

Nepal & Bhutan

Also featuring: India

Escorted Touring Holidays **2025 – 2027**



distantjourneys
Your Time to Explore



Wonders of India & Nepal

 24 days  from £4,295pp  September 2025 – April 2027

Unveil the rich tapestry of history, spirituality, and breathtaking landscapes on this enchanting 24-day journey through India and Nepal. From the bustling energy of Delhi to the serene beauty of Nepal's Himalayan foothills, this itinerary offers a perfect blend of cultural immersion, natural wonders and unforgettable experiences.

Explore India's iconic landmarks, from the majestic Golden Temple in Amritsar to the iconic Taj Mahal at sunset. Explore the vibrant streets of Old Delhi and savour the rich culinary traditions of Lucknow. In Nepal, soak in the ancient stupas of Kathmandu, marvel at panoramic views of the Annapurna mountain range from Pokhara, and experience exhilarating jeep and river safaris in Chitwan National Park, home to Indian one-horned rhinoceros and the elusive Bengal tiger.

Along the way, enjoy handpicked accommodation, insightful guided tours, and exclusive experiences including a boat ride on the Ganges, hearing stories from a Sherpa summiter, and a local cooking experience in Gorkha. Let our knowledgeable Tour Managers guide you through the wonders of India and Nepal, where you can create memories to last a lifetime.



Clockwise from above: Boudhanath Stupa, Kathmandu, Nepal;
Holy man, Temple of Kathmandu, Nepal



Your holiday includes



Small group touring with max. 24 passengers



Return economy flights with Qatar Airways from London Heathrow or Manchester, domestic flights in India and regional flights between India and Nepal, inclusive of all airport charges, security charges, any applicable fuel surcharges and UK Air Passenger Duty



Carefully selected accommodation in great locations, with all hotel portorage and applicable taxes



Meals worth £580 per person, with daily breakfast, five lunches and dinner each evening



Unforgettable experiences including:

- ★ Sightseeing tours in Amritsar, Dharamshala, Delhi, Lucknow, Varanasi, Kathmandu and Pokhara
- ★ The Golden Temple of Amritsar
- ★ Experience the Wagah-Attari border ceremony
- ★ Explore the Dalai Lama Temple Complex in Dharamshala
- ★ Visit the iconic Taj Mahal
- ★ Participate in a foodie walking tour of Lucknow
- ★ Enjoy a boat ride on the sacred River Ganges
- ★ Discover traditional handicrafts in Bhaktapur
- ★ Learn to cook authentic Nepali dishes
- ★ Take in breathtaking Himalayan panoramas
- ★ Exhilarating safaris spotting wildlife in Chitwan National Park
- ★ Experience a Nepalese cultural performance and traditional meal



Services of experienced local Tour Managers



All overseas transfers and modern, air-conditioned coaches throughout



Your holiday is covered by our Price Promise and is fully ATOL protected





Dharamshala, Himachal Pradesh, India



Monk with prayer wheels, Dharamshala, India

Wonders of India & Nepal

Days 1 to 5: UK - Amritsar - Dharamshala

Day 1: Depart UK

Depart with Qatar Airways from either London Heathrow or Manchester to Amritsar, via Doha. No matter which airport you choose, there will be no extra cost.

In-flight meals and drinks included

Day 2: Amritsar, India, 2 nights

Our flight arrives into Amritsar in the early morning. We transfer to the Courtyard by Marriott, where an early check-in has been arranged for your convenience. After a relaxing day at leisure, this evening we enjoy a welcome drink with our Tour Manager and fellow travellers. Following dinner, our adventure begins as we visit the breathtaking Golden Temple. Seeing the temple at night, when numerous lights illuminate its beauty, is a sight to remember. We will also witness the sacred and much revered Palki Sahib ceremony. **In-flight meals and drinks, and dinner included**

Day 3: Amritsar

Tour Highlight

Undoubtedly our highlight today is a visit to the magnificent Golden Temple, one of the most spiritual places in India. We explore the complex, including the incredible community kitchens which produce up to 20,000 meals per day, all prepared by local volunteers. We continue to Jallianwala Bagh, a historic garden and memorial of great national importance, before visiting the Partition Museum, a world-first 'people' museum that tells the stories of the millions affected during the Partition of India in 1947. Later, enjoy a food walking tour, sampling some of the best Punjabi dishes, such as Amritsari Kulche, Lassi, Maa di dal and more. The afternoon is reserved for a very special journey to the Wagah border, to witness the inimitable Wagah-Attari border ceremony. This daily 'beating retreat' attracts crowds from both sides of the India-Pakistan border and is characterised by elaborate and rapid dance-like manoeuvres. A mesmerising show that is bound to thrill! **Breakfast and dinner included**

Day 4: Dharamshala, 2 nights

This morning, we begin the scenic drive from Amritsar to Dharamshala. Recharge as you take in the views of lush cedar forests and rolling hills as we approach Dharamshala, at the edge of the Himalayas. En route, we visit the magnificent rock-cut temples of Masrur, located in the Kangra Valley. Upon arrival, we check into Fortune Moksha Hotel, where we spend the next two nights. Later, we learn about Himachal wines before dining together at our hotel. **Breakfast and dinner included**

Day 5: Dharamshala

Tour Highlight

We start our day exploring the rich spirituality of Dharamshala with a visit to the serene Dalai Lama Temple complex, home to the Namgyal Monastery and Tibetan Museum. Surrounded by prayer wheels and colourful prayer flags, the beautiful complex was built in 1959 following the Dalai Lama's escape from Tibet. It is now the spiritual and political centre of the Tibetan community in India, with the intricate architecture blending the traditional styles. The main shrine houses an impressive gilded statue of Lord Buddha, with murals depicting scenes from his life and teachings surrounding it. As we explore, the soft chants of the monks echo through the complex as they pray and meditate. The afternoon is free, allowing time to wander the local market, where vibrant stalls are brimming with artisan crafts - ideal for picking up some souvenirs. **Breakfast and dinner included**



Golden Temple, Amritsar, Punjab, India



Taj Mahal, Agra, Uttar Pradesh, India



River Ganges, Varanasi, Uttar Pradesh, India

Wonders of India & Nepal

Days 6 to 14: Delhi - Agra - Lucknow - Varanasi - Kathmandu

Day 6: Delhi, 2 nights

After breakfast, we embark on a scenic drive to Amb Andaura railway station, passing through the lush Kangra Valley with its terraced fields and rural villages. We board our afternoon train to Delhi, enjoying panoramic views of the countryside that offer a glimpse into India's diverse landscapes along the way. On arrival at New Delhi railway station, we transfer to our hotel for the next two nights, The Leela Ambience, a delightful haven amidst the city's bustling energy. Settle in before sitting down together for a tasty dinner. **Breakfast and dinner included**

Day 7: Delhi

Delhi is a city combining the very best of old and modern India. Following breakfast, we embark on a sightseeing tour of Old Delhi, passing the Red Fort – the palace of the Mughal Empire in the 1500s, famed for its opulence. We visit Jama Masjid, India's largest mosque, as well as taking a rickshaw ride through the narrow streets of Chandni Chowk, the lively old-city market. Later, we continue to New Delhi, seeing the iconic India Gate and celebrated Parliament House. We visit the UNESCO World Heritage Site Humayun's Tomb, where the 16th-century Mughal Emperor lies, before discovering the National Rail Museum, a vast site dedicated to the rich heritage of the Indian Railway. **Breakfast and dinner included**

Day 8: Agra, Overnight

Tour Highlight

This morning, we board India's historic and first semi-high-speed train, the Gatimaan Express, as we journey to Agra, a city steeped in Mughal heritage and home to the iconic Taj Mahal. On arrival, we stop first to view the Red Fort, a UNESCO World Heritage site known for its impressive architecture and rich history as a royal residence. Afterwards, we check in at our well-located hotel for the night, the Taj Hotel & Convention Centre and take some time to relax. Later, we head to the ethereal Taj Mahal to witness its beauty at sunset. Marvel at the changing hues of this masterpiece as the setting sun casts a golden glow over its pristine white marble – a truly unforgettable experience and one sure to be a highlight of our trip. We enjoy dinner together at our hotel this evening. **Breakfast and dinner included**

Day 9: Lucknow, 2 nights

An early start today as we head to Tundla and board the Shatabdi Express train to Lucknow, the cultural capital of Uttar Pradesh state. Upon arrival, we transfer to the elegant Renaissance Lucknow Hotel, our home for the next two nights, where we can freshen up after our journey. This evening, we embark on a food walking tour of Lucknow, a culinary paradise renowned for its flavourful kebabs. As we stroll through the bustling streets of the Hazratganj neighbourhood with our local guide, we sample traditional delicacies, sweet treats and local drinks, and learn more about the city's vibrant gastronomic scene and hear stories of its rich Nawabi history. **Packed breakfast and dinner included**

Day 10: Lucknow

Today we delve into Lucknow's historic charm with a full day of sightseeing. We begin by discovering the Bara Imambara, a stunning architectural marvel, and its labyrinthine maze, the Bhul Bhulaiya. Next, we explore the Rumi Darwaza, a grand Mughal gateway, before heading to the beautiful mausoleum of Chhota Imambara, adorned with intricate chandeliers and glasswork. One of the highlights is sure to be the Residency, the location of the infamous Indian Uprising in 1857, today home to a poignant graveyard and small museum. We also view the picturesque La Martiniere College, an iconic and historical school whose architecture is an elegant fusion of European and Mughal styles. **Breakfast and dinner included**



Bhaktapur Durbar Square, Kathmandu, Nepal

Day 11: Varanasi, 3 nights

This morning is free to relax, or you may choose to start your day taking part in a complimentary yoga class. Alternatively, you can opt to enjoy a heritage walking tour through the old lanes of Lucknow (additional cost), uncovering the city's hidden treasures and offering insights into its rich history and vibrant culture. This optional tour explores the bustling Aminabad Hamza Bazaar, one of the oldest markets in the city, brimming with traditional wares, clothing, and street food. This afternoon, we transfer to the railway station to board the Vande Bharat Express train to Varanasi, one of India's newest trains built with Japanese technology. Upon arrival, we check in to the Radisson Hotel, our home for the next three nights. **Breakfast and dinner included**

We Recommend

Walking Tour in Old Lucknow City

Take a walking tour of Lucknow to explore the richness of the exceptional Islamic and British Raj-era architecture in the city.



Day 12: Varanasi

We explore the spiritual heart of Varanasi this morning, beginning with the sprawling Banaras Hindu University campus, one of the oldest and most prestigious universities in India. Here we visit the New Vishwanath Temple – a modern marvel dedicated to Lord Shiva, before heading to the Sankat Mochan Temple, dedicated to Lord Hanuman and revered for its tranquil atmosphere near to the Assi River. In the afternoon, we take part in an insightful session with a historian, offering a chance to delve into the nuances of Hinduism, and the history and cultural significance of this ancient city. **Breakfast and dinner included**

Day 13: Varanasi

Tour Highlight

Varanasi comes alive early in the morning as pilgrims flock to the riverbanks to bathe in the holy waters. We rise early today and enjoy a sunrise boat ride on the Ganges, soaking in the sights along the ghats of India's sacred river. We return to our hotel for breakfast and a morning at leisure. This afternoon, we visit the ancient ruins and museum at Sarnath, location of the first sermon given by Buddha after attaining enlightenment and an important Buddhist pilgrimage site. Later, we experience an Aarti ceremony on the ghats of the Ganges, a mesmerising spiritual ritual involving chanting, music, and offerings to the holy river. **Breakfast and dinner included**

Day 14: Kathmandu, Nepal, 2 nights

We head to the airport for our flight via Delhi to Kathmandu, Nepal's sprawling capital set in a valley surrounded by the stunning Himalayan mountains. On arrival we transfer to our centrally located hotel for the next two nights, Hotel Yak and Yeti. In the afternoon we visit Boudhanath Stupa, one of the largest and most significant Buddhist stupas in Nepal. Here, we are welcomed at a thangka painting studio where we learn more about the significance and creation of these intricate, hand-painted religious scrolls. This evening, we enjoy an authentic Nepali dinner accompanied by a colourful cultural show featuring traditional music and dance. **Breakfast and dinner included**



Traditional Nepali Thali



Young girl, Nepal

Wonders of India & Nepal

Days 15 to 18: Kathmandu - Gorkha - Pokhara

Day 15: Kathmandu

Tour Highlight

This morning, we explore nearby Bhaktapur, a city celebrated for its rich cultural and historical heritage, often called Nepal's open-air museum. We stroll through its atmospheric alleys and discover Pottery Square, before witnessing the intricate art of Nepali woodcraft. We make a stop at a traditional paper factory which uses the bark of the lokta shrub to learn more about this process, and enjoy the beauty of Bhaktapur Durbar Square, a UNESCO World Heritage Site, home to ancient sculptures and architectural masterpieces. Continuing to Kathmandu Durbar Square, another UNESCO World Heritage Site, we explore the historical heart of the city and discover ancient royal palaces, a fascinating museum, and visit the House of Kumari, home to a living goddess. Later, we enjoy a rickshaw ride through the vibrant neighbourhood of Thamel, taking in the bustling market as we weave through its lively streets filled with shops, cafes, and traditional crafts. We finish our day with dinner at a local restaurant and meet a Sherpa mountaineer for a chance to hear inspirational stories of their incredible achievements. **Breakfast and dinner included**

Day 16: Gorkha, Overnight

Leaving Kathmandu this morning, we make a stop at historic Swyambhunath Stupa, with its numerous shrines and prayer wheels. Built by King Manadeva in 460 AD, this UNESCO World Heritage Site is the oldest of its kind in Nepal. We then drive to historic Gorkha and our accommodation for the night, Gorkha Gaun, in a nearby village. This charming rural retreat is surrounded by lush green hills with views of Mount Manaslu, the eighth highest peak in the world. After lunch at the resort, we have the chance to explore the village and learn more about life here, before joining the friendly local staff to try our hand at making traditional plates and bowls from Sal leaves. Later, enjoy a cooking class led by Gorkha Gaun's chef, gaining insight into local culinary techniques and flavours as we prepare and sample authentic Nepali dishes. **Breakfast, lunch and dinner included**

Day 17: Pokhara, 2 nights

Take in the sunrise views over Mount Manaslu and explore Gorkha's local market before we continue our journey to Pokhara today. On arrival, we settle in at the Fish Tail Lodge for our two-night stay, uniquely located on a peninsula across Phewa Lake. This afternoon, we visit the Gorkha Memorial Museum, celebrating the rich history of the legendary Gorkha soldiers and their contribution to military history, particularly in the British and Indian armies. **Breakfast and dinner included**

Day 18: Pokhara

We start our day with an early morning journey to Sarangkot, a renowned viewpoint where we can watch as the sun rises over the Annapurna mountain range and the mountains glow with golden hues - a view that's worth the early wake up call. Following breakfast back at our hotel, we head out to explore Pokhara with stops including the Gupteshwor Cave and Bindhasvini Temple, a revered Hindu temple dedicated to the goddess Bhagwati. We visit the Tibetan Refugee Camp to learn about the community here and wander the Old Bazaar, soaking up the vibrant atmosphere of the local stores in this historic area. This afternoon we discover the fascinating International Mountain Museum, providing an insight into the mountains of Nepal, the people, flora and fauna that call them home, and the mountaineers who climb them. Later, take in the stunning scenery as we enjoy a tranquil boat ride on Phewa Lake before finishing the day with a traditional Aarti ceremony. **Breakfast and dinner included**



Phewa Lake, Pokhara, Nepal



Indian one-horned rhino, Chitwan National Park, Nepal



Nagarkot, Nepal

Wonders of India & Nepal

Days 19 to 24: Chitwan - Chitwan National Park - Nagarkot - UK

Day 19: Chitwan, 3 nights

We make the scenic drive to Chitwan, the first National Park of Nepal and home to an abundant array of wildlife, including the Indian one-horned rhinoceros, Asian elephant, leopard, and the elusive Bengal tiger. Arriving at our resort, Jagatpur Lodge or Kasara Resort, we enjoy lunch and settle in for our three-night stay. Later, we head out for a walk around a Tharu village, home to a traditional community indigenous to the Chitwan area who mainly live off the land. In the evening, join an expert jungle naturalist to learn more about the local ecosystem and the rich variety of wildlife and bird species found in the national park. **Breakfast, lunch and dinner included**

Day 20: Chitwan National Park

After breakfast, embark on an exhilarating jeep safari in Chitwan National Park with the chance to spot a variety of wildlife, including one-horned rhinos, deer, and countless bird species whilst surrounded by riverine forests and expansive grasslands. Later, we visit the Crocodile Breeding Centre for a unique opportunity to observe Muggers, crocodiles and the rare Gharials, and learn about the centre's conservation efforts. In the afternoon, we head out in a traditional hand-rowed canoe on the serene Rapti River. As we drift along, take in the beauty of the national park's lush landscapes and keep an eye out for the fascinating wildlife that inhabits its shores. Before dinner this evening, we immerse ourselves in the vibrant culture of the Tharu people with a dynamic dance performance, showcasing the rhythms, stories, and customs of this traditional community. **Breakfast, lunch and dinner included**

Day 21: Chitwan

We join our naturalist guide for a morning nature walk through the buffer zone of Chitwan National Park, an area that offers a great opportunity to explore the park's rich biodiversity up close. Our knowledgeable naturalist offers insights into the park's diverse flora and fauna as we wander through the lush landscape keeping our eyes peeled. Our afternoon is at leisure, but should you wish, you can join another jeep safari at no additional cost, allowing a further chance to spot larger mammals and rare wildlife. **Breakfast, lunch and dinner included**

Day 22: Nagarkot, Overnight

Departing Chitwan this morning, we return towards Kathmandu and make our way to Nagarkot, a scenic village sitting on the rim of the Kathmandu Valley, and check in to our hotel for the night, Club Himalaya. Enjoy magnificent views of the Himalayas from its terrace offering sweeping 360° panoramas - the perfect spot to watch the sunset.

Breakfast and dinner included

Day 23: Depart Kathmandu

If you wish, rise early to watch the majestic sunrise over the mountains from the hotel terrace. After breakfast, get a glimpse into local life as we walk through the nearby village surrounded by verdant landscapes and far-reaching views. Then it's time to bid farewell to Nepal as we transfer back to Kathmandu Airport for our flight home. Our flights with Qatar Airways operate via Doha. **Breakfast and lunch, in-flight meals and drinks included**

Day 24: Arrive UK

After 24 amazing days travelling through India and Nepal, filled with memories that will last a lifetime, we arrive back into our chosen UK airport this morning. **In-flight meals and drinks included**



Nepali woman selling flowers & vegetables, Patan Durbar Square, Kathmandu, Nepal

Departure Dates & Prices

2025 Departures

| | |
|-------------------|-------------------|
| 21 September 2025 | £4,495 per person |
| 12 October 2025 | £4,495 per person |
| 02 November 2025 | £4,495 per person |

2026 Departures

| | |
|-------------------|-------------------|
| 22 February 2026 | £4,495 per person |
| 08 March 2026 | £4,495 per person |
| 05 April 2026 | £4,295 per person |
| 20 September 2026 | £4,395 per person |
| 11 October 2026 | £4,695 per person |
| 01 November 2026 | £4,695 per person |

2027 Departures

| | |
|------------------|-------------------|
| 21 February 2027 | £4,695 per person |
| 07 March 2027 | £4,695 per person |
| 04 April 2027 | £4,495 per person |

Private Touring Supplements

| | |
|----------|----------------------|
| 2 guests | from £995 per person |
| 4 guests | from £795 per person |
| 6 guests | from £695 per person |

If you are interested in a Private Tour for more than six people, please call us to discuss.

We may have more dates and prices, as well as Special Offers, available on our website.

For more information, visit distantjourneys.co.uk/WOIN

Prices

Prices are per person based on two people sharing a twin or double room.

Single occupancy supplement

September 2025 – April 2026: £995
September 2026 – April 2027: £1,095

Deposit

£1,000 per person if travelling Economy Class and £3,750 per person for Business Class.

Private touring

Guests choosing a private tour may select their own departure date. Please note, alternative airlines may be considered or further supplements may apply in certain periods when international flight prices are higher.

Flight upgrades

Qatar Airways upgrade to Business Class from £3,395 per person return.

Visa information

You are required to obtain a Tourist Visa for India before travelling. For Nepal, you can either obtain a Tourist Visa before travelling, or on arrival at Kathmandu Airport.

For more information on applying for your visas and the associated costs, please refer to our website distantjourneys.co.uk/faqs

Important Information

Prices and flight upgrades are subject to fuel surcharges and the availability of flights. The correct price will be confirmed before you book.

Full booking conditions are available on our website at distantjourneys.co.uk/terms

Call to book

Our award-winning travel experts are happy to answer any questions you may have, and to help you book your holiday with Distant Journeys.

Call FREE on 0800 141 3696

Monday - Friday 9.00am - 5.30pm Saturday 9.00am - 5.00pm
Sunday Open in peak season. See website for details.

Should you prefer, please feel free to email us with your enquiry.

Email: enquiries@distantjourneys.co.uk





A Journey Through the Himalayas

📅 22 days 💷 from £5,395pp 🌍 September 2025 – April 2027

Embark on an extraordinary journey through the foothills of the mighty Himalayas, where ancient cultures and breathtaking mountain vistas meet. Our expertly crafted tour through Nepal and Bhutan to India invites you to experience the rich tapestry of Himalayan life, from the vital mountain valleys of Nepal to the spirituality of Bhutan and the vibrant culture of India.

Venture into the heart of the Kathmandu Valley, where ancient temples and artisanal crafts await, experience rural life in the legendary Gorkha district, and soak up extraordinary views of the Annapurna mountain range in lakeside Pokhara. Embrace the untamed beauty of Chitwan National Park, home to rare Indian one-horned rhinos, elusive Bengal tigers, and traditional Tharu communities, before ascending into the mystical kingdom of Bhutan – the Land of the Thunder Dragon. Crossing into India, ride the charming Toy Train, sip Darjeeling tea, and explore bustling Kolkata, rich in colonial history.

Stay in handpicked accommodation that highlights the warmth of local hospitality and regional charm. Join guided experiences that showcase each destination's unique culture, from traditional cooking classes and sacred ceremonies to safaris and scenic hilltop communities, with our expert Tour Managers with you every step of the way.



Clockwise from above: Monk, Rinpung Dzong, Paro, Bhutan; Phewa Lake, Pokhara, Nepal



Your holiday includes



Small group touring with max. 24 passengers



Return economy flights with Qatar Airways from London Heathrow or Manchester, and all regional and domestic flights in Nepal, Bhutan and India, inclusive of all airport charges, security charges, any applicable fuel surcharges and UK Air Passenger Duty



Bhutan visa and daily Sustainable Development Fee



Carefully selected hotels in great locations, with all hotel portorage and applicable taxes



Meals worth £600 per person, with daily breakfast, ten lunches and dinner each evening



Unforgettable experiences including:

- ★ Sightseeing tours in Kathmandu, Pokhara, Thimphu, Paro and Kolkata
- ★ Watch the sunrise over the majestic Himalayas
- ★ Exhilarating wildlife safaris in Chitwan National Park
- ★ Experience a Nepalese cultural performance and traditional meal
- ★ Try your hand at archery, the Bhutanese national sport
- ★ Discover historic Punakha Dzong
- ★ Enjoy spectacular views of the gravity-defying Tiger's Nest Monastery, Paro Taktsang
- ★ Toy train ride to Ghoom Monastery in Darjeeling
- ★ Lunch and tea-tasting at a local tea plantation
- ★ Embark on a sunset cruise on the Hooghly River



Services of experienced local Tour Managers



All overseas transfers and modern, air-conditioned coaches throughout



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Durbar Square, Kathmandu, Nepal



Traditional Nepali dumplings, 'momos'

A Journey Through the Himalayas

Days 1 to 5: UK - Kathmandu - Gorkha - Pokhara

Day 1: Depart UK

Depart with Qatar Airways from either London Heathrow or Manchester to Kathmandu, via Doha. No matter which airport you choose, there will be no extra cost. **In-flight meals and drinks included**

Day 2: Kathmandu, Nepal, 2 nights

Arriving in Kathmandu this morning, we transfer to the centrally-located Hotel Yak and Yeti, our home in Nepal's vibrant capital for the next two nights. In the afternoon we visit Boudhanath Stupa, one of the largest and most significant Buddhist stupas in Nepal. Here, we are welcomed at a thangka painting studio and learn more about the significance and creation of these intricate, hand-painted religious scrolls. This evening, we join our Tour Manager and fellow travellers for a welcome drink and a chance to learn more about our upcoming adventures, before dinner together at our hotel. **In-flight meals and drinks, and dinner included**

Day 3: Kathmandu

Tour Highlight

This morning, we visit historic Swayambhunath Stupa, with its numerous shrines and prayer wheels, offering panoramic views of the Kathmandu Valley. Built by King Manadeva in 460 AD, this UNESCO World Heritage Site is the oldest of its kind in Nepal. Continuing to Kathmandu Durbar Square, another UNESCO World Heritage Site, we explore the historical heart of the city and discover ancient royal palaces, a fascinating museum, and visit the House of Kumari, home to a living goddess. Later, we enjoy a rickshaw ride through the vibrant neighbourhood of Thamel, taking in the bustling market as we weave through its lively streets filled with shops, cafes, and time-honoured crafts. We finish our day with an authentic Nepali dinner accompanied by a colourful cultural show featuring traditional music and dance. **Breakfast and dinner included**

Day 4: Gorkha, Overnight

Leaving Kathmandu this morning, we drive to historic Gorkha and our accommodation for the night, Gorkha Gaun, in a nearby village. This charming rural retreat is surrounded by lush green hills with views of Mount Manaslu, the eighth highest peak in the world. After lunch at the resort, we have the chance to explore the village and learn more about life here, before joining the friendly local staff to try our hand at making traditional plates and bowls from Sal leaves. Later, enjoy a cooking class led by Gorkha Gaun's chef, gaining insight into local culinary techniques and flavours as we prepare and sample authentic Nepali dishes. **Breakfast, lunch and dinner included**

Day 5: Pokhara, 2 nights

Take in the sunrise views over Mount Manaslu and explore Gorkha's local market before we continue our journey to Pokhara today. On arrival, we settle in at the Fish Tail Lodge for our two-night stay, uniquely located on a peninsula across Phewa Lake. This afternoon, we visit the Gorkha Memorial Museum, celebrating the rich history of the legendary Gorkha soldiers and their contribution to military history, particularly in the British and Indian armies. **Breakfast and dinner included**



Boudhanath Stupa, Kathmandu, Nepal



One-horned rhinoceros, Chitwan National Park



Woman separating grain from husks, Nepal

A Journey Through the Himalayas

Days 6 to 12: Pokhara - Chitwan - Chitwan National Park - Patan - Bhaktapur - Thimphu

Day 6: Pokhara

We start our day with an early morning journey to Sarangkot, a renowned viewpoint where we can watch as the sun rises over the Annapurna mountain range and the mountains glow with golden hues - a view that's worth the early wake up call. Following breakfast back at our hotel, we head out to explore Pokhara with stops including the Gupteshwor Cave and Bindhasvini Temple, a revered Hindu temple dedicated to the goddess Bhagwati. We visit the Tibetan Refugee Camp to learn about the community here and wander the Old Bazaar, soaking up the vibrant atmosphere of the local stores in this historic area. This afternoon we discover the fascinating International Mountain Museum, providing an insight into the mountains of Nepal, the people, flora and fauna that call them home, and the mountaineers who climb them. Later, take in the stunning scenery as we enjoy a tranquil boat ride on Phewa Lake before finishing the day with a traditional Aarti ceremony. **Breakfast and dinner included**

Day 7: Chitwan, 3 nights

We make the scenic drive to Chitwan, the first National Park of Nepal and home to an abundant array of wildlife, including the Indian one-horned rhinoceros, Asian elephant, leopard, and the elusive Bengal tiger. Arriving at our resort, Jagatpur Lodge or Kasara Resort, we enjoy lunch and settle in for our three-night stay. Later, we head out for a walk around a Tharu village, home to a traditional community indigenous to the Chitwan area who mainly live off the land. In the evening, join an expert jungle naturalist to learn more about the local ecosystem and the rich variety of wildlife and bird species found in the national park. **Breakfast, lunch and dinner included**

Day 8: Chitwan National Park

After breakfast, embark on an exhilarating jeep safari in Chitwan National Park with the chance to spot a variety of wildlife, including one-horned rhinos, deer, and countless bird species whilst surrounded by riverine forests and expansive grasslands. Later, we visit the Crocodile Breeding Centre for a unique opportunity to observe Mugger crocodiles and the rare Gharials, and learn about the centre's conservation efforts. In the afternoon, we head out in a traditional hand-rowed canoe on the serene Rapti River. As we drift along, take in the beauty of the national park's lush landscapes and keep an eye out for the fascinating wildlife that inhabits its shores. Before dinner this evening, we immerse ourselves in the vibrant culture of the Tharu people with a dynamic dance performance, showcasing the rhythms, stories, and customs of this traditional community. **Breakfast, lunch and dinner included**



Himalayas from Sarangkot, Pokhara, Nepal

Day 9: Chitwan

We join our naturalist guide for a morning nature walk through the buffer zone of Chitwan National Park, an area that offers a great opportunity to explore the park's rich biodiversity up close. Our knowledgeable naturalist offers insights into the park's diverse flora and fauna as we wander through the lush landscape keeping our eyes peeled. Our afternoon is at leisure, but should you wish, you can join another jeep safari at no additional cost, allowing a further chance to spot larger mammals and rare wildlife. **Breakfast, lunch and dinner included**

Day 10: Patan, 2 nights

Driving back to Kathmandu today, we arrive in Patan district this afternoon and check in at the Vivanta Kathmandu, our hotel for the next two nights. We head to Patan Durbar Square, known for its stunning architecture and intricate woodwork, and explore the impressive temples, courtyards and former palaces that date back centuries, before attending a singing bowl workshop. Traditional singing bowls are handmade and used in meditation and for sound healing, and we have a chance to discover these ancient practices from an expert. **Breakfast and dinner included**

Day 11: Bhaktapur

Today we explore nearby Bhaktapur, a city celebrated for its rich cultural and historical heritage, often called Nepal's open-air museum. We start with a stroll through its atmospheric alleys, marvelling at the ancient architecture and discover Pottery Square, before witnessing the intricate art of authentic Nepali woodcraft. We make a stop at a traditional paper factory, which uses the bark of the lokta shrub, to learn more about this process, and enjoy the beauty of Bhaktapur Durbar Square, a UNESCO World Heritage Site, home to ancient sculptures and architectural masterpieces. We finish our day with dinner at a local restaurant and meet a Sherpa mountaineer for a chance to hear inspirational stories of their incredible achievements. **Breakfast and dinner included**

Day 12: Thimphu, Bhutan, 2 nights

Early this morning we transfer to Kathmandu Airport for our flight to Paro, our entry point into the fascinating country of Bhutan. On arrival, we journey to Thimphu, Bhutan's compact capital, and transfer to the Norkhil Boutique Hotel & Spa, our home for the next two nights. After lunch, we explore the local farmers' market before continuing to Thimphu Monastery (Tashichho Dzong), the seat of government since the 1960s. Housing the central administrative offices and the King's throne room, it's a stunning example of traditional Bhutanese architecture with towering white walls, golden rooftops, and beautiful gardens. We also witness the unique flag down ceremony here. This evening, we meet a Bhutanese Lama and have the opportunity to learn more about Buddhism. **Packed breakfast, lunch and dinner included**



Punakha Dzong Monastery, Punakha, Bhutan



Golden Takin, Bhutan

A Journey Through the Himalayas

Days 13 to 16: Thimphu - Punakha - Paro - Tiger's Nest Monastery

Day 13: Thimphu

Today we discover Thimphu's rich cultural landmarks and traditions, starting with a visit to the Memorial Chorten, built in honour of the third King of Bhutan. We then head to Buddha Point, home to the grand Buddha Dordenma statue, an impressive 51 metres tall, and offering panoramic views of the surrounding Thimphu Valley, before visiting the Institute of Traditional Medicine to gain an insight into Bhutan's ancient healing practices. After lunch, we continue to Zorig Chusum, also known as the Bhutanese Institute of Traditional Arts, where students are trained in the 13 traditional Bhutanese arts, including wood carving, painting, and sculpture. Finally, we visit Motithang Takin Preserve for a chance to see the strange-looking Bhutanese national animal. After a busy day, unwind this evening with a taste of Bhutan's local beer or grain whiskey.

Breakfast, lunch and dinner included

Day 14: Punakha, Overnight

Tour Highlight

We journey from Thimphu to Punakha today, stopping en route at Dochula Pass, a breathtaking spot at 3,100 metres above sea level offering panoramic views of the snow-clad Himalayas. Arriving in Punakha, we enjoy lunch and settle in at the RKPO Green Resort, our hotel for the night. This afternoon we stretch our legs with a scenic stroll, passing rural paddy fields and through a traditional village as we head to Chimi Lhakhang, a sacred temple and monastery dedicated to Drukpa Kunley, also known as the "Divine Madman". Later, we explore Punakha Dzong, one of Bhutan's most beautiful and significant monasteries, nestled in a stunning location between two rivers and celebrated for its ornate architecture. Built in 1637, the Dzong remained the seat of government until the mid-twentieth century.

Breakfast, lunch and dinner included

Day 15: Paro, 2 nights

Returning westwards, we make the scenic drive to Paro this morning, arriving at the Tashi Namgay Resort or the Village Lodge Paro, our accommodation for the next two nights. After lunch, we explore the town's vibrant local market to experience the authentic charm of Bhutanese daily life before visiting a local farmhouse. Here, we don traditional attire and try our hand at Bhutan's national sport, archery, for a truly fun and immersive experience. Later, enjoy a cultural performance of dance, music and traditional storytelling before partaking in a home-cooked dinner, a chance to experience true Bhutanese hospitality. **Breakfast, lunch and dinner included**

Day 16: Tiger's Nest Monastery

Tour Highlight

Start your day with an unforgettable adventure, hiking to view the iconic Paro Taktsang, known as the Tiger's Nest Monastery, a revered cliffside pilgrimage site. For those that wish, the entire return hike typically takes around five hours. Alternatively, you may choose a shorter walk to one of two viewpoints and still be rewarded with spectacular views. We begin with a strenuous yet rewarding hike that winds uphill through pine forests to reach our first viewpoint. Taking around one hour to reach, we take in our stunning panorama of the monastery. Or climb on to the second viewpoint, a further 40 minutes away, providing great photo opportunities of the monastery, sitting almost directly opposite now. The final section involves steps up and down to visit the monastery itself, sitting at an elevation of over 3,000 metres. Anyone not wishing to participate in this morning's walk may like to relax and enjoy the facilities at our hotel. The walkers return for lunch and some free time. Perhaps indulge in a traditional hot stone bath infused with healing herbs (additional cost). Later, we visit the 7th-century Kyichu Lhakhang, one of the oldest temples in Bhutan, and participate in a blessing ceremony. We end our day at the Namgay Artisanal Brewery where we learn about the brewing process and participate in a beer tasting, before enjoying dinner in their pub restaurant. **Breakfast, lunch and dinner included**



Tiger's Nest Monastery, Paro, Bhutan



Indian Himalayas, Darjeeling, India



Tea picker, Darjeeling, India

A Journey Through the Himalayas

Days 17 to 22: Darjeeling - Kolkata - UK

Day 17: Darjeeling, India, 3 nights

The morning has been left free for you to spend as you wish, but those interested can choose to join us exploring Ta Dzong, the National Museum of Bhutan, displaying over 3,000 artefacts of Bhutanese art and history in a former watchtower. This afternoon we head to Paro Airport for our flight to Bagdogra in northeast India. On arrival, we head into the Lesser Himalayas as we transfer to Darjeeling, a captivating hill station sitting at an altitude of around 2,000 metres and known for its scenic beauty, pleasant climate, and a rich cultural heritage. We check in at the prestigious Elgin Heritage Resort & Spa, where we spend the next three nights.

Breakfast and dinner included

Day 18: Darjeeling

Our day begins with a Toy Train ride to Ghoom Monastery, where we explore this Tibetan Buddhist creation that dates back to 1850. One of the monastery's most striking features is the 15-foot-tall statue of the Maitreya Buddha. Next, we head to a local tea plantation to learn about Darjeeling's world-famous tea-making process. We are introduced to the art of tea tasting and enjoy a traditional lunch with stunning views of the lush tea gardens. Before returning to our hotel, we visit the Tibetan Refugee Self-Help Centre which was established in 1959 to provide shelter, vocational training, and a livelihood to refugees who fled Tibet.

Breakfast, lunch and dinner included

Day 19: Darjeeling

Embrace the magic of early morning as we journey to Tiger Hill, an enchanting vantage point, to witness the breathtaking sunrise over the Himalayan Range, including the majestic peaks of Kangchenjunga and even Mount Everest, if the weather permits. As the sun begins to rise, watch in awe as the colours transform, casting a golden hue upon the entire Himalayan panorama. After breakfast, the morning unfolds with a visit to the Himalayan Mountaineering Institute where we discover the world of mountaineering and gain insights into the flora and fauna of the region. We also take a walk to Observatory Hill, enjoying panoramic views of Darjeeling and visit Karma Dorjee Chyoling Monastery. The afternoon is free to spend as you please, enjoying the relaxing surroundings of the hotel, or if you prefer, take an optional street-food walking tour.

Breakfast and dinner included

Day 20: Kolkata, Overnight

Returning to Bagdogra, we take our flight to the city of Kolkata. Formerly known as Calcutta, it's a vibrant and culturally rich city situated in the eastern part of India. Kolkata serves as the capital of the Indian state of West Bengal and holds a special place in the country's history and heritage, offering a fascinating blend of old-world charm and modern dynamism. Upon arrival, we transfer to our hotel for the night, the JW Marriott Hotel. **Breakfast and dinner included**

Day 21: Depart Kolkata

After breakfast, prepare for a day of exploration taking in Kolkata's most iconic sights and monuments. Experience the vibrant atmosphere of the Flower Market before continuing to the illustrious Victoria Memorial Hall, a tribute to the former Empress of India, Queen Victoria. Our journey then takes us through Dalhousie Square, where we pass by significant colonial landmarks including Raj Bhavan, St. John's Church, the High Court, General Post Office, Town Hall, and the Writer's Building, and pay a visit to Mother Teresa House. This afternoon we explore Kumar Tuli, a unique and vibrant potter's colony where the centuries-old tradition of making earthenware idols is still practiced. Later, enjoy a serene sunset cruise along the River Hooghly, offering an exceptional insight into Kolkata's waterfront. Tonight, we gather for our final dinner together and reminisce about our adventures over the last three weeks. As our flights to the UK via Doha depart in the early hours, for your convenience we have arranged to keep your rooms until we depart for the airport. **Breakfast and dinner included**

Day 22: Arrive UK

After an amazing 22 days exploring these mesmerising countries and with memories we will treasure for a lifetime, we arrive back into our chosen UK airport early this morning. **In-flight meals and drinks included**



Traditional festival, Bhutan

Departure Dates & Prices

2025 Departures

| | |
|-------------------|-------------------|
| 24 September 2025 | £5,395 per person |
| 15 October 2025 | £5,395 per person |
| 05 November 2025 | £5,395 per person |

2026 Departures

| | |
|-------------------|-------------------|
| 25 February 2026 | £5,395 per person |
| 11 March 2026 | £5,395 per person |
| 08 April 2026 | £5,395 per person |
| 23 September 2026 | £5,495 per person |
| 14 October 2026 | £5,495 per person |
| 04 November 2026 | £5,495 per person |

2027 Departures

| | |
|------------------|-------------------|
| 24 February 2027 | £5,595 per person |
| 10 March 2027 | £5,595 per person |
| 07 April 2027 | £5,595 per person |

Private Touring Supplements

| | |
|----------|----------------------|
| 2 guests | from £895 per person |
| 4 guests | from £795 per person |
| 6 guests | from £695 per person |

If you are interested in a Private Tour for more than six people, please call us to discuss.

We may have more dates and prices, as well as Special Offers, available on our website.

For more information, visit distantjourneys.co.uk/JTH

Prices

Prices are per person based on two people sharing a twin or double room.

Single occupancy supplement

September 2025 – April 2026: £895
September 2026 – April 2027: £995

Deposit

£1,000 per person if travelling Economy Class and £3,750 per person for Business Class.

Private touring

Guests choosing a private tour may select their own departure date. Please note, alternative airlines may be considered or further supplements may apply in certain periods when international flight prices are higher.

Flight upgrades

Qatar Airways upgrade to Business Class from £3,395 per person return.

Visa information

You are required to obtain a Tourist Visa for India before travelling. For Nepal, you can either obtain a Tourist Visa before travelling, or on arrival at Kathmandu Airport. Your Tourist Visa for Bhutan is included in the tour cost.

For more information on applying for your visas and the associated costs, please refer to our website distantjourneys.co.uk/faq

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Prices and flight upgrades are subject to fuel surcharges and the availability of flights. The correct price will be confirmed before you book.

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Treasures of Nepal & Bhutan – Exclusively Solos

📅 18 days 💷 from £5,595pp 🌍 September 2025 – April 2027

Discover the enchanting treasures of Nepal and Bhutan on our 18-day small group adventure, where the breathtaking landscapes, ancient traditions and vibrant cultures of this unique region come alive. Designed exclusively for solo travellers and with no single supplement, this thoughtfully curated itinerary immerses you in the rich heritage and natural beauty of these two Himalayan gems.

We begin in Nepal, where Kathmandu's bustling streets and sacred stupas set the stage for an extraordinary journey. Experience the spectacular beauty of Pokhara, witness the amazing wildlife of Chitwan National Park, and explore the medieval charm of Bhaktapur. Crossing into Bhutan, the Land of the Thunder Dragon, stunning mountain vistas and cultural treasures await. From the golden spires of Thimphu's Memorial Chorten to the awe-inspiring Tiger's Nest Monastery, every moment gives a glimpse into this fascinating country, where Gross National Happiness takes precedence over Gross Domestic Product.

Escorted by our local Tour Managers and alongside like-minded travellers, stay in carefully selected accommodation and savour regional cuisine on this remarkable journey through the former Himalayan Kingdoms of Nepal and Bhutan.



Clockwise from above: Punakha Dzong, Punakha, Bhutan; Traditional dance, Nepal



Your holiday includes



Small group touring with max. 19 passengers



Return economy flights with Qatar Airways from London Heathrow or Manchester, and all regional flights between Nepal and Bhutan, inclusive of all airport charges, security charges, any applicable fuel surcharges and UK Air Passenger Duty



Bhutan visa and daily Sustainable Development Fee



Carefully selected hotels in great locations, with all hotel portorage and applicable taxes



Meals worth £521 per person, with daily breakfast, eleven lunches and dinner each evening



Unforgettable experiences including:

- ★ Sightseeing tours in Kathmandu, Pokhara, Thimphu and Paro
- ★ Learn to cook Nepali momos
- ★ Discover breathtaking panoramas on a hike in Pokhara
- ★ Exhilarating wildlife safaris in Chitwan National Park
- ★ Experience a Nepalese cultural performance and traditional meal
- ★ Try your hand at archery, the Bhutanese national sport
- ★ Discover historic Punakha Dzong
- ★ Spectacular views of the gravity-defying Tiger's Nest Monastery, Paro Taktsang



Services of experienced local Tour Managers



All overseas transfers and modern, air-conditioned coaches throughout



Your holiday is covered by our Price Promise and is fully ATOL protected





Boudhanath Stupa, Kathmandu, Nepal



Thangka painting, Nepal

Treasures of Nepal & Bhutan – Exclusively Solos

Days 1 to 4: UK - Kathmandu - Bandipur - Pokhara

Day 1: Depart UK

Depart with Qatar Airways from either London Heathrow or Manchester to Kathmandu, via Doha. No matter which airport you choose, there will be no extra cost. **In-flight meals and drinks included**

Day 2: Kathmandu, Nepal, 2 nights

Arriving into Kathmandu, Nepal's vibrant capital, we transfer to the Hotel Barahi, our home for the next two nights. In the afternoon we visit Boudhanath Stupa, one of the largest and most significant Buddhist stupas in Nepal. Here, we are welcomed at a thangka painting studio and learn more about the significance and creation of these intricate, hand-painted religious scrolls. This evening, we join our Tour Manager and fellow travellers for a welcome drink and a chance to learn more about our upcoming adventures, followed by dinner together. **In-flight meals and drinks, and dinner included**

Day 3: Kathmandu

Tour Highlight

This morning, we visit historic Swyambhunath Stupa, with its numerous shrines and prayer wheels, offering panoramic views of the Kathmandu Valley. Built by King Manadeva in 460 AD, this UNESCO World Heritage Site is the oldest of its kind in Nepal. Next, we head to Patan Durbar Square, known for its stunning architecture and intricate woodwork, and explore the impressive temples, courtyards and former palaces that date back centuries, before attending a singing bowl workshop. Traditional handmade singing bowls are used in meditation and for sound healing, and we have a chance to discover these ancient practices from an expert. We continue to Kathmandu Durbar Square this afternoon, another UNESCO World Heritage Site, where we explore the historical heart of the city and discover ancient royal palaces, a fascinating museum, and visit the House of Kumari, home to a living goddess. We finish our day learning to cook traditional momos, the famous Nepali dumplings, with a local family. **Breakfast and dinner included**

Day 4: Pokhara, 3 nights

We journey to Pokhara today, a picturesque lakeside city surrounded by towering mountains. En route, we stop to take a thrilling cable car ride up to Bandipur, a charming town in the foothills of Himalayas known for its Newari architecture, cobbled streets and unique Nepalese heritage. We enjoy a delicious Nepali Thali lunch – a traditional meal made up of many small dishes including rice, lentils, curry and pickles – before taking time to explore the town. Descending by cable car again, we continue our drive to Pokhara and check in at the Bar Peepal Resort, where we spend the next three nights. **Breakfast, lunch and dinner included**



Sarangkot village, Pokhara, Nepal



Phewa Lake, Pokhara, Nepal



Lady preparing garlands of marigolds, Nepal

Treasures of Nepal & Bhutan – Exclusively Solos

Days 5 to 11: Pokhara - Chitwan - Chitwan National Park - Kathmandu - Thimphu

Day 5: Pokhara

An early start today to experience sunrise at the World Peace Stupa, perched high on a hill overlooking Phewa Lake. We have the opportunity to practice yoga and meditation with an experienced teacher as we enjoy the far-reaching views and tranquil surroundings. After breakfast, we visit the Gorkha Memorial Museum, celebrating the rich history of the legendary Gorkha soldiers and their contribution to military history, particularly in the British and Indian armies. We continue to the International Mountain Museum, providing a fascinating insight into the mountains of Nepal, the people, flora and fauna that call them home, and the mountaineers who climb them. Enjoy free time for lunch and a chance to explore the lively lakeside market, offering local crafts and souvenirs. Later, take in the stunning scenery as we enjoy a tranquil boat ride on Phewa Lake before finishing the day with a traditional Aarti ceremony. **Breakfast and dinner included**

Day 6: Pokhara

We ride the scenic cable car up to Sarangkot Hill this morning, offering breathtaking vistas of Phewa Lake, Pokhara Valley and the Annapurna mountain range. We then take a gentle hike immersing us in Nepal's natural beauty as we traverse terraced farms, lush vegetation and charming rural villages. Reaching Deurali village, our vehicle returns us to Pokhara. Later, we visit the Tibetan Refugee Camp in Chhorepatan, an inspiring place preserving Tibetan culture and traditions. This evening, we gather for a cooking demonstration led by the hotel chef, and learn how to create some delicious Nepali dishes, followed by a shared dinner to end the day. **Breakfast and dinner included**

Day 7: Chitwan, 3 nights

Saying farewell to Pokhara, we make the scenic drive to Chitwan, the first National Park of Nepal and home to an abundant array of wildlife including the Indian one-horned rhinoceros, the elusive Bengal tiger, Asian elephant, leopard, and hundreds of bird species. Arriving at our hotel for the next three nights, Green Mansions Jungle Resort, we enjoy lunch and settle in. Later, we head out for a walk around a Tharu village, home to a traditional community indigenous to the Chitwan area, who mainly live off the land. In the evening, learn more about the local ecosystem, wildlife and conservation efforts from a jungle naturalist. **Breakfast, lunch and dinner included**



One-horned rhino, Chitwan National Park, Nepal

Day 8: Chitwan National Park

After breakfast, embark on an exhilarating jeep safari in Chitwan National Park with the chance to spot a variety of wildlife, including one-horned rhinos, deer, and countless bird species whilst surrounded by riverine forests and expansive grasslands. In the afternoon, we head out in a traditional hand-rowed canoe on the serene Rapti River. As we drift along, take in the beauty of the national park's lush landscapes and keep an eye out for the fascinating wildlife that inhabits its shores, including the two species of crocodiles that live here: the critically endangered Gharial and the robust Marsh Mugger. In the evening, we immerse ourselves in the vibrant culture of the Tharu people with a dynamic dance performance, showcasing the rhythms, stories, and customs of this traditional community.

Breakfast, lunch and dinner included

Day 9: Chitwan

We join our expert naturalist guide for a morning nature walk through the buffer zone of Chitwan National Park, an area that offers a great opportunity to explore the park's rich ecosystem up close and gain insights into the diverse flora and fauna that thrives here. Afterwards, we visit the Elephant Breeding Centre, a unique facility dedicated to the conservation and care of these gentle giants. Learn about the efforts being made to protect them while observing elephants of all ages. Our afternoon is at leisure, but should you wish, you can choose to join another jeep safari at no additional cost, allowing a further chance to spot larger mammals and rare wildlife. **Breakfast, lunch and dinner included**

Day 10: Kathmandu, Overnight

We make the return journey to Kathmandu today and stay overnight at the Hotel Barahi. Later, we enjoy a rickshaw ride through the vibrant neighbourhood of Thamel, taking in the bustling market as we weave through its lively streets filled with shops, cafes, and time-honoured crafts. We finish our day with an authentic Nepali dinner accompanied by a colourful cultural show featuring traditional music and dance. **Breakfast and dinner included**

Day 11: Thimphu, Bhutan, 2 nights

Early this morning we transfer to the airport for our flight to Paro, our entry point into the fascinating country of Bhutan. On arrival, we journey to Thimphu, Bhutan's compact capital, and transfer to the Hotel Druk, our home for the next two nights. After lunch, we visit the Memorial Chorten, built in honour of the third King of Bhutan, before continuing to Thimphu Monastery (Tashichho Dzong), the seat of government since the 1960s. Housing the central administrative offices and the King's throne room, it's a stunning example of traditional Bhutanese architecture with towering white walls, golden rooftops, and beautiful gardens. We also witness the unique flag down ceremony here. The evening is dedicated to exploring Thimphu's local handicraft and souvenir markets. **Breakfast, lunch and dinner included**



Dochula Pass, Bhutan



Buddha Dordenma, Thimphu, Bhutan

Treasures of Nepal & Bhutan – Exclusively Solos

Days 12 to 14: Thimphu - Punakha - Paro

Day 12: Thimphu

Today we discover more of Thimphu's rich cultural landmarks and traditions, starting with Buddha Point, home to the grand Buddha Dordenma statue, an impressive 51 metres tall, and offering panoramic views. We continue to Zorig Chusum, also known as the Bhutanese Institute of Traditional Arts, where students are trained in the 13 traditional Bhutanese arts, including wood carving, painting, and sculpture. We also visit the Textile Museum, showcasing the artistry and skills of Bhutanese weavers and the symbolic significance of various textiles. After a hearty lunch, we explore the Motithang Takin Preserve for a chance to see the strange-looking Bhutanese national animal before ending our day at the local farmers' market of Kaja Throm. **Breakfast, lunch and dinner included**

Day 13: Punakha, Overnight

Tour Highlight

We journey from Thimphu to Punakha today, stopping en route at Dochula Pass, a breathtaking spot at 3,100 metres above sea level, offering panoramic views of the snow-clad Himalayas. Arriving in Punakha, we check into our hotel for the night, the Zhingkhams Resort or Meri Puensum Resort, and enjoy lunch. This afternoon we stretch our legs with a scenic stroll, passing rural paddy fields and through a traditional village as we head to Chimi Lhakhang, a sacred temple and monastery dedicated to Drukpa Kunley, also known as the "Divine Madman". Later, we explore Punakha Dzong, one of Bhutan's most beautiful and significant monasteries, nestled in a stunning location between two rivers and celebrated for its ornate architecture. Built in 1637, the Dzong remained the seat of government until the mid-twentieth century. **Breakfast, lunch and dinner included**

Day 14: Paro, 2 nights

Returning westwards, we make the scenic drive to Paro this morning, stopping en route to enjoy lunch at a beautifully-restored restaurant. After settling in at the Kaachi Grand Hotel, our base for the next two nights, we visit Ta Dzong, the National Museum of Bhutan, displaying over 3,000 artefacts of Bhutanese art and history in a former watchtower. We then head to a local farmhouse, where we don traditional attire and try our hand at Bhutan's national sport, archery, for a truly fun and immersive experience. Later, enjoy a cultural performance of dance, music and traditional storytelling before partaking in a home-cooked dinner, a chance to experience true Bhutanese hospitality. **Breakfast, lunch and dinner included**



Monks at Punakha Dzong, Punakha, Bhutan



Paro Taktsang (Tiger's Nest Monastery), Paro, Bhutan



Nepalese man, Bhaktapur, Nepal

Treasures of Nepal & Bhutan – Exclusively Solos

Days 15 to 18: Tiger's Nest Monastery - Bhaktapur - Nagarkot - UK

Day 15: Tiger's Nest Monastery

Tour Highlight

Start your day with an unforgettable adventure, hiking to view the iconic Paro Taktsang, also known as the Tiger's Nest Monastery, a revered pilgrimage site that seems almost suspended in mid-air on the cliffside. For those that wish, the entire hike including return typically takes around five hours. Alternatively, you may choose to take a shorter walk to one of two viewpoints and still be rewarded with spectacular views. From the trailhead, we take a strenuous yet rewarding hike that winds uphill through pine forests. Our first stop at the café takes around one hour to reach, offering a stunning panorama of the monastery from its terrace. Or climb on to the second viewpoint, a further 40 minutes away, providing great photo opportunities of the monastery, sitting almost directly opposite now. The final section involves steps up and down to visit the monastery itself, sitting at an elevation of over 3,000 metres. Anyone not wishing to participate in this morning's walk may like to relax and enjoy the facilities at our hotel. After lunch and some time to relax, we head to the Namgay Artisanal Brewery to learn about the craft brewing process and participate in a beer tasting, before enjoying dinner in their pub restaurant. **Breakfast, lunch and dinner included**

Day 16: Nagarkot, Nepal, Overnight

Early this morning we transfer to Paro airport for our flight back to Kathmandu. On arrival, we travel to nearby Bhaktapur, a city celebrated for its rich cultural and historical heritage, often called Nepal's open-air museum. We stroll through its atmospheric alleys, marvelling at the ancient architecture and discover Pottery Square, before witnessing the intricate art of authentic Nepali woodcraft. We make a stop at a traditional paper factory, which uses the bark of the lokta shrub, to learn more about this process, and enjoy the beauty of Bhaktapur Durbar Square, a UNESCO World Heritage Site and home to ancient sculptures and architectural masterpieces. After lunch, we continue to Nagarkot, a scenic village sitting on the rim of the Kathmandu Valley, and check in to our hotel for the night, Club Himalaya. Enjoy magnificent views of the Himalayas from its terrace offering sweeping 360° panoramas - the perfect spot to watch the sunset. **Packed breakfast, lunch and dinner included**

Day 17: Depart Kathmandu

If you wish, rise early to watch the majestic sunrise over the mountains from the hotel terrace. After breakfast, get a glimpse into local life as we walk through the nearby village surrounded by verdant landscapes and far-reaching views. Then it's time to bid farewell to Nepal as we transfer back to Kathmandu Airport for our flight home. Our flights with Qatar Airways operate via Doha. **Breakfast, lunch, and in-flight meals and drinks included**

Day 18: Arrive UK

After 18 wonderful days exploring Nepal and Bhutan, we arrive back into our chosen UK airport with memories that will last a lifetime. **In-flight meals and drinks included**



Monk, Punakha Dzong, Bhutan

Departure Dates & Prices

2025 Departures

| | |
|-------------------|--------------------------|
| 25 September 2025 | £5,595 per person |
| 06 November 2025 | £5,595 per person |

2026 Departures

| | |
|-------------------|--------------------------|
| 26 February 2026 | £5,595 per person |
| 12 March 2026 | £5,595 per person |
| 09 April 2026 | £5,595 per person |
| 24 September 2026 | £5,695 per person |
| 15 October 2026 | £5,695 per person |
| 05 November 2026 | £5,695 per person |

2027 Departures

| | |
|------------------|--------------------------|
| 25 February 2027 | £5,795 per person |
| 11 March 2027 | £5,795 per person |
| 08 April 2027 | £5,795 per person |

We may have more dates and prices, as well as Special Offers, available on our website. For more information, visit distantjourneys.co.uk/TRNB

Prices

Prices are per person based on one person in a twin or double room. No single occupancy supplements apply.

Deposit

£1,000 per person if travelling Economy Class and £3,750 per person for Business Class.

Flight upgrades

Qatar Airways upgrade to Business Class from £3,395 per person return.

Visa information

You are required to obtain a Tourist Visa for Nepal either before travelling or on arrival at Kathmandu Airport. Your tourist visa for Bhutan is included in the tour cost.

For more information on applying for your visas and the associated costs, please refer to our website distantjourneys.co.uk/faqs

Important Information

Prices and flight upgrades are subject to fuel surcharges and the availability of flights. The correct price will be confirmed before you book.

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