Highlights of Nepal and Bhutan

Trip Code: NBH

Version:

CULTURE	GUIDED GROUP	LEISURELY 2



HIGHLIGHTS

- Breath-taking views of the Annapurnas from Sarangkot above Pokhara
- Stroll amongst the temples and Hindu holy-men at Pashupatinath in Kathmandu
- Hike up to the amazing cliff-side Taktsang Monastery in Bhutan's Paro Valley
- Choose a departure which includes a day at one of Bhutan's iconic festivals
- FREE down jacket hire is available for this holiday

AT A GLANCE

- 13 days easy walking and sightseeing
- Join at Kathmandu

ACCOMMODATIONS & MEALS

VIEW DATES, PRICES & BOOK YOUR HOLIDAY HERE

Introduction

Combining Nepal and Bhutan within a 2-week easy walking and sightseeing adventure holiday works brilliantly and this fantastic new itinerary provides a real insight into these Himalayan lands. We start out in Nepal where the timeless city of Kathmandu never fails to amaze, with its hustle and bustle and myriad colourful temples and shrines held sacred by the Hindu and Buddhist population.

The old Newar town and former trading post of Bandipur allows us a glimpse of Nepal's 'middle hills' as we travel across country to the lake-side town of Pokhara. Here, with the snow-capped peaks of the Annapurnas reflected in the waters of Phewa Tal, we can begin to understand the sheer scale and magnificence of the Nepal Himalaya. Returning to Kathmandu by air and after a night on the valley rim at Nagarkot, we continue our journey eastwards to the 'Shangri La' kingdom Bhutan. Over the next 5 days we will spend time in the pocket-size capital of Thimphu, where the imposing fortress-monastery of the Tashichoedzong is just one of the many attractions. The annual Thimphu Tsechu (festival) takes place here and the DRK.2 (2026) departure will spend time at this outlandish festival. In 2027 the DRK.1 festival will attend the Punakha Festival, whilst the autumn departure DRK.2 will go to the festival at Wangdue. Other highlights of the time in Bhutan include the far-reaching views from the Dochu La and the visits we make to Punakha Dzong and to the dramatic cliff-side Taktsang Monastery. During our time in Bhutan we will also have the chance to meet the welcoming local people; monks, farmers and the general public - all of them in their traditional dress. This is the essence of Bhutan and will live just as long in the memory as the country's dramatic scenery or distinctive architecture. If you're looking for a wonderful combination of Nepal and Bhutan, this perfectly balanced cultural adventure holiday is the perfect choice.

Please note that the dates of Bhutanese festivals are tentative and can be changed at any time.

Use the 'Change Version' drop-down on the itinerary page for day-to-day information about each of the departures.

BOOK EARLY for BHUTAN! With only two airlines operating flights into Paro from Kathmandu, seats are limited and in high demand. Book early to guarantee your place on your chosen departure. We strongly advise booking a year in advance where possible.

Is this holiday for you?

During the course of the holiday there are several easy walks of 1 to 2 hours duration, as well as a 4-hour hike to Bhutan's Taktsang Monastery. It's important to note that you can choose not to do these walks and in the case of Taktsang excursion you can cut this walk short in a number of places and still get a lot

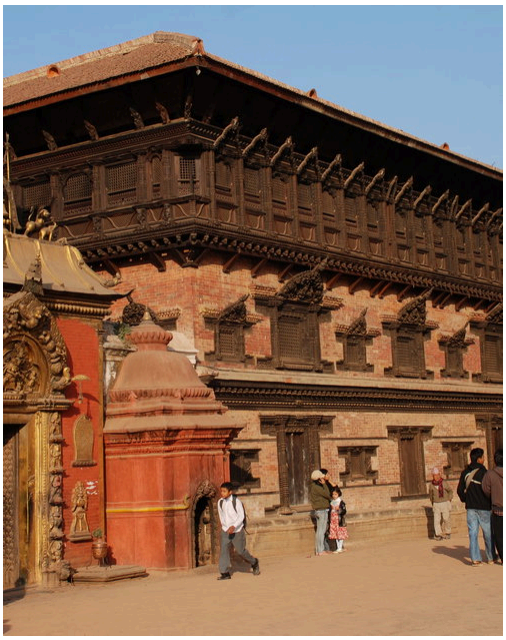
out of the experience. There are also several city and cultural site tours which can involve spending quite long periods of time on your feet. The itinerary also involves a fair amount of driving as we travel between the various sites.

Itinerary

Version:

Extensions

When booking your holiday, you will be able to 'add an extension option'. Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.



Kathmandu Tour - Nagarkot and Bhaktapur

The Kathmandu Valley contains the cities of Patan, Bhaktapur and Kathmandu itself, all of which were once independent kingdoms. An exploration of the valley's historic and cultural sights is an excellent way to begin or end your adventure in Nepal. Highlights of this tour includes a very early drive up to Nagarkot on the Kathmandu Valley rim, the perfect place to watch a Himalayan sunrise. This is followed by a tour of the UNESCO World Heritage Site of Bhaktapur, renowned for its temples and traditional buildings.

1 day from
US$175 per person



Chitwan Jungle Extension

The jungles of southern Nepal are an interesting counterpoint to trekking in the foothills or the high Himalaya. Tiger Tops Tharu Lodge provides a relaxing and comfortable base for a wildlife safari and cultural village experience. During two days of wildlife viewing in the Chitwan National Park 'buffer zone' - the interface area between visitors and the animals that live at Chitwan - you will be accompanied by expert guides on safaris by jeep by boat and on foot.

3 days from
US$1,680 per person

Holiday Information

What's Included

- Professional and qualified English-speaking tour leaders in Nepal and in Bhutan
- Kathmandu Pokhara and Paro airport transfers
- Pokhara to Kathmandu flight
- Kathmandu to Paro return flights
- All land transport involved in the itinerary
- All accommodation as described
- All meals
- Guided sightseeing tour in Kathmandu and at other cultural sites mentioned in the itinerary
- Entrance fees to all sites mentioned in the itinerary
- All permits and park fees necessary to complete the itinerary
- Bhutan visa fee

What's not Included

- Travel Insurance
- Nepalese Visa
- Tips for tour guide and local staff
- Optional activities
- Miscellaneous expenses - drinks and souvenirs etc.

Joining Arrangements & Transfers

The group will meet at the hotel in Kathmandu.

Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Hotel contact details and an emergency number will be provided with your booking confirmation.

Meal Plan

All meals are included from dinner on Day 1 to breakfast on Day 14.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot always provide for special diets. Due to the nature of some of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your meals with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Food & Water

It is not recommended to drink untreated water from the taps. You should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water. We do not encourage the purchasing of single use plastic bottles.

This is a wide-ranging holiday and you will encounter a variety of dishes on the holiday. In Nepal, the meal encountered everywhere from the humblest kitchen to the best restaurants is dal-bhat-tarkari (literally lentils, rice and vegetable) although its make-up and presentation varies considerably. In Bhutan, they love chillies; red, green, raw, cooked and as flavouring in their condiments - fans of spicy food will be in their element in Bhutan! But, if spicy food is not for you, all the hotels and restaurants we use offer a range of delicious dishes suitable for all tastes. Throughout this holiday there will be ample opportunity to sample local cuisine including regional variations. However, there will always be an option for more familiar international dishes. Breakfasts whilst in hotels will consist of choice of cereal or muesli, eggs, toast, beans, sausage or bacon with tea, coffee and juices.

Accommodation

In Kathmandu we use the Hotel Shanker which offers a range of first-class facilities including a pleasant tree-shaded garden complete with swimming pool. In Pokhara we use the Hotel Barahi which is excellent and centrally-located and which also has a pool. When at Bandipur and Nagarkot, we use simple and clean tourist-class hotels chosen for their location and character. In Bhutan, we will also use comfortable and well-located hotels. Accommodation throughout is in twin-share rooms with en-suite facilities. Wi-Fi is usually available at most of the places we stay. If you are travelling by yourself you will be paired up with another single client of the same sex. Single rooms may be available for a supplementary cost on request. Additional hotel nights in Kathmandu can also be pre-booked.

Group Leader & Support Staff

The group will be accompanied by an experienced English-speaking local leader throughout the holiday. You will not have the same guide in Bhutan that you had in Nepal. In both countries, the group will also have the services of one or more experienced, professional drivers.

Altitude

This holiday involves going to moderately high altitude. During the course of your trip you will reach altitudes in excess of 2500 metres. Most people will have no difficulty with this level of altitude but before coming on the holiday, we recommend you read the advice on trekking at high altitude. You can also talk to one of our trekking experts if you have any concerns about altitude.

Spending Money

Approximately £250 should be allowed for miscellaneous expenses including drinks and the tips you can expect to pay to your local guides and drivers. There are some interesting souvenirs to be bought in Kathmandu, in Pokhara and in Bhutan. The Nepalese unit of currency is the rupee and Bhutan's is the ngultrum which is tied to the value of the Indian rupee. It is not necessary to purchase Nepalese or Bhutanese currency before you travel. You should consider buying £100 worth of Nepalese currency at the Hotel Shanker on arrival. You will be able to obtain your Bhutanese currency on arrival at the airport in Paro. Sterling and US dollars and are readily exchanged in Nepal and in Bhutan. Please note: Scottish and Northern Ireland bank notes are not accepted in Nepal. Credit cards can be used to purchase many goods in Kathmandu and larger towns in Bhutan and are particularly useful for expensive souvenirs. It is possible to withdraw cash (rupees only) from cash machines in Kathmandu using credit and debit cards.

Guidance on Tipping

Tipping is an accepted and expected part of the culture in both Nepal and Bhutan, although you should only tip for services which are well done. The total amount that you can expect to pay in tips for your local guides and drivers is approximately £120 (in rupee or ngultrum equivalent). Your guides will advise you on appropriate tips for the drivers and you will be able to tip each of your guides - in Nepal and in Bhutan - at the end of your time with each of them.

Beat the Jet Lag

Our holidays are normally designed with minimal 'down time' at the start of the trip, but having a day or two at the beginning will have the additional benefit of allowing you time to get over the stress of a long journey or travelling across time zones, leaving you refreshed and ready for your holiday. We can easily arrange for you to have additional nights and airport transfers.

Baggage Allowance

You should travel with one main piece of luggage and a daypack. You can check in only a single piece of hold baggage (max 20kgs) on the included internal flights, with 5kgs hand baggage. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in the 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status so you are free to proceed with your international flight booking and other travel arrangements.

General Information

Passport & Visas

The information that we provide is for UK passport holders.

A passport with 6 months remaining validity at the end of your stay is generally required**,** and you should have at least 2 blank pages for each country that you visit.

For other nationalities, please refer to your own Government website for the latest information.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates *(see Health & Vaccinations below),* **and visas for your holiday.** Please ensure that you check the FCDO for the latest advice for **each country visited** before travel.

Visa Nepal

All nationalities require a visa. The visa process is partly automated and the fee is $30 for 15 days, $50 for 30 days, $125 for 90 days. The visa is FREE for children under 10 years. The visa allows multiple re-entry. Payment must be made in cash and USD, GBP or Euros are accepted.

Part of this on-arrival visa process involves filling in a 'Tourist Visa Application Form' and you can simplify the procedure at Kathmandu Airport by filling this form in online (**within 15 days of travelling**) at this link. This generates a receipt which you present (hard copy or saved on your phone) on arrival. This should allow you to go straight to the cashier to pay for your visa and has the potential to save you time in the visa queue.

Whilst these are not now needed for the visa process, we recommend that you travel with at least 2 spare passport photographs.

NEW REQUIREMENT - FNMIS - Foreign Nationals Management Information System

The Nepalese Department of Immigration has introduced this system which aims to assist in the tracking of foreign nationals when in Nepal. It is intended to streamline service delivery and to ensure the safety of travellers. It does not collect any additional personal data beyond that which is already obtained through existing immigration procedures.

You are required to download app before travelling. Use the app download links below:

• iOS: https://apps.apple.com/us/app/department-of-immigration/id6749536250

• Android: https://play.google.com/store/apps/details?id=com.govnp.doi

Please Note: The system is not yet operating smoothly and if you have problems accessing the app or making it work, you can travel without it. You will be assisted to register on arrival in Nepal and your details can still be entered manually if necessary at hotel check-in, airport etc..

Visa Bhutan

All nationalities require a visa. KE will apply for the visa for you and the visa fee is included in your holiday cost.

Your individual visas will be issued to you in Kathmandu prior to your check-in for the flight to Paro in

Bhutan and your passport will be stamped on arrival in Paro.

To make the arrangements for your Bhutan Visa we need:

1). A clear and complete colour scan of the information page of your passport.

2). A colour scan of a recent passport style photo. Portrait orientation on a white background - with eyes open and forehead and ears clearly visible.

Please email these scans to us at the earliest opportunity.

Health & Vaccinations

Vaccinations:

You should be up to date with the routine vaccinations recommended in the UK for overseas travel.

You must also contact your doctor or travel clinic to check if there are specific vaccinations or other preventive measures that you need for the area you are visiting, in good time before you are due to depart.

Please ensure you are looking at the recommendations for all countries visited on your holiday plus recommendations for any borders you cross.

On holidays to more remote areas you should also have a dental check-up.

It is your responsibility to ensure that you have the correct travel documents including vaccinations and health certificates.

Please check the FCDO and Travel Health Pro. For all of your intended destinations for up-to-date advice.

Severe Allergies:

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips.

Currency

The unit of currency in Nepal is the Nepalese Rupee.

The unit of currency in Bhutan is the Bhutanese Ngultrum.

Travel Aware

As a reputable tour operator, KE supports the British Foreign, Commonwealth and Development Office's **'Travel Aware'** campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that before travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCDO Travel Advice for their chosen destination. All other nationalities should check their government websites for relevant information.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCDO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates directly from the FCDO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use.

Books

- Lonely Planet Guide to Nepal. Lonely Planet
- Rough Guide to Nepal. Rough Guides
- Kathmandu and the Kingdom of Nepal. Prakash Raj
- Portraits of People: Nepal Himalayas. Eric Valli
- Bhutan. (Odyssey Illustrated Guide). Pommaret
- Lonely Planet Guide to Bhutan. Lonely Planet
- Bhutan, Land of the Thunder Dragon. Edmunds

Maps

Nepa Maps - Himalayan MapHouse

Nepal on a large, indexed overview map at 1,500,000 scale from Himalayan Maphouse, the country's leading publishers of trekking maps. Road network shows main highways, major and minor roads, gravel or dirt roads and trails.

Bhutan Himalaya. 1:390,000. Nepa Maps (Himalayan Maphouse)

This map gives a general overview of Bhutan. Relief is indicated by shading and selected altitudes of peaks and passes. Highways, main roads , minor roads, and trekking routes are marked. Symbols denote post offices, dzongs, monuments, places of interest etc. The map is indexed for place names, dzongs, passes and peaks. Inside the map cover are printed some geographical notes on the country and driving or walking times between selected locations.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.

Equipment Information

Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your luggage to a minimum as this makes for the most comfortable travel experience.

You must bring the following items:

- Comfortable walking boots or shoes
- Sandals / Training shoes
- Lightweight trousers
- Casual shirts and T-shirts, long and short sleeved
- Fleece jacket or warm jumper
- Waterproof jacket
- Sunhat
- Sunglasses
- Small daypack
- Headtorch and spare batteries (there can be power cuts)

- Sun protection (including bloc for lips, nose etc.)
- Water bottle
- Washbag and toiletries
- Antibacterial handwash
- Basic First Aid Kit including: antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), painkillers, plasters and blister treatment, insect repellent, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets.

The following items are optional:

- *Warm (down or equivalent) jacket
- Swimwear (for hotel pools and saunas)
- Travel clothes
- Camera

Local Customs and Etiquette

During the course of this holiday we will visit several sites that are considered sacred to people of Buddhist and Hindu faiths. Please be respectful of local norms and customs in these places and pay attention to the advice given by your trip leader on how to dress and act. The Nepali people are amongst the most polite in the world and are unlikely to let us know if anything we do offends but this does not mean they are not offended. We recommend that you always have a long sleeved shirt and trousers or full length skirt handy to put on when appropriate. In some places it will be necessary to remove your shoes or sandals and you should also consider bringing a pair of socks that can be quickly slipped on and off.

Notes

*FREE down jacket hire is included in your KE holiday booking upon request. Please make all requests at least 6 weeks prior to the trip departure date. You will be issued with the jacket on arrival in Nepal and will hand this back to your guide before flying to Bhutan where you will be issued with a similar jacket. Please remember to allow room in your luggage for this item.

Bhutan Festivals

Festival Dress Code

If your holiday involves visiting any of the 'tsechu' or festivals in Bhutan, we would like to advise you that there is a dress code that you need to be aware of when attending any festival. The Bhutanese always come dressed in their finest for a festival and it is important that you to bring a smart set of clothes if you plan to attend. You will need to wear long sleeves, long trousers (no jeans) and no trainers, boots or open toed sandals. Hats should not be worn and umbrellas are not acceptable.

Festival Etiquette

Festivals are religious events. The ground where they are held is purified and consecrated by lamas, so when you are watching a festival you are, in essence, on the perimeter of an outdoor religious ground. The conduct of the onlooker should be governed with this in mind. The dancers, whether monks or laymen, are in a state of meditation. They transform themselves into the deities which they represent on the dance ground. They generate a spiritual power, which cleanses, purifies, enlightens and blesses the spectators.

Any behaviour which may be deemed obtrusive, disrespectful or discourteous is out of place at such an event. The dance ground is not a place to eat, drink, smoke, talk or laugh loudly at inappropriate times. You should not use flash photography or intrude on the dance space. Common courtesy should rule one's action when photographing dances or onlookers.

Festivals are not pageants or entertainment events. They are not held as tourist attractions. They are genuine manifestations of religious traditions thousands of years old which outsiders are given the privilege of witnessing. We would like to see that privilege retained. and hope that KE groups will always display courtesy, sensitivity and respect to the people of Bhutan who have welcomed them to attend these events.

Land Only Information

The LAND ONLY dates and prices are for the itinerary starting at the hotel in Kathmandu. Transfers are provided from/to Kathmandu Airport for all clients arriving on Day 1 of the Land Only itinerary and departing on the last day of the Land Only itinerary.

Flight Inclusive Information

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kathmandu. Outbound flights will usually depart from the UK in the evening, arriving mid-afternoon on the following day (Day 1 of the Land Only itinerary). Return flights will depart Kathmandu usually in the morning of the last day of the itinerary, arriving in the UK later the same day.

Why Choose KE

Why KE

We have used our long experience of working in both Nepal and Bhutan to come up with this excellent easy walking and sightseeing holiday. As is usual with KE, all meals are included in your holiday price, hire of a down jacket is provided FOC and there are no 'optional extras'.

Please Note This document was downloaded on 07/11/2026 and the trip is subject to change