

## **BHUTAN & NEPAL HEIGHTS 10 days**

### **Itinerary:**



### **Day 1 : Arrive Paro - Thimphu (L / D)**

Upon arrival at Paro International airport start your tour. Visit the National Museum and the Rinpung Dzong. Later drive towards Thimphu. On the way visit the Tachogang Temple and the Memorial Chhorten. In Kuensel Phodrang you see probably the tallest Buddha in the world and have a great view of Thimphu valley. Onwards to the Takin Preserve and the Tashichhodzong before arriving at your hotel for overnight.

**Lodging:** Taj Tashi Hotel

### **Day 2 : Thimphu (B / L / D)**

After breakfast visit the Bhutan Post, the textile museum, the National Library, a treasure trove of priceless Buddhist manuscripts. Continue to The National Folk Heritage Museum to get an insight into the typical Bhutanese way of life. Next is the Institute for Zorig Chusum also known as the painting school. It offers a six-year course on the 13 traditional arts and crafts of Bhutan.

**Logging:** Taj Tashi Hotel

### **Day 3 : Thimphu - Punakha (B / L / D)**

After breakfast drive to Punakha through the scenic Paro Chi and Wang Chhu river valleys on to the high mountain pass of Dochula. From there you can see some of the highest peaks in Bhutan. Later visit Druk Wangyel Chhorten, built by the Queen Mother for the peace and stability of the country and Chimi Lhakhang, a temple located on a hillock. The temple is believed to bless couples unable to have children.

**Lodging:** Uma Punakha Hotel

### **Day 4 : Punakha - Wangdue - Paro (B / L / D)**

After breakfast visit the impressive Punakha Dzong, the second of Bhutan's dzongs. Bhutan's most treasured possession is the Rangjung Kharsapani, a self created image of Chenrigzig. Later visit Khamsum Yuelley Namgyal Chhorten, a three-storey chhorten built by Her Majesty the Queen Mother Ashi Tshering Yangdon Wangchuck in 1999 for the protection of the country. It stands on a beautiful hillock about 6 miles from Punakha. Drive to Wangdue and scroll around the town before heading back to Paro for overnight.

**Lodging:** Uma Paro Hotel

### **Day 5 : Paro - Tiger nest hike (B / L / D)**

After an early breakfast drive up to the starting point for the hike up to the Taktsang Monastery, the Tiger's nest. Enjoy the stunning view of the monastery. Later drive to Drukgyal Dzong fortress and visit the Kyichu temple. Bless your prayer flags here and take part in a Buddhist ceremony for your health and well-being. Onward to a typical farmhouse where you stay for overnight and experience a Hot-stone-bath, a popular form of medication practiced in Bhutan.

**Lodging:** Farmhouse

### **Day 6 : Paro - Kathmandu (B)**

After breakfast transfer to the airport for your flight to Kathmandu. Upon arrival in Kathmandu transfer to your hotel with time to relax from your flight

**Lodging:** Hyatt Hotel

### **Day 7 : Kathmandu (B)**

After breakfast start your tour of Kathmandu with the temple of the Living Goddess, Swayambunath before continuing to Pattern. Visit Rudra Varna Mahavihar, a Buddhist monastery and Jagat Narayan Temple, an imposing temple of Lord Vishnu and Machhendranath Temple built in 1508 AD.

**Lodging:** Hyatt Hotel

### **Day 8 : Kathmandu - Dhulikhel (B)**

After breakfast drive towards Dhulikhel. En-route see Bhadgaon and the Nyatapola Temple, built by King Bhupatindra Malla. Later arrive in Dhulikhel, famous for its vantage location in viewing the Himalayan ranges from Cho Oyu in the east to Himalchuli in the west.

**Lodging:** Dhulikhel Mountain Resort

### **Day 9 : Dhulikhel - Kathmandu (B)**

After breakfast drive to Namobuddha for hike down to Panauti. A leisurely walk through this tiny village will reveal its antiquity. Visit to the 14th century AD Hindu temple of Shiva locally known as Inderswor Mahadev. The wooden struts supporting the temple are a splendid example of wood carving of that era.

**Lodging:** Hyatt Hotel

### **Day 10 : Kathmandu - Departure (B)**

After breakfast transfer to the airport for your international return flight.

