NATIONAL GEOGRAPHIC | G Adventures
EXPEDITIONS
SIGNATURE

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SIGNATURE: INDIA, NEPAL & BHUTAN, TAJ MAHAL, HIMALAYAS & TIGER'S NEST

23 days, Jaipur to Paro

Trip code AHJPNS

WHAT'S INCLUDED

- Your G for Good Moment: Women-led Rickshaw Tour, Jaipur
- Your G for Good Moment: Sheroes Cafe Visit, Āgra
- Your G for Good Moment: Old Delhi Walking Tour with Salaam Balak Trust, Delhi
- Your G for Good Moment: Aarti Temple Ceremony & Local Dinner, Kirtipur
- Your G for Good Moment: Contemporary Art Visit at VAST, Thimphu
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Jaipur
- Signature Moment: Delhi Heritage High Tea, Delhi
- Signature Moment: Everest Summiteer Talk, Kathmandu
- Your Foodie Moment: Tharu Community Cultural Dance Show & Dining Experience, Royal Chitwan National Park
- Signature Moment: Newari wood carving and architecture, Panauti
- Your Foodie Moment: Newar Community Feast, Panauti
- Signature Moment: Mindfulness City Discussion, Thimphu
- Arrival transfer
- Amber Fort exploration by jeep
- City Palace "Royale Grandeur" tour with private dinner
- Abhaneri stepwell visit
- Sunrise guided Taj Mahal visit
- Guided Agra Fort exploration
- Sheroes Café lunch
- Private boat experience featuring Banaras Gharana classical music on the Ganges
- Ganga Aarti ceremony
- Sunrise boat ride on the Ganges and guided walk through Old Varanasi
- Sarnath Buddhist site visit with expert guide
- Flight from Varanasi to Delhi
- Chandni Chowk rickshaw ride
- Sightseeing tour in Swyambhu Stupa
- Sightseeing tour of Boudhanath Stupa
- Kathmandu Lunch and Expert Talk with an Everest Summiteer
- Taragaon Next Museum visit
- Local activities at Tharu Village
- Rapti River Boat Safari

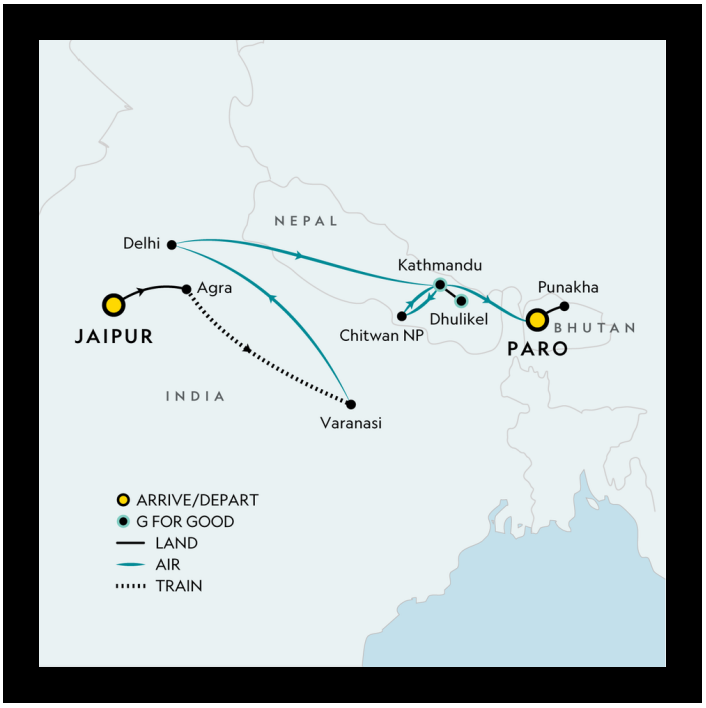
- Bhaktapur Expert Talk by Rabindra Puri
- Breakfast in local community
- Jeep Safari at Chitwan National Park
- Cultural Dance program by the locals
- Tharu dining experience
- Sightseeing tour of Bhaktapur
- Walking around Dhulikhel town
- Hike to Namo Buddha Monastery
- Orientation walk to Centenary Farmers Market
- Visit Buddha Statue
- Hike & visit the Wangditse Monastery
- Visit to Gagyel Lhundrup Weaving Center
- Discussion on Geluphu Mindfulness City (GMC)
- Visit to Dochula Pass
- Chimi Lhakhang hike & visit the temple
- Wander around Punakha town & local market
- Punakha Dzong visit
- Farm lunch with local family
- Visit Sangchen Dorji Lhendrup Nunnery
- Gangtey Valley Excursion
- Taphu Monastery visit
- Jangsa Electrical Museum visit
- Hike to Tiger's Nest Monastery
- Departure transfer
- Tips are included for all activities, meals and porterage, except for your Expedition Leader
- All transport between destinations and to/from included activities
- All internal flights
- Engaging Discussions with the National Geographic Expedition Expert Throughout
- Porterage at hotels and when getting on and off of vehicles
- Bhutan Visa (Subject to Approval)

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

VALIDITY: Valid for all trips departing May 21st, 2026 and onwards

ITINERARY



NOTE: Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1 JAIPUR

Welcome to India. Your expedition begins in the colourful, and captivating city of Jaipur. Upon arrival, you will be met at the airport and transferred to your hotel to settle in. In the evening, gather with your National Geographic Expedition Leader, National Geographic Expedition Expert and fellow travellers for a welcome briefing and insights that bring the region's royal history to life. Afterward, step into a world of culinary delights with a welcome dinner.

Meals included

Dinner

ACCOMMODATION

ITC Rajputana (or similar) Hotel

Designed to evoke the grandeur of a traditional Rajput haveli, ITC Rajputana captures the regal spirit of the 'Pink City'. Red-brick façades, secluded courtyards, and elegant latticework detail this royal architectural retreat. Guests can sample legendary North-West Frontier cuisine at the celebrated Peshawri restaurant, wander the historic bazaars, or escape the afternoon heat with a holistic ritual at the peaceful Kaya Kalp spa and outdoor pool.

TODAY'S ACTIVITIES

Arrival Transfer Jaipur Airport – Jaipur 30m-30m

You will be met at the airport and transferred to the hotel to start your adventure.

ACTIVITY

Your opportunity to meet your Expedition Leader and fellow travellers, and learn more about your tour. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Day 2 JAIPUR

Breathe in the scent of jasmine and spices as you explore the vibrant morning streets of Jaipur. Board an upgraded vehicle with the Pink City Rickshaw Company, a G Adventures supported project empowering women entrepreneurs. Return to the hotel for lunch before heading to the 16th-century Amber Fort. Ride up to the hilltop fortress to marvel at the Sheesh Mahal, where thousands of mirror tiles catch the afternoon light, and examine the intricate underground water systems engineered for cooling. As twilight falls, experience the grandeur of Jaipur's City Palace after hours on a curated private tour, gaining deep insight into royal legacies. Conclude the evening with a majestic multi-course dinner inside the palace grounds, where traditional flavours are served beneath the stars.

Meals included

Breakfast | Lunch | Dinner

TODAY'S ACTIVITIES

ACTIVITY

Explore Jaipur's vibrant streets aboard a women-led rickshaw tour, a G Adventures supported project, to discover colourful markets, hidden lanes, and the lively spirit of the Pink City from a unique local perspective.

Amber Fort Guided Tour Amber Fort

Explore this magnificent fort overlooking an artificial lake, famous for its unique mixture of Hindu and Muslim architecture. Almost blending in with the terrain, the fort's sandstone walls are perched on a hill beside Maota Lake, reflecting a mirror image in the water perfect for photography. Wander through the halls, courtyards, and palaces inside and admire the intricate details.

Amber Fort Jeep Ride Jaipur

Jump into a jeep and drive up to the Amber Fort through some of the lanes of Amber Town. En route, make a photo stop at the famous Hawa Mahal.

Jaipur Royal Grandeur Jaipur

Enjoy a Royal Grandeur tour of the City Palace, with access to areas beyond the standard visit, followed by a private seven-course dinner.

Day 3 JAIPUR/ĀGRA

Leave the Pink City behind and watch the rural landscape unfold on the drive toward Agra. Pause en route at Abhaneri to stand over the breathtaking Chand Baori stepwell. One of India's deepest and most visually striking architectural wonders, its 3,500 symmetrically arranged steps form a geometric maze plunging into the earth, built over a millennium ago. Continue to the historic Laxmi Vilas Palace for a grand, family-style lunch that highlights regional cooking. After, continue to Agra and check into your hotel as the evening sky softens. The remainder of the evening is yours to unwind, perhaps watching the sunset over the Yamuna River.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

ITC Mughal (or similar) Hotel

TODAY'S ACTIVITIES

Private Vehicle Jaipur – Āgra 5h-5h

Settle in and scan the scenery from the convenience of a private vehicle.

Day 4 ĀGRA

This morning, you have a choice of guided tours to India's most famous site: wake early as the first light of dawn bathes the ivory-white marble of the Taj Mahal in soft pink tones then enjoy breakfast, or choose to take your guided exploration after morning breakfast. Delve into the Mughal legacy at Agra Fort, a red sandstone fortress that served as the principal imperial residence, where your guide brings historic court intrigues to life. Afterward, share an inspiring lunch at Sheroes Café, a G Adventures supported project operated by acid attack survivors. Listen to their powerful stories of resilience and community empowerment before enjoying a free afternoon. Gather back at the hotel in the evening for a specially prepared dinner celebrating northern Indian culinary heritage.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

ITC Mughal (or similar) Hotel

TODAY'S ACTIVITIES

Taj Mahal Sunrise Āgra

Visit one of the Seven Wonders of the World, the Taj Mahal. Choose between an early sunrise visit or a tour after breakfast as you explore India's most famous landmark and an icon of Mughal architecture.

Built by Emperor Shah Jahan as a testament to his love for his wife, Mumtaz Mahal, this stunning white marble masterpiece draws visitors from all over the world.

Agra Fort Guided Tour Āgra 1h-3h

Enjoy a guided tour of this palatial Mughal fort made of red sandstone and white marble. One of the most important battles of the Indian rebellion of 1857 happened at this fort, which caused the end of the British East India Company's rule in India.

ACTIVITY

Visit Sheroes' Hangout, a cafe that supports acid attack survivors. Through employment at the cafe, Sheroes helps these women support their families, raise their children and support them on a journey of self love.

Free Time Āgra

Enjoy the rest of the day at leisure to shop, explore additional sights, or simply relax at the hotel.

Day 5 ĀGRA/VARANASI

Board the Vande Bharat Express train, settling into the spacious Executive Car where dedicated staff cater to your comfort. Watch the North Indian plains blur past as you speed toward Varanasi, one of the world's oldest continuously inhabited cities. After checking into your hotel, step onto the stone ghats as the air thickens with incense. Board a private boat along the sacred Ganges for a special Banaras Gharana classical music performance, immersing yourself in a revered Hindustani lineage. As darkness falls, witness the hypnotic fire, chanting, and bells of the Ganga Aarti ceremony from the water before dining at the heritage Brijrama Palace.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

Taj Ganges (or similar) Heritage Hotel

TODAY'S ACTIVITIES

Train Āgra – Varanasi 7h-7h

Board the Vande Bharat Express for an early morning departure to Varanasi, with a breakfast to go provided before boarding. Travel in the comfort of the Executive Chair Car, enjoying onboard tea, coffee, and lunch as the landscapes of northern India unfold outside your window en route to the country's spiritual capital and one of its most sacred destinations.

Auto Rickshaw Varanasi 15m-30m

Journey by e-rickshaw to Dashashwamedh Ghat, where centuries of ritual and daily life unfold along the Ganges.

Ganges Music and Aarti Varanasi

Board a private boat for a Banaras Gharana musical performance with local musicians. Watch the evening Aarti ceremony from the boat before continuing to dinner.

Auto Rickshaw Varanasi 15m-30m

Continue by e-rickshaw through Varanasi's bustling streets back to your hotel.

Day 6 VARANASI

Watch the morning mist lift during a sunrise boat ride on the Holy River Ganges, observing pilgrims performing centuries-old prayers along the water's edge. After, set out on a walking tour through Varanasi's labyrinth of ancient, narrow lanes, where hidden shrines and local market stalls come to life, before returning to the hotel for a late breakfast. Later, travel to the peaceful ruins of Sarnath, the cradle of Buddhism where Gautama Buddha delivered his first sermon. Explore the soaring ancient stupas, monolithic columns, and the onsite archaeological museum. Enjoy some time later to explore Varanasi's spiritual energy at your own pace before dinner.

Meals included

Breakfast | Dinner

ACCOMMODATION

Taj Ganges (or similar) Heritage Hotel

TODAY'S ACTIVITIES

Auto Rickshaw Varanasi 15m-30m

Travel by e-rickshaw back to Dashashwamedh Ghat, Varanasi's most iconic riverside gathering place.

Ganges Sunrise & Varanasi Walk Varanasi

Enjoy a sunrise boat journey along the sacred River Ganges, followed by a walking exploration of the historic old city of Varanasi.

Auto Rickshaw Varanasi 15m-30m

Return to your hotel by e-rickshaw for breakfast.

Guided Tour of Sarnath Varanasi

Embark on a guided excursion to Sarnath, one of the world's most sacred Buddhist sites and the place where Lord Buddha delivered his first sermon. Explore ancient monastery ruins, the Dhamek Stupa, the sacred Maha Bodhi Tree, and the Sarnath Museum, along with international temples built by Sri Lanka, Thailand, and Japan. The visit also includes the towering 80-foot Thai Buddha statue, the tallest standing Buddha in Sarnath.

Day 7 DELHI

Fly from the sacred banks of Varanasi to Delhi, marking your arrival in the capital for the final chapter of the trip. After checking into your hotel and freshening up, dive into the city's layered history with a private heritage walk through the verdant Mehrauli Archaeological Park. Led by a senior member of the Indian National Trust for Art and Cultural Heritage (INTACH), you will weave past centuries-old tombs and stepwells, learning about critical conservation efforts and local legends. The afternoon concludes with a high tea discussion at a local café, where you can engage with your host over refined pastries and Indian teas.

Meals included

Breakfast | Lunch

ACCOMMODATION

The Imperial New Delhi (or similar) Hotel

Inaugurated in 1936, The Imperial, New Delhi is a grand heritage estate blending Victorian and Art Deco architecture. Nestled behind a majestic, palm-lined entrance in the heart of the capital, its corridors once hosted landmark historical talks between Mahatma Gandhi and Jawaharlal Nehru. Guests can immerse themselves in old-world glamour while exploring museum-worthy art, strolling through manicured gardens, or unwinding at the award-winning spa.

TODAY'S ACTIVITIES

Plane Lal Bahadur Shastri Airport – Indira Gandhi International Airport 1h15m-1h15m

Board a short flight from Varanasi to Delhi, tracing a route that connects two of India's most storied cities.

ACTIVITY

Step into the quiet history of Mehrauli Archaeological Park, where centuries of Delhi's forgotten dynasties lie among ancient ruins and lush greenery. Explore with a senior member from the Indian National Trust for Art and Cultural Heritage (INTACH), uncovering stepwells, crumbling palaces, and intricately carved tombs while hearing the stories of sultans and emperors. Afterwards, gather for high tea at a local café, where chai and regional treats accompany a thoughtful discussion of the day's historical insights.

Day 8 DELHI

Explore the bustling streets of Old Delhi on a walking tour hosted by the Salaam Baalak Trust. Along the way, gain a deeper understanding of the neighborhood and the organization's meaningful work empowering former street youth. Next, climb into an upgraded rickshaw for a thrilling ride through the historic, bustling market lanes of Chandni Chowk, passing historic bazaars and sweetshops. Indulge in a curated tasting menu featuring refined Indian cuisine inside a beautifully restored

Mughal-era mansion. In the evening, join your Expedition Leader, Expedition Expert and fellow travellers to reflect on the highlights of your trip before celebrating with a grand farewell dinner.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

The Imperial New Delhi (or similar) Hotel

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TODAY'S ACTIVITIES

ACTIVITY

Explore Old Delhi on a Salaam City Walk with the Salaam Baalak Trust, led by former street children who share their personal stories and a unique perspective on the city's resilience.

Auto Rickshaw Delhi 30m-30m

Enjoy an upgraded rickshaw ride through Chandni Chowk, one of Old Delhi's oldest and most iconic markets.

Day 9 DELHI/KATHMANDU

Bid farewell to India as you board your flight toward the towering peaks of the Himalayas. Touch down in Kathmandu, where the air is scented with incense, pine, and woodsmoke. You will be met at the airport and transferred to your hotel. In the evening, gather with your fellow travellers, National Geographic Expedition Leader and National Geographic Expedition Expert. A welcome reception sets the stage for your upcoming exploration of the monasteries, royal squares, and wildlife reserves of the Kathmandu Valley, followed by a dinner highlighting authentic Nepalese hospitality.

Meals included

Breakfast | Dinner

ACCOMMODATION

The Dwarika's (or similar) Hotel

TODAY'S ACTIVITIES

Plane Delhi – Kathmandu 2h-2h

Look! Up in the sky! It's a bird! It's a plane! It's... yup, it is a plane, actually.

Welcome Meeting for Travellers on Combos

You may be a seasoned pro at group travel by now, but there will likely be some new travellers joining the group. Sit in on the welcome meeting to meet the newest members of your group and learn about the next leg of your tour.

Day 10 KATHMANDU

Choose to embark on an optional scenic flight to witness the Himalayas from above, as the sun illuminates the world's highest peaks. Back on the ground, explore the ancient Swoyambhu Stupa, where prayer flags flutter over the valley from its hilltop perch. Continue to the massive white dome of Boudhanath Stupa, a spiritual focal point for Tibetan Buddhism, where devotees perform kora in a rhythmic display of faith. In the afternoon, join an Everest summiteer for a compelling session to gain unique insights into life on the world's highest peak. After, visit Taragaon Next Museum to learn how they repurpose discarded plastic into art. Then, in historic Kirtipur, master the elegant curves of the ancient Ranjana Lipi script. As the sun dips low, walk to the 16th-century Bagh Bhairab Temple to join a private evening Aarti experience, lighting cotton lamps that cast a golden glow against ancient stone. Conclude the day with a warm, home-hosted dinner with a local family.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

The Dwarika's (or similar) Hotel

TODAY'S ACTIVITIES

Private Vehicle Kathmandu 15m-30m 7km

Settle in and scan the scenery from the convenience of a private vehicle.

Swayambhunath Temple Visit Kathmandu

Visit Swayambhunath Buddhist temple and Unesco World Heritage Site, the most ancient and enigmatic of all the holy shrines in Kathmandu. Explore the structure and be sure to check out the Buddha's eyes painted on each side of the Stupa. The site is also known as the monkey temple, for the vast amount of creatures who call the complex home.

Private Vehicle Kathmandu 15m-30m 10km

Settle in and scan the scenery from the convenience of a private vehicle.

Boudhanath Stupa Visit Kathmandu

Enjoy a visit to the Boudhanath Stupa, one of the largest Buddhist stupas in the world. Built in the 5th century, it still attracts many pilgrims, particularly Tibetan Buddhists and local Nepalis, and is a UNESCO World Heritage site. See the compassionate eyes of Buddha gazing from the facade and take in the peaceful atmosphere and observe Buddhist monks at prayer in the monasteries surrounding the stupa. Follow the pilgrims walking clockwise around the stupa, rotating the prayer wheels and chanting "OM MANI PADME HUM" meaning "diamond on a lotus." Continue through the thriving market surrounding the area which is alive with chants, singing bowls, monasteries, shops selling Tibetan wares and cafes serving authentic Tibetan cuisine.

ACTIVITY

Join a mountain summiteer to discuss life on the peak and vital waste management efforts.

Ranjana Lipi Workshop Kirtipur

Visit the Kirtipur Community and stroll the brick-paved alleys to learn the ancient Newari script from local specialists.

ACTIVITY

Participate in a butter-lamp ceremony at a 16th-century temple as the sun begins to set followed by a home-hosted local dinner.

Optional Activities - Day 10

Everest Flight Mount Everest – Kathmandu 290None

Get a close look at awesome Mt Everest, the highest mountain in the world, without having to do any climbing; this one-hour plane tour will give you an unforgettable experience. At times, the weather may cover Everest, but the surrounding view is still worth the ride!

The price for this is $290 USD.

Day 11 KATHMANDU/ROYAL CHITWAN NATIONAL PARK

Leave the highlands behind and fly into the lush lowlands of the Terai. Travel into the heart of Chitwan, where the air grows thick with the scent of tropical forest. Meet the indigenous Tharu community to learn about their daily life and traditional wall painting techniques. Later, enjoy a peaceful boat safari on the Rapti River, drifting quietly past gharial crocodiles and diverse birdlife. The afternoon concludes at the river's edge with a scenic sundowner and refreshments, followed by a long table discussion delving into the park's wildlife.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

Meghauli Serai, A Taj Safari (or similar) Hotel

"The renowned and award winning Meghauli Serai is a luxury safari lodge known for hosting high-profile travelers, including international celebrities and dignitaries set on the edge of Chitwan National Park, where the grasslands of the Terai meet the Rapti River. Operated by Taj Palaces, one of the world's most storied luxury hospitality brands, the lodge combines exceptional safari experiences with the refined service, craftsmanship, and attention to detail for which Taj is renowned.

The architecture and interiors are inspired by the surrounding landscape and local Tharu culture, with natural materials, handcrafted elements, and earthy tones that create a calm, immersive atmosphere. Accommodations range from elegant rooms to secluded private villas, many

featuring plunge pools and expansive views of the river or forest, offering privacy and comfort in equal measure.

Guests choose Meghauli Serai for its extraordinary wildlife encounters, including guided jeep safaris, river excursions, and nature walks led by expert naturalists, with opportunities to observe rhinos, crocodiles, deer, and prolific birdlife. Between explorations, guests return to the understated luxury of the lodge – enjoying thoughtfully prepared cuisine, riverside settings, and restorative wellness experiences.

Remote yet indulgent, Meghauli Serai reflects the spirit of Taj Palaces in a rare wilderness setting, offering a seamless blend of adventure, serenity, and world-class hospitality in one of Nepal's most remarkable natural landscapes."

TODAY'S ACTIVITIES

Private Vehicle Kathmandu – Tribhuvan International Airport 15m-19m 2km

Settle in and scan the scenery from the convenience of a private vehicle.

Plane Tribhuvan International Airport – Bharatpur Airport 30m-45m 91km

Leave Kathmandu behind and catch a flight toward the subtropical plains of Bharatpur, where the tall grasses and river-riven wilds of Chitwan National Park await.

Private Vehicle Bharatpur Airport – Royal Chitwan National Park 30m-45m 25km

Settle in and scan the scenery from the convenience of a private vehicle.

Tharu Community Visit Royal Chitwan National Park

Visit the traditional village of Tharu, home to the indigenous Tharu people from the Teral belt of Nepal, and take part in traditional activities, including making natural colors, wall painting, and enjoying henna art while learning from the local women within the community.

Chitwan River Safari Royal Chitwan National Park

Drift past crocodiles and rhinos before a long table discussion on wildlife at a scenic sundowner.

Day 12 ROYAL CHITWAN NATIONAL PARK

Wake to the sounds of the jungle and start the morning with a guided village walk, followed by a breakfast hosted within the local community. Venture into the dense forests and open grasslands of

Chitwan National Park for an immersive jeep safari. With a local naturalist at your side, scan the undergrowth for the one-horned rhinoceros, wild boar, and vibrant bird species that call this UNESCO World Heritage site home. In the evening, the rhythm of the drum takes over during a traditional cultural dance performance, followed by a unique Tharu-inspired dining experience that celebrates the flavours of the lowlands.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

Meghauli Serai, A Taj Safari (or similar) Hotel

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TODAY'S ACTIVITIES

Village Walk & Community Breakfast Royal Chitwan National Park

Enjoy a morning walk through nearby villages to meet locals and learn about daily life, followed by breakfast before returning to the resort for free time.

Half-Day Jeep Safari Royal Chitwan National Park

Enjoy a half-day jeep safari through forested terrain, exploring the region's natural landscapes with guidance from a local wildlife specialist and opportunities to spot native wildlife.

ACTIVITY

Enjoy an evening immersed in Tharu culture, with traditional music and vibrant dance performances like the Bhajayati, Thekara stick dance, peacock dance, and fire dance. Join in, learn the moves, and add your own flair. Then, savor an authentic Tharu village dining experience, featuring local dishes such as sticky rice, spiced duck, freshwater fish, and mustard greens—offering a true taste of regional flavors and culture.

Day 13 ROYAL CHITWAN NATIONAL PARK/DHULIKHEL

Leave the jungle behind and fly back to the Kathmandu Valley, arriving in the medieval city of Bhaktapur. Step into a world of crimson brick and intricate timber, where the air carries the scent of warming spices and clay. Wind through ancient courtyards and artisan streets, pausing to taste the legendary Juju Dhau — a rich, velvety "king curd" served in traditional terracotta bowls. After exploring the city's soaring pagodas and open squares, continue the drive into the hills to Dhulikhel. Settle into your hotel as the evening light begins to soften over the surrounding ridges, offering a moment of quiet reflection before dinner.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

Dusit Thani Himalayan Resort Dhulikhel (or similar) Hotel

"is a serene luxury retreat set in the foothills of the Himalayas, offering sweeping mountain views, expansive natural surroundings, and a strong sense of calm just beyond the bustle of Kathmandu. As part of the internationally renowned Dusit Thani hospitality group, the resort blends Thai-inspired gracious service with Nepalese culture and contemporary design.

The resort is distinguished by its spacious layout and connection to nature. Elegant rooms, suites, and villas are thoughtfully positioned to maximize views of the Himalayan range, forested hills, and open skies, creating an atmosphere of space, privacy, and quiet escape. Natural materials, soft palettes, and refined detailing lend the interiors a warm, understated sophistication.

Guests are drawn to Dusit Thani Himalayan for its focus on wellness, tranquility, and rejuvenation. A destination spa, outdoor pools, walking trails, and open-air spaces encourage relaxation and reflection, while dining venues highlight fresh, seasonal ingredients with both regional and international influences. The resort's elevated setting makes it especially appealing for travelers seeking restorative stays, romantic escapes, or a peaceful counterpoint to cultural exploration in the Kathmandu Valley.

With its panoramic setting, holistic approach to well-being, and hallmark Dusit Thani hospitality, the resort offers a refined sanctuary for guests looking to slow down, reconnect with nature, and experience Nepal in a more restorative and luxurious way."

TODAY'S ACTIVITIES

Private Vehicle Royal Chitwan National Park – Bharatpur Airport 45m-1h

Settle in and scan the scenery from the convenience of a private vehicle.

Plane Bharatpur Airport – Tribhuvan International Airport 30m-45m

Leave the humid, emerald wilds of Chitwan Nation Park behind and fly toward the Kathmandu Valley, where the jagged, snow-dusted peaks of the Himalaya rise to meet the horizon.

Private Vehicle Kathmandu – Bhaktapur 30m-45m 11km

Settle in and scan the scenery from the convenience of a private vehicle.

Bhaktapur Excursion Bhaktapur 3h-4h

Visit this unique old town known as the City of Devotees. Explore Hindu temples, pagodas, palaces, and monuments, including the beautiful wood-carved palace in Durbar Square. You can pick up clay

pots and other souvenirs in the colourful open markets and taste home made yogurt, known as khopa dhau, which Bhaktapur is famous for.

Private Vehicle | Bhaktapur – Dhulikhel | 30m-45m | 30km

Settle in and scan the scenery from the convenience of a private vehicle.

Day 14 DHULIKHEL

Travel to the medieval Newari town of Panauti, a G Adventures supported project, where time seems to stand still amidst ancient stone and timber. Meet with a local specialist for an insightful discussion on the intricate craft of Newari architecture. Observe the delicate precision of traditional wood carving and learn how these heritage structures are being meticulously restored to preserve the town's soul. Following this cultural immersion, gather for a vibrant community feast. Watch as families prepare authentic Newari specialities live, the air filling with the aroma of toasted spices and wood-fired ovens. Share stories over a spread of traditional dishes, celebrating the deep-rooted hospitality and culinary artistry of the Kathmandu Valley's original inhabitants.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

Dusit Thani Himalayan Resort Dhulikhel (or similar) Hotel

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The resort is distinguished by its spacious layout and connection to nature. Elegant rooms, suites, and villas are thoughtfully positioned to maximize views of the Himalayan range, forested hills, and open skies, creating an atmosphere of space, privacy, and quiet escape. Natural materials, soft palettes, and refined detailing lend the interiors a warm, understated sophistication.

Guests are drawn to Dusit Thani Himalayan for its focus on wellness, tranquility, and rejuvenation. A destination spa, outdoor pools, walking trails, and open-air spaces encourage

relaxation and reflection, while dining venues highlight fresh, seasonal ingredients with both regional and international influences. The resort's elevated setting makes it especially appealing for travelers seeking restorative stays, romantic escapes, or a peaceful counterpoint to cultural exploration in the Kathmandu Valley.

With its panoramic setting, holistic approach to well-being, and hallmark Dusit Thani hospitality, the resort offers a refined sanctuary for guests looking to slow down, reconnect with nature, and experience Nepal in a more restorative and luxurious way."

TODAY'S ACTIVITIES

Private Vehicle | Dhulikhel – Panauti | 30m-45m | 10km

Settle in and scan the scenery from the convenience of a private vehicle.

ACTIVITY

Engage in an in-depth conversation on the restoration of traditional Newari wood carving and architecture. Drawing from decades of hands-on conservation work in Bhaktapur and Panauti, your local specialist will share how traditional building techniques and historic homes are being preserved for future generations.

ACTIVITY

Gather for a traditional Newari community feast in Panauti, featuring live cooking of local specialties like bara and chatamari, a full home-style lunch with regional curries and rice, and classic accompaniments including hog plum juice, local Newari wine, and the sweet dessert yomari.

Day 15 DHULIKHEL/KATHMANDU

Breathe in the crisp mountain air as you walk a forested trail from Dhulikhel toward Namo Buddha. On clear days, the white peaks of the Himalayan range appear to the north. Reach the Namo Buddha Monastery, one of Nepal's most sacred Buddhist pilgrimage sites, where the atmosphere is one of profound peace. Spend time exploring the complex and, if schedules permit, observe the afternoon prayer session to witness the cadence of monastic life. After an included lunch at the monastery, travel back to the capital. Gather with your fellow travellers and for dinner and celebrate the stories and connections made.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

The Dwarika's (or similar) Hotel

TODAY'S ACTIVITIES

Namo Buddha Monastery Simalchaur

Discover a serene hilltop sanctuary offering insight into centuries-old Buddhist traditions.

Private Vehicle Dhulikhel – Kathmandu 1h30m-1h45m 45km

Settle in and scan the scenery from the convenience of a private vehicle.

Day 16 KATHMANDU/THIMPHU

Leave the Kathmandu Valley behind and fly across the serrated peaks of the Himalayas to Paro. Upon landing in the valley of Paro, travel through emerald landscapes to Thimphu, the kingdom's capital. Settle into your hotel or choose to visit the Institute of 13 Arts and Crafts, where students master traditional disciplines from painting to woodcarving, before joining your National Geographic Expedition Leader for an essential welcome briefing. Your National Geographic Expedition Expert then provides a presentation, framing the spiritual and cultural depth of the days ahead. Take a short walk to the Centenary Farmers Market, where the scent of fresh chilies and incense fills the air as locals trade produce and handicrafts. Conclude your first evening in Bhutan with a welcome dinner at a local restaurant, savoring the bold, spicy flavors of authentic Bhutanese cuisine.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

Pemako Thimphu (or similar) Hotel

Pemako Thimphu is a distinguished five-star urban sanctuary in the heart of Thimphu, Bhutan's vibrant capital, where timeless tradition and contemporary comfort meet amid majestic Himalayan scenery. The hotel's architecture takes inspiration from Bhutanese dzong (fortress) design, giving it a striking presence while reflecting the country's cultural identity.

The property features 66 beautifully appointed rooms and suites, many with expansive views over the Thimphu Valley, the Wang Chhu River, and surrounding mountain forests. Interiors combine modern luxury with traditional Bhutanese artistry – including hand-drawn murals and rich wood details – creating elegant yet grounded spaces that feel both welcoming and evocative of place.

TODAY'S ACTIVITIES

Plane Kathmandu - Paro 1h-1h15m 36km

Leave Kathmandu behind and fly toward the mountain-ringed valley of Paro, where the Himalayan kingdom of Bhutan awaits.

Private Vehicle Paro Airport - Thimphu 1h-1h15m 50km

On arrival, take a private transfer to Thimphu. If you are arriving in time for lunch, lunch will be provided at the hotel at your own leisure.

Welcome Meeting for Travellers on Combos

You may be a seasoned pro at group travel by now, but there will likely be some new travellers joining the group. Sit in on the welcome meeting to meet the newest members of your group and learn about the next leg of your tour.

Day 17 THIMPHU

Begin the morning at the base of the Buddha Dordenma Statue, where the golden figure gleams against the sky, offering panoramic views of the Thimphu Valley. Follow forest paths on a gentle hike to Wangditse Monastery, breathing in the scent of pine and crisp mountain air — or simply stay put and soak in the sweeping mountain views at your own pace. Later, visit VAST, a G Adventures supported project and social enterprise dedicated to contemporary art. Walk through the gallery

with a senior artist to understand how modern storytelling merges with traditional symbolism. Engage in a roundtable discussion with resident artists about art's role in modern Bhutanese identity before a behind-the-scenes look at works in progress over herbal tea. End the day at a women-operated weaving center, watching as vibrant threads are transformed into intricate textiles.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

Pemako Thimphu (or similar) Hotel

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TODAY'S ACTIVITIES

Buddha Point Visit Thimphu

After a short drive, begin the day with a visit to Buddha Point. Buddha Point is home to Thimphu's most recognized landmark, the Buddha Dordenma. Guarding the entry to the Thimphu valley, this 51-meter (167ft) gilded bronze statue is filled with 125,000 miniature statues and sits atop a three-storey base housing a chapel and thousands of donated statuettes. The statue was commissioned to mark His Majesty the Fourth King of Bhutan, Jigme Singye Wangchuck's 60th birthday and was originally made in China before being transported to Thimphu in pieces.

The massive Buddha statue in Thimphu made of bronze and gold. Take lots of pictures - it's beautiful!

Private Vehicle Thimphu 15m-19m 10km

Settle in and scan the scenery from the convenience of a private vehicle.

Visit Wangditse Monastery Thimphu

Enjoy a gentle walk along a flat dirt path with plenty of opportunities to stop for photos and take in sweeping panoramic views of the Thimphu Valley. Upon arrival, spend about an hour exploring the serene Wangditse Monastery, soaking in its peaceful atmosphere and scenic surroundings.

ACTIVITY

Explore Bhutan's modern art scene at a social enterprise with private artist talks.

Visit Gagyel Lhundrup Weaving Center Thimphu

Learn about Bhutan's self-sufficient weaving tradition, using nettle fiber, cotton, and yak and sheep wool, and enjoy a live weaving demonstration by skilled craftsmen.

Free Time Thimphu

Return to the hotel for free time to relax or wander around Thimphu town at your leisure.

Day 18 THIMPHU/PUNĀKHA

Today, participate in a private discussion on Gelephu Mindfulness City with the Project Coordinator to explore the spiritual vision and monastic construction of this landmark initiative. Afterward, ascend to Dochula Pass, where 108 memorial chortens stand against a backdrop of snow-capped Himalayan peaks. Descend into the fertile Punakha Valley and walk through terraced rice fields to Chimi Lhakhang, a revered fertility temple steeped in local folklore. As the afternoon light softens, enjoy a guided stroll through Punakha town, observing the quiet rhythm of valley life before gathering for dinner.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

Lobesa Boutique Hotel (or similar) Hotel

TODAY'S ACTIVITIES

ACTIVITY

Join the Project Coordinator of Gelephu Mindfulness City (GMC) for a conversation on the spiritual foundations and future vision of this groundbreaking city.

Private Vehicle Thimphu – Punākha 1h30m-2h 65km

Settle in and scan the scenery from the convenience of a private vehicle.

Punakha Valley Excursion Punākha

Discover Punakha Valley, stopping at Dochula Pass for Himalayan views and visiting Chimi Lhakhang Temple for local rituals and blessings

Chimi Lhakhang Visit Punākha 30m-1h

Take a short hike to Chimi Lhakhang, temple of the “Divine Madman." Built in 1499, it is mainly visited today by women as it is known as the temple of fertility.

Visit Punakha Town & Local Market Punākha

Join your expedition leader for a walk around Punakha town and the local market.

Day 19 PUNĀKHA

Marvel at the Punakha Dzong, a masterpiece of Bhutanese architecture situated at the confluence of two rivers. Cross the country’s longest suspension bridge, where colorful prayer flags flutter in the breeze, before joining a local family for a home-hosted lunch. This intimate encounter offers a window into rural life and the warmth of valley hospitality. In the afternoon, visit the Sangchen Dorji Lhendrup Nunnery, a leading Buddhist college for women. Settle into the quiet rhythm of the evening with time to yourself before gathering for a dinner at the hotel, where the local flavours of the valley take centre stage.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

Lobesa Boutique Hotel (or similar) Hotel

TODAY'S ACTIVITIES

Punakha Dzong Visit Punākha

Visit Punakha Dzong, the winter seat of the Je Khenpo and the Monk Body, remarkably located between the rivers of the Mo (female) Chu and Pho (male) Chu. It is the second oldest and second largest dzong (fortress) in Bhutan and one of its most majestic structures, housing many sacred relics. It is also the winter capital of the Je Khenpo (chief abbot). Built by Zhabdrung Ngawang Namgyal in around 1637. Arguably, it is the most beautiful Dzong in the country. The Dzong guards Bhutan's most treasured relic, the Rangjung Kharsapani, an image of Chenresig kept away from the public in the utse (tower). It has survived Tibetan invasions, numerous fires, floods and a glacial lake burst. The Dzong served as the capital and seat of the Bhutanese Government until the early 1950s; and the coronation of the His Majesty the First Druk, Gyalpo Ugyen Wangchuck, took place here.

Private Vehicle Punākha 30m-45m 14km

Settle in and scan the scenery from the convenience of a private vehicle.

Lunch with Local Family in Punakha Valley Punākha

Visit a local farmhouse to share a meal and experience everyday life rooted in the Punakha Valley's seasonal, family, and agricultural traditions.

Private Vehicle Punākha 30m-45m 14km

Settle in and scan the scenery from the convenience of a private vehicle.

Sangchhen Dorji Lhuendrup Nunnery Punākha

Enjoy a drive and visit to the Sangchhen Dorji Lhuendrup Nunnery and Temple complex. Perched on a ridge amid pine trees and overlooking the 3 Valleys of Toebesa, Punakha and Wangdi Phodrang, the complex is a meditation and traditional arts training center for nuns. Enjoy the peace and quiet and learn about the nunnery which was established by the Royal Grandfather.

Day 20

PUNĀKHA

Travel into the high-altitude Phobjikha Valley, a protected wetland and a serene haven for conservation. Explore the historic Gangtey Monastery before continuing to the community-supported Taphu Monastery. Here, enjoy private access and a warm welcome from the monastery representatives. Share a quiet lunch with the resident monks in the monastery café, learning about their daily rituals and the monastery's history. The afternoon features a rare private prayer and longevity blessing ceremony led by the monks. This spiritual ritual, focused on promoting wisdom and compassion, offers a profound moment of reflection amidst the stillness of the mountains before you return for dinner.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

Lobesa Boutique Hotel (or similar) Hotel

TODAY'S ACTIVITIES

Private Vehicle Punākha – Gangtey Gonpa 3h-4h 78km

Settle in and scan the scenery from the convenience of a private vehicle.

Phobjikha Valley Excursion Gangtey Gonpa

Travel to Phobjikha Valley, a stunning glacial valley and high-altitude wetland nestled on the western slopes of Bhutan's Black Mountains. This pristine landscape is one of the country's most important conservation areas and a vital biological corridor between two of Bhutan's largest national parks.

Gangtey Goempa Monastery Visit Gangtey Gonpa

Enjoy a visit to the monastery of Gangtey Goempa, built in the 16th century and renovated and consecrated in 2008. Be sure to check out the amazing relics inside -- they're said to be the most sacred in all of Bhutan. The architectural design is impressive, too.

Taphu Monastery Blessing Gangtey Gonpa

Share lunch with resident monks before a private prayer and longevity ceremony.

Private Vehicle Gangtey Gonpa – Punākha 2h-3h 75km

Settle in and scan the scenery from the convenience of a private vehicle.

Day 21 PUNĀKHA/PARO

Travel back toward Paro, stopping for a local lunch as the landscape shifts from fertile valleys to rugged hills. In the afternoon, visit the Jangsa Electricity Museum, uniquely housed in the nation's first mini hydropower station. Trace Bhutan's fascinating transition from pre-electric life to its current standing as a leader in modern sustainability and renewable energy. Arrive in Paro and settle in, perhaps taking a moment to wander the town's main street where traditional carved storefronts house small boutiques and workshops. As the sun sets behind the peaks, retreat to the hotel for a quiet evening. Enjoy a prepared dinner at the hotel featuring local seasonal ingredients, allowing time to rest and prepare for tomorrow's physical ascent while reflecting on the layers of history and innovation you have witnessed.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

Dawa at Hilltop (or similar) Hotel

TODAY'S ACTIVITIES

Private Vehicle Punākha – Paro 3h-4h

Settle in and scan the scenery from the convenience of a private vehicle.

Visit Jangsa Electrical Museum Paro

After lunch at a local restaurant, visit the Jangsa Electrical Museum, housed in a mini hydel plant commissioned by Bhutan's Third King in 1968, showcasing early electricity use and modern smart homes.

Day 22 PARO

Embark on a rewarding hike to the iconic Tiger's Nest Monastery, where the scent of pine and the sound of spinning prayer wheels guide your ascent. Follow a winding jungle trail upward to a mountain café for a break and a stunning view of the temple complex clinging to a sheer cliff 900 metres above the valley floor. Choose to stop here or continue along the track before finally climbing the stone stairs to the inner sanctuaries, where Guru Rimpoche is said to have meditated. For those seeking a gentler pace, choose to visit the National Museum followed by a local archery game, the national sport of Bhutan. As the sun sets, gather for dinner, celebrated with a mesmerizing masked dance performance, a final tribute to the vibrant spirit of Bhutan.

Meals included

Breakfast | Lunch | Dinner

ACCOMMODATION

Dawa at Hilltop (or similar) Hotel

TODAY'S ACTIVITIES

Tiger's Nest Ascent Paro

Climb the mist-shrouded trails to the iconic cliffside monastery where history meets spiritualism.

Free Time Paro

After lunch, return to the hotel for free time to explore at your own pace—visit historic sites, museums, or enjoy last-minute shopping. The choice is yours!

Day 23 PARO

Your expedition through the hidden kingdom of Bhutan concludes this morning. After breakfast, enjoy a final look at the prayer flags dancing in the wind and the surrounding mountain peaks. An airport departure transfer is provided for your onward travels. Reflect on the blessings, the quiet wisdom of the monks, and the vibrant artistic spirit you encountered while traversing the pathways of this enduring Himalayan nation.

Meals included

Breakfast

TODAY'S ACTIVITIES

Departure Transfer | Paro – Paro Airport | 15m-30m | 5km

You will be met at your hotel and transferred to the airport at the end of your adventure.

What's included

- **Your G for Good Moment:** Women-led Rickshaw Tour, Jaipur
- **Your G for Good Moment:** Sheroes Cafe Visit, Āgra
- **Your G for Good Moment:** Old Delhi Walking Tour with Salaam Balak Trust, Delhi
- **Your G for Good Moment:** Aarti Temple Ceremony & Local Dinner, Kirtipur
- **Your G for Good Moment:** Contemporary Art Visit at VAST, Thimphu
- **Your Welcome Moment:** Welcome Moment - Meet Your Expedition Leader and Group, Jaipur
- **Signature Moment:** Delhi Heritage High Tea, Delhi
- **Signature Moment:** Everest Summiteer Talk, Kathmandu
- **Your Foodie Moment:** Tharu Community Cultural Dance Show & Dining Experience, Royal Chitwan National Park
- **Signature Moment:** Newari wood carving and architecture, Panauti
- **Your Foodie Moment:** Newar Community Feast, Panauti
- **Signature Moment:** Mindfulness City Discussion, Thimphu
- Arrival transfer
- Amber Fort exploration by jeep
- City Palace "Royale Grandeur" tour with private dinner
- Abhaneri stepwell visit
- Sunrise guided Taj Mahal visit
- Guided Agra Fort exploration
- Sheroes Café lunch

- Private boat experience featuring Banaras Gharana classical music on the Ganges
- Ganga Aarti ceremony
- Sunrise boat ride on the Ganges and guided walk through Old Varanasi
- Sarnath Buddhist site visit with expert guide
- Flight from Varanasi to Delhi
- Chandni Chowk rickshaw ride
- Sightseeing tour in Swyambhu Stupa
- Sightseeing tour of Boudhanath Stupa
- Kathmandu Lunch and Expert Talk with an Everest Summiteer
- Taragaon Next Museum visit
- Local activities at Tharu Village
- Rapti River Boat Safari
- Bhaktapur Expert Talk by Rabindra Puri
- Breakfast in local community
- Jeep Safari at Chitwan National Park
- Cultural Dance program by the locals
- Tharu dining experience
- Sightseeing tour of Bhaktapur
- Walking around Dhulikhel town
- Hike to Namo Buddha Monastery
- Orientation walk to Centenary Farmers Market
- Visit Buddha Statue
- Hike & visit the Wangditse Monastery
- Visit to Gagyel Lhundrup Weaving Center
- Discussion on Geluphu Mindfulness City (GMC)
- Visit to Dochula Pass
- Chimi Lhakhang hike & visit the temple
- Wander around Punakha town & local market
- Punakha Dzong visit
- Farm lunch with local family
- Visit Sangchen Dorji Lhendrup Nunnery
- Gangtey Valley Excursion
- Taphu Monastery visit
- Jangsa Electrical Museum visit
- Hike to Tiger's Nest Monastery
- Departure transfer
- Tips are included for all activities, meals and porterage, except for your Expedition Leader
- All transport between destinations and to/ from included activities
- All internal flights
- Engaging Discussions with the National Geographic Expedition Expert Throughout
- Porterage at hotels and when getting on and off of vehicles
- Bhutan Visa (Subject to Approval)

What are the main highlights of this trip?

Explore City Palace after hours, gaining access to private chambers before dinner, Witness the sunrise over the Taj Mahal, followed by a guided tour of Agra Fort, Drift past crocodiles and rhinos before a long table discussion on wildlife at a scenic sundowner, Participate in a butter-lamp ceremony at a 16th-century temple as the sun begins to set, Join a mountain summiteer to discuss life on the peak and vital waste management efforts, Climb the mist-shrouded trails to the iconic cliffside monastery where history meets myth, Share lunch with resident monks before a private prayer and longevity ceremony

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Is there a travel disclaimer for my itinerary I should review before booking this trip?

This compiled itinerary represents our thoughtfully designed plan, provided in good faith and correct at the time of publication. However, to ensure we deliver the most rewarding experience possible, our itineraries remain dynamic; we continuously refine our routes based on research, field insights, and guest feedback, meaning details may evolve between the release of our annual directory and your departure. Flexibility is a cornerstone of our travel philosophy, and while we intend to follow the path described, the nature of exploring unpredictable environments means alterations may occur, and any mention of specific destinations or wildlife encounters cannot be guaranteed. We invite you to view these travel times and details as an approximate guide rather than a strict contract, and we kindly ask that you review a final copy of your Trip Details a few days prior to departure to ensure you have the most current information for your upcoming expedition.

What important notes should I be aware of before the trip?

EXPEDITION LEADERS

When traveling across different countries, islands, or regions, travellers can expect multiple Expedition Leaders throughout their trip to ensure experiences are authentic and locally specialized.

NEPAL

1. Weather conditions in the Himalayas can change rapidly and our CEO may be forced to change the trip itinerary accordingly. Travellers need to be prepared for all weather conditions. For more information please read the "what to take" section of these trip notes.

2. While our itineraries are designed to allow for adequate acclimatisation you are likely to feel the effects of altitude sickness and oxygen deprivation whilst on this trek. Please be aware that your CEO may deem it unsafe for you to continue trekking at any time, and arrange for you to descend to a lower attitude.

3. REQUIRED: In order for us to obtain the Annapurna trekking permit for our passengers, we require a coloured copy of your passport in advance of travel. We please request you send a coloured copy of the passport you will be travelling on to experience@gadventures.com

4. DRONES IN NEPAL

Please note that drones and the flying of drones are prohibited in Nepal. If you violate these regulations the police may take you into custody.

BHUTAN

1. CAMERAS

Please note there may be times during your visit to Bhutan when the use of video and/or still cameras may be inappropriate. Local people may consider that filming is too intrusive and in these circumstances we will request that you do not film. At all times be aware and sensitive to the impact of photography and seek permission before taking photographs of people and respect their wishes if they refuse.

2. HIKING AND WALKING

Please note that there is a lot of walking and light hiking on this trip and some of it at higher altitudes. Please ensure you are in decent physical condition and able to walk for extended periods of time.

3. EARPLUGS

Bhutan, being a Buddhist country believes in ahimsa so the barking of dogs (and there are a lot of them) at night can be annoying. It's advisable to bring earplugs. If you are able to travel with a lot of patience and a good sense of humour, then we know that you - like all of us - will be captivated by what Bhutan has to offer.

4. CLOTHING

The prime requirement for clothes you bring on Bhutan trip is that they are comfortable and appropriate to the weather conditions that you are likely to meet. For protection against cold, particularly at night, a number of relatively thin layers is better than a few thick ones. Thermal underclothes, being small and light, can be very useful. Bhutan is very conservative and you should dress accordingly. As a general guideline, shoulders and knees should be covered at all times. The wearing of shorts is not allowed as it will restrict your entry into buildings of a religious nature and family homes. A water and windproof jacket, a hat and sunscreen are essential.

5. FLIGHT
Your arrival and departure flights into/out of Paro, Bhutan, must be booked by you online. Please visit the following airline websites to do so:

Druk Air
http://www.drukair.com.bt/

Bhutan Airlines
http://www.bhutanairlines.bt/

Flights can be booked from: Bangkok, Kathmandu, Delhi or Kolkata (please check Visa requirements if flying via India). Once your flights are booked, contact your G Adventures agent, who will be happy to assist in booking your International connections.

6. EXTRA NIGHTS
If you are planning to extend your stay in Bhutan, pre or post-tour accommodation MUST be booked through G Adventures in order for us to issue a valid visa for the duration of your stay. These extra nights will include a guide and meals in addition to the accommodation.

7. LUGGAGE
Please note that if you have extra luggage or bags you do not wish to bring along for the entire trip you will be able to leave them at the joining hotel and retrieve them at the finishing hotel when the trip ends.

8. ACCOMMODATION NOTE:
Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

What is the role of the group leader during this trip?

Every National Geographic Signature departure is accompanied throughout by a dedicated National Geographic Expedition Leader, whose purpose is to ensure a seamless experience so you can fully immerse yourself in the destination. Your Expedition Leader offers deep insight into the landscapes you traverse, suggests enriching independent activities, recommends exceptional local dining venues, and connects you with our community friends along the way. Rather than acting as conventional guides, they possess a broad, sophisticated understanding of the historical, cultural, religious, and social tapestry of the region. To offer the ultimate perspective, we complement their expertise with specialist local guides whose deep regional knowledge adds profound depth to specific sites—delivering a masterfully balanced exploration.

What is the maximum and typical number of participants on this tour?

Max 22

What meals are included in this trip?

22 breakfasts, 19 lunches, 21 dinners

What are the modes of transportation on my trip?

Private Vehicle, Walking, Safari Vehicle, Plane, Boat, E-Rickshaw, Jeep.

Are local flights included in the cost of the trip?

Please be aware that flight delays can occur. Your Expedition Leader may need to make adjustments to your itinerary in case of flight schedule changes.

Please be advised that any flights noted on the G Adventures Itinerary for this tour are included in the tour services provided. Flight tickets are provided by G Adventures during the tour. The date for this service will match the day of the itinerary, for which Day 1 is equal to the start date noted on the Invoice under Land Services: Tour. If flight information is required in advance for visa purposes, please contact G Adventures.

Is there an extra cost for travelling solo?

Yes, for those travelling solo there is a single supplement.

Where will we stay during the trip?

Hotels (22 nts)

What are the joining instructions?

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through National Geographic Signature Journeys in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

Please note that day 1 is an arrival day and no activities have been planned on this day. Your flight must arrive by or before 14:00 on Day 1.

Upon arriving at the starting property, where check-in begins typically by 3:00PM, please look for a dedicated notice from your National Geographic Expedition Leader at the reception desk. This message will outline the specific details for our evening welcome reception and meeting—typically held between 5:00 p.m. and 7:00 p.m.—where you will gather with your Expedition Leader, Expedition Expert, and fellow travellers to look ahead at the days to come. Should you arrive later in the evening and miss this initial gathering, your Expedition Leader will leave a comprehensive briefing note for you at reception detailing the next morning's schedule.

What should I do if I can't find my airport transfer or experience arrival issues?

While we anticipate a seamless arrival, your peace of mind is our utmost priority. Should any unforeseen circumstances prevent you from beginning your expedition as scheduled, please refer to the essential emergency contact details provided in your documentation and contact us as soon as possible.

Upon landing, if you do not connect with our representative within 30 minutes of clearing customs and immigration, we recommend making your own way to the starting point property by following the Joining Instructions. Rest assured, you may submit a request to your travel professional upon your return to secure a refund for any transport costs incurred during this time.

Who do I contact for arrival issues or in the event of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the National Geographic Expedition Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

AIRPORT TRANSFER
If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

EMERGENCY CONTACT NUMBERS
G Adventures South Asia Manager, Sorab (New Delhi, India)
From outside of India: +91 88518 06614
From within India: 88518 06614

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found here.

Toll-free, North America only: 1 800 394 5416
Calls from UK: 0800 041 8146
Calls from Germany: 0800 181 9454
Calls from Australia: 1 800 204 905
Calls from New Zealand: 0800 424 389
Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

What details should I be aware of when planning my departure day?

You will be met at your hotel property and transferred to the airport for your onward travels at the end of your expedition. Please refer to your individual itinerary for more details.

What are the packing guidelines and luggage restrictions?

When deciding what to pack, considerations will vary based on your specific itinerary, the regions you are visiting, and the season in which you are travelling. Generally speaking, we recommend packing thoughtfully and keeping your luggage to one checked bag at a manageable weight to facilitate seamless transitions throughout your expedition.

In addition to your primary luggage, you will also require a small day pack or shoulder bag. This smaller bag is essential for keeping your camera, water, and personal items close at hand during day walks, excursions, and daily explorations.

What should I pack for this trip?

Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

Essentials:

- Footwear (required) (Closed toe suggested)
- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

Health & Safety:

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

Warm Weather:

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/ skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

What are the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page here

All travellers must have a valid Indian visa prior to the start of their tour. Please note that visas for India are the responsibility of the individual traveller.

To obtain a visa for India, you may either apply for an e-Visa using the link below, or alternately visit the Indian embassy or consulate nearest you to apply for a physical visa on your passport.

India is now offering e-Visas for some nationalities. Please visit this link for further information, and to check if your nationality is eligible for an e-Visa: https://indianvisaonline.gov.in/visa/tvoa.html

As there are many fake websites, please only use the link above to apply for your e-Visa and for any additional information.

VISA INFORMATION:
Please use the start hotel of your tour as a reference for your visa application. Contact us or your travel agent if you need further information.

For visa purposes, your Emergency Local Contact details are below:
G Adventures South Asia Manager
Mr Sorab Jassawalla (Delhi, India)

>From outside of India: +91 88 5180 6614
>From within Delhi: 88 5180 6614
>From within India, but outside Delhi: 088 5180 6614

As of February 2026, all non-Indian nationals entering India by air, land or sea must complete the e-Arrival Card online before arrival. Register within 3 days of arrival.
For more information and to complete the e-Arrival Card, we kindly request the you visit the Indian Immigration page.

NEPAL:
Nepal is now offering e-Visas for some nationalities. please visit this link for further information, and to check if your nationality is eligible for an e-Visa. You can apply for the visa here .

We strongly suggest travellers eligible for an e-Visa complete the form online and print their receipt before arrival to Nepal to ease your entry and avoid queuing. Visas are available upon arrival at the airport and land crossings for those who are unable to receive their e-Visa beforehand.

For Bhutan, G Adventures will arrange the visa for you. The cost of the visa is included in the tour price. The Bhutanese visa is issued to your passport on arrival. No passport photos are currently required for this, but it's always good to travel with a couple current photos.

In order to arrange the Bhutan visa, please click on the following link for information and application form

These details need to be submitted to us 35-60 days before your entry into Bhutan.

We will then arrange the Bhutanese visa for you. The visa letter will be forwarded to you 2-5 business days before departure. We cannot get the visa letter issued any sooner, as it is issued by the Bhutanese government. Please print out the visa letter, you will be required to show this before boarding your flight to Paro.

Important: If you are planning to extend your stay in Bhutan, pre- and post-tour accommodation MUST be booked through G Adventures in order for us to issue a valid visa for the duration of your stay.

If arriving and departing Paro from India, please note that the Indian government has recently made some changes to visa regulation due to misuse of the Tourist visa. We encourage all passengers to contact the Indian consulate or embassy in their home country to get up to date information on entry requirements. This is especially important for those planning on entering India multiple times in a two month period.
As of February 2026, all non-Indian nationals entering India by air, land or sea must complete the e-Arrival Card online before arrival. Register within 3 days of arrival.
For more information and to complete the e-Arrival Card, we kindly request the you visit the Indian Immigration page.

Foreigners holding an Indian Tourist visa, who after initial entry into India plan to visit neighbouring Nepal, Bhutan or Sri Lanka and then re-enter into India within 2 months need to get special authorization.

You must have at least two blank passport pages available for each country you will visit on your tour. These are required for entry & exit stamps.

What should I consider when planning my personal expenses and discretionary spending for this itinerary?

While personal spending habits naturally vary, we recommend factoring in your individual preferences for shopping, tipping, and beverages to ensure a seamless experience. In addition to these day-to-day comforts, we kindly ask that you maintain access to a minimum of USD $200 (or its equivalent) as a dedicated emergency fund; though exceptionally rare, unpredictable circumstances such as changing weather patterns or natural events may occasionally necessitate a shift from our planned route, and this reserve ensures we can navigate any path ahead with peace of mind.

What emergency funds do I need access to on this trip?

While personal spending habits naturally vary, we recommend factoring in your individual preferences for shopping, tipping, and beverages to ensure a seamless experience. In addition to these day-to-day comforts, we kindly ask that you maintain access to a minimum of USD $200 (or its equivalent) as a dedicated emergency fund; though exceptionally rare, unpredictable circumstances such as changing weather patterns or natural events may occasionally necessitate a shift from our planned route, and this reserve ensures we can navigate any path ahead with peace of mind.

What are the tipping guidelines for this trip?

To ensure a seamless and elevated experience throughout your National Geographic Signature departure, gratuities have been fully taken care of for all included meals, activities, and luggage porterage.

On our National Geographic Signature tours, tipping is included for all included activities and meals, and porterage. Tipping is not included for the Expedition Leader. Should you want some basic guidelines on tipping for the activities you do on your own, please see below. At the end of each trip if you felt your National Geographic Signature Expedition Leader did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline would be $10-$15 per person per day. Tipping is neither required nor expected for your National Geographic Expedition Expert.

For the independent moments on your itinerary, it is appropriate in Asia to tip 10%. Though not compulsory, tipping is expected. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels and shows an expression of satisfaction.

What activities are optional on this trip?

Mount Everest

- Everest Flight (290 per person)

Are there any health considerations I should know before travelling?

Please note that health requirements and recommended inoculations vary by destination. To ensure your well-being, it is your responsibility to consult with a specialized travel physician for up-to-date medical guidance well before departure.

We highly recommend carrying a personal first aid kit, hand sanitizer, and any essential prescription medications. Because our itineraries frequently trace paths through remote regions far from advanced medical facilities, legal regulations prohibit our National Geographic Expedition Leaders from administering any medication, including standard over-the-counter pain relievers. While local pharmacies along our route may stock familiar remedies, they are often produced under regional names, so we advise bringing the generic chemical name of any critical prescription. Before finalising your plans, please carefully review the itinerary and physical requirements to ensure your personal fitness aligns with our style of exploration. To safeguard the well-being of the group, we reserve the right to excuse any traveller from all or part of an itinerary if, in the professional judgment of our Expedition Leader, continuing would pose an undue risk to themselves or their fellow travellers.

What general safety tips and free-time guidelines should I follow?

To ensure your well-being and security throughout our explorations, we recommend consulting your home government's regularly updated international travel advisories prior to departure. For peace of mind while on the move, we strongly advise using a concealed neck wallet or money belt to secure your passport, travel documentation, and currency. We suggest leaving exceptional jewelry at home, as it is unnecessary for our style of travel; instead, make use of the safety deposit boxes available at most of our accommodations. Securing your luggage with a reliable lock is also highly recommended.

When travelling on a departure, your National Geographic Expedition Leader maintains the authority to modify or adapt any portion of the itinerary should environmental conditions or safety considerations require it. Your Expedition Leader accompanies the group on all scheduled activities, but you will also enjoy unstructured time to pursue personal interests, relax, or discover locales at your leisure. While your leader is delighted to suggest local options for these independent periods, please note that these optional choices do not form part of our curated itinerary, and we make no representations regarding their operating standards; we encourage you to exercise your own discerning judgment.

While the destinations we visit are welcoming during the daytime, navigating urban environments at night requires mindfulness. We recommend exploring in small groups and utilizing local taxis when dining out or moving about after dark. Furthermore, should you encounter public demonstrations or political gatherings, please prioritize your safety by leaving the vicinity immediately rather than remaining for photographs, as these situations can evolve rapidly.

Water-based experiences carry inherent risks. To ensure your protection, we recommend participating in aquatic activities only when accompanied by professional guides. Our commitment to safety means that our Expedition Leaders are strictly prohibited from facilitating unguided water activities on your behalf. Please note that swimming and snorkelling are always undertaken at your own risk. For further insights on enhancing your personal safety during your voyage, please visit www.gadventures.com/travel-resources/safety/

Are there any specific safety considerations for this itinerary?

For peace of mind while on the move, we strongly advise using a concealed neck wallet or money belt to secure your passport, travel documentation, and currency. We suggest leaving exceptional jewelry at home, as it is unnecessary for our style of travel; instead, make use of the safety deposit boxes available at most of our accommodations. Securing your luggage with a reliable lock is also highly recommended.

What are the mandatory group rules regarding laws and behaviour?

Our philosophy of travel is rooted in deep respect for the people, cultures, and lands we encounter. To ensure the safety of our travellers, staff, and the communities that welcome us, the possession or use of illegal drugs is strictly prohibited on all departures. While certain substances may be woven into local traditions in some regions, they are not permitted within our groups. Furthermore, any form of exploitation, including the solicitation of sex workers, directly contradicts our values. To protect the integrity of the experience and the well-being of the group, our National Geographic Expedition Leader retains the right to remove any traveller who violates these standards.

What are the mandatory travel insurance requirements for this trip?

Comprehensive travel insurance is a mandatory prerequisite for participation in all our departures. To safeguard your well-being, your National Geographic Expedition Leader will kindly request to verify your physical policy details before you may officially join your fellow travellers.

When choosing your coverage, please ensure your policy includes full medical protection, featuring a strict minimum requirement of $200,000 USD for emergency rescue and medical repatriation. For complete peace of mind while exploring, we also strongly advise securing comprehensive coverage for personal liability, trip cancellation or curtailment, and the loss of luggage and personal belongings. If you intend to rely on insurance provided through your credit card, you must supply formal proof of purchase—such as a credit card statement or receipt in your name—along with explicit confirmation from your banking institution regarding the participating insurer, exact policy limits, and their dedicated 24-hour emergency contact number.

What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.
G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with Planeterra Foundation.

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating $1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

How should I dress to respect local customs during the tour?

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or mosques or other holy sites.

How can I share feedback about my trip experience?

Upon your return, we invite you to share your insights with us. Your valued feedback shapes the future of our itineraries and ensures we continue to deliver meaningful experiences. As a token of our appreciation for your time, we are pleased to offer a 5% savings (up to a maximum of $100 USD) toward your next expedition with us. Simply submit your evaluation within four weeks of completing your travels to unlock this benefit and join our global community of returning travellers.

*This offer is valid for new bookings only, limited to one per person, and cannot be combined with other promotions or applied to independent itineraries. Maximum value of $100 USD (or local currency equivalent). This program may be amended or withdrawn at any time.

What are the age restrictions for this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our LGBTQ+ page for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.