



## **Highlights of the Trans Bhutan Trail**

12 days, Paro to Paro

Trip code ADTP

### **What's included**

- Your G for Good Moment: Gyatsa Youth Community Cafe, Gyetsa
- Your G for Good Moment: Dorjibee Weaving Centre, Jakar

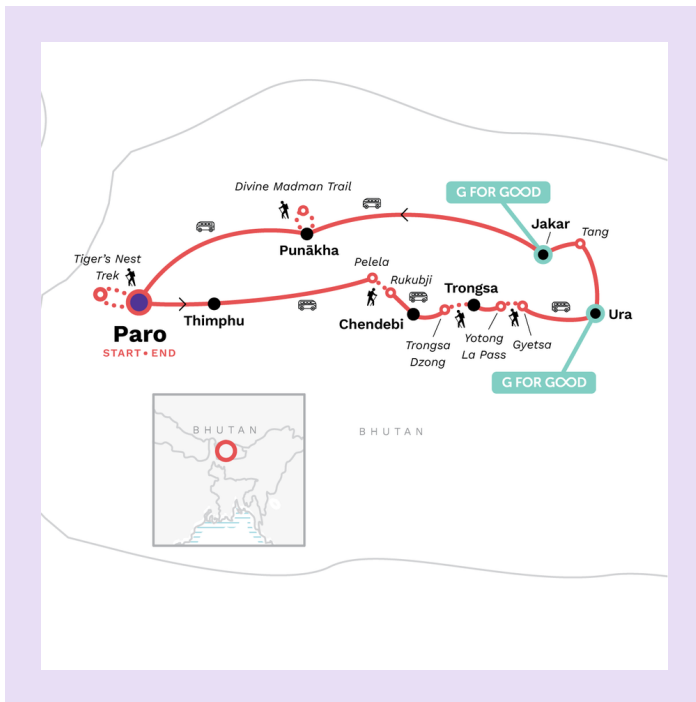
- Your Welcome Moment: Arrival Day and Welcome Meeting, Thimphu
- Your Local Living Moment: Bhutanese Homestay
- Arrival transfer
- Visit Choki Art School
- Sustainable Development Fees
- Pangri Zampa Monastery visit
- Thimphu Dzong visit
- Visits to Buddha Point and Memorial Chorten
- Hike the Divine Madman Trail
- Toebchandhana Lhakhang (temple) visit
- Punakha Dzong visit
- Bhutanese Cooking Demonstration
- Pelela Pass Segment of the Trans Bhutan Trail
- Rukubji's village Lhakhang (temple) visit
- Chorten (stupa) visit
- Trans Bhutan Trail Trongsa Portion
- Trongsa Dzong (fortress) visit
- Jakar Dzong (fortress) visit
- Pema Choeling Nunnery and Mebartsho Lake visit
- Bhutanese Farmhouse Lunch
- Bumthang Brewery visit
- Ta Dzong National Museum visit
- Paro Rinpung Dzong and Ta Dzong visits
- 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 April 28th, 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

Upon arrival enjoy a private transfer from Paro International Airport to Thimphu, Bhutan's capital city. The rest of the day is yours before a brief welcome meeting in the evening with the rest of the group in the hotel. Afterwards head out to enjoy dinner together at a local restaurant where you'll have your first opportunity to sample Bhutanese cuisine. If you still have energy left after dinner, consider bar hopping through some of Thimphu's best spots to get a taste of local nightlife.

Thimphu is a city with elevations ranging between 2,248 meters (7,375 feet) and 2,648 meters (8,688 feet) above sea level. It is also the fifth highest capital city in the world by altitude; and it is also the only capital city in the world without any traffic lights. You'll be captivated by the unique blend of the modern world alongside the striking Bhutanese tradition.



### Meals included

Lunch | Dinner



### Accommodation

Hotel Kisa Villa (or similar)

Hotel



### Today's Activities

#### ACTIVITY

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

Arrival Transfer

Paro Airport - Thimphu

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

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.

Spend the day seeing the best of Thimphu's many highlights. In the morning, transfer to the scenic Kabesa valley, just north of Thimphu, to visit in at the Pangri Zampa Monastery to enjoy a private reading with a monk astrologer. Continue north to the Choki Traditional Art School, an institution offering free education to underprivileged youth who have an interest in learning traditional art and craft. On the way back stop at a local restaurant for lunch, followed by a trip to Buddha Point, and the Memorial Chorten, a Tibetan-style stupa built in 1974. The final stop of the day is at Thimphu Dzong (fortress) before an indulging evening at dinner as a group at a local restaurant.



## Meals included

Breakfast | Lunch | Dinner



## Accommodation

Hotel Kisa Villa (or similar)

Hotel



## Today's Activities

Pangri Zampa Monastery Visit

Thimphu

During this visit the group will experience a private reading with a monk astrologer. Astrology in Bhutan is an ancient and highly respected science and locals will often consult the stars before making major life decisions such as getting married, changing jobs, or buying a car.

Choki Art School Visit

Thimphu

Choki is Bhutan's only private institution providing free education to underprivileged young women who have a keen interest in learning the traditional arts and crafts. During your visit to the school you will see students engaged in a number of traditional art forms, including painting, carving, and tapestry.

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.

Thimphu Dzong Visit

Thimphu

The Dzong was rebuilt by the His Majesty the Third King of Bhutan, King Jigme Dorji Wangchuck, in 1962, when the capital of Bhutan was moved from Punakha to Thimphu. Since that time it has been the seat of the Government of Bhutan. Undoubtedly Thimphu's most imposing building, during this visit you will have time to enjoy its quiet courtyards, the small Lhakhang Sarp chapel and the Dzong's imposing utse (tower).

Day 3

## Thimphu/Chendebe

Begin the drive early with packed breakfast to Pelela, where the group will rejoin the Trans Bhutan Trail. Descend through meadows below Pelela and stop to enjoy a picnic lunch before visiting the Rukubji Village, famous for its unique local language called Ngyen-Kye. Have the chance to learn about it from the villagers over tea.

Then drive to the village of Chendebe where you will camp for the night. Indulge in an organic, locally sourced 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 Chandebji (or similar)

Campground



### Today's Activities

Private Vehicle

Thimphu - Pele La

5h

130km

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.

Pelela Pass Segment of the Trans Bhutan Trail

Pelela Pass - Rukubji

3h-4h

9km

At 3,420 metres (11,220 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 3420m to 2700m and it will take about 4 hours to complete with a total hiking distance of 9 km (5.6 mi).

Wake with the sun and eat breakfast at camp before transferring towards the town of Trongsa to visit the Chorten Stupa, a Tibetan-style stupa built in the 18th century. Then rejoin the Trans Bhutan Trail at the viewpoint high above the town. 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 here 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.

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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

Private Vehicle

Chendebe - Trongsa

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

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.

Trans Bhutan Trail Trongsa Portion

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 of the valley.

This portion of the trail is much shorter at just 3 km it will take about 2 hours to complete.

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 fascinating Royal Heritage Museum. The remainder of the day will be at leisure to explore Trongsa at your own pace.

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### Meals included

Breakfast | Lunch | Dinner

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### Accommodation

Yangkhil Resort (or similar)

Hotel

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### 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.

Bid farewell to Trongsa after breakfast at your hotel and trek towards Gyatsa. Upon arrival, visit the Gyatsa Youth Community Cafe. Drive to Ura Valley afterwards and spend the night 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.



## Meals included

Breakfast | Lunch | Dinner



## Accommodation

Chimi Farm House (or similar)

Homestay



## Today's Activities

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.

### ACTIVITY

Visit the G Adventures-supported Gyatsa Youth Community Cafe. Many youth in Bhutan leave their homes in search of economic opportunities in urban areas, leaving their rural communities. The Gyatsa Community Youth Group aims to create jobs for the local youth through tourism that celebrates with culture. Join a hands-on cultural experience, get to know the team all while supporting community tourism.

## 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.

Have some breakfast before beginning your next trek on the Trans Bhutan trail. Along the way stop at the Pema Choeling Nunnery to learn about this institution and how it was created to increase opportunities for Bhutanese girls, coming from rural or vulnerable backgrounds. Then, continue south along the Trail towards the sacred Mebartsho (The Burning Lake) where you'll enjoy a typical Bhutanese lunch at a local restaurant in the Bumthang (Jakar) town. After lunch, visit the "Fortress of the White Bird," also known as Jakar Dzong Fortess, followed by a well-deserved visit the Red Panda Brewery. On our way to the homestay, visit the Dorjibi Weaving Centre, a place supporting local women in preserving this traditional craft. 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.

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

Private Vehicle

Ura - Bumthang Dzongkhag

1h

42km

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

Pema Choeling Nunnery and Mebartsho Lake Visit

Bumthang Dzongkhag

During the 15th century, a prophecy was made by Pema Lingpa, the patron saint of Bhutan, that someday in the future there would be a wonderful center of learning for women in the middle of the

Tang Valley. In 2001 this vision became a reality when a monastic school for nuns was established and nuns settled there living in huts. Continue following the trail towards the sacred Mebartsho (the Burning Lake), where, in the 15th century, the great treasure hunter Pema Lingpa is said to have discovered several of Guru Rinpoche's hidden treasures. Lingpa had a dream in which he was summoned to this particular location on the Tang River and, when he arrived, he saw at the bottom of the river a temple with many doors, one of which was open. He then swam down into a large cave where he was handed a treasure chest by a one-eyed woman. He would later repeat the feat in the presence of the local people and whilst holding a lit butter lamp which did not go out underwater – and it is because of that that this pool was named “burning lake”.

Private Vehicle

Bumthang Dzongkhag – Jakar

30m

15km

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

Local Bhutanese Lunch

Bumthang Dzongkhag

Enjoy a typical Bhutanese lunch at a local farmhouse or local restaurant in the nearby village of Phom Drong. During your visit, your host will show you how to make Bumthap Putha, a special type of buckwheat noodle traditional to the Bumthang region. As Bhutanese food is usually hot and spicy you'll try the ama datshi (chili cheese), one of the most popular dishes in Bhutanese cooking. Enjoy this simple but tasty meal and conversation with local people, who are always happy to welcome visitors.

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.

Bhutanese Cooking Demonstration in Jakar

Jakar

Enjoy a cookery demonstration and a traditional Bhutanese meal to relax and recharge. Savour delicious flavours and expand those tastebuds as you continue to sample a delicious cuisine.

Day 8

## Jakar/Punākha

After an early breakfast, travel to Punakha, stopping in Chimi Lhakhang to visit the Fertility Temple. After arriving in Punakha, enjoy a free evening to check out the town.

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### Meals included

Breakfast | Lunch | Dinner

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### Accommodation

Hotel Zangto Pelri (or similar)

Hotel

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### Today's Activities

Private Vehicle

Bumthang Dzongkhag - Punākha

8h-9h

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

Chimi Lhakhang Visit

Punākha

30m-1h

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

Enjoy some breakfast before heading out for a day on a portion of the Divine Madman Trail. Named after the heritage trek 15th-century monk, Drukpa Kunley, famous for this "crazy wisdom." Visit the Bazam (bridge) just across the river from Punakha Dzong (fortress). On the other side head out on a tour of the Dzong (fortress). Enjoy a scenic lunch afterwards.

In the afternoon you can choose to go on a gentle rafting expedition down the Mo Chhu River before going out to dinner at a local restaurant as a group in the evening.



## Meals included

Breakfast | Lunch | Dinner



## Accommodation

Hotel Zangto Pelri (or similar)

Hotel



## Today's Activities

Divine Madman Trail

Punākha

3h-3h

5km

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 fulfill his destiny of suppressing evil energies.

The hike from Sewdrangsa to Toebchandhana is a gentle, contemplative trek through quiet pine forests and the hills above the Punakha valley. The trail moves in and out of shade, and while it is not a demanding walk, it is one that invites you to slow your pace.

As you reach Toebchandhana, there is a subtle yet powerful shift in atmosphere. This serene site is believed to be where the Divine Madman Lama Drukpa Kuenley fulfilled his destiny, marking the final chapter of his extraordinary life. Unlike Bhutan's more dramatic sacred landmarks, the place carries a quiet presence; simple, intimate, and deeply reflective. It is a destination that doesn't overwhelm, but instead leaves you with a lingering sense of calm and quiet connection.

The group will hike from 2,491m (8,173 ft) to 1,560m (5,118 ft) and it will take about 3-4 hours to complete with a total hiking distance of 5-6 km (3-4 mi).

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.



## Optional Activities - Day 9

Optional Rafting on Mo Chhu River

Punākha

Choose to enjoy an optional gentle rafting expedition down the Mo Chhu River. Head to the put-in spot, around 6 kilometers (3.7 miles) north of Punakha Dzong and enjoy a leisurely float down the wide river valley past Her Majesty the Queen's winter residences and His Majesty the King's weekend retreat.

Day 10

## Punākha/Paro

Drive to Paro. Enroute stop at Dochu La pass and visit the 108 Druk Wangyal Chortens. Upon arriving in Paro, enjoy a sightseeing tour. Visit Paro's Ta Dzong or 'watchtower' which is now Bhutan's National Museum, later in the afternoon. Continue to the stunning Paro Rinpung Dzong (fortress), meaning 'Fortress on a Heap of Jewels' to explore with your CEO. The evening is yours to continue discovering Paro.



### 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.

Free Time

Paro

Spend some time exploring Paro.

Day 11

## Paro

Tuck in to breakfast at your hotel 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 the fascinating 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 12

**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 12**

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

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## What are the main highlights of this trip?

Hike the ancient Trans Bhutan Trail with local trekking guides, Interact with artists at Choki Art School, Hike along the Divine Mad Man trail, Enjoy amazing farm lunches and cooking sessions with locals, Immerse into local life at a homestay in Bumthang.

## **What are the main highlights of this trip?**

Hike the ancient Trans Bhutan Trail with local trekking guides, Interact with artists at Choki Art School, Hike along the Divine Mad Man trail, Enjoy amazing farm lunches and cooking sessions with locals, Immerse into local life at a homestay in Bumthang.

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

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

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

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

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

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

## 1. CAMERAS

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

## 2. HIKING AND WALKING

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

## 3. EARPLUGS

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

## 4. CLOTHING

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

## 5. FLIGHT

Your arrival and departure flights into/out of Paro, Bhutan, must be booked by you online. Please visit the following airline websites to do so:

Druk Air

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

Bhutan Airlines

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

Flights can be booked from: Bangkok, Kathmandu, Delhi or Kolkata (please check Visa requirements if flying via India). Once your flights are booked, contact your G Adventures agent, who will be happy to assist in booking your International connections.

## 6. EXTRA NIGHTS

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

## 7. LUGGAGE

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

## 8. ACCOMMODATION NOTE:

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

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

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

## How large will the group be?

Max 15, avg 12.

## What meals are included in this trip?

11 breakfasts, 11 lunches, 11 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 (8nts), Homestays (2nts), camping (1 nt).

## **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 hotels/guest houses are used in Bhutan. These can vary in terms of service and efficiency. In many instances they might not be like what you are used to back home. This tour features a mix of hotels, homestays and camping.

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 will be provided. Blankets and other accessories are not available and it is recommended that travellers bring their own. Please note that sleeping bags will be provided by the local team. You can bring your own if you prefer, but you will have to carry it for the duration of the trip.

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. No passport photos are currently required for this, but it's always good to travel with a couple current photos.

In order to arrange the Bhutan visa, please click on the following link for information and application [form](#)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## Should I be tipping on my trip?

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?

### Punākha

- Optional Rafting on Mo Chhu River

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

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

Illegal drugs will not be tolerated on any trips. Possessing or using drugs not only contravenes the laws of the land but also puts the rest of the group at risk. Smoking marijuana and opium is a part of local culture in some parts of the world but is not acceptable for our travellers. Our philosophy of travel is one of respect towards everyone we encounter and in particular the local people who make the world the special place it is. The exploitation of 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.

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

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

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

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

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

## Are international flights included in this trip?

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

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

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

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

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

## Dossier Disclaimer

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**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

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