

!  
x

Sorry! There are no remaining departures for "Bhutan Adventure — Plus" (ADPPE), [but here are some similar trips](#).

!  
x

For the 2022 itinerary of this tour, [click here](#).



## **Bhutan Adventure — Plus**

10 days, Paro to Paro

Trip code ADPPE

### **What's included**

- Your Welcome Moment: Meet Your CEO and Group
- Your Local Living Moment: Farmhouse Stay, Gangtey Gonpa

- Arrival and departure transfers
- Paro orientation tour
- National Museum visit
- Memorial Chorten visit
- Buddha Point visit
- Motithang Takin Preserve visit
- Tashichho Dzong visit
- Black-Necked Crane Centre visit
- Phobjikha Valley hike
- Chime Lhakhang visit
- Punakha Dzong visit
- Hike to Khamsum Yueley Chorten
- Sangchhen Dorji Lhuendrup Nunnery visit
- White Temple visit in the Haa Valley
- Hike to Kila Gompa Nunnery
- Bumdrak trekking with camping (2 days)
- Taktsang Monastery (Tiger's Nest) visit and hike
- Kyichu Lhakhang Temple visit

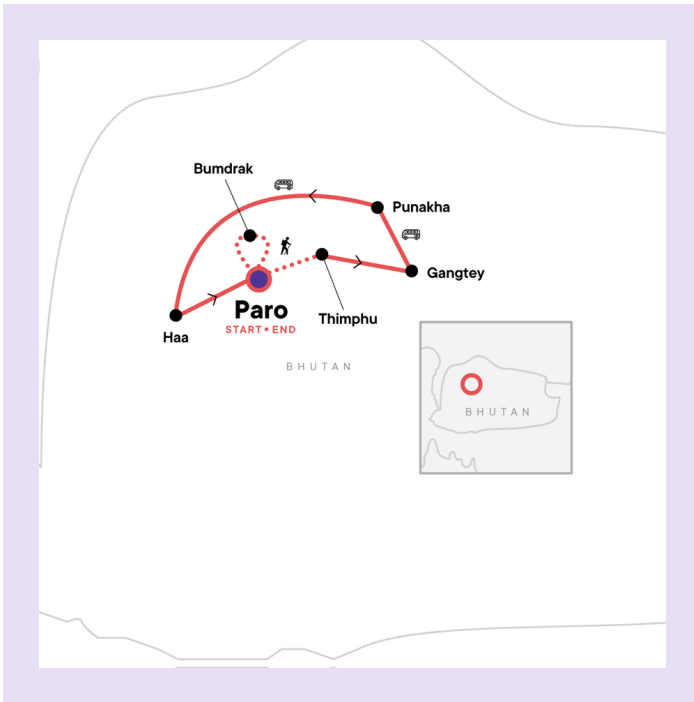
The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

**VALIDITY:** Valid for all trips departing June 11th, 2020 and onwards

# Itinerary

---



**NOTE:** Accommodations vary per departure and are subject to change until tour start date; they are not final and should be used as examples only. Travellers may login to the G Adventures App to view accommodations specific to their departure.

Day 1

## Paro/Thimphu

Arrive at any time, and transfer to Thimphu.

---



### Meals included

Dinner

---



### Today's Activities

Private Vehicle

Paro Airport - Paro

Settle in and scan the scenery from the convenience of a private vehicle.

#### ACTIVITY

Your opportunity to meet your CEO and fellow travellers, and learn more about your tour. Opt to join the group for a local meal afterwards. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Private Vehicle

Paro - Thimphu

1h30m-2h

Settle in and scan the scenery from the convenience of a private vehicle.

Visit the National Memorial Chorten, the Buddha Point, and Motithang Takin Preserve. In the evening, visit Tashichho Dzong.

In the evening, visit the Tashi Chhoedzong, known as the "Fortress of Glorious Religion", initially built in 1702. Today, it houses the main secretariat building, the central monk body, and the office of the king.



## Meals included

Breakfast | Lunch | Dinner



## Today's Activities

Memorial Chorten Visit

Thimphu

The chorten is one of the most prominent religious structures in Thimphu, and for local Bhutanese it is a popular part of their daily prayers. Watch locals walk around the Chorten, spinning the prayer wheels and meditating in this lovely and peaceful spot.

Buddha Point Visit

Thimphu

Buddha Point is home to Thimphu's most recognized landmark, the Buddha Dordenma. Guarding the entry to the Thimphu valley, this 51-meter (167ft) gilded bronze statue is filled with 125,000 miniature statues and sits atop a three-storey base housing a chapel and thousands of donated statuettes. The statue was commissioned to mark His Majesty the Fourth King of Bhutan, Jigme Singye Wangchuck's 60th birthday and was originally made in China before being transported to Thimphu in pieces.

The massive Buddha statue in Thimphu made of bronze and gold. Take lots of pictures - it's beautiful!

Motithang Takin Preserve Visit

Thimphu

Enjoy a visit to the Motithang Takin Preserve, which was once a mini zoo. The area was converted into a preserve for Bhutan's national animal, the takin, which is a cross between a goat and an antelope.

Tashichho Dzong Visit

Thimphu

Enjoy a visit to Tashichho Dzong, a Buddhist monastery and fortress. Its main building is typical of Bhutanese architecture, with whitewashed walls and a golden roof. The original structure was built in 1216 and now houses the civil government.

Day 3

## Thimphu/Gangtey Gonpa

Drive through the Bhutanese countryside passing small villages and panoramic views of the Himalayas en route to Gangtey for a night in a family's farmhouse. Visit the Black-Necked Crane Centre and learn about these birds and their environment.

The road climbs steeply through forests, with hanging lichen up near the Dochula Pass (3,050m/10,007 ft). The pass offers panoramic views of the Himalayan Mountains. Stop for tea and check out the view before continuing on to Gangtey Gumpa.

Opt to wander around the small town to see young monks from the nearby school meandering in the street.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Private Vehicle

Thimphu - Gangtey Gonpa

6h-7h

Settle in and scan the scenery from the convenience of a private vehicle.

Black-Necked Crane Centre Visit

Gangtey Gonpa

Visit the Royal Society for Protection of Nature's (RSPN) Black-Necked Crane Centre. Learn more about these birds and their environment. Please note that birds are in abundance only during the migration season, between October and February.

#### ACTIVITY

Get a true taste of local life and stay overnight in a traditional Bhutanese farmhouse. Please note facilities at the farmhouse are basic, there will be no showers or running water for this night. Simple bedding is provided.

Hike in the Phobjikha Valley and explore the Gangtey Gonpa Monastery. Afterwards, travel to the ancient capital of Punakha and enjoy a short hike in Lobeysa to Chime Lhakhang, built in 1499.

---



### Meals included

Breakfast | Lunch | Dinner

---



### Today's Activities

Private Vehicle

Gangtey Gonpa - Punākha

3h-4h

Settle in and scan the scenery from the convenience of a private vehicle.

Chimi Lhakhang Visit

Punākha

30m-1h

Take a short hike to Chimi Lhakhang, temple of the "Divine Madman." Built in 1499, it is mainly visited today by women as it is known as the temple of fertility.

Phobjikha Valley Hike

Gangtey Gonpa

Enjoy a walk across Phobjikha Valley to the Gangtey Gonpa Monastery. Visit the monastery, built in the 16th century and renovated in 2008. Take in the architecture and be sure to check out the amazing relics inside – they are said to be the most sacred in all of Bhutan.

Visit Punakha Dzong, the winter capital of the Je Khenpo (chief abbot). Later, hike to Khamsum Yueley Chorten and take in the views, followed by a visit to the Sangchhen Dorji Lhuendrup Nunnery.



## Meals included

Breakfast | Lunch | Dinner



## Today's Activities

Punakha Dzong Visit

Punākha

Visit Punakha Dzong, the winter seat of the Je Khenpo and the Monk Body, remarkably located between the rivers of the Mo (female) Chu and Pho (male) Chu. It is the second oldest and second largest dzong (fortress) in Bhutan and one of its most majestic structures, housing many sacred relics. It is also the winter capital of the Je Khenpo (chief abbot). Built by Zhabdrung Ngawang Namgyal in around 1637. Arguably, it is the most beautiful Dzong in the country. The Dzong guards Bhutan's most treasured relic, the Rangjung Kharsapani, an image of Chenresig kept away from the public in the utse (tower). It has survived Tibetan invasions, numerous fires, floods and a glacial lake burst. The Dzong served as the capital and seat of the Bhutanese Government until the early 1950s; and the coronation of the His Majesty the First Druk, Gyalpo Ugyen Wangchuck, took place here.

Sangchhen Dorji Lhuendrup Nunnery

Punākha

Enjoy a drive and visit to the Sangchhen Dorji Lhuendrup Nunnery and Temple complex. Perched on a ridge amid pine trees and overlooking the 3 Valleys of Toebesa, Punakha and Wangdi Phodrang, the complex is a meditation and traditional arts training center for nuns. Enjoy the peace and quiet and learn about the nunnery which was established by the Royal Grandfather.

Hike and Visit Khamsum Yueley Chorten

Punākha

Cross the suspension bridge and then hike to Khamsum Yueley Chorten. Enjoy hike through rice terraces, farms, and deep pine forest until we reach the stupa, which was consecrated in December 1999. Take a moment to breathe and admire the view, it's superb.

Day 6

## Punākha/Haa Dzongkhag

Enjoy Punakha before driving to Haa Valley. Take in more scenic Himalayan ranges and valleys. Visit the White Temple (Lhakhang Karpo) before an evening walk around town.

Wind through deep gorges and blue pine forests before reaching the valley. Here, we'll visit the Lhakhang Karpo (White Temple) and walk around Haa town in the evening.

---



### Meals included

Breakfast | Lunch | Dinner

---



### Today's Activities

Private Vehicle

Punākha - Haa Dzongkhag

6h-7h

Settle in and scan the scenery from the convenience of a private vehicle.

Lhakhang Karpo (White Temple) Visit

Haa Dzongkhag

Explore the beautiful Lhakhang Karpo (White Temple) near Haa town, only recently opened to tourists. It is believed that a black and a white pigeon were released to select where to build the temples in Haa valley. The white pigeon landed in the foothills of the mountain Chenrizi where the White Temple now stands.

Day 7

## Haa Dzongkhag/Paro

Enjoy a short hike up to Kila Gompa, a nunnery perched on a cliff housing over 60 nuns. Continue on to Paro, with free time to wander the streets and pick up some souvenirs.

After visiting the nunnery, follow the trail down through the forest to the road to meet the van. Drive back to Paro with time in the evening to wander the streets and pick up some souvenirs before enjoying a dinner with your group.



### Meals included

Breakfast | Lunch | Dinner



### Today's Activities

Private Vehicle

Haa Dzongkhag - Paro

2h-3h

65km

Settle in and scan the scenery from the convenience of a private vehicle.

Kila Goempa Nunnery Hike

Haa Dzongkhag

2h-3h

Hike through the deep forest of pine trees and rhododendrons to Kila Goempa nunnery (approx 2.5 hrs). It seems to cling to a rocky cliff and houses around 50 nuns. This is a moderate level hike through stunningly beautiful scenery.

Day 8

## Paro/Bumdrak Camp

Trek through fluttering prayer flags, rhododendron trees, and conifer forests to reach Bumdrak camp at 3860m.

---



### Meals included

Breakfast | Lunch | Dinner

---



### Today's Activities

Bumdrak Trek Day 1

Bumdrak Camp

4h-5h

12km

Start with a short drive to the start point of the trek at 2950m. Climb steadily upwards for 2.5hrs to your picturesque lunch spot with stunning views of the Paro valley. Take your time and appreciate your surroundings as you go. The 18 different types of rhododendrons and lush conifer forest will give you plenty to look at. After lunch, continue on a more gradual incline for 1.5hrs to reach your home for the evening, Bumdrak Camp at 3860m.

Trek back down through grassy meadows and trees covered in wispy moss. Later, hike to the stunning Taktsang Monastery (Tiger's Nest) and the Kyichu Temple, one of the oldest in Bhutan.



## Meals included

Breakfast | Lunch | Dinner



## Today's Activities

Taktsang (Tiger's Nest) & Monastery Hike

Paro

5h30m

7km

Hike up to the Taktsang monastery (Tiger's Nest); containing 13 holy relics, it's considered one of the most venerated pilgrim sites of the Himalayan world. It is also where Guru Padmasambhava is said to have landed on the back of a tigress in the 8th century. Take in the stunning views en route and the incredible vista from this monastery, which clings to the rock towering 2,953m above the valley.

The group will hike from 2400m elevation and reach 3100m at the Taktsang Monastery before returning back to 2400m in the same day. The climb should take around 6 hours for a total distance of 7 km.

Kyichu Lhakhang Temple Visit

Paro

Enjoy a visit to one of Bhutan's oldest and most beautiful temples. Built in the 7th century, Kyichu Lhakhang Temple boasts stunning art work inside and throughout the courtyards.

Bumdrak Trek Day 2

Bumdrak Camp

3h30m-4h

After breakfast, start the descent. The majority of the trekking will be downhill on a steep incline, so walking poles are helpful. Trek through spruce, hemlock, cypress, and fir. A fairytale-like meadow ends the trek, complete with wild edible strawberries if the season is right.

Day 10

## Paro

Depart at any time. Airport transfer included.

Your CEO will help arrange your transfer to the airport and all exit formalities before your journey home.

---



### Meals included

Breakfast

---



### Today's Activities

Private Vehicle

Paro - Paro Airport

30m

Settle in and scan the scenery from the convenience of a private vehicle.

## What's included

- Your Welcome Moment: Meet Your CEO and Group
- Your Local Living Moment: Farmhouse Stay, Gangtey Gonpa
- Arrival and departure transfers
- Paro orientation tour
- National Museum visit
- Memorial Chorten visit
- Buddha Point visit
- Motithang Takin Preserve visit
- Tashichho Dzong visit
- Black-Necked Crane Centre visit
- Phobjikha Valley hike
- Chime Lhakhang visit
- Punakha Dzong visit
- Hike to Khamsum Yueley Chorten
- Sangchhen Dorji Lhuendrup Nunnery visit
- White Temple visit in the Haa Valley
- Hike to Kila Gompa Nunnery
- Bumdrak trekking with camping (2 days)
- Taktsang Monastery (Tiger's Nest) visit and hike
- Kyichu Lhakhang Temple visit

## What are the main highlights of this trip?

Travel along mystical mountains, visit various dzongs and Buddhist gompas, trek along scenic nature trails, experience the Dragon Kingdom with cultural interactions at a local farm, take in stunning Himalayan mountain views

## Travel with Confidence Plus Collection

The Travel with Confidence Plus Collection includes all of the new health and safety measures we're now taking on all of our tours, PLUS: Our maximum group size has been reduced to 12 travellers on most tours to ensure even smaller groups, exclusive use of private transportation (except planes), My Own Room option is available for 50% off, and now includes extra space on all our private vehicles, and all rooms on tour will be either single or twin-share and have en-suite bathrooms.

## What are the main highlights of this trip?

Travel along mystical mountains, visit various dzongs and Buddhist gompas, trek along scenic nature trails, experience the Dragon Kingdom with cultural interactions at a local farm, take in stunning Himalayan mountain views

## **Is there a disclaimer I should read before booking this trip?**

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

## **Is there an itinerary Disclaimer?**

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.

# What important notes should I be aware of before the trip?

## 1. CAMERA RULES

Please note there may be times during your visit to Bhutan when the use of video and/or still cameras may be inappropriate. Local people may consider that filming is too intrusive and in these circumstances we will request that you do not film. At all times be aware and sensitive to the impact of photography and seek permission before taking photographs of people and respect their wishes if they refuse.

If you are still using film for a camera, bring plenty of it - film is often hard to find in Bhutan and can be of inferior quality.

## 2. CULTURE

Accommodation in Bhutan can be very simple. Electricity and water can often be sporadic. All meals are included and almost always buffet-style with plenty of western options.

Bhutan, a Buddhist country, believes in ahimsa so the barking of dogs (and there are a lot of them) at night can be annoying. It's advisable to bring earplugs. If you are able to travel with a lot of patience and a good sense of humour, then we know that you - like all of us - will be captivated by what Bhutan has to offer.

## 3. CLOTHES

The prime requirement for clothes you bring on Bhutan trip is that they are comfortable and appropriate to the weather conditions that you are likely to meet. For protection against cold, particularly at night, a number of relatively thin layers is better than a few thick ones. Thermal underclothes, being small and light, can be very useful. Bhutan is very conservative and you should dress accordingly. As a general guideline, shoulders and legs should be covered at all times. The wearing of shorts is not allowed (except while hiking) as it will restrict your entry into buildings of a religious nature and family homes. A water and windproof jacket is useful and a hat and sunscreen essential. Due to the altitude, it can be cold in the mountains even in the summer.

## 4. FLIGHT

Your flights into Paro, Bhutan, must be booked by you online. Please visit the following airline websites to do so:

Druk Air

<http://www.drukair.com.bt/>

Bhutan Airlines

<http://www.bhutanairlines.bt/>

Flights can be booked from: Bangkok, Kathmandu, Delhi or Kolkata (please check Visa requirements if flying via India).

Once your flight is booked, contact your G Adventures agent, who will be happy to assist in booking your International connections.

## 5. EXTRA NIGHTS

If you are planning to extend your stay in Bhutan, pre or post-tour accommodation MUST be booked through G Adventures in order for us to issue a valid visa for the duration of your stay. These extra nights will include a guide and meals in addition to the accommodation.

## What is the group leader like?

All G Adventures group trips are accompanied by one of our Chief Experience Officers (CEO). The aim of the CEO is to take the hassle out of your travels and to help you have the best trip possible. They will provide information on the places you are travelling through, offer suggestions for things to do and see, recommend great local eating venues and introduce you to our local friends. While not being guides in the traditional sense you can expect them to have a broad general knowledge of the countries visited on the trip, including historical, cultural, religious and social aspects. We also use local guides where we think more specific knowledge will add to the enjoyment of the places we are visiting- we think it's the best of both worlds.

## How large will the group be?

Max 12, avg 10

## What meals are included in this trip?

9 breakfasts, 8 lunches, 9 dinners

## What are the meals like on this trip?

Most meals in Bhutan are included in the cost of the trip - some are in the accommodation where it is the best quality/availability option. Most meals are served with a selection of traditional Bhutanese food, some western-style (often pasta) as well as some Chinese. Fresh local vegetables are in abundance and while Bhutan is almost mostly vegetarian, there usually is one meat dish available (on some occasions, there can be shortages, as all meat is imported from India).

## What are the modes of transportation on my trip?

Private vehicle, walking.

## What transportation will we take on this trip?

Traveling by road in Bhutan is certainly not what people are used to in Western countries. The roads in the mountains might not be the best but our drivers always keep the safety of the passengers first. Most roads consist of a series of switchbacks going up and back down mountain passes and can be quite bumpy. If you do suffer from motion sickness, we recommend you bring medication for the drives. We use private transport for the duration of this tour. We use private transport for the duration of this tour.

## Is there an extra cost for travelling solo?

We believe single travellers should not have to pay more to travel so our group trips are designed for shared accommodation and do not involve a single supplement. Single travellers joining group trips are paired in twin or multi-share accommodation with someone of the same sex for the duration of the trip. Some of our Independent trips are designed differently and single travellers on these itineraries must pay the single trip price.

## **Where will we stay during the trip?**

Hotels/guesthouses (7 nts), camping (1 nt), farmhouse stay (1 nt).

## **Will I get my own room?**

My Own Room - Now 50% Off

If you're travelling solo and would prefer to have your own private room throughout the trip, select this option during the online booking process. For tours in the Travel with Confidence Plus Collection, it's now 50% off and includes free space next to you on our private vehicles.

## **What kind of accommodation can I expect on this trip?**

A variety of styles of hotels/guest houses are used in Bhutan. These can vary in terms of service and efficiency. In many instances they might not be like what you are used to back home. Most of the accommodation is traditional in architecture, style and its services to the guest.

## **What is the joining hotel?**

For details of your joining hotel please refer to your tour voucher, G Account, the G Adventures App or contact your travel agent.

## **What happens if I experience problems when arriving?**

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your group trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your CEO. If this is unsuccessful, please refer to our Emergency Contact. If your included airport transfer has not arrived within 30 minutes of clearing customs and immigration, please make contact with our representative. We then recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please contact your travel agent on your return for a refund of the transfer cost if this occurs.

# Who should I contact in case of an emergency?

Should you need to contact us during a situation of dire need, it is best to first call either the G Adventures Local Representative (if one is listed below) or our G Adventures Local Office. If for any reason you do not receive an immediate answer, please leave a detailed message and contact information, so they may return your call and assist you as soon as possible.

## AIRPORT TRANSFER

If you have purchased an arrival through G Adventures or if an arrival transfer is included in the cost of your tour, please note that:

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change within 48 hours of your scheduled arrival time, we will do our best to rearrange your arrival transfer however we cannot guarantee this. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

## EMERGENCY CONTACT NUMBERS

G Adventures Local Representative (Bhutan):

Ms Wangchuk Dem

Phone: +975 17 74 74 28

Secondary

Mr Rajju Maskey

Phone: +977 9802014444

G Adventures Local Office (Delhi)

G Adventures South Asia Manager, Rishab (Delhi, India)

>From outside of India: +91 88 5180 6614

>From within Delhi: 88 5180 6614

>From within India, but outside Delhi: 088 5180 6614

G Adventures Office Bangkok, Thailand

During Office hours (Weekdays, 9am-5pm Local Time): +66-02-3815574

If you are unable for any reason to contact our local office, please call the numbers listed below which will connect you directly with our Sales team who will happily assist you. Hours of operation by region can be found [here](#).

Toll-free, North America only: 1 888 800 4100

Calls from UK: 0344 272 0000

Calls from Germany: 0800 365 1000

Calls from Australia: 1 300 796 618

Calls from New Zealand: 0800 333 307

Outside North America, Australia, New Zealand, Germany and the UK: +1 416 260 0999

## What should I take on my trip?

What you need to bring depends on the trip you have chosen and the countries or regions you are planning to visit. We suggest that you pack as lightly as possible as you are expected to carry your own luggage. As a rule we try not to have to walk more than 15-20 minutes with your bags which is why we recommend keeping the weight of your bags between 10-15kg/22-30lb. Suitcases are not recommended for G Adventures trips! Most travellers carry a backpack or rolling bag of small to medium size (no XXL ones please!) as they need to fit under the beds when travelling on sleeper trains. You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones.

# What should be on my packing list?

## Cold Weather:

- Long-sleeved shirts or sweater
- Scarf
- Warm gloves
- Warm hat
- Warm layers
- Warm waterproof jacket

## Conservative Dress:

- Modest clothing that covers knees and shoulders (Long pants, long skirts, shirts that cover shoulders)
- Shawl or scarf (for temple visits)

## Documents:

- Flight info (required) (Printouts of e-tickets may be required at the border)
- Insurance info (required) (With photocopies)
- Passport (required) (With photocopies)
- Vouchers and pre-departure information (required)
- Visas or vaccination certificates (With photocopies)

**Essentials:**

- Toiletries (required) (Shampoo, bodywash, soap, etc.)
- Binoculars (optional)
- Camera (With extra memory cards and batteries)
- Cash, credit and debit cards
- Day pack (Used for daily excursions or short overnights)
- Ear plugs
- First-aid kit (should contain lip balm with sunscreen, sunscreen, whistle, Aspirin, Ibuprofen, bandaids/plasters, tape, anti-histamines, antibacterial gel/wipes, antiseptic cream, Imodium or similar tablets for mild cases of diarrhea, rehydration powder, water purification tablets or drops, insect repellent, sewing kit, extra prescription drugs you may be taking)
- Flashlight/torch (Headlamps are ideal)
- Fleece top/sweater
- Footwear
- Hat
- Headphones (Noise-cancelling recommended)
- Locks for bags
- Long pants/jeans
- Moneybelt
- Outlet adapter
- Personal entertainment (Reading and writing materials, cards, music player, etc.)
- Reusable water bottle
- Shirts/t-shirts
- Sleepwear
- Small travel towel
- Sunglasses
- Swimwear
- Watch and alarm clock
- Waterproof backpack cover
- Windproof rain jacket

**Health & Safety:**

- Face masks (Clients will be only be required to wear a face mask where it is mandated by local regulations.)
- Hand sanitizer
- Pen (Please bring your own pen for filling out documents.)

### **Hiking/Trekking:**

- Gloves
- Hat
- Hiking boots/sturdy walking shoes
- Hiking pants (Convertible/Zip-off and quick dry recommended)
- Snacks (Protein bars, chocolate, dried fruits, candies, energy sweets)
- Socks (Trekking socks – woollen or synthetic, not cotton)
- Thermal base layer (Woollen or synthetic, not cotton)
- Walking poles (Highly recommended)

### **Warm Weather:**

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear Note: During the colder months (Oct-Apr) the mountains can be very cold, so please make sure you pack warm clothes.

## **When can I do my laundry on this trip?**

Laundry facilities are offered by some of our hotels for a charge. There will be times when you may want to or have to do your own laundry so we suggest you bring non-polluting/biodegradable soap.

## What the visas and entry requirements for my trip?

All countries require a valid passport (with a minimum 6 months validity). Contact your local embassy or consulate for the most up-to-date visa requirements, or see your travel agent. It is your own responsibility to have the correct travel documentation. Visa requirements for your trip will vary depending on where you are from and where you are going. We keep the following information up to date as far as possible, but rules do change and sometimes without warning. While we provide the following information in good faith, it is vital that you check the information yourself and understand that you are fully responsible for your own visa requirements.

Visa information specific to your destination and nationality can be found in our Important Pre-Departure Information page [here](#)

For Bhutan, G Adventures will arrange the visa for you. The cost of the visa is included in the tour price. The Bhutanese visa is issued to your passport on arrival. No passport photos are currently required for this, but it's always good to travel with a couple current photos.

In order to arrange the Bhutan visa, you must provide G Adventures with the following:

- Arrival and Departure flight details for Paro
- Scanned colour passport copy, which must meet the following requirements: the image must be extremely clear with no obstructions covering any part of the passport; it must have all details (including background letters) on the passport page in readable print; and there must be absolutely no reflections (due to flash photography) on the image itself.

These details need to be submitted to us 35-40 days before departure.

We will then arrange the Bhutanese visa for you. The visa letter will be forwarded to you 2-5 business days before departure. We cannot get the visa letter issued any sooner, as it is issued by the Bhutanese government. Please print out the visa letter, you will be required to show this before boarding your flight to Paro.

Important: If you are planning to extend your stay in Bhutan, pre- and post-tour accommodation MUST be booked through G Adventures in order for us to issue a valid visa for the duration of your stay.

If arriving and departing Paro from India, please note that the Indian government has recently made some changes to visa regulation due to misuse of the Tourist visa. We encourage all passengers to contact the Indian consulate or embassy in their home country to get up to date information on entry requirements. This is especially important for those planning on entering India multiple times in a two month period.

Foreigners holding an Indian Tourist visa, who after initial entry into India plan to visit neighbouring Nepal, Bhutan or Sri Lanka and then re-enter into India within 2 months need to get special authorization.

## How much spending money do I need for my trip?

Every traveller is different and therefore spending money requirements will vary. Some travellers may drink more than others while other travellers like to purchase more souvenirs than most. Please consider your own spending habits when it comes to allowing for drinks, shopping and tipping. Please also remember the following specific recommendations when planning your trip.

## What should I know about currency, credit cards, and exchanging money while on this tour?

Bhutan is essentially a cash-based economy, so you will need ngultrum (local currency) for any expenses (drinks, souvenirs, optional activities, etc.). You should not rely on using your ATM card or credit cards in Bhutan. Bring additional cash (USD is best) and exchange that at the airport so you have local currency from the beginning, as it is not always possible to find an ATM or exchange. The local currency is valueless outside of Bhutan so make sure that you change back all excess Bhutanese currency before you leave.

## How much emergency money should I bring on this trip?

Please also make sure you have access to at least an additional USD \$200 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Should I be tipping on my trip?

It is customary in Asia to tip service providers such as waiters, at approximately 10%, depending on the service. Tipping is expected - though not compulsory - and shows an expression of satisfaction with the people who have assisted you on your tour. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels. There are several times during the trip where there is opportunity to tip the local guides or drivers we use. You may do this individually, or your CEO will offer to collect the money and tip as a group.

Recommendations for tipping drivers and local guides would range from USD1-2 per person per day depending on the quality and length of the service; ask your CEO for specific recommendations based on the circumstances and culture. Also at the end of each trip if you felt your G Adventures CEO did an outstanding job, tipping is appreciated. The amount is entirely a personal preference; however as a guideline USD20-30 per person, per week can be used.

## What activities are optional on this trip?

- No optional activities

## Are there any health considerations I should know before travelling?

Please note inoculations may be required for the country visited. It is your responsibility to consult with your travel doctor for up to date medical travel information well before departure.

You should consult your doctor for up-to-date medical travel information well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as any personal medical requirements. Please be aware that sometimes we are in remote areas and away from medical facilities, and for legal reasons our leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. In Asia pharmacies tend to stock the same western drugs as you get at home but they are usually produced locally so please bring the full drug name with you when trying to purchase a prescription drug. When selecting your trip please carefully read the brochure and itinerary and assess your ability to cope with our style of travel. Please refer to the Physical and Culture Shock ratings for trip specific information. G Adventures reserves the right to exclude any traveller from all or part of a trip without refund if in the reasonable opinion of our CEO they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

**\*\*HIGH ALTITUDE-** This is medically defined as anything over 8,000 feet (2,440 meters). Most people can travel to 8,000 feet with minimal effects. However, everyone reacts to altitude differently and altitude sickness can on set with some people irrespective of fitness and age. For details on how to best prepare and what to do in the unlikely event you are effected on your adventure, please consult your physician.

## What do I need to know to about safety and security on my trip?

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your CEO has the authority to amend or cancel any part of the trip itinerary if it is deemed necessary due to safety concerns. Your CEO will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy or explore at your leisure. While your CEO will assist you with options available in a given location please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgment when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions.

Protests and Demonstrations- Protests and demonstrations, even those that are well intended, have the potential to turn violent with no warning. Counter protests can also turn violent. Action by security forces to disperse demonstrators and protesters may occur at any time. If you are in an area where demonstrators or protesters are gathering, avoid the temptation of staying for a good photo opportunity and leave the area immediately.

Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards) have a balanced approach to safety. It is our policy not to allow our CEOs to make arrangements on your behalf for water based activities that are not accompanied by guide(s).

Swimming, including snorkeling, is always at your own risk.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

[www.gadventures.com/travel-resources/safety/](http://www.gadventures.com/travel-resources/safety/)

## What rules should I know before joining this trip?

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter, and in particular the local people who make the world the special place it is. The exploitation of prostitutes is completely contrary to this philosophy. Our CEOs have the right to expel any member of the group if drugs are found in their possession or if they use prostitutes.

## Is travel insurance required for my trip?

Travel Insurance: Travel insurance is compulsory in order to participate on any of our trips. When travelling on a group trip, you will not be permitted to join the group until evidence of travel insurance has been sighted by your CEO, who will take note of your insurance details. When selecting a travel insurance policy please bear in mind that all clients must have medical coverage and that we require a minimum coverage of USD 200,000 for repatriation and emergency rescue. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. If you have credit card insurance we require proof of purchase of the trip (a receipt of credit card statement) with a credit card in your name. Contact your bank for details of their participating insurer, the level of coverage and emergency contact telephone number.

## What is Planeterra?

Planeterra International Foundation is a non-profit organization committed to turning travel into impact by helping local communities earn an income from tourism. Planeterra connects underserved local communities to the benefits of tourism by developing and supporting small community-owned businesses. These businesses support Indigenous people, empower women, grant youth access to employment opportunities, and protect the environment. Planeterra also works to ensure these businesses have a thriving customer base by integrating their projects into G Adventures' itineraries globally.

G Adventures is Planeterra's largest corporate donor, covering all operating costs, so 100% of your donation will bring opportunity to people in need.

G Adventures Dollar-a-day Program - Make Every Day Count - Turn your travel into impact with [Planeterra Foundation](#).

Did you know? Most communities around the world do not benefit from tourism. Give back to the places you visit on your travels by creating opportunities for local people to earn an income, and protect the environment.

Make every day count by donating \$1/day for the length of your trip, and join us in empowering the communities you will visit when you travel. 100% of your donation goes directly to Planeterra projects.

## How can I share feedback about my trip experience?

After your travels, we want to hear from you! Your feedback information is so important to us that we'll give you 5% off the price of your next G Adventures trip if your feedback is completed on-line within 30 days of finishing your trip. Your tour evaluation will be e-mailed to you 24 hours after the conclusion of your trip. If you do not receive the tour evaluation link in the days after your tour has finished, please drop us a line at [customersolutions@gadventures.com](mailto:customersolutions@gadventures.com) and we will send it on to you.

## Does G Adventures have an email newsletter I can subscribe to?

Our adventure travel e-newsletter is full of travel news, trip information, interesting stories and contests. To avoid missing out on special offers and updates from G Adventures, subscribe at [www.gadventures.com/newsletters/](http://www.gadventures.com/newsletters/)

Stay current on how our company invests in our global community through our foundation – Planeterra. Sign up for [Planeterra's monthly news](#) to learn more about how to give back and support the people and places we love to visit.

## How old must I be to join this trip?

You must be 18 to travel unaccompanied on a G Adventures tour. For minors travelling with a guardian over 21 years old, the minimum age is 12.

## Are international flights included in this trip?

No, international flights are generally not included in the price of your tour.

However, on some combo tours travelling between two different countries, international flights are included as part of the itinerary and price of the tour. Please speak to your GCO or booking agent for further details.

In addition, check-in times and baggage allowances/restrictions vary by airline and can change at any time. For the most up-to-date information for your flight, please contact your airline. We recommend checking in online in advance to avoid potential delays at the airport.

## What should LGBTQ+ travellers know about safety and travel considerations on this trip?

The safety and well-being of all of our travelers is a priority at G Adventures and that includes our travelers who identify as part of the LGBTQ+ community. We recognize that there are specific concerns and questions you may have about your adventure in terms of safety and security. We encourage you to visit our [LGBTQ+ page](#) for useful resources to ensure you feel safe and comfortable throughout the duration of your trip. The Equaldex tool linked on this page can be of particular help when deciding where you may want to visit next.

## Dossier Disclaimer

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

**VERY IMPORTANT:** Please ensure that you print a final copy of your Trip Details to review a couple of days prior to travel, in case there have been changes that affect your plans.

## Itinerary Disclaimer

While it is our intention to adhere to the route described below, there is a certain amount of flexibility built into the itinerary and on occasion it may be necessary, or desirable to make alterations. The itinerary is brief, as we never know exactly where our journey will take us. Due to our style of travel and the regions we visit, travel can be unpredictable. The Trip Details document is a general guide to the tour and region and any mention of specific destinations or wildlife is by no means a guarantee that they will be visited or encountered. Aboard expedition trips visits to research stations depend on final permission.

Additionally, any travel times listed are approximations only and subject to vary due to local circumstances.