

# Nepal Bhutan Tour with Trekking

## 24 Days Exclusive & Personalized Journey

Combination for Tour and Trekking experience in two different Himalayan country



## Destination Highlights

- **Bhutan:** 11 Nights in Bhutan with Taktsang Monastery (Tiger's Nest), Capital City Thimphu, Punakha with Chimi Lhakhang Hike, Phobjikha with Bhutanese lifestyle.
- **Nepal:** 12 Nights in Kathmandu Nepal with Boudha Stupa, Pashupatinath, Monkey Temple, Patan Durbar Square, Bhaktapur Durbar Square, Pokhara, Chitwan national park with jungle safari and Ghorepani Poon Hill.

## Customizable Private Tour

Tailor Your Journey with Flexible Dates, Accommodations & Activities

1. Choose your own departure date
2. Select the comfort level of accommodation
3. Adjust activities to cater to special interests
4. Modify tour duration & any aspect of the tour
5. Flexible travel route (start from Bangkok/Paro and end to Kathmandu/Bangkok or vice-versa)

## Trip Highlights

- View of Himalayan range from the aircraft between Nepal & Bhutan.
- Experience of Buddhist culture and peaceful village in Bhutan.
- Amazing Monasteries & dzong worth to view.
- Walk at steep valleys and a short hike to Taktsang Monastery.
- Local & traditional market with unique items.
- View of ancient art, history and culture in Kathmandu.
- Elephant Safari at the dense forest.
- Scenic drive and amazing hill view.

## Trip Overview

**Nepal and Bhutan** are two Hymalian countries that have so much in topological similarity but yet so Unique in culture and history. One has to jump into the trekking routes of **Nepal** and Bhutan to know the country and its stories better. Traveling in the Himalayan region and making the most of it relies upon trekking rather than a Flight. We all know that destination matters but in these countries, the road leading to it constructs the memories. You will witness a cauldron full of joy, **culture and rich tradition** in the shadows of snow-capped mountains here. Treks don't always mean hardcore walking as considered by most of the people. **Nepal Bhutan Tour with Trekking** that we provide mixes up with small tours so that you can enjoy your time and rest.

Leaving behind the luxury of transportation you'll learn Nature better than before. From time to time you may have to pinch yourself because of the views you will encounter is unreal. From green lush hills to rough terrains to the plain grasslands, you will know that here mountains aren't everything. Through the livestock and farmland, you will discover a heartily pleasure waiting just for you. With so much going on the way you will also have an opportunity to peek into yourself. The spirit of the people and the hours of fresh air wherever you go will purify your soul.

Be a guest in some of the artistic canvas of Natures art here in this tour to **Nepal and Bhutan**. Every step you take will open a new door of blessed experiences and unaltered life in the Himalayas.

## Your Journey day by day

### **Day 01 Arrival at the TIA-Kathmandu, rest/ free time shopping- Overnight at Kathmandu(Hotel)**

After landing in the Tribhuvan International Airport (TIA) our representative from the Asia Experiences will receive you. After some formal welcoming, you will head towards your hotel. In the way, he/she will give you brief insights about the whole tour.

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### **Day 02 Pashupatinath, Boudhanath and Bhaktapur Tour**

After a quick breakfast, be ready to experience your first tour of the culture-rich city of Kathmandu. Start off by driving to the Hindu Pashupatinath Temple. This Temple is the pilgrim center for the Hindu devotees all over the world. Then drive about for 30 minutes north towards the great Boudhanath Stupa. Representing Tibetan culture and lifestyle in Kathmandu, Boudhanath is the most expansive Buddhist Stupa in Nepal. The whole area is full of positive energy and devotional pilgrims. Your next stop is Bhaktapur and the Bhaktapur Durbar square is a major attraction here. You will also be visiting the local painting school and look at some Thanga paintings here.

Stroll around the Bashantapur and Thamel areas in the evening.

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### **Day 03 Patan tour with Khokana Taudaha Flat Hike**

Today you will explore and do some sightseeing in Patan also named as Lalitpur. The 'city of arts' is a perfect place to relax and plan for your upcoming journey. You will visit the Patan Durbar square and witness some of the finest architecture and designs in the monuments there. After a brief time there you will start the Khokana Taudaha hike and enjoy nature and village lifestyle of these areas. This hike is popular because has the authentic Nepali village lifestyle feel in it. Return to your hotel and rest.

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### **Day 04 Morning flight to Pokhara, brief city Tour**

We will drop you to the TIA for your short flight to Pokhara. Our guides will pick you up from the domestic section and transfer you to the hotel. Rest and freshen up for today. Spend your evening in the lakeside observing the alluring sunset from the Phewa lake.

## **Day 05 Trek start Day, Drive to Nayapul and trek to Tikhedhunga / Ulleri**

Today after your light breakfast you will take a cab to Nayapul. Your trek will officially commence from here. Take some snacks and head towards Tikedhunga. Like your first day of trekking in the Himalayas, today will only be 3/4 hours of hiking. Freshen up and explore Tikedhunga and gulp in some local snacks. Overnight at Tikedhunga / Ulleri.

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## **Day 06 Trek to Ghorepani, 5-6 hours of Hike**

After an early breakfast and be ready for the push to Ghorepani. The trek is long today but your exhaustion will overcome by the amazing scenery of the snow-capped mountains throughout the hike. You will have to rest in a few hours and walk again to acclimatize and catch some air. The toughest part will be a couple of straight uphill hikes in which our guides will come handy. After hiking about 6-8 hours you'll reach the village of Ghorepani. Rest and gulp in the local diner. Overnight @ Ghorepani.

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## **Day 07 Trek to Poon Hill and Back(2 hours), Trek to Ghandruk (6-7 hours)**

Today you will take an early hike of an hour to reach the top of the Poon hill. Poon Hill is one of the best places of the whole trek from where you can see the Annapurna Mountain Range from very close. The sunrise falling in the white face of the mountain makes the moment memorable and you can just lose yourself in it. Annapurna south, Nilgiri, Himchuli, Bhairisikhar are some of the mountains clear and close from Poon Hill. After living the moment to your heart fill return to Ghorepani and prepare for a Hike to Ghandruk. After reaching Ghandruk rest and freshen up. Overnight @ Ghandruk.

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## **Day 08 Trek to Deurali (5-6 hours)**

Ghandruk is a lively Gurung village and one can know more about the culture and tradition of the Gurung People exploring it. After a nice village tour of Ghandruk and a Himalayan breakfast at your choice, you will continue your trek downhill and then up to Deurali. You will pass many villages(Landruk and Tolka) in your way to stop and have some snacks. The hike is comparatively easy and the fresh air and lively environment help you to push on. Overnight in Deurali.

## **Day 09 Trek to road access and Drive back to Pokhara-4 to 5 hours of a trek and drive to Pokhara, evening city stroll**

Today you will trek to the village having road access to head towards Pokhara. After having a light lunch your Ghorepani-Poonhill trek ends and you will take a Taxi to Pokhara. In your Spare time, you can enjoy an evening walk in Pokhara and Lakeside.

- Ghorepani Poon Hill Trek ends

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## **Day 10 Drive to Chitwan, Village tour and Cultural program**

After a light breakfast and some organic honey tea head towards the Plain s of Chitwan. With a change of altitude, you will feel warmth in the atmosphere and the natural scenery is appealing all the way. Once you reach Chitwan freshen up and head for a village safari. You will find a distinct and beautiful way of life with nature and people living together in these areas. You will end today with a nice meal enjoying the cultural program by the local Tharu community people. Cultural dance in cultural clothing and beautiful pieces of jewelry are the main attraction of the Tharu program.

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## **Day 11 Chitwan NP safari, other important sites of Chitwan visit**

After a quick breakfast with organic honey tea, you will enter the Chitwan National park today. Chitwan is the Savana of Nepal when it comes to wildlife diversity. With dense forests and varied terrain, this Park is home to some 345 different species of mammals, birds, and reptiles in Nepal. Once you enter the Park our guide will give you some of the norms and safety tips of the park. You can choose the classic Elephant safari or a jeep safari each with their unique experience. You can seek for the rare one-horned rhinoceros and the Royal Bengal tiger as the major attractions here. You will also get a chance to witness some of the migratory birds from Mongolia and Tibet in Summer. You will wake up your nature lover inside you on this tour. In the evening visit the Elephant breeding center and the crocodile egg hatchery here. Return to the hotel and rest. Overnight at Chitwan.

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## **Day 12 Drive/ Flight to Kathmandu**

Short hike in a nearby hill to view Kathmandu Valley

After an early light, breakfast grab your binoculars for a quick bird seeing a tour in the Chitwan National Park. you will drive to some of the watchtowers here and enjoy the species of birds. After lunch drive or fly to the



Kathmandu valley. If you take a flight you'll have enough time to take a short hike to a nearby hill and do some sightseeing of the Kathmandu valley. In the evening indulge in some souvenir and handicrafts shopping and rest. Overnight at Kathmandu.

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## **Day 13 Flight from TIA to Paro International airport, Paro valley tour**

After breakfast, we will drive you to the TIA and catch a flight towards Paro International airport. Our Bhutanese representatives will pick you up from the airport and to your hotel. After some rest and refreshments, you will head towards the Paro Valley and you can choose to visit these places with the availability of daytime with you.

### **Rimpung/ Paro Dzong**

This Dzong carries a significant history and Bhutanese culture within itself. You can reach the Dzong by crossing the Nemi Zam bridge. The bridge itself is a popular attraction as it glows with light in the dusk. The whole Dzong is a masterpiece of Bhutanese architecture and is home to numerous shrines and Monuments. The Rimpug Dzong is in the shortlist for the UNESCO world heritage site list. The valley celebrates an annual festival of Paro Tsechu and the courtyard of the Dzong fills with Locals and Tourists alike.

### **Ta Dzong**

Ta Dzong was a fortress that was meant for providing the warning in case of any attacks to the Rimpung Dzong. The Dzong also holds the National Museum of Bhutan inside it. This Dzong has a strong influence in the monarchical history of Bhutan.

In the evening stroll around the local market in Paro. Overnight at a hotel in Paro.

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## **Day 14 Druk Path Trek- Ta Dzong- Jele Dzong (Distance: 10km, 3-4 hours, altitude 3450 m)**

Your Druk Path trial commences from today and early in the morning. This trail is one of the most touristic trekking trials in Bhutan and it covers most of the important monuments and monasteries of the country. As Tibetan Buddhism is the abundant religion here so the monasteries are given high priority amongst other structures of the country. Today will just be a warm up and a short trek as your trek will start with an uphill climb and mostly an easy way alongside the ridge. After 3-4 hours you will reach Jele Dzong through thick coniferous belts. Wildlife and birds in today's trek are a bonus too. You will reach the campsite about a hundred meters below Jelele pass. Overnight at Tented camp.

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## **Day 15 Trek from Jele Dzong to Jangchuklakhang (Distance: 10km,**

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## **4-5 hours, altitude 3780 m)**

Today you will head towards the JangchukLakhang camp which is about 4-5 hours of a trek from your campsite. The trek starts from the Jele Dzong which was the rest house of the second king of Bhutan. The Dzong is now a monastic institute. You will join the original trek route about 200 meters from here. You will have a seemingly easy hike today because the altitude gain is only 300 meters here.

The trek passes up and down to the hilly rock ridges and you can get a magnificent view of the Paro valley on your left. Along the way, you will experience the lush alpine meadows and dense temperate forests. Overnight at a tent near JangchukLakhang camp.

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## **Day 16 Trek from Jangchuklakhang- Jimi Langtsho (Distance: 11km, 5-6 hours, altitude 3880 m)**

You will cover the largest horizontal distance on foot in this trek today as you start early by hiking up to JangchukLakhang camp. Your destination today is the Jimi Langsto lake which is a sacred lake of meditation. This lake is also known as the Sand Ox Lake and Bimelang Tsho. You will witness the major attraction interval of trek today as you make your camp in the highest altitude of the whole Druk Trek Path.

The trail offers some of the most scenic mountain views of your whole trail. your major highlight of today will undoubtedly be the close sightings of the peaks of Chomolhari, JichuDrakey, Tsrimgang and in clear weather the fourth highest peak in the world Mt.Khanchenjunga of Nepal too. In the Trail, you will be surrounded with exotic Himalayan flora and fauna and to top them all the red hills covered with the Rhodendron flower trees. With wild onions growing on both sides of the trail you can smell the fragrance and freshness in the atmosphere. Nature and its components come to be so lifelike along this trail that it attracts thousands of enthusiastic visitors to this trail every year. Overnight at a tented camp.

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## **Day 17 Trek from Jimi Langtsho- Phajoding (Distance: 20km, 6-7 hours, altitude 3870 m)**

You will start early today so that you will reach Phajoding and have some spare time today. As the trail goes mostly uphill with countless high passes your trekking abilities will be tested today. Within a walk of 6-7 hours is the campsite of the Phajoding today which is about 3870 meters above sea level. You will also find plenty of Yaks grazing around water puddles beside you.

One can just stare at the amazing landscape which leads you to the Phajoding Pass. If you are lucky you will also catch the carven of the blue sheep in the way. You will also come across the popular trout fishing lakes of Janetso and Semkotatsol here. You can get a fishing permit to these lakes if you are an admirer of fishing. The Mountain scenic seems to have come right out of an artist's canvas here. Once you reach the Phajoding pass you can get a panoramic view of Thimphu valley from a high angle.

## **Day 18 Trek from Phajoding-Punakha (Distance: 5km, 3 hours approx, altitude 2350 m)**

Today you will pass two of the must-see sites alongside your trek. Dochula Pass and Punakha Dzong are the amazing destinations you will pass today. Today is your last day of the Druk Trek in Bhutan so you will have plenty of time to soak in Nature and scenery around you. The sunrise above the hills of the Thimpu adds more elegance to the city's beauty. From Phajoding you will head towards Punakha via Dochula Pass. You will have a seemingly easy and short hike but you will have a busy and memorable day today.

### **Dochula Pass**

Dochu la pass is a natural midpoint between the Mountains and Plains of Bhutan. From here you can view the amazing Panoramic scenery of Mt.Chomoljhari and its other lining mountains. About 30 km away from the capital city of Thimpu Dochu La has one of the most spectacular Chorten complex in Bhutan in the memory of Bhutanese Soldiers. You are up for a scenic treat of Nature on a clear day from this pass.

### **Punakha Dzong**

Punakha Dzong is the grandest architecture brilliance you will meet in this trip. The palace of great happiness is also located in a perfectly natural place between the Pho Chhu and Mo Chhu rivers. These rivers mix up and serve as a major tributary to the Bhramaputra river. The Dzong is also a vital destination if you want to have some insights into the lifestyle of the former Druks. More than 800 years old this Dzong is also a major get together place for major occasions and festivals in Bhutan. The Dzong is gifted with a fine landscape all around it and you will love the view.

### **Punakha Suspension Bridge**

One of the longest bridge in Bhutan which offers great scenic views of rivers and valleys and connects three villages of Shengana, Samdingkha, and Wangkha. It is just a half mile far from Punakha Dzong.

Overnight at Punakha Hotel.

- Druk path trek ended

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## **Day 19 Punakha- Trongsa**

You will be heading towards the Trongsa Dzong today. The other destinations today will be the famous Temple of Chimi Lhakhang and the Chendebji Chorten. The Temple is deeply connected and important in the context of introducing Buddhism in Bhutan. Saint Drukpa Kinley made the Temple before the 15th century. Saint Drukpa Kinley is a respected and highlighted figure when someone talks about Buddhism in Bhutan. He has his appearance in many local legends as a divine madman as he had an unorthodox way of teaching via songs, poems and humor.



Located about 2kms away from the village of Chimi Lhakhang is a large Buddhist stupa of Chendebji Chorten. The 19th century made stupa resembles a smaller version of the Boudhanath Stupa of Kathmandu. The Chorten has a religious and historical importance to the people here. The Trongsa Dzong is the main highlight of your day. One of the finest in designing and architecture of the country this Dzong lies in a high cliff over the Mangde Chu river gorge. There are more than 25 Temples here dedicated to the deities people worship in Tantric Buddhism. Overnight at hotel in Trongsa.

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## Day 20 Trongsa-Bumthang

After a light breakfast today you will visit the Jakar Dzong. Situated in the Chamkhar valley of Bumthang, this Dzong was planned to be constructed as a monastery when Lama NgagiWanchuck visited Bhutan. A white bird(considered auspicious in Bhutanese culture) appeared and perched itself on the site. Hence the structure remains as a Dzong today. The other important destinations you will reach today will be- Jambay Lakhang-was built by King Srongsen Gampo of Tibet about 1500 years old. Temple blessed with Guru Rinpoche's arrival in his visit to Bumthang.

Kurjey Lakhang-Many legends surrounds the Temple and one of the important temples that Guru Rinpoche visited.

NamkheNyingpoGoemba- Located in the town of Jakar, the centre of Bumthang district. Important monastery for the monks learning Nyingampa Buddhism.

Overnight at a hotel in Bumthang.

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## Day 21 Bumthang-Gangtey

The Gangtey valley is known for its small village and monastery hikes. Gangtey has one of the most varied and beautiful landscapes in this whole Himalayan nation. In the Marshlands lies the famous Gangtey Gumba. The Nyingmapa school of Buddhism is one of its kind and is a successful monk-learning monastery.

The monastery is also an ideal place to be during festivals and occasions to learn more about Bhutanese culture.

### Phobjikha Valley

Located close to the Gangtey Monastery is the glacial valley of Phobjikha. One of the most picturesque places in Bhutan provides amazing scenery and landscapes to you. The Black Mountain National Park lies in the valley which is about 2900 meters above sea level. The Nakai Chu and Gay Chu are the two major rivers joining small streams that flow through this valley. The major attraction of the valley is the appearance of the flocks of Black Necked Cranes in the winter season from Tibet. People also tribute to these beauties of nature by performing the crane dance on special occasions. Don't miss to visit the Crane Centre, especially during winter to witness black cranes through the telescope.

Overnight at a hotel in Gangtey.

## Day 22 Gangtay- Punakha- Thimphu

After an early morning breakfast today you'll head towards Thimphu. Along the way, you will make stops and visit these places-

### **Simtokha Dzong**

Translated as the palace of profound mantras, Simtokha Dzong lies south of Thimphu. People believe that this Dzong is the oldest serving fort of Bhutan made by the legendary Shabdrung Ngawang Namgyal in 1629. The Dzong in present times is home to the institute of Language and Culture where monks as well as common people can study together.

### **National Memorial Chorten**

Made by the Father of Bhutan and the third King, H.M. JigmeDorjiWangchuck the National memorial chorten holds the wishes of him. He wanted to construct a monument carrying the message of peace and prosperity of the world. This grand chorten however, was constructed only after his demise. The chorten now is taken as the symbol of harmony, tranquility and eternal peace in Bhutan.

### **Kuensel Phodrang**

The Kuensel Phodrang is the place home to the largest statue of the Sakyamuni Buddha. The huge statue complex and its surrounding consists more than 50,00 small and big sculptures of the Sakyamuni Buddha. The statue faces Thimphu from a height so that he could look after the city of Thimphu and a whole nation of Bhutan. The garden below and surrounding the statue is also a state of art.

### **Folk Heritage Museum**

The Folk Heritage Museum is a great place to learn about Bhutanese rural life. Educational programs, Documentation, and Demonstrations of Bhutanese rural life are exhibited.

### **Bhutan Postal Museum**

National Post Office in Bhutan is an exciting place to explore the large collection of stamps. A great chance to see the varieties of square, rectangular, and even 3D stamps. You can make customized stamps with own photo and get them as souvenirs.

### **Motithang Takin Preserve**

Visit to observe the national animal Takin which is unique.

Overnight at a hotel in Thimphu.

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## Day 23 Thimphu- Paro Tour, Taktshang Monastery Hike

After breakfast, drive to Paro. On halfway to the Paro-Thimphu highway, visit the 16<sup>th</sup>-century old Tachogang Lhakhang temple. The temple means the hill of the excellent horse. You need to cross an old bridge to visit the temple. From the bridge, enjoy the scenic views of the villages. Then, return to Paro.

Today is the day you will hike up to the cliff of Taktshang monastery and experience Bhutan at its finest. After your breakfast, head towards the Paro valley, and from there start your hike towards the Taktsang Monastery. At the top of the cliff is the cave where Guru Rinpoche himself is believed to have meditated. Not only the monastery and the caves are appealing but the view of nature and landscape from the monastery is simply stunning. Your exhaustion is washed away from the cool hilly breeze and the amazing scenery. After a brief time here you can return to your hotel and rest.

Have lunch and visit the holy temple Kyichu Lhakhang. You can see the oldest Jowo temple which was built to stop female giants from preventing the spreading of Buddhism across Tibet. Overnight at a hotel in Paro.

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## Day 24 Paro Departure to Kathmandu/Bangkok and to your home

Pack up and be ready for the departure today. You will have a parting breakfast with our staffs and we will collect your experience and suggestions. In your spare time, you can do some strolling and shopping too. Our staffs will transfer you to the airport a couple of hours before the flight time. You will head towards your home or next destination through Kathmandu or Bangkok from here. Heading towards your home you can get one last view of the majestic Himalayas which will give you the reminance of this great trip of a lifetime. You came in as strangers in these countries but will return with an familiar experience and tons of beautiful stories.

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## Cost & Inclusion

### Nepal;

- Airport pickups and drops service.
- Private ground transportation with A/C.
- Twin-sharing hotel accommodation.
- Local cultural tour guide with English speaking.
- Sightseeing entrance fees for museums and monuments.
- Breakfast in Kathmandu and Pokhara
- Full meals in Chitwan and during the trek.

- Trekking Permit for your related trip.
- Trekkers' Information Management system (TIMS) card.

**Bhutan;**

- Airport pickups and drops service.
- Private ground transportation with A/C.
- Twin-sharing hotel accommodation.
- Local cultural tour guide with English speaking.
- Sightseeing entrance fees for museums and monuments.
- Full meals in Bhutan.
- Processing Travel Permit and Entry Visa.

**Select;**

## Contact Us

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