



Himalayan Kingdoms - Nepal & Bhutan

Kathmandu - Pokhara - Dhulikhel

Paro - Thimphu - Punakha

October 7, 2018 - October 20, 2018



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Himalayan Kingdoms - Nepal & Bhutan

A journey to the devout lands of Nepal and Bhutan, different in tradition and belief yet similar in spirit and the surrounding Himalayan scenery casting a truly awe-inspiring spell.

We present two beautiful Himalayan Kingdoms in one magical tour of a lifetime. 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 prayer flags of Nepal to the elaborate traditional dress of the Bhutanese, these captivating lands cannot fail to enchant.

Start in the Nepalese capital of Kathmandu and get our first look at this landlocked Himalayan nation, a land of snow peaks, yetis, monasteries and mantras.

Walk through Kathmandu's Durbar Square, home to the old Royal Palace and the centre of the old town. Visit ancient Buddhist temple of Swayambhunath and Patan Durbar Square, both UNESCO World Heritage sites.



Travel through the beautiful Kathmandu Valley to hilltop Dhulikhel, an escape into a world of peace and tranquillity by indulging in some daily yoga sessions that are helpful to the mind and soul.

They say that a magic tiger flew through the Tibetan skies with Guru Rimpoche, the second Buddha, on his back. High above the Himalayas they soared, touching down at last on a remote, craggy peak where the views of both surrounding and distant mountains took their breath away. It was here that "Tiger's Nest," or Takstang Monastery, and the Kingdom of Bhutan, were founded.



That was, legend has it, in the 8th century. Today, over a thousand years later, little has changed. Just over half a million people living in this tiny mountain kingdom of cherished and jealously guarded isolation. National pride runs deep, as evidenced in traditional architecture and in strikingly beautiful national dress for both men and women.

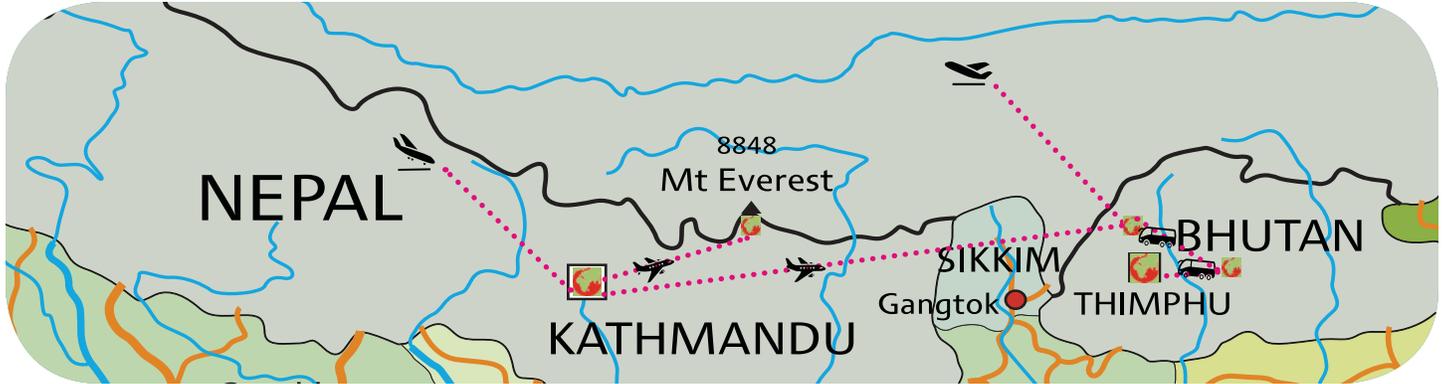
In Bhutan, prayer wheels spin, mantras are murmured, and butter lamps glow in window after window. Dzongs, monasteries and stupas dot the countryside. Colourful prayer flags flutter along the high ridges. Bright costumes adorn festival dancers. Wild animals abound in deep forests. And the smiles of the locals are warm and genuine.

Experience Bhutan, the beauty and mystery with soaring mountain peaks, picturesque valleys and delightful people. The country values Gross National Happiness and we will uncover its ancient fortresses, monasteries, fascinating markets and stunning scenery evoking Shangri-La.



GLANCE

“At high altitudes, there’s no place for the fantastic, because reality itself is more marvellous than anything man could imagine.” René Daumal (French writer and poet)



BRIEF ITINERARY

Day 1	Sun	Oct 7	2018	Kathmandu Arrival
Upon arrival, you are met and transferred to the hotel				
Day 2	Mon	Oct 8	2018	Kathmandu
Explore the old city and bazaars, visit temples in Boudhanath				
Day 3	Tue	Oct 9	2018	Kathmandu
Visit Bhadgaon or Bhaktapur, Patan City, Durbar Square				
Day 4	Wed	Oct 10	2018	Kathmandu-Pokhara
Sightseeing of Pokhara, sunset boat ride on Phewa Lake				
Day 5	Thu	Oct 11	2018	Pokhara
Visit World Peace Stupa, a high tea session with the Sherpa.				
Day 6	Fri	Oct 12	2018	Pokhara - Dhulikhel
Fly to Kathmandu and drive to Dhulikhel, Yoga practise.				
Day 7	Sat	Oct 13	2018	Kathmandu Thimphu
Fly to Paro, drive to Thimphu, visit King’s Memorial Chorten				
Day 8	Sun	Oct 14	2018	Thimphu
See Rubthob Goema Nunnery and Motithang Takin Preserve				
Day 9	Mon	Oct 15	2018	Thimphu
Visit Textile Museum, Thimpu Dzong near the Kings Palace.				
Day 10	Tue	Oct 16	2018	Thimphu - Punakha
Visit Chimi Lhakhang (Temple of fertility) and Punakha Dzong				
Day 11	Wed	Oct 17	2018	Punakha - Paro
Visit the Ta Dzong (National Museum) and the Rinpung Dzong.				
Day 12	Thu	Oct 18	2018	Paro - Tiger’s Nest
Excursion to Taktshang Lhakhang or Tiger’s Nest				
Day 13	Fri	Oct 19	2018	Paro Sightseeing
Drukgyel Dzong, visit Kyichu Lhakhang and a Bhutanese farm				
Day 14	Sat	Oct 20	2018	Paro Departure
Departure from Paro, Bhutan home.				

PRICING

(Land only)

10 or more Guest

6-9 Guest

	USD	CAD	USD	CAD
Double Occupancy	\$4095	\$5250	\$4295	\$5475
Single Supplement	\$1450	\$1850	\$1450	\$1850
Intertour Air from	USD \$600 CAD \$775 including taxes			

Kathmandu – Pokhara - Kathmandu - Paro

HIGHLIGHTS & SPECIAL FEATURES

- Explore the Kathmandu Valley - Patan Durbar Square, Swayambhunath Pagoda, Bodhnath Buddhist stupa and various other temples and shrines.
- See UNESCO World heritage site of Bhaktapur Durbar square, Heritage Walk to Boudhanath.
- Visit of Bamboo School in Katmandu and Rickshaw ride at Thamel area.
- Visit picturesque Pokhara, meet Sherpa Mountaineer with Hi-Tea.
- Sunset Boat ride on Phewa Lake in Pokhara.
- Paro Rinpung Dzong, Kyichu Lhakhang, The National Museum at Ta Dzong, local farmhouse and Paro market.
- Hike to the Tigers Nest, Bhutan’s postcard.
- Visit Thimphu - Market, Chorten’s memorial, Hand Made Paper Unit, Handicrafts Emporium.
- Thimphu Painting School and the traditional Medicine Institute Chimi Lhakang (in Punakha).
- Explore Punakha - Punakha Dzong.
- Enjoy Panoramic views of the Bhutanese Himalayas and incredible scenery.



ITINERARY

Oct 7, 2018 Arrive Kathmandu

Upon arrival, you are met and transferred to the hotel.

Mulberry Hotel, Kathmandu (Boutique room)

Oct 8, 2018 Kathmandu (B/D)

This morning, visit Kathmandu Durbar Square in the heart of old city Kathmandu. The complex was residence to Nepal's Royal family before the construction of the newer Narayanhiti Palace. There are around 50 temples in the vicinity. The Durbar is divided into two courtyards - the outer comprising the Palace of the Living Goddess – Kumari, and the inner is the main palace. Important ceremonies, including the coronation of the Nepali monarch used to be held in the Kathmandu Durbar Square. Visit Swoyambhunath - a UNESCO World Heritage site, believed to have been established more than 2,500 years ago and now an important Buddhist learning site.

Take a Rickshaw ride from Durbar Square to Thamel passing through the old Kathmandu city and local bazaars filled with local people. Spend time and enjoy the colourful scene and interacting with the locals.

Visit a Buddhist Monastery near Boudhanath surrounded by Stupas, Gumpa monasteries, curio shops, and restaurants. Light up the Butter lamp at the shrine and experience a glimpse of Buddhism and watch the monks pray. Have an interactive session with a High-Monk if possible.

Welcome dinner at the Krishna Arpan Restaurant at the Hotel Dwarika served in a traditional Nawari style and cuisine.



Oct 9, 2018 Kathmandu (B)

Drive to Bhadgaon - en route stop at a Bamboo School established to offer free education to the children of the financially weak families. You would be welcomed by the children and each guest will be accompanied by a child to make a show around of the school and the orphanage.

Arrive Bhadgaon or Bhaktapur (Place of devotees) was the largest of the 3 Newar Kingdoms of the Kathmandu valley and was the ancient capital. It is the third largest city in Kathmandu valley and the majority of the population is Newars. Bhadgaon is a UNESCO world Heritage site for its rich culture, temples and wood, metal and stone artworks.

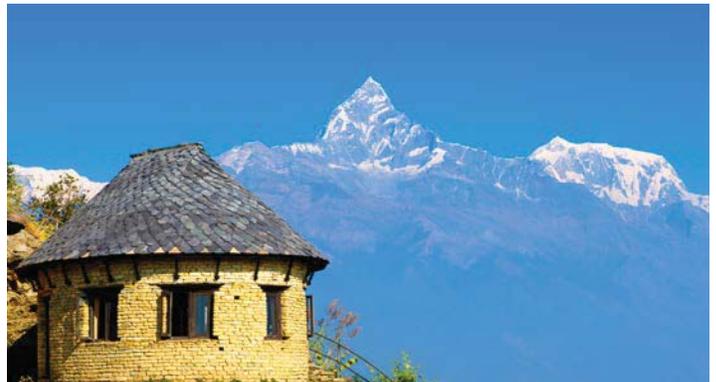
Lunch at Patan Café in Patan City and walking through the bazaars and labyrinthine back streets of this city of arts and architecture founded in 250 AD, renowned for its fine works in bronze, silver and copper. Visit Durbar Square, the Royal Baths, Mahaboudha, Krishna Mandir and Hiranya Verna Mahabihar (the Golden Temple). Continue to the Patan Museum, housed in a beautifully restored former Malla residential palace.

Oct 10, 2018 Kathmandu - Pokhara (B)

Wake up early and after a quick cup of tea/coffee, transfer to Kathmandu domestic airport for an optional Mt. Everest Flightseeing. Mountain Flight offers the closest possible aerial views of Mt. Everest and ranges of Himalaya. The 45-minute flight offers an incredible panorama and you can take a nice photograph of the world's highest mountain and enjoy a champagne in mid-air.

Return to hotel for Breakfast and then transfer to the airport for flight to Pokhara - the largest valley in Nepal.

Atithi Resort, Pokhara (Deluxe room)



This afternoon, enjoy a sightseeing of Pokhara visiting the Devi falls, Bindhyabasini temple, Pokhara regional museum and a Tibetan refugee camp. Around sun-set enjoy a boat ride on Phewa Lake - the second largest lake in the Kingdom. Later walk around the old bazaar of Pokhara.

Oct 11, 2018 Pokhara (B/D)

This morning, visit World Peace Stupa and enjoy a sensational view of Annapurna Mountain range along with bird eye view of Phewa lake and the entire Pokhara valley. After breakfast make a short hike for three to four hours to experience typical village life and the nature. Later visit the International Mountain Museum.

Have a high tea session with the Sherpa and an interactive session to learn about his experiences climbing the Mount Everest.

Oct 12, 2018 Pokhara - Kathmandu - Dhulikhel (B/D)

This morning, transfer to airport for flight back to Kathmandu and on arrival, drive to Dhulikhel and check in at resort

Dhulikhel Mountain Resort

We will escape into a world of peace and tranquillity by indulging in some daily yoga sessions that are helpful to the mind and soul. We will visit and local village and be involved in activities offered by the resort. Around sunset, enjoy a dinner with spectacular view of the snow-capped Himalayan mountain range. Dinner & Overnight at Hotel.





Oct 13, 2018 Dhulikhel - Kathmandu - Paro - Thimphu (B/D)

Transfer to airport to board flight for Paro. Arrive Paro and drive to Thimphu, the capital town of Bhutan and check-in. Get a traditional Bhutanese welcome upon arrival including the blessing from a monk.

Druk Hotel or similar



This afternoon's city sightseeing and drive to Buddha Point where we can do a private meditation at a designated room.

Later visit to King's Memorial Chorten where locals take rounds and say the mantras while spinning the prayer wheels. In the evening, enjoy a lecture by a Buddhism scholar to explain the Gross National Happiness. Dinner & Overnight at Hotel.

Oct 14, 2018 Thimphu (B)

Morning visit the Rubthob Goema the only Nunnery. One can interact here with some of the nuns who have devoted their lives to spirituality and Buddhism. Later visit the Motithang Takin Preserve – and see the only national animal with a head of a goat and the body of the cow called Takin. Later visit the Simlokha Dzong and a handmade paper factory.

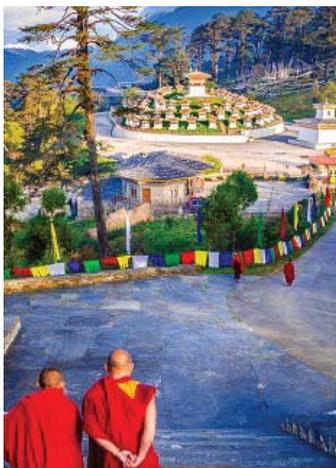
This afternoon is free time in the local bazaars for walk and independent activities.

Oct 15, 2018 Thimphu (B)

Visit Textile Museum, Simply Bhutan Museum and Trashichhoedzong. Visit the painting and crafts schools where the children study and make the local handicrafts. Visit the Thimpu Dzong near the Kings Palace.

Evening: Enjoy a mask dance organized especially for the group.

Oct 16, 2018 Thimphu / Punakha by road (75km/3hrs) (B/L)



Drive to Punakha and enroute stop at the Dochula pass, the highest pass. Arrive Punakha and visit Chimi Lhakhang also known as the temple of fertility.

Lunch at Chimi Lhakhang cafe.

This afternoon visit the Punakha Dzong – one of the most famous and beautiful Dzong situated at the junction of two rivers. It was the capital of Bhutan until 1955, and still serves as the winter residence of the monks.

Kunzangzhing Resort or similar



Oct 17, 2018 Punakha / Paro by road (B)

Breakfast at Hotel and drive to Paro. Arrive and check in at Hotel.

Afternoon: visit the Ta Dzong originally built as watchtower and now houses the National Museum. Later visit Rinpung Dzong, with the wooden galleries and fine wall paintings.

Naksel Resort or similar

Oct 18, 2018 Paro (B/L)

This morning, take an excursion to Taktshang Lhakhang or Tiger's Nest as popularly known. Hike for 2 hours each way and visit the most religious Monastery in Bhutan. It is believed that all Bhutanese people must visit this monastery at least once in their lifetime.

Enjoy a vegetarian Lunch at the Monastery – Taktshang Café.

This evening, enjoy an optional traditional Bhutanese hot stone bath at the hotel. The Stone bath has been practiced in Bhutan for centuries as a medicinal soak. Many Bhutanese believe that the bath helps in curing joint pains, helps in relaxing and other medical problems.



Oct 19, 2018 Paro (B)

Morning drive to Drukgyel Dzong, a ruined fortress and the 7th century Kyichu Lhakhang, one of the 108 temples built in the Himalayas by Tibetan King Songtsen Gampo. The building of this temple marks the introduction of Buddhism in Bhutan. Visit a traditional Bhutanese farm home and enjoy local Tea with the family.

Afternoon is at leisure to explore local bazaar and buying local handicrafts and enjoying a road side café.

Oct 20, 2018 Paro / Delhi / Kathmandu / Kolkata by air (B)

Transfer to airport in time to board flight for onward connection.