

NEPAL & BHUTAN 2023



Oct 18-30 OR Oct 25-Nov 6 OR Nov 22-Dec 4
Starting day MUST be a Wednesday in order to hike 2 days before Shabbat when we MUST stop anyway for 24 hours



Whenever you arrive on Tuesday or Wednesday you will be met at the airport and brought to the 5* DWARIKAS hotel

Day 0: Tuesday: Early Arrival Day: if you wish to arrive Tuesday, one day early, relax in Kathmandu (extra night at extra cost, of course)

Day 1: Wednesday: Arrival in Kathmandu [1,300m/4,264 ft]

Depending on arrival time and how you feel, you may sleep/eat or stroll in the streets of Thamel, a tourist hub in Kathmandu for some souvenir shopping.

Dinner and overnight at the unique DWARIKAS www.dwarikas.com

Day 2: Thursday: Kathmandu – Lukla – Phakding / Monju [2,750m/9,000ft]: walking about 7-8 hours total

After breakfast in the hotel, we're OFF!!

From Kathmandu airport we'll fly for just 40 minutes above the breathtaking green and white mountains, to reach the Tenzing-Hillary Airport at Lukla, a gateway destination from where our trek begins. This is one of the most beautiful air routes in the world culminating in a landing on a hillside surrounded by high mountains peaks.



We land... we trek.... After Lukla village we proceed gently to Phakding and then enter a beautiful pine forest. The track leads us along the Dudh Koshi River over many suspension bridges, one of which is the famous Hillary

Suspension Bridge. First, we catch the wonderful prospect of the glistening Mt. Thamserku (6618 m). Through the settlement of Benkar, Chumoa and finally come to Monju.

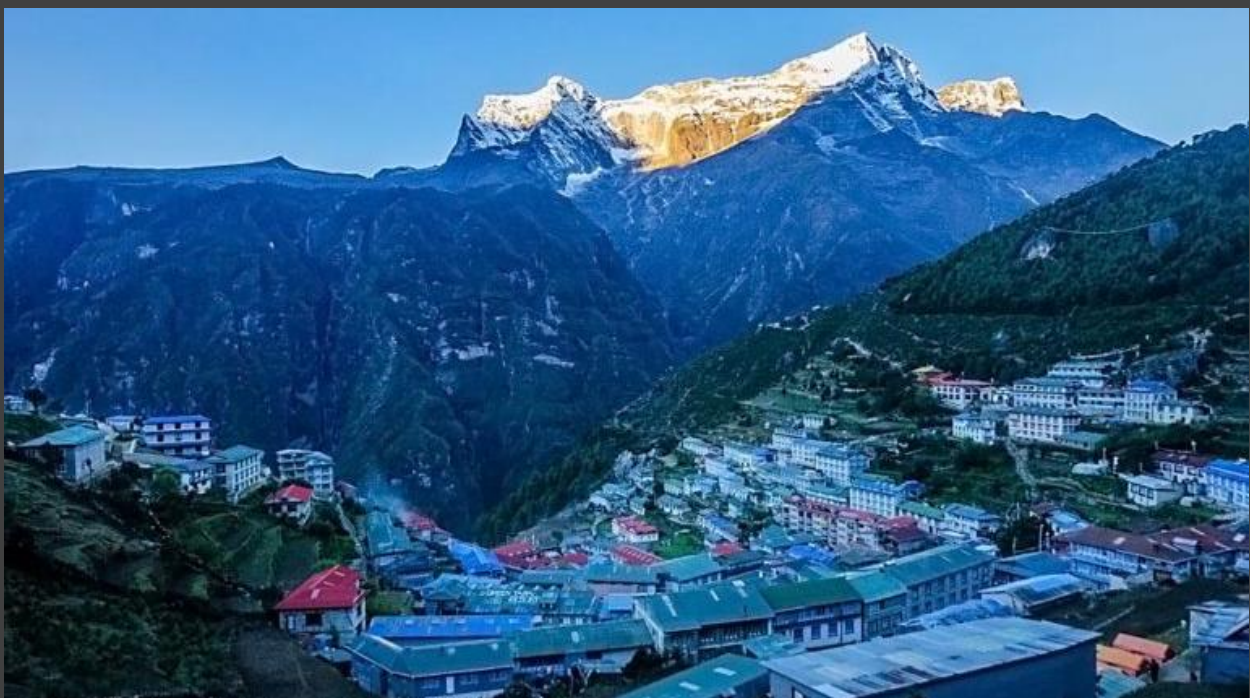
IMPORTANT: If you have become accustomed to the FABULOUS accommodations offered on other Naomi Tours, this is DIFFERENT!!

Yes, also on this trek too you will be staying in the "best" accommodations, eating freshly prepared kosher meat meals with a mashgiach in attendance and yes, it is the highest level that a kosher tour in the region could ever achieve BUT it is NOT Oberoi, Esplanade or the Intercontinental. YOU ARE WARNED!! It's just THE BEST THERE IS!!



Day 3: Friday : Phakding / Monju – Namche Bazaar [3440 m/11,280 ft]: Walking up to 5-6 hrs, more if we walk less Thursday

Leaving Monju, we enter Sagarmatha National Park. The trail climbs through the forests and bridges until we reach the confluence of the Dudh Koshi and Bhote Koshi rivers. After a final steep ascent of about two hours we get our first sight of Mt. Everest peering over the Lhotse-Nuptse ridge and we'll of course stop to admire the view. We still need to hike about 1.5 hours to reach Namche Bazaar, a gateway to Mt. Everest and main trading centre of this region. We stay here 2 nights as we have to get used to the altitude before continuing. Everyone stops here – for us it's obvious to combine the break with Shabbat!!!



Day 4: Shabbat: Namche Bazaar Acclimatization Day



This is the scheduled 'acclimatization' day for this trek. Health experts recommend that we stay active and moving during the rest day too instead of being idle. Look closely at the picture – see what we found – and our guide took a picture to record our Shabbat excitement a monument to the highest and lowest points on the globe – Nepal and.... ISRAEL!!!
Namche Bazaar is the main centre of the Everest region and has a buzzy vibe – ATMs, cafes, shops, restaurants, a bakery and a colorful market each weekend. We can visit a tourist centre and learn about the first Everest ascenders, Sherpa culture and the plant and animal life of the region.

Days 5-6: Sun & Mon morning: Namche Bazaar – Shangboche

For 1.5 days more we will be trekking, at a gentle pace for about 5 hours per day including stops. It sounds like nothing but at this altitude and with the occasional steep inclines it's enough!! The terrain changes – woods, rivers, valleys and bridges and the views will be ever-changing ranging from incredible to..... more incredible. You'll be **ON TOP OF THE WORLD!!**



Day 6: Mon: afternoon – evening. Kalapatthar – Kathmandu – Pokhara
We will heli fly to Kala Patthar, for the most accessible close-up view of Everest. Due to the structure of the Everest Massif, its high summit is blocked by Nuptse from much of the surrounding region. The views of Everest, Nuptse and Changtse are spectacular from Kala Patthar. Kala Patthar is considered the highest altitude most will reach without a climbing permit!!! Our plan (but see above) is to leave Monday late morning by HELICOPTER to Kala Patthar, continue to Katmandu by helicopter and then board directly a flight to Pokhara, arriving for dinner Monday night.

NB: The actual trek made depends on the group’s progress and .acclimatization. Safety is our FIRST priority; we will have oxygen with us and on-call helicopter included in the insurance we will INSIST you take!! Weather –November is THEORETICALLY about as good as it gets – it’s VERY high season for that reason, BUT It’s the weather and no-one is signing ANY guarantees.



Days 7-8: Tues & Weds: Pokhara

Finally you’ll be on a “typical” Naomi Tour – staying in absolute luxury in the Himalaya Pavilions Hotel, whose cooks will be preparing all our meals for the time we are there

There are so many exciting and relaxing things to do in Pokhara. We could for exampletrek (just kidding). On our recent visit we LOVED the microlight, but there are many other fun things to do..... before we fly back to stay one more night in Dwarikas, Kathmandu

Days 9-13: Thursday – Monday: Bhutan

You can't beat Nepal for the trekking and the views but Bhutan has a unique culture that we will explore over the 4 days we are there. For example the Tiger's nest is a gorgeous complex at the end of a (by now) easy 2 hour hike.



Look at how they dress: all day every day everywhere!! Office workers, kids, young people, old people Everyone. And their national sport in which you can all give it a try is.... Archery.





The architecture is GORGEOUS – a DZONG is a town-hall cum monastery.



And look at the airport!! When we were there no-one wanted to walk into the terminal (well the King was next to us so SELFIE!!!) It's one of the most spectacular airports to land. ONLY BHUTAN planes can land and only 12 pilots IN THE WORLD are authorized to fly in.

Apart from that Bhutan is famous for its GROSS DOMESTIC HAPPINESS. Everything is directed to having a healthy happy life.

Kashrut – Rabbi Oren Duvdevani will once again be responsible either directly or via appointed Mashgichim who will be present when any food prep is taking place.

Culinary responsibility – Naomi and the local chefs....

Departure Day: Monday – or you could add a day

There are flights to several destinations to help you on your homeward journey: Delhi, Kathmandu, Singapore to name a few

Price: \$14,950 pp sharing: single room supp: \$4500

Room upgrades available – POA – details later for those requesting

Jewish matters:

**Davening 3 times per day – Sefer Torah - full-time experienced Mashgichim
Chalav Israel available if requested in advance;
approved milk products from the west – glatt meat
no dress code, totally informal**

Tour Cost includes:

- All accommodations in best available accommodations
- 5* hotels in Kathmandu, Pokhara and Bhutan
- Full transportations as tour program indicated by a/c bus
- Full board meals (kosher food, mashgiach tmidi) by local cooks
- All entrance fees
- Airport transfers
- Excellent English speaking guides

Tour Cost excludes:

- All International and domestic flights other than those above
- Visas and airport taxes
- Travel insurance OBLIGATORY
- Personal expenses
- Emergency transfers (insurance will cover)
- Tips (\$450pp)

Please note – the program can change for any reason at any time

Enquiries: info@naomitours.com

Tel +972 (0)52 3860551

Whatsapp works too

From N America (during Israeli 0900 – 2100 only please)

Looking forward to another great adventure:

Naomi and Eric