

Earthbound Expeditions

All Inclusive Nepal And Bhutan Tour

10 days, from US$3,387 per person

Duration	Group size	Country
10 days	**8 people**	**Bhutan**

All Inclusive Nepal And Bhutan Tour Overview

An all-inclusive tour package covering both Nepal and Bhutan in one trip

All-inclusive Nepal and Bhutan tour package:
Nepal and Bhutan in one trip

Our all-inclusive Nepal and Bhutan tour package includes cultural sights, yoga and meditation classes, a cooking class, a farmhouse visit and some short hikes.
Bhutan is often described as the last Shangri-La, with a landscape of great natural beauty. For a long time it was little known to the outside world, and to many people it remains a hidden kingdom. It lies deep in the Himalayas, with varied plants and wildlife, white peaks and green valleys. Nepal is a beautiful country with very friendly people.
On this tour you may see sadhus, the Hindu holy men, with ash-covered bodies and matted hair. You visit one of the largest Buddhist stupas in the world, visit monasteries, and watch monks chanting as they walk around the stupa. You also visit Patan Durbar Square, a medieval royal palace area, also known as the city of fine arts, with metal and stone carving dating back to the 14th century. In Bhutan you hike to Tiger's Nest Monastery and meditate there.

Staying in a homestay or at a yoga retreat in Nepal lets you see a side of the country that a hotel cannot offer. You stay with a Nepali family in a family home with modern facilities.

A Nepali cooking class teaches you skills you can use at home or at gatherings, and it adds nothing to your luggage.

On the Nepali cooking course, qualified Nepali home cooks (Ama chefs) teach you how to prepare Nepali food. Lessons take place in a fully equipped kitchen. Classes are hands-on and small, with never more than six people. The instructors focus on traditional Nepali and Indian techniques, creative use of ingredients, and presentation. You learn about the seasonality of Nepali food and a range of dishes, including starters, momos, salads, curries, paratha, daal, bhat dishes and desserts.

To understand the Bhutanese people, it helps to have a basic idea of Bhutanese Buddhism, which follows the Drukpa Kagyu school. Bhutan relies on farming, and about 95% of the population are subsistence farmers. Today Bhutan is regarded as one of the most distinctive destinations in the world.

Bhutan is also known for having no traffic lights. On this tour you see its snow-capped mountains, green landscapes, wildlife and dzongs.

If 10 days is not enough, we also offer 12-day and 14-day tours of Nepal and Bhutan, and we can combine the tour with India or Tibet.

Itinerary

Day 1

Arrive in Kathmandu

Arrive in Kathmandu. An Earthbound Expeditions representative meets you at the airport and transfers you to the hotel. Later, we meet for a detailed briefing about the tour. In the evening, you can join a meditation class.

Altitude: 1,400 m On foot: None, arrival day Night: Hotel, Kathmandu Meals: Dinner

Day 2

Kathmandu sightseeing and overnight at a yoga retreat or homestay

The day begins with yoga. After breakfast, we set off on a sightseeing tour of the UNESCO cultural heritage sites of Kathmandu. It includes: Swayambhunath, the oldest Buddhist stupa in the Kathmandu Valley. It is home to many monkeys, so it is also known as the Monkey Temple, and it is a good viewpoint over the Kathmandu Valley. Pashupatinath, a Hindu pilgrimage site and cremation ground, where you can observe Hindu cremation rites. You may see Hindu holy men, known as sadhus, with ash-covered bodies and matted hair. Boudhanath, one of the largest Buddhist stupas in the world and a centre of Tibetan Buddhism, where you can visit monasteries and watch monks chanting as they walk around the stupa. Patan Durbar Square, a medieval royal palace area, also known as the city of fine arts, with metal and stone carving dating back to the 14th century and traditional Nepali architecture. We then drive through green hills and villages to the Nepal Yoga Retreat, where we stay for one night and practise yoga and meditation.

Altitude: 1,970 m On foot: Easy walking, 2–3 hrs Night: Homestay, Suryachaur Meals: Breakfast, Lunch, Dinner

Day 3

Sunrise at Kakani and hike to the yoga retreat (Suryachaur)

Early in the morning, drive for about 1 hour to Kakani, a hill station 30 kilometres north-west of Kathmandu, known for its sunrise and mountain views. On a very clear day you can see Ganesh Himal, the Langtang range and other mountains, including Shishapangma, Dorje Lakpa, Gaurishankar and the Everest range. The weather there is cool. After watching the sunrise, we have breakfast and then set off on a hike of about 3 hours, mostly downhill (if you prefer not to hike, you can drive instead). The trail passes through forest and village areas, where you can see local life and meet local people. We arrive at the Nepal Yoga Retreat, where we stay and practise yoga and meditation. After lunch, you can visit an organic farm and a temple and explore the surroundings. Spa treatments and massage are available at the retreat at extra cost. In the evening there is another meditation session. You can also join a Nepali cooking class this evening, or stay in a homestay (optional).

Altitude: 1,970 m On foot: 3 hrs Night: Homestay, Suryachaur Meals: Breakfast, Lunch, Dinner

Day 4

Yoga retreat to Bhaktapur and Kathmandu

Early in the morning, practise yoga for about 45 minutes. Later, drive to Bhaktapur, a UNESCO World Heritage Site, and visit the old palace square. Drive to the hotel. In the evening, join a meditation class.

Altitude: 1,400 m On foot: Easy walking, 2–3 hrs Night: Hotel, Kathmandu Meals: Breakfast, Lunch, Dinner

Day 5

Fly from Kathmandu to Paro and drive to Thimphu

Fly to Paro, Bhutan, and drive to Thimphu. The Druk Air flight into Paro gives a good first view of Bhutan. In clear weather there are views of the world's highest peaks before you land in the green Paro valley. After clearing customs and visa control, you meet your guide and go to Paro town for lunch. After lunch, visit Ta Dzong, an ancient watchtower that now houses the National Museum. Below the museum is Paro Rinpung Dzong, the centre of civil and religious authority in the valley. A short walk takes you to the base of the dzong and across a traditional covered cantilever bridge. A short distance further is one of the many archery grounds (archery is the national sport of Bhutan), where you may see a match in progress. In the late afternoon, drive to Thimphu, the modern capital of Bhutan, which takes around 1.5 hours. Thimphu has a population of about 98,000. The town centre has just three lines of shops, and it is the only capital in the world without traffic lights. Dinner and overnight at the hotel.

Altitude: 2,320 m On foot: Easy walking, 1–2 hrs Night: Hotel, Thimphu Meals: Breakfast, Lunch, Dinner

Day 6

Thimphu sightseeing and drive to Punakha

Sightseeing in Thimphu includes the National Memorial Chorten and the National Library, which holds valuable ancient Buddhist manuscripts. Also visit the Folk Heritage Museum, which shows the rural Bhutanese past through items used in rural households, and the Textile Museum, which preserves the art of traditional weaving and has a good collection of old textiles in rich colours and designs. You also visit the Handicrafts Emporium, which sells all types of Bhutanese handicrafts. After lunch, drive to Punakha. Leaving Thimphu, the road climbs steeply through pine and cedar forest hung with lichen, up to the Dochula Pass (3,050m). The pass often gives panoramic views of the Himalayan ranges. After a stop for tea and the view, we descend a series of hairpin bends to the fertile Punakha Valley. In the afternoon, visit Punakha Dzong, the winter seat of the Je Khenpo and the ancient capital of Bhutan, which stands between the Mo Chu (female) and Pho Chu (male) rivers. The dzong is open to visitors only in summer, when the Je Khenpo and the monk body are in Thimphu.

Altitude: 1,200 m On foot: Easy walking, 2–3 hrs Night: Hotel, Punakha Meals: Breakfast, Lunch, Dinner

Day 7

Punakha to Wangdue and Paro

Drive to Wangdue, one of the main towns and district headquarters of western Bhutan, where we make a short stop to see Wangdue Phodrang Dzong. The dzong stood on the spur of a hill at the confluence of the Tsang Chu and Dang Chu rivers. It was damaged by fire, so it may not currently be possible to visit. Then drive back to Paro.

Altitude: 2,200 m On foot: None, 5–6 hr drive Night: Hotel, Paro Meals: Breakfast, Lunch, Dinner

Day 8

Paro Valley sightseeing and Tiger's Nest hike

In the morning, drive 16 km north up the Paro valley to visit the ruins of Drukgyal Dzong. It was built in 1647 by Shabdrung Ngawang Namgyal, the founder and unifier of medieval Bhutan. The dzong was destroyed by an accidental fire and left in ruins as a reminder of the victories it was built to commemorate. Explore the ramparts; on a clear day there is a view of Mt. Jhomolhari (7,314m). Then drive to Satsam Chorten and hike (or ride a horse) up to Paro Taktsang Monastery (Tiger's Nest) [3,100m]. The horse ride to the cafeteria takes around one and a half hours. From the viewpoint there is a clear view of the monastery, where Guru Padmasambhava (Guru Rinpoche) is said to have landed on the back of a tigress in the 8th century. We then walk back down to the road and drive to Kyichu Lhakhang, one of the oldest temples in Bhutan. The day ends with a walk through Paro's main shopping area. In the evening, join a Buddhist meditation class led by a monk. Dinner and overnight at the hotel.

Altitude: 2,200 m On foot: 4–5 hrs Night: Hotel, Paro Meals: Breakfast, Lunch, Dinner

Day 9

Fly to Kathmandu, Nepal

Transfer to the airport for the flight to Kathmandu. In the evening, join a Nepali cultural show and dinner.

Altitude: 1,400 m On foot: None, flight day Night: Hotel, Kathmandu Meals: Breakfast, Lunch, Dinner

Day 10

Departure

Transfer to the airport for your flight home or to another destination, such as India or Tibet.

Altitude: 1,400 m On foot: None, departure day Night: No overnight Meals: Breakfast

What's included

- All accommodation in Nepal and Bhutan as listed in the itinerary, on a full-board basis
- Private transfers and sightseeing with a professional English-speaking tour guide
- All airport pick-ups and transfers
- One evening cultural show and dinner in Nepal
- Nepali homestay and cooking class, with yoga
- Airfare from Kathmandu to Paro and back
- Travel permit, Bhutan visa fees and entrance fees for major monuments in Bhutan (except photography fees)
- Yoga and meditation classes in Nepal, led by a guru

Not included

- Personal travel insurance, all personal expenses, and any lunches and dinners not mentioned
- International flights to and from Kathmandu
- Tips and gratuities for guides and drivers
- Mountain or road rescue, or any other emergency evacuation charges if needed
- Expenses arising from illness, landslides, political disturbance, re-routing, flight cancellation or any other unforeseen events outside our control
- Drinks with meals, telephone bills, laundry, postage and similar costs
- Nepal visa cost, payable on arrival

Photos, videos and reviews of this trip: earthbound.rajansimkhada.com/all-inclusive-nepal-and-bhutan-tour