

Nepal & Bhutan Tour

Nepal and Bhutan



Trip Highlights

- Visit Thimpu, Paro, Punakha Valley
- Visit Heritage historical center, Traditional School of Arts and Crafts, Punakha National Park, Jigme Dorji, and National Library.
- Visit old Tibetan Buddhist culture.
- Appreciate the grand excellence of the nation and watch the nearby way of life
- Kathmandu Valley Sightseeing
- Pokhara Sightseeing and Jungle Safari in Chitwan

Trip Duration: 14 Days

Grade: Easy

Summary: A 14-day Nepal Bhutan tour brings you to visit Kathmandu Valley, Chitwan, Pokhara, Punakha, Thimpu, and Paro.

Welcome to Peregrine

I appreciate your interest in our 14 Days Nepal and Bhutan Tour. At Peregrine, we are passionate about our off-the-beaten-track experiences. They provide our travelers with the thrill of coming face to face with new cultures and wilderness regions of outstanding natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable, and tailored for the enjoyment of small groups. Our itineraries will give you the best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and honest exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking, or rafting, Peregrine Treks can make it happen for you. We hope you will join us for a life-changing experience!!

Registered Address:

Thamel, Kathmandu, Nepal

Phone: +977 98510 52413 (Nepal)

+1 315 3886163 (United States)

Email: sales@peregrinetreks.com

Website: <https://peregrinetreks.com/nepal-and-bhutan-tour>



Why travel with Peregrine?

When planning to travel to a remote and challenging destination, many factors need to be considered. Peregrine Treks and Tours have been pioneering treks in Nepal since 2002. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable trekking experience in the Himalayas and a leisure tour experience in the city area. Every tour and trek is accompanied by an experienced local leader who is highly trained in remote first aid and a knowledgeable crew who shares a passion for the region they work in and a desire to share it with you. We take every precaution to ensure smooth logistics. We use an excellent 3-star hotel in the city area and well-maintained, good quality trekking equipment on the trek. For your convenience and health, we supply all meals on the trek; while maintaining the highest hygiene standards, we will use good teahouses for your meals with a varied menu. Most importantly, our adventures have always sought to benefit the local peoples we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience.



Nepal and Bhutan Tour

Kathmandu, Pokhara, Chitwan, Paro, Thimpu & Punakha

Nepal Bhutan Tour is a combined tour to explore some of the best places Himalayan Nation. The fascinating tour starts by exploring UNESCO World Heritage Listed site Kathmandu, scenic Everest Mountain flight, the city of paradise - Pokhara, and Jungle Safari in Chitwan National Park. Similarly, this tour covers Paro, Thimpu, and Punakha in Bhutan.



Trip dates

Daily departure from Kathmandu

Trip Cost

US\$ 3650.00 per-person

Paro to Kathmandu flight: US\$ 215 per person

Fast facts

Destination: Nepal & Bhutan
Duration: 14 Day(s)
Trip Grade: Easy
Activities: Sightseeing
Best Season: Throughout the year
Transportation: Private vehicles
Accommodation 3 Star Hotel
Meals: Breakfast
Trip Type: Leisurely Sightseeing
Starts/Ends: Kathmandu

Customize this trip

Just tell us about your preferences, interests, and the amount of time available to you, and we will take care of the rest. We will help design a tour and work out a comfortable itinerary that best suits your needs.

The Trip

Nepal and Bhutan Tour takes you on a beautiful journey of discovery. Discover the cultural riches of these two Himalayan destinations. This unforgettable Nepal-Bhutan trip will let you experience unique mountain cultures and traditions that have remained untouched by modernity.

Explore ancient heritage sites and step inside sacred temples and monasteries. Gain insight into the vibrant spiritual traditions. In less than two weeks, you will experience the major highlights of these two fascinating destinations.

Journey into the heart of Nepal and experience the colorful sights and culture of this enchanting region. Mingle with local villagers and craftspeople, visit tranquil temples and sacred Buddhist sites, travel the cobbled streets of tiny mountain towns, and search for unique wildlife.

From the whirlwind of Kathmandu to the lush jungle of Chitwan National Park – with plenty of delightful hidden gems in between – take an unforgettable tour of Nepal, brimming with culture, history, and natural beauty. Bhutan is the little secret of Asia.

Overshadowed and nestled between China and India, it is a relatively new travel spot, with many undiscovered secrets in its natural scenery and quiet townships. The land is dotted with red-clothed monks, ancient Buddhist temples, and friendly smiles. It is one peaceful country, where gross national happiness is more important than money, where chilies are used as a vegetable rather than for spice, and the thunder dragon, Druk, is emblazoned on the national flag, symbolizing the people of Bhutan: loyal, patriotic and living with a total sense of belonging within the kingdom.

Take this Nepal and Bhutan Tour and visit two Himalayan nations renowned for their dramatic landscapes, outstanding mountain views, generous hospitality, and fascinating culture; for centuries, outsiders were forbidden to enter these two Himalayan kingdoms.

Following a strict policy of sustainable tourism to safeguard its environment and culture, Bhutan allows only a handful of tourists to visit the country each year. Embark on an unforgettable journey and explore Nepal and Bhutan Tour.

Registered Address:

Thamel, Kathmandu, Nepal

Phone: +977 98510 52413 (Nepal)

+1 315 3886163 (United States)

Email: sales@peregrinetreks.com

Website: <https://peregrinetreks.com/nepal-and-bhutan-tour>



Equipment and Packing List

This list is a guideline to help you pack for your adventure. Also, understand that the items listed below will vary a little according to the season and the trek duration—those items marked by an asterisk (*) are provided by Peregrine Treks inclusive in the service. We also suggest that you pack only what is necessary.

Important documents and items

- Valid passport (at least three months validity), two extra passport size photos, airline tickets
- Separate photocopies of passport, visa form (easily obtained at Kathmandu airport), proof of insurance
- Dollars, pounds, or Euros in cash for purchasing a Nepalese visa at Kathmandu airport, paying for restaurants and hotels, gratuities, and snacks, and purchasing your drinks and gifts
- Credit cards, Bank/ATM/Cash machine cards for withdrawing funds from cash machines (bring a photocopy of your cards), traveler's checks, etc.
- Fully vaccinated certificate

Head

- Bandana or headscarf also beneficial for dusty conditions
- Warm hat that covers your ears (wool or synthetic)
- Headlamp with extra batteries and bulbs
- Sunglasses with UV protection
- Polypropylene shirts (half sleeve and long sleeves)
- Light and expedition weight thermal tops
- Fleece wind-stopper jacket or pullover

Registered Address:

Thamel, Kathmandu, Nepal

Phone: +977 98510 52413 (Nepal)

+1 315 3886163 (United States)

Email: sales@peregrinetreks.com

Website: <https://peregrinetreks.com/nepal-and-bhutan-tour>

At a glance

Day 01: Arrival in Kathmandu

Day 02: Mountain Flight to Mount Everest and Kathmandu return

Day 03: Flight/Drive to Pokhara

Day 04: Pokhara: Exploration day

Day 05: Drive/Fly to Chitwan National Park

Day 06: Jungle Activities in Chitwan National Park

Day 07: Return to Kathmandu

Day 08: Kathmandu - Paro - Thimphu

Day 09: Exploring Thimphu

Day 10: Drive to Punakha

Day 11: Exploring Punakha

Day 12: Return to Paro

Day 13: Tiger's Nest Monastery: Challenging but worth taking the trail.

Day 14: Farewell from Paro

What is included?

- ✓ All land transportation during Nepal and Bhutan Tour
- ✓ Kathmandu – Paro (Bhutan) flight
- ✓ English Speaking Tour Guide during Nepal and Bhutan Tour
- ✓ Sightseeing entrance fees as per Nepal and Bhutan Tour Itinerary
- ✓ Jungle Safari in Chitwan National Park
- ✓ 3-star hotel accommodation in Nepal and Bhutan
- ✓ Daily breakfast in Nepal and breakfast, lunch, and dinner in Bhutan
- ✓ Bhutan Visa Fee and necessary paperwork
- ✓ All government taxes and company service charge

What is not included?

- ✗ International airfare except for Kathmandu – Paro flight and Nepal Visa Fee
- ✗ Travel Insurance
- ✗ Lunch and Dinner in Kathmandu, Pokhara, and Chitwan
- ✗ Hotel accommodation in Nepal because of an early arrival in Nepal, late departure from Nepal, or any reason other than the scheduled itinerary.
- ✗ Personal expenses (phone calls, laundry, soft, etc.)
- ✗ Tips and gratuities for guide(s) and driver(s)

Detailed Itinerary

Day 1: Arrival in Kathmandu

Representatives from Peregrine Treks and Tours will receive you at the airport and escort you to the hotel. At the hotel, you will meet your leader, and he will give a briefing about Nepal and Bhutan Tour in the late afternoon. The briefing contains trip details, itinerary description, and schedule.

If there are any last-minute changes, coordinate with the leader to make rearrangements. Later in the evening, you are free to stroll around the streets of Kathmandu on foot. Kathmandu is a city carrying ancient architecture and modern structures both at the same time.



Peregrine
Treks & Tours

- Waterproof (preferably breathable fabric) shell jacket
- Down vest and jacket *

Lower Body

- Non-cotton underwear briefs
- One pair of hiking trousers
- One pair of fleece or woolen trousers
- One pair of waterproof shell pants, breathable fabric

Feet

- Few pairs of thin, lightweight inner socks
- Few pairs of wool socks
- Few pairs of trainers or running shoes and sandals
- Cotton socks (optional)
- Gaiters (winter only), optional, "low" ankle high version

Medical

- Small, personal first-aid kit, Aspirin, first-aid tape, and plasters (Band-Aids)
- Anti-diarrhea pills
- Anti-headache pills
- Cough or cold medicine
- Stomach antibiotic: Ciprofloxacin, etc
- 1 set of earplugs
- Extra pair of prescription glasses, contact lens supplies

Toiletries

- Toothbrush/paste (preferably biodegradable)
- Multipurpose soap (preferably biodegradable)
- Deodorants
- Nail clippers
- Face and body moisturizer
- Female hygiene products

Personal Hygiene

- Wet wipes (baby wipes)
- Anti-bacterial handwash
- Sanitary Pad (for menstruation period)

There are primarily Newari people, and their traditions are the ethnic group inhabiting the city-forming street markets (bazaar). After the street walks, consult with the leader for dinner in the local restaurants with your group.

Meals: Not Included

Day 2: Mountain Flight to Mount Everest and Kathmandu return

On the second day, you will take a mountain flight and fly over the highest peak in the world, Mount Everest. The weather is quite unpredictable for the flight, but we will try our best to take records of probable weather timing.

With this flight, you will also experience flying over Sagarmatha National Park. It is the first national park of Nepal to be listed in the UNESCO Natural World Heritage Site.

Descending from the highest peak, we will return to Kathmandu and move ahead to explore a few World Heritage Sites. Our next attraction is Bouddhanath Stupa, located at the heart of the Tibetan trade to Kathmandu. The structure of Boudhanath Stupa is one of the largest and unique in the world.

Also, we will visit the most significant Hindu Temple, Pashupatinath, situated on the bank of the divine river Bagmati. Walking around the temple, you might encounter the Hindu funeral on the bank (ghat).

The most common funeral ritual in the Hindu religion is burning the corpse. It might give you a cultural shock. The temple usually closes from noon till 5 Pm. If you have more time, you can return to the temple, the biggest ara, from 6 pm till 7:30 pm.

Either way, you can walk around the nearest durbar square, Kathmandu Durbar Square. It is surrounded by astounding architecture dating back to the Lichhavi Period in the third century. Moreover, all these three complexes were inscribed on the UNESCO World Heritage Site in the same year, 1979 AD.

Meals: Breakfast

Day 03 Kathmandu – Pokhara

On this day, we will catch the early morning bus to Pokhara or flight at an additional USD 120, where we will spend two nights there. Pokhara is famous as the city of lakes.

There are seven lakes in the Pokhara region, among which Phewa Lake is the second largest in Nepal. We will reside in one of the best hotels near Phewa Lake. We will ride for 20 minutes to reach Peace Pagoda in the daytime.

Nepal has two of eight Peace Pagodas, one in Lumbini and another in Pokhara. You can see the panoramic view of Annapurnas, Machhapuchhare

Registered Address:

Thamel, Kathmandu, Nepal

Phone: +977 98510 52413 (Nepal)

+1 315 3886163 (United States)

Email: sales@peregrinetreks.com

Website: <https://peregrinetreks.com/nepal-and-bhutan-tour>



Extras/Luxuries

- Reading book
- Trail map/guide book
- Journal and pen
- iPod
- Travel games, i.e., chess, backgammon, scrabble, playing cards (to help you pass the time at teahouses and camps)
- One modest swimsuit
- Binoculars (optional)
- Voltage converter (from 220 to 110)
- Plug adapter (2 round pegs to 2 flat pegs)

Note: If you need a detailed packing list, please do not hesitate to contact us.

(fishtail peak), and other surrounding peaks. After exploring and gaining peace from visiting the peace pagoda, we will move to our next attraction.

Many people know Nepal as a mountainous country. By visiting the International Mountain Museum, you will be able to learn about the history of mountains and their culture. You can call your day off after mesmerizing by the past mountains and the alluring tales.

Meals: Breakfast

Day 4: Pokhara: Exploration day

Today you can have this day by yourself. You can either call your leader on sightseeing or explore wandering in the streets and see where it takes you. As mentioned earlier, there are seven lakes in Pokhara. You can plan on grabbing a bike and riding to the nearest lake or take a boat and sail around. You can also go shopping and enjoy meals at some exciting cafes.

Meals: Breakfast

Day 5: Drive/Fly to Chitwan National Park

Today we will depart for our next destination, the first national park of Nepal, Chitwan National Park. We will drive approximately four hours (depending upon traffic) to reach there. In the afternoon, you will check in on one of the ethnic and eco-lodge in Sauraha.

There, the lodge manager will welcome the group, and later on, he will introduce us to the nature guide. A nature guide is most for any activity done in the national park. The guide will brief the list of activities to be done and their schedule.

We suggest you rest in the afternoon in your lodge to retain the stress from the road trip. Afterward, you can walk towards the riverside and enjoy the sunset with chilled beer.

Tharu people are the former inhabitants of Chitwan National Park. These people have their own culture, traditions, and customs. Every evening a group of Tharu people presents their cultural dance for an hour.

You can consult with your leader and organize to see the cultural program in a nearby theatre. After the show, you can either return to the hotel or stay at any bar and enjoy a drink with your friends.

Meals: Breakfast, Lunch, and Dinner

Day 6: Jungle Activities in Chitwan National Park

Peregrine Tour and Trek is a travel agency that respects animals. We do not support any activities like elephant safari or elephant bathing. Hence, other activities like Jeep Safari, Canoe ride, Elephant Walk, and a lovely day with an elephant.

In the morning, you can book an activity of Elephant Walk, where you will be

Registered Address:

Thamel, Kathmandu, Nepal

Phone: +977 98510 52413 (Nepal)

+1 315 3886163 (United States)

Email: sales@peregrinetreks.com

Website: <https://peregrinetreks.com/nepal-and-bhutan-tour>



following an Asian captive elephant on foot. In this activity, you can get close to the elephant and learn about her natural behavior without causing any harm. After that, get ready for the jeep safari.

Chitwan National Park holds the second biggest population of endangered Rhinoceros unicornis. Around 120 tigers (Bengal tiger) inhabit in Chitwan National park, but the sighting is rare.

Apart from these magnificent creatures, you can see various deer, birds, and other wildlife. After finishing the jeep safari, you can join for a canoe ride in the late afternoon and enjoy the silence of the Rapti river.

During your canoe ride, you can have a chance to see Gharial and Marsh Muggers. These are the only two species of crocodile existing in Nepal in which Gharials are considered endangered. After finishing these activities, you can rest your evening and have dinner in the local Tharu Kitchen.

Meals: Breakfast, Lunch, and Dinner

Day 7: Return to Kathmandu

We have one option for you if you feel like blending in with nature for the last time on this trip. An early morning bird is watching the program for a couple of hours. You can join the program. After that, we depart from Chitwan and fly to Kathmandu. After reaching Kathmandu, we will wrap up the Nepal trip and prepare for Bhutan's following destined country.

Meals: Breakfast

Day 8: Kathmandu - Paro - Thimphu

We will take a short flight from Tribhuvan International Airport to Bhutan and land at Paro Airport. If possible, manage your seat on the left side of the plane to enjoy scenic views of the mountains.

Upon arrival in Paro, we will have to go through the immigration office and complete a few custom formalities. Later, a licensed Bhutanese guide will receive you and take you to the capital city, Thimphu. Driving for two hours, you will see varieties of Bhutanese features starting from mountains, rivers, and agricultural fields with red rice planted.

Reaching the hotel, you will have delicious local lunch and visit nearby attractions. On this day, the guide will take you to visit the two most popular and traditional factories. One is Nado Poizokhang Incense Factory, and another is Gagyel Lhundrup Weaving Centre. You can then wander around the streets of Thimphu and explore the magical city.

After returning to the hotel, we will have a small group session in the evening to discuss the Bhutan trip and have dinner together.

Some Important Facts:

The Bhutanese Government has strict regulations in the tourism sector. They give provision to quality tourists rather than quantity.

Registered Address:

Thamel, Kathmandu, Nepal

Phone: +977 98510 52413 (Nepal)

+1 315 3886163 (United States)

Email: sales@peregrinetreks.com

Website: <https://peregrinetreks.com/nepal-and-bhutan-tour>



Peregrine Tours is one of the valued travel agencies for Bhutan tours, and we only provide a group visa.

The travelers are compelled to arrive and depart on the fixed dates arranged by the tour agency.

There might be a rare and unfortunate case of not getting a flight that causes early arrival or late departure.

In such cases, our agency can only book other accommodation associated with a particular individual visa.

Doing so could add an extra sum for your tour, around 600 USD, which has to be paid at booking.

Meals: Breakfast and Dinner

Day 09: Exploring Thimphu

- Walkthrough the alleys of the Tibetan Village and agricultural fields and pass natural timberland.
- We will hike through the riverside trails to Pangri Zampa Gumpa, passing Tango and Cheri Gumpa. It is the national center of traditional astrology.
- Enjoy the picnic lunch on the bank of the riverside.
- Afternoon sightseeing in Thimpu.
- Visit the National Memorial Stupa. It is one of the tallest monuments in Thimpu. It was built in honor of the third king, Jigme Dorje Wangchuk.
- Visit Zhilukha Nunnery, also known as Drubthob Goemba.
- It is the biggest nunnery in Bhutan, housing around 60 nuns.
- Visit Choki Traditional Art School.
- Visit the National Textile Museum. Here you will see the
- Bhutanese history of traditional textile weaving and heritage.
- Last but not least, you can go shopping at the National handicrafts Emporium on the last day of your Thimpu stay. This place is famous for high-quality handmade traditional products.

Meals: Breakfast, Lunch, and Dinner

Day 10: Drive to Punakha

Punakha is one of the districts lying at an altitude of 1,242m lower than Thimpu. Due to the lower elevation, the temperature is relatively warmer, and it is also considered the ancient winter capital of Bhutan.

The distance between Punakha and Thimpu is around 72 km, taking us four hours of bus drivers. During the journey to Punakha, we will pause at Dochula pass to steal a glance of Gangkar Punsum. Gangkar Punsum is the highest peak, with an altitude of 24,770ft/7,550m.

Reaching Punakha, we will settle at the hotel and take a short hike to Chimi Lhakhang. This complex is known as a fertility temple where childless women visit for the blessing of a child from the saint.

There is a legend of Chimi Lhakhang dedicated to Mad Saint Lama Drukpa Kunley. It is believed that Lama Kunley protected this area from the demon

Registered Address:

Thamel, Kathmandu, Nepal

Phone: +977 98510 52413 (Nepal)

+1 315 3886163 (United States)

Email: sales@peregrinetreks.com

Website: <https://peregrinetreks.com/nepal-and-bhutan-tour>



that appeared in the form of a dog from Dochula Pass. He used his "flaming thunderbolt of wisdom" (Saint's Phallus) to restrain the demon and capture it in a stupa outside of the monastery.

Experiencing the ancient tale of Chimi Lhakhang, we will return to our hotel and call it a day off.

Meals: Breakfast, Lunch, and Dinner

Day 11: Exploring Punakha

On this day, we will visit the second largest and oldest dzong in Punakha Dzong. It is located at the junction of two main rivers of Bhutan; the Pho Chu and Mo Chu rivers. Punakha Dzong carries the relics of Tibetan Buddhism, Bhutanese architecture, and the sacred remains of Ngawang Namgyal. He was the unifier of Bhutan as a nation-state.

After lunch, we will hike from the Mo Chu river base for an hour to visit the Khamsum Yulley Namgyal Chorten. It is situated at an altitude of 1800 meters, and the trail is mostly uphill on a loose earth mud path. The small hike is worth it despite the trail as you reach the Chorten. You will be enduring awe-inspiring 360 views of Punakha valley, viewing the paddy field and Mo Chu River.

Meals: Breakfast, Lunch, and Dinner

Day 12: Return to Paro

Early in the morning, we will start the day by driving to the Dochu-La pass. Along the trail, you will encounter 108 memorial chortens (DrukWangyal Chortens). Each chortens honors the Bhutanese soldiers who defended Bhutan in 2003's war against Assam, India.

From Dochu-La pass, we will reach Thimpu for lunch and relax. Again, we will continue our drive to Paro Valley, where we will be staying tonight. To relieve the tiredness from the long-day walk, we will have local Bhutanese meals and rest for the night.

Meals: Breakfast, Lunch, and Dinner

Day 13: Tiger's Nest Monastery: Challenging but worth taking the trail.

We will drive to our hotel's nearest starting point after early breakfast. We will take a challenge to hike to Tiger's Nest Monastery (Paro Taktsang). It is located at the cliff of 3000 ft straight above Paro valley. We will be attaining a four-kilometer distance to reach the legendary Taktsang.

During the climb, you might feel it impossible to complete the hike, but the pain dissolves with the mesmerizing scenario of the monastery and surrounding valleys. The construction's religious, historical, and peculiar features signify the monastery and help it stand out. Exploring the tranquilizing and captivating aura of the monastery, we climbed down and spent our last night in Paro valley.

Registered Address:

Thamel, Kathmandu, Nepal

Phone: +977 98510 52413 (Nepal)

+1 315 3886163 (United States)

Email: sales@peregrinetreks.com

Website: <https://peregrinetreks.com/nepal-and-bhutan-tour>



Essential Tips for travelers:

- The trekking trail is a bit challenging. Hence, wear proper and comfortable hiking boots.
- Carry the required amount of water and proper energy-giving snacks.
- Use trekking poles, which will make your walk less painful.
- Wear proper layers and sunglasses.
- There is no wheelchair ramp.

Meals: Breakfast, Lunch, and Dinner

Day 14: Farewell from Paro

On the last day of the Nepal and Bhutan Tour, you will have a delicious breakfast, and then we will take a ride towards Paro Airport. Leaving Bhutan behind and carrying the memories, we now depart from here and fly back to your destination.

Meals: Breakfast

Note: All travelers from the group are required to leave Bhutan on the same day as per the requirement of a group visa.

How to book

To book a Peregrine Treks trip, you will need to complete a booking form (<https://peregrinetreks.com/online-payment.html>) and pay a 50% deposit which you can do by using our online payment system or deposit at our official bank account number.

Pay to: Peregrine Treks & Expedition Pvt. Ltd.

Current A/c: 019 08274760015

Paying Bank: Himalayan Bank Limited

Branch: Thamel

Bank Street Address: Tridevi Marga, Thamel, Kathmandu, Nepal

SWIFT CODE: HIMANPKA

Bank service charges related to submitting a deposit are the client's responsibility.

Suggested Extensions

- Chisapani Nagarkot Hiking 3 Days
- Annapurna Base Camp Helicopter Tour from Pokhara
- Poon Hill Trek from Pokhara – 2 Days

Important note

These trip notes represent the most current information for this itinerary and may supersede any information in the current brochure, including but not limited to the itinerary and price. The itinerary should be seen as a guide only. This itinerary may change due to inclement weather, forces of nature, and other circumstances beyond our control.

Registered Address:

Thamel, Kathmandu, Nepal

Phone: +977 98510 52413 (Nepal)

+1 315 3886163 (United States)

Email: sales@peregrinetreks.com

Website: <https://peregrinetreks.com/nepal-and-bhutan-tour>



Accommodation in Nepal and Bhutan

In Kathmandu, we stay at the comfortable, well-located Ramada Encore, Kathmandu, or a similar 3-star hotel. The hotel is situated in Thamel, a quiet and central area of Kathmandu. A hearty buffet breakfast is included with every night's stay in the hotel.

In Pokhara, we will provide Teeka Resort, a 3-star hotel. This hotel is located in a very prominent location that is within walking distance from renowned Fewa Lake and the shopping area of Lakeside. This is a scenic and quiet property; you will treat the idyllic view of the beautiful lake and its glistening water, the guardian mountain in the distance, and the luscious garden.

We will provide Hotel Parkland or a similar hotel located in Sauraha; Hotel Parkland is within a 15-minute drive of Chitwan National Park and Tharu Cultural Museum. Featured amenities include a business center, complimentary newspapers in the lobby, and dry cleaning/laundry services.

Country Information

People from all walks of life are drawn to Nepal to experience the incredible Himalayas. Whether it is witnessing the windswept summits of the world's highest mountains, an early morning visit to a monastery high in the Himalayas, or sipping on a cup of warm Nepali tea with your trekking crew as you watch the sunrise over the mountains, we are sure you will find your adventure in Nepal with Peregrine Treks inspiring and rewarding. Far from the rush of the modern world and in the delightful company of our trek crew, you will settle into a daily rhythm in the mountains that is immensely enjoyable. Our dedicated and experienced crew will take excellent care of you, helping you relax, stay healthy and enjoy the beauty of Nepal. Their warmth and openness will give you an insight into their culture that will add a deeper dimension to your adventure. The camaraderie within your group that gradually develops on the trail and the unexpected friendships you form with the locals you meet will highlight traveling in this beautiful country. Kathmandu is rapidly urbanizing, with a population of around 5 million. With over 100 different ethnic groups and languages, and an unparalleled concentration of World Heritage Sites in the Kathmandu Valley, Nepal offers a fascinating cultural tapestry-like few places on earth.

Climate

Expect daytime temperatures ranging from 15 to 35 degrees on average. The temperatures fall by around 5-10 degrees Celsius in the hills, and you will need a fleece/warm jumper for the evenings. While rainfall is at a minimum, it is worth bringing a rain jacket for the odd shower you may encounter.

Dietary requirements

Provided we are advised in advance of your departure; we can cater to vegetarian diets and assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least one month before your trip) to determine whether we can cater to such dietary requirements on your chosen adventure.

Registered Address:

Thamel, Kathmandu, Nepal

Phone: +977 98510 52413 (Nepal)

+1 315 3886163 (United States)

Email: sales@peregrinetreks.com

Website: <https://peregrinetreks.com/nepal-and-bhutan-tour>



Please note that options are likely limited in very remote locations, or alternatives may be more expensive or unavailable. There may be times when those with special requirements need to provide their food. We are unable to guarantee a peanut-free or allergen-free trip. Therefore, we strongly encourage travelers with life-threatening or severe allergies to take all necessary medical precautions to prepare for exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

Vehicles & safety

During your trip, we will use a variety of vehicles, all of which are fit for the purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country. While vehicles with seat belts are provided wherever possible, some vehicles may not have seat belts fitted for trip grading. Although there is no commitment to extended walking on this journey, we want to keep the 'accent on the active.' We, therefore, advise that any physical training you complete before undertaking the trip will be to good effect. Although our daily walks are optional, there is no shortage of advantages of packing as much into your time in India. The fitter you are, the more this will enhance your experience.

Thoughtful travel

The natural environments you'll travel through are fragile; the cultures and traditions precious, and often, the communities we pass through rely on tourism. Our responsibility as visitors is to minimize the impact of our presence, protect what is precious, and where we can leave a positive impact. Learn how to do this by downloading the Thoughtful Traveler booklet from our website.

Social networking

FACEBOOK: Like our page at <https://www.facebook.com/peregrinetreks/>

Follow us at https://www.instagram.com/peregrine_treks/

Twitter: https://twitter.com/peregrine_treks

Trip availability

If this trip seems right for you, we encourage you to email us to check availability. There are many reasons you may not be able to join your desired departure, and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalfs, such as trekking permits, train travel, and visa invitation letters. The demand increases each year, making it difficult to join a trip last minute. To ensure we can assist you on the adventure of a lifetime. We ask that you check your trip availability with our team at your earliest convenience.

Registered Address:

Thamel, Kathmandu, Nepal

Phone: +977 98510 52413 (Nepal)

+1 315 3886163 (United States)

Email: sales@peregrinetreks.com

Website: <https://peregrinetreks.com/nepal-and-bhutan-tour>

