



Tiger's Nest Monastery, Bhutan

# Obstetrics and Gynaecology in Nepal and Bhutan

18 – 29 March 2021





Witness the great Paro Tshechu festival in Bhutan

**Nepal and Bhutan both possess extraordinarily rich cultures and history, as well as some of the most spectacular landscapes in the world. Nepal boasts distinctive ethnic groups and languages, striking architecture and vibrant street life, making it a treat for the senses. Bhutan is one of the last great Buddhist kingdoms; a mountain kingdom which ranks its Gross National Happiness Index more highly than Gross Domestic Product. Throughout the tour there will be several professional visits looking at obstetrics and gynaecology and its development in Nepal and Bhutan.**

**Spring represents the birth of new life in both Nepal and Bhutan, when the valleys are alive with flowers in bloom and festivals abound. The tour coincides with Holi, the festival of colours, in Nepal and the great Paro Tshechu festival in Bhutan.**

The tour starts in Kathmandu, which is an exhilarating sensory overload, crammed with cultural and artistic treasures. On your first morning visit majestic Durbar Square with its stepped temples, pagodas and palaces, the Old Royal Darjeeling Palace and the Temple

of the Kumari Devi, the real-life child goddess who reigns until the onset of puberty. Visit magnificent Bodnath Stupa, one of the largest Tibetan stupas in the world, and the great Buddhist temple of Swayambhunath. You will also visit the Tibetan Monastery and the Eastern Ghats. Enjoy a welcome dinner in the evening.

Next day visit the Department of Obstetrics and Gynaecology at Kathmandu Medical College, while partners visit Bhaktapur City, known as the City of Devotees. After lunch explore the fabulous artistic heritage of Patan, which contains the most visually stunning display of



Mother and baby in Nepal



Rooftops of Kathmandu

Newari architecture in Nepal.

The following day visit a government-run women's hospital while partners spend the morning at leisure. In the afternoon visit the Himalayan Mountain Rescue Association to hear about their work and how they treat medical conditions in extreme environments. Enjoy cocktails and dinner at Mr Prasai's residence later in the day.

The next morning fly to Bhutan. Arrive in historic Paro, set within a wide and verdant valley, and meet your Bhutanese guide. Visit the Paro Dzong, a stunning example of Bhutanese architecture, and the excellent National Museum. Continue to the Buddhist temple of Kyichu Lhakhang, one of Bhutan's oldest and most beautiful temples. In the afternoon experience the spectacular annual Paro Tsechu festival, one of the most sacred Bhutanese celebrations that lasts for several days. Attendees don their finest clothes to watch vividly garbed dancers and rituals believed to cleanse the soul.

The following day head up to the dramatic Taktsang (Tiger's Nest) Monastery, perched on the face of a sheer 1,000-metre high cliff face. The monastery is approached on foot, which takes around two hours with a break at a cafeteria on the way up. In the afternoon visit Paro government hospital and take a tour of its

obstetrics and gynaecology department and meet with staff.

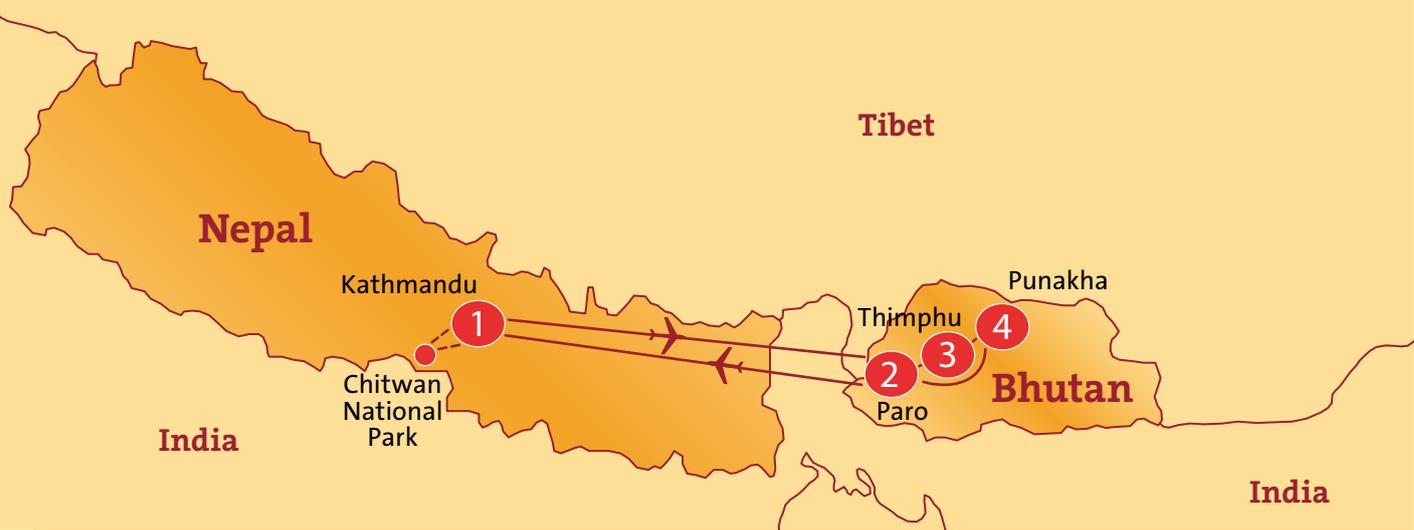
Drive to Thimphu the next day, an unusual capital city with just 100,000 inhabitants. Still deeply traditional, the few cars in the city are directed by white-gloved traffic policeman in ornate booths instead of traffic lights. Take a walking tour of this charming city before visiting the National Memorial Chorten, a lovely example of Buddhist architecture and artwork.

Take a morning excursion to Tango and Cheri monasteries, set in the serenely beautiful Thimphu Valley. In the afternoon visit RENEW Centre, an organisation in Thimphu dedicated to the empowerment of women and children in Bhutan.

Drive to Punakha via the Dochula Pass, which on a clear day offers panoramic views of the snow-capped Bhutanese Himalayas, as well as being the site of 108 chortens built by the Queen Mother in 2003. In Punakha visit a government



Women in Bhutan - Credit: Abhishek Hajela (top);  
Thimphu, Bhutan (above)



hospital that uses traditional Bhutanese medicine. Visit Punakha Dzong, or fortress, which is one of the most magnificent dzongs in Bhutan, with intricately carved wooden window frames and balconies in vivid colours. Continue to Khamsum Yulley Namgyal Chorten – a lovely example of traditional Bhutanese architecture overlooking paddy fields.

Next day explore the verdant Kabisa Valley before continuing to Talo Nunnery, which provides education, health and welfare to the local nuns of the area. Make the scenic drive back to Paro in the afternoon.

Fly back to Kathmandu to take part in the vivid Holi celebrations, where festive throngs hurl coloured powders in celebration of spring, joy and good over evil. Next morning there is the option to take a morning flight for a view of Everest and the Himalayas before departing for the airport.

### Chitwan National Park Extension

Fly to Bharatpur airport and transfer to Chitwan National Park. This World Heritage listed reserve is home to tigers and rhinos and protects over 932 square km of forest, marshland and grassland. It is one of the best wildlife viewing national parks in Asia and there are excellent chances of spotting rhino, deer and monkeys as well as a huge variety of birds.

On arrival check into your lodge (there are two options available) with the rest of the day at leisure. The next day take part in the many activities that the lodge has to offer, including jungle walks, bird watching, ox cart rides, canoeing or visiting a local village. Fly back to Kathmandu the following day.



Rhinos in Chitwan National Park

# Itinerary 18 – 29 March 2021

**B** = Breakfast **L** = Lunch **D** = Dinner

4 nights Kathmandu – 2 nights Paro – 2 nights Thimphu – 1 night Punakha – 1 night Paro  
– 1 night Kathmandu

**18 Mar (Thur) Kathmandu** **D**  
**Pm** Arrive Kathmandu and transfer to the Yak and Yeti Hotel  
**Eve** Dinner at the hotel

**19 Mar (Fri) Kathmandu** **B D**  
**Am** Full day tour of Kathmandu, including Durbar Square and the Royal Palace, and see the temple of the Living Goddess. Onto Bodnath Stupa, Swayambunath and the Tibetan Monastery. Visit the Eastern Ghats  
**Eve** Welcome dinner at Mul Chowk restaurant

**20 Mar (Sat) Kathmandu** **B D**  
**Am** Visit Kathmandu Medical College, Department of Obstetrics and Gynaecology. Partners will visit Bhaktapur, the City of Devotees  
**Pm** Continue to the 'Artists' City' of Patan

**21 Mar (Sun) Kathmandu** **B D**  
**Am** Visit to a government-run women's hospital. Partners at leisure  
**Pm** Visit to the Himalayan Rescue Association to hear about their work treating medical conditions in extreme environments

**22 Mar (Mon) Kathmandu / Paro** **B D**  
**Am** Morning flight to Paro in Bhutan and meet your Bhutanese guide  
**Pm** Visit the Paro Dzong and National Museum and the Buddhist temple of Kyichu Lhakhang  
**Eve** Experience the great festival of Paro Tshechu

**23 Mar (Tue) Paro** **B L D**  
**Am** Visit the Tiger's Nest Monastery by foot\*  
**Pm** Visit Paro government hospital and its obstetrics and gynaecology department

**24 Mar (Wed) Paro / Thimphu** **B L D**  
**Am** Drive to Thimphu, the capital city. Walking tour of the town visiting the local market  
**Pm** Visit the National Memorial Chorten

**25 Mar (Thur) Thimphu** **B L D**  
**Am** Morning excursion to Tango and Cheri Monasteries  
**Pm** Return to Thimphu and visit RENEW Centre, an organisation dedicated to the empowerment of women and children in Bhutan

**26 Mar (Fri) Thimphu / Punakha** **B L D**  
**Am** Drive to Punakha, visiting Dochula Pass on the way. Visit a government hospital that uses traditional Bhutanese medicine  
**Pm** Visit Punakha Dzong and continue to Khamsum Yulley Namgyal Chorten

**27 Mar (Sat) Punakha / Paro** **B L D**  
**Am** Visit Kabisa Valley and continue to Talo Nunnery, which provides education, health and welfare to the local nuns of the area  
**Pm** Drive back to Paro

**28 Mar (Sun) Paro / Kathmandu** **B D**  
**Am** Fly back to Kathmandu  
**Pm** Afternoon at leisure with the option to walk to Thamel to witness Holi, the spring festival of colour  
**Eve** Farewell dinner

**29 Mar (Mon) Kathmandu** **B**  
**Am** Option of morning flight for a view of Everest or at leisure  
**Pm** Depart for airport or take extension to Chitwan

## Extension to Chitwan

29 March – 1 April 2021

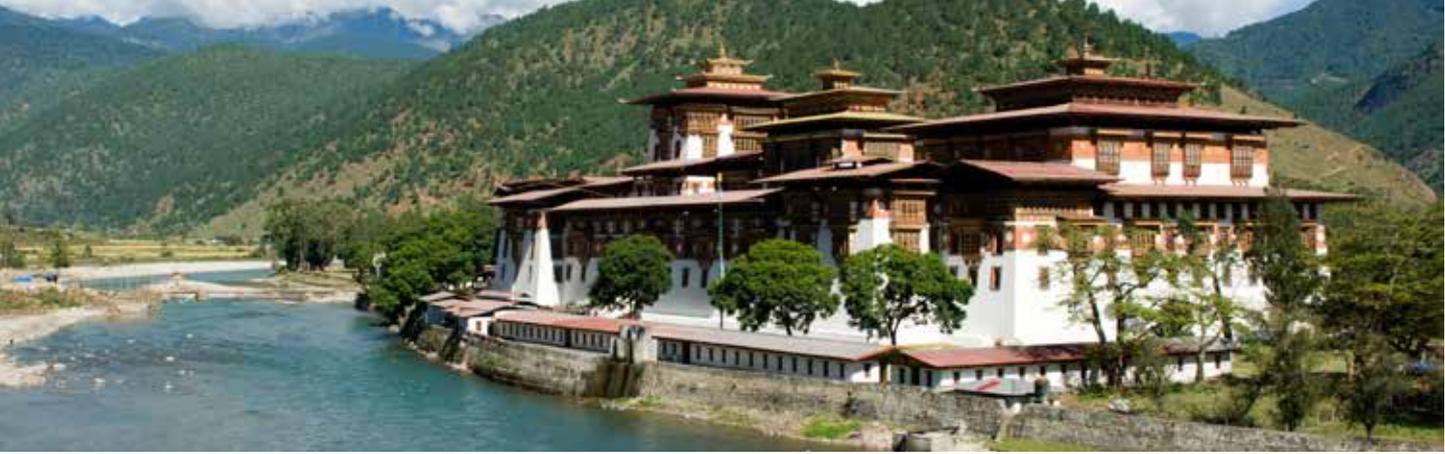
**29 Mar (Mon) Kathmandu / Chitwan** **B D**  
**Am** Option of morning flight for a view of Everest. Fly to Bharatpur airport  
**Pm** Transfer to your lodge (there are two options available) and at leisure

**30 Mar (Tue) Chitwan National Park** **B L D**  
**Am** Activities within the park

**31 Mar (Wed) Chitwan National Park / Kathmandu** **B D**  
**Am** Fly back to Kathmandu  
**Pm** Afternoon at leisure

**1 Apr (Thur) Kathmandu** **B**  
**Am** At leisure before transferring to the airport

\* The visit to the Tiger's Nest Monastery is by foot. It is uphill and takes approximately 2 hours. There is a café half way where those who do not feel up to the rest of the walk can wait. Alternatively, you can hire a horse to take you to the café.



Punakha Dzong, Bhutan

## Hotels

### **Yak and Yeti Hotel (Kathmandu)**

The Yak and Yeti Hotel is situated in the heart of Kathmandu. The original hotel building is a heritage palace and brings history to life with its many wood carvings and decorative style. The hotel has a range of facilities including a pool, gym and vast gardens. The rooms are classic contemporary in style and are air conditioned. The hotel also has two restaurants and a piano bar.



### **Hotels in Bhutan**

The names of the hotels in Bhutan will be confirmed in your joining instructions one month before travel. Due to the way the hotels operate in Bhutan we are not able to confirm them at the time of printing. The hotels will all be medium grade, clean and simply furnished in a traditional style with private facilities. The hotels will all be well located for sightseeing and exploring.



## Extension Hotels

### **Jungle Village Resort (Chitwan National Park)**

Located in the north of the National Park on the bank of the Rapti River, the lodge is surrounded by forest. The air-conditioned rooms are situated in cottages with private balconies. The lodge itself has a restaurant offering a variety of cuisines for lunch and dinner and a bar area to relax in.



### **Kasara Resort (Chitwan National Park)**

Enjoy simple luxury in a natural setting in the heart of Chitwan National Park. The comfortable air-conditioned rooms come with a private water garden courtyard and a sun deck as well as indoor-outdoor bathing. The hotel also has a restaurant, bar and lounge as well as a spa.

Yak and Yeti hotel room, Kathmandu (top); Jungle Village Resort room, Chitwan; The reception at Kasara, Chitwan (above)

## Tour Leader

**Mr. J. Richard Smith MD, FRCOG** is a consultant gynaecological surgeon at the West London Gynaecological Cancer Centre, Hammersmith Hospital and also an adjunct associate professor at the New York University School of Medicine. Graduating from the University of Glasgow, Mr Smith worked in various Scottish hospitals until 1988. He then moved to further his training at St Mary's Hospital in London and took up a consultant post at the Chelsea & Westminster Hospital in 1993. He is also an honorary consultant at the Royal Brompton Hospital. He moved to Hammersmith/Queen Charlotte's Hospital a few years ago where his sub-specialisation of gynaecology is oncology. He is a registered colposcopist and the Chairman of Womb Transplant UK Charity, and leader of this research team. Mr Smith is an Honorary Consultant in Transplantation Surgery at the University of Oxford hospitals. He has a long-running interest in doctor-patient communication and has published widely in both a medical and non-medical capacity. For more information on Mr Smith visit [www.jonbainestours.com/tour-leaders](http://www.jonbainestours.com/tour-leaders)

### Flights

International flights and transfers are not included in the price of the tour, but we can help you organise these. For more information about flight options and prices, please contact either the London or the Melbourne office.

**Tour price USD \$5,470  
per person  
(excluding international  
flights and airport transfers)**

### The cost includes:

- 5 nights' accommodation in Nepal in a 4-star hotel; 6 nights' accommodation in Bhutan in 3- and 4-star hotels in twin share rooms with en suite facilities

### Single supplement: USD \$841

- Tour leader (Richard Smith)
- Comprehensive briefing notes
- Breakfast and dinner in Nepal and full board in Bhutan
- A full programme of cultural sightseeing and professional visits
- All admission fees
- National English-speaking guides in Nepal and Bhutan
- Flights from Kathmandu – Paro return
- All tips
- Visa for Bhutan

### The cost excludes:

- International flights and airport transfers
- Meals not mentioned and drinks with meals
- All optional tours, excursions and visits
- Travel insurance
- Visa for Nepal

**The cost of the extension staying  
at Jungle Villa Resort in Chitwan is  
USD \$1,003 per person**

**Single supplement: USD \$242**

**The cost of the extension staying at  
Kasara Resort in Chitwan is  
USD \$1,166 per person**

**Single supplement: USD \$302**

### The cost includes:

2 nights' accommodation in Chitwan National Park, 1 night accommodation in Kathmandu at the Yak and Yeti Hotel, Return flights Kathmandu to Bharatpur, all transport to and from Chitwan National Park, meals as per the itinerary, a range of daily activities in Chitwan National Park.

### The cost excludes:

Meals not mentioned, drinks, any optional activities or tours, tips.



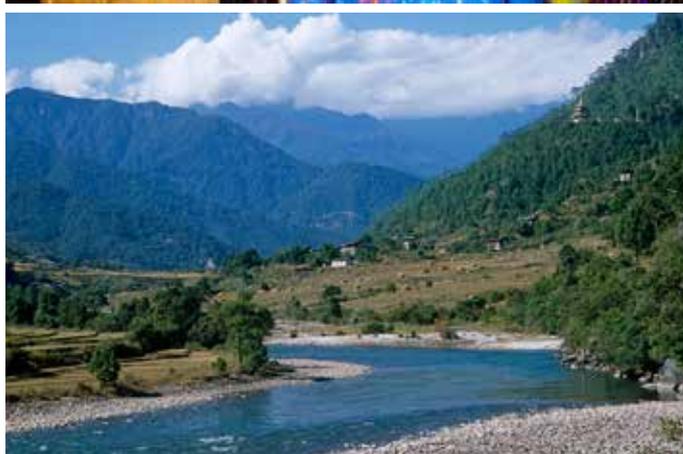
## About Us

To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we also do is make sure that you see the country as it is today, giving you privileged access that independent travel and other tour companies rarely get close to. We give you a variety of experiences, from the sublime to the humble, in the company of intelligent, curious, like-minded people. And while we can be worthy, we also make sure that you have a lot of fun.

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The 'Artists' City' of Patan in Nepal (top); Experience Holi, the spring festival of colour; Punakha Valley, Bhutan; Archery, the national sport in Bhutan (above)



Jon Baines  
tours

