



## BHUTAN & NEPAL: HEART OF THE HIMALAYA - A LUXURY SMALL GROUP JOURNEY (2024)

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

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Small Group Journeys, Luxury Small Group Journeys



Indian Subcontinent, Nepal,  
Bhutan



11 days from AU\$18,295 pp



18 Guests

## Journey Overview

Discover Bhutan and Nepal, two Himalayan countries little touched by the passage of time, as you ascend to 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

- Absorb the grace, beauty and remoteness of Punakha, where you visit the ornately designed Dzong and wander in hand-painted courtyards among crimson-robed monks
- Feel the spirit of remote Bhutan on a pilgrimage hike to the revered “Tiger’s Nest” Monastery, perched high on a sheer rock face, followed by a celebratory Champagne toast
- Explore Kathmandu’s storied Durbar Square, and connect with Nepal’s rich spiritual heritage during a guided meditation at Kopan Monastery
- Hear firsthand from a Mount Everest summiteer about his experiences scaling the world’s tallest peak
- Savour a lesson in Nepalese cuisine in a local family's home



## Itinerary

### **Day 1: Arrive Kathmandu, Nepal**

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

***Dwarika's Hotel, Kathmandu***

### **Day 2: Kathmandu | Historic Durbar Square**

On an experience exclusively for A&K guests, enter Kopan Nunnery and Monastery, where a monk or nun leads you in a private guided meditation session. After lunch, Ride Like a Local by rickshaw to Kathmandu Durbar Square and Taleju Temple, see the House of the Living Goddess (Kumari) and stroll the bazaar and old city. Later, hear a lecture by a Mount Everest summiteer.

***Dwarika's Hotel, Kathmandu | Meals: BLD***

### **Day 3: Kathmandu | Temples & Shrines**

Visit Pashupatinath, a Hindu temple built in a pagoda style. Continue to Boudhanath, home to a Buddhist shrine, where you meet a local artisan for an overview of Thangka paintings and Buddhism and enjoy a Scenic Sundowner.

***Dwarika's Hotel, Kathmandu | Meals: BL***

### **Day 4: Paro & Thimphu, Bhutan | Among Towering Peaks**

Fly to Paro, your gateway to Bhutan, a nation whose cultural traditions remain well preserved. Travel to Thimphu, where you visit the National Memorial Chorten. Later, stroll through the town of Thimphu.

***Pemako Tashi, Thimphu | Meals: BLD***

### **Day 5: Punakha | The Divine Madman**

Drive over the Dochula Pass, seeing the colourful prayer flags en route to Punakha. Take a short hike to Chimi Lhakhang (Temple of the Divine Madman), a storied fertility temple, continuing to Punakha Dzong.

***Pemako Tashi, Thimphu | Meals: BL***

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## Day 6: 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.
- **Ascend to Buddha Point** to view the soaring Buddha Dordenma statue and visit a sanctuary for the takin (gnu).

Tonight, gather for dinner at your hotel.

***Pemako Tashi, Thimphu | Meals: BLD***

## Day 7: Paro | Monasteries, Rivers & Relics

Journey overland to Paro, stopping to visit local farmers at their farmhouse. Once in Paro, view the religious thangka (scroll) paintings and explore the National Museum of Bhutan. Proceed to Kyichu Lhakhang, a seventh-century Himalayan Buddhist temple.

***Zhiwa Ling Heritage | Meals: BLD***

## Day 8: Paro | Ascent to the “Tiger’s Nest”

Today, 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. Upon your descent, celebrate your trek with a Champagne toast and a specially arranged picnic breakfast with local entertainment. Later, try your hand at archery, Bhutan’s national sport.

***Zhiwa Ling Heritage | Meals: BLD***

## Day 9: Kathmandu, Nepal | Bhaktapur

Fly to Kathmandu. Upon arrival, proceed to Bhaktapur, a city founded in the ninth century, viewing its palace constructed in the 17th century by famed King Bhupatindra Malla, and Nyatapola, a striking five-tiered temple built in an angular pagoda style.

***Dwarika's Hotel, Kathmandu | Meals: BL***

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## Day 10: Kathmandu | A Lesson in Nepalese Cuisine

Explore Patan to see Durbar Square and the former royal palace. Participate in a Chef's Table cooking class at a local family's home, learning about local cuisine and daily life in Nepal. Continue to Swayambhunath, one of the most sacred shrines for Tibetan Buddhists. Later, savour a farewell dinner at a local restaurant.

***Dwarika's Hotel, Kathmandu | Meals: BLD***

## Day 11: Depart Kathmandu

After breakfast, transfer to the airport to board your departing flight.

***Meals: B***

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## Journey Details

Internal air included: Kathmandu/Paro/Kathmandu

This journey contains some active elements.

Minimum age is 10 years.

First group event: sightseeing at 9:00 a.m. on Day 2.

Last group event: farewell dinner at 7:00 p.m. on Day 10.

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

## Included with every Luxury Small Group Journey

- English-Speaking Resident Tour Director and Local Guides
- Hand-Selected Luxury Accommodations
- Airport Meet and Greet with Private Transfers
- Travelling Bell Boy Luggage Handling
- Breakfast in Bed on Select Days
- Full Breakfast Daily; Select Lunches and Dinners
- Your Choice of Activity on Design Your Day
- Traveller's Valet Laundry Service
- Internet Access
- Entrance Fees, Taxes and All Gratuities Except Resident Tour Director
- 24/7 A&K On-Call Support
- Guaranteed Departures with Just Two Guests

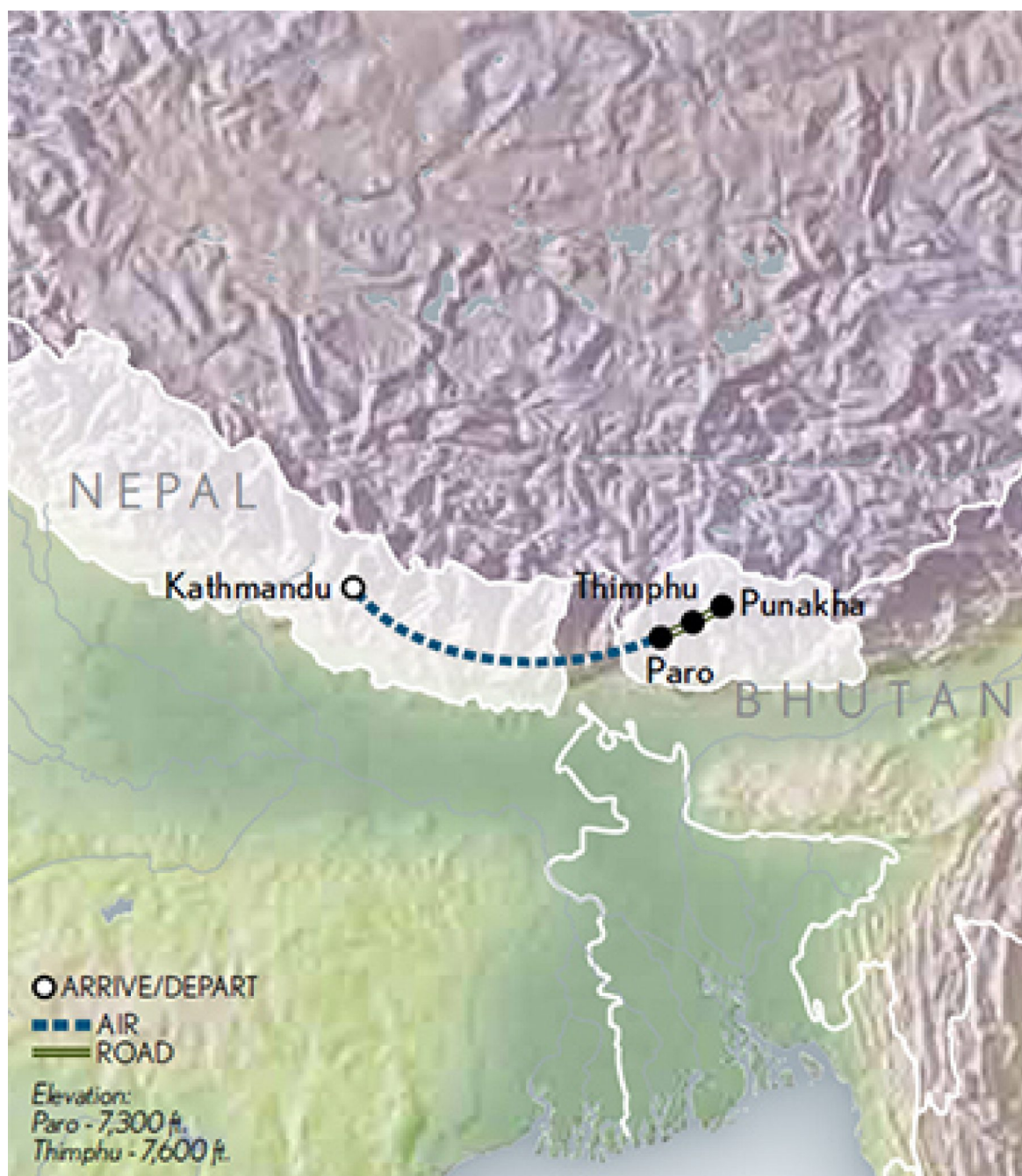
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### Customise this Journey

**Talk to one of our expert Journey Designers** or your travel agent about booking this tour as a private journey for your own small group with family or friends. Or, if you would prefer to travel privately, find out more about creating the perfect bespoke Tailor-Made Journey based on this itinerary.



## Map



## Accommodation

### Pemako Thimphu



Set in the heart of the Thimphu Valley, the Pemako Thimphu, is a gateway to a land steeped in mythology and magic. The mountain kingdom of Bhutan remains one of the old world's last few strongholds as yet unspoilt by civilization. In the isolation of the Himalayan heights, Bhutan's ancient Mahayana Buddhism continues richly intact to this day, and permeates every aspect of Bhutanese life and art.

In keeping with the enchanting surroundings, the hotel is a blend of Bhutan's dzong architecture and modern design. The rooms are adorned with swirls of hand-painted murals of clouds – a recurring motif in Bhutanese art – and take in sweeping views of the surrounding mountains. Elegant, expansive and luxuriously appointed, the rooms, in the manner of all Taj Hotels, pamper guests with the finest amenities. Suites, on the other hand, feature distinctive canopy beds, walk-in closets and home theatre systems. Natural lighting emphasizes large, well laid-out bathrooms featuring standalone Christina bathtubs.

### Why we like it

- Located in the capital of Bhutan, the hotel is the perfect base from which to explore this intriguing city
- The spa offers holistic treatments and local Bhutanese hot stone therapies



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- The hotel has a heated indoor swimming pool
  - Other facilities include bars, lounges, cafes and a fitness centre. Meanwhile, the hotel offers an extensive range of activities and tours of the surrounding areas

## 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

### Sep 18, 2024 - Sep 28, 2024

Price	Single Supplement	Internal Air (From)	Availability
<b>AU\$18,295 pp</b>	AU\$6,145	Included	Call for Availability

### Oct 6, 2024 - Oct 16, 2024

Price	Single Supplement	Internal Air (From)	Availability
<b>AU\$18,295 pp</b>	AU\$6,145	Included	Call for Availability

### Oct 16, 2024 - Oct 26, 2024

Price	Single Supplement	Internal Air (From)	Availability
<b>AU\$18,295 pp</b>	AU\$6,145	Included	Call for Availability

### Oct 23, 2024 - Nov 2, 2024

Price	Single Supplement	Internal Air (From)	Availability
<b>AU\$18,295 pp</b>	AU\$6,145	Included	Call for Availability

### Nov 3, 2024 - Nov 13, 2024

Price	Single Supplement	Internal Air (From)	Availability
<b>AU\$18,295 pp</b>	AU\$6,145	Included	Call for Availability

### Nov 13, 2024 - Nov 23, 2024

Price	Single Supplement	Internal Air (From)	Availability
<b>AU\$18,295 pp</b>	AU\$6,145	Included	Call for Availability

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