

# EXPEDITIONS



## SIGNATURE: BHUTAN & THE HIGH HIMALAYAN VALLEYS

8 days, Thimphu to Paro

Trip code ADPPNS

# WHAT'S INCLUDED

- Your G for Good Moment: Contemporary Art Visit at VAST, Thimphu
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Thimphu
- Signature Moment: Mindfulness City Discussion, Thimphu
- Arrival transfer
- Orientation walk to Centenary Farmers Market
- Visit Buddha Statue
- Hike & visit the Wangditse Monastery
- Visit to Gagyel Lhundrup Weaving Center
- Discussion on Geluphu Mindfulness City (GMC)
- Visit to Dochula Pass
- Chimi Lhakhang hike & visit the temple
- Wander around Punakha town & local market
- Punakha Dzong visit
- Farm lunch with local family
- Visit Sangchen Dorji Lhendrup Nunnery
- Gangtey Valley Excursion
- Taphu Monastery visit
- Jangsa Electrical Museum visit
- Hike to Tiger's Nest Monastery
- Departure transfer
- Tips are included for all activities, meals and portorage, except for your Expedition Leader and Expert
- All transport between destinations and to/from included activities
- Engaging Discussions with the National Geographic Expedition Expert Throughout
- Portorage at hotels and when getting on and off of vehicles

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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.

**VALIDITY:** Valid for all trips departing January 29th, 2026 and onwards

## ITINERARY

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

Day 1

## THIMPHU

Welcome to the heart of the Himalayas. Upon landing in the valley of Paro, you are met by a representative and transferred through emerald landscapes to Thimphu, the kingdom's capital. Settle into your hotel or choose to visit the Institute of 13 Arts and Crafts, where students master traditional disciplines from painting to woodcarving. Later, join your National Geographic Expedition Leader for a welcome briefing, followed by a presentation from your National Geographic Expedition Expert that introduces the rich spiritual and cultural context of the days to come. Take a short walk to the Centenary Farmers Market, where the scent of fresh chilies and incense fills the air as locals trade produce and handicrafts. Conclude your first evening with a welcome dinner at a local restaurant, savoring the bold, spicy flavors of authentic Bhutanese cuisine.

Please book any arriving flights to land by 2pm.



### Meals included

Lunch | Dinner



### ACCOMMODATION

Pemako Thimphu (or similar) **Hotel**

Pemako Thimphu is a distinguished five-star urban sanctuary in the heart of Thimphu, Bhutan's vibrant capital, where timeless tradition and contemporary comfort meet amid majestic Himalayan scenery. The hotel's architecture takes inspiration from Bhutanese dzong (fortress) design, giving it a striking presence while reflecting the country's cultural identity.

The property features 66 beautifully appointed rooms and suites, many with expansive views over the Thimphu Valley, the Wang Chhu River, and surrounding mountain forests. Interiors combine modern luxury with traditional Bhutanese artistry – including hand-drawn murals and rich wood details – creating elegant yet grounded spaces that feel both welcoming and evocative of place.



### TODAY'S ACTIVITIES

Arrival Transfer

Paro Airport - Thimphu

1h-1h15m

50km

On arrival, take a private transfer to Thimphu. If you are arriving in time for lunch, lunch will be provided at the hotel at your own leisure.

## ACTIVITY

Your opportunity to meet your Expedition Leader and fellow travellers, and learn more about your tour. Don't forget to see the notice in the lobby (or ask reception) for the official time and place to meet up with the group.

Orientation walk to Centenary Farmers Market Thimphu

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

Begin the morning at the base of the Buddha Dordenma Statue, where the golden figure gleams against the sky, offering panoramic views of the Thimphu Valley. Follow forest paths on a gentle hike to Wangditse Monastery, breathing in the scent of pine and crisp mountain air – or simply stay put and soak in the sweeping mountain views at your own pace. Later, visit VAST, a G Adventures supported project and social enterprise dedicated to contemporary art. Walk through the gallery with a senior artist to understand how modern storytelling merges with traditional symbolism. Engage in a roundtable discussion with resident artists about art's role in modern Bhutanese identity before a behind-the-scenes look at works in progress over herbal tea. End the day at a women-operated weaving center, watching as vibrant threads are transformed into intricate textiles.

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## Meals included

Breakfast | Lunch | Dinner

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## ACCOMMODATION

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## TODAY'S ACTIVITIES

Buddha Point Visit

**Thimphu**

After a short drive, begin the day with a visit to Buddha Point. 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!

Private Vehicle Thimphu 15m-19m 10km

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

Visit Wangditse Monastery Thimphu

Enjoy a gentle walk along a flat dirt path with plenty of opportunities to stop for photos and take in sweeping panoramic views of the Thimphu Valley. Upon arrival, spend about an hour exploring the serene Wangditse Monastery, soaking in its peaceful atmosphere and scenic surroundings.

#### ACTIVITY

Explore Bhutan's modern art scene at a social enterprise with private artist talks.

Visit Gagyel Lhundrup Weaving Center Thimphu

Learn about Bhutan's self-sufficient weaving tradition, using nettle fiber, cotton, and yak and sheep wool, and enjoy a live weaving demonstration by skilled craftsmen.

Free Time Thimphu

Return to the hotel for free time to relax or wander around Thimphu town at your leisure.

Day 3

## THIMPHU/PUNĀKHA

Today, participate in a private discussion on Gelephu Mindfulness City with the Project Coordinator to explore the spiritual vision and monastic construction of this landmark initiative. Afterward, ascend to Dochula Pass, where 108 memorial chortens stand against a backdrop of snow-capped Himalayan peaks. Descend into the fertile Punakha Valley and walk through terraced rice fields to Chimi Lhakhang, a revered fertility temple steeped in local folklore. As the afternoon light softens, enjoy a guided stroll through Punakha town, observing the quiet rhythm of valley life before gathering for dinner.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Lobesa Boutique Hotel (or similar) Hotel



## TODAY'S ACTIVITIES

### ACTIVITY

Join the Project Coordinator of Gelephu Mindfulness City (GMC) for a conversation on the spiritual foundations and future vision of this groundbreaking city.

Private Vehicle

Thimphu - Punākha

1h30m-2h

65km

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

Punakha Valley Excursion

Punākha

Discover Punakha Valley, stopping at Dochula Pass for Himalayan views and visiting Chimi Lhakhang Temple for local rituals and blessings

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.

Visit Punakha Town & Local Market

Punākha

Join your expedition leader for a walk around Punakha town and the local market.

Day 4

## PUNĀKHA

Marvel at the Punakha Dzong, a masterpiece of Bhutanese architecture situated at the confluence of two rivers. Cross the country's longest suspension bridge, where colorful prayer flags flutter in the breeze, before joining a local family for a home-hosted lunch. This intimate encounter offers a window into rural life and the warmth of valley hospitality. In the afternoon, visit the Sangchen Dorji Lhendrup Nunnery, a leading Buddhist college for women. Settle into the quiet rhythm of the evening with time to yourself before gathering for a dinner at the hotel, where the local flavours of the valley take centre stage.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Lobesa Boutique Hotel (or similar) Hotel



### TODAY'S ACTIVITIES

Punakha Dzong Visit Punākha

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

Private Vehicle Punākha 30m-45m 14km

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

Lunch with Local Family in Punakha Valley Punākha

Visit a local farmhouse to share a meal and experience everyday life rooted in the Punakha Valley's seasonal, family, and agricultural traditions.

Private Vehicle

Punākha

30m-45m

14km

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

Sangchhen Dorji Lhuendrup Nunnery

Punākha

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

Day 5

## PUNĀKHA

Travel into the high-altitude Phobjikha Valley, a protected wetland and a serene haven for conservation. Explore the historic Gangtey Monastery before continuing to the community-supported Taphu Monastery. Here, enjoy private access and a warm welcome from the monastery representatives. Share a quiet lunch with the resident monks in the monastery café, learning about their daily rituals and the monastery's history. The afternoon features a rare private prayer and longevity blessing ceremony led by the monks. This spiritual ritual, focused on promoting wisdom and compassion, offers a profound moment of reflection amidst the stillness of the mountains before you return for dinner.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Lobesa Boutique Hotel (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle

Punākha – Gangtey Gonpa

3h-4h

78km

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

Phobjikha Valley Excursion

Gangtey Gonpa

Journey to Phobjikha Valley, a stunning glacial valley and high-altitude wetland nestled on the western slopes of Bhutan's Black Mountains. This pristine landscape is one of the country's most important conservation areas and a vital biological corridor between two of Bhutan's largest national parks.

Gangtey Goempa Monastery Visit

Gangtey Gonpa

Enjoy a visit to the monastery of Gangtey Goempa, built in the 16th century and renovated and consecrated in 2008. Be sure to check out the amazing relics inside -- they're said to be the most sacred in all of Bhutan. The architectural design is impressive, too.

Taphu Monastery Blessing

Gangtey Gonpa

Share lunch with resident monks before a private prayer and longevity ceremony.

Private Vehicle

Gangtey Gonpa – Punākha

2h-3h

75km

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

Day 6

## PUNĀKHA/PARO

Journey back toward Paro, stopping for a local lunch as the landscape shifts from fertile valleys to rugged hills. In the afternoon, visit the Jangsa Electricity Museum, uniquely housed in the nation's first mini hydropower station. Trace Bhutan's fascinating transition from pre-electric life to its current standing as a leader in modern sustainability and renewable energy. Arrive in Paro and settle in, perhaps taking a moment to wander the town's main street where traditional carved storefronts house small boutiques and workshops. As the sun sets behind the peaks, retreat to the hotel for a quiet evening. Enjoy a prepared dinner at the hotel featuring local seasonal ingredients, allowing time to rest and prepare for tomorrow's physical ascent while reflecting on the layers of history and innovation you have witnessed.



### Meals included

Breakfast | Lunch | Dinner



### ACCOMMODATION

Dawa at Hilltop (or similar) Hotel



### TODAY'S ACTIVITIES

Private Vehicle

Punākha - Paro

3h-4h

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

Visit Jangsa Electrical Museum

Paro

After lunch at a local restaurant, visit the Jangsa Electrical Museum, housed in a mini hydel plant commissioned by Bhutan's Third King in 1968, showcasing early electricity use and modern smart homes.

Day 7

## PARO

Embark on a rewarding hike to the iconic Tiger's Nest Monastery, where the scent of pine and the sound of spinning prayer wheels guide your ascent. Follow a winding jungle trail upward to a mountain café for a break and a stunning view of the temple complex clinging to a sheer cliff 900 metres above the valley floor. Choose to stop here or continue along the track before finally climbing the stone stairs to the inner sanctuaries, where Guru Rimpoche is said to have meditated. For those seeking a gentler pace, choose to visit the National Museum followed by a local archery game, the national sport of Bhutan. As the sun sets, gather for a farewell dinner and wrap-up presentation, celebrated with a mesmerizing masked dance performance, a final tribute to the vibrant spirit of Bhutan.

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### Meals included

Breakfast | Lunch | Dinner

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### ACCOMMODATION

Dawa at Hilltop (or similar) Hotel

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### TODAY'S ACTIVITIES

Tiger's Nest Ascent Paro

Climb the mist-shrouded trails to the iconic cliffside monastery where history meets spiritualism.

Free Time Paro

After lunch, return to the hotel for free time to explore at your own pace—visit historic sites, museums, or enjoy last-minute shopping. The choice is yours!

Expert Wrap-Up Presentation Paro

Conclude your journey with a wrap-up presentation from your Expedition Leader.

Your expedition through the hidden kingdom of Bhutan concludes this morning. After breakfast, enjoy a final look at the prayer flags dancing in the wind and the surrounding mountain peaks. An airport departure transfer is provided for your onward travels. Reflect on the blessings, the quiet wisdom of the monks, and the vibrant artistic spirit you encountered while traversing the pathways of this enduring Himalayan nation.



## Meals included

Breakfast



## TODAY'S ACTIVITIES

Departure Transfer

Paro – Paro Airport

15m-30m

5km

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

## What's included

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## What are the main highlights of this trip?

Gain rare insight into Bhutan's future during a private discussion on the visionary Gelephu Mindfulness City with the project's coordinator, Engage with contemporary Bhutanese culture at VAST, joining artists for a roundtable on how modern creativity blends with traditional symbolism., Cross the country's longest suspension bridge before sharing a home-hosted lunch with a local family in the Punakha Valley, Receive a private longevity blessing from monks at Taphu Monastery in the tranquil Phobjikha Valley, Hike to the legendary Tiger's Nest Monastery, followed by a farewell dinner and traditional masked dance performance in Paro.

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

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

## **Is there 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.

## What is the group leader like?

All National Geographic Signature group trips are accompanied by one of our National Geographic Expedition Leaders throughout. The aim of the Expedition Leaders 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 22

## What meals are included in this trip?

7 breakfasts, 7 lunches, 7 dinners

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

Private Vehicle, Walking

## Is there an extra cost for travelling solo?

Yes, for those travelling solo there is a single supplement

## Where will we stay during the trip?

Hotels (7 nights)

## What are the joining instructions?

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

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

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 Expedition Leader 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 Expedition Leader 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 Expedition Leader will leave a note at reception for you with any information you may need, and with morning instructions for the next day.

## What happens if I experience problems when arriving?

We don't expect any problems, and nor should you, but if for any reason you are unable to commence your trip as scheduled, as soon as possible please contact your starting point hotel, requesting that you speak to or leave a message for your Expedition Leader (if you are not on a group tour please refer to the emergency contact details provided in this dossier). If you are unable to get in touch with your leader, please refer to our emergency contact details. If you have not made contact with our representative within 30 minutes of clearing customs and immigration, we recommend that you make your own way to the Starting Point hotel, following the Joining Instructions. Please apply to your travel agent on your return for a refund of the transfer cost if this occurs.

## Who should I contact in case of an emergency?

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

### AIRPORT TRANSFER

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

Your arrival transfer has been arranged based on flight information provided to us. If you are advised of a flight schedule change or flight cancellation within 48 hours of your scheduled arrival time, please call the emergency contact number to advise of your new arrival flight information. If you do not, we will not be able to rearrange your arrival transfer and you will need to make your own way to the starting hotel at your own expense. If your arrival transfer does not arrive within 30 minutes after you have exited the arrivals area please take a taxi to your start point hotel.

### EMERGENCY CONTACT NUMBERS

G Adventures Local Representative (Bhutan):

Ms Wangchuk Dem - (Primary Contact)

From outside of Bhutan: +975 17 747 428

From within Bhutan: 17 747 428

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

From outside of India: +91 88 5180 6614

From within India: 88 5180 6614

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

Toll-free, North America only: 1 800 394 5416

Calls from UK: 0800 041 8146

Calls from Germany: 0800 181 9454

Calls from Australia: 1 800 204 905

Calls from New Zealand: 0800 424 389

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

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

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

## **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 15kg/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!) You will also need a day pack/bag to carry water, cameras and other electronics like ipods and mobile phones.

# What should be on my packing list?

## Cold Weather:

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

## Conservative Dress:

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

## Documents:

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

## Essentials:

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

## Health & Safety:

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

## Warm Weather:

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

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

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

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

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

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

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

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

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

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

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.

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

Please also make sure you have access to at least an additional USD \$250 (or equivalent) as an 'emergency' fund, to be used when circumstances outside our control (ex. a natural disaster) require a change to our planned route. This is a rare occurrence!

## Should I be tipping on my trip?

On our National Geographic Signature tours, tipping is included for all included activities and meals, and portage. Tipping is not included for the Expedition Leader. Should you want some basic guidelines on tipping for the activities you do on your own, please see below. At the end of each trip if you felt your National Geographic Signature Expedition Leader did an outstanding job, tipping is appreciated. The amount is entirely a personal preference, however as a guideline would be \$10-\$15 per person per day.

For meals and activities not included in your itinerary, it is appropriate in Asia to tip 10%. Though not compulsory, tipping is expected. Although it may not be customary to you, it is of considerable significance to the people who will take care of you during your travels and shows an expression of satisfaction.

## What activities are optional on this trip?

- No optional activities

## 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 information pertaining to the country you are traveling to well before departure. We recommend that you carry a First Aid kit and hand sanitizers / antibacterial wipes as well as a full supply of any personal medical requirements. In Asia, you will not find the same drugs as you get at home. Please be aware that sometimes we are in remote areas and away from medical facilities. Also note that for legal reasons our Leaders are prohibited from administering any type of drug including headache tablets, antibiotics, etc. 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 the Expedition Leader, they are unable to complete the itinerary without undue risk to themselves and/or the rest of the group.

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

Many national governments provide a regularly updated advice service on safety issues involved with international travel. We recommend that you check your government's advice for their latest travel information before departure. We strongly recommend the use of a neck wallet or money belt while travelling, for the safe keeping of your passport, air tickets, travellers' cheques, cash and other valuable items. Leave your valuable jewellery at home - you won't need it while travelling. Many of the hotels we use have safety deposit boxes, which is the most secure way of storing your valuables. A lock is recommended for securing your luggage. When travelling on a group trip, please note that your group leader has the authority to amend or cancel any part of the trip itinerary if it deemed necessary, due to safety concerns. Your Expedition Leader will accompany you on all included activities. During your trip you will have some free time to pursue your own interests, relax and take it easy and explore at your leisure. While your Expedition Leader will assist you with options available in a given location, please note that any optional activities you undertake are not part of your itinerary, and we offer no representations about the safety of the activity or the standard of the operators running them. Please use your own good judgement when selecting an activity in your free time. Although the cities visited on tour are generally safe during the day, there can be risks to wandering throughout any major city at night. It is our recommendation to stay in small groups and to take taxis to and from restaurants, or during night time excursions. Water based activities have an element of danger and excitement built into them. We recommend only participating in water based activities when accompanied by a guide(s). We make every reasonable effort to ensure the fun and adventurous element of any water based activities (in countries with varying degrees of operating standards), have a balanced approach to safety. It is our policy not to allow our Expedition Leaders to make arrangements on your behalf for water based activities that are not accompanied by guide(s). Swimming, including snorkeling, is always at your own risk. [Read more about travel safety](#) for ways to further enhance your personal safety while traveling.

## What are the trip specific safety considerations?

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.

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

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

## 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?

When packing be aware that dress standards are conservative throughout Asia. To respect this and for your own comfort, we strongly recommend modest clothing. This means covering shoulders and no very short shorts. Loose, lightweight, long clothing is both respectful and cool in the predominantly hot Asian climate. Shorts should be knee-length.

## 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 National Geographic Signature Specialist 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.