

7 Days Classic Nepal Bhutan Tour

Trip overview

This **7-day classic Nepal and Bhutan tour** offers a perfect introduction to the two most mystical Himalayan kingdoms. Starting in the vibrant **Kathmandu Valley**, you will explore ancient UNESCO World Heritage Durbar Squares and sacred stupas. Then, fly over the Himalayas to **Bhutan**, the "Land of the Thunder Dragon," to witness the serene beauty of Thimphu and Paro.

The journey culminates with an unforgettable hike to the iconic **Tiger's Nest Monastery (Paro Taktsang)**, perched on a cliffside. Whether you are a history buff, a nature lover, or a spiritual seeker, this private tour provides a seamless blend of cultural immersion and breathtaking landscapes.

- **Durations:** 7 Days
- **Destinations:** Kathmandu - Thimphu - Paro
- **Tour inquiry:** <https://asiachinatour.com/7-days-classic-nepal-bhutan-tour/>

Itinerary

Day 1: Kathmandu Arrival

Welcome to the heart of the Himalayas! Upon your arrival at **Kathmandu Tribhuvan International Airport (KTM)**, your professional guide will greet you at the arrival hall with a personalized pickup sign. You will be transferred to your hotel in a private, comfortable vehicle. The rest of the day is at your leisure to recover from jet lag. You might enjoy a walk through the colorful alleys of **Thamel**, where ancient temples sit alongside modern cafes.

Accommodation: Hotel in Kathmandu

Meals: /

Professional Advice:

To save time at the airport, we recommend filling out the online "Arrival Card" before landing. For your first evening, Thamel is the best area to find high-quality international cuisine and exchange currency at competitive rates. Always stick to bottled water and avoid ice in drinks to ensure a smooth start to your journey.

Day 2: Kathmandu - Patan - Kathmandu

After a hearty breakfast at your hotel, you will begin your exploration of the **Kathmandu Valley**, a cultural cradle home to three ancient royal cities. Your first stop is the vibrant **Ason Tole Vegetable and Spice Market**. This bustling hub offers a sensory explosion and a perfect window into the daily lives and traditional trading atmosphere of the local Nepalese people.

Later, you will move to the magnificent **Kathmandu Durbar Square**, a UNESCO World Heritage Site since 1979. Here, you will visit the **Kumari Temple**, home to the world's only living goddess, and admire the intricate architecture of the **Taleju Temple** and the formidable **Kal Bhairav** from the square.

In the afternoon, a short drive takes you to the city of **Patan** (Lalitpur). You will explore **Patan Durbar Square**, renowned for its fine Newari arts and metalwork. To conclude the day, visit the **Swayambhunath Stupa** (the Monkey Temple). Perched atop a hill, it is the most ancient and enigmatic holy shrine in the valley, offering breathtaking panoramic views of the city as the sun begins to set. Finally, you will be driven back to your hotel in Kathmandu.

Accommodation: Hotel in Kathmandu

Meals: Breakfast, Lunch

Professional Advice:

When visiting Durbar Squares, remember that some temple interiors are only accessible to Hindus; however, the exterior carvings and courtyards are the primary highlights. Swayambhunath involves a climb of 365 steps—wear comfortable walking shoes and keep a firm grip on your belongings, as the local monkeys are quite curious and very quick! For photography, the late afternoon light at Swayambhunath provides the best golden-hour shots of the stupa and the valley below.

Day 3: Kathmandu - Bhaktapur - Kathmandu

Following breakfast, you will depart for the monumental **Boudhanath Stupa**, known locally as "Chorten Chenpo." As one of the largest spherical stupas in the world, its giant white dome and the watchful "Painted Eyes of Buddha" create a profound atmosphere of peace. Next, continue to **Pashupatinath**, Nepal's most sacred Hindu temple complex dedicated to Lord Shiva. Set along the banks of the holy Bagmati River, it is revered as the "Temple of Living Beings" and serves as a vital center for spiritual rituals.

In the afternoon, a scenic drive leads you to **Bhaktapur**, the "City of Devotees." You will step back in time at **Bhaktapur Durbar Square**, where medieval red-brick architecture and woodcarvings remain perfectly preserved. To complete your heritage tour, you will visit the ancient **Changu Narayan Temple**. Perched on a high ridge, its historic and artistic significance earns it a prestigious spot as one of the seven UNESCO World Heritage sites within the valley. Afterward, you will return to your hotel in Kathmandu for the evening.

Accommodation: Hotel in Kathmandu

Meals: Breakfast, Lunch

Professional Advice:

At Pashupatinath, please be mindful and respectful of the open-air cremation ceremonies held along the riverbanks; photography of these solemn rituals is considered highly insensitive. In Bhaktapur, the city is famous for its pottery and weaving—it's the perfect place to buy authentic

handicrafts. Also, don't miss out on tasting "Juju Dhau" (The King Curd), a rich, creamy yogurt that is a local specialty of this ancient city.

Day 4: Kathmandu - Paro & Drive to Thimphu

This morning, you will board a spectacular flight from Kathmandu to **Paro**. On a clear day, the flight offers breathtaking views of the Himalayan range, including Mt. Everest. Upon landing at Paro International Airport, you will be warmly welcomed by your Bhutanese guide and driver.

A scenic 1.5-hour drive along the Pa Chhu and Wang Chhu rivers will bring you to **Thimphu**, the kingdom's charming capital. After a brief rest at your hotel, your exploration begins at the **National Memorial Chorten**, a landmark of peace and spirituality where locals perform their daily circumambulations. Next, visit the **Motithang Takin Preserve** to see the Takin—Bhutan's unique national animal—followed by the serene **Zilukha Nunnery**. You will conclude the day's sightseeing at the majestic **Thimphu Dzong** (Tashichho Dzong), an impressive fortress that serves as the administrative and religious center of the government.

Accommodation: Hotel in Thimphu

Meals: Breakfast, Lunch, Dinner

Professional Advice:

For the flight from Kathmandu to Paro, try to check in early and request a seat on the left side of the aircraft (Seat A) to enjoy the best views of the Himalayan peaks. Once in Thimphu, remember that Bhutan is very strict about its dress code for visiting Dzongs and religious sites; ensure your shoulders and knees are covered, and you have a collared shirt or jacket. Staying hydrated is essential today as you adjust to Thimphu's altitude of approximately 2,330 meters.

Day 5: Thimphu Sightseeing & Scenic Drive to Paro

Your morning in the capital begins with an immersive dive into Bhutanese heritage at the **National Folk Heritage Museum**. This restored 19th-century structure offers a fascinating look into the traditional rural lifestyle, household artifacts, and Buddhist culture that define Bhutan. Next, take a short walk to the **National Painting School (Zorig Chusum)**, where students undergo rigorous training in Bhutan's 13 traditional arts and crafts, from thanka painting to woodcarving.

A unique highlight awaits at the **Bhutan Post Office Headquarters**. Beyond its role as a postal hub, you have the rare opportunity to create official, legal-tender postage stamps featuring your own portrait. After a local lunch, enjoy a relaxing 1.5-hour drive back to **Paro**. The route follows the scenic Pa Chhu river, offering plenty of opportunities to witness the peaceful countryside before checking into your hotel.

Accommodation: Hotel in Paro

Meals: Breakfast, Lunch, Dinner

Professional Advice:

When visiting the National Painting School, please be respectful of the students' focus; while photography is usually permitted, it is best to ask your guide before taking close-up shots of their work. At the Post Office, ensure you have a high-resolution photo on your phone if you prefer not to take a live photo for your custom stamps. These stamps are valid for international mail, making them a perfect souvenir to send a postcard home.

Day 6: Paro - Hike to the Iconic Tiger's Nest (Taktsang Goemba)

Today marks the spiritual and visual highlight of your journey: a pilgrimage to the legendary **Tiger's Nest Monastery (Paro Taktsang)**. After breakfast, a short drive brings you to the base of the mountain. Perched on a sheer cliff 900 meters above the Paro Valley, this is Bhutan's most iconic cultural landmark.

The ascent takes approximately 1.5 hours of steady climbing through lush pine forests to reach the primary viewpoint, where you'll be rewarded with a breathtaking panoramic view of the monastery clinging to the rock face. After a brief rest for photos, you will continue trekking for another 1.5 hours to reach the monastery itself. Following a guided tour of the sacred chambers, you will descend back to the valley floor for lunch.

In the afternoon, you will explore the historical side of Paro. First, visit **Ta Dzong**, a former watchtower perched on a hill that now serves as the **National Museum of Bhutan**, housing a rich collection of thangkas, weapons, and relics. Finally, walk down to the **Paro Dzong** (Rinpung Dzong), a masterpiece of Bhutanese architecture known as the "Fortress on a Heap of Jewels," which overlooks the scenic Paro Chu river.

Accommodation: Hotel in Paro

Meals: Breakfast, Lunch, Dinner

Professional Advice:

We recommend starting your trek as early as 7:30 AM to avoid the midday sun and the largest crowds. If the full hike is too demanding, you can hire a pony at the base to take you as far as the first viewpoint (additional cost). Please note that photography and mobile phones are strictly prohibited inside the monastery temple rooms; you will be required to leave your belongings in secure lockers at the gate before entering.

Day 7: Paro Departure & Onward Journey

On your final morning in the "Land of the Thunder Dragon," enjoy a peaceful breakfast at your hotel. Your private tour guide and driver will meet you at the designated time to provide a comfortable transfer to **Paro International Airport**.

As you drive through the valley one last time, take a moment to reflect on the spiritual landscapes of Bhutan and the ancient heritage of Nepal. Your guide will assist you with the check-in procedures before bidding you a fond farewell for your flight to your next destination or your journey home. Tashi Delek!

Accommodation: /

Meals: Breakfast

Professional Advice:

Paro is one of the most unique airports in the world, and check-in counters typically close strictly one hour before departure. We recommend arriving at the terminal at least 2 hours early to navigate customs comfortably. If you have any remaining Bhutanese Ngultrum (BTN), try to spend it at the airport gift shops, as it is difficult to exchange once you have departed Bhutan.

Booking Policy

Cancellation Policy

Cancellation by Customer

- Cancellation received before 60 days: FREE of charge
- Cancellation received from 30 days to 59 days prior arrival date: 20% of total rate
- Cancellation received from 15 days to 29 days prior arrival date: 40% of total rate
- Cancellation received from 7 days to 14 days prior arrival date: 70% of total rate
- Cancellation received less than 7 days prior arrival date or No show: 100% of total rate

Children Policy

The rate for children applicable for one child sharing a twin or double cabin with two adults.

- For infant (<04 years old): Free of Charge
- 04 - 11 years old without bed: 50% adult rate
- 04 - 11 years old with extra bed: 75% adult rate
- Above 11 years old with extra bed: 100% adult rate

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