

8 Days Nepal & Bhutan

Valid for travel from 01 May to 30 September 2010

KATHMANDU / NAGARKOT / PARO / THIMPU / PUNAKHA

PACKAGE INCLUSIONS



- Return airfare on your choice of carrier to Kathmandu
- 3 nights in Nepal & 4 nights in Bhutan
- Tours and meals as per itinerary
- Domestic flight Kathmandu-Paro(Bhutan) - Kathmandu
- Visa fee for Bhutan
- Bhutan Tourism Development Fund

ACCOMMODATION (or similar)

Kathmandu: Hotel Grande / Hotel Royal Singi
 Nagarkot: Hotel the Fort / Country Villa
 Paro: Hotel Olathang/ Janaka Resort /
 Namsay Choling / Hotel Tashi Namgay
 Thimpu: Hotel Mingmar
 Punakha: Damchen Resort / Zangto Pelri Hotel /
 Meri Phunsum Resort

MEAL PLANS

7 Breakfasts, 6 Lunches, 7 Dinners

VISA INFOTMATION

Nepal : Visa on arrival. US\$25 + 2 passport size photos
Bhutan : Application for Visa Reference Number 3 weeks in advance. Visa Ref. No. is required during check-in. Bhutan visa is stamped upon arrival at Paro airport. 3 passport size photos required at Paro airport.

NOTE

Please ensure passport has a validity of at least 1 year, and booking must be made 1 month in advance due to visa process time.

DEPARTURES

Every Friday only

***The sequence of the itinerary may change without prior notice to ensure the smooth running of the tour

DAY 01 SINGAPORE→KATHMANDU – NAGARKOT (D)

Depart Singapore for Kathmandu. Upon arrival in **Kathmandu**, visiting the 2000 years old **Swoyambhunath Stupa**, ([UNESCO World heritage site](#)) some times also known as the monkey temple .The temple charms with its great dazzling stupa, while at the same time offers a marvelous view of **Kathmandu Valley**. Next destination is **Patan** ([UNESCO World heritage site](#)), the oldest and second largest of the three cities in Kathmandu valley. Patan likes to recall its old



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name **LALITPUR** (city of beauty). Above all, it remains a proud city of artisans; Patan produces nearly all Nepal's fine metal work. Enroute, stop at a **Tibetan carpet factory** where you can see the spinning, dyeing & weaving of Tibetan Carpets. After this we will proceed to **Nagarkot** which is at a height of 2300 m above sea level. It commands a classic panorama of the Himalayan ranges. You can see from here many major **peaks of the Himalayas**, like Langtang, Langtang-lirung, Chobha bhamre, Amadablam, Dorje Lhakpa, Gaurishankar and you may even see Mt. Everest on a clear day. From here you can catch excellent view of sunset and sunrise. Overnight: Nagarkot.

DAY 02 NAGARKOT – KATHMANDU (B/L/D)

Wake up early morning to catch the **sunrise** and beautiful view of Himalayan panorama. Upon arrival to Kathmandu, check in hotel. After lunch, we will go to **Kirtipur** for sight- seeing tour. Kirtipur is one of the oldest towns in Kathmandu valley. Kirtipur contains few Buddhists sites both old & new. **Cilanchi Stupa** is of historic importance. A Bihar has been made in Kirtipur, which contain the **miniature sites representing Lumbini, the birthplace of Buddha, Boudhgaya** where Buddha got enlightenment, **Saranath** where Buddha gave his first teaching and **Kushinagar** where Buddha died. In Kirtipur, we find the **Temple of Adinath**, where God is worshipped by Hindu and Buddhist.

After Kirtipur, we will visit **Chobhar Gorge**, the Gorge cut by Majushree to let the water of Kathmandu flow out of the valley is visible here. Drive back to hotel. Overnight: Kathmandu.

DAY 03 KATHMANU→PARO – THIMPU (B/L/D)

After breakfast early morning drive to airport to catch a flight to **Paro**. Upon arrival, drive through the valley of Paro to the hotel. This afternoon, drive to the ruins of **Drugyel Dzong**. This Dzong is of historical importance, from whose ramparts the



Bhutanese repelled Tibetan invaders. On a clear day one can view the sacred **Chhomolari** (Mountain of Goddess) - 24,000 ft. Visit **Ta Dzong, the National museum** housed in an ancient watchtower, which has a fine collection of ancient Thangka painting, textiles, weapons and artifacts. See also a **traditional wooden bridge**.

After lunch, drive through the beautiful valleys of Paro into **Thimphu, the capital city of Bhutan**. Visit the **Memorial Chorten** built in memory of His Late Majesty, King Jigme Dorji Wangchuck, the **Jushina paper factory** and later visit the **Handicraft Emporium**. Evening stroll through Thimphu town. Overnight: Thimphu



DAY 04 THUMPU – PUNAKHA (B/L/D)

After breakfast, Drive to **Punakha** via Dochula pass. If the weather is clear, we stop for a while at **Dochula pass** to view **Higher Himalayas**. While in Punakha, visit **Punakha Dzong** built in 1637 by Shabdrung Ngawang Namgyal and is situated between Pho Chu (Male River) and Mo Chu (Female River). For many years until the time of the second king, it served as the seat of the Government. The construction of the Dzong was foretold by Guru Rimpoche, who predicted, "...a person named Namgyal will arrive at a hill that looks like an elephant". There was a smaller building here called Dzong Chu (Small Dzong) that housed a statue of Buddha. It is said that Shabdrung ordered the architect, Zowe Palep, to sleep in front of the statue, while Palep was sleeping; the Shabdrung took him in his dreams to Zangtopelri and showed him the palace of Guru Rimpoche. From his vision, the architect conceived the design for the new Dzong, which in keeping with the tradition, was never committed to paper. The Dzong was named Druk Pungthang Dechen Phodrang (Palace of Great Happiness). Overnight: Punakha

DAY 05 PUNAKHA – THIMPU (B/L/D)

After breakfast, drive back to Thimphu and visit to **Tashichho Dzong** (Fortress of the Glorious Religion), built in 1641 by Shabdrung Ngawang Namgyal and reconstructed in 1961 by the Late King, His Majesty King Jigme Dorji Wangchuck, who is regarded as Father of Modern Bhutan. Then visit the **National Library**, which holds a vast collection of ancient Buddhist manuscripts followed by visit to Painting School, famous for carving and free hand art. After lunch visit the **National Memorial Chorten**, a monument dedicated to the Third King of Bhutan. His Late Majesty King Jigme Dorji Wangchuck. The inside paintings and statues provide a very rare insight into Buddhist Philosophy. Overnight: Thimphu

DAY 06 THIMPU – PARO (B/L/D)

After breakfast, drive to Paro. On the way, visit **Simtokha Dzong**, built by Shabdrung Ngawang Namgyal in 1627. Visit the ruins of **Drukgyel dzong**, now in ruins was built by Shabdrung Ngawang Namgyal to commemorate the victory over the Tibetan invaders in 1644; the dzong name's means indeed "victorious Druk". The Dzong was used as an administrative center until 1951 when a fire caused by butter lamp destroyed it. Then visit **Kyichu Lhakhang**, one of Bhutan's oldest and most sacred monasteries dating from the introduction of Buddhism in the

8th century and then visit **Rimpung Dzong** (Paro Dzong) built in 1646 by Shabdrung Ngawang Namgyal. The Dzong presently houses administrative offices. After lunch visit the **Ta dzong**, an ancient watchtower, this has been, since 1967, the national museum of Bhutan. In the evening a two hours drive to Thimphu, check in hotel.



DAY 07 PARO – KATHMANDU (B/L/D)

Early morning, drive to Paro International Airport for your flight to Kathmandu on Druk Air. Upon arrival, transfer to hotel for check in. Rest until lunch, then go for sightseeing at Kathmandu's Durbar Square ([UNESCO World heritage site](#)). This is in the heart of old Kathmandu city in Basantapur never fails to impress first time visitors with its intricate wood carvings and rich history. Surrounded by concrete buildings, the complex is an oasis in a fast developing, chaotic modern city. Once the residence of Nepal's Royal family, all coronation ceremonies were held here. The palace is an amalgamation of eastern and western architecture with additions by Rana and Shah rulers over the centuries. An unbelievable 50 temples lie within the vicinity including the temple of the titular deity, Taleju Bhawani. The Durbar is divided into two courtyards, the outer Kasthamandap, Kumari Ghar, and Shiva-Parvati Temple, and the inner section consisting of Hanuman Dhoka and the main palace. Some floors have been converted to museums dedicated to three generations of Shah kings. Most parts of the palace premises are open to tourists throughout the week.



The Kathmandu Durbar Square is the historic place that was also a politically important site until recently. The Kings of Nepal were crowned and their coronation ceremony was solemnized in this durbar square. The Durbar Square, with its old temples and palaces, epitomizes the religious and cultural life of the people. The temples, monuments, and palaces are believed to have been built by the Malla kings of the Medieval Nepal. The Durbar Square is called the Hanumandhoka, the Monkey God's Door in Nepal, named so after the Monkey God Hanuman. The area is also known as Basantapur, the place for celebrations and festivals. The UNESCO enlisted the Durbar Square area as the World Heritage Site in 1979. Drive back to hotel. In the evening group will be taken dinner with cultural performances.

DAY 08 KATHMANDU → SINGAPORE (B)

Depart for Singapore and arrive in the morning. We hope you have had a memorable time with **FOCAL TRAVEL PTE LTD!**

Focal Travel Pte Ltd

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