



TripLegend

Bhutan & Nepal Roundtrip



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Roundtrip from/to Kathmandu

- ✓ 10 days, incl. airport transfer on day of arrival and departure
- ✓ Middle class hotels, traditional Farm
- ✓ Incl. National sport Archery
- ✓ Incl. traditional mask dance
- ✓ Local, professional, English speaking guide
- ✓ 10x Breakfast (B), 9x Lunch (L), 10x Dinner (D)
- ✓ Only guests vaccinated against COVID
- ✓ 100% COVID safe
- ✓ 110% CO2-compensated & 1 tree planted



Find the current entry requirements here:

<https://apply.joinsherpa.com/>

(Third-party provider. Data without guarantee)



Find current dates and prices here:

<https://triplelegend.com/en/travel/bhutan>

 **TripLegend**

Travel The World GmbH

☎ +49 177 2854 788

📍 Kleine Rosenthaler Straße 2
10119 Berlin

🌐 triplelegend.com

✉ reiselust@triplelegend.com

🏦 IBAN: DE80 1001 0123 9654 1380 86
BIC: QNTODEB2XXX

Overview

Unique Bhutan

Embark on an unforgettable journey to a unique country. Bhutan is known for its monastery festivals with unforgettable mask dances, for its philosophy, the government's guideline of Gross National Happiness and for its incredible location in the middle of the Himalayan mountains. Come with us on a journey to this small but culturally and ecologically valuable country. Experience Buddhist life up close and find happiness in Bhutan!

Included services

Your travel highlights

- Learn the national sport archery
- Hike to the famous Tiger Nest
- Immerse yourself in the life of Buddhist monks
- Experience a traditional mask dance
- Visit the UNESCO heritage sites in Kathmandu
- Learn Bhutan's Gross National Happiness philosophy
- Experience magical sunrises over the Himalayas

Accommodation

(This or comparable accomodation)

Nepal:

- 3x nights at Potala Guest house
- 1x overnight stay at Prakriti Organice Resort
- 1x overnight stay at Nagarkot Farmhouse

Bhutan:

- 2x overnight stay at Pedling hotel Thimphu
- 1x overnight at Meri Puensum in Punakha
- 2x overnight stay at Khangkhu Resort in Paro



Transportation

- The trip is bookable with or without flight
- Airport transfer on arrival and departure day
- Transportation during the trip

Additional included services

- English speaking guide
- English detailed vaccination and packing List (PDF)
- 110% CO2 compensation for flight and trip
- 1 tree planted per person
- 24/7 Whatsapp support through TripLegend before and during the trip

Travel itinerary

Arrival

Kathmandu International Airport (BKK)

You have the option to book your flights separately or simply add them to your trip in the booking process. If you book your flight separately, please plan your journey so you will arrive at the airport in the afternoon so we can start our Bhutan and Nepal adventure together in the evening.

Day 1

Welcome to Kathmandu!

Private transfer: about 6km and 15min

Upon arrival at the airport, you will be met and transferred to the first hotel of your trip in Kathmandu. Here you can rest and look forward to your adventure. On the first evening we will have a traditional Nepalese dinner with cultural performances of different ethnic groups of Nepal. After the first impressions you can rest in your hotel and prepare mentally for the next days. (-/-/D)

Day 2

Welcome to Bhutan!

Private transfer: about 55km and 1.5h

Airplane: about 1h

Today we fly from Kathmandu to Bhutan, Paro. Paro is located in a beautiful valley at 2280 meters above sea level and is a fitting introduction to this charming kingdom. The guide will pick you up and take you and the group on a short one-hour drive along the river valleys of Paro and Thimphu to Thimphu, the capital of Bhutan at 2320 meters. On the way we can visit the magnificent Tamchhog Lhakhang, the place of worship of the heir of Bhutan's iron bridge builder. In the late afternoon, there will be time for a walk through the city to be inspired by the atmosphere of this magical capital with its stores and bazaars and photogenic citizens in national costume. Overnight stay in Thimphu. (B/L/D)



Day 3

Tradition and religion in the capital Thimphu

Private transfer: about 40km and 30min

Today we take the day to visit the capital Thimphu. We will visit the weekly market, the revered Memorial Chorten and the School of Traditional Arts. Afterwards, we can visit the Changangkha Temple, perched on a hill overlooking the city. Throughout the day, worshippers flock here to walk around the temple and turn the prayer wheels. This is also where newborns are brought to receive an auspicious name from the monks. The temple also houses beautiful murals and hundreds of religious scriptures written in gold. We drive to the Radio Tower (which offers a magnificent view of the city from a hill adorned with prayer flags) and visit the Takin Reserve, where the unique national animal, the takin, can be seen. We will also visit Thimphu Dzong, the impressive fortress that serves as the seat of government and office of the king. Overnight stay in Thimphu. (B/L/D)

Day 4

In search of great happiness in Punakha

Private transfer: about 70km and 2h

Today we leave Thimphu and drive to the ancient capital Punakha. The drive will take us over the Dochu La Pass (3050 m), where we will stop for a hot drink and enjoy spectacular panoramic views of the eastern Himalayan ranges. We will notice the change in climate and vegetation as we approach low lying Punakha at 1250m. In the afternoon we will visit the imposing Punakha Dzong, the "Palace of Great Happiness". It was built in 1637 and is strategically located at the confluence of the Po Chu and Mo Chu rivers. Afterwards, we will take a walk of about one hour across wide fields to the Chimi Lhakhang (fertility temple), built in the 15th century by the "divine madman" (Lama Drukpa Kuenley). Overnight stay in Punakha. (B/L/D)

Day 5

Bhutan's traditional mask dance

Private transfer: about 130km and 3.5h

Today we return to Paro. First we stop at Simtokha Dzong, the first dzong built in Bhutan. In the afternoon, we can begin our cultural tour of the Paro Valley by visiting the impressive Paro Rinpung Dzong, one of the finest examples of Bhutanese architecture. Nearby, we will also visit the 7th century Kyichu Lhakhang. A temple of historical significance and one of the holiest shrines in Bhutan. Before heading back to the hotel, we will enjoy a private performance of traditional dances from the different regions of Bhutan. These dances are still performed today during the famous tsechus or religious festivals. Overnight stay in Paro. (B/L/D)

Day 6

Hike to the sacred tiger nest

Hike: about 2-4h

Today another highlight is waiting for us! We will take a day hike to the "Tiger's Nest", the sacred Taktshang Monastery, which clings to the rock face 900 meters above the valley floor. It is said that Guru Rinpoche flew to this place riding a tigress. He then meditated here for three months. It is one of the holiest sites in Bhutan and attracts pilgrims not only from Bhutan but also from neighboring Buddhist countries. The hike to Taktshang takes about 4 hours (round trip). Afterwards there will be free time in Paro. Our guide will also be happy to help with some suggestions. (B/L/D)

Day 7

History, myths and tradition in Kathmandu

Private transfer: about 50km and 1h

Airplane: about 1h

In the morning the guide will accompany you to the airport to say goodbye and wish you Tashi Delek (good luck). In Kathmandu we will visit historical temples and stupas. We will first drive to Pashupatinath Temple, the largest Hindu religious complex in Nepal, dedicated to Lord Shiva and significant not only from a spiritual, but also from a historical and artistic point of view. After lunch, we will drive to Patan Durbar Square, which housed the medieval royal palace of Patan until the mid-19th century. It housed the medieval royal palace of Patan until the middle of the 19th century. The square is flanked by ornate and majestic monuments that recount a wealth of interesting, esoteric legends as well as fascinating historical facts. Finally, we visit the stupa of Swayambhunath, located at a vantage point from which we have a good view of the valley. (B/L/D)

Day 8

Chisapan Hike

Jeep: about 20km and 1h

Hike: about 5h

Today a one hour jeep ride from Kathmandu to Mulkharka awaits us. Here we will start a hike across Mulkharka and the pristine Nagmati River in Shivapuri National Park (about 2 to 4 hours easy hike). Once we arrive at our destination, we can spend the rest of our free time getting acquainted with the surroundings and our agro-farm. In the evening we will enjoy our favorite authentic homemade Himalayan beer at the Chimney Bar and taste our grilled trout fish. (B/L/D)

Day 9

Sunrise with majestic view of the Himalayan ranges

Hike: about 5h

Jeep: about 26km and 1.5h

Early in the morning we experience the unique sunrise over the Himalayas. We get ready early for the next hike to Nagarkot (approx. 5 hrs). The steep climb to Nagarkot is rewarded by the comfort and peaceful surroundings. Nagarkot is a popular hill station in Nepal. The sunrise panorama that can be seen from this hill is a recurring memory of the majestic panoramic view of the Himalayan ranges from Dhaulagiri to the west and Mt. Everest to the east. You will stay overnight at the famous Nagarkot Farmhouse (B/L/D)

Day 10

The most important pilgrimage site of Tibetan

Vajrayana Buddhism!

Jeep: about 27km and 1h

The last day has dawned and starts with some free time to do some souvenir shopping for the family and you. After lunch we will drive to Boudhanath Stupa, considered one of the largest stupas in the world and the most important pilgrimage site for followers of Tibetan Vajrayana Buddhism. This Buddhist complex, which has the shape of a mandala when viewed from the air and is decorated with prayer wheels on the outside, is circled daily by throngs of religious and non-religious visitors. (B/L/D)

Day 11

Goodbye!

Private transfer: about 6km and 15min

The last time we open our eyes in Nepal, before we, after a last breakfast, make our way to the airport. Now we have to say goodbye to our new friends and this beautiful country. Remember with pleasure once again the great moments you were able to experience here and look forward to your next adventure, because it is sure to come. (B/-/-)

Departure: Kathmandu International Airport (KTM)

If you book your flights separately, you can flexibly plan your return flight on the day of departure.

We would be happy to welcome you again on your next adventure!



Your Guide: Narayan

Narayan is one of our great guides, but it is possible that another equally great guide will accompany you on your trip. Feel free to check out the possible guides for your trip on the website. In your TripLegend WhatsApp group, you will find out who your guide will be before the trip starts and you can even contact him/her in advance.

“Hi I am Narayan Krishna Thapa ; I have been leading group guest and travelers from all over the world to mostly remote Himalaya region of Nepal , Bhutan and Tibet . I have been guiding for over 12 years and love my job ; sharing culture , nature , landscape and activities with the guests . I am a avid reader and have deep interest in people , culture and places specially to share and connect with people from all over the world. I also have a deep personal interest in spirituality , mysticism and eastern philosophy.”

Not included services

Flights:

You have the option to book your round trip both with and without included flights. If wished, you can easily add your flights for the Bhutan and Nepal round trip in the booking process. All our selected flights are operated by renowned airlines.

Before the trip:

- possibly needed Visas (<https://apply.joinsherpa.com/>)
- PCR-tests you may need before and during the trip
- International health insurance (<https://triplelegend.com/reiseversicherung>)
- Travel cancellation insurance (<https://triplelegend.com/reiseversicherung>)
- Travel vaccinations
- COVID-19 vaccination (Please note that we only travel with fully COVID vaccinated individuals)

On site:

- Other meals not mentioned (Plan about 10-20€)
- Tips (We recommend 5€ per day)
- Personal expenses
- Airport transfer on another date

Info: If the airport transfer takes place on day 1 and day 11 of the trip, it will not be charged extra. If you arrive/leave later or earlier, the transfer is not included.

Upgrades:

- Single-room supplement per person (500€)

Info: By default, you share a double room with a person of the same sex traveling with you. If you are traveling with your partner we take this into account.

Optional Activities & Programs:

- Scenic mountain flight in Kathmandu (270€ p.p.)
- 5-day Bhutan extension (1.450€)
- 12-day Everest base camp trek full board (1.650€)
- 10-day Langtang valley trek full board (1.000€)
- 8-day Annapurna base camp full board (1.000€)
- Volunteer work in a school (60€ /day - duration on request)
- 3-day Lumbini tour/birth place of Buddha tour full board (450€)
- Extra night single room (45€ p.p.)
- Extra night double room (25€ p.p.)
- Early check-in - on request

Please note that the itinerary, activities and hotels may be subject to change. These changes may occur without notice due to availability, inclement weather, seasonal changes or other circumstances beyond our control. We will always do our best to ensure that this has little or no impact on your experience.



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**Any questions?
Contact us:**

Via email:
reiselust@triplelegend.com

Via WhatsApp and phone:
+49 177 2854 788