



## **Bhutan: The Haa Valley, Himalayan Passes & Tiger's Nest**

7 days, Paro to Paro

Trip code ADPB

## What's included

- Your Foodie Moment: Hoenty Dumpling Cooking Experience, Haa Dzongkhag
- Your OMG Day: Your OMG Day: Juney Drak Hike & Cultural Immersion or Haa Panorama Hiking, Haa Dzongkhag
- Complimentary Arrival and Departure Transfers
- Visit Buddha Statue
- Experience Centenary Farmers Market
- Explore Thimphu Town
- Dinner at Folk Heritage Museum Restaurant
- Sightseeing at Dochula Pass (108 Chortens)
- Chimi Lhakhang Hike
- Visit Chimi Lhakhang Temple
- Walk on Punakha Suspension Bridge
- Visit Punakha Dzong
- Visit National Memorial Chorten
- Visit Folk Heritage Museum
- Visit National Institute for Zorig Chusum
- Visit Royal Textile Academy
- Hoenty Cooking Experience
- Juney Drak Hike and Cultural Immersion Activities (OMG Day: Option 1)
- Haa Panorama Hike (OMG Day: Option 2)
- Archery Demonstration
- Drive to Chele La Pass
- Hike to Kila Nunnery
- Visit Tara Monastery
- Traditional Hot Stone Bath
- Tiger's Nest (Taktsang) Hike
- Farewell Dinner with Cultural Dance
- Tips for all included meals and activities, except for CEO and portage
- All transport between destinations and to/from included activities

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 March 27th, 2026 and onwards

## Itinerary

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**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

## Arrival in Thimphu via Paro

Arrive at Paro International Airport, where you will be met by a G Adventures representative. and transfer along the scenic National Highway to Thimphu, Bhutan's serene capital. After checking in, enjoy a relaxing lunch at the hotel before your welcome meeting.

In the afternoon, visit the majestic Buddha Dordenma Statue, a 169-foot monument perched in the mountains. A gentle climb of 228 steps rewards you with sweeping views of Thimphu valley and a closer look at the intricate golden statue commemorating Bhutan's Fourth King.

Later, wander through the bustling Centenary Farmers Market, filled with fresh produce, vibrant spices, and handcrafted souvenirs, offering an authentic taste of Bhutanese daily life. Conclude your day with a welcome dinner, savoring traditional Bhutanese flavors in a cultural setting.

Please book any arriving flights to land by 1pm.



### Meals included

Lunch | Dinner



### Accommodation

Namgay Heritage Hotel (or similar)

Hotel



### Today's Activities

Private Vehicle

Paro - Thimphu

1h30m-2h

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

Welcome Moment - Meet Your CEO and Group

Thimphu

After lunch at the hotel, you will have the opportunity to meet your CEO and fellow travellers, and learn more about your tour. 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.

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!

Orientation walk to Centenary Farmers Market

Thimphu

Experience the Centenary Farmers Market, Bhutan's lively local marketplace where farmers and artisans gather to showcase fresh seasonal produce, traditional ingredients, and handcrafted goods.

Day 2

## Thimphu to Punakha

Begin the day with a drive to the scenic Dochula Pass at 3,200 meters, where 108 Chortens (stupas) and colorful prayer flags frame stunning views of Bhutan's Himalayan peaks, including Gangkar Puensum, the country's highest mountain. Descend to Chimi Lhakhang, a temple surrounded by lush rice fields. Walk through the village of Sopsokha, noted for its unique phallus-painted houses, and experience local rituals and blessings at the temple. Continue to Punakha town to cross the Punakha Suspension Bridge and enjoy lunch before visiting the striking Punakha Dzong, renowned for its historic and architectural significance. Return to Thimphu in the evening with free time to explore before dinner at your hotel.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Namgay Heritage Hotel (or similar)

Hotel



### Today's Activities

Private Vehicle

Thimphu - Punākha

1h30m-2h

65km

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.

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.

Private Vehicle

Punākha - Thimphu

1h30m-2h

65km

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

Day 3

## Thimphu to Haa Valley

Explore Thimphu's cultural highlights, beginning with the serene National Memorial Chorten, followed by a visit to the Folk Heritage Museum, where traditional Bhutanese life is brought vividly to life. Continue to the National Institute for Zorig Chusum, showcasing Bhutan's unique arts and crafts, and stop at the Royal Textile Academy to admire intricate weaving traditions. In the afternoon, drive to the picturesque Haa Valley, a serene mountain valley rich in natural beauty. Enjoy a leisurely walk through the valley, taking in the landscapes and local village life. Conclude the day with a hands-on cooking experience, preparing traditional Bhutanese Hoenty dumplings.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Haa Heritage Hotel (or similar)

Hotel



### 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.

Folk Heritage Museum

Thimphu

Explore the Folk Heritage Museum, which preserves the traditional art of weaving through exhibition and has a good collection of old textiles which are rich in colour and design.

Private Vehicle

Thimphu - Haa Dzongkhag

3h-3h30m

110km

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

ACTIVITY

Join a hands-on cooking experience where you'll learn to prepare hoenty—traditional bucket dumplings—guided by local expertise. Discover the flavors and techniques behind this unique dish before enjoying your freshly made creation.

Today is your OMG Day, offering you the chance to choose between two unforgettable adventures in the stunning Haa Valley.

#### Option 1: Juney Drak Hike & Cultural Immersion

Hike near Katsho Village through pine forests to the cliffside Juney Drak Monastery (“mini Tiger’s Nest”), seeing sacred footprints of Machig Lhadrön, naturally formed rocks, and golden and silver bowls, with panoramic views of Haa Valley. Continue to the 200-year-old Ingo Village, enjoy a picnic lunch, and free time before exploring a fishery center and learning wood carving.

#### Option 2: Haa Panorama Hike

Drive to Yangthang Goenpa and follow a scenic trail through pine forests, meadows, and riverside villages connecting ancient monasteries. Ascend to 3,150m, taking in spectacular views of the Meri Puensum peaks and Haa Chu River. Cross traditional bridges, enjoy a picnic lunch on the trail, and descend into Wangtsa Village, a charming traditional settlement.

In the evening, your group will reunite for a thrilling archery demonstration and dinner at the hotel, sharing stories of the day’s adventures.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

Haa Heritage Hotel (or similar)

Hotel



### Today’s Activities

#### ACTIVITY

##### Option 1:

Hike from Katsho Village through pine forests to the cliffside Juney Drak Monastery for panoramic Haa Valley views, then continue to Ingo Village for a picnic, cultural visits, and hands-on local experiences.

Terrain: moderate, steady ascent, passing through dense forests

Length: 3 km (2 miles)

Duration: 3 hours (including picnic lunch)

Elevation: +100-200m

Option 2:

Set out from Yangthang Goenpa on a scenic hike through pine forests, open meadows, and riverside villages, linking historic monasteries and crossing traditional bridges, with sweeping views over the Haa Valley and Meri Puensum peaks.

Terrain: gradual uphill ascent on forest and meadow trails, followed by a steady descent; natural paths with some uneven sections, plus log and cantilever bridge crossings.

Length: 11km (7 miles)

Duration: 4-5 hours (including picnic lunch)

Elevation +480m

Travel along the winding Bondey-Haa Highway to Chele La Pass, where dense forests of spruce, larch, and rhododendron open to breathtaking views of Mt. Jomolhari, Jichu Drake, and the northern Himalayas. Hike to the serene Kila Nunnery, nestled on a cliffside and home to meditating nuns, then descend to Gorina Lhakhang before driving to Paro town for lunch. In the afternoon, visit Tara Monastery, perched on a ridge with panoramic valley views and a unique vantage point of Paro Airport. Return to your hotel and indulge in a traditional Bhutanese hot stone bath, where fire-roasted river stones heat mineral-rich water in a centuries-old wellness ritual. The soothing warmth, aromatic herbs, and tranquil setting provide the perfect way to relax and rejuvenate after a day of hiking and sightseeing. Conclude with dinner at the hotel, reflecting on the day's stunning landscapes and cultural treasures.



### Meals included

Breakfast | Lunch | Dinner



### Accommodation

The Tiger's Nest Camp (or similar)

Resort

Tiger's Nest Camp is a tranquil glamping retreat set in the heart of Bhutan's Paro Valley overlooking the iconic Tiger's Nest Monastery. Designed in a safari-inspired style, its spacious tents blend soft textures, warm tones, and thoughtful details with modern comforts for a relaxed yet elevated stay. Each tent features a private patio with sweeping valley views—perfect for slow mornings wrapped in mist or quiet evenings with tea as the light fades over the mountains. With a welcoming restaurant, restorative spa, and heartfelt Bhutanese hospitality, the camp offers a peaceful base to unwind and fully immerse in the landscape.



### 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.

Tara Monastery Visit

Paro

Visit Tara Monastery, a serene retreat nestled in Gimna Village. Perched on a ridge overlooking the valley, its tranquil meditation spaces provide a peaceful contrast to Bhutan's busier landmarks, while the site also offers a unique vantage point to watch planes skillfully navigate the narrow Paro Valley to land at Paro International Airport.

Hot Stone Bath

Paro

Relax with a traditional Bhutanese hot stone bath, a centuries-old wellness ritual using fire-heated river stones to warm mineral-rich water—perfect for soothing muscles after a day of hiking.

Day 6

## Tiger's Nest Hike & Paro

Embark on a scenic hike through verdant forests and winding mountain trails to the breathtaking Tiger's Nest Monastery, perched dramatically on a cliffside. This sacred 8th-century site, where Guru Rinpoche is said to have flown on a tiger, offers panoramic views of the Paro Valley and a profound sense of history and spirituality. Pause for lunch at the cafeteria, then return to your hotel with free time to explore the charming streets of Paro town. Conclude your journey with a celebratory dinner accompanied by traditional Bhutanese cultural dance, a fitting finale to your unforgettable adventure.



### Meals included

Breakfast | Lunch | Dinner



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### Today's Activities

Transport

Paro

Settle in and scan the scenery as you journey to and from the Tiger's Nest Monastery Hike from Paro.

Taktsang (Tiger's Nest) & Monastery Hike

Paro

6h

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.

Free Time

Paro

Enjoy free time in the afternoon to discover Paro town before your farewell dinner.

Day 7

## Farewell from Bhutan

Enjoy breakfast at the hotel, savoring your final moments in Bhutan's serene surroundings. For travelers with early flights, a packed breakfast will be thoughtfully provided so you can start your day smoothly. A private airport transfer will ensure your comfortable and timely journey to Paro International Airport, where you will bid farewell to the majestic landscapes, vibrant culture, and unforgettable experiences of Bhutan.



### Meals included

Breakfast



### Today's Activities

Departure Transfer

Paro - Paro Airport

15m-30m

5km

You will be met at your hotel and transferred to the airport at the end of your adventure.

## What's included

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## What are the main highlights of this trip?

Hike through rice fields to the charming Chimi Lhakhang temple, Explore the dramatic Punakha Dzong and cross a scenic suspension bridge, Dive into rural Bhutanese life in the Haa Valley with village walks and a cooking class, Trek to the cliffside Kila Nunnery then unwind with a traditional hot stone bath, Take on Bhutan's most iconic hike to Tiger's Nest Monastery

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

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

## **Is there a travel disclaimer for my itinerary I should review before booking this trip?**

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. CAMERAS

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.

## 2. HIKING AND WALKING

Please note that there is a lot of walking and light hiking on this trip and some of it at higher altitudes. Please ensure you are in decent physical condition and able to walk for extended periods of time.

## 3. EARPLUGS

Bhutan, being 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.

## 4. CLOTHING

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 knees should be covered at all times. The wearing of shorts is not allowed as it will restrict your entry into buildings of a religious nature and family homes. A water and windproof jacket, a hat and sunscreen are essential.

## 5. FLIGHT

Your arrival and departure flights into/out of 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 flights are booked, contact your G Adventures agent, who will be happy to assist in booking your International connections.

## 6. 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.

## 7. LUGGAGE

Please note that if you have extra luggage or bags you do not wish to bring along for the entire trip you will be able to leave them at the joining hotel and retrieve them at the finishing hotel when the trip ends.

## 8. ACCOMMODATION NOTE:

Please be aware that properties we stay in with only two stories may not have elevators installed and climbing the stairs with your luggage will be necessary.

## What is the role of the group leader during this trip?

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 16.

## What meals are included in this trip?

6 breakfasts, 6 lunches, 6 dinners

## What are the meals like on this trip?

Eating is a big part of travelling. Travelling with G Adventures you experience the vast array of wonderful food that is available out in the world. Generally meals are not included in the trip price when there is a choice of eating options, to give you the maximum flexibility in deciding where, what and with whom to eat. It also gives you more budgeting flexibility, though generally food is cheap. Our groups tend to eat together to enable you to taste a larger variety of dishes and enjoy each other's company. There is no obligation to do this though. Your CEO will be able to suggest favourite restaurants during your trip. If breakfasts are included, they will usually be asian style consisting of noodles or congee (rice porridge) or bread and eggs. Vegetarians will be able to find a range of different foods, although in some areas the choice maybe limited. While trekking in remote regions food is included, unless otherwise specified on the Overview page. For meal budget refer to the Overview page.

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

Private vehicle, walking/hiking.

## 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.

## **Is there an extra cost for travelling solo?**

We believe solo 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 solo travellers on these itineraries must pay the single trip price.

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

Hotels (6 nts)

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

Please note that if you have booked the "My Own Room" option for this tour, you will receive your own single room for all night stops

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

Hotels (6 nts)

## **What are the joining instructions?**

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

Upon arrival travellers will be met and transferred from Paro Airport to their joining hotel. Please look for the G Adventures sign when you enter the arrival lounge. If you run into any problems please contact our airport transfer representative at this number, +975 17 747 428.

Please note that for Day 1 in order to have time for a visit to Buddha Point please plan to get to Bhutan by 1PM so that you can reach Thimpu by late afternoon and have enough time to do an orientation before going to Buddha Point.

Upon arrival to your Joining Hotel (note that check-in time will be in the afternoon), look for a note or bulletin board in the reception with a note from your CEO. This note will give the details of your Welcome Meeting on day 1, where you will get a chance to meet your CEO and other travellers, as well as learn more about how the tour will run. If you don't see a note, please ask reception for details!

If you are arriving later and will miss the Welcome Meeting, your CEO will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## 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 trip as scheduled, please refer to the emergency contact details provided in this dossier and contact us as soon as possible. If you have a pre-booked transfer, and you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to 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 or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. 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 - (Primary Contact)

From outside of Bhutan: +975 17 747 428

From within Bhutan: 17 747 428

G Adventures South Asia Manager, Sorab Jassawalla (Delhi, India)

From outside of India: +91 88 5180 6614

From within India: 88 5180 6614

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 information should I be aware of as the itinerary draws to a close?**

You will be met at your hotel and transferred to the airport at the end of your adventure.

# 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.)

**Warm Weather:**

- Sandals/flip-flops
- Shorts/skirts (Longer shorts/skirts are recommended)
- Sturdy water shoes/sandals
- Sun hat/bandana
- Swimwear

## What are 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, please click on the following link for information and application [form](#)

These details need to be submitted to us 35-60 days before your entry into Bhutan.

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.

As of February 2026, all non-Indian nationals entering India by air, land or sea must complete the e-Arrival Card online before arrival. Register within 3 days of arrival.

For more information and to complete the e-Arrival Card, we kindly request that you visit the [Indian Immigration](#) page.

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.

You must have at least two blank passport pages available for each country you will visit on your tour. These are required for entry & exit stamps.

## What should I consider when planning my personal expenses and discretionary spending for this itinerary?

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?

On the Geluxe Collection tours, tipping is included for all included activities and meals. Tipping is not included for the CEO or Porterage. Should you want some basic guidelines on tipping for the activities you do on your own, please see below. 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 \$10-15 USD per person, per day can be used.

For meals and activities not included in your itinerary, it is appropriate in Asia to tip 10%. Though not compulsory, tipping is expected. 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 and shows an expression of satisfaction.

## What activities are optional on this trip?

- No optional activities

## 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 group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Chief Experience Officer (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 and 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 judgement 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.

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. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

## 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 people in the sex trade 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 utilize the services of paid sex workers, in any capacity.

## Is travel insurance required for my trip?

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 leader, who will take note of your insurance details. When selecting a travel insurance policy we require that at a minimum you are covered for medical expenses including emergency evacuation and repatriation. A minimum coverage of USD200,000 is required. We strongly recommend that the policy also covers personal liability, cancellation, curtailment and loss of luggage and personal effects. Some tours include adventure activities that require extra coverage (e.g. crampon use); please review your itinerary and make sure that you are covered for all included activities. 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 should I dress to respect local customs during the tour?

In Asia the dress standard is more conservative than it is back home. When packing try to pick loose, lightweight, long clothing that will keep you cool in the usually hot and humid climate of Asian summers. In predominately Buddhist, Hindu and Muslim countries we ask that you dress respectfully and avoid very short shorts/skirts and singlets/tanktops when visiting temples or mosques or other holy sites.

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

Earn 5% off your next G Adventures Tour (up to \$100 USD)\*

After your travels, we want to hear from you! Your feedback information is so important to us and to thank you for your time, we are pleased to offer a 5% discount (up to a maximum of \$100 USD) off your next G Adventures holiday. All you need to do is submit the form within 4 weeks of the completion of your tour, and you'll be able to join the thousands of travellers who have taken 2, 3, 4 or even 10 or more tours with us!

Discount cannot be combined with other offers or applied to 'Independent' style trips. Maximum discount value is \$100 USD (or equivalent currency). Valid for new bookings only. G Adventures reserves the right to withdraw or modify this offer at any time without notice. Limited to one discount per person.

## 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?

Minimum age of 18 years for this trip.

## 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.