



NEPAL & BHUTAN INCENTIVE TOUR – 9 DAYS

Overview:

This is a sample itinerary that can be customized according to your preference of events to enhance the quality of the trip as it suits you best. The Himalayas has a lot more to offer in terms of meetings and small conferences combined with cultural themed activities and shows. An intimate way to work on your team building capacities with a hint of adventure, a dash of culture and a whiff of spirituality to help rejuvenate the team.

Trip Facts:

Destination: Nepal, Bhutan

Theme: MICE

Activity: Tour

Difficulty: N/A

Max Altitude: 3,000 m / 9,842 ft

Best Season: February - May / September - November

Highlights:

- Build peer relations and bond over adventure activities in the serene mountains of Nepal and Bhutan.
- Hike through beautiful trails with pine trees, rhododendrons, and amazing mountain views in both destinations.
- Witness the mighty Himalayas during the short flight between the two countries.



Itinerary at glance:

Day	Program	Accommodation
1	Arrive in Kathmandu	Hotel
2	In Kathmandu	Hotel
3	Fly to Pokhara	Hotel
4	In Pokhara	Hotel
5	Fly back to Kathmandu	Hotel
6	Fly to Paro, Bhutan	Hotel
7	Day excursion to Thimphu	Hotel
8	In Paro	Hotel
9	Final Departure	

Detailed Itinerary:

Day 1: Arrive in Kathmandu

Upon arrival at Tribhuvan International Airport, you will be met and assisted by our representative. You will then be transferred to the hotel.

Overnight at Hotel [-/-/D]

Day 2: In Kathmandu

After breakfast we will do a full day sightseeing of Kathmandu valley. Our sightseeing includes Kathmandu Durbar Square, Swayambhunath Stupa and Patan Durbar Square.

Kathmandu, the largest city of Nepal is the political as well as the cultural capital of the country. We visit the vegetable & spice market in Ason and see its many courtyards and bustling bazaars. Also visit the Kathmandu Durbar Square which is a UNESCO World Heritage Site.



Experience Rickshaw ride around Kathmandu Durbar Square.

Swayambhunath Stupa is a UNESCO WORLD Heritage Site and known as a Self-Created stupa.

Transfer to **Patan**, also known as Lalitpur - the city of artisans and a paradise of fine arts. Best known for its cultural heritage, the city retains much of its old charm with its narrow streets, brick houses and multitude of well-preserved Hindu temples, Buddhist monasteries (vihars) and monuments.

Overnight at Hotel [B/L/D]

Day 3: Fly to Pokhara

Flight Duration (Domestic Flight): 25 minutes approx.

Altitude: 827 m / 2,713 ft – 1,740 m / 5,710 ft

After breakfast you will be transferred to the airport for your flight to Pokhara which takes approx. 25 minutes.

Pokhara's bewitching beauty has been the subject of many travel writers. Its pristine air, spectacular backdrop of snowy peaks, serene lakes and surrounding greenery make it 'the jewel in the Himalaya', a place of remarkable natural beauty. Pokhara Valley is the end of the famous Annapurna Circuit and a gateway to some of the most famous long-distance treks in Nepal.

Visit the **Davis Fall**, a lovely waterfall that marks the point where a stream from Phewa Lake vanishes underground through a natural tunnel. **Gupteshwor Mahadev Cave**, across the Davis Fall, is one of the longest caves in Nepal. Visit Pokhara's traditional **Old Bazaar**.



Enjoy boating at the PhewaTaal, the second largest lake in Nepal. The lake is stream fed but a dam regulates the water reserve, therefore, it is classified as semi-natural freshwater lake. Visit **Barahi Temple** – the island temple situated in a small island in the Phewa Lake surrounded by marvelous views.

Transfer to the hotel.

Overnight at Hotel [B/L/D]

Day 4: In Pokhara

Spend the day indulging in various hikes in Pokhara or go for adventure sports such as paragliding, ultralight flights, river rafting, etc.

Overnight at Hotel [B/L/D]

Day 5: Fly back to Kathmandu

Flight Duration (Domestic Flight): 25 minutes approx.

Altitude: 1,400 m / 4600 ft

Today you will be transferred to Pokhara Airport for your flight back to Kathmandu. Later, we will visit Pashupatinath Temple and Boudhanath Stupa.

The magnificent **Pashupatinath** temple with its astonishing architectural beauty is situated on the bank of the sacred Bagmati River. Dedicated to the Hindu God of Destruction, Lord Shiva, this temple is regarded as the most sacred of all Lord Shiva temples. Listed as a UNESCO World Heritage Site, the temple comprises of a richly ornamented pagoda that houses the sacred linga or phallic symbol of Lord Shiva.

Boudhanath Stupa is one of the most imposing landmarks of Kathmandu and is a center of Tibetan Buddhism. Thousands of pilgrims circle the stupa in a clockwise direction each



day spinning the prayer wheels. It is said that each spin of a prayer wheel is the equivalent of reciting the mantra. The stupa's massive mandala makes it one of the largest spherical stupas in Nepal. The ancient stupa is one of the largest in the world. It is a UNESCO World Heritage Site.

Overnight at Hotel [B/L/D]

Day 6: Fly to Paro, Bhutan

Flight Duration (International Flight): 1 hour approx.

Upon arriving at Paro, you will be met by our representative and transferred to the hotel. Later we will visit National Museum and Paro Dzong.

The National Museum of Bhutan is a unique circular building also known as Ta-dzong which is an ancient watchtower above the Paro Dzong. This unusual round building is said to be in the shape of a conch shell. The original building was constructed in 1656 but the building was converted into a museum in 1968.

Paro Dzong, also known as Ringpung Dzong means "Fortress on a heap of jewels." This impressive dzong is the finest example of Bhutanese architecture and is one of the most popular and well known dzongs in Bhutan. It is the administrative seat of the district of Paro.

Overnight at Hotel [B/L/D]

Day 7: Day excursion to Thimphu

Distance: 53kms/ 32 miles

Drive Time: 1 hour approx. (each way)

Altitude: 2,250 m / 7,382 ft



Today we will do a day excursion to Thimphu. Our sightseeing will include following places:

While driving to Thimphu, en route visit **Simtokha Dzong**, which is believed to be the first dzong built in Bhutan.

In Thimphu, visit the **Folk Heritage Museum**, the first structure to incorporate both monastic and administrative facilities. Its students are both monks and ordinary people. Visit the **Memorial Chorten**, **National Library of Bhutan** and **Tashichhoe Dzong** in Thimphu.

Note: Tashichho Dzong is open during weekdays after office hours (5pm onwards) and from 9am to 5pm on weekends.

After the sightseeing, drive back to Paro and transfer to the hotel.

Overnight at Hotel [B/L/D]

Day 8: In Paro, hike to Taktsang Monastery Hike Duration: 4.5 hours approx. (round trip)

Hike to Taktsang Monastery and later visit Kyichu Lhakhang.

Perched on the side of a vertical cliff at 3000 m altitude north of Paro, hike for about an hour to the beautiful **Taktsang Monastery** also known as the 'Tiger's Nest', the most famous and an unofficial symbol of Bhutan.

Located close to the Paro Airport, the **Kyichu Lhakhang** is an important Himalayan Buddhist Temple. Built in the 7th century, this is one of Bhutan's oldest religious sites.

Overnight at Hotel [B/L/D]



Day 9: Final Departure

Today you will be transferred to the airport for your onward journey. [B]

Trip Ends

Note: All information in this itinerary is accurate to the best of our knowledge but please note that changes to our trips can and do occur. This may be due to our effort to improve our program or logistical reasons such as changes in flight schedules, traffic conditions, weather conditions, or government policies. Dharma Adventures will make every effort to keep you informed of any changes but cannot be held liable for any alterations made to the published itinerary.

[B= Breakfast, L= Lunch, D= Dinner]

Trip Includes:

Nepal Portion

- Arrival/departure transfers.
- Meet assistance at the airport and transfer to the hotel.
- 3 nights' hotel accommodation in Kathmandu in a twin sharing room on full board basis.
- 2 nights' hotel accommodation in Pokhara in a twin sharing room on full board basis.
- All the sightseeing tours with English speaking guide, entrance fees and transfers as per above.
- All the entrance and monuments fees as indicated in the program.
- Lunch and dinner will be served at selected restaurant as per the program.



Bhutan Portion

- Arrival/departure transfers.
- Meet assistance at the airport and transfer to the hotel.
- 3 nights' hotel accommodation in Paro- in a twin sharing room on full board basis.
- All the sightseeing tour and transfers as per the itinerary with English speaking local guide in Bhutan.
- Bhutan Visa fee.
- Tourism development fee & Entrance fee in Bhutan.
- Lunch and dinner will be served at selected restaurant as per the program.

Trip Extras:

- Nepal Visa Fee.
- International airfare & airport tax.
- Mountain flight & Helicopter sightseeing [Will be quoted separately].
- Airfare Kathmandu – Pokhara – Kathmandu [Will be quoted separately].
- Insurance and rescue of any form.
- Cost arising out of flight cancellation/road blockades/landslides/riots and events beyond our control.
- Expenses of personal nature such as bar bills, communication charges, laundry, tips etc.
- Tipping.
- Any items and services not mentioned in program inclusions.