



Himalayan Kingdoms, Sacred Rivers & the Dragon Throne

**From Nepal and India to the Hidden Kingdom
of Bhutan**

A once-in-a-lifetime journey through the spiritual heart of South Asia, where Nepal's soaring peaks and jungle landscapes give way to Darjeeling's misty tea hills, Kolkata's cultural soul, India's sacred river cities, and the hidden kingdom of Bhutan

25 days

Small Group Touring

Groups limited to 18 guests

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](#)



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. If conditions are unsuitable today, the flight may instead be taken on our return. 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 stalls. 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

BREAKFAST INCLUDED

DAY 12

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

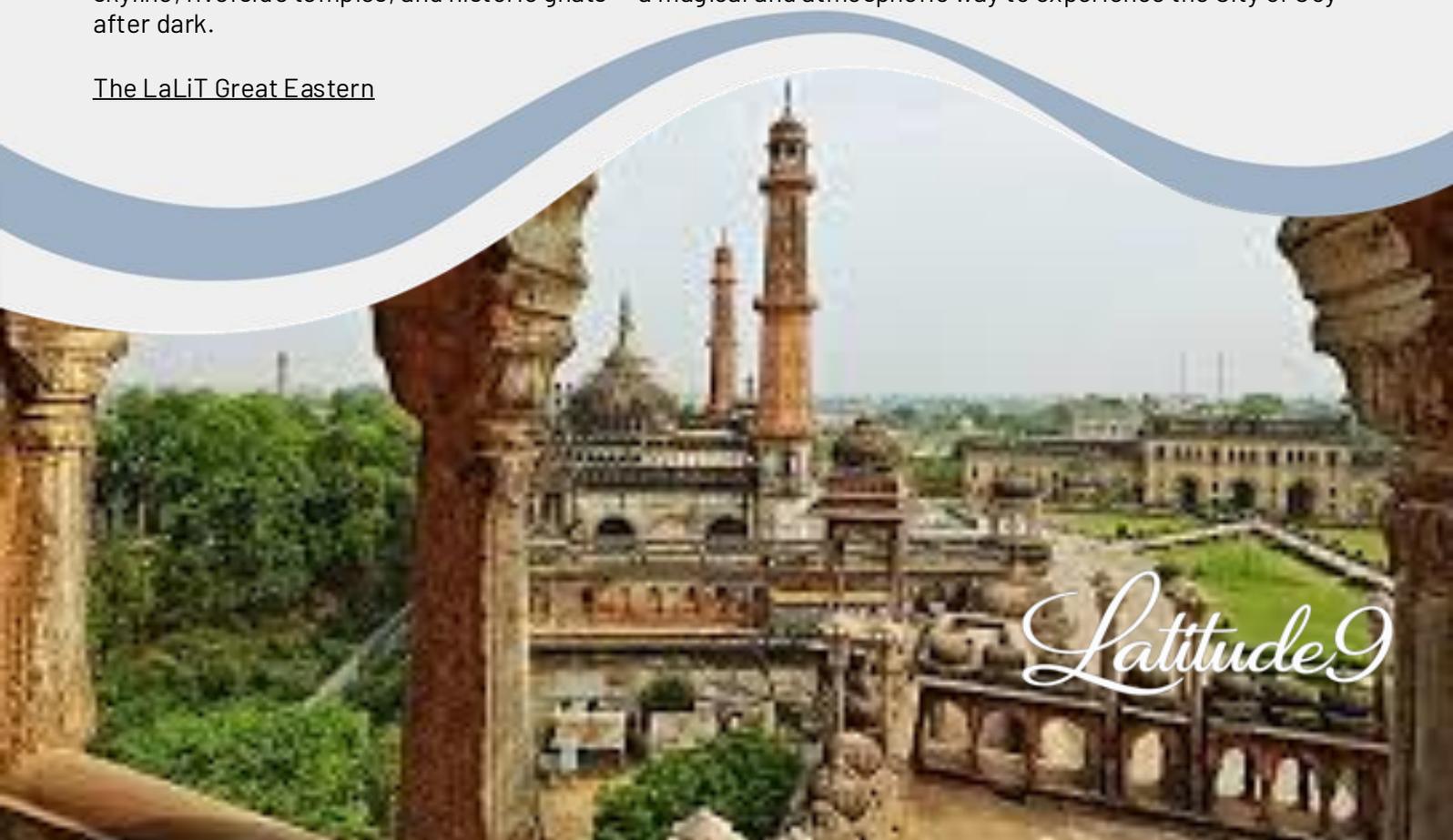
BREAKFAST AND DINNER INCLUDED

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.

DARJEELING

DAY 16

BREAKFAST INCLUDED

This morning we transfer to the airport for our short flight to Bagdogra. On arrival, we continue by private coach into the Eastern Himalayas, travelling through rolling tea gardens and mountain landscapes on the scenic journey to Darjeeling.

Nestled in the foothills of the Himalayas, is famed for its world-renowned tea, cool mountain climate and breathtaking views.

On arrival, we check in to our hotel for a two-night stay. The remainder of the day is at leisure to relax and in preparation for an early start the following morning.

[The Elgin](#)



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DAY 17

DARJEELING

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.

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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.

PHUENTSHOLING

DAY 18

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 19

THIMPHU

BREAKFAST INCLUDED

This morning we begin our scenic drive into the heart of Bhutan, travelling from Phuentsholing to the capital city, Thimphu. En route, we visit Kharbandi Goemba, a beautiful hillside monastery surrounded by lush gardens and orange orchards, offering sweeping views across the Phuentsholing valley and the plains of India beyond.

Continuing our journey through winding mountain roads and forested valleys, we arrive in Thimphu and check in to our hotel. The city offers a blend of old and new, with traditional Bhutanese architecture (like the Dzong) alongside modern shops, cafes, and internet access. It has a relaxed, friendly, and largely traffic-free feel. The remainder of the day is free to relax or take a gentle stroll through the town, soaking up the unique atmosphere of the world's only capital without traffic lights.

[Norkhil Boutique Hotel](#)

THIMPHU

DAY 20

BREAKFAST INCLUDED

Today, enjoy a day discovering the cultural and spiritual highlights of Bhutan's capital. During our sightseeing, we visit the impressive Tashichho Dzong, the grand fortress-monastery that serves as the seat of Bhutan's government and monastic body.

We also explore the National Library of Bhutan, home to an extraordinary collection of ancient Buddhist manuscripts and sacred texts, and the Institute for Zorig Chusum, where students preserve Bhutan's thirteen traditional arts and crafts through hands-on training.

Our journey includes a stop at the revered King's Memorial Chorten, a centre of daily prayer and devotion for local residents, as well as Buddha Point (Kuensel Phodrang), where the towering Buddha Dordenma statue offers breathtaking views across the Thimphu Valley.

The remainder of the day is at leisure to relax or explore the town at your own pace.



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DAY 21

PUNAKHA

BREAKFAST INCLUDED

Today we journey from Thimphu to Punakha, travelling through the beautiful mountain landscapes of central Bhutan. En route, we cross the spectacular Dochula Pass, one of the most scenic mountain passes in the country. At an elevation of over 3,000 metres, Dochula offers breathtaking panoramic views of the eastern Himalayas on clear days and is home to the iconic 108 memorial chortens, creating a truly memorable photo opportunity.

On arrival in Punakha, we visit the magnificent Punakha Dzong, widely regarded as the most beautiful dzong in Bhutan. Dramatically situated at the confluence of the Pho Chhu and Mo Chhu rivers, this impressive fortress-monastery has played a central role in Bhutan's history and continues to serve as an important religious and administrative centre.

The remainder of the day is at leisure to relax and enjoy the peaceful surroundings of the Punakha Valley.

[Dhensa Boutique Hotel](#)

PARO

DAY 22

BREAKFAST INCLUDED

This morning we depart the tranquil Punakha Valley and travel eastwards through Bhutan's beautiful mountain scenery towards the historic town of Paro. The drive takes us through winding forested roads, traditional villages and fertile river valleys, offering wonderful insight into rural Bhutanese life.

On arrival in Paro, we check in to our hotel.

This afternoon, enjoy a gentle walk to Rinpung Dzong (Paro Dzong), the historic fortress-monastery overlooking the Paro Chhu River, followed by a visit to Ta Dzong, Bhutan's National Museum, housed in a former watchtower.

The remainder of the afternoon and evening is free to unwind, stroll through the local market, or simply enjoy the peaceful atmosphere of this charming Himalayan town.

[Amba Paro](#)



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DAY 25

PARO

BREAKFAST INCLUDED

Spend a leisurely morning exploring the Paro Valley and the town.

This afternoon offers a choice of experiences, allowing you to tailor the day to your interests and pace. Those wishing to undertake one of Bhutan's most iconic journeys may choose the optional hike to Taktsang Monastery (Tiger's Nest), dramatically perched on a cliff high above the Paro Valley. The walk is steep in places and takes several hours, but rewards with extraordinary views and a deeply spiritual sense of place. Alternatively, enjoy a leisurely day in the Paro Valley, with time to experience Bhutanese life at a relaxed pace. Optional activities may include a traditional cooking class, an introduction to Bhutan's national sport of archery, or a restorative hot stone bath, all offering a gentler and equally rewarding insight into local culture.

KATHMANDU

DAY 24

BREAKFAST INCLUDED

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[Amba Paro](#)



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DAY 25

RETURN FLIGHT

BREAKFAST INCLUDED

After breakfast, we transfer to Kathmandu Airport for our return flight home, carrying with us memories of sacred landscapes, vibrant cultures, and timeless traditions from across Nepal, India, and Bhutan.



Latitude9



What's included:

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

Essence of Nepal, India & Bhutan From the Heartlands of the Himalayas & India

Sacred Cities, Living Traditions and Mountain Kingdoms

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Time, Well Travelled

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