dinner and overnight at hotel. B, L, D

### **Day 8: Paro Exploration and Tiger's Nest Hiking**

In the morning drive towards the north of Paro valley to visit the ruins of the Drukgyal Dzong 16 km up the valley. Built in 1647 by the great Shabdrung Ngawang Namgyal, father and unifier of medieval Bhutan, the dzong was destroyed by accidental

fire and left in ruins as an evocative reminder of the great victories it was built to commemorate. Explore the ramparts and on a clear day experience an unforgettable view of Mt. Jhomolhari (7,314 m) and then drive to Satsam Chorten to hike to Paro Taktsang, the hike up (or horse ride) to the Taktsang monastery (Tiger's nest). The horse ride up to the cafeteria will take around one and half hour. At the viewpoint enjoy the stunning view of the monastery, where Guru Padmasambhava landed on the back of a tigress in the 8th century. We then walk back to the road point and then drive your way back to visit Kyichu Lhakhang, one of the oldest temples in Bhutan. After lunch drive to visit Evening ends with a walk through Paro's main shopping district. Dinner and overnight at hotel . Evening Join Buddhist Meditation Class in Bhutan guided by the Monk. B, L, D

### **Day 9: Paro - Kathmandu**

Transfer to airport for flight to Kathmandu, pick up and check into hotel, free in Kathmandu for shopping and bargain, evening Nepali cultural show and dinner. B, L, D

### **Day 10: Departure Day**

transfer to airport. B  
Do you have more than 10 days?  
If so please click here for Extra Excursions that we offer on the top of above mentioned tour.



## Cost Includes

- ▶ All five stars accommodation in Nepal and Bhutan on Full board basis
- ▶ Private Transfers and sightseeing with Professional English Speaking Tour Guide
- ▶ All Airport pick up and transfers
- ▶ Last Night Cultural Show with Dinner in Nepal
- ▶ Round trip airfare KTM –PARO – KTM
- ▶ Travel permit, Bhutan Visa Fees, Major monuments entrance fees in Bhutan
- ▶ Optional Guru Guided Yoga and Meditation class in Nepal and one Buddhist Meditation class in Bhutan

## Cost Excludes

- ▶ Flights to and From Kathmandu
- ▶ Tips and gratuities to guide and drivers
- ▶ Expenses incurred as a result of illness, landslide, political disturbance, re-routing, flight cancellation & of any other unforeseen situation and events which is not under our control
- ▶ Any kind of Table drinks, telephone bills, laundry, postage etc
- ▶ Nepal Visa cost ( USD 25), city monument entrance Fee (about USD 35) payable upon arrival
- ▶ Single supplement charge



## Our Associate Partners



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