



Himalayan Kingdoms & Sacred Rivers

An Epic Journey from Kathmandu to the Ganges

A once-in-a-lifetime expedition through the spiritual heart of South Asia — from the soaring peaks of Nepal and the jungles of Chitwan to India's sacred river cities

Latitude 9

Time, Well Travelled



Highlights

- Experience the wildlife-rich landscapes of Chitwan National Park on jungle and river safaris
- Discover the traditional hill town of Bandipur and witness sunrise over the Annapurna range in Pokhara
- Enjoy an optional scenic mountain flight with views of Mount Everest and the Himalayas
- Explore sacred Sarnath, where the Buddha gave his first sermon
- Attend the moving Ganga Aarti ceremony and take a dawn boat ride on the River Ganges in Varanasi
- Discover the cultural and colonial heritage of Kolkata

THE SACRED HEART OF SOUTH ASIA

Nepal and northern India form one of the world's most spiritually resonant regions, shaped by towering Himalayan peaks, fertile river plains, and some of humanity's oldest living traditions. From Nepal's sacred mountain valleys and snow-capped Himalayan horizons to India's timeless cities and holy rivers, this region offers a deeply immersive cultural experience. Ancient kingdoms, pilgrimage routes, wildlife-rich jungles, and vibrant urban centres coexist here, creating a journey rich in history, spirituality, and daily life. Influenced by both Hindu and Buddhist heritage, Nepal and India reveal a rhythm and depth that continues to inspire travellers from around the world.

DAY 1

LONDON TO KATHMANDU

Depart London on your overnight flight to Kathmandu, Nepal.

KATHMANDU

DAY 2

BREAKFAST INCLUDED

On arrival in Kathmandu, you will be warmly welcomed by the Latitude 9 team after clearing immigration and customs. Transfer to your hotel for check-in.

This afternoon, visit the vast Boudhanath Stupa, one of the most important Buddhist pilgrimage sites in the world. Surrounded by monasteries and prayer wheels, the stupa forms the spiritual heart of Tibetan Buddhism in Nepal. Time is allowed to wander the surrounding streets, lined with shops, cafés, and traditional handicraft stalls.

The Aloft



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DAY 3

KATHMANDU

BREAKFAST AND DINNER INCLUDED

Weather permitting, we begin the day with an unforgettable early-morning scenic flight over the Himalayas, offering breathtaking aerial views of Mount Everest and the world's highest peaks – a once-in-a-lifetime experience.

After breakfast, we explore Kathmandu's historic Durbar Square, a UNESCO World Heritage Site filled with intricately carved palaces, temples and courtyards that tell the story of Nepal's royal past.

We then visit the lively Thamel district, a colourful maze of narrow lanes lined with cafés, rooftop restaurants, artisan shops and market stall.

Later, we return to the hotel to relax before heading out this evening for a traditional welcome dinner at the atmospheric Bhojan Griha, one of Kathmandu's finest cultural restaurants,

CHITWAN

DAY 4

BREAKFAST LUNCH AND DINNER INCLUDED

Leaving the bustle of Kathmandu behind, we journey through the fertile landscapes of the Kathmandu Valley – a vibrant region where ancient monuments, colourful festivals and traditional craftsmanship sit alongside modern life. En route to Chitwan, we'll pause for a couple of scenic stops to take in the changing countryside. On arrival, you'll transfer by boat to your riverside jungle lodge, where the sounds of nature replace city noise. Later this afternoon, enjoy a guided village experience offering an authentic insight into local Tharu culture and daily life

[Jungle Villa Resort](#)

[Riverbank Jungle Resort](#)



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DAY 7

POKHARA

BREAKFAST INCLUDED

This morning, we begin with a visit to one of Agra's renowned marble inlay workshops to see the exquisite art of Pietra Dura in action. This centuries-old technique – made famous by the Taj Mahal – involves the precise inlay of semiprecious stones such as lapis lazuli, malachite and jasper into marble, creating beautifully detailed and durable works of art. We also visit a private collection of striking 3D tapestries.

We then travel to Bharatpur for an included lunch before continuing by train to Ranthambore.

On arrival, we transfer to our hotel for a two-night stay. This evening, enjoy an insightful talk from a resident naturalist, introducing you to the wildlife and landscapes of Ranthambore Tiger Reserve ahead of tomorrow's safari adventure.

Temple Bell Boutique Hotel
Dorje's Resort & Spa

POKHARA

DAY 8

BREAKFAST AND DINNER INCLUDED

Rise early this morning for one of Nepal's most unforgettable experiences – sunrise over the Annapurna Mountain Range. We travel by coach to Sarangkot Hill, followed by a short walk to the summit viewpoint. From this spectacular 360-degree vantage point, watch as the snow-capped peaks glow while the first light of day spills across the valley and Lake Phewa below.

There are only twelve mountains on Earth rising above 25,000 feet – remarkably, eight of them are in Nepal. On a clear morning, you may glimpse three of these giants from Sarangkot, creating a truly awe-inspiring panorama.

We return to the hotel for a well-earned breakfast before enjoying a scenic boat ride across tranquil Lake Phewa.

The remainder of the afternoon is free to explore Pokhara's charming lakeside promenade, filled with boutique shops, cafés, bars and restaurants.

This evening, gather for a relaxed dinner at a local restaurant, celebrating another remarkable day in the Himalayas.



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DAY 9

KATHMANDU

BREAKFAST INCLUDED

After breakfast, we make the short transfer to Pokhara Airport for our scenic flight back to Kathmandu. On arrival, we transfer to our hotel and check in for a one-night stay. The remainder of the day is at leisure, allowing you time to relax, explore the local area, or enjoy the facilities of your hotel.

Baber Mahal Vilas

VARANASI

DAY 10

BREAKFAST INCLUDED

Early this morning we depart for our flight to Varanasi, one of the world's oldest continuously inhabited cities and the spiritual heart of India.

On arrival, we travel directly to nearby Sarnath, one of Buddhism's most sacred pilgrimage sites. It was here that Gautama Buddha delivered his first sermon, setting in motion the Buddhist Sangha and the teachings of the Dhamma.

We explore the peaceful Deer Park where Buddha first taught and visit the site of Emperor Ashoka's great stone pillar, whose Lion Capital is now the National Emblem of India.

Afterwards, we check in to our hotel for a two-night stay.

As dusk falls, we take to the river by boat to witness the unforgettable Ganga Aarti ceremony on the banks of the holy Ganges. Priests perform a powerful ritual of fire, incense, bells and chanting, offering light to Mother Ganga in a mesmerising spectacle of devotion, rhythm and flame. The ceremony concludes with floating oil lamps drifting across the sacred waters – a moment of deep beauty and reflection.

Taj Ganges



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DAY 11

VARANASI

BREAKFAST INCLUDED

We rise early this morning for a serene boat journey on the sacred Ganges, watching the sun slowly rise over the ghats as the city awakens to prayer, ritual and daily life. This timeless scene – priests chanting, pilgrims bathing, lamps floating on the water – offers one of India’s most spiritually moving experiences. Afterwards, we visit Manikarnika Ghat, the most sacred of Varanasi’s cremation grounds and one of the oldest continuously operating cremation sites in the world. Here, Hindu funeral rites take place around the clock, offering a powerful insight into India’s ancient beliefs surrounding life, death and rebirth. We then enjoy a guided heritage walk through the atmospheric alleyways of Varanasi, passing hidden temples, traditional homes, local markets and centuries-old shrines. We return to the hotel by late morning, with the remainder of the day at leisure to relax or explore further at your own pace.

LUCKNOW

DAY 12

BREAKFAST INCLUDED

After a leisurely breakfast, we make our way to the station for our lunchtime train to Lucknow, travelling in air-conditioned class on a scenic journey of approximately 4 hours and 50 minutes. On arrival in Lucknow, we transfer to our hotel and check in for a two-night stay. The remainder of the day is free to relax or take the optional walking tour and begin exploring this elegant former capital of the nawabs.

[Clarks Awadh Hotel](#)



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DAY 13

LUCKNOW

BREAKFAST AND DINNER INCLUDED

We visit the prestigious La Martinière College, one of India's most historic and architecturally striking schools, founded in 1845 and set within beautiful landscaped grounds.

We then continue to Lucknow's most celebrated monuments, exploring the magnificent Bara Imambara – an extraordinary 18th-century complex famed for its vast vaulted hall and intricate labyrinth – followed by the graceful Chhota Imambara, renowned for its chandeliers, mirror work and ornate interiors.

The afternoon is at leisure to relax at the hotel or explore the city at your own pace.

This evening, we venture into the heart of old Lucknow for a guided food walk, discovering the legendary flavours of Awadhi cuisine. From sizzling kebabs and fragrant biryanis to traditional sweets and street snacks, this immersive culinary experience offers a delicious insight into the city's rich gastronomic heritage.

KOLKATA

DAY 14

BREAKFAST AND DINNER INCLUDED

This morning we take a short flight from Lucknow to Kolkata, arriving in the vibrant capital of West Bengal. Often called the "City of Joy," Kolkata is widely regarded as India's cultural heart – a city of grand colonial architecture, literary heritage, art, cinema and intellectual life. Once the capital of British India, it remains rich in historic splendour, from stately riverside buildings along the Hooghly to bustling markets, heritage tramways and the iconic yellow taxis that weave through its energetic streets. The city is also celebrated for its extraordinary cuisine and its world-famous Durga Puja festival, recognised by UNESCO for its cultural significance.

After checking in to the hotel, the remainder of the day is at leisure to relax or begin exploring the city at your own pace

This evening, we experience Kolkata from the water with a cruise beneath the iconic Howrah Bridge. As the city lights shimmer across the river, enjoy dinner on board while cruising along the Hooghly, taking in the skyline, riverside temples, and historic ghats – a magical and atmospheric way to experience the City of Joy after dark.

[The LaLiT Great Eastern](#)



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DAY 15

KOLKATA

BREAKFAST INCLUDED

For early risers, there is the option to begin the day with a visit to Kolkata's vibrant flower market, where thousands of garlands, marigolds and lotus blooms are traded each morning in a spectacular burst of colour and energy along the riverbanks.

We return to the hotel for breakfast before setting out on a guided walking tour exploring Kolkata's rich British colonial heritage. Our route takes us past some of the city's grandest civic landmarks. We discover an extraordinary collection of imperial-era architecture, including the General Post Office, Writers' Building, Currency Building and the historic Dead Letter Office. We also visit the enchanting riverside promenade at Princep Ghat and drive past Fort William.

Later, we immerse ourselves in Kolkata's literary soul with time to explore the legendary College Street Book Market, followed by coffee at the iconic Indian Coffee House – a long-standing meeting place for writers, poets and intellectuals.

This afternoon we visit the revered Kalighat Kali Temple, travelling by tram for a taste of old-world Kolkata. We also visit Mother Teresa's House and Missionaries of Charity, her former home and spiritual centre, which remains a place of quiet reflection and humanitarian inspiration.

TO LONDON

DAY 16

BREAKFAST INCLUDED

After breakfast, we transfer to Kolkata International Airport for our return flight to London, bringing our remarkable journey through Nepal and India to a close.





What's included:

- Hand Selected Accommodation
- UK Tour Manager
- Local Guides
- Flights and transport as per itinerary
- Hold luggage
- All entrance fees
- Porterage
- Vox radio system
- ATOL Protected
- Meals as per itinerary

Nepal & India – From the Himalayas to the Holy Ganges

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Time, Well Travelled

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