

Abercrombie & Kent



BHUTAN & NEPAL: HEART OF THE HIMALAYA - A LUXURY SMALL GROUP JOURNEY (2020)

Discover Bhutan and Nepal, two Himalayan countries little touched by the passage of time, as you view the stunning “Tiger’s Nest” Monastery, stroll through Kathmandu’s Durbar Square and enjoy a meal in the home of a local Nepali family.

Luxury Small Group Journeys



Nepal, Bhutan



11 days, from AU\$13,635



18 Guests

Journey Overview

Discover Bhutan and Nepal, two Himalayan countries little touched by the passage of time, as you view the stunning “Tiger’s Nest” Monastery, stroll through Kathmandu’s Durbar Square and enjoy a meal in the home of a local Nepali family.

Journey Highlights

Feel the spirit of Bhutan on a pilgrimage hike to the revered “Tiger’s Nest” Monastery, perched high on a sheer rock face

Learn about the traditions and age-old methods of Bhutanese farmers on a visit to a farmhouse

Enjoy a lesson in Nepalese cuisine during a Chef’s Table event in the home of a local resident

Ride Like a Local when you travel by rickshaw to visit Kathmandu Durbar Square and Taleju Temple



Itinerary

Day 1: Arrive Bangkok, Thailand

Arrive in Bangkok, where you are met and transferred to your airport hotel.

Novotel Bangkok Suvarnabhumi Airport

Day 2: Paro & Thimphu, Bhutan | Among Towering Peaks

Fly to Paro, your gateway to Bhutan, a nation whose cultural traditions remain well preserved. Transfer to Thimphu and visit the National Memorial Chorten. Later, see Tashichho Dzong, a 13th-century Buddhist monastery and fortress, and then gather for your welcome dinner.

Taj Tashi, Thimphu | Meals: BLD

Day 3: Punakha | The Divine Madman

Drive over the Dochula Pass, seeing the colourful prayer flags En route to Punakha. Stop at Chimi Lhakhang (Temple of the Divine Madman), continuing to Punakha Dzong.

Taj Tashi, Thimphu | Meals: BL

Day 4: Thimphu | Design Your Day

Today, enjoy one of these Design Your Day activities.

- Hike Wangditse Nature Trail, a two-hour scenic walk through fields to Wangtse Monastery with stunning views.
- Offer Butter Lamps at a Monastery in Thimphu and explore the Folk Heritage and National Textile Museum.
- Visit Pangrizampa, where you meet with a local astrologer and practice meditation with an expert.

Tonight, gather for dinner at a local restaurant.

Taj Tashi, Thimphu | Meals: BLD

Day 5: Paro | Monasteries, Rivers & Relics

Journey overland to Paro, stopping to visit local farmers at their farmhouse, an opportunity to better understand their traditional way of life. Once in Paro, view the religious thankga (scroll) paintings and the natural history collection at the National Museum. Continue to Rinpung Dzong, a monastery and fortress along a mountain river.

Zhiwa Ling Heritage | Meals: BLD

Day 6: Paro | Ascent to the "Tiger's Nest"

This morning, you may choose to attempt the climb to Taktsang Monastery ("Tiger's Nest"). This hike is intentionally difficult, intended as an arduous pilgrimage for Buddhist devotees. Later, try your hand at archery, Bhutan's national sport.

Zhiwa Ling Heritage | Meals: BLD

Day 7: Kathmandu, Nepal | Historic Durbar Square

Fly to Kathmandu. Ride by rickshaw to Kathmandu Durbar Square and Taleju Temple, see the House of the Living Goddess (Kumari), and stroll through the bazaar and old city. Continue to Swayambhunath, one of the most sacred shrines for Tibetan Buddhists. This evening enjoy a lecture by a Mount Everest summiteer.

Dwarika's Hotel, Kathmandu | Meals: BLD

Day 8: Kathmandu | A Guided Meditation

Visit Pashupatinath, a sacred Hindu temple built in a pagoda style. Enter Kopan Nunnery and Monastery, where a monk or nun leads you in a private guided meditation session. Continue to Boudhanath, home to one of the world's largest Buddhist shrines.

Dwarika's Hotel, Kathmandu | Meals: BL

Day 9: Kathmandu | A Lesson in Nepalese Cuisine

Today, explore Patan to see its Durbar Square and the former royal palace. Attend a Nepalese cooking class in a local home. Enjoy your afternoon at leisure. Tonight, gather for a farewell dinner at a local restaurant.

Dwarika's Hotel, Kathmandu | Meals: BLD

Days 10–11: Depart Bangkok

On Day 10, either fly to Lhasa to begin your post-tour extension or fly to Bangkok, where you enjoy the use of an executive room, available through Day 11, when you depart on your flight home.

Novotel Bangkok Suvarnabhumi Airport | Meals: B

Journey Details

This journey contains some active elements.

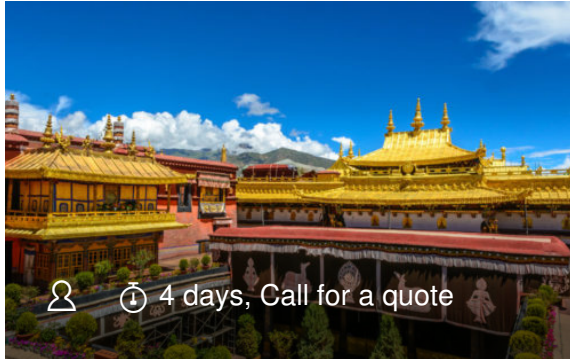
Minimum age is 10 years.

First group event: welcome briefing at 8:30 a.m. on Day 2.

Last group event: farewell lunch at 2:00 p.m. on Day 12.

Departures are guaranteed to operate with a minimum of 2 guests.

Extensions



Lhasa Post - Tour Extension - A Luxury Small Group Journey (2020)

Journey to the heart and soul of Tibet, visiting local people, markets and temples for firsthand insights into the culture.

Accommodation

Dwarika's Hotel, Kathmandu



Dwarika's Hotel is a fine example of Nepali architecture with intricate wood and terracotta work produced by the finest craftsmen in the country. Appreciation of each handmade brick, and every piece of original wood is what makes this hotel so special and unique.

If you are an avid foodie the restaurants here will not disappoint, most of the ingredients are produced in the hotel's organic farm. Dine in style and enjoy meals reminiscent of ritual feasts up to 22 courses. We recommend a visit to the library at the hotel, full of interesting books on the history of Nepal and a splendid place to sit back and relax after an exhilarating day taking in vibrant Kathmandu.

Why we like it

- A magnificent building and display of Nepali architecture and craftsmanship
- Custom designed and handmade furniture
- Rooms and suites have the feeling of a Nepali home
- The outdoor swimming pool is reminiscent of 12th century Malla Dynasty baths
- Discover your inner self in Dwarika's Spa offering traditional treatments based on Buddhist rituals

Dates & Pricing

Prices are in AUD, per person, based on double occupancy

Apr 8, 2020 - Apr 18, 2020

Price	Single Supplement	Internal Air (From)	Availability
AU\$14,360 pp	AU\$4,340	Included	Available

Apr 22, 2020 - May 2, 2020

Price	Single Supplement	Internal Air (From)	Availability
AU\$14,360 pp	AU\$4,340	Included	Available

May 6, 2020 - May 16, 2020

Price	Single Supplement	Internal Air (From)	Availability
AU\$14,360 pp	AU\$4,340	Included	Available

May 20, 2020 - May 30, 2020

Price	Single Supplement	Internal Air (From)	Availability
AU\$14,360 pp	AU\$4,340	Included	Available

Sep 16, 2020 - Sep 26, 2020

Price	Single Supplement	Internal Air (From)	Availability
AU\$14,360 NOW ONLY AU\$13,635 pp	AU\$4,340	Included	Available

Sep 23, 2020 - Oct 3, 2020

Price	Single Supplement	Internal Air (From)	Availability
AU\$14,360 pp	AU\$4,340	Included	Available

Oct 4, 2020 - Oct 14, 2020

Price	Single Supplement	Internal Air (From)	Availability
AU\$14,360 pp	AU\$4,340	Included	Available

Oct 14, 2020 - Oct 24, 2020

Price	Single Supplement	Internal Air (From)	Availability
AU\$14,360 pp	AU\$4,340	Included	Available

Oct 21, 2020 - Oct 31, 2020

Price	Single Supplement	Internal Air (From)	Availability
AU\$14,360 pp	AU\$4,340	Included	Available

Oct 25, 2020 - Nov 4, 2020

Price	Single Supplement	Internal Air (From)	Availability
AU\$14,360 NOW ONLY AU\$13,635 pp	AU\$4,340	Included	Available

Nov 6, 2020 - Nov 16, 2020

Price	Single Supplement	Internal Air (From)	Availability
AU\$14,360 pp	AU\$4,340	Included	Available

Nov 8, 2020 - Nov 18, 2020

Price	Single Supplement	Internal Air (From)	Availability
AU\$14,360 NOW ONLY AU\$13,635 pp	AU\$4,340	Included	Available

Abercrombie & Kent

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