



LUXURY SMALL GROUP JOURNEYS

Bhutan & Nepal: Heart of the Himalaya 2022-23

11 days from \$8,995 per person

Limited to 18 guests

Discover Bhutan and Nepal, two Himalayan countries little touched by the passage of time, as you ascend to stunning "Tiger's Nest" Monastery, stroll through Kathmandu's Durbar Square and enjoy a meal in the home of a local Nepali family.

Included With Every Luxury Small Group Journey

- English-Speaking Resident Tour Director[®] and Local Guides
- Hand-Selected Luxury Accommodations
- Airport Meet and Greet with Private Transfers
- Travelling Bell Boy[®] Luggage Handling
- Breakfast in Bed on Select Days
- Full Breakfast Daily; Select Lunches and Dinners
- Your Choice of Activity on Design Your Day[®]
- Traveller's Valet[®] Laundry Service
- Internet Access
- Entrance Fees, Taxes and All Gratuities Except Resident Tour Director
- 24/7 A&K On-Call Support
- Guaranteed Departures with Just Two Guests

A&K Advantages

Absorb the grace, beauty and remoteness of Punakha, where you visit the ornately designed Dzong and wander in hand-painted courtyards among crimson-robed monks

Feel the spirit of remote Bhutan on a pilgrimage hike to the revered "Tiger's Nest" Monastery, perched high on a sheer rock face, followed by a celebratory Champagne toast

Explore Kathmandu's storied Durbar Square, and connect with Nepal's rich spiritual heritage during a guided meditation at Kopan Monastery

Hear firsthand from a Mount Everest summiter about his experiences scaling the world's tallest peak

Savor a lesson in Nepalese cuisine during a visit with a local family in their home

Itinerary

DAY 1 ARRIVE BANGKOK, THAILAND

Arrive in Bangkok, where you are met and transferred to your airport hotel.

Novotel Bangkok Suvarnabhumi Airport

DAY 2 PARO & THIMPHU, BHUTAN | AMONG TOWERING PEAKS

Fly to Paro, your gateway to Bhutan, a nation whose cultural traditions remain well preserved. Travel to Thimphu, admiring the mountain scenery, before visiting the National Memorial Chorten. Later, see Tashichho Dzong, a 13th-century Buddhist monastery and fortress. Then, gather for your welcome dinner.

Taj Tashi, Thimphu | Meals: Breakfast, Lunch, Dinner

DAY 3 PUNAKHA | THE DIVINE MADMAN

Drive over the Dochula Pass, seeing the colorful prayer flags en route to Punakha. Stop at Chimi Lhakhang (Temple of the Divine Madman), a storied fertility temple, continuing to Punakha Dzong, also called the "Palace of Great Happiness."

Taj Tashi, Thimphu | Meals: Breakfast, Lunch

DAY 4 THIMPHU | DESIGN YOUR DAY

Today, enjoy one of these **Design Your Day** activities.

Hike Wangditse Nature Trail, a two-hour scenic walk through fields to Wangtse Monastery, with stunning views.

Offer Butter Lamps at a Monastery in Thimphu, and explore the Folk Heritage and National Textile museums.

Visit Pangrizampa, where you meet with a local astrologer and practice meditation with an expert. Tonight, gather for dinner at a local restaurant.

Taj Tashi, Thimphu | Meals: Breakfast, Lunch, Dinner

DAY 5 PARO | MONASTERIES, RIVERS & RELICS

Journey overland to Paro, stopping to visit local farmers at their farmhouse to better understand their traditional way of life. Once in Paro, view the religious *thangka* (scroll) paintings and the natural history collection at the National Museum of Bhutan. Proceed to Rinpung Dzong, a monastery and fortress on a mountain river.

Zhiwa Ling Heritage | Meals: Breakfast, Lunch, Dinner

DAY 6 PARO | ASCENT TO THE "TIGER'S NEST"

Today, you may choose to attempt the climb to Taksang Monastery ("Tiger's Nest"). This hike is intentionally difficult, intended as an arduous pilgrimage for Buddhist devotees. Upon your descent, celebrate your trek with a Champagne toast and a specially arranged picnic breakfast with local entertainment.

Zhiwa Ling Heritage | Meals: Breakfast, Lunch, Dinner

DAY 7 KATHMANDU, NEPAL | HISTORIC DURBAR SQUARE

Fly to Kathmandu. Ride Like a Local by rickshaw to Kathmandu Durbar Square and Taleju Temple, see the House of the Living Goddess (Kumari), and stroll through the bazaar and old city. Continue to Swayambhunath, one of the most sacred shrines for Tibetan Buddhists. Later, hear a lecture by a summiter on the epic challenge of scaling Mount Everest.

Dwarika's Hotel, Kathmandu | Meals: Breakfast, Lunch, Dinner

DAY 8 KATHMANDU | A GUIDED MEDITATION

Visit Pashupatinath, a sacred Hindu temple built in a pagoda style. Then, on an experience exclusively for A&K guests made possible by our local office, enter Kopan Nunnery and Monastery, where a monk or nun leads you in a private guided meditation session. Continue to Boudhanath, home to one of the world's largest Buddhist shrines, and enjoy a Scenic Sundowner.

Dwarika's Hotel, Kathmandu | Meals: Breakfast, Lunch

DAY 9 KATHMANDU | A LESSON IN NEPALESE CUISINE

Explore Patan to see Durbar Square and the former royal palace. Participate in a Chef's Table cooking class at a local family's home, learning about local cuisine and daily life in Nepal. Later, savor a farewell dinner at a local restaurant.

Dwarika's Hotel, Kathmandu | Meals: Breakfast, Lunch, Dinner

DAYS 10–11 DEPART BANGKOK

On Day 10, fly to Bangkok, where you enjoy the use of an executive room, available through Day 11, when you depart on your flight home.

Novotel Bangkok Suvarnabhumi Airport | Meals: Breakfast



Extensions



Explore Dubai: Stopover Package

3 days from \$1,995 per person
Single Supplement from \$1,395 per person

Take advantage of an incredible opportunity to spend two nights in Dubai before or after your journey.

Accommodations:

Taj Dubai from \$1,995 | Single Supplement from \$1,395
Palace Downtown from \$2,295 | Single Supplement from \$1,595
Mandarin Oriental Jumeira, Dubai from \$2,995 | Single Supplement from \$2,195
Four Seasons Resort Dubai at Jumeirah Beach from \$2,995 | Single Supplement from \$2,495

International air not included.

3 Days

Fly to Dubai, United Arab Emirates, and check in to your luxury hotel. Discover the best of this dazzling city, viewing its remarkable architecture; visiting the Spice Market and the colorful shops at Deira Gold Souk; and ascending the Burj Khalifa, the world's tallest skyscraper. On the last day, continue on to your journey or board your flight home.

Taj Dubai or Palace Downtown or Mandarin Oriental Jumeira, Dubai or Four Seasons Resort Dubai at Jumeirah Beach | Meals: Breakfast, Lunch (Day 2); Breakfast (Day 3)



Explore Hong Kong: Stopover Package

3 days from \$2,495 per person
Single Supplement from \$1,395 per person

Take advantage of an incredible opportunity to spend two nights in Hong Kong before or after your journey.

International air not included.

3 Days

Experience Hong Kong Island by land, air and sea, beginning with a look at the city's bustling market culture with stops at the Sheung Wan dried food and herbal market, street-side antique shops, and an open-air curio market. Ride the Peak Tram funicular up to Victoria Peak for a stunning view of Victoria Harbour, and finish with a traditional *sampan* (wooden boat) ride through the local floating villages.

The Peninsula Hong Kong | Meals: Breakfast, Lunch (Day 2); Breakfast (Day 3)

Dates & Prices

Prices are in USD, per person, based on double occupancy.

Dates	Prices	Single Supplement	Internal Air (From)	Availability
May 04 - May 14, 2022	\$8,995	\$3,395	\$1,545	Call for Availability
Sep 14 - Sep 24, 2022	\$8,995	\$3,395	\$1,545	Available
Oct 12 - Oct 22, 2022	\$8,995	\$3,395	\$1,545	Limited Availability
Oct 19 - Oct 29, 2022	\$8,995	\$3,395	\$1,545	Available
Oct 23 - Nov 02, 2022	\$8,995	\$3,395	\$1,545	Available
Nov 02 - Nov 12, 2022	\$8,995	\$3,395	\$1,545	Limited Availability
Mar 08 - Mar 18, 2023	TBA	TBA	\$0	Call for Availability

Reserve your 2023 date now with a fully-refundable deposit. You will have seven days after the final 2023 itinerary and pricing is published to confirm your reservation. Any refunds for payments made by Money in House travel credit will be reissued as such.

Mar 15 - Mar 25, 2023	TBA	TBA	\$0	Call for Availability
Mar 29 - Apr 08, 2023	TBA	TBA	\$0	Call for Availability

Reserve your 2023 date now with a fully-refundable deposit. You will have seven days after the final 2023 itinerary and pricing is published to confirm your reservation. Any refunds

for payments made by Money in House travel credit will be reissued as such.

Apr 19 - Apr 29, 2023	TBA	TBA	\$0	Call for Availability
<i>Reserve your 2023 date now with a fully-refundable deposit. You will have seven days after the final 2023 itinerary and pricing is published to confirm your reservation. Any refunds for payments made by Money in House travel credit will be reissued as such.</i>				
May 03 - May 13, 2023	TBA	TBA	\$0	Call for Availability
<i>Reserve your 2023 date now with a fully-refundable deposit. You will have seven days after the final 2023 itinerary and pricing is published to confirm your reservation. Any refunds for payments made by Money in House travel credit will be reissued as such.</i>				
Sep 20 - Sep 30, 2023	TBA	TBA	\$0	Call for Availability
<i>Reserve your 2023 date now with a fully-refundable deposit. You will have seven days after the final 2023 itinerary and pricing is published to confirm your reservation. Any refunds for payments made by Money in House travel credit will be reissued as such.</i>				
Oct 11 - Oct 21, 2023	TBA	TBA	\$0	Call for Availability
<i>Reserve your 2023 date now with a fully-refundable deposit. You will have seven days after the final 2023 itinerary and pricing is published to confirm your reservation. Any refunds for payments made by Money in House travel credit will be reissued as such.</i>				
Oct 18 - Oct 28, 2023	TBA	TBA	\$0	Call for Availability
<i>Reserve your 2023 date now with a fully-refundable deposit. You will have seven days after the final 2023 itinerary and pricing is published to confirm your reservation. Any refunds for payments made by Money in House travel credit will be reissued as such.</i>				
Oct 25 - Nov 04, 2023	TBA	TBA	\$0	Call for Availability
<i>Reserve your 2023 date now with a fully-refundable deposit. You will have seven days after the final 2023 itinerary and pricing is published to confirm your reservation. Any refunds for payments made by Money in House travel credit will be reissued as such.</i>				
Nov 08 - Nov 18, 2023	TBA	TBA	\$0	Call for Availability
<i>Reserve your 2023 date now with a fully-refundable deposit. You will have seven days after the final 2023 itinerary and pricing is published to confirm your reservation. Any refunds for payments made by Money in House travel credit will be reissued as such.</i>				
Nov 15 - Nov 25, 2023	TBA	TBA	\$0	Call for Availability
<i>Reserve your 2023 date now with a fully-refundable deposit. You will have seven days after the final 2023 itinerary and pricing is published to confirm your reservation. Any refunds for payments made by Money in House travel credit will be reissued as such.</i>				

Journey Details

Proof of COVID-19 full vaccination is required for this program.

Internal Air: Economy class from \$1,545
Bangkok/Paro/Kathmandu/Bangkok

This journey contains some active elements.

Minimum age is 10 years.

First group event: flight to Paro at 6:50 a.m. on Day 2.

Last group event: return flight to Bangkok arriving at 6:30 p.m. on Day 10.

Departures are guaranteed to operate with a minimum of 2 guests.

Prices are per person based on double occupancy. Internal and international air not included. See complete terms and conditions [here](#).