

8D7N NEPAL & BHUTAN (BNB)



尼泊尔和不丹

Kathmandu / Paro / Thimphu / Wangdue Phodrang / Punakha / Haa

加德满都 / 帕罗 / 廷布 / 旺杜波德朗 / 普那卡 / 哈阿

Day 1

Kuala Lumpur ✈️ **Kathmandu**

- Upon arrival at Kathmandu, proceed to visit Swayambhunath and Durbar Square. After dinner, transfer back to hotel for check-in.
- Meals included: lunch and dinner.

Day 2

Kathmandu ✈️ **Paro** (1h 10min)
✈️ **Thimphu** (1h 16min)

- After breakfast, fly on Druk Air or Bhutan Airlines, from Kathmandu to Paro. Upon arrival in Paro, have lunch. Visit **Kyichu Lhakhang** and **Rinpung Dzong**. Transfer to Thimphu for dinner and overnight stay.
- Meals included: breakfast, lunch and dinner.

Day 3

Thimphu ✈️ **Wangdue Phodrang**
(1h 15min)

- Visit **Tashicho Dzong**, Motithang Mini Zoo, National Animal Takin Research Centre, Memorial Chorten, National School of Traditional Arts and Buddha point. Transfer to Wangdue-Phodrang for dinner and overnight stay.
- Meals included: breakfast, lunch and dinner.

Day 4

Wangdue Phodrang ✈️ **Punakha**
(54min) ✈️ **Thimphu** (2h 5min)

- Visit **Punakha Dzong**, **Chimi Lhakhang** and the **Dochula Pass**. After dinner, transfer back to hotel in Thimphu.
- Meals included: breakfast, lunch and dinner.

Day 5

Thimphu ✈️ **Haa** (3h) ✈️ **Paro** (1h 50min)

- After breakfast, drive from Thimphu to Haa. Visit **Haa Valley** and the three prominent hills. Transfer to Paro for lunch and visit the **Chelela Pass**. Dinner and overnight in Paro.
- Meals included: breakfast, lunch and dinner.

Day 6

Paro

- Full-day visit to Drukgyel Dzong and **Taksang** (optional pony rides available).
- After dinner, transfer back to hotel.
- Meals included: breakfast, lunch and dinner.

Day 7

Paro ✈️ **Kathmandu** (1h 10min)

- Proceed to airport for flight to Kathmandu. Arrive Kathmandu, visit Patan and shop at **Thamel Market**.
- Enjoy dinner with a cultural performance.
- Meals included: breakfast, lunch and dinner.

Day 8

Kathmandu ✈️ **Kuala Lumpur**

第1天

吉隆坡 ✈️ **加德满都**

- 抵达加德满都后, 前往斯瓦扬布纳寺和哈努曼猴神宫。晚餐后, 返回加德满都酒店。
- 膳食包括: 午, 晚

第2天

加德满都 ✈️ **帕罗** (1小时10分钟)

✈️ **廷布** (1小时16分钟)

- 早餐后, 乘搭德鲁克航空或不丹航空, 从加德满都至帕罗。抵达帕罗, 享用午餐。参观**祈楚寺**和**帕罗宗**。前往廷布享用晚餐和夜宿。
- 膳食包括: 早, 午, 晚

第3天

廷布 ✈️ **旺杜波德朗** (1小时15分钟)

- 参观**扎西确宗**、摩提吭迷你动物园、国家动物羚羊研究中心, 国家纪念碑、国家传统艺术大学及大佛观景台。然后再转往旺杜波德朗, 享用晚餐及夜宿。
- 膳食包括: 早, 午, 晚

第4天

旺杜波德朗 ✈️ **普那卡** (54分钟)

✈️ **廷布** (54分钟)

- 参观**普那卡宗**、**奇美拉康寺庙**和**都楚拉隘口**。晚餐后, 返回廷布酒店。
- 膳食包括: 早, 午, 晚

第5天

廷布 ✈️ **哈阿** (3小时) ✈️ **帕罗** (1小时50分钟)

- 早餐后, 从廷布乘车前往哈阿参观**哈宗河谷**及三个突出的小山。然后再转往帕罗享受午餐后, 前往参观**车拉山口**。晚餐后在帕罗酒店过夜。
- 膳食包括: 早, 午, 晚

第6天

帕罗

- 全日参观**杜克耶宗**及**虎穴寺**。(可安排骑小马)
- 晚餐后, 返回帕罗酒店。
- 膳食包括: 早, 午, 晚

第7天

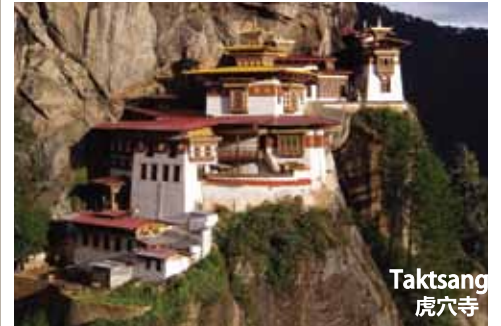
帕罗 ✈️ **加德满都** (1小时10分钟)

- 前往机场飞往加德满都。抵达加德满都, 参观帕坦及**泰米尔市场**购物。享用晚餐同时欣赏文化表演。返回加德满都酒店。
- 膳食包括: 早, 午, 晚

第8天

加德满都 ✈️ **吉隆坡**

- 送往机场, 返回家园。
- 膳食包括: 早



Taksang 虎穴寺



Punakha Dzong 普那卡宗



Durbar Square 哈努曼猴神宫



Haa Valley 哈宗河谷

PAX	Ground Arrangement Only				APT Tax	Tipping
	ADT	CHD/WB	CHD/NB	SGL SUPP	RM	RM