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Nepal & Bhutan Tour

URL: https://himalaya-discovery.com/trip/nepal-and-bhutan-tour-itinerary/

Destination
Bhutan

Activity
Bhutan Tours

Duration
19

Max. Altitude
3210m

Best Season
All Year Round

Activity Per Day
4 to 5 hours

Group Size
2 – 10

Easy to Moderate

Trip Highlights

- Starting and ending in Kathmandu, discover Nepal's capital rich cultural and artistic heritages
- Breathtaking world-class Himalayan scenery from heavenly viewpoint
- Whether it's flying, hiking, driving or paragliding, this trip will let you experience Nepal's amazing natural beauty from all angles
- Highly experienced Sherpa leader
- The happiest land on earth, Bhutan is a hidden paradise with no traffic light
- Only a small number of visitors are allowed into Bhutan each year

Trip Overview

Nepal and Bhutan Tour combining two beautiful Himalayan Kingdoms in one magical tour. Enter the serene and spiritual lands of Nepal and Bhutan, and experience the countries' rich histories and unique cultural heritages. From the brightly coloured fluttering peace/prayer flags of Nepal to the elaborate traditional dress of the Bhutanese, these captivating lands cannot fail to enchant.

This trip will provide in-depth excitement and knowledge about its history, cultural and natural diversity. Hiking in the Himalayas, Jungle safari and exciting excursions in the inner parts of Nepal as well as a breathtaking panorama of Annapurna Himalayas. The entire tour for Nepal and Bhutan takes 19 days and covers the most famous cities and must see places in Bhutan and Nepal.

Getting to Bhutan

Nepal, Tibet and Bhutan are Southeast Asia's major Himalayan regions. And Nepal is the closest to the Himalayan kingdom in terms of distance as one of only five countries allowed to offer flights to Bhutan. It's not as easy to get a flight as you might think. Besides only two or three flights per week, it is not possible to book a flight without booking a tour to Bhutan with a registered tour operator.

Since you can get to Bhutan from Nepal, India, Singapore, Bangladesh, and Thailand, as well as from Bangladesh, you can begin your trip from any of the other five nations you want, depending on the accessibility of flights from your home place to Bhutan.

The next step after your tour in Bhutan is to fly to Nepal. Flight to Nepal will cost about USD 260, depending on your flight date, the airline used, and the time of year. Off-peak season traveling to and from Bhutan is much cheaper than peak season travel. The flight requires about 1 hour and 15 mins from Bhutan's Paro International Airport to Tribhuvan International Airport in Nepal.

Itinerary

Day 01: Arrive in Kathmandu.

Upon your arrival in Kathmandu airport, you will be greeted with garlands. After completing your custom formalities, (visa, etc.) you will be then transferred to the hotel in Kathmandu by a private tourist vehicle. Overnight at hotel in Kathmandu.

Highest Altitude:
1400m

Day 02: Free in Kathmandu for sightseeing and pre trip briefing and gear check.

Today is free for sightseeing in Kathmandu. You may wish to visit Durbar Square in the heart of the old city where the old Royal Palace, with its intricate woodcarving, is located. The whole area is a maze of temples and images.

Leading away from the square in all directions are narrow alleys, full of the most amazing variety of shops and stalls. Some of these landmarks are considered World Heritage Sites including the historic Bhaktapur Durbar Square, the famous 'Monkey Temple' Swayambhunath and Buddhists shrine Boudhanath which is one of the largest Stupas in the world.

There will also be a full trip briefing today with gear check. In case you need to hire or buy equipment locally, there will be time to do this today. Overnight at hotel in Kathmandu.

Day 03: Drive to Pokhara by tourist coach / car / Jeep.

Pokhara is a beautiful valley town, with panoramic views of Annapurna, Machapuchare, and Dhaulagiri in the west, Lamjung Himal and Manaslu in the east. The town of Pokhara is considerably less hectic than Kathmandu and is the starting point of your trek.

Discover beautiful Fewa Lake, known for its tranquility and perfect picture postcards, or visit Devi Falls, a minor waterfall named after a tourist that fell inside. Overnight at hotel in Pokhara.

Day 04: Drive to Nayapul and trek to Tikhedhunga.

We begin our trek at Nayapul after driving by private vehicle from Pokhara. After 15 mins, a short walk along the bank of the Modi Khola, we reach Birethanti (1015 m), a large village that has many shops and teahouses. From there, the trail continues through the village. The trail follows the north bank of the Bhurungdi Khola.

From there, the trail climbs steadily up the side of the valley to Hille at 1495 m and after the short climb, we reach Tikhedhunga at 1570 m. Today's walk offers a short and relatively easy day, which allows us to become used to the experience of trekking in Nepal. Overnight at a guesthouse.

Trek Duration	Highest Altitude:
3.30 hrs	1575m

Day 05: Trek to Ghorepani.

Leaving Tikhedunga, we begin our journey with a steep climb to Ulleri. Ulleri is a large Magar village at 2070 m. The trail then continues to ascend more gently, through fine forests of oak and rhododendrons towards Banthanti at 2250 m. Then we trek towards Nangethanti at 2460 m. After an hour of walking, this brings you to Ghorepani at 2850 m. Overnight at a guesthouse.

Trek Duration	Highest Altitude:
5 hrs	2850m

Day 06: Hike up to Poon Hill and trek to Tadapani.

Today early in the morning, we start an hour hiking to Poon Hill at an elevation of 3210 m, a brilliant sight; this vantage point provides an unobstructed view of the sunrise over the high Himalayas. There we spend about 1 hour, afterward, we return to Ghorepani to take a hot breakfast at the hotel. Then we trek to Tadapani (2620m).

Along the trail towards Tadapani, we climb along ridges and through pine and rhododendron forests to Deurali (2960 m). After that we descend to the Banthanti, we then turn off to Tadapani. Overnight at a guesthouse.

Trek Duration	Highest Altitude:
5 hrs	3210m

Day 07: Trek to Hot spring, Jhinu danda.

After having breakfast, we are going downhill to the hot spring “Jhinu danda” to relax in this pool of natural hot spring. On the way we will encounter local people, walking through tiny villages, small rivers, rice and potato fields and landslide before reaching the hot spring. Overnight at a guesthouse.

Trek Duration	Highest Altitude:
4.30 hrs	1750m

Day 08: Trek to Pothana / Dhampus.

Today, the first part of the day is a descent and then flatland until you reach Himal-Pani, where there is a beautiful waterfall. Beyond Himal Pani the trail rises gently across many streams and terraces. Soon you will be at Landruk village 1,545 m, fairly big village inhabited by an ethnic mix of Gurung, Magar and Brahmin people.

Gently ascending we come to Tolka 1,700 m and continue on to Bherikharka. Now, a brief up trek to Deurali 2,100 m to view the famous panorama. We will now descend to Pothana through oak forests. Pothana is a charming small ‘town’. Overnight at a guesthouse.

Trek Duration	Highest Altitude:
6 hrs	1890m

Day 09: Trek to Phedi and drive to Pokhara , trek from Pothana / Dhampus to Phedi.

The trail gently descends to Dhampus then steeply descends to Phedi. Now your private transportation will drive from Phedi to Pokhara (approx. 30 mins.). Overnight at a hotel in Pokhara.

Trek Duration

6 hrs 30 mins

Day 10: Rest and relax day in Pokhara.

Spend a day in Pokhara and enjoy the delights of Pokhara, taking a trip to a spa massage or listening to live music. Or simply relax in a quiet café, restaurant overlooking the Fewa lake.

Day 11: Drive back to Kathmandu.

We depart at approximately 7.30am for Kathmandu by tourist bus. We arrive back in Kathmandu at around 2 to 3.00 pm. The rest of the time is your own.

Highest Altitude:

1400m

Day 12: Fly to Paro, then transfer to Thimphu.

Our Bhutanese tour guide will meet you at Paro airport, traditionally welcomed with silk scarves and after completion of arrival formalities we take an hour-long scenic drive to the capital (Thimpu). The flight into the Himalayas reveals scenic and breathtaking views of Himalayan Mountains.

If weather permits you will be able to see Mt Everest (8848m, 29,198ft) and other Himalayan mountain ranges. On the way to Thimphu we visit, Tamchhog Lhakhang which is located on the opposite side of the river. This is a temple built by Thang Thong Gyalpo of Tibet, who was responsible for building numerous iron bridges throughout Bhutan.

Kuenselcholing View Point: A place from where you can get a good overview of the Thimphu valley is from the Buddha point (Kuensel Phodrang). It is again a short drive from the town.

You can pay your obeisance and offer prayers to the Buddha, the largest statue in the country and then walk around and take a glimpse of the valley. Memorial Chorten: This particular chorten was constructed in 1974 as a memorial for the third King of the country, King Jigme Dorji Wangchuck, who is widely regarded as the father of modern Bhutan.

Tashichho Dzong : The names means – Means Fortress of Glorious Religion. It was built in 1641 by Zhabdrung Ngawang Namgyel. It houses the secretariat building, the throne room and the office of the king, and the central monk body. Later relax for the day. Overnight at hotel.

Highest Altitude:

2280m

Day 13: Full day sightseeing in Thimphu.

Morning, take a hike to Cheri Monastery (Includes Dodina and Jigme Dorji Wildlife Sanctuary): Hike about 1 hr leads to Cheri Goemba (Cheri Dorji Dhen). Zhabdrung Ngawang Namgyal built this monastery in 1620 and established the first monk body here. A chance to spot birds such as Mrs Gould’s Sunbird, Yellow-browed Tit, Yellow-rumped honeyguide, Long-billed Thrush, Ultramarine Flycatcher.

Paper factory: The handmade paper making in Bhutan stemmed from the age-old tradition originated in the 8th century of Bhutanese history. The handmade paper constitutes as valuable National heritage of Bhutanese cultural identity and is preserved through all the ages. The Traditional paper is recognized and held high esteem both in the home and outside world.

The weekend market: Held every Friday, Saturday and Sunday, the people crowd the stalls every day, dressed in full color and gathered to meet and to barter, much like the street markets in London!

Bhutan Craft bazaar: The private stalls had a variety of high-end quality products from places across the country such as wood carved national symbols, bags and western wears with touch of traditional designs, wooden and clay utensils, Bangchung, Dhapa, key hanger of jewelry boxes, bookmarks and handmade packing papers (Deysho) in different patterns, antique items and etc.

The stalls have a distinctly rich outlook with fine tones of elegance, and a warm and inviting atmosphere. The craft bazaar is also an exemplary of how bamboo can be used to construct houses in the country. Overnight at hotel.

Day 14: Thimphu to Gangtey.

Morning driving towards Gangtey, we come across a pass known as Dochula (3140m, 10362ft) from where a beautiful panoramic view of the Himalayan mountain range can be seen, especially on clear winter days.

The beauty of this place is further enhanced by the Druk Wangyal Chortens– 108 stupas built by the eldest Queen, Her Majesty Ashi Dorji Wangmo Wangchuck.In the mountains east of Wangdue Phodrang lies the beautiful Phobjikha valley, on the slopes of which is situated the great monastery of Gangtey, established in the 17th century.

The village of Phobjikha lies a few km. down from the monastery, on the valley floor. This quiet, remote valley is the winter home of black necked cranes, which the arid plains of Tibet in the north, to pass the winter months in a milder climate. Overnight at hotel.

Trek Duration	Highest Altitude:
5 hrs	2800m

Day 15: Gantey to Punakha / Wangdue.

Morning visit, Gangtey Goemba: In the mountains east of Wangdue Phodrang lies the beautiful Phobjikha valley, on the slopes of which is situated the great monastery of Gangtey, established in the 17th century. The village of Phobjikha lies a few km. down from the monastery, on the valley floor.

This quiet, remote valley is the winter home of black necked cranes, which migrate from the arid plains of Tibet in the north, to pass the winter months in a milder climate. Hike to Chimi Lhakhang (Temple of fertility): This Temple was built by lam Drukpa Kuenley (The Divine Madman) in 1499.

It is about thirty minutes hike across fields from the road –Wooden phalluses are often found hanging in the four corners of the houses and also phalluses are painted on the walls of houses. It is the common belief that this helps in driving away evil spirits. (30 minutes hike to and from, gentle steep, good footpath across the valleys and villages). Overnight at hotel.

Trek Duration	Highest Altitude:
2 hrs	2790m

Day 16: Punakha / Wangdue to Paro.

Morning Visit, Punakha Dzong (fortress): Built in 1637 by Zhabdrung which is remarkably located between the rivers of Mo (Female) Chu (river) and Pho (Male) Chu. Until the time of the second king, it served as a seat of the king.

Later drive to Paro and later visit, Rimpung Dzong: The Bhutanese Dzongs are huge architectural structures constructed for a variety of functions throughout the country, from administrative buildings to monasteries and temples, yet they are carefully and thoughtfully designed and are strikingly

beautiful. The Rimpung Dzong, known as the “fortress of the heap of jewels” in the picturesque setting of the Paro valley, is of course no exception built in the time of the dynamic spiritual and political leader Zhabdrung in 1644. Once a year, as part of the Tsechu festival, one of the oldest Thong does (gigantic scroll paintings) is ceremonially unfurled here.

Kichu Lhakhang (Monastery): It is one of the two most sacred and the oldest temples in Bhutan. It was built in 7th century by Tibetan King Songtsen Gampo. Overnight at hotel.
(Breakfast, Lunch and Dinner Included)

Trek Duration	Highest Altitude:
4 hrs	2280m

Day 17: Discover Taktsang Monastery (The Tiger’s Nest)

The trail to the Tiger’s Nest climbs through beautiful Pine and rhododendron forests. You stop at the cafeteria which offers magnificent up close views of the tiger’s nest for refreshments. Then we continue the hike for short while until you see Taktsang monastery.

Built in the 1600s, this incredible monastery clings to the edge of a sheer rock cliff that plunges 900m into the valley below. History states that Guru Padmasambhava, the Tantric mystic who brought Buddhism to Bhutan, landed here on the back of a flying tiger and meditated here for three months. Overnight at hotel.

Day 18: Fly to Kathmandu.

After breakfast, our airport representative will drop you at the Paro International airport for your flight departure from Bhutan.

Upon your arrival in Kathmandu airport, you will be then transferred to the hotel in Kathmandu by a private tourist vehicle. The rest of the time is your own.

In the evening we will have a farewell dinner in a traditional Nepalese restaurant with cultural performances. Overnight at hotel in Kathmandu.

Day 19: Free day / Departure from Nepal.

Today, you can either stay back and enjoy a free day in Kathmandu or leave for your respective countries.

Our representatives will drop you off at the airport according to your flight schedule.

Price Includes

- Airport transfers pick-up and drop-off
- Twin sharing accommodation in Kathmandu (3 nights), & Pokhara (3 nights).
- All meals during the trip (breakfast, Lunch, Dinner)
- All meals (breakfast, lunch and dinner) and drinks such as tea, coffee and water while in Chitwan.
- All ground transportation by private / tourist vehicle.
- Standard government-approved three-star accommodation (in twin sharing rooms) in Bhutan.
- Full-board meals – breakfast, lunch, dinner and tea & snacks – for the duration of your stay in Bhutan.
- Drinking water for the duration of the tour in Bhutan.
- Bhutan visa fees and processing assistance.
- Government royalty of Bhutan 35% which goes to the country's health and education projects.
- Airfare from Kathmandu to Bhutan to Kathmandu Flights ($515).
- All guided city tours in Nepal and Bhutan as mentioned on day-by-day itinerary.
- Government licensed English-speaking guide, driver and all support staffs.
- Food, accommodation, salary, insurance, equipment and medicine for our field staff.
- Entry permits and fees for all temples, parks, monasteries, and cultural and historical sites.
- Himalaya Discovery duffel bag and a t-shirt.
- All government taxes, vat and tourist service charges.

Price Excludes

- International airfare and travel insurance.
- Nepal entry visa – you can obtain a visa easily upon your arrival at the Tribhuwan International Airport in Kathmandu.
- Tips for trekking staff and driver (tipping is expected).
- Others expenses not mentioned in the 'Price Includes' section.

Address

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Kathmandu, Nepal