

Nepal and Bhutan

Himalayan Culture & Connection

April 17 - April 26, 2028

Women Travel Tribe

Small Group Adventures for Women 50+

womentraveltribe.com/tours/nepal-and-bhutan-apr-2028

Tour Overview

Duration:	10 days
Maximum Group Size:	12 women
Start Date:	April 17, 2028
End Date:	April 26, 2028
Arrival Airport:	Tribhuvan International Airport (KTM)
Departure Airport:	Tribhuvan International Airport (KTM)

Step into the heart of the Himalayas on this journey through **Nepal and Bhutan**, where longstanding traditions, mountain landscapes, Buddhist monasteries and local hospitality come together.

We'll begin in **Kathmandu**, with its lively markets, historic squares and neighborhood shrines, before flying into Bhutan. From the capital of **Thimphu** to the open landscapes of **Phobjikha Valley**, the riverside setting of **Punakha** and Paro, where guests can choose to hike to **Tiger's Nest Monastery**, each stop offers a closer look at this part of the world.

Along the way, we'll take part in experiences that bring Bhutanese culture to life, including **pottery**, a **personal astrology reading**, **butter lamp offerings**, **weaving and natural dyeing**, and a visit to a **Buddhist nunnery**. We'll also sit down for **dinner hosted by our Bhutanese host at his restaurant**, enjoy a **riverside picnic with optional rafting**, prepare Bhutanese dishes during a **cooking class**, attend **prayer ceremonies** and finish with a **cultural performance**.

This is a thoughtfully designed small-group journey for travelers who want more than sightseeing, with opportunities to connect with the people, traditions and landscapes of Nepal and Bhutan.

Itinerary

Day 1: Kathmandu, Nepal (Arrival Day)

Included meals: Dinner

Upon arrival in Kathmandu's airport you'll be met by a private driver and taken straight to our hotel, located right in the center of town. If you're arriving early, our team will be available to help with suggestions or arrangements. In the evening we'll meet up for our orientation meeting, followed by a great local dinner for a first taste of Himalayan cuisine.

Day 2: Kathmandu

Included meals: Breakfast, Lunch

After breakfast today, we'll head out for a half-day introduction to Kathmandu, a city where temples, shrines, traffic, daily rituals, and old architecture all sit side by side. We'll ride by tuk tuk to Durbar Square, the old royal center of the city, where palace courtyards, carved wooden windows, and multi roofed temples give a strong first sense of Kathmandu's long history. From there we'll continue on foot through nearby streets and market areas, passing neighborhood shrines, small shops, spice stalls, flower sellers, and the everyday movement that makes this part of the city feel so alive. For lunch we'll stop at a momo place to try one of Nepal's best loved dishes in the city where it has become such a staple. Afterwards there will be free time, with options such as joining a Nepali yoga class, treating yourself to a massage, or continuing to explore more of the city at your own pace.

Day 3: Kathmandu / Paro (Bhutan) / Thimphu

Included meals: Breakfast, Lunch, Dinner

This morning we'll leave Nepal behind and take the short flight to Paro, flying beside the Himalayan mountain range. After landing in Bhutan, we'll stop for lunch before beginning the approximately one-hour drive to Thimphu, the country's capital. Wooded slopes, traditional architecture and a calmer pace will create our first impression of Bhutan. After checking in and having some time to rest, we'll head to a local ceramic studio for a pottery experience. Pottery has a quieter place in Bhutan's craft traditions than weaving or painting, but it offers an interesting look at the materials, forms and practical objects that have long been part of daily life. Later, we'll visit the School of Astrology for a personal astrology reading by a local Buddhist monk and learn more about a practice that continues to play an important role in Bhutanese life.

Day 4: Thimphu

Included meals: Breakfast, Lunch, Dinner

We'll begin the day with a short and easy walk up to Wangditse, a small temple and lookout set on a ridge above Thimphu. From here, the views open across the valley and toward the surrounding hills. We'll enjoy breakfast in this peaceful setting before preparing and offering butter lamps, a traditional Buddhist practice that remains part of everyday spiritual life in Bhutan. After lunch, we'll take part in a weaving and natural dyeing workshop, where we'll get a closer look at one of Bhutan's most important artistic traditions and learn how natural colors, patterns and handwork continue to shape textile making today. In the evening, our Bhutanese host will welcome us to his restaurant, where we'll sit down together for dinner, spend time getting to know him and learn more about life in Bhutan.

Day 5: Thimphu / Phobjikha Valley

Included meals: Breakfast, Lunch, Dinner

We'll depart Thimphu this morning and make our way farther into the mountains, with the landscape gradually opening into a different side of Bhutan. As we climb higher, we'll stop at Dochula Pass, where 108 white chortens stand against forested slopes and, on clear days, distant Himalayan peaks. From Dochula Pass, we'll continue toward Phobjikha Valley, stopping for lunch along the way. After lunch, we'll visit Richtenang village, a traditional community set on a slope overlooking the valley. We'll walk through the village, meet local residents and learn more about daily life in rural Bhutan. We'll then continue to the broad glacial valley of Phobjikha, known for its open landscapes, scattered farmhouses and remote setting. Upon descending into the valley, we'll attend an evening prayer session at Gangtey Shedra Buddhist temple before checking into our lodge and settling in for the night.

Day 6: Phobjikha Valley / Punakha

Included meals: Breakfast, Lunch, Dinner

This morning we'll explore the Phobjikha Valley, with its rolling hills, small villages that feel calm the moment you arrive and even yaks roaming the plains. We'll start at a Buddhist monastery, a spiritual center for the valley, where you'll learn why this place matters locally and how it continues to shape community life. From there we'll take an optional leisurely hike into the valley, offering fresh air, sweeping views and time for personal reflection. After lunch, we'll drive over the Lawala Pass and through changing mountain scenery as we make our way toward Punakha. The drive will take approximately 2 hours. We'll arrive in the evening, check into our hotel and enjoy dinner in one of Bhutan's most scenic regions.

Day 7: Punakha

Included meals: Breakfast, Lunch, Dinner

We'll spend the day getting to know Punakha through some of its most important places and everyday traditions. Our morning will begin at Punakha Dzong, the ancient fortress monastery set at the meeting point of two rivers. Its whitewashed walls, tiered roofs, painted woodwork and

inner courtyards make it one of Bhutan's most impressive buildings. As we explore, we'll gain a better understanding of what a dzong is and why these spaces remain important in both religious and public life. From there, we'll continue to a nearby nunnery, where we'll meet some of the women who live and study there and learn more about their daily routines and Buddhist education. For lunch, we'll enjoy a picnic beside the river. Rafting will be available as an optional activity for those who would like to experience the river from the water, while everyone else can relax and enjoy the riverside setting. In the evening, dinner will become part of the experience with a Bhutanese cooking class. We'll learn how several traditional dishes are prepared before sitting down to enjoy the meal together.

Day 8: Punakha / Dochula Pass / Paro

Included meals: Breakfast, Lunch, Dinner

After breakfast, we'll leave Punakha behind and drive to Paro, following one of Bhutan's classic mountain roads as it threads through valleys, over passes, and past villages that seem to appear and disappear along the hillsides. This is a drive that gives a fuller sense of the country, with rivers running below, prayer flags stretched across ridge lines, colorful houses perched above terraced fields, and small temples and chortens marking the route. We'll stop for lunch along the way and continue through the changing landscape before arriving in Paro in the late afternoon. Once there, we'll settle in and have time to rest, making for a gentler evening before tomorrow's optional Tiger's Nest hike and separate outing.

Day 9: Paro

Included meals: Breakfast, Lunch, Dinner

Guests choosing the optional Tiger's Nest hike will set out early with a packed breakfast. Also known as Paro Taktsang, the monastery is built into a cliff high above the Paro Valley and is connected to the story of Guru Rinpoche, who is believed to have meditated in the caves that later became part of this sacred site. The hike covers approximately four miles round trip, with a steady climb and increasingly wide views across the valley. Everyone can walk at their own pace, with support staff available along the trail. Those who continue to the monastery will join a guided visit through the temples built into the cliff. Guests who prefer not to hike will enjoy breakfast before heading out on a separate morning outing. We'll all meet again for lunch, followed by time to rest, browse the shops or take a walk through the center of Paro. That evening, we'll gather for our farewell dinner and a Bhutanese cultural performance. We'll also have the opportunity to join a traditional dance class, bringing our final evening in Bhutan to a lively close.

Day 10: Paro / Kathmandu (Nepal) / Departure Day

Included meals: Breakfast

We'll transfer to the airport in the morning for our 1.5-hour flight back to Kathmandu. Upon arrival, the tour will officially come to an end and you can connect to your onward flight home, taking with you the unforgettable memories of our journey through Bhutan and Nepal! *IMPORTANT: Please make sure your departure flight out of Kathmandu is later than 1:00 PM in order to have enough time to transfer to the International Departures area of the airport.

Tour Inclusions

Included

✓ Small group experience with a maximum of 12 women

✓ Professional tour leader

✓ Bhutan visa fee

✓ 9 nights of accommodation in 3- and 4-star hotels and guesthouses

✓ Round trip flights from Nepal to Bhutan

✓ Transportation within Nepal and Bhutan by private vans

✓ Daily breakfast, 8 lunches and 8 dinners

✓ Local English-speaking guides throughout the trip

✓ All activities, entrance fees and experiences mentioned in the itinerary

✓ Arrival airport transfers

✓ Gratuities at hotels/included meals

Not Included

✗ Flights to/from Nepal

✗ Passport fees

✗ Nepal visa fee

✗ Meals and activities not mentioned

✗ Travel insurance (mandatory)

✗ Gratuities for local guides, drivers and the tour leader

Pricing

Shared Room:	**$ 6,395**
Single Room:	**$ 7,025**
Deposit:	**$ 750**

Accommodations

Accommodations on this trip include a carefully selected mix of comfortable, welcoming 3- and 4-star hotels, along with atmospheric guesthouses that reflect the local character

of Bhutan. In more remote areas, rooms may be simpler in style, but all accommodations include private bathrooms and hot water.

Please note: If you book a shared room and we are unable to match you with another traveler, a single room surcharge will apply.

Physical Demand

MODERATE

This tour is not considered highly strenuous, but travelers should be prepared for active days and the realities of traveling through Bhutan's mountainous terrain. The itinerary may include walking for up to three hours at a time, optional hikes, early morning starts, cold and warm temperatures, and drives of up to six hours on winding mountain roads, with stops along the way. The tour also reaches elevations of up to 10,200 feet / 3,100 meters above sea level. Please also note that Western-style toilets may be limited or unavailable during some drives between destinations.

*The Tiger's Nest hike is optional and considered moderate. It involves a 1.5 - 2.5 hour climb to reach the monastery. Guests who do not wish to participate will have a separate outing that day.

Ready to Book Your Adventure?

Women Travel Tribe

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Tour Details: womentraveltribe.com/tours/nepal-and-bhutan-apr-2028

Small group adventures designed specifically for women 50+
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