



Tiger's Nest Monastery, Bhutan

# Obstetrics, Gynaecology and Ophthalmology in Nepal and Bhutan

10 – 21 March 2023

Chitwan Extension

21 – 24 March 2023



Jon Baines  
tours



Buddhist monks in Bhutan

**Take a journey deep into Nepal and Bhutan, two destinations with 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.

This carefully designed tour combines professional visits for obstetricians, gynaecologists and ophthalmologists. Some visits are combined, while others are separate. The professional visits give an overview of local medicine and healthcare, as well as providing particular insight into these three areas. You will also learn about the development of these fields in Nepal and Bhutan.

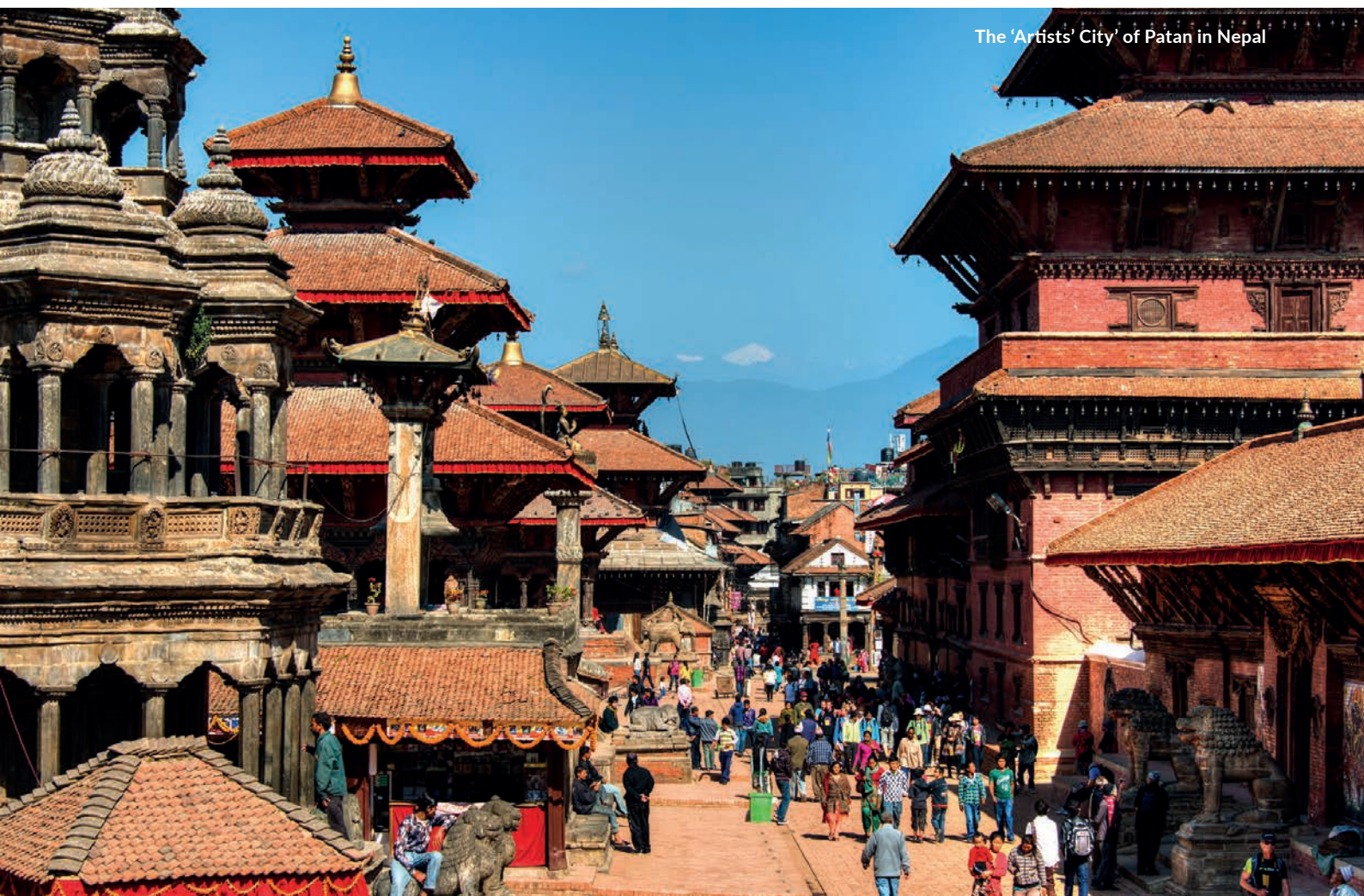
There is a partner programme during the tour as well as a post-tour extension to Chitwan National Park.

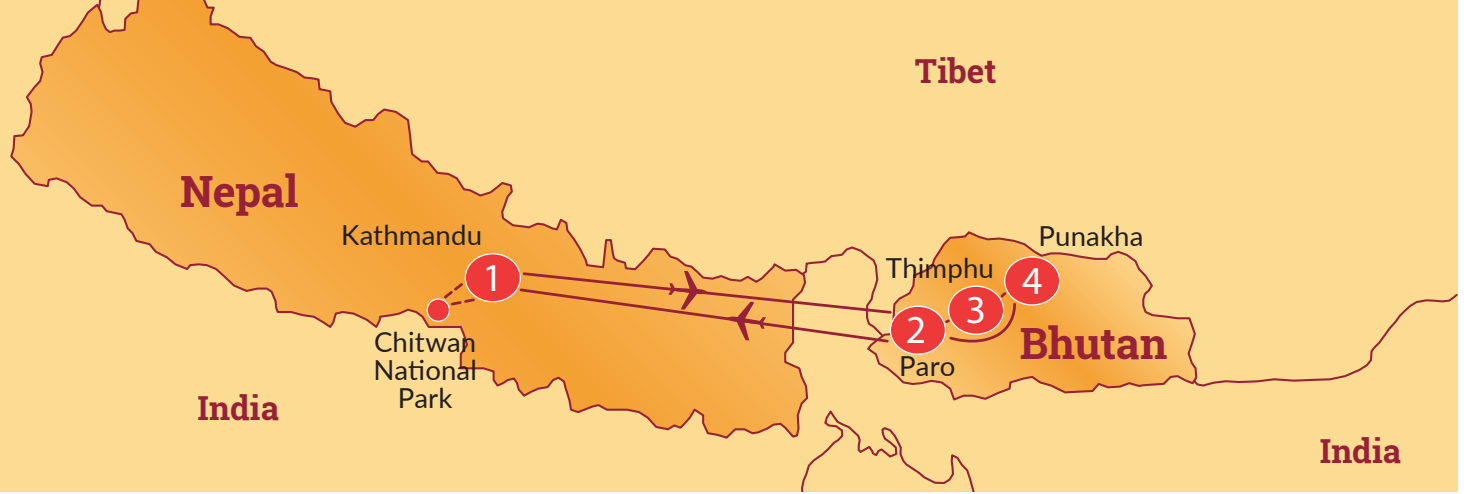
## Tour Leader

**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, Richard 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. Richard 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 Richard Smith visit [www.jonbainestours.com/tour-leaders](http://www.jonbainestours.com/tour-leaders)





## Itinerary 10 – 21 March 2023

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

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

### Day 1: Kathmandu (Fri, 10 Mar) **D**

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

### Day 2: Kathmandu (Sat, 11 Mar) **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 3: Kathmandu (Sun, 12 Mar) **B D**

**Am:** Visit Ek Ek Paila (Community Hospital), an initiative of a group of volunteers in Nepal. It aims to provide free health services to the people in the remote rural areas of Nepal. Meet with Nepali doctors specialising in various fields, including obstetrics and gynaecology and ophthalmology. Partners visit Kirtipur, an attractive ancient Newari hill town of paved streets lined with typical red-brick houses with tiled roofs, as well as temple squares.

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

### Day 4: Kathmandu (Mon, 13 Mar) **B D**

**Am:** Visit the government-run Paropakar Maternity and Women's Hospital and meet with the obstetrics and gynaecology department. **ALTERNATIVE OPHTHALMOLOGY VISIT:** Visit the Tilganga Institute of Ophthalmology, renowned globally as an education and training facility. Partners at leisure.

**Pm:** Visit to the Himalayan Rescue Association to hear about their work treating medical conditions in extreme environments.

### Day 5: Kathmandu (Tue, 14 Mar) **B D**

**Am:** Drive into the mountains to visit Changunarayan Temple, which is dedicated to Lord Vishnu and considered to be the oldest temple in Nepal. Hike to Telkot through forest and terraced fields. Drive from Telkot to Nagarkot and have lunch.

**Pm:** Drive to Bhaktapur, known as the 'City of Devotees' and visit Durbar Square. Drive back to the hotel for dinner.

### Day 6: Kathmandu / Paro / Thimphu (Wed, 15 Mar) **B D**

**Am:** Fly to Paro in Bhutan and meet your Bhutanese guide. Drive to Thimphu, an unusual capital city at 2320 m above sea levels 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.

**Pm:** Visit the General Post Office for your own personalised stamp, before continuing to the National Memorial Chorten, an extraordinary example of Buddhist architecture and artwork with its paintings and intricate sculptures. Take a walking tour of charming Thimpu before visiting the local markets.

### **Day 7: Thimphu (Thur, 16 Mar)** 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. ALTERNATIVE OPHTHALMOLOGY VISIT: Return to Thimphu and visit the Thimphu Eye Hospital, the first of its kind in Bhutan, and meet with ophthalmologists. Later visit a government hospital that uses traditional Bhutanese medicine.

### **Day 8: Thimphu / Punakha (Fri, 17 Mar)** B L D

**Am:** Drive to Punakha via the Dochula Pass, with panoramic views of the snow-capped Himalayas. En route visit Talo Nunnery, which provides education, health and welfare to the local nuns of the area.

**Pm:** Visit magnificent Punakha Dzong, with its intricately carved wooden window frames and balconies in vivid colours.

### **Day 9: Punakha / Paro (Sat, 18 Mar)** B L D

**Am:** After an early breakfast visit Khamsum Yulley Namgyal Chorten, a lovely example of traditional Bhutanese architecture overlooking paddy fields. Drive to Kabisa Valley and trek up to the chorten through beautiful ricefields and villages or return to the hotel for time at leisure.

**Pm:** Drive to Paro and check into your hotel. Visit a government hospital in Paro and tour its obstetrics and gynaecology department (ophthalmologists visit the eye-care unit.)

**Eve:** Enjoy dinner with local doctors.

### **Day 10: Paro (Sun, 19 Mar)** 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, 20 Mar)** B D

**Am:** Fly back to Kathmandu.

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

### **Day 12: Kathmandu (Tue, 21 Mar)** B

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

**Pm:** Depart for airport or take extension to Chitwan.

## **Extension to Chitwan**

**21 – 24 March 2023**

### **Day 12: Kathmandu / Chitwan (Tue, 21 Mar)** B D

**Am:** Option of morning flight for a view of Mount 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, 22 Mar)** 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, 23 Mar)** B D

**Am:** Fly back to Kathmandu.

**Pm:** Afternoon at leisure.

### **Day 15: Kathmandu (Fri, 24 Mar)** 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.**



Rhinos in Chitwan National Park

## 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



Rooftops of Kathmandu

**Tour price USD \$5,118 per person (excluding international flights and airport transfers)**

**The cost of the tour with a room to yourself USD \$5,801**

**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
- 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
- Return flights Kathmandu to Paro
- All tips
- Visa for Bhutan

**Cost excludes:**

- International flights and airport transfers
- All personal extras such as portage, laundry, and drinks
- All optional excursions, tours and visits
- Travel insurance

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

**The cost of the extension with a room to yourself is USD \$1,197**

**The cost includes:**

- 2 nights' accommodation in Chitwan National Park
- 1 night's 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 and drinks not mentioned
- Any optional activities or tours and 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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Pokhara, Nepal (top); Mother and baby in Nepal; Punakha Dzong, Bhutan; Archery, the national sport in Bhutan (above)



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