



# Himalayan Adventure Treks & Tours

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## *Paradise Bhutan Trek :- 10 Days - USD 4500 Per Person*

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## **Highlights**

- *Enjoy the Himalayan panorama of Everest, Kanchenjunga, Jitchu Drake, and Jomolhari ranges.*
- *Explore Taktshang monastery and many other cultural heritages in Thimphu.*
- *Relish the culture and hospitality of Bhutanese people.*
- *Experience the beauty of the Himalayan lakes on the trekking trail.*

## **Overview**

*Paradise Bhutan Trek explores one of the most beautiful trekking trails in Bhutan. Heading south from the capital Thimphu, Paradise Bhutan Trek ascends to the majestic Labatama and Dagala Pass (4300m). Likewise, the trek is renowned for offering surreal views of numerous Himalayan lakes and mountain vistas. Also known as Dagala Thousand Lakes Trek, the trek also gives an insight into the old Bhutanese heritage. To sum, this trip is a golden introduction to the natural and cultural riches of Bhutan. The trip starts in Paro, where you explore the city and visit some of the famous tourist destinations around the valley. Hike to the Taktsang Monastery, also called “Tiger Nest” one of the most revered in Bhutan, on the first day of the trip. Later, you drive to the starting point of the trek and hike to Genekha. Gradually, the trek gathers pace and heads to Gur as you relish the beautiful hilly scenery. Next, you ascend to the altitude of 4,300 meters at Dagala Pass and enjoy sublime views of the Bhutanese Himalayas. From here, you can set your sights at the Dagala range along with mountains in Jitchu Drake and Jomolhari vistas. Then, you descend to Labatama...*

## **Itinerary**

### *Outline Itinerary:*

*Day 01: Arrive at Paro Airport. (2200m) (L/D)*

*Day 02: Taktsang Monastery visit day. (B/L/D)*

*Day 03: Trek to Genekha (2800m) 4-5 hours. (B/L/D)*

*Day 04: Trek from Genekha to Gur (3350m) 4-5 hours. (B/L/D)*

*Day 05: Trek from Gur to Labatama (4300m) 6-7 hours. (B/L/D)*



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*Day 06: Labatama Halt (4300m) (B/L/D)*

*Day 07: Trek from Labatama to Panka (4000m) 4-5 hours. (B/L/D)*

*Day 08: Trek from Panka to Talikha and drive to Thimphu 6-7 hours. (B/L/D)*

*Day 09: Sightseeing in Thimphu. (B/L/D)*

*Day 10: Departure from Paro. (B)*

## *What's included?*

- *Airport pickup drop by private vehicle.*
- *Four Nights in a 3-star category hotel on twin-sharing on a full board basis.*
- *Five Nights in camping tents on a twin sharing basis with all meals included (breakfast, lunch, evening tea, dinner).*
- *All necessary travel permits.*
- *All Permit and entrance fees in Bhutan.*
- *All tours by private vehicle.*
- *All Trekking Equipment (2 men sleeping tents, Kitchen Tents, Dining tents, Toilet Tents, Petromax, Cooking Utensils).*
- *Pack ponies as and when required for trekking.*
- *Ground mattress (one hard mattress and one form mattress) for each person.*
- *Dining tent with chair and table.*
- *Toilet tent (Gents & Ladies separate for big group only).*
- *Local guide with local experienced kitchen staff on the trek.*
- *Bhutan Visa Fees.*
- *All government taxes.*

## *What's excluded?*

- *Airfare.*
- *Insurance (in case of accident, theft, medical, evacuation, etc).*
- *Tips to the drivers, camping staff, horsemen, and guides.*
- *Any extra costs incurred due to natural calamities due to aborting trek.*
- *Tips and expenses of personal nature.*
- *Beverages.*
- *Sleeping bag, torches, and other personal equipment for trekking.*

## *Equipment*

### *Equipment List for Dagala Thousand Lake Trek:*

*Dagala Thousand Lake Trek is a Moderate trek and we hope, this information will be helpful to you to*



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*succeed in your trip.*

## ***Luggage/Duffle bag:***

*You will require a duffel bag or a backpack for trekking (45- 55 L) max and all our trekking stuff is kept in this duffel bag and this will be carried by our porters.*

## ***A day backpack:***

*You will need a day backpack and you will be carrying it every day by yourself and we recommend you it has to be at least 25L and you can carry important documents like Passport, credit card along with the need to carry a water bottle, snacks bar and clothing layers (hat, gloves, fleece, sunblock, poles, etc...).*

## ***Trekking/Hiking boots:***

*It is very important to have good trekking boots and they should be waterproof (in case of snow, or rain) Make sure it should be fit on your feet and comfortable during walking.*

## ***Sport sandals:***

*You need to have a pair of sports shoes or sandals to use while you are in camp after the trek.*

## ***Sneakers:***

*Better to have trekking boots so sneakers are not suitable for this trek.*

## ***Sleeping Bag:***

*You need to have a lightweight sleeping bag that works for minus 10 degrees for the summer season but during the winter we recommend minus 15 degrees for the Dagala Thousand Lake Trek.*

## ***Fleece jacket:***

*You need to have good quality fleece jacket at least 1 synthetic jacket or pullovers are a great alternative to fleece because they are lighter and more compressible and gives you enough warmth during trekking.*

## ***Down jacket:***

*A down jacket is compulsory and recommends you to bring the warm enough so can keep you warm during the trek.*

## ***Socks:***

*You need to have at least 2 pairs of thick socks during the spring & autumn but winter and monsoon*



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*need at least 3 pairs of socks for the Dagala Thousand Lake Trek.*

***Lightweight/ warm insulated pants:***

*You need to have at least 2 pairs of lightweight trekking pants like Lightweight Pants/ Nylon hiking shorts, Water/windproof trousers, and Casual pants so we can use them like the weather.*

***Short-sleeved shirts:***

*You need to have 2 ice-breaker merino wool to keep you warm from the cold or synthetic shirts and if you are not allergic to wool products, merino wool is ideal for Dagala Thousand Lake Trek.*

***Long-sleeved shirts:***

*You need to have at least two shirts.*

***Underwear:***

*You need to have a few pairs of underwear and this can be as much as you need as there are no washing facilities during the trek so, we highly recommend you to have enough pair of underwear.*

***Waterproof jacket:***

*You need at least one waterproof jacket for the rain/snow and wind and waterproof pants may be an option.*

***Head and face gear:***

*Sun Hat or cap during the daytime, Woolen Hat for morning & Evening, and Polarized sunglasses are compulsory.*

***Hand gear:***

*You need warm gloves.*

***Traveling supplies:***

*Adapter Plug for Charging the Camera and Mobile, Camera belt, Passport belt ( nice to have), Swiss army knife (option), Flashlight, Headlamp, Water bottle, Extra camera battery, Hand sanitizer, Alarm clock, Hiking poles (optional ), and Binoculars (optional).*

***Toiletries:***

*Razor, razor blades, shaving cream, aftershave toothbrush, toothpaste, dental floss, sunscreen, toilet paper, small towel, and period pads (for women).*



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## **Medication:**

*Altitude Medicines (Diamox), Tylenol, aspirin, ibuprofen, Anti-diarrheic, Powerful antibiotics, and Nasal Spray or Drops.*

## **Checklist for Bhutan Tour:**

- *Valid passport (valid for six months from the date of your trip).*
- *One other picture ID, such as driver's license (in case of emergency and for use as a substitute of passport or in case of loss of your passport) Photocopy of passport page to carry in a wallet.*
- *Air tickets (Make a copy of flight tickets which may be helpful, in case of loss).*
- *Visa Clearance (Make a copy of visa clearance which may be helpful, in case of emergencies).*
- *MasterCard, Visa Credit, and Debit Cards are accepted in Bhutan. However, travelers' cheques and some cash are highly recommended.*
- *Mobile (if your cell phone is from CINGULAR USA or ATNT (USA) operators then your cell phone will work in Bhutan).*

## **What to Bring During the Tour in Bhutan:**

- *Warm Jackets with waterproof or raincoats.*
- *Hiking shorts (for men) or a skirt.*
- *Winter clothes.*
- *Hiking/trekking boots.*
- *Socks for hiking boots Sunscreen for lips and face.*
- *Sunglasses.*
- *Sneakers.*
- *Long and short T-shirts or cotton shirts.*
- *Sun Hats.*
- *Walking Sticks.*
- *Backpack or Suitcase.*

## **Dress Code for Visiting Fortresses, Monasteries, and Temples in Bhutan:**

- *Shirt (either half or full sleeve).*
- *Full pants/long skirts.*
- *Any type of shoes with socks.*
- *No Hats, No umbrellas, No Slippers, No t-shirts, No short skirts, and No half-pants.*
- *Photographs allowed in the courtyard only.*

## **Trip Notes**

### **Cancellation policy on Tour :**

*Once visa is processed & tour program booked and subsequently canceled shall be subject to the*



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*following charges :*

- a) before 30 days of start of the program – no charge*
- b) before 21 days – 10% of the rate*
- c) before 14 days – 15% of the rate*
- d) before 7 days – 30% of the rate*
- e) less than 7 days – 50% of the rate*
- f) 24 hours prior to the trip – 100% of the rate*

## *Hotel policy:*

*During the festival period, there will be a 100% cancellation charge if cancel for less than 30 days and 50% if less than 60 days for accommodation only.*

## *Visas policy:*

*Visa: for processing visas, we need a scan color copy of the original passport (valid for at least 6 months during the time of visit in Bhutan).*

*Visa is approved upon the confirmation of the full tour payment and is issued by the Department of Immigration. Without this visa clearance number, tourists cannot board the flight or enter the country. The copy of this visa clearance will be forward to you to produce during the check-in at the respective airline counter as well as to the immigration authorities upon arrival in Paro international airport or other port of entry.*

*Note: Min 4 Pax required on display rate.*

## *About the country*

*Bhutan, the land of the Thunder Dragon, was off-limits for tourists up until the seventies. Enveloped in mystery and magic, this soulful country is deeply rooted in its past. Resting in the Himalayas, this country is also known as the last Shangri-La. With the pristine Himalayan landscape, Bhutan also has*



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*a lush green forest, mesmerizing traditional villages, temples, and fortresses. To avoid any impacts of tourism on the country's culture and environment, Bhutan limits its visitors to pre-planned tours. Foreign visitors here pay a minimum tariff of USD 200-250 daily which includes meals, accommodation, food, transport, and official guides. With its extraordinary culture, traditions, and history, Bhutan is a place you must visit at least once in your life.*

## Key Facts

*Location: Bhutan is located in South Asia, and is bordered by the Autonomous Region of Tibet and the Republic of India.*

*Geography: It is a sovereign nation located toward the eastern extreme of the Himalayas.*

*Capital: The capital city of Bhutan is Thimphu.*

*Area: It covers an area of 38,394km<sup>2</sup>.*

*Population: The current population of Bhutan is 827,403.*

*Political system: The political system of Nepal is a constitutional monarchy and the current King is Jigme Khesar Namgyal Wangchuk.*

*Major religion: Bhutan is a Buddhist country and more than half of the population follows Vajrayana Buddhism.*

*Time zone: UTC+06:00*

*Official language: Dzongkha or Bhutanese language is the official language.*

*Working hours: The working hours in Bhutan are differentiated into summer timing and winter timing, 8 hours, and 7 hours respectively. During summer, the timing is from 9 am to 5 pm and, during winter, it is from 9 am to 4 pm.*

*Electricity: Most parts of the country are well connected with electricity. The standard voltage of electricity is 230V.*

## Visa Information

*All tourists except India, Bangladesh, and the Maldives require a valid visa to enter Bhutan. You can process your visa to Bhutan through a licensed Bhutanese tour operator or foreign travel agency. With a photo sample of your passport and USD 40, you will be able to apply for a visa. As soon as you provide the required documents and full payment for the tour, the tourism council of Bhutan will process your visa. Within 72 hours, you will get your visa cleared and, now, you can head to Bhutan.*

## How to reach the country



*Bhutan was recently opened for tourism and, recently, it has been made easier to access through planned economic development. You can reach Bhutan through land or air as there are well-connected networks of roads and an international airport. Visitors can enter Bhutan by land through Phuentsholing, Gelephu, and Samdrup Jongkar. These are the only open borders for those entering Bhutan by land. For those who are traveling by air, there are currently two operators Druk Air and Bhutan airlines. Paro International Airport is the only international airport to reach Bhutan.*

### Popular destinations to visit

*Bhutan is known for its unique and amazing landscapes, cultural heritage, and historic fortresses. The well-preserved authentic culture, history, and traditions spring out admiration towards the country. While visiting Bhutan, there are few places you should certainly see. You should start with the unbeatable Tiger's Nest monastery also known as "Paro Taktsang". This monastery resting on a 3000m vertical cliff is something you should not miss out on. If you are on time, you can also observe the Punakha festival in Punakha Dzong. The capital city of Thimphu should also be on your list as it boasts an array of traditional arts, cultural sites, markets, and fortresses. From Dochu La pass, you can visit the 108 Chortens (stupas) which were built in memory of a Bhutanese soldier who died fighting against the insurgency in 2003. Finally, you can tour the Phobjikha valley where you will witness the wildlife of Bhutan.*

### Internet and communication in the country

*Within recent years, communication services have improved in Bhutan. The country has a good network of telecommunication facilities. The major cities are filled with hotels, restaurants, internet cafes, domestic, and international phone booths where you can make phone calls and use the internet. Wi-Fi is widely and easily available in major cities. However, in a remote area, the availability and reliability are both quite poor. You can also acquire a sim card to access the internet or for communication purposes. Having said that, some rural areas do not have proper connectivity.*

### Local currency and foreign exchange

*The official local currency of Bhutan is Ngultrum. The Bhutanese currency is equivalent to the value of the Indian rupees. The Indian currency is also widely accepted in Bhutan. You can exchange dollars and other foreign currencies at the bank in Thimphu and a few other major cities. In such situations, you need to be updated to exchange your currency. This information is available on the official website of the Bank of Bhutan at <https://www.bob.bt/forex-all/>.*

*However, you will not be needing a lot of cash as everything is prepaid and included within the mandatory price of USD 200-250.*

### Weather and Climate

*The climate in Bhutan depends upon the season, altitude, and influence of northern Indian monsoons. Bhutan also possesses four seasons, namely, autumn, spring, winter, and monsoon. Autumn offers pleasant weather for exploration and sightseeing whereas the spring season brings in colorful flora and vibrant fauna. Winter experiences cold and harsh weather conditions whereas monsoon welcomes*





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*rainfall across the country.*

*Likewise, the country is divided into three parts mainly southern, central, and northern. Southern Bhutan is hot, humid, and unchanging throughout the year. Temperatures can vary from 15-30 degrees Celsius. The central part of the country is engulfed in the deciduous forest which results in a fair temperature, with warm summers and cool dry winters. However, in the far northern part of the kingdom, the weather is much colder during the winter and cooler during the summer. Mountains peaks are perpetually covered in snow while the lower green lands blossoms during the summer.*

## *People, culture, and festival*

*Bhutan is the only Vajrayana Buddhist nation in the world and Buddhism is the official religion of the nation. Hence, Bhutanese culture and traditions are heavily influenced by Buddhism. Bhutanese people are very warm and welcoming resulting in the boost of your gross domestic happiness. You will see many elderly and middle-aged people draped in Bhutanese dress as it is the national dress of the kingdom. Bhutan is rich in cultural diversity which leads to a wide variety of colorful and elaborate festivals. The widely celebrated festival is Tshechu which marks the important events in the life of Guru Rinpoche. Likewise, Paro Tshechu, and Wangduephodrang Tshechu. Punakha Drubchen and Haa Summer Festival are some other popular festivals in Bhutan.*