

SCENIC NEPAL & BHUTAN



NPLSNAB-9D

PACKAGE HIGHLIGHTS :-

- ✦ Explore UNESCO World Heritage; Tibetan & Hindu Culture
- ✦ Spectacular View of Sunset & Sunrise
- ✦ Great View of Mt Everest on clear days
- ✦ Experience Nature & Beauty of the Himalayas / Scenic landscapes
- ✦ Visit to Pristine Villages/Farm House, Museums and Government Institutions
- ✦ Visit Ancient Temples, Monasteries & Dzongs
- ✦ Learn Bhutanese traditions, and Experience Archery
- ✦ Taste Local Wine & Butter Tea
- ✦ Hike to Taktsang Monastery, an Iconic and Sacred Site in Bhutan

PACKAGE INCLUSIVE :-

- ✦ 8 Breakfast / 7 Lunch / 7 Dinner
- ✦ 2 Night Stay at 4* Kathmandu (Nepal)
- ✦ 1 Night Stay at 4* Nagarkot (Nepal)
- ✦ 1 Night Stay at 3* Thimphu (Bhutan)
- ✦ 2 Night Stay at 3* Punakha (Bhutan)
- ✦ 2 Night Stay at 3* Paro (Bhutan)
- ✦ Tours & Transfer as per Itinerary
- ✦ Airfare & taxes for KTM – PARO – SIN by Druk Air
- ✦ English Speaking Guide
- ✦ Admission fee / National Park/Conservation Area entry permits
- ✦ Bhutan Visa Fee, Tourism development fee

PACKAGE EXCLUSIVE :-

- ✦ SIN-KTM Airfare (One way)
- ✦ Guide/Driver Tipping USD 6 per Pax per Day
- ✦ Personal Travel Insurance
- ✦ Incidental Bill or Other Personal Expenses
- ✦ Nepal Visa (USD 30)

DAY 1 : SINGAPORE - KATHMANDU

(Meal On Board / Dinner)

Upon arrival Kathmandu, our staff will welcome you and transfer you to your hotel. If time permit, visit local market Ason, Thamel & Durbarmarg area for dinner.

[Hotel: Ramada Encore Kathmandu or similar](#)

DAY 2 : KATHMANDU - NAGARKOT

(Breakfast / Lunch / Dinner)

Visit **Kathmandu Durbar Square** (an ancient royal

palace), the house of the Living Goddess Kumari, and the 2,500 year old **Swayambhunath Temple** located on a hilltop. This stupa listed in the UNESCO World Heritage is the oldest of its kind in Nepal.

After Lunch, continue the drive to the hill station of **Nagarkot**, situated 2300 meters above sea level. This picturesque location offers a stunning view of the sunset, and on a clear day, you can see Mount Everest. After check-in the hotel, you will have some free leisure time.

In the evening, enjoy the sunset over the Himalayas at Nagarkot.

[Hotel: Nagarkot Mystic Mountain or similar](#)

DAY 3 : NAGARKOT - KATHMANDU

(Breakfast / Lunch / Dinner)

Enjoy the **sunrise view** from your resort room balcony, with all rooms offering vistas of the sunrise and the mountains. After a leisurely breakfast at the resort, you can take a stroll around the scenic hill top.

Late afternoon, drive back to Kathmandu. Next we will proceed to visit **Boudhanath Stupa**, the largest stupa in Asia and a UNESCO World Heritage site.

The evening will feature a showcase of Nepalese culture during dinner. If time allows, you can stroll along the bustling streets of Kathmandu city center.

[Hotel: Ramada Encore Kathmandu or similar](#)

DAY 4 : KATHMANDU - PARO -

THIMPHU (Altitude 2320 m) (54 km, 1hr)*(Breakfast / Lunch / Dinner)*

After breakfast, drive to Kathmandu Airport for your flight to Paro (Bhutan). Upon arrival in Paro, your guide will meet you at the airport and drive to Thimphu, the capital city of Bhutan. Upon arrival, check in to the hotel.

After Lunch, we will visit **Buddha point (Kuensel Phodrang)**, home to a gigantic Shakyamuni Buddha statue in the mountains of Thimphu, which contains over one hundred thousand smaller Buddha Statues and offers a great view

of the Thimphu valley.

Next, we will visit the **Takin Zoo**, a wildlife reserve area for the Takin, the national animal of Bhutan.

Following this, we will explore the **National Textile Museum**, where you can see a rich display of various Bhutanese textiles.

We will also visit the **General Post Office** in Thimphu, where you can create your own stamps with your photos and visit the **Bhutan Postal Museum**.

[Hotel: Lemon Tree or similar](#)

DAY 5 : THIMPHU - PUNAKHA
(Altitude 1310 m) (72 km, 3hrs)*(Breakfast / Lunch / Dinner)*

After breakfast, drive to **Punakha**, passing by the Da-Chula Pass, which offers panoramic views of the Himalayan mountain ranges. The beauty of this place is further enhanced by the **Druk Wangyal Chortens**, consisting of 108 stupas built by the Queen. In clear weather, you can see the snow-covered Himalayan ranges.

Enjoy a short hike to **Chimi Lhakhang (Temple)**, a gentle walk through beautiful farmhouses and vast plains of rice fields. The monastery is dedicated to the Divine Madman, popularly known as Drukpa Kinley, and is regarded as a sanctum of fertility, attracting childless couples seeking fertility blessings.

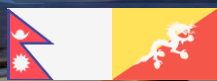
Visit the **Punakha Dzong**, a massive structure built at the junction of two rivers. It served as the capital of Bhutan until 1955 and still serves as the winter residence of the monk body.

[Hotel: The Four Boutique Hotel or similar](#)

DAY 6 : PUNAKHA - PHOBIKHA -
PUNAKHA (80 km, 3hrs)*(Breakfast / Lunch / Dinner)*

After breakfast, embark on a day excursion to **Phobjikha Valley**, a bowl-shaped glacial valley on the western slopes of the Black Mountains, bordering the Jigme Singye Wangchuck National Park. This valley is one of the most important wildlife preserves in the country due to the large





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flock of black-necked cranes that winters here. In addition to the cranes, the surrounding hills are home to muntjacs (barking deer), wild boars, sambars, serows, Himalayan black bears, leopards, and red foxes.

The Nakey Chhu river drains the marshy valley and flows into the lower reaches of the Punak Tsang Chhu. Visit **Gangtey Goemba**, one of the oldest and largest Nyingma Buddhist centers in Bhutan. After the visit, drive back to Punakha.

Hotel: [The Four Boutique Hotel or similar](#)

DAY 7 : PUNAKHA - THIMPU - PARO (Altitude 2300m) (110 km, 4hrs)

(Breakfast / Lunch / Dinner)

After breakfast, drive to **Thimphu**. Visit the **Memorial Chorten**, a large Tibetan-style stupa that is one of the most visible religious structures in Thimphu. Next, visit a **traditional handmade paper factory**.

After lunch, proceed to the "**Living Museum**" **Simply Bhutan**, where you can learn about Bhutanese traditions, experience the national sport of archery, and taste local wine "Ara" and butter tea. Lunch will be served at one of the restaurants in Thimphu.

Before dinner, visit the **Bhutanese Craft Bazaar**, where you can explore a variety of handicrafts and get a glimpse into the art and craft of Bhutan. We will continue drive to Paro for our overnight stay.

Hotel: [Green Valley Boutique or similar](#)

DAY 8 : PARO (Altitude: 2280 m)

(Breakfast / Lunch / Dinner)

Today is a special day for **Tiger's Nest hike**. After breakfast, a short drive will take us to **Samsam Chorten**, from where a 2-3 hour walk leads to the **Viewpoint of the Taktsang Monastery (Tiger's Nest)**. This is the most famous of Bhutanese monasteries, believed to be the site where Guru Rinpoche flew on the back of a tigress and meditated, giving it the name Tiger's Nest. Perched precariously on the edge of a 1,200-meter cliff, this monastery creates an impressive sight and is considered the unofficial symbol of Bhutan.

(Optional - Horse and pony charges are approximately USD 80, to be paid directly to the local tour guide.)

Note: Please wear comfortable shoes or hiking boots. The hike is not recommended for pregnant women and visitors with health conditions.

If time permits, we will visit **Paro Town's shopping street** & visit **Kyichu Lhakang**, the first and oldest temple in Bhutan, also known for being the location of Hong Kong actor Tony Leung's wedding ceremony. Then, we will drive to Paro Valley and visit **Paro Dzong**, also known as Rinpung Dzong. This 15th-century massive fortress/monastery serves as the administrative center of the dzonkhag. We will also visit **Ta Dzong**, originally built as a watchtower and converted into the National Museum in 1968.



The museum boasts antique Thangka, textiles, weapons, armor, household objects, and a rich assortment of natural and historic artifacts.

In the evening, enjoy a **Bhutanese cultural show dinner** and try **traditional Bhutanese costumes**, Gho and Kira.

Hotel: [Green Valley Boutique or similar](#)

DAY 9 : PARO – SINGAPORE *(Breakfast)*

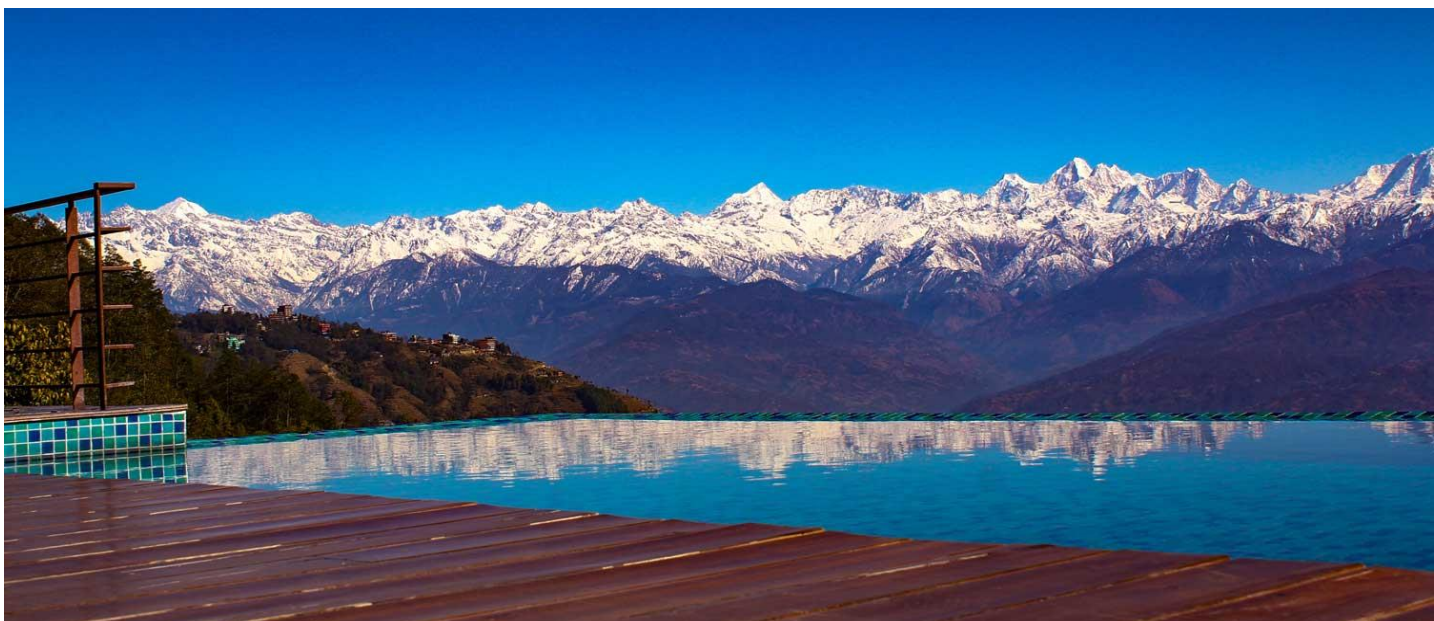
After breakfast, short drive to Paro Airport and fly home.

NOTE: For late flight arrival on Day 1

We will transfer to Kathmandu Hotel for your overnight stay. No Dinner or local market visit will be arranged.

REMARKS: The Company reserves the right to alter tour itineraries, travel arrangements and accommodation due to Unforeseen changes, weather conditions, Vaccinated Travel Lane rules and PCR procedure.

Sequence of itinerary is subject to change without prior notice. In the event of discrepancy between English and Chinese itineraries, refer to the English version itinerary.



尼泊尔和不丹风景之旅



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配套亮点:-

- 探索联合国教科文组织世界遗产；体验藏族和印度教文化
- 壮观的日出和日落景色
- 天气晴朗时可欣赏到珠穆朗玛峰的壮丽景色
- 感受喜马拉雅山脉的自然之美和风景
- 参观原生态的村庄/农、博物馆和政府机构
- 参观古老的寺庙、修道院和宗堡
- 学习不丹传统，体验射箭
- 品尝当地葡萄酒和酥油茶
- 徒步前往不丹标志性和神圣的虎穴寺

配套包含:-

- 2晚住宿在4星级酒店(加德满都, 尼泊尔)
- 1晚住宿在4星级酒店(纳加阔特, 尼泊尔)
- 1晚住宿在3星级酒店(廷布, 不丹)
- 2晚住宿在3星级酒店(普那卡, 不丹)
- 2晚住宿在3星级酒店(帕罗, 不丹)
- 根据行程安排的景点和接送
- 加德满都-帕罗-新加坡的机票(德鲁克航空)
- 英语导游
- 门票/国家公园/保护区入场许可证
- 不丹签证费和旅游发展费

配套不包含:-

- 新加坡-加德满都的单程机票
- 导游/司机小费(每人每天6美元)
- 个人旅游保险
- 杂费或个人消费
- 尼泊尔签证(30美元)

第一天: 新加坡 - 加德满都

(机上用餐/晚餐)

抵达加德满都后，抵达后，我们的导游将迎接您并送您到酒店。

如果时间允许，可前往当地市场阿桑、泰美尔和杜巴玛格地区游览并享用晚餐。

酒店: 加德满都泰美尔温德姆华美达安可酒店或同级别

第二天: 加德满都 - 纳加阔特

(早餐/午餐/晚餐)

参观加德满都杜巴广场(古代皇家宫殿)、活女神库玛丽的住所，以及坐落在山顶上的有着2500年历史的斯瓦扬布纳特寺庙。

这座被列入联合国教科文组织世界遗产名录的佛塔是尼泊尔最古老的佛塔之一。

午餐后，驱车前往海拔2300米的山站纳加阔特。这风景如画的地方可以欣赏到壮丽的日落美景，晴天时还能看到珠穆朗玛峰。办理酒店入住手续后，自由活动。

酒店: 纳加阔特神秘山酒店或同级

第三天: 纳加阔特 - 加德满都

(早餐/午餐/晚餐)

在酒店房间阳台上欣赏日出美景，所有房间均可观赏日出和山景。早餐后，您可以在山顶漫步。

下午驱车返回加德满都，参观亚洲最大的佛塔博达哈大佛塔(联合国教科文组织世界遗产)。

晚餐时欣赏尼泊尔文化表演。如有时间，可漫步加德满都热闹的街道。

酒店: 加德满都泰美尔温德姆华美达安可酒店或同级别

第四天: 加德满都 - 帕罗 - 廷布(海拔2320米)(54公里, 1小时)

(早餐/午餐/晚餐)

早餐后，驱车前往加德满都机场，搭乘飞往不丹帕罗的航班。抵达后，导游接机，前往廷布办理酒店入住手续。

午餐后，参观佛陀点(Kunsel Phodrang)，观赏巨大的释迦牟尼佛像和美景。随后，游览塔金动物园，专为不丹国宝塔金建立的野生动物保护区。继续参观国家纺织博物馆，欣赏不丹纺织品展示。

最后，游览廷布的邮政总局，制作个性化邮票，并参观不丹邮政博物馆。

酒店: 廷布柠檬树酒店或同等级酒店

第五天: 廷布 - 普那卡(海拔1310米)(72公里, 3小时)

(早餐/午餐/晚餐)

早餐后，驱车前往普那卡，途经多楚拉山口，在这里可以欣赏到喜马拉雅山脉的全景。在这里的美景被卓旺楚登(Druk Wangyal Chortens)进一步增强，卓旺楚登由王后建造的108座佛塔组成。在天气晴朗时，您可以看到被雪覆盖的喜马拉雅山脉。

享受一次短途徒步前往奇米拉康(寺庙)，这是一条穿过美丽的农舍和广阔的稻田平原的轻松步道。寺庙是献给神圣的疯子，广为人知的德鲁巴·金莱(Drukpa Kinley)，被视为一个生育圣地，吸引了寻求生育祝福的不育夫妇。

参观普那卡宗，这是一座建在两条河流交汇处的巨大建筑。它在1955年之前一直作为不丹的首都，至今仍作为僧侣团的冬季驻地。

酒店: 四精品酒店或同等级酒店

第六天: 普那卡 - 富毕卡 - 普那卡(80公里, 3小时)

(早餐/午餐/晚餐)

早餐后，开始前往普布吉卡山谷的一日游。普布吉卡山谷位于黑山西坡，与吉美辛格旺楚克国家公园接壤，是一个碗状的冰川山谷。由于大量黑颈鹤在此越冬，该山谷是全国最重要的野生动物保护区之一。除了黑颈鹤，这里的周围山丘还栖息着麝(吠鹿)、野猪、水鹿、鬃羚、喜马拉雅黑熊、豹子和赤狐。

Naey Chhu河流贯穿沼泽谷地，并流入普纳卡昌曲河的下流。参观冈提寺，这是不丹最古老和最大的宁玛派佛教中心之一。参观后，驱车返回普那卡。

酒店: 四精品酒店或同等级酒店

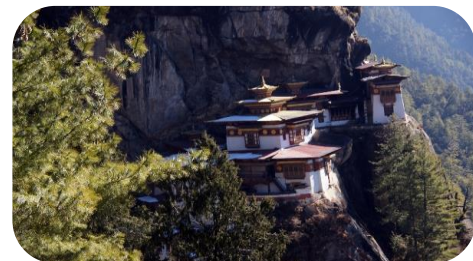
第七天: 普那卡 - 廷布 - 帕罗(海拔2300米)(110公里, 4小时)

(早餐/午餐/晚餐)

早餐后，驱车前往廷布。参观廷布纪念馆，这是一个大型的藏式佛塔，是廷布最显眼的宗教建筑之一。接着，参观传统的手工纸厂。

午餐后，前往“Simply Bhutan”不丹印象博物馆，在这里您可以了解不丹的传统，体验国家运动射箭，并品尝当地的酒“阿拉”和奶茶。午餐将在廷布的某家餐厅享用。

晚餐前，参观不丹工艺品集市，您可以探索



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九天八晚

尼泊尔和不丹风景之旅



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各种手工艺品，了解不丹的艺术与手工艺。随后继续驱车前往帕罗，进行过夜住宿。

酒店：绿谷精品酒店或同级酒店

第八天：帕罗（海拔2280米）

（早餐/午餐/晚餐）

今天是特别的虎穴寺徒步之旅。早餐后，短途驱车前往Samsam Chorten，从那里步行2-3小时即可到达虎穴寺（Taksang Monastery）的观景点。这是不丹最著名的寺庙，据说是莲花生大师骑着母虎飞到此处并在此冥想，因此得名“虎穴”。这座寺庙险峻地坐落在1200米高的悬崖边缘，景象壮观，被认为是不丹的非官方象征。

（可选项 - 骑马和小马费用约为80美元，需直接支付给当地导游。）

注意：请穿着舒适的鞋子或登山靴。徒步不建议孕妇和有健康问题的游客参加。

如果时间允许，我们将参观帕罗镇的购物街和Kyichu Lhakang，不丹最古老的寺庙，也是香港演员梁朝伟的婚礼举办地。然后，我们将驱车前往帕罗谷，参观帕罗宗（Rinpung Dzong）。这座15世纪的大型堡垒/寺庙是宗喀的行政中心。我们还将参观塔宗（Ta Dzong），该建筑最初作为瞭望塔建造，于1968年改建为国家博物馆。博物馆内展示了古代唐卡、纺织品、武器、盔甲、家庭用品以及丰富的自然和历史文物。

晚上，享受不丹文化表演晚餐，并试穿传统不丹服装——男性穿Gho，女性穿Kira。

酒店：绿谷精品酒店或同级酒店

第九天：帕罗 - 新加坡

（早餐）

早餐后，短途驱车前往帕罗机场，搭乘返回新加坡的航班。感谢您选择WTS旅行社。

注意：对于第一天晚班航班抵达

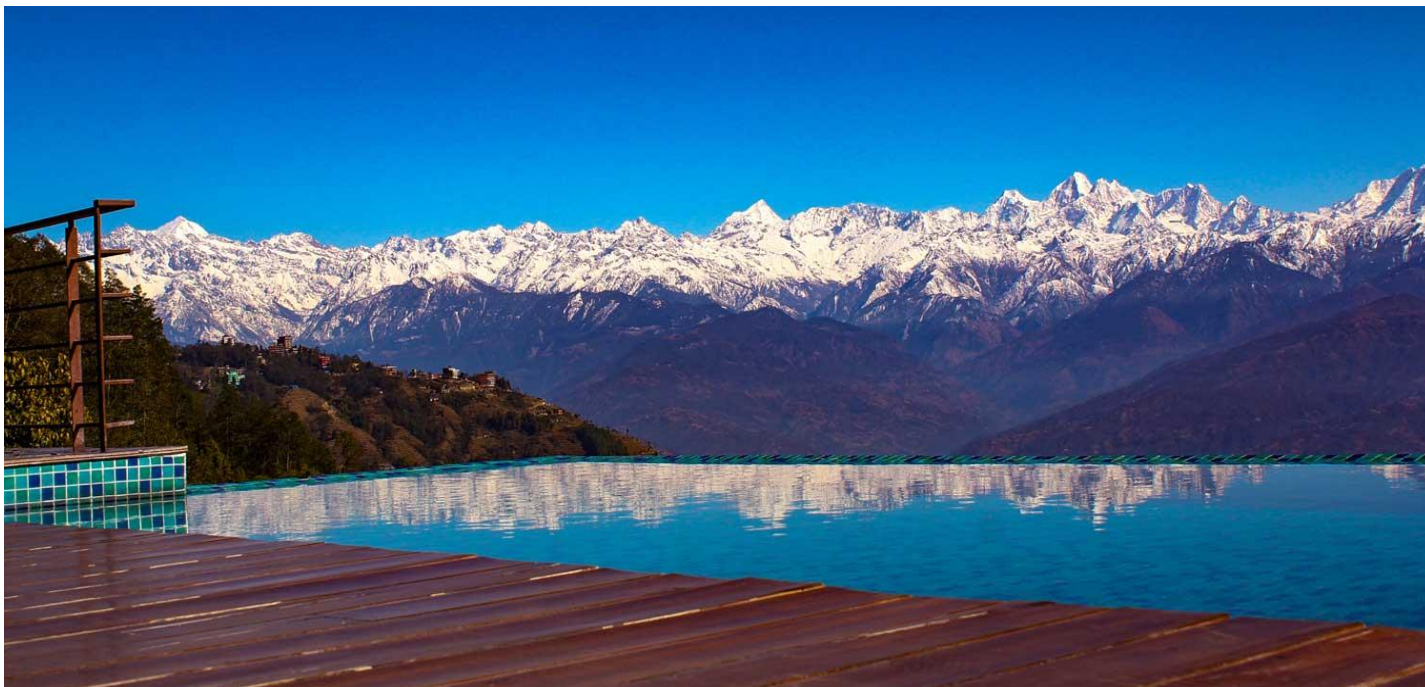
我们会安排您在加德满都酒店过夜。不会安排晚餐或参观当地市场。

备注：

本公司保留因不可预见的变化、天气状况、疫苗接种旅行通道规则及PCR程序等原因更改旅游行程、旅行安排和住宿的权利。

行程顺序如有变动，恕不另行通知。

若中英文行程有差异，请以英文版行程为准。



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