

**EXOTIC**  
DESTINATIONS 异国风情

**8D7N**

# NEPAL & BHUTAN

(BY 2 WAY FLIGHTS)

PARO, THIMPHU, PUNAKHA, NAGARKOT, KATHMANDU

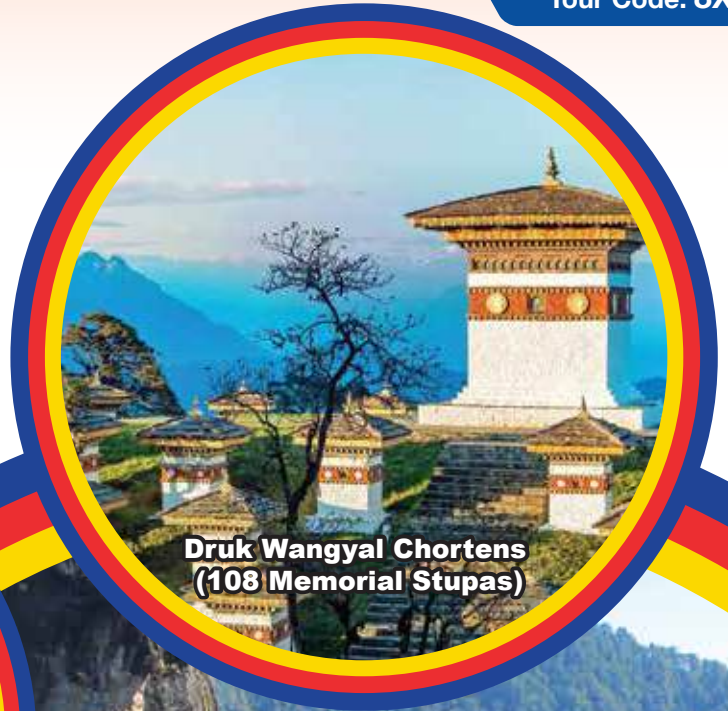
Tour Code: 8XNB



NEPAL



BHUTAN



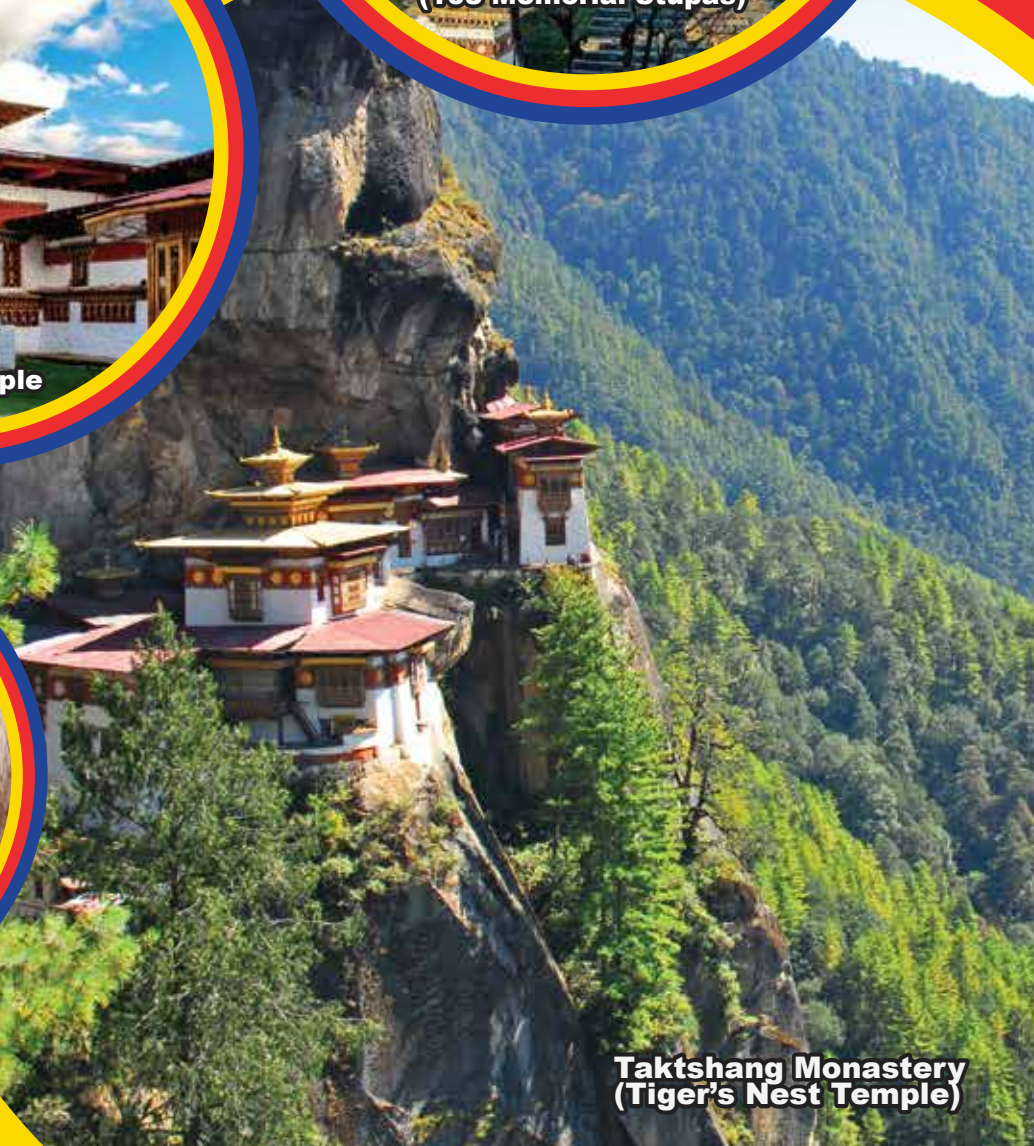
**Druk Wangyal Chortens  
(108 Memorial Stupas)**



**Kyichu Temple**



**Takin Mini Zoo**



**Taktshang Monastery  
(Tiger's Nest Temple)**



Rinpung Dzong



Swayambhunath Stupa



Punakha Dzong



## SCHEDULE



HERITAGE



HISTORICAL



CULTURE



SCENIC



LEISURE

**D1** KUALA LUMPUR → KATHMANDU (4H45M++) (MOB)

Upon Arrival and Check in Hotel

**D2** KATHAMANDU → PARO (BY FLIGHT) (1H5M) - THIMPHU (51KM, 1H30M) (B/L/D)

Ta Dzong (National Museum of Bhutan) (Entrance Included)  
Rinpung Dzong (Visit)

**D3** THIMPHU – PUNAKHA (74KM 2H5M) (B/L/D)

National Memorial Chorten (Entrance Included)  
Traditional Medicine Institute (Drive Pass)  
National Library (Drive Pass)  
Textile and Folk Heritage Museum (Drive Pass)  
School of 13 Arts and Crafts (Drive Pass)  
Takin Mini Zoo (Entrance Included)  
Zilukha Nunnery (Photo Stop)  
Post Office (Visit)  
Traditional Paper Factory (Visit)  
Handicraft Emporium (Visit)  
Do Chula Pass (Photo Stop)  
Druk Wangyal Chortens (108 Memorial Stupas) (Photo Stop)  
Chimi Lhakhang (Visit)

**D4** PUNAKHA – PARO (115KM 3H10M) (B/L/D)

Khamsum Yulley Namgyal Chorten (Visit)  
Punakha Dzong (Entrance Included)

**D5** PARO (B/L/D)

Taktshang Monastery (Tiger's Nest Temple) (Entrance & Hiring Pony Included)  
Kyichu Temple (Visit)  
Bhutanese Farm House (Visit)

**D6** PARO → KATHMANDU (BY FLIGHT) (1H15M) – NAGARKOT (28KM, 1H10M) (B/L/D)

Bhaktapur Durbar Square (Entrance Included)  
• Palace Square  
• Golden Gate  
• 55 Window Palace  
• Nyatapola Temple  
• Pottery Square

## THIMPHU

**National Memorial Chorten** – also known as the Thimphu Chorten, is a stupa in Thimphu, Bhutan. The stupa, built in 1974 to honor the third Druk Gyalpo, Jigme Dorji Wangchuck, is a prominent landmark in the city with its golden spires and bells.

## PUNAKHA

**Dochu La Pass** – is the 3100m (10171ft) high mountain pass on the road from Thimphu to Punakha. The weather at the pass generally remains foggy and chilly. The Dochula Pass remains beautiful in all seasons.

**Druk Wangyal Chortens** – also known as 108 memorial chortens or stupas built by Ashi Dorji Wangmo Wangchuk, the eldest Queen Mother. A historical landmark built to honour the bravery and sacrifices of the fourth king and the soldiers who perished during the battle against Assamese insurgents in 2003. It particularly marks the victory of King Jigme Singye Wangchuck who dislodged the rebels from their camps.

**Chimi Lhakhang** – is a Buddhist monastery in Punakha District dedicated to Lama Drukpa Kuenley who as the famous saint of the Bhutanese people is known affectionately as "Devine Mad Monk". He had very unconventional ways of teaching and this Buddhist monastery is said to be a place of fertility and blessings, particularly women seeking blessings to beget children.

**Khamsum Yulley Namgyal Chorten** – Built by Her Majesty the Queen Mother for warding off the negative forces and bringing peace and harmony for all the living beings.

**Punakha Dzong** - is the administrative centre of Punakha District in Punakha, Bhutan. The dzong was constructed by Ngawang Namgyal, in 1637–38. It is the second oldest and second largest dzong in Bhutan and one of its most majestic structures. The dzong houses the sacred relics of the southern Drukpa Lineage of the Kagyu school of Tibetan Buddhism. It is listed as a tentative site in Bhutan's Tentative List for UNESCO inclusion.

## PARO

**Rinpung Dzong** – is a large dzong - Buddhist monastery and fortress - of the Drukpa Lineage of the Kagyu school in Paro District, Bhutan. It houses the district Monastic Body as well as government administrative offices of Paro Dzongkhag. It is listed as a tentative site in Bhutan's Tentative List for UNESCO inclusion.

**Taktsang Palphug Monastery** – is located 2,950m above the sea level, perched giddily on a rocky ledge, with a waterfall cascading as if from the blue. Taktshang means Tiger's Nest. The legend of Taktsang evolved from 747 AD when Guru Padmasambhava, known as the second Buddha, chose a cave on a sheer rock face to meditate and, assuming a wrathful form, Guru Dorji Drolu, astride a tigress to subdue the evil spirits in the locality. He meditated in the cave for 3 years 3 months, 3 weeks and 3 days before subjugating the malicious spirits, and concealed profound treasures for the benefit of sentient beings.

**Kyichu Temple** – is an important Himalayan Buddhist temple, 108 border taming temples were built by Tibetan Emperor Songtsen Gampo in 7th century. Purportedly built to halt a giant female ogre from preventing the spread of Buddhism across Tibet. It's thought to be one of over 100 temples established to overpower her so Buddhism could flourish far and wide. There also belief that the two orange trees in the courtyard, it was built to Subdue Demoness (Sin Mo).



**Bhaktapur Durbar Square**



**National Memorial Chorten**



**Khamsum Yulley Namgyal Chorten**

**D7**

**NAGARKOT – KATHMANDU**

(28KM 1H15M)

(B/L/D)

View Sunrise over Himalaya  
 Patan Durbar Square (Entrance Included)  
 Krishna Temple (Walking Orientation)  
 Golden Temple (Walking Orientation)  
 Bungamati and Khokana Village  
 (Entrance Included)

**D8**

**KATHMANDU → KUALA LUMPUR**

(4H40M++)

(B/L/D/IMOB)

Kathmandu Durbar Square  
 (Entrance Included)  
 Kasthamandap (Walking Orientation)  
 Hanuman Dhoka (Photo Stop)  
 Swayambhunath Stupa  
 (Entrance Included)  
 Thamel Street (Free & Easy)

★★★★★ **HIGHLIGHTS** ★★★★★

- ✓ Visit Bhutan, is the Happiest Country in The World
- ✓ Paro Dzong is Famous for the Finest Examples of Bhutanese Architecture
- ✓ National Memorial Chorten is a Prominent Landmark in Thimphu
- ✓ Druk Wangyal Chortens is a Famous Landmark at Dochula Pass Above Sea Level
- ✓ Chimi Lhakhang Temple is Famous throughout Bhutan, known as the "Fertility Temple"
- ✓ Khamsum Yulley Namgyal Chorten, a Classic Example of Traditions and Architecture of Bhutan
- ✓ Punakhan Dzong is One of the Most Beautiful Dzongs in Bhutan
- ✓ Taktshang Monastery is the Most Iconic Landmark and Pilgrims Site in Bhutan
- ✓ Kyichu Temple, the Oldest Temple Revered One of the Most Magnificent Sites of Worship in Bhutan
- ✓ Visit the Colourful Bhutanese Farm Houses to see the Bhutanese Farmer Live
- ✓ Panoramic View of Himalaya Sunrise and Stunning Mountain Scenery on the Edge of the Kathmandu Valley
- ✓ Bhaktapur Durbar Square, Patan Durbar Square & Kathmandu Durbar Square, are the UNESCO Heritage Sites
- ✓ Discover the History and Tradition of Newar Culture at Nepali Villages of Bungamati & Khokana
- ✓ Swayambhunath, One of the Holiest Buddhist Stupa in Nepal

**PARO**

**Bhutanese Farm House** – are mostly colorful traditional Bhutanese houses built with mud and stones without any nails. Earlier the ground floor of the house served as shelter for cattle but now it is used as a store for the family. The upper floor of the farm houses usually has a big kitchen also used as a living room, a shrine (prayer room), a store and a bed room.

**NAGARKOT**

**Nagarkot** – is a village in central Nepal, at the rim of the Kathmandu Valley. It's known for its views of the Himalayas, including Mount Everest to the northeast, which are especially striking at sunrise and sunset.

**KATHMANDU**

**Bhaktapur Durbar Square** – is a former royal palace complex located in Bhaktapur, Nepal. During its height, Bhaktapur Durbar Square contained 99 courtyards but today hardly 15 of these courtyards remain. It is as UNESCO World Heritage Site.

**Patan Durbar Square** – also Known as "City of Fine Arts". It was previously the royal palace of the Patan kings. The courtyard is a magical blend of royal buildings, elegant courtyards, and graceful pagoda temples – a showcase of Newari architecture at its zenith during the Malla kings' reign, listed as UNESCO World Heritage Sites.

**Kathmandu Durbar Square** – also known as Hanuman Dhoka, was built during the Licchavi period, and King Pratap Malla extended the property significantly in the 17th century. With the highest concentration of old structures, the square is home to several palaces, courtyards, and temples. It is also known as "the Museum of Temples" because there are over 50 temples in the square.

**Swayambhunath Stupa** – is an ancient religious complex atop a hill in the Kathmandu Valley. For the Buddhist Newars, in whose mythological history and origin myth as well as day-to-day religious practice Swayambhunath occupies a central position. For Tibetans and followers of Tibetan Buddhism, it is second only to Boudha. Swayambhunath is the Hindu name. Much of Swayambhunath's iconography comes from the Vajrayana tradition of Newar Buddhism. The stupa has stood as a hallmark of faith and harmony for centuries with Hindu temples and deities incorporated in this Buddhist site.

★★★★★  ★★★★★  
 Local 3+4 ★ **HOTEL (7 NIGHTS)**

- |           |            |             |            |
|-----------|------------|-------------|------------|
| ✓ Thimphu | x 1 Night  | ✓ Nagarkot  | x 1 Night  |
| ✓ Punakha | x 1 Night  | ✓ Kathmandu | x 2 Nights |
| ✓ Paro    | x 2 Nights |             |            |

\*During major conferences, fairs, and festivals, accommodation may be located in an alternative city without prior notice  
 \*Some accommodations may not have specific twin or double room types

★★★★★  ★★★★★  
 ✓ 7 Breakfast / 7 Lunch / 7 Dinner  
 ✓ Local Cuisine













**Disclaimer:** Due to Covid-19 travel restrictions, local / religious festivals, public holidays, weather condition, transport technical issue, acts of nature, Golden Destinations reserved the right to alter the sequence or change, amend or alter the itinerary if necessary, with or without prior notice.

**Remark:** There will be no refund or replacement if the tour logistic affected by the above issue. All pictures are for illustration purpose only

# General Information

## NEPAL & BHUTAN



<b>Currency</b> 	Nepal : Nepalese Rupee (NPR) Bhutan : Bhutanese Ngultrum (BTN)	<b>Credit Card</b>  Call credit card centre to extend your credit card limit <i>*Credit Card are used widely in Nepal &amp; Bhutan</i>		
<b>Exchange Rate</b> 	USD 1 : NPR 130 NPR 100 : RM 3.30 USD 1 : BTN 80 BTN 100 : RM 5.30	<b>Dial Code</b>  <b>Nepal</b> : + 977 <b>Bhutan</b> : + 975		
<b>Voltage</b> 	220-240 Volts	<b>Power Socket</b> Type C (2-pin) Type M (3-pin) Type D (3-pin)  <i>*Please bring a universal electric plug adapter</i>		
<b>Time Different</b> 	Nepal : 2 hrs 15 minutes behind Malaysia Bhutan : 2 hrs behind Malaysia	<b>Luggage Allowance</b>  Each individual are entitled to check in 1 luggage of not more than 20kgs and a hand carry bag not more than 7kgs.		
<b>Weather</b> 	<input type="checkbox"/> <b>Spring</b> Mar - May 16°C - 23°C	<input type="checkbox"/> <b>Summer</b> Jun - Aug 23°C - 25°C	<input type="checkbox"/> <b>Autumn</b> Sep - Nov 15°C - 24°C	<input type="checkbox"/> <b>Winter</b> Dec - Feb 9°C - 12°C
<b>Aircraft Type</b> 	 Malaysia Airline	 Malindo		

<b>Departure Date:</b> <input style="width: 100%;" type="text"/>	<b>Flight :</b> <input style="width: 100%;" type="text"/>
<b>Tour Fare:</b> <input style="width: 100%;" type="text"/>	<b>Airport Tax &amp; Fuel Surcharge:</b> <input style="width: 100%;" type="text"/>
<b>Tipping:</b> <input style="width: 100%;" type="text"/>	<b>Agent Collection Fee:</b> <input style="width: 100%;" type="text"/>
<b>Visa:</b> <input style="width: 100%;" type="text"/>	<b>Travel Insurance:</b> <input style="width: 100%;" type="text"/>
	<b>TOTAL :</b> <input style="width: 100%;" type="text"/>

**Travel Agent:**

