



Tiger's Nest Monastery, Bhutan

Obstetrics and Gynaecology in Nepal and Bhutan

8 – 19 April 2022





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 the great Paro Tshechu festival in Bhutan.

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



The 'Artists' City' of Patan in Nepal



Itinerary 8 – 19 April 2022

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

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

Day 1: Kathmandu (Fri, 8 Apr) **D**

Pm: Arrive Kathmandu and transfer to the Yak and Yeti Hotel, where you will have dinner.

conditions in extreme environments.
Eve: Enjoy cocktails and dinner at Mr Prasai's residence.

Day 2: Kathmandu (Sat, 9 Apr) **B D**

Am: Full day tour of Kathmandu, an exhilarating city crammed with cultural and artistic treasures. 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 Boudnath 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.

Eve: Welcome dinner at Mul Chowk restaurant.

Day 5: Kathmandu / Paro / Thimphu (Tue, 12 Apr) **B D**

Am: Fly to historic Paro in Bhutan and meet your Bhutanese guide.
Pm: Drive to Thimphu, an unusual capital city with just 115,000 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 local markets.

Day 3: Kathmandu (Sun, 10 Apr) **B D**

Am: Visit the Department of Obstetrics and Gynaecology at Kathmandu Medical College, while partners visit Bhaktapur City, known as the City of Devotees.

Pm: Explore the artistic heritage of Patan, which contains the most visually stunning display of Newari architecture in Nepal.

Day 6: Thimphu (Wed, 13 Apr) **B L D**

Am: Excursion to Tango and Cheri monasteries, set in the serenely beautiful Thimphu Valley.

Pm: Return to Thimphu and visit RENEW centre, an organisation dedicated to the empowerment of women and children in Bhutan.

Day 4: Kathmandu (Mon, 11 Apr) **B D**

Am: Visit a government-run women's hospital. Partners at leisure.

Pm: Visit to the Himalayan Rescue Association to hear about their work treating medical

Day 7: Thimphu / Punakha (Thur, 14 Apr) **B L D**

Am: Visit the National Memorial Chorten, an extraordinary example of Buddhist architecture and artwork with its paintings and intricate sculptures.

Pm: Drive to Punakha via the Dochula Pass, with panoramic views of the snow-capped Himalayas. In Punakha visit a government

hospital that uses traditional Bhutanese medicine.

Day 8: Punakha (Fri, 15 Apr) B L D

Am: Visit magnificent Punakha Dzong, with its 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.

Pm: Visit Kabisa Valley and continue to Talo Nunnery, which provides education, health and welfare to the local nuns of the area.

Day 9: Punakha / Paro (Sat, 16 Apr) B L D

Am: Drive to Paro and check into your hotel.

Pm: Experience the spectacular annual Paro Tshechu festival, one of the most sacred Bhutanese celebrations, which lasts for several days. Attendees don their finest clothes to watch vividly garbed dancers and rituals believed to cleanse the soul. Later visit a government hospital in Paro and tour its obstetrics and gynaecology department.

Eve: Enjoy dinner with local obstetricians and gynaecologists.

Day 10: Paro (Sun, 17 Apr) B L D

Am: Visit 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.*

Day 11: Paro / Kathmandu (Mon, 18 Apr) B L D

Am: Fly back to Kathmandu.

Pm: Afternoon at leisure before a farewell dinner in the evening.

Day 12: Kathmandu (Tues, 19 Apr) B

Am: Option of morning flight for a view of Everest and the Himalayas or at leisure.

Pm: Depart for airport or take extension to Chitwan.

Extension to Chitwan

19 – 22 April 2022

Day 12: Kathmandu / Chitwan (Tues, 19 Apr) B D

Am: Option of morning flight for a view of Everest. Fly to Bharatpur airport.

Pm: Transfer to Chitwan National Park, a 932 square km World Heritage listed reserve that is home to tigers and rhinos. 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. Afternoon at leisure.

Day 13: Chitwan National Park (Wed, 20 Apr) B L D

Am: Activities within the park, including jungle walks, bird watching, ox cart rides, canoeing or visiting a local village.

Day 14: Chitwan National Park / Kathmandu (Thur, 21 Apr) B D

Am: Fly back to Kathmandu.

Pm: Afternoon at leisure.

Day 15: Kathmandu (Fri, 22 Apr) B

Am: At leisure before transferring to the airport.

* Those who do not wish to walk can wait in the cafe. Alternatively, you can hire a horse to take you to the café. All itineraries are subject to change according to local conditions.





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

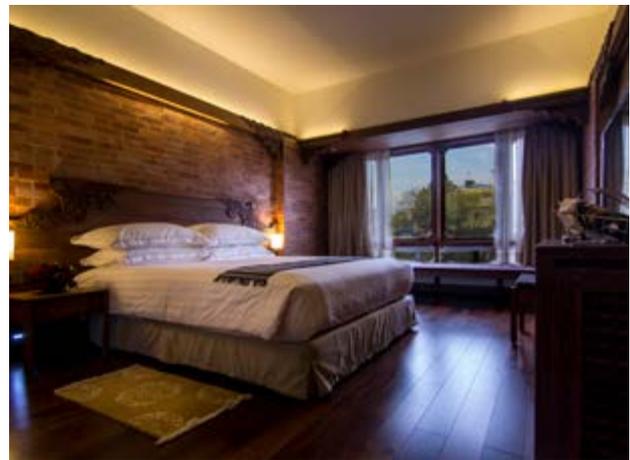
The names of the hotels in Bhutan will be confirmed in your joining instructions one month before travel. Due to the way the hotels operate in Bhutan we are not able to confirm them at the time of printing. The hotels will all be medium grade, clean and simply furnished in a traditional style with private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

Extension hotel, Chitwan

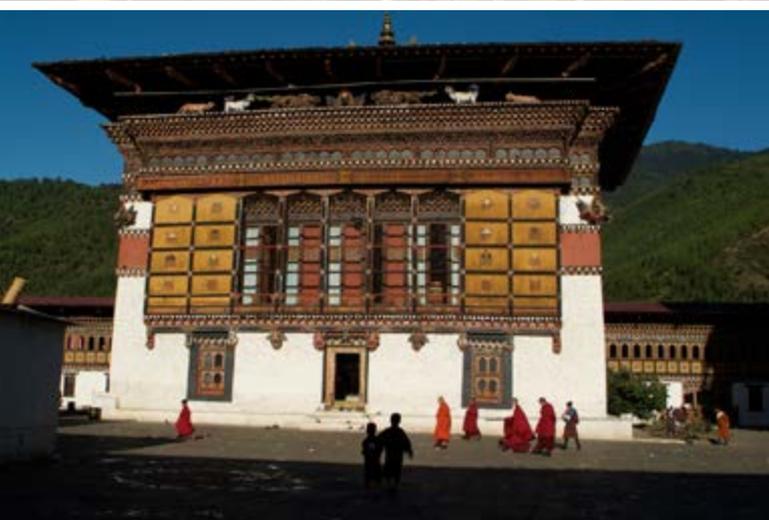
Jungle Village Resort (Chitwan National Park)

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.



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



Boudhanath Stupa, Kathmandu (top); Rooftops of Kathmandu; Thimphu, Bhutan; Punakha Valley, Bhutan (above)

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 \$1,036 per person and 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.

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.

About Us

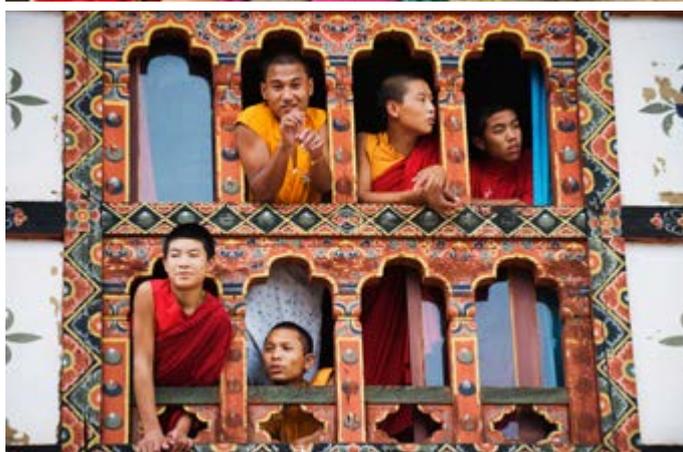
To travel with us is to dig below the surface, revealing the deeper destination. Of course, you will visit the great historical sites; marvel at the wonders of architecture and engineering; be moved by the riches of culture and art; and experience the most spectacular landscapes in the world. What we 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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Jon Baines Tours (London)
Hyde Park House, 5 Manfred Road,
London, SW15 2RS
Tel: +44 (0) 207 223 9485 / 5618
Email: info@jonbainestours.co.uk
www.jonbainestours.co.uk

Jon Baines Tours (Melbourne)
PO Box 68, South Brunswick,
Victoria 3055
Tel: +61 (0) 3 9343 6367
Fax: +61 (0) 3 9012 4228
Email: info@jonbainestours.com.au
www.jonbainestours.com

USA and Canada:
(Toll Free) 1-8777-398-764



Pokhara, Nepal (top); Mother and baby in Nepal;
Bhutanese monks; Archery, the national sport in Bhutan (above)



Jon Baines
tours

