



Camp the Trans Bhutan Trail

11 days, Paro to Paro

Trip code ADTC

What's included

- Your G for Good Moment: Dorjibee Weaving Centre, Jakar
- Your Welcome Moment: Arrival Day and Welcome Meeting, Thimphu

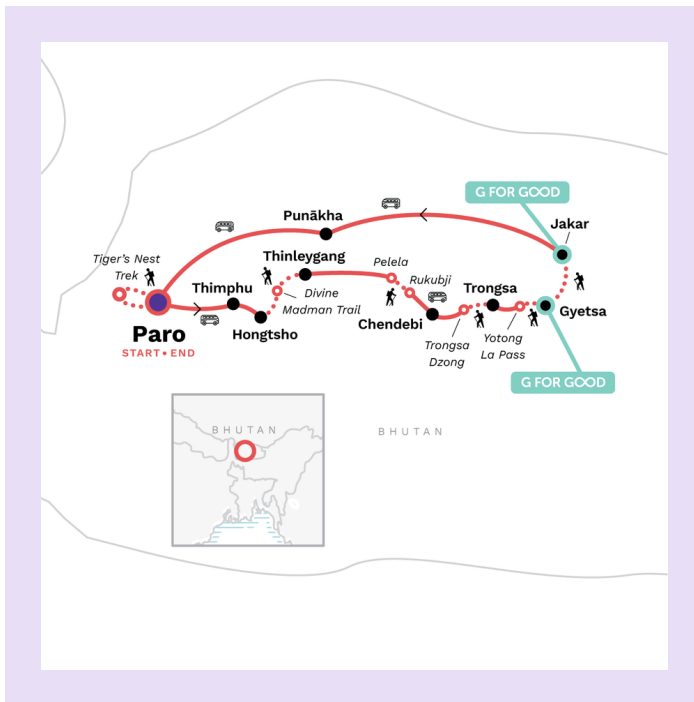
- Your Local Living Moment: Bhutanese Homestay
- Arrival transfer
- Sustainable Development Fees
- Visits to Buddha Point and Memorial Chorten
- Full day hiking the Trans Bhutan Trail from Pelela to Chendebe
- Hike along the Trans Bhutan Trail from Chendebe to Tsangkha
- Local farmhouse lunch
- Full day on the Trans Bhutan Trail from Tsangkha to Trongsa
- Tour of the Trongsa Dzong and National Heritage Museum
- Full day on the Trans Bhutan Trail from Trongsa to Gyetsa
- Full day on the Trans Bhutan Trail Gyetsa to Bumthang
- Visit Jakar Dzong (fortress)
- Bhutanese Homestay in Bumthang and Punakha
- Punakha Dzong Visit
- Ta Dzong National Museum visit
- Paro Rinpung Dzong (fortress) visit
- Paro's Ta Dzong visit
- Taktsang (Tiger's Nest) Monastery Hike
- Departure transfer
- All transportation between 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 May 9th, 2026 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

After arriving in Paro enjoy an included transfer to your hotel in Thimphu where you will meet the rest of the group and your local tour leader. If time permits, head out in the afternoon to Buddha Point, home to Thimphu's most recognized landmark, the Buddha Dordenma. Then, visit the Memorial Chorten, a Tibetan-style stupa built in 1974 and one of Thimphu's most impressive religious sites. This evening gather as a group at a local restaurant for a welcome dinner and your first chance to sample Bhutanese cuisine.

With elevations ranging between 2,248 meters (7,375 feet) and 2,648 meters (8,688 feet) above sea level, Thimphu is the fifth highest capital city in the world by altitude. It is also the only capital city in the world without any traffic lights. The city offers a unique blend of the modern world with Bhutanese tradition.

In order to have time for a visit to Buddha Point please plan to get to Bhutan by noon so that you can reach Thimphu by late afternoon and have enough time to do an orientation before going to Buddha Point. Most flights arrive to Paro in the morning.



Meals included

Lunch | Dinner



Accommodation

Hotel Kisa Villa (or similar)

Hotel



Today's Activities

Arrival Transfer

Paro Airport - Thimphu

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

ACTIVITY

The adventure begins today. Meet fellow travellers and learn more details about the upcoming itinerary from the CEO during today's meeting.

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!

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.

Bhutanese Group Dinner

Thimphu

Head out with the group to enjoy dinner at a local restaurant where you'll have your first chance to learn about and sample Bhutanese cuisine.

Today, your trek continues as you depart from Thimphu and drive to the village of Hongtsho to begin your trek. Your first major milestone is the climb to the Dochula Pass, situated at 3,100 meters (10,170 feet). Here, you will visit the 108 Stupas (Druk Wangyal Chortens), built to honor Bhutanese soldiers and the leadership of the Fourth King. On clear days, the pass offers spectacular panoramic views of the snow-capped Himalayan peaks.

After exploring the pass and the nearby Druk Wangyal Lhakhang, you will continue trekking along the "Divine Madman Trail," a historic route named after the legendary 16th-century monk Drukpa Kuenley. The path descends through lush ecological corridors into the Royal Botanical Park at Lampelri, where you will stop for a scenic picnic lunch amidst a forest famous for its many species of rhododendrons and diverse birdlife. Your day concludes with a final trek to your campsite in Thinleygang, where a locally sourced dinner will be served under the stars.

This section of the Trans Bhutan Trail connects the modern capital of Thimphu with the historic spiritual centers of the east, following a route once used by high-ranking clergy as they moved between their summer and winter residences. The Dochula Pass serves as a powerful spiritual landmark; its 108 memorial stupas are arranged in three concentric circles to symbolize spiritual completion and the removal of 108 human desires to reach enlightenment. The nearby Druk Wangyal Lhakhang temple is unique for its modern murals that blend traditional Buddhist imagery with scenes from 21st-century Bhutanese history.

As you move toward Lampelri, you enter an important biological corridor that links two of Bhutan's national parks. This area is a haven for biodiversity, home to rare species like the red panda and over 46 varieties of rhododendron. The trail itself is steeped in the folklore of the "Divine Madman," Drukpa Kuenley, whose unconventional methods of teaching have left a lasting mark on Bhutan's cultural and religious identity. Your day ends in the quiet valley of Thinleygang, offering a peaceful immersion into the rural landscapes that the restored trail was designed to protect and celebrate.

During the hiking portion of this trip the Trans Bhutan Trail Team will be carrying any additional belongings that travellers have with them from location to location. You will only need to worry about carrying your day pack. There isn't a specific weight limit for luggage, but keep in mind that someone will be carrying it for you along the trail. There will be a vehicle carrying the big bags to sites. Bottled water will be supplied through out the trek.



Meals included



Accommodation

Camp Chandebji (or similar)

Campground



Today's Activities

Divine Madman Trail

Thimphu

13km

In an adjacent valley from the pass, join a section of the trail known as the 'Divine Madman Trail'. You are now be following in the footsteps of the Divine Madman himself, Drukpa Kuenley, when he came to Bhutan from Tibet in the 16th century to fulfil his destiny of suppressing evil energies. Over the coming days, you will come across a number of important cultural sites and extraordinary stories related to the life of Drukpa Kuenley.

Private Vehicle

Thimphu - Hongtsho

45m

20km

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

Dochula Pass Segment of the Trans Bhutan Trail

Hongtsho - Thinleygang

The Dochula Pass, standing at 3,100 meters (10,170 feet) above sea level, is a spiritual and scenic gateway connecting Thimphu to the Punakha valley. It is famous for the 108 Druk Wangyal Chortens and its breathtaking 180-degree views of the Great Himalayan mountain ranges, including Mt. Gangkar Puensum, the highest unclimbed peak in the world. As you descend from the pass into the Royal Botanical Park at Lampelri, you will follow the "Divine Madman Trail," a historic route once taken by the 16th-century saint Drukpa Kuenley.

The group will hike from 2,780 meters to 1,770 meters (5,807 feet), and the trek will take approximately 7 hours to complete with a total trekking distance of 13 km (8 mi).

The group will transfer eastwards with packed breakfast to Pelela for the start of the hike at 3,410 metres (11,187 feet) above sea level. Arrive to Pelela Pass for a picnic lunch before starting the trek. As you descend through the meadows below Pelela, keep an eye out for the yak herder camps which can be seen scattered around the valley. Visit Rukubji's village, famous for its unique local language called Ngyen-Kye, and have the chance to learn about it from the villagers over tea.

After visiting Rukubji, drive down to the village of Chendebi, where the group will camp for the night. A delicious organic, locally sourced dinner will be served at the campsite in the evening.

This ancient route, which runs 403 kilometres from Haa in the West of Bhutan to Trashigang in the East, dates back at least as far as the 16th century, when it would have been the only means of communication between the strategically located dzongs (fortresses) along the route. The Trail's Garps (messengers) were quite legendary, travelling with vital messages between Dzongs at great speeds with little food or rest. Over time, the Trail came to play a major role in uniting the region's many kingdoms, culminating in the birth of Bhutan as a nation in 1907. With the advent of Bhutan's National Highway in the 1960s, the Trail fell into disrepair but was restored in 2019 thanks to a partnership between the Royal Bhutanese Government, the Tourism Council of Bhutan, and the Bhutan Canada Foundation. The Trail now receives visitors from across Bhutan and the world. When stopping at the village of Rukubji learn more about the local language from the locals. The dialect, called Ngyen-Kye, is a mix of other dialects from across Bhutan and even some English words, and is now only spoken by a dozen or so households.

On days when you will be hiking it's recommended that you have your own day pack to carry during the long hiking days. In the pack you should have any daily, personal medicine you may need, sunscreen, cameras, a water bottle, and any valuables such as cash or passports.

During the trekking itself the camping crew will provide all travellers with boiled water. You can fill your water bottles with this water provided during the hiking days. But it is highly recommended that you bring your own water bottles.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Camp Tsangkha (or similar)

Campground



Today's Activities

Pelela Pass Segment of the Trans Bhutan Trail

Pelela Pass - Rukubji

3h-4h

11km

At 3,407 metres (11,177 feet) above sea level, the Pelela Pass is one of Bhutan's highest and is traditionally considered to mark the boundary between west and central Bhutan. Local craftspeople often sell fine yak-hair products at the pass. As you descend through the meadows below Pelela, keep an eye out for the yak herder camps which can be seen scattered around the valley.

The group will hike from 3320m to 2425m and it will take about 4 hours to complete with a total hiking distance of 11 km (6.8 mi).

Private Vehicle

Thinleygang - Pelela Pass

4h

72km

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

Rukubji's village Lhaxhang (temple) Visit

Rukubji

Rukubji's village Lhaxhang also known as Kuenzang Choling, is thought to have been built some 300 years ago by a Lama named Tshendhen Duelwa. Unlike most temples, it is not built on a ridge with a view out over a valley, but rather on an extended plateau and close to two rivers: the reason for this is that the Lama built the temple on top of the head of a snake-demoness which he subdued in the same location.

Head back to the Trans Bhutan Trail after breakfast at your camp. On today's trek, recreate the experience of past royals as you descend as a group into the steep valley below. See spectacular views of the Dzong (fortress) and cross the old cantilever bridge over the Mangde River before climbing the other side of the valley to reach Trongsa Dzong via the Western gate. After arriving to our hotel, the rest of the day is yours to relax and explore before joining back together for dinner at a local restaurant in the early evening.

Trongsa is Bhutan's geographical center point and is very closely linked to the Bhutanese Royal Family: the first two hereditary Kings ruled from Trongsa Dzong (fortress) and the crown prince still traditionally serves as the Penlop (Governor) of Trongsa before acceding to the throne. The Trans Bhutan Trail still passes directly through the middle of the city of Trongsa and, in centuries gone by, the trail would actually have passed right through Trongsa Dzong itself.

On days when you will be hiking it's recommended that you have your own day pack to carry during the long hiking days. In the pack you should have any daily, personal medicine you may need, sunscreen, cameras, a water bottle, and any valuables such as cash or passports.

During the trekking itself the camping crew will provide all travellers with boiled water. You can fill your water bottles with this water provided during the hiking days. But it is highly recommended that you bring your own water bottles.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Yangkhil Resort (or similar)

Hotel



Today's Activities

Chorten (stupa) Visit in Chendebe

Chendebe

At Chendebji, visit the Chorten (stupa), which is built at on the point on which it is believed that the three ridges and the three edges of the sky meet. The Chorten was built by Lam Ngedup Tshering Wangchuk in order to subdue a local demoness, Nyala Dudm, and bring peace to the Chendebji Valley.

Trongsa Viewpoint to Trongsa Fortress Trek

Trongsa Dzongkhag - Trongsa

2h

3km

Trongsa is Bhutan's geographical center point and is very closely linked to the Bhutanese Royal Family: the first two hereditary Kings ruled from Trongsa Dzong (fortress) and the crown prince still traditionally serves as the Penlop (Governor) of Trongsa before acceding to the throne. The Trans Bhutan Trail still passes directly through the middle of the city of Trongsa and, in centuries gone by, the trail would actually have passed right through Trongsa Dzong itself. Today you will recreate the experience of arriving at this powerful city on foot in the same way the garps (messengers) would have done centuries ago, as you descend into the steep valley below the viewpoint, enjoying spectacular views of the Dzong (fortress) on the opposite side. At the bottom of the valley, you will cross the old cantilever bridge over the Mangde River before heading up the other side of the valley.

The group will hike from 2276m to 2200m and it will take about 2 hours total with a final hiking distance of 3 km.

Free Time

Trongsa

The rest of the afternoon is yours to explore the beauty of Trongsa.

Day 5

Trongsa

Devour a quick breakfast this morning before heading out for a tour of Trongsa Dzong (fortress), first built as a small meditation room in 1541. Visit a selection of the Dzong's 23 lhakhangs (temples), before heading to the Trongsa Ta Dzong (watchtower), which now houses the interesting Royal Heritage Museum. The remainder of the day will be at leisure to explore Trongsa at your own pace.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Yangkhil Resort (or similar)

Hotel



Today's Activities

Trongsa Dzong (fortress) Visit

Trongsa

Trongsa Dzong (fortress) was first built by Ngagi Wangchuck as a small meditation room in 1541, after he discovered self-manifested hoof-prints belonging to the deity Pelden Lhamo on the same spot. Trongsa, which means 'new village' in the local dialect, soon spring up around the site. The Dzong (fortress) was built in its present form in 1644 and then enlarged again at the end of the 17th century. It is home to some 450 district monks who spend their winters in Trongsa and their summers in Bumthang.

Free Time

Trongsa

Spend the rest of your time here exploring Trongsa at your own pace.

Wave farewell to Trongsa today and head back out on the Trail for some more hiking. Drive to Yotong La Pass to join the trail. Trek through a stretch of dense forest and cross through meadows, through open forest until the trail reaches the Gyetsa River. Arrive at Gyatsa Youth Community Cafe after lunch and enjoy a hands-on cultural activity with the youth. Once the group arrives at camp in Gyetsa you'll be able to enjoy a hot shower and a locally-sourced organic dinner at the campsite.

On days when you will be hiking it's recommended that you have your own day pack to carry during the long hiking days. In the pack you should have any daily, personal medicine you may need, sunscreen, cameras, a water bottle, and any valuables such as cash or passports.

During the trekking itself the camping crew will provide all travellers with boiled water. You can fill your water bottles with this water provided during the hiking days. But it is highly recommended that you bring your own water bottles.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Camp Gyetsa (or similar)

Campground



Today's Activities

Private Vehicle

Trongsa - Yotong La Pass

1h30m

30km

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

Trans Bhutan Trail Yotong La Pass to Gyetsa

Yotong La Pass - Gyetsa

5h

9km

Today's portion of the Trail begins at the majestic Yotong La pass, a high mountain gap often shrouded in mist and adorned with fluttering prayer flags. This trek is particularly rewarding for birdwatchers, as the descent crosses through several vibrant ecological zones, starting with the silence of high-alpine

firs and moss-draped rhododendrons. From the pass, the Trail cuts through dense, ancient forest where the path can feel springy underfoot or slick with mountain dew. From Yotong La, the Trail descends steadily through alpine meadows and open forest until the landscape meets the Gyetsa River. The last stretch for today is a pleasant riverside walk, where the terrain finally flattens into an easy stroll towards the traditional stone houses of Gyetsa.

The group will hike from 3425m at Yotong La Pass to 2891m and will take at least 5 hours for a total distance of 9.5 km.

Day 7

Gyetsa to Bumthang

Today after breakfast the group will trek through the most historic section of the trail. This section was used by the royal family when they travelled between their winter and summer residences. You'll travel through Kikila Pass before descending into the Bumthang Valley. We'll stop along the way for a picnic lunch, enjoying the scenery.

Once you arrive in Jakar, visit the majestic Jakar Dzong (fortress), also known as the 'Castle of the White Bird'. Observe unique features like its fifty-meter utse (tower) and a sheltered passage with two parallel walls, interconnected by fortified towers, which guaranteed the fortress's inhabitants access to water during a siege. Visit the Red Panda Brewery after for a well-deserved rest. This evening, enjoy a special experience as you settle into your local homestay accommodation. Spend the evening with a few of your fellow travelers in the home of a local Bhutanese family who will be your hosts for the evening. Share a meal and exchange stories while learning about what life is like for your local hosts.

On days when you will be hiking it's recommended that you have your own day pack to carry during the long hiking days. In the pack you should have any daily, personal medicine you may need, sunscreen, cameras, a water bottle, and any valuables such as cash or passports.

During the trekking itself the camping crew will provide all travellers with boiled water. You can fill your water bottles with this water provided during the hiking days. But it is highly recommended that you bring your own water bottles.



Meals included

Breakfast | Lunch | Dinner



Accommodation

DorjiBee Village Homestay (or similar)

Homestay



Today's Activities

Trans Bhutan Trail Gyetsa to Jakar

Gyetsa - Jakar

7h

18km

Trek through the most historic section of the trail which the royal family used when they travelled between their winter and summer residences. The trail passes through the Kikila Pass and the owl trek and then gently descends into the Bumthang Valley.

The group will hike from 2891m to 2574m and it should take about 7 hours for a total distance of 17.5 km.

Jakar Dzong Fortress Visit

Jakar

Jakar Dzong (fortress), is also known as the 'Castle of the White Bird'. This huge structure dominates the Chamkar Valley and the town below it. It was built in 1549 by the Tibetan Lam Nagi Wangchuk and was Eastern Bhutan's main defensive stronghold. Later, it became the seat of the First King of Bhutan. Unique features include its fifty-meter utse (tower) and a sheltered passage with two parallel walls, interconnected by fortified towers, which guaranteed the fortress's inhabitants access to water during a siege.

Bumthang Brewery Visit

Bumthang Dzongkhag

Bumthang Brewery, producers of Bhutan's celebrated Red Panda Beer. Nearby is Bhutan's only commercial cheese factory. Both the brewery and the cheese factory are legacies of a Swiss-run development project called Swiss Farm, which introduced distinctive European farming and production techniques into the Bumthang area.

ACTIVITY

Visit the wonderful Dorjibi Weaving Centre, a cooperative that empowers local women in Bhutan by providing them a platform to preserve their traditional crafts while also supporting them to earn an income for themselves. Join this hands-on experience to learn about local weaving directly from the women artisans.

ACTIVITY

Settle into your local homestay accommodation. Spend the evening with a few of your fellow travellers in the home of a local Bhutanese family who will be your hosts for the evening. Share a meal and exchange stories while learning about what life is like for your local hosts.

Because of group size three rooms in each home will be available and the group will be separated between those rooms.

Day 8

Bumthang to Punākha

Enjoy breakfast at your homestay before transferring back to the charming town of Punakha for a day of exploring. You'll stop for lunch en route and then visit the Bazam (bridge) just across the river from Punakha Dzong (fortress). In order to cross the bridge on foot you must be wearing formal Bhutanese dress, including a gho for men and a kora for women. On the other side head out on a tour of the Dzong (fortress).

In the evening, enjoy another homestay experience with local Bhutanese families. Tuck into a delicious homemade meal and rest up for another incredible day ahead



Meals included

Breakfast | Lunch | Dinner



Accommodation

Phuentsho Choeling Heritage (or similar)

Homestay



Today's Activities

Private Vehicle

Jakar - Punākha

6h-7h

204km

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

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.

ACTIVITY

Settle into your local homestay accommodation. Spend the evening with a few of your fellow travellers in the home of a local Bhutanese family who will be your hosts for the evening. Share a meal and exchange stories while learning about what life is like for your local hosts.

Because of group size three rooms in each home will be available and the group will be separated between those rooms.

Today after breakfast, the group will transfer to Paro where you'll check into the hotel and have lunch. Then, it's time to head out and see some of Paro's most popular sites. Visit the Ta Dzong or 'watchtower' which is now Bhutan's National Museum, home to a number of exhibitions including sculpture, painting and artifacts depicting Bhutan's magical past. Then, continue to the stunning Paro Rinpung Dzong (fortress), meaning 'Fortress on a Heap of Jewels'. This evening indulge in some delicious dinner with your CEO and fellow travellers.



Meals included

Breakfast | Lunch | Dinner



Accommodation

Metta Resort (or similar)

Resort



Today's Activities

Private Vehicle

Punākha - Paro

3h-4h

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

Paro's Ta Dzong Visit

Paro

Paro's Ta Dzong or 'watchtower' was originally built in 1649 to protect Paro Dzong from the Tibetan military. In 1968, Ta Dzong became Bhutan's National Museum, and is now home to a number of exhibitions including sculpture, painting and artifacts depicting Bhutan's magical past.

Paro Rinpung Dzong Visit

Paro

Visit Paro Rinpung Dzong, which means 'Fortress on a Heap of Jewels'. The original construction of this dzong is believed to have been completed in 1458 and it was restored to its present glory by His Majesty the Third of Bhutan, King Jigme Dorji Wangchuck, to mark his royal wedding in 1951.

Day 10

Paro

Fill up on breakfast before heading northwest out of Paro for a visit to the iconic Taktshang Goemba, more commonly known as the 'Tiger's Nest Monastery'. Precariously perched on a sheer cliff face 900 metres (2,950 feet) above the Paro Valley floor, the Tiger's Nest is undoubtedly Bhutan's most famous religious building. The trek offers spectacular views from the ridge and passes a small chorten, a basic monastery, and a waterfall on its way. Once you have reached the Tiger's Nest, you will have a chance to visit the cave where Guru Rinpoche meditated, as well as the extensive network of Lhakhangs (chapels) which house images, murals, chortens, and a holy spring.

If time allows, make a quick trip to Machig-phu Lhakhang (temple) on the way back down to the access road. The rest of the afternoon will be at leisure to relax at your hotel or to explore Paro on your own, before enjoying a last dinner with your group at a local restaurant to celebrate the trip!



Meals included

Breakfast | Lunch | Dinner



Accommodation

Metta Resort (or similar)

Resort



Today's Activities

Free Time

Paro

Spend the afternoon and early evening exploring Paro on your last full day in this Bhutanese city.

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.

Transport

Paro

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

Day 11

Paro

Enjoy one last breakfast before being transferred from your hotel to the airport for your flight home. While at the airport, opt to experience a cultural art class at the social enterprise, VAST, a G Adventures-supported studio.



Meals included

Breakfast



Today's Activities

Private Vehicle

Paro - Paro Airport

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



Optional Activities - Day 11

VAST Airport Experience

Paro Airport

Turn waiting at the airport into an art class! Visit the hands-on art experience at VAST (Voluntary Artists' Studio Thimphu) Happy Brush Activity Corner in the Paro Airport. The initiative works to nurture the artistic potential of Bhutanese youth by involving youth in community service, while empowering them to explore art as a viable and fulfilling career path. Through different hands-on activities, like painting a traditional mask featured in the festivals and folklore of Bhutan.

What's included

- Your G for Good Moment: Dorjibee Weaving Centre, Jakar
- Your Welcome Moment: Arrival Day and Welcome Meeting, Thimphu
- Your Local Living Moment: Bhutanese Homestay
- Arrival transfer
- Sustainable Development Fees
- Visits to Buddha Point and Memorial Chorten
- Full day hiking the Trans Bhutan Trail from Pelela to Chendebe
- Hike along the Trans Bhutan Trail from Chendebe to Tsangkha
- Local farmhouse lunch
- Full day on the Trans Bhutan Trail from Tsangkha to Trongsa
- Tour of the Trongsa Dzong and National Heritage Museum
- Full day on the Trans Bhutan Trail from Trongsa to Gyetsa
- Full day on the Trans Bhutan Trail Gyetsa to Bumthang
- Visit Jakar Dzong (fortress)
- Bhutanese Homestay in Bumthang and Punakha
- Punakha Dzong Visit
- Ta Dzong National Museum visit
- Paro Rinpung Dzong (fortress) visit
- Paro's Ta Dzong visit
- Taktsang (Tiger's Nest) Monastery Hike
- Departure transfer
- All transportation between included activities

What are the main highlights of this trip?

Enjoy camping and farm stays in some of the most remote and idyllic locations of Bhutan, Hike and explore a specially selected section of the ancient Trans Bhutan Trail, Experience some amazing local farm and picnic lunches, Hike up to Taktsang Monastery (Tiger's Nest) one of the marvels of Bhutan

What are the main highlights of this trip?

Enjoy camping and farm stays in some of the most remote and idyllic locations of Bhutan, Hike and explore a specially selected section of the ancient Trans Bhutan Trail, Experience some amazing local farm and picnic lunches, Hike up to Taktsang Monastery (Tiger's Nest) one of the marvels of Bhutan

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 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 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 15, avg 12.

What meals are included in this trip?

10 breakfasts, 10 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.

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 (5 nts), homestays (2nts), camping with facilities (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

What kind of accommodation can I expect on this trip?

A variety of styles of accommodation 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. This tour features a mix of basic hotel, camping, and homestays.

While camping the group will be provided with an "A" shaped two-person tent. The tents are of good quality, breathable and waterproof. Beds are not provided, but a pad type mattress and sleeping bag will be provided.

The dining tents are made of canvas and PVC materials. The tent provided will depend on the size of the group and all members will be able to be seated inside the tent to have their meals. Tents are furnished with tables and chairs to allow a smooth dining process.

Canvas toilet tents will also be provided and they include a portable European style toilet.

When staying with a local family in a homestay or farmstay the accommodation is very simple and basic, but clean. Each room can accommodate around 2 or 3 group members at a time. Depending on the community or village the group stays with, each property will have 2 or 3 rooms designated as guest accommodation.

Meals during the stay are cooked by the family members of the home and shared with the guests. Meals will consist of local meats and locally grown vegetables from the host family or community. Guests will sit down with their host families to enjoy the meal at a dining table. In Bhutan it is customary to sit on a low chair or the floor for meals, there may not be any normal sized chairs.

All homestay properties include shared bathrooms which are European style and clean. Shower facilities are also available during homestays and farmstays.

In addition, homestays will be comfortable, twin-share accommodations with shared western styled washrooms. The groups will be divided among 3 to 4 homestay in both Bumthang and Punakha. Each homestay offers 2-3 rooms and can accommodate 4-6 travellers. Any group activities during the homestay will be done together, but travellers will also have time to spend with their host families.

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 GAdventures sign when you enter the arrival lounge. If you run into any problems please contact our airport transfer representative at this number, +975 17600324

Please note that for Day 1 in order to have time for a visit to Buddha Point please plan to get to Bhutan by noon so that you can reach Thimpu by late afternoon and have enough time to do an orientation before going to Buddha Point. Most flights arrive to Paro in the morning. The last day is a departure day in which no activities are planned and a departure transfer from your hotel to the airport is also included on this tour.

Please note that day 1 is an arrival day and no activities have been planned on this day.

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 (usually between 5pm and 7pm), 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 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 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

Ms Kuenzang Pelmo - (Primary Contact)

From outside of Bhutan: +975 17600324

From within Bhutan: 17 600 324

Ms Karma Rigsang - (Secondary Contact)

From outside of Bhutan: +975 17331140

From within Bhutan: 173 311 40

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

Are there any additional packing suggestions I should consider?

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

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 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.

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 the 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?

It is customary in Bhutan 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 \$4-5 USD 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 \$8-10 per person, per day can be used.

What activities are optional on this trip?

Paro Airport

- VAST Airport Experience

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/

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: 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 should I dress to respect local customs during the tour?

Many Bhutanese people still wear traditional clothes and dress modestly.

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.

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.