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Sorry! There are no remaining departures for "Bhutan Trekking - The Druk Path" (ADDP), [but here are some similar trips](#).



Bhutan Trekking - The Druk Path

11 days, Paro to Paro

Trip code ADDP

What's included

- Your Wellness Moment: Institute of Traditional Medicine Services, Thimphu
- Arrival transfer

- Paro orientation tour
- Chelela Pass hike
- Kila Goempa Nunnery hike
- Druk Path trekking (4 days)
- Motithang Takin Preserve visit
- Folk Heritage Museum visit
- Institute for Zorig Chusum visit
- Kuenselphodrang visit
- Memorial Chorten visit
- Chime Lhakhang visit
- Punakha Dzong visit
- Kyichu Lhakhang Temple visit
- Local Archery Grounds visit
- Drukgyal Dzong visit
- Taktsang Monastery (Tiger's Nest) visit and hike

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 January 1st, 2019 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

Arrive at any time, arrival transfer included. Take an orientation walk of Paro town.

Arrive in Bhutan, clear customs, and meet your CEO. Catch the included transfer to the hotel.



Meals included

Dinner

Day 2

Paro

Drive to the Chelela Pass before then hike to Kila Goempa, a nunnery perched on a cliff housing over 60 nuns.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

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 3

Paro/Jele Dzong

Drive to Ta Dzong and begin the hike along the Druk Path. Enjoy a gradual climb with stunning views of the Paro valley, Mt. Jomolhari (7314m) and snowcapped mountains. Finishing the day's journey at Jele Dzong camp.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Druk Path Hike Day 1

Paro - Jele Dzong

4h-5h

8km

Starting at Ta Dzong (2300m/7546 ft.), trek along a trail with a gradual climb towards camp. If the weather is clear the Paro valley can be seen with Mount Jhomolhari (7314m/23996 ft.) and other snow-capped mountains beyond the valley. Camp at Jele Dzong (3436m).

Day 4

Jele Dzong/Jimilangtsho

Continue hiking along a ridge, enjoying the spectacular mountain scenery and flowering rhododendron bushes around the trail. Pass by Jimelangtsho where you may see Yak herders and can visit their tents before reaching camp at Tshokam.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Druk Path Trek Day 2

Jele Dzong - Jimilangtsho

4h-5h

9km

Start at Jele Dzong (3436mtrs) along a trail through thick alpine forest and rhododendron trees. The walking on this day is along the ridge, with a fair amount of ascents and descents. Mt. Jhomolhari will be visible on this day. Pass by Jimelangtsho where you may see Yak herders and if you are interested you can visit their tents before reaching your camp site. Camp is close by at Tshokam (3880m/12730 ft).

Day 5

Jimilangtsho/Simkotra

Continue the hike through the mountains, ending the day at Simkotra camp near the lake.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Druk Path Trek Day 3

Jimilangtsho - Simkotra

6h-7h

10km

The trail continues through dwarf rhododendron trees before passing by Janye Tsho Lake. On the route, you might see some Yak herder's camp and see how some of the Bhutanese people live. Camp close to Simkotra Lake(4040m/13255 ft).

Day 6

Simkotra/Thimphu

Enjoy a final day hiking up to Phume, the highest elevation on our trek. Continue downhill with stunning views of the valley, ending in Thimpu.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Druk Path Trek Day 4

Simkotra - Thimphu

9h-10h

Our longest day of the trek, first hike up to Phume (4210m), the highest elevation on our trek. Continue downhill past the lake of Janye Tshowith, through blue pine forest with stunning views of the valley, to Thimphu (2300m/7545 ft). The trek is mostly downhill through blue pine forest.

Spend the day exploring the sights of Thimphu, including the Institute of Traditional Medicine Services and Folk Heritage Museum.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

ACTIVITY

Visit the Institute of traditional Medicine, where old healing arts such as acupuncture and herbal remedies are still practiced.

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.

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.

Institute for Zorig Chusum Visit

Thimphu

Enjoy a visit to the Institute for Zorig Chusum, an arts and craft school that's a highlight for those interested in Asian art. The institute was established in 1971 to ensure the continuity of Bhutanese traditional arts. Students study here for 4-6 yrs in various mediums. Explore the institute opt to purchase arts and crafts from the shop.

Kuenselphodrang Visit

Thimphu

Drive up to Kuenselphodrang, and explore the site. The statue of Buddha Drodema. At 51.5m (169 ft) tall, it is the world's largest seated Buddha.

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.

Day 8

Thimphu/Punākha

Travel to Punakha and trek to Chime Lhakhang. Also known as the temple of the "Divine Madman," hear stories of the madman's legacy. Later, explore Punakha Dzong, one of Bhutan's most majestic structures.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

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

Thimphu - Punākha

3h-4h

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

Day 9

Punākha/Paro

Enjoy a day of sightseeing in the Paro valley and gain a deeper understanding of the country's history. Explore Kyichu Lhakhang, one of Bhutan's oldest monasteries, before learning about the national sport with a visit to a local archery ground.



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Private Vehicle

Punākha - Paro

3h-4h

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

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.

Local Archery Grounds Visit

Paro

As Bhutan's national sport, a visit to a local archery ground is a must. Watch locals practice or compete with unbelievable accuracy and precision as they hit distant targets.

Day 10

Paro

Explore Drugyel Dzong, a ruined castle that has repelled many invasions, before hiking through the mountains to the stunning Taktsang Monastery (Tiger's Nest).



Meals included

Breakfast | Lunch | Dinner



Today's Activities

Drukgyal Dzong Visit

Paro

Drive the winding road to Drukgyal Dzong, a ruined fortress that once defended this valley from Tibetan invasions. In the early 1950s, Drukgyal Dzong was almost completely destroyed by fire.

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.

Day 11

Paro

Depart at any time.



Meals included

Breakfast

What's included

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What are the main highlights of this trip?

Hike among mystical peaks in the Himalayas, visit dzongs and Buddhist gompas, trek along the famous Druk Path, enjoy incredible views of Mt Jomolhari, take in stunning Himalayan mountain views

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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.

How large will the group be?

Max 15, avg 12

What meals are included in this trip?

10 breakfasts, 9 lunches, 10 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 buffet-style 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.

Where will we stay during the trip?

Hotel (7 nts), camping (3 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

Do any exceptions apply to Rooming or “My Own Room” on my tour?

Nights 4-8

What kind of accommodation can I expect on this trip?

The idea of camping can be a daunting one. For those not accustomed to 'roughing it' for a few days we offer a full camping service. All tents are pitched for you, meals are prepared and served and the washing up is done by G Adventures staff. This leaves you with more time to enjoy your surroundings and is ideal for first-time campers who may be worried about the challenges such a trip can entail. When camping we are exposed to the elements, and whilst there are times when the weather is fine and temperatures are pleasant, there may be days when it is foggy, rainy and cool. In certain locations there may also be a number of bugs. These factors, however, should be seen as minor downsides to a camping experience which will allow you to get up close to the beautiful nature that Bhutan has to offer. All camping equipment (with the exception of your sleeping bag and pillow) is supplied. We supply canvas dome tents with built-in mesh insect nets on the doors and windows. Mattresses are also available, which are approximately 4cm thick, warm and comfortable.

While on trek, we provide full-service alpine camping at designated communal campsites. Your porters will be carrying your tents, which they will pitch for you at these sites. The campsites are fairly basic, and exposed to the elements. They will not have electricity, nor shower facilities, and toilet facilities are basic long drop latrines, which could become dirty at times (especially when it is raining), as other hikers share the same facilities. Your crew will prepare basins of warm water for washing daily. All camping equipment (with the exception of your sleeping bag and pillow) is supplied. All meals on the mountain will be prepared for you by your group's cook.

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.

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

Are there any additional packing suggestions I should consider?

This is a very active trip, meaning you will be on the move most of the time, so pack as lightly as possible. We provide one porter for every two travellers; your trekking gear will be carried by the porter in a water-proof duffel that we will provide. The maximum the porters are allowed to carry is 7.5kg/16.5lb per passenger. Please note that as you will be sharing the duffel with a fellow trekker from the group during the trek, a lightweight cotton or plastic bag is recommended to keep your gear separate.

Important to note:

- Please read the 'Checklist' section of this trip notes for additional details of what you need to bring for the trek on this trip.
- You will need to bring a comfortable medium sized day pack to carry the things that you will need during the day. This should have a waist strap or (better) a padded waist belt.
- The weather is subject to change in high altitude so layered clothing is recommended throughout the year.

What should be on my packing list?

Additional Items:

- Sleeping bag (required)

Cold Weather:

- Long-sleeved shirts or sweater
- Warm gloves
- Warm layers
- Scarf
- Warm hat
- 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)
- Vouchers and pre-departure information (required)
- Passport (required) (With photocopies)
- 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.)

High Altitude Trekking:

- Down jacket (Recommended for winter season)
- Hiking boots (Worn frequently prior to departure)
- Pack liners to waterproof bags
- Reusable water bottler - minimum 1 litre (Aluminium or Nalgene polypropylene are best)
- Sandals (For wearing around camp in the evenings)
- Sleeping bag and liner, 4 season
- Spare boot laces
- Thermal base layer
- Waterproof gloves
- Whistle
- Windproof rain gear
- Wool socks

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: Between December and March temperatures can get down to -10 C / 15 F at night and it's possible that it will be required to walk through up to 1/3 meter of snow, as well as deal with ice on the trail. So please make sure you pack warm clothes.

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, 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.

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.

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.