



The Women's Travel Group HIMALAYAN KINGDOMS NEPAL AND BHUTAN

Nepal : Kathmandu (3) Nagarkot (1) Chitwan (2) KTM (1)

Tour Overview:

Kathmandu, even its name conjures up exotic and mysterious adventures. This capital city blends tradition with the modern world. During our stay, visit historic sites, ancient temples, and shrines and take a flight over the majestic Himalayas. Twenty miles northeast of Kathmandu with amazing views of the mountains, Nagarkot is famous for its views. This beautiful village is located on top of a hill and surrounded by scenic terraced rice paddies. Chitwan National Park is the first National park in Nepal and a World Heritage site. Here we find numerous species of mammals, birds, and fish. The park is especially known for its protection of the One Horned Rhinoceros, Royal Bengal Tiger, and the Gharial Crocodile.

Day 1 – Saturday, Nov. 12 - Arrive Kathmandu

Upon our arrival in Kathmandu, Nepal's ancient capital, we are met and transferred to our hotel. This evening meet your guide for a tour briefing followed by our welcome dinner. (D)

Hotel Soaltee Kathmandu or similar

An exceptional blend of royal and traditional elegance, the Soaltee Kathmandu is set in a lush green landscaped area with a magnificent view of the Himalayas. It's located in peaceful Tahachal just 5 miles from the Tribhuvan International Airport and 2 miles from the city center and its finest shopping destinations, cultural attractions, and entertainment options in Kathmandu. While staying at this 5-star hotel in Kathmandu, you enjoy a range of prime amenities. Gaze up at the mountains while you float in the pool or unwind with one of our rejuvenating therapies at the Tranquility Spa, the largest in the city.



Day 2 – Sunday, Nov. 13 - Kathmandu Sightseeing

Our tour of Kathmandu includes a visit to Swayambhunath, also known as the Monkey Temple, with its magnificent view of Kathmandu. Continue to Bodhnath to see the largest Buddhist stupa in the world. At sunset we head to Pashupatinath, to view the most sacred of Nepal's Shiva shrines, located near the holy river Bagmati. Here the Aarti ceremony is held. Lamps are lit and moved in circular directions. There are singing prayers, an enthralling experience held nightly on the riverbank opposite Pashupatinath Temple. (B,D)

Day 3 - Monday, Nov. 14 – Patan / Bhadgaon Excursion

Visit Patan, an even older city than Kathmandu, featuring hundreds of temples and palaces. We will get a rare chance to observe skilled artisans creating ancient handicrafts. Later, enjoy a drive through the beautiful countryside to Bhadgaon, also known as Bhaktapur with its many interesting temples and palaces. This evening we are treated to a lively Nepalese dance & music presentation followed by dinner. (BD)

Day 4 – Tuesday, Nov. 15 - Kathmandu / Nagarkot

This morning we depart for Bhaktapur, founded in the 12th century and often called *Nepal's Cultural Gem*. We will explore Durbar Square with its abundance of lovely pagoda-shaped temples, many bazaars and the Royal Palace. We'll proceed to Nagarkot where Nepalese royals would spend their summers to escape Kathmandu's heat. Nagarkot is known for its unrestricted view of the Himalayan range, from Everest in the Northeast to Annapurna in the West, as well as other peaks of the Himalayas of eastern Nepal. After check-in we visit Nagarkot View Tower (weather permitting), a great spot for 360 panoramic views of mountains, where you can freshen your mind in the beauty of nature.

Hotel Mystic Mountain or similar (B,L)

Nestled amidst the dense greenery of Nagarkot, Hotel Mystic Mountain, just like its name, has a tranquil surrounding and peaceful ambience. The 72 room hotel is situated above quaint villages and terraced fields, rising above the misty clouds. There are nature walks from the hotel.

Day 5 - Wednesday, Nov. 16 – Nagarkot / Kathmandu/ Chitwan

You might enjoy rising early to catch the sunrise and the awesome Himalayan views from our hotel room balconies.

After breakfast we are transferred to Kathmandu airport to board our flight to Bharatpur or Meghauli. Upon arrival we are met and transferred to our lodge in the heart of Royal Chitwan National Park. This afternoon enjoy game viewing in the park. (BLD)



Jagatpur Lodge Deluxe room or similar

Upgrades to luxury tent available at additional cost

Enter the world of jungle camps and safaris from days long ago backed by all the comforts of the modern world. Set by the Rapti river, on the edge of the UNESCO World Heritage Site Chitwan National Park, the lodge combines the natural beauty of its surroundings with an understated elegance. The lodge nestles in more than eight acres of jungle grassland. Modern amenities abound including Wi-Fi and HD televisions. All supported by impeccable, caring service.

Day 6 – Thursday, Nov. 17 - Chitwan

Early morning game viewing in the National Park. Accompanied by our experienced Lodge Naturalists, we set off on a Jeep Safari. We will ride in open-top jeeps to explore the dense forests. It is possible to closely observe the wild animals and take their photos. We will drive into the heart of the park, driving along the time-worn trails to get a good chance to spot rare species. This afternoon, enjoy a canoe ride on the Narayani River to see a different aspect of Chitwan wildlife. Enjoy a boat ride on the Rapti River with Sundowners on shore. (BLD)

Day 7 – Friday, Nov. 18 - Chitwan / Kathmandu

Early this morning a Naturalist will accompany us on a nature walk. Then, depart for Bharatpur / Meghauri to board our flight to Kathmandu. Tonight we will enjoy our farewell dinner together exchanging memories of the last week.

Hotel Soaltee (B,D)

Day 8 - Saturday, Nov. 19 - Depart Kathmandu

After breakfast Check-out from the hotel in time for our departure transfer to the airport for our onward flight. (B)

LAND ARRANGEMENTS

Minimum 6 travelers on sharing basis - \$2295

Single Supplement - \$765

Supplement for Luxury Tents in Jagatpur Lodge

\$415 Per Person on sharing basis

Single Supplement \$285



Hotels Used:

Kathmandu - Hotel Soaltee
Nagarkot – Mystic Mountain
Chitwan - Jagatpur Lodge

COST INCLUDES:

- Accommodation on sharing basis at hotels mentioned in the itinerary
- Meals as mentioned in the itinerary (B-Breakfast, L-Lunch, D-Dinner).
- Jagatpur Lodge in Chitwan includes all meals including Jeep safari accompanied by Naturalist , boating with Sun Downer, Birding, Bullock Cart riding in the village, Nature Walk, Reptile walk, use of Swimming pool and slide presentation of Documentary of Chitwan National Park. Please note Jagatpur Lodge does not promote Elephant safari or Elephant activities.
- Round trip arrival and departure transfers
- Porterage at the airport only
- Meeting and assistance at the airport by our Representative.
- Four half day sightseeing tours of:-
 - i) Kathmandu city + Swayambhunath
 - ii) Bodhnath + Pashupatinath including staying for the Aarti ceremony with the guide
 - iii) Patan city + Tibetan Handicraft Center
 - iv) Bhaktapur
- Surface transfer Kathmandu/Nagarkot and Nagarkot/Kathmandu (Our Guide will not overnight in Nagarkot);
- A bottle of mineral water per person during the tours, transfers and meals;
- Airfare Kathmandu/Bharatpur/Kathmandu including fuel surcharge, domestic airport tax with necessary round trip transfers. (Airfares are current and subject to change) A Presentation of Nepalese Folk Dances followed by Nepalese dinner on fixed menu basis at a local Restaurant with necessary transfers;

Terms and Conditions:

COVID-19 and your personal responsibility:

We are requiring our guests to be vaccinated under US approved vaccination rules. Countries welcoming you and allowing open travel will have a Covid-19 rule-set in place. Visitors must be familiar with these requirements and are expected to adhere to all rules. Requirements will differ from country to country and may also change over time. It is therefore important that all travelers are secure in their understanding of what will be



expected of them before departing their home and upon entering a foreign destination. Please ask your SITA Travel Expert about the specific entry requirements. Furthermore, understand that COVID-19 may be present anywhere. The World Health Organization and medical experts have stated that older citizens, as well as guests with existing health challenges, are exposed to heightened risks. It is important that travelers take personal responsibility for their well-being and strictly follow instructions, whether given verbally or through public announcements and signage. When traveling with SITA World Tours you agree to accept all risks associated with exposure to COVID-19. At SITA World Tours we encourage adherence to hygiene and distancing rules and sincerely wish that all of our guests travel safe and remain healthy.

Airfares: Based on current fares and subject to change without notice UNTIL TICKETED. Airfares are based on the current lowest fare, and subject to availability of the applicable class of service. It may be necessary to re-quote a fare at the time of booking, depending on availability. At the time of final payment, please check for any applicable increase in taxes and

fuel surcharges. Airfares are subject to different rules and cancellation fees. Some airfares may be non-refundable once ticketed. Details will be provided on request. **Please note that effective Jun 01 2019 it is mandatory to provide the passenger contact details - Tel # & Email - to the airline**, in order that they may provide updates directly to the passenger regarding schedule changes, flight delays, or cancellations. The passenger has the right, not to provide the contact details, but the travel agency issuing the ticket requires to receive such refusal in writing, which will be added to the ticketing record.

****Insurance:** We strongly recommend Travel Insurance

Inoculations: We recommend that you contact Passport Health at 1-888-499 7277 or www.passporthealthusa.com for questions regarding country-specific health counseling.

Tour Reservations: SITA requires a deposit of \$600.00 per person to commence reservations, of which \$350 is non-refundable. This amount will be adjusted with the balance due 60 days prior to departure.

Tour Payments: SITA accepts tour payments by Agency check and /or by clients Visa, Master & American Express credit cards. Signed statement on SITA form required by each client charging on credit cards. Copy of form will be supplied by SITA. SITA does not accept 3rd party credit cards.

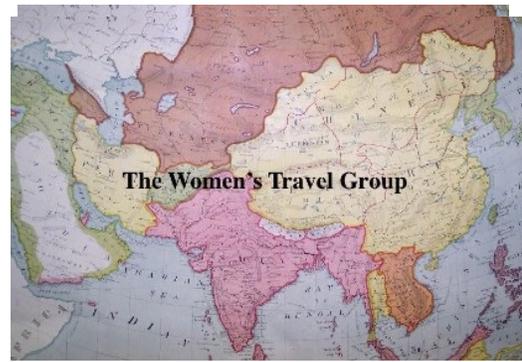
Cancellation Policy: Cancellations received 60 days or less prior to departure: 50% non-refundable. Within 45 days of departure 100% of the tour price is nonrefundable.

If you change to a single from a share and we cannot replace your share, we will bill you \$400 to protect your intended share.

Please refer to SITA's website for other applicable details. Your deposit for the tour is your acceptance of these Terms and Conditions.

The Women's Travel Group Terms & Conditions will take precedence when there appears a conflict with the general Terms & Conditions set forth by SITA World Tours.

Tour documents: Final tour documents including day-by-day itinerary, hotel listing, air tickets & vouchers are sent between 30-15 days prior to departure.



HIMALAYAN KINGDOM: BHUTAN

Tour Overview: Rated as the happiest country in the world, this hidden treasure of the Himalayas, known as the Dragon Kingdom, is home to an ancient and simple lifestyle. You can combine Bhutan with Nepal and even start with India's Golden Triangle on November 5.

Day 1 - Saturday, Nov 19 - Arrive Paro (Bhutan) / Thimphu

We are met on arrival in Paro. (Paro Airport is at 7,200 feet / 2,195 meters). Drive to Thimphu. If time permits, stroll around the small Thimphu Town. This evening we will meet our Tour Leader for an orientation followed by the Welcome dinner.

Overnight at HOTEL LE MERIDIEN or similar (D)

Located in the heart of Bhutan's capital city, we are just steps away from shops and entertainment, and conveniently accessible to Memorial Chorten, Tashichho Dzong, and other celebrated attractions. The 78 elegant guest rooms and suites boast authentic Bhutanese-style furnishings and amenities like a flat-screen TV, free high-speed WiFi, a marble bathroom, and uncompromising views of the local hillsides and the capital city. Restaurants include SeseShamu, the only Pan Asian restaurant in Thimphu and Latitude 27. Relax and revitalize with our selection of leisure facilities including a swimming pool and pampering spa.

Day 2 - Sunday, Nov 20 -Thimphu Valley Sightseeing

Thimphu, the capital of Bhutan, is situated at an elevation of 8200 feet.

This morning we visit the **Buddha Point** and, the **Royal Textile Museum**, followed by the **Folk Heritage Museum**. We enjoy a traditional lunch at the Folk Heritage Restaurant. After lunch, we visit the **Memorial Chorten** (stupa-Buddhist shrine c. 1974)

built to honor the late King Jigme Dorji Wangchuk. Visit **RENEW** (Respect, Educate, Nurture and Empower Women), a non-profit organization dedicated to the empowerment of women and children in Bhutan, and finally stop by the **Dupthop Lhakhang**, a Buddhist Nunnery. (BLD)

Day 3 – Monday, Nov 21 - Thimphu / Punakha Excursion



Our first stop after leaving Thimphu is **Dochula Pass**. Situated at 10,500 feet above sea level, the pass offers breathtaking views of the Himalayan Range and valleys below. While in Punakha, visit **Punakha Dzong**, (Dzong, a distinctive type of fortress architecture) built at the confluence of the Phochu and Mochu Rivers in 1637. Visit one of the **longest suspension bridges** in Bhutan, spanning 600 feet over the fast-flowing Pho Chu river, before driving back to Thimphu.(BLD)

Day 4 - Monday, Nov 22 - Thimpu to Paro

After breakfast drive to Paro. Visit **Drukgyal Dzong** constructed in 1647; the Dzong was destroyed by fire and left in ruins as an evocative reminder of the great victories it was built to commemorate. On a clear day, we can get a magnificent view of Mount Chomolhari, altitude 23,990 feet. We then drive south to **Satsam Chorten**, erected in memory of the late Dilgo Khentse Rinpoche, and continue to **Kyichu Lhakhang**, built in the seventh century by a Tibetan King, Songtsen Gampo. For lunch, we will try **local cuisine at a farm house**. After lunch, visit the **National Museum of Bhutan** (Ta Dzong) which contains works of art, handicrafts, costumes, armor, and rare stamps. Take a leisurely walk down to **Rimpung Dzong**. We walk through a traditional covered bridge across the river to our waiting vehicle at the valley floor which takes us to the Hotel. If time permits, walk up the nearby hill to get a panoramic view of the Paro Valley.

Overnight at LE MERIDIEN PARO or similar (BLD)

Le Meridien Paro, Riverfront is the perfect destination that offers the opportunity to live and experience the country's exotic culture and natural beauty with a mix of luxury and comfort. Located 10 minutes from Paro International Airport, Le Meridien Paro, Riverfront is situated on the edge of the Paro River, offering panoramic views of the Eastern Himalayas, making it a perfect stopover for anyone visiting Bhutan. The timeless art of leisure can be freely pursued with amenities that include Explore Spa and an indoor heated pool, as well as a Fitness Center. The two restaurants, Bamboo Chic and Latest Recipe and Latitude bar offer diners an exquisite sensorial experience. The 59 guest rooms, including seven suites, are chic retreats designed with the curious traveler in mind. Each offers striking Himalayan Valley and Paro River views.

Day 5 - Tuesday, Nov 23 - Excursion to Taktsang Monastery "Tiger's Lair"

After breakfast, our vehicle will drop us at the starting point of the excursion to view the spectacular **Taktsang monastery** (Tiger's Lair). The trail to the monastery climbs through a beautiful pine forest, many of the trees festooned with Spanish moss, and an occasional grove of fluttering prayer flags. Mules are for hire as far as the cafeteria, but not downhill on the return. Stop half way for a rest and refreshments and continue the hike for a short while until we see, clearly and seemingly within reach, the Taktsang



monastery. Constructed in the 1600s and renovated in 2002, this incredible monastery clings to the edge of a sheer rock cliff that plunges 2900 feet into the valley below. History states that Guru Padmasambhava, the Tantric mystic who brought Buddhism to Bhutan, landed here on the back of a flying tiger. Looking at the monastery a flying tiger does not seem so impossible after all! Lunch will be served at the cafeteria. If not too tired, we can visit a farmhouse for a relaxing **hot stone bath**. There are mules, donkeys, and horses for those who wish to ride part of the way. There is a place to sit and a cafeteria as a halfway point; from here you can see the monastery. The second half of the walk is steeper but paved. Farewell dinner this evening with time to share our adventures and treasures from our journey. (BLD)

Day 6 - Wednesday, Nov 24 Paro / Onward

From a window seat on clear days, we can experience a spectacular view of Himalayan peaks as we leave Paro for Delhi where we will connect with our international flight back home. (B)

PRICES

Land Arrangements

Minimum 6 travelers on sharing basis \$4875
Single supplement \$1,870

INCLUDED:

- Accommodation on Twin sharing basis at the hotels mentioned above or similar
 - Meals as listed in the itinerary on a fixed menu basis (B-Breakfast,L-Lunch,D-Dinner). Lunches will be at local restaurants.
 - Sightseeing and transfers in Bhutan by non-air-conditioned vehicles (Jeeps/ Vans)
 - Local guide in Bhutan.
 - Applicable entrances at the listed monuments
 - Services of our representative at airports on arrival / departures
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- Bhutan visa fee
 - Masked dance show either in Paro or Thimpu.
 - All presently applicable government taxes.

NOT INCLUDED:



- International Airfare.
- Internal Airfare
- Meals other than mentioned in the itinerary.
- Any services during leisure time.
- Airport taxes
- Insurance
- Tipping/gratuities
- Necessary inoculations
- Items of personal nature such as telephone, laundry, beverages.
- Any items not listed above.

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