

EXPEDITIONS



SIGNATURE: HIMALAYAN KINGDOMS OF NEPAL & BHUTAN

15 days, Kathmandu to Paro

Trip code ANKPNS

WHAT'S INCLUDED

- Your G for Good Moment: Aarti Temple Ceremony & Local Dinner, Kirtipur
- Your G for Good Moment: Contemporary Art Visit at VAST, Thimphu
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Kathmandu
- Signature Moment: Everest Summiteer Talk, Kathmandu
- Your Foodie Moment: Tharu Community Cultural Dance Show & Dining Experience, Royal Chitwan National Park
- Signature Moment: Expert Talk, Panauti
- Your Foodie Moment: Newar Community Feast, Panauti
- Signature Moment: Mindfulness City Discussion, Thimphu
- Arrival transfer
- Sightseeing tour in Swyambhu Stupa
- Sightseeing tour of Boudhanath Stupa
- Kathmandu Lunch and Expert Talk with an Everest Summiteer
- Taragaon Next Museum visit
- Local activities at Tharu Village
- Rapti River Boat Safari
- Bhaktapur Expert Talk by Rabindra Puri
- Breakfast in local community
- Jeep Safari at Chitwan National Park
- Cultural Dance program by the locals
- Tharu dining experience
- Sightseeing tour of Bhaktapur
- Walking around Dhulikhel town
- Hike to Namobuddha Monastery
- 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 portage, except for your Expedition Leader
- All transport between destinations and to/from included activities
- All internal flights
- Engaging Discussions with the National Geographic Expedition Expert Throughout
- Portage at hotels and when getting on and off of vehicles

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and G Adventures. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

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

VALIDITY: Valid for all trips departing January 29th, 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

KATHMANDU

Welcome to Nepal. Your expedition begins in the vibrant heart of Kathmandu, where the scent of incense and the sound of temple bells fill the air. Upon arrival, you are met and transferred to your hotel, a sanctuary of traditional Newari craftsmanship. In the evening, meet your National Geographic Expedition Leader for an introductory briefing, followed by a presentation by your National Geographic Expedition Expert. The evening concludes with a welcome dinner where you'll savour authentic Nepalese flavours that mark the beginning of your cultural immersion.

Please book any arriving flights to land by 3pm.



Meals included

Dinner



ACCOMMODATION

The Dwarika's (or similar) Hotel



TODAY'S ACTIVITIES

Arrival Transfer

Tribhuvan International Airport - Kathmandu

15m-30m

2km

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

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.

Day 2

KATHMANDU

Choose to embark on an optional scenic flight to witness the Himalayas from above, as the sun illuminates the world's highest peaks. Back on the ground, explore the ancient Swoyambhu Stupa, where prayer flags flutter over the valley from its hilltop perch. Continue to the massive white dome of Boudhanath Stupa, a spiritual focal point for Tibetan Buddhism, where devotees perform kora in a rhythmic display of faith. In the afternoon, join an Everest summiteer for a compelling session to gain unique insights into life on the world's highest peak. After, visit Taragaon Next Museum to learn how they repurpose discarded plastic into art. Then, in historic Kirtipur, master the elegant curves of the ancient Ranjana Lipi script. As the sun dips low, walk to the 16th-century Bagh Bhairab Temple to join a private evening Aarti experience, lighting cotton lamps that cast a golden glow against ancient stone. Conclude the day with a warm, home-hosted dinner with a local family.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

The Dwarika's (or similar) Hotel



TODAY'S ACTIVITIES

Private Vehicle **Kathmandu** 15m-30m 7km

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

Swayambhunath Temple Visit **Kathmandu**

Visit Swayambhunath Buddhist temple and Unesco World Heritage Site, the most ancient and enigmatic of all the holy shrines in Kathmandu. Explore the structure and be sure to check out the Buddha's eyes painted on each side of the Stupa. The site is also known as the monkey temple, for the vast amount of creatures who call the complex home.

Private Vehicle **Kathmandu** 15m-30m 10km

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

Boudhanath Stupa Visit **Kathmandu**

Enjoy a visit to the Boudhanath Stupa, one of the largest Buddhist stupas in the world. Built in the 5th century, it still attracts many pilgrims, particularly Tibetan Buddhists and local Nepalis, and is a UNESCO World Heritage site. See the compassionate eyes of Buddha gazing from the facade and take in the peaceful atmosphere and observe Buddhist monks at prayer in the monasteries surrounding the stupa. Follow the pilgrims walking clockwise around the stupa, rotating the prayer wheels and chanting "OM MANI PADME HUM" meaning "diamond on a lotus." Continue through the thriving market surrounding the area which is alive with chants, singing bowls, monasteries, shops selling Tibetan wares and cafes serving authentic Tibetan cuisine.

ACTIVITY

Join a mountain summiteer to discuss life on the peak and vital waste management efforts.

Ranjana Lipi Workshop Kirtipur

Visit the Kirtipur Community and stroll the brick-paved alleys to learn the ancient Newari script from local experts.

ACTIVITY

Participate in a butter-lamp ceremony at a 16th-century temple as the sun begins to set followed by a home-hosted local dinner.

Optional Activities - Day 2

Everest Flight Mount Everest - Kathmandu 290None

Get a close look at awesome Mt Everest, the highest mountain in the world, without having to do any climbing; this one-hour plane tour will give you an unforgettable experience. At times, the weather may cover Everest, but the surrounding view is still worth the ride!

The price for this is \$290 USD.

Leave the highlands behind and fly into the lush lowlands of the Terai. Journey into the heart of Chitwan, where the air grows thick with the scent of tropical forest. Meet the indigenous Tharu community to learn about their daily life and traditional wall painting techniques. Later, enjoy a peaceful boat safari on the Rapti River, drifting quietly past gharial crocodiles and diverse birdlife. The afternoon concludes at the river's edge with a scenic sundowner and refreshments, followed by a long table discussion delving into the park's wildlife.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Meghauri Serai, A Taj Safari (or similar) **Hotel**

"The renowned and award winning Meghauri Serai is a luxury safari lodge known for hosting high-profile travelers, including international celebrities and dignitaries set on the edge of Chitwan National Park, where the grasslands of the Terai meet the Rapti River. Operated by Taj Palaces, one of the world's most storied luxury hospitality brands, the lodge combines exceptional safari experiences with the refined service, craftsmanship, and attention to detail for which Taj is renowned.

The architecture and interiors are inspired by the surrounding landscape and local Tharu culture, with natural materials, handcrafted elements, and earthy tones that create a calm, immersive atmosphere. Accommodations range from elegant rooms to secluded private villas, many featuring plunge pools and expansive views of the river or forest, offering privacy and comfort in equal measure.

Guests choose Meghauri Serai for its extraordinary wildlife encounters, including guided jeep safaris, river excursions, and nature walks led by expert naturalists, with opportunities to observe rhinos, crocodiles, deer, and prolific birdlife. Between explorations, guests return to the understated luxury of the lodge – enjoying thoughtfully prepared cuisine, riverside settings, and restorative wellness experiences.

Remote yet indulgent, Meghauri Serai reflects the spirit of Taj Palaces in a rare wilderness setting, offering a seamless blend of adventure, serenity, and world-class hospitality in one of Nepal's most remarkable natural landscapes."



TODAY'S ACTIVITIES

Private Vehicle **Kathmandu - Tribhuvan International Airport** 15m-19m 2km

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

Plane **Tribhuvan International Airport - Bharatpur Airport** 30m-45m 91km

Leave Kathmandu behind and catch a flight toward the subtropical plains of Bharatpur, where the tall grasses and river-riven wilds of Chitwan National Park await.

Private Vehicle **Bharatpur Airport - Royal Chitwan National Park** 30m-45m 25km

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

Tharu Community Visit **Royal Chitwan National Park**

Visit the traditional village of Tharu, home to the indigenous Tharu people from the Terai belt of Nepal, and take part in traditional activities, including making natural colors, wall painting, and enjoying henna art while learning from the local women within the community.

Chitwan River Safari **Royal Chitwan National Park**

Drift past crocodiles and rhinos before a long table discussion on wildlife at a scenic sundowner.

Wake to the sounds of the jungle and start the morning with a guided village walk, followed by a breakfast hosted within the local community. Venture into the dense forests and open grasslands of Chitwan National Park for an immersive jeep safari. With a local naturalist at your side, scan the undergrowth for the one-horned rhinoceros, wild boar, and vibrant bird species that call this UNESCO World Heritage site home. In the evening, the rhythm of the drum takes over during a traditional cultural dance performance, followed by a unique Tharu-inspired dining experience that celebrates the flavours of the lowlands.



Meals included

Breakfast | Lunch | Dinner



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TODAY'S ACTIVITIES

Village Walk & Community Breakfast

Royal Chitwan National Park

Enjoy a morning walk through nearby villages to meet locals and learn about daily life, followed by breakfast before returning to the resort for free time.

Half-Day Jeep Safari

Royal Chitwan National Park

Enjoy a half-day jeep safari through forested terrain, exploring the region's natural landscapes with guidance from a local wildlife expert and opportunities to spot native wildlife.

ACTIVITY

Enjoy an evening immersed in Tharu culture, with traditional music and vibrant dance performances like the Bhajayati, Thekara stick dance, peacock dance, and fire dance. Join in, learn the moves, and add your own flair. Then, savor an authentic Tharu village dining experience, featuring local dishes such as sticky rice, spiced duck, freshwater fish, and mustard greens—offering a true taste of regional flavors and culture.

Leave the jungle behind and fly back to the Kathmandu Valley, arriving in the medieval city of Bhaktapur. Step into a world of crimson brick and intricate timber, where the air carries the scent of warming spices and clay. Wind through ancient courtyards and artisan streets, pausing to taste the legendary Juju Dhau – a rich, velvety "king curd" served in traditional terracotta bowls. After exploring the city's soaring pagodas and open squares, continue the drive into the hills to Dhulikhel. Settle into your hotel as the evening light begins to soften over the surrounding ridges, offering a moment of quiet reflection before dinner.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Dusit Thani Himalayan Resort Dhulikhel (or similar) **Hotel**

"is a serene luxury retreat set in the foothills of the Himalayas, offering sweeping mountain views, expansive natural surroundings, and a strong sense of calm just beyond the bustle of Kathmandu. As part of the internationally renowned Dusit Thani hospitality group, the resort blends Thai-inspired gracious service with Nepalese culture and contemporary design.

The resort is distinguished by its spacious layout and connection to nature. Elegant rooms, suites, and villas are thoughtfully positioned to maximize views of the Himalayan range, forested hills, and open skies, creating an atmosphere of space, privacy, and quiet escape. Natural materials, soft palettes, and refined detailing lend the interiors a warm, understated sophistication.

Guests are drawn to Dusit Thani Himalayan for its focus on wellness, tranquility, and rejuvenation. A destination spa, outdoor pools, walking trails, and open-air spaces encourage relaxation and reflection, while dining venues highlight fresh, seasonal ingredients with both regional and international influences. The resort's elevated setting makes it especially appealing for travelers seeking restorative stays, romantic escapes, or a peaceful counterpoint to cultural exploration in the Kathmandu Valley.

With its panoramic setting, holistic approach to well-being, and hallmark Dusit Thani hospitality, the resort offers a refined sanctuary for guests looking to slow down, reconnect with nature, and experience Nepal in a more restorative and luxurious way."



TODAY'S ACTIVITIES

Private Vehicle **Royal Chitwan National Park – Bharatpur Airport** 45m-1h

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

Plane **Bharatpur Airport – Tribhuvan International Airport** 30m-45m

Leave the humid, emerald wilds of Chitwan Nation Park behind and fly toward the Kathmandu Valley, where the jagged, snow-dusted peaks of the Himalaya rise to meet the horizon.

Private Vehicle **Kathmandu – Bhaktapur** 30m-45m 11km

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

Bhaktapur Excursion **Bhaktapur** 3h-4h

Visit this unique old town known as the City of Devotees. Explore Hindu temples, pagodas, palaces, and monuments, including the beautiful wood-carved palace in Durbar Square. You can pick up clay pots and other souvenirs in the colourful open markets and taste home made yogurt, known as khopa dhau, which Bhaktapur is famous for.

Private Vehicle **Bhaktapur – Dhulikhel** 30m-45m 30km

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

Travel to the medieval Newari town of Panauti, a G Adventures supported project, where time seems to stand still amidst ancient stone and timber. Meet with a local expert for an insightful presentation on the intricate craft of Newari architecture. Observe the delicate precision of traditional wood carving and learn how these heritage structures are being meticulously restored to preserve the town's soul. Following this cultural immersion, gather for a vibrant community feast. Watch as families prepare authentic Newari specialities live, the air filling with the aroma of toasted spices and wood-fired ovens. Share stories over a spread of traditional dishes, celebrating the deep-rooted hospitality and culinary artistry of the Kathmandu Valley's original inhabitants.



Meals included

Breakfast | Lunch | Dinner



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Dusit Thani Himalayan Resort Dhulikhel (or similar) **Hotel**

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TODAY'S ACTIVITIES

Private Vehicle

Dhulikhel - Panauti

30m-45m

10km

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

ACTIVITY

Meet with expert practitioner for an in-depth conversation on the restoration of traditional Newari wood carving and architecture. Drawing from decades of hands-on conservation work in Bhaktapur and Panauti, the expert will share how traditional building techniques and historic homes are being preserved for future generations.

ACTIVITY

Gather for a traditional Newari community feast in Panauti, featuring live cooking of local specialties like bara and chatamari, a full home-style lunch with regional curries and rice, and classic accompaniments including hog plum juice, local Newari wine, and the sweet dessert yomari.

Day 7

DHULIKHEL/KATHMANDU

Breathe in the crisp mountain air as you walk a forested trail from Dhulikhel toward Namobuddha. On clear days, the white peaks of the Himalayan range appear to the north. Reach the Namobuddha Monastery, one of Nepal's most sacred Buddhist pilgrimage sites, where the atmosphere is one of profound peace. Spend time exploring the complex and, if schedules permit, observe the afternoon prayer session to witness the cadence of monastic life. After an included lunch at the monastery, travel back to the capital. Gather with your fellow travellers and for a farewell dinner and wrap-up presentation to celebrate the stories and connections made.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

The Dwarika's (or similar) Hotel



TODAY'S ACTIVITIES

Namobuddha Monastery **Simalchaur**

Discover a serene hilltop sanctuary offering insight into centuries-old Buddhist traditions.

Private Vehicle **Dhulikhel - Kathmandu** 1h30m-1h45m 45km

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

Day 8

KATHMANDU/THIMPHU

Leave the Kathmandu Valley behind and fly across the serrated peaks of the Himalayas to Paro. Upon landing in the valley of Paro, travel 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, before joining your National Geographic Expedition Leader for an essential welcome briefing. Your National Geographic Expedition Expert then provides a presentation, framing the spiritual and cultural depth of the days ahead. 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 in Bhutan with a welcome dinner at a local restaurant, savoring the bold, spicy flavors of authentic Bhutanese cuisine.



Meals included

Breakfast | 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

Private Vehicle **Kathmandu - Tribhuvan International Airport** 15m-19m 2km

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

Plane **Kathmandu - Paro** 1h-1h15m 36km

Leave Kathmandu behind and fly toward the mountain-ringed valley of Paro, where the Himalayan kingdom of Bhutan awaits.

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.

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.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Pemako Thimphu (or similar) **Hotel**

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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 10

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 11

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 12

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 13

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 14

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.



Meals included

Breakfast | Lunch | Dinner



ACCOMMODATION

Dawa at Hilltop (or similar) Hotel



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

- Your G for Good Moment: Aarti Temple Ceremony & Local Dinner, Kirtipur
- Your G for Good Moment: Contemporary Art Visit at VAST, Thimphu
- Your Welcome Moment: Welcome Moment - Meet Your Expedition Leader and Group, Kathmandu
- Signature Moment: Everest Summiteer Talk, Kathmandu
- Your Foodie Moment: Tharu Community Cultural Dance Show & Dining Experience, Royal Chitwan National Park
- Signature Moment: Expert Talk, Panauti
- Your Foodie Moment: Newar Community Feast, Panauti
- Signature Moment: Mindfulness City Discussion, Thimphu
- Arrival transfer
- Sightseeing tour in Swyambhu Stupa
- Sightseeing tour of Boudhanath Stupa
- Kathmandu Lunch and Expert Talk with an Everest Summiteer
- Taragaon Next Museum visit

- Local activities at Tharu Village
- Rapti River Boat Safari
- Bhaktapur Expert Talk by Rabindra Puri
- Breakfast in local community
- Jeep Safari at Chitwan National Park
- Cultural Dance program by the locals
- Tharu dining experience
- Sightseeing tour of Bhaktapur
- Walking around Dhulikhel town
- Hike to Namobuddha Monastery
- 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 portage, except for your Expedition Leader
- All transport between destinations and to/from included activities
- All internal flights
- Engaging Discussions with the National Geographic Expedition Expert Throughout
- Porterage at hotels and when getting on and off of vehicles

What are the main highlights of this trip?

Gain rare insight into Himalayan culture during private discussions with Everest summiteers, Bhutanese project leaders, and local experts shaping the region's future, Experience sacred traditions firsthand, from lighting oil lamps during a private Aarti ceremony in Nepal to receiving a monk-led longevity blessing at a Bhutanese monastery, Share authentic hospitality across the Himalayas, including home-hosted meals with Nepali and Bhutanese families in historic towns and rural valleys, Explore living heritage through encounters with artisans and artists—from mastering ancient Ranjana Lipi calligraphy in Kathmandu to meeting contemporary creators at Bhutan's VAST art initiative, Journey through spectacular Himalayan landscapes, from wildlife safaris in Chitwan National Park to the iconic cliffside hike to Bhutan's Tiger's Nest Monastery.

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

The information in this trip details document has been compiled with care and is provided in good faith. However it is subject to change, and does not form part of the contract between the client and the operator. The itinerary featured is correct at time of printing. It may differ slightly to the one in the brochure. Occasionally our itineraries change as we make improvements that stem from past travellers, comments and our own research. Sometimes it can be a small change like adding an extra meal along the itinerary. Sometimes the change may result in us altering the tour for the coming year. Ultimately, our goal is to provide you with the most rewarding experience. Please note that our brochure is usually released in November each year. If you have booked from the previous brochure you may find there have been some changes to the itinerary.

VERY IMPORTANT: Please ensure that you 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. WEATHER

Weather conditions in the Himalayas can change rapidly and our Expedition Leader may be forced to change the trip itinerary accordingly. Travellers need to be prepared for all weather conditions. For more information please read the "what to take" section of this trip notes.

2. FITNESS

While there are no treks on this trip this will be a fair amount of walking, so you should have an average level of fitness.

3. DRONES IN NEPAL

Please note that drones and the flying of drones are prohibited in Nepal. If you violate these regulations the police may take you into custody.

4. COMBO TRIP

Please note that this tour combines with other G Adventures tours. As such, the staff and some travel companions on your tour may have previously been traveling together with G Adventures, prior to Day 1 of your tour. Likewise, some staff and travel companions may be continuing together on another G Adventures tour, after your trip concludes.

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

All G Adventures group trips are accompanied by one of our National Geographic Expedition Leader 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?

14 breakfasts, 13 lunches, 14 dinners

What are the modes of transportation on my trip?

Private Vehicle, Walking, Safari Vehicle, Plane

Are local flights included in the cost of the trip?

All local flights are included in the cost of your tour unless otherwise noted. It is important that we have your passport information at the time of booking in order to process these tickets. Internal flight tickets are issued locally and will be given to you prior to the flight departure.

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?

Hotel (14 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.

An arrival transfer is included when you arrive on Day 1, or if you arrive up to three days prior provided that you have booked your pre-accommodation through National Geographic Expeditions with G Adventures in our joining hotel. Due to customer experience and quality considerations, all services related to the tour must be continuous.

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 Expedition Leader, please refer to our emergency contact details. If you have pre-booked an airport transfer and 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. Included arrival transfers are provided from the nearest airport to your starting location. 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.

If your call is specifically concerning Airport Transfer complications at Tribhuvan International Airport please call our local G Adventures Transfer providers directly at:

Ms. Binita Gurung - (Primary Contact)

From outside of Nepal: +977 98 0191 1000

From within Nepal: 98 0191 1000

Mr. Rajju Maskey - (Secondary Contact)

From outside of Nepal: +977 98 0201 4444

From within Nepal: 98 0201 4444

EMERGENCY CONTACT NUMBERS

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 will vary according to the trip style you have chosen, the countries you are visiting and when you are travelling. Generally speaking though, you should pack as lightly as possible. On the vast majority of our trips you are expected to carry your own luggage (please see below for exceptions), and though you will not be required to walk long distances with your luggage (max 30 minutes) we recommend keeping the weight under 10kg/22lb.

Suitcases are not recommended for G Adventures travellers! Most travellers carry their luggage in a backpack, although an overnight bag with a shoulder strap would suffice if you travel lightly. Smaller bags with wheels are acceptable, although we recommend your bag has carry straps as well, as you may be required to negotiate bus and railway station steps. You will also need a day pack/bag to carry water and a camera etc for day walks and day trips.

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](#)

NEPAL:

Nepal is now offering e-Visas for some nationalities. please visit this [link](#) for further information, and to check if your nationality is eligible for an e-Visa. You can apply for the visa [here](#).

We strongly suggest travellers eligible for an e-Visa complete the form online and print their receipt before arrival to Nepal to ease your entry and avoid queuing. Visas are available upon arrival at the airport and land crossings for those who are unable to receive their e-Visa beforehand.

BHUTAN:

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. You will receive the visa letter while on your tour, 2 - 5 business days before entry into Bhutan. We cannot get the visa letter issued any sooner, as it is issued by the Bhutanese government.

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

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

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

What should I 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?

As currency exchange rates in Asia fluctuate often we ask that you refer to the following website for daily exchange rates: www.xe.com. There are many ATM machines that accept both Visa and Mastercard but these are limited to major cities. Major credit cards are accepted in most shops but they may charge a 2-4% transaction fee.

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!

Do I need to pay a departure tax?

All departure taxes should be included in your international flight ticket.

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?

Mount Everest

- Everest Flight (290 per person)

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 Expedition 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 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 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 Expedition Leader has the authority to amend or cancel any part of the trip itinerary if it is 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 or 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 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 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.

We take all prudent measures in relation to your safety. For ways to further enhance your personal safety while traveling, please visit:

www.gadventures.com/travel-resources/safety/

What 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.

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 Expedition Leader, 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?

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

How can I share feedback about my trip experience?

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

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

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

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

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

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.

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