Why book this trip?

Explore the Himalayan Kingdom of Bhutan on a variety of hikes that take us through peaceful villages encountering rural life. Visit some of the country’s most spectacular dzongs and monasteries including the fabled Taksang ‘Tiger’s Nest’ - perched high up on a cliff face.

- Phobjika - Beautiful valley where black cranes come to nest
- Festivals - Departures planned to coincide with colourful monastic festivals
- Everest views - Unrivalled Himalaya views on the Kathmandu to Paro flight
Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

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**DAY 1 - Trip starts in the Nepali capital Kathmandu**

The trip starts today in the Nepali capital Kathmandu. There are no planned included activities today and you can arrive at any time. If you would like to receive a complimentary airport transfer today, you'll need to arrive into Kathmandu Tribhuvan International Airport (KTM). You should allow at least 45 minutes to reach our hotel in central Kathmandu as traffic congestion in city can be bad.

Your time in Kathmandu is unaccompanied and you will meet your Bhutanese Leader on arrival in Paro on day two of the holiday. A Nepali representative will meet with everyone today at 6pm to brief you on the essentials for your stay in Kathmandu and timings for the journey to the airport tomorrow morning. Should you miss this meeting, please refer to the hotel noticeboard for further information.

Depending on the arrival time of your flight, should you wish to explore, our hotel is located a short walk from the lively Thamel area. Home to a multitude of outdoor gear, souvenir shops, great bookshops and a huge variety of restaurants, it's a fun place to wander. Alternatively, if you'd like to explore further afield you could head to either the Boudhanath or Swayambunath temples (ask the hotel to arrange a taxi for you) where you can mingle among the many Buddhist pilgrims.

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**ACCOMMODATION:**

Hotel Ambassador (or similar)

Grade: Comfortable Hotel

SINGLE ROOM AVAILABLE
DAY 2 - Fly to Paro in Bhutan; museum visit and hike to Zuri Dzong

We fly to Paro in Bhutan this morning on what must be one of the world's most spectacular mountain flights. If you sit on the left-hand side of the plane you'll be treated to breathtaking views of five of the eight 8000m plus peaks of the Himalaya including Everest, Lhotse and Kanchenjunga. Beautifully set amidst the wooded valleys of Western Bhutan, Paro is set along the banks of Paro Chu River, overlooking terraced farmland, and is home to some of the largest and oldest of Bhutan's majestic dzongs - fabulous buildings that serve as the political, religious and military centres of their regions.

On arrival we will be met by our Bhutanese tour leader and transfer the short distance to our hotel for some lunch. All of the meals in Bhutan are included in the price of the holiday and we'll have the chance to sample a variety of traditional dishes including various dishes made with cheese such as the staple dish of ema datshi, chillies and cheese.

In the afternoon we head out on our first walk of the trip, a gentle ramble on the eastern side of the valley from the Ta Dzong, (the National Museum of Bhutan) to Zuri Dzong. We'll visit the museum before setting out. It houses over 3,000 works of Bhutanese art, covering more than 1,500 years of Bhutan's cultural heritage. Zuri Dzong, a former fortress, now a temple complex, dates back to the 14th century and houses the temples to the local protective deities and is home to hermits and scholars specializing in indigenous medicine. Our walk ends at the cantilever bridge across the River Paro Chu.

In the evening we'll pay a visit to the 7th century Kyichu Lhakhang where we can offer butter lamps dedicated to the souls of departed loves ones and for the benefit of all sentient beings, as all Bhutanese do before embarking on a journey.

Today's three kilometre leisurely walk is over flat terrain and is expected to take around two hours.

ACCOMMODATION:
Janka Resort (or similar)

Grade: Comfortable Hotel

SINGLE ROOM AVAILABLE

MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 3 - Drive across the Dochu La (3,100m); hike on the Divine Madman's Trail

Departing Paro this morning we turn east, taking the mountain trails that head through the beautiful landscapes of the Black Mountains and across the high Dochu La Pass (3,100m). Our journey takes us across a landscape blanketed in rice terraces and scattered villages and, as we climb up towards the
heights of Dochu La, the road becomes festooned with colourful prayer flags. On a clear day this meandering highway offers some breathtaking views across the Bhutan Himalayas towards the towering peak of Gangkhar Punsum (7,541m), the highest mountain in the country. Descending from the pass the landscape changes; from forests of pine and oak, through rhododendron, alder and cypress, to turn more tropical as we approach the valley floor.

The first part of today's hike takes us from the terraces at Thinleygang, where we enjoy a picnic lunch, to just below the Wolokha nunnery in the Punakha Valley. We walk on the Divine Madman's Trail, named after Lama Drukpa Kuenley, a revered and decidedly controversial saint who is believed to have subdued the demoness of the Dochu La. Drukpa Kuenley's teachings went against the normal Buddhist conventions. He believed that the rigid doctrines of the day were isolating the priests from the ordinary people, so he set out to break down these barriers by deliberate provocation by, in his own words, using '...fair and foul words for mantras'.

The trail leads through a tropical forest of chirping birds, diverse plants and trees with scenic views of the valley and the river. In days gone by this trail was used by the Central Monastic Body while migrating to their summer and winter residences in Thimphu and Punakha respectively. The trail passes through Chandana, a typical Bhutanese village where legend has it that a house was hit by an arrow fired by the Mad Monk that came flying all the way from Tibet.

After enjoying a short break at the end of the trail, we visit the 15th century Chimi Lhakhang temple, dedicated to Drukpa Kuenley. The walk across the fields to the temple starts at the village of Sopsokha where you'll see brightly painted phallus's adorning the side of the houses. Chimi Lhakhang is also known as the fertility temple; women who are having trouble conceiving come here to pray and receive the resident lama's blessings, which he punctuates by tapping the women on the head with a wooden phallus!

Today's five-and-half kilometre hike on the Divine Madman trail is expected to take around two-and-half to three hours with a total ascent of 557 metres. The two kilometre walk to Chimi Lhakhang will take around and hour with a total ascent and descent of 20 metres.

ACCOMMODATION:
Zhingkham Resort (or similar)

Grade: Comfortable Hotel

SINGLE ROOM AVAILABLE

MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 4 - Visit Punakha Dzong; walk through fields to Khamsum Yulley Namgyal Stupa

This morning we take a short drive to the village of Hebisa and set out for the beautiful Khamsum Yulley Namgyal Stupa, a jewel-like structure that can be seen poking through the trees beyond the river. It is dedicated to the current king and was built by his mother. There are several levels to this pagoda-like structure, each of which is densely packed with protector deities. The trail to the stupa is gradual and
takes us through fields of paddies and chillies and we will see farmers working in the fields.

Returning to Punakha we visit the impressive Punakha Dzong. Built on a sandbank at the confluence of the Phochu and Mochu rivers, the dzong was once the seat of the Bhutanese government, but today its the winter retreat of the Chief Abbot of Bhutan. A superb example of Bhutanese monastic architecture, the dzong presents us with a collection of tiered halls, inner courtyards and golden spires that have managed to survive numerous fires, floods and earthquakes over the intervening centuries.

The remainder of the afternoon is free to relax or wander further in the town.

Today's three kilometre walk is expected to take around two hours with a total ascent and descent of 241 metres.

**ACCOMMODATION:**
Zhingkham Resort (or similar)

**Grade:** Comfortable Hotel

**SINGLE ROOM AVAILABLE**

**MEALS PROVIDED:** BREAKFAST, LUNCH & DINNER

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**DAY 5 - Hike from Longtey to stunning glacial valley of Phobjika**

Today we depart for the beautiful glacial valley of Phobjikha. The drive is stunning, as we ascend the Pele Pass, the vegetation changes, from the cactus growing in the warm valley of Punakha to the mixed conifer and rhododendron forest of Phobjikha. The valley is home to Bhutan's black-necked cranes, now an endangered species. Conservation efforts by Bhutan and the World Wildlife Fund have been able to create a safe haven for these stunningly beautiful birds, which flock to the region's marshy wetlands in winter for roosting (mid-October to early March).

Shortly after the pass we reach the village of Longtey, the starting point for today's hike, which takes us through open pasture of shrub bamboo and then across the Pele La and into the Phobjika Valley. We descend steeply through areas of shrub bamboo past the Khumbu Gompa, a small meditation complex, to meet our vehicle in the village of Khumbu. Its a short drive from here to our guesthouse.

Today's six kilometre walk is expected to take three-and-a-half hours with a total ascent of 400 metres and descent of 640 metres.

**ACCOMMODATION:**
Dewachen Hotel - Phobjika (or similar)
DAY 6 - Walks in Phobjika Valley; visit Black Crane Centre

We visit Gangtey Monastery this morning before setting out from its long mani-wall (wall built up from mantra-painted mani stones, a Buddhist offering) along the Gangtey Nature Trail hike. Heading down to a village of clustered Bhutanese houses with its fields of potatoes and turnips, we’ll then pass through forests of pine and dwarf bamboo before walking along the ridge into the Phobjikha Valley. We plan to call in at a farmhouse on the way and meet some of the local people going about their everyday lives. The medium of education in Bhutan is English and many people are able to speak more than a smattering.

After lunch, we pay a visit to the Phobjika Crane Information Centre to learn about these birds which are so loved by the local people that a black-necked crane festival is held every year in November at Gangtey Monastery. There’s an optional hike this afternoon from the village of Kingathang back to our hotel, or alternatively you can simply relax among these peaceful and beautiful surroundings.

This morning’s three kilometre easy walk is expected to take around one-and-a-half hours with a total descent of 140 metres. The optional four kilometre afternoon hike is expected to take around one-and-a-half hours with an ascent of 150 metres.

ACCOMMODATION:
Dewachen Hotel - Phobjika (or similar)

Grade: Comfortable Hotel

SINGLE ROOM AVAILABLE

MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 7 - Lawala ridgeline hike; optional walk from Samtengang village

This morning, we embark on the Lawala Ridgeline hike beginning at this institute for higher learning, we begin to go higher along the gentle sloping ridge of the hill where this monastery is situated. Passing by dormitories of the monks and assembly halls (one of them newly being built), we start off and climb
immediately through sparse pinewood and then treeless meadow, passing by few hermitages along the way. We may see some hermits besides the occasional herders who use the trail. The path is feint in some places and it is steady climb. Views of the gentle glacial valley of Gangtey and Phobjikha unfolds behind us as we climb a little higher before eventually meeting our vehicle at the Lawala Pass and continuing our drive to Wangdi.

For those who wish there's an option of a second hike today en route to Wangdi between the villages of Samtengang and Chungsakha. Anyone wishing to have a more relaxing afternoon will continue on to Wangdi.

This morning’s four-and-a-half kilometre walk is expected to take two-and-a-half hours with a total ascent of 530 metres. the optional afternoon hike is approximately five kilometres and expected to take around two hours with a total ascent of 100 metres.

ACCOMMODATION:
Kichu Resort (or similar)
Grade: Comfortable Hotel
SINGLE ROOM AVAILABLE
MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 8 - Trek from Dochu La; drive to Thimpu the Bhutanese capital

An early-morning departure takes us back across Dochu La where we disembark for a hike to Lungchuzekha Monastery. It takes approximately two hours to reach the small monastery after which we descend via the villages of Trashigang and Hongtsho, another three or so hours of wonderful hiking. Our vehicles meet us where the trail crosses the road and we continue on to Thimphu. The Bhutanese capital occupies the wooded western banks of the Wang Chhu. Our journey winds its way past paddy fields and apple orchards, forests of pine and tiny hamlets whose houses are decorated with the Tashi Tagye, the 8 symbolic signs of Himalayan Buddhism. If time allows, we will walk along Thimpu's bustling streets, soaking up the rich atmosphere of this most unique of capitals, one that doesn’t possess even a single traffic light.

Today's walk is expected to take five-and-a-half hours with a total ascent of 530 metres and descent of 100 metres.

ACCOMMODATION:
Hotel River View (or similar)
DAY 9 - Trek through the forest to Taktsang 'Tiger's Nest' Monastery

We leave Thimpu behind and head back towards Paro and our final hike of the trip, the trek up to the fabulous Taktsang Monastery. One of the most revered spiritual sites in the country, it is precariously located on a cliff face some 900 metres above the Paro Valley. The name translates as 'Tiger's Nest' and local legend recounts how Guru Rinpoche, who founded the Drukpa Sect and brought Buddhism to Bhutan, flew here on the back of a tiger and founded the monastery on the site of a cave where he spent a few months deep in meditation. The hike up to the monastery follows a path that cuts through oak and pine forests. After about an hour, we reach a small teahouse with wonderful views of the monastery, a great place to take a rest. After another hour we emerge by a chorten with amazing views of the monastery and surrounding area. The final stretch climbs down, and then back up, 700 steps, crossing a gorge laced with prayer flags to arrive at this incredible destination. We can take a look inside the monastery but we are not permitted to enter the actual cave where Guru Rinpoche is said to have meditated.

Upon returning to Paro, we can relax at the hotel or do some last-minute exploring in the town.

Today's 13 kilometre hike is expected to take five-and-a-half hours with a total ascent and descent of 600 metres.

ACCOMMODATION:
Janka Resort (or similar)

Grade: Comfortable Hotel

SINGLE ROOM AVAILABLE

MEALS PROVIDED: BREAKFAST, LUNCH & DINNER

DAY 10 - Fly to Kathmandu; explore the Old City on foot

Today we fly back to Nepal with the chance to enjoy the amazing views of the high Himalaya once again.
We'll head out this morning with a local guide on a walking tour around Old Kathmandu, taking in Durbar Square and its collection of ornate palaces, courtyards and temples and we’ll also visit Asan Bazaar and the Kumari Ghar, home to the Kumari Devi; a living goddess worshipped by both followers of the Hindu and Buddhist faiths.

The rest of the day has been left free for further sightseeing and perhaps some shopping. Depending upon your interests you might like to spend it visiting the almost perfectly preserved Newari town of Bhaktapur in the eastern corner of the Kathmandu Valley. Also known as Bhadgaun or the City of the Devotees, Bhaktapur evokes the feel of a medieval village, a snapshot of a time when the city lay along the prosperous trade routes between Tibet, China and India. The ancient centre of the town is a dazzling collection of temples, palaces and monasteries that have earned it a place on the UNESCO list of World Heritage Sites. A wander through this cultural gem affords an opportunity to take in its beguiling charms and enjoy the site of artisans going about their craft much as they have for generations. You can watch potters throwing clay on traditional wooden wheels, watch jewellers and artists as they go about their daily business and wander through the handicraft shops and stalls seeking out some exquisite bargains. Another alternative for this afternoon is a trip up to the nearby the hilltop temple of Swayambunath, the captivating 'Monkey Temple', whose all-seeing Buddha eyes gaze out across the Kathmandu Valley. The temple is aptly named and the cheeky monkeys that inhabit its ancient walls are not averse to trying to relieve passers by of food, bags and cameras, so be warned.

ACCOMMODATION:
Hotel Ambassador (or similar)
Grade: Comfortable Hotel
SINGLE ROOM AVAILABLE
MEALS PROVIDED: BREAKFAST

DAY 11 - Trip ends in Kathmandu

The trip ends after breakfast at our hotel in Kathmandu.

There are no activities planned for today, so you are free to depart at any time. If your flight is departing later in the day, luggage storage facilities are available at our hotel. If you would like to receive a complimentary airport transfer today, you'll need to depart from Kathmandu Tribhuvan International Airport (KTM). Due to the frequently poor traffic conditions, allow a minimum of 45 minutes to get to the airport.

MEALS PROVIDED: BREAKFAST
Trip information

Country information

Bhutan

Climate
The best weather lasts from September (after the monsoon) through to Jun and the mountains are best admired, with greater air clarity in the autumn. Spring (mid Mar-May) is cool & often stormy. Autumn is from Oct to mid Nov with clear skies, warm days & cool (sometimes cold) nights. As in any high mountain area it can rain, hail or snow at any time of year.

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<td>2 Pin Round</td>
<td>Lamaistic Buddhist, Indian/Nepalese Hinduism.</td>
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Language
Dzongkha, plus various Nepalese and Tibetan dialects.

Nepal

Climate
Temperatures in the lower altitude regions are extremely pleasant. At Pokhara variations in temperature are very limited: from the coldest recorded of 8°C (46°F) to the highest of 31°C (88°F). The mountains are best admired, with greater air clarity, from October to January, while from February to May the skies may be hazy. Monsoon rains are strongest in June, July and August. The coldest months are December and January.

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Budgeting and packing

Optional activities
The following excursions and/or activities are usually available and may be arranged locally. Estimated costs are provided below for guidance only, are on a per person basis unless shown otherwise, and may depend on the number of participants. Prices quoted are correct as of the date these tour notes were originally issued but may change at any time due to currency fluctuations. Please note: These activities are booked and paid for direct with the supplier and do not form part of your Explore holiday contract.

From Kathmandu:-
- Medieval Newari City of Bhaktapur by taxi - US$ 35 (minimum 4 people)
- Swayambunath ‘Monkey’ Temple by taxi - US$ 20 (minimum 4 people)
Clothing

While you are walking, daytime temperatures will generally be warm. You do not go above 2500m, so although you will need a sweater or fleece for the evenings, weather will generally be mild. However it can be chilly in the evenings, particularly between November and February, and at those times you will need warm weather clothing including a woolly hat and gloves, and a warm down jacket.

Long Trousers - For everyday walking, light cotton trousers are the most suitable. Knee length shorts are also acceptable Although comfortable, leggings are not recommended as they may cause offence to local people. Jeans are also not recommended as they are often difficult to walk in over longer distances and become cumbersome when wet.

Waterproofs - Breathable waterproofs not only protect against rain and wind but also stop you from overheating. They breathe and avoid condensation which you will experience from nylon waterproofs. Rain during the trekking season is fairly rare but can be heavy if it does happen.

Gloves - Especially useful around camp in the morning and in the evening in the winter months (December/January). Thermals or similar types are most suitable.

Socks - It is best to wear a pair of reasonably thick loop stitch socks. These help to protect your feet against blisters. Avoid nylon socks, they are abrasive, don’t breathe well and can cause blisters.

Fleece pullover/jacket - You will need a fleece pullover/jacket for the evenings. Make sure that your waterproof jacket is loose enough to wear over your pullover or fleece.

Thin Shirts/T-Shirts

Footwear

We strongly recommend you bring walking boots with ankle support - leather or fabric are both fine. Make sure that your boots are worn-in and comfortable before the start of the trip. Trainers and tennis shoes do not give the ankle support afforded by a decent pair of walking boots. Ideally, visit a specialist outdoor pursuits shop who will offer advice. Trainers or sandals are fine for relaxing and general wear. We suggest that on international flights you either carry your walking boots in your hand luggage or wear them - should your luggage be lost or delayed, your own boots are the one thing that will be irreplaceable.

Luggage

20kg

Luggage: On tour

One main piece of baggage and daypack. Remember you are expected to carry your own luggage between the bus and your hotel room so don't overload yourself.

Equipment
- Water Bottle - Large water bottle (preferably 2 litre). For environmental reasons, we do not encourage the purchase of bottled mineral water. We recommend taking a bottle with in-built filter such as the Water-to-Go system www.watertogo.eu.
- Torch/Batteries - A small torch is recommended
- Sunglasses
- Sun Hat
- Sun Cream/Block and Lip Salve
- Personal First Aid Kit - The Leader carries an extensive first aid kit but no prescription medicines. You should have your own supply of plasters, aspirin, diarrhoea tablets and also a comprehensive blister kit, plus any other items you or your doctor feels advisable.
- Trekking poles - recommended
- Insect repellent

**Tipping**

**Explore leader**
At your discretion you might also consider tipping your Tour Leader in appreciation of the efficiency and service you receive.

**Local crew**
Although entirely voluntary, tipping is a recognized part of life in this region of the world. Some local staff look to members of the group for personal recognition of particular services provided. Accordingly you should allow approximately £30 for gratuities for local staff.

**Bhutan**

**Food and drink**
The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

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<th>Dinner price</th>
<th>Beer price</th>
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**Foreign Exchange**

<table>
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<tr>
<th>Local currency</th>
<th>Recommended Currency For Exchange</th>
<th>Where To Exchange</th>
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<tbody>
<tr>
<td>Ngultrum</td>
<td>USD and GBP</td>
<td>Your Tour leader will advise you.</td>
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**ATM Availability**
You may occasionally find cash machines but they are very unreliable - do not rely on plastic!

**Credit Card Acceptance**
Very limited. There is a 5% surcharge for using them at places where the facility is available.

**Travellers Cheques**
Very limited opportunities to exchange.
Nepal

Food and drink

The costs for meals may vary depending upon location, type of restaurant and number of courses eaten and so the prices given are an average guide. Local restaurants located off the beaten track may be less expensive, whereas an upmarket restaurant located in the centre of a major city may charge more.

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<tr>
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Foreign Exchange

Local currency
Nepali Rupee.

Recommended Currency For Exchange
US$ or GBP.

Where To Exchange
In major cities and towns

ATM Availability
Although you may occasionally find cash machines these are very unreliable - do not rely on plastic!

Credit Card Acceptance
Credit cards are not generally accepted except in larger establishments in Kathmandu.

Travellers Cheques
Travellers cheques are not accepted as a valid mode of payment in Nepal.

Transport, Accommodation & Meals

Transport Information
Bus, Flight

Essential Information

FCO Advice

We strongly recommend that you check your government's travel advisory for up-to-date information and advice about your destination: safety and security, entry requirements, health, local laws and customs. For UK Foreign and Commonwealth Office advice click here.

For more information from Explore about travel advice, click here

Under 18 immigration guidance
Please note that some countries require proof of parental consent when travelling overseas with under 18s. Please check requirements with the relevant embassy or consular office well in advance of travel if
this applies to your party.

Price Guarantee

Once your booking has been confirmed we guarantee the price will not increase, whatever the circumstances. Before booking please ensure you have read our important tour pricing information.

Booking Conditions

Visa and Passport Information

Nepal: An entry visa is required by UK, New Zealand, Australian, USA & Canadian citizens and can be obtained on arrival at Kathmandu Airport and various international border crossings between Nepal and its neighbouring countries. This currently costs $25USD for a 15 day visa. All visas are issued as multiple entry visas and are valid from the date they are issued. A passport-sized photograph for immigration is required. Payment must be made in cash, UK sterling and US dollars are both accepted.

Bhutan: A visa for Bhutan will be arranged locally. In order to do this please forward a scanned colour copy of your passport to Explore at least 8 weeks before your departure. You will pay for your Bhutan visa on arrival so allow approximately US$ 40 cash.

Passengers with dual or multiple passports must ensure that they use the same passport for entry to all countries on this trip.

If you do require assistance in obtaining a visa then you may be able to apply through Explore's recommended visa service in the UK, Travcour. See www.travcour.com to download the relevant visa application for your trip, if applicable (UK citizens only), along with details of how to apply for your visa through Travcour. The Team at Travcour will be happy to answer specific questions relating to visa applications, please call them directly on 0208 5431846.

It is your responsibility to ensure that you are in possession of a full passport, with the correct validity for your chosen destination.

Booking conditions

Before booking your Explore trip, please ensure that you read both our Essential Information and Booking Conditions.

Transfers

Find out more about Trip Transfer Terms and Conditions before you book.

Booking a land only package with Explore

Customers who have chosen to book on the ‘Land Only’ arrangements of our tour, please ensure that you have checked your tour specific ‘Joining Instructions’ prior to booking your own travel arrangements. Your joining instructions can be found below in the dates and prices information.

You may also be eligible for the Free Explore Transfer.

Joining Tour Abroad

Customers booked on the ‘Land Only’ arrangements will now receive a Free Transfer, provided you arrive and depart on the tour only itinerary start and end dates. The complimentary transfers will be arranged
from the Explore designated airport or train station to your trips joining point, and then back from the 
ending point to the designated airport or train station. Generally the airport or station that Explore have 
selected will be the one that is closest to the town or city where the trip starts, or the one nearest to the 
joining point. It will be either an airport or train station but not both.

The exception to this rule is customers who are booked on a tour where the joining and ending point is at 
the designated airport or train station.
Free transfers are not available for Self-Guided, Polar, Tailormade or Tours for Churches customers.
If you are not eligible for the Free Transfer then you will need to make your own way through to the 
joining and ending point. On a majority of our tours Explore will be able to provide a private transfer at 
an additional cost. Please ask for a quote at the time of booking.

For more information regarding the Explore Free Transfer click here

**Insurance**

It is a condition of booking with Explore that you have adequate valid travel insurance. It is your 
responsibility to arrange appropriate travel insurance and ensure you have read and understood the full 
terms and conditions of your travel insurance policy to ensure that you are covered for all activities you 
intend to undertake whilst on the tour, including all optional activities. Your Insurance Policy must fully 
cover you for medical expenses and emergency repatriation to your home country. Please ensure your 
policy includes medical emergency helicopter evacuation in the event of illness or injury and covers the 
entire duration of your holiday. If you are trekking at altitude please ensure that there is no upper 
altitude limit which may limit or exclude cover for your trip. The cost of many of our Polar Voyages will 
exceed the capped amount covered by standard insurance premiums and you will be required to pay an 
additional premium to cover the full value of your trip. Please ensure that you are covered for the full 
amount of your holiday cost, as insufficient cover could invalidate a claim under the policy. Medical and 
repatriation insurance cover is not mandatory for UK residents who are travelling on trips within the 
United Kingdom.
Read more information about what travel insurance is required.

**Flight information**

Explore offers a wide range of flexible flying options to make joining and leaving our trips easy. Read 
more about them here.

**Flight Information**

You are able to book this tour on a 'land only' basis or as a 'flight inclusive' package. Your flight inclusive 
package will be fully protected by the Civil Aviation Authority (CAA) ATOL protection scheme.

**Booking a flight inclusive package with Explore**

We have a good selection of flights not only from London but from many regional airports around the UK 
allowing us to compare fares between scheduled carriers as well as low cost and charter airlines. Our 
dedicated flights team will match the best flight options to your arrival and departure airport.

On our website we display a UK flight inclusive package guide price which is generally based on a London 
departure. To avoid paying supplements or to secure your preferred flight option, we recommend 
booking as early as possible, especially for peak travel dates.

**Maximum altitude (m)**

3100
**Bhutan**

**Vaccinations**

Nothing compulsory, but we recommend protection against malaria, tetanus, infectious hepatitis, typhoid and polio. Consult your travel clinic for latest advice on different prophylaxis available against malaria (eg. Paludrine, Chloroquine, Mefloquine etc.) Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

**Nepal**

**Vaccinations**

Nothing compulsory, but we recommend protection against malaria, infectious hepatitis, typhoid, tetanus, polio and Japanese encephalitis. Consult your travel clinic for latest advice on different prophylaxis available against malaria. Although not compulsory, travellers may wish to take immunisation against meningococcal meningitis. Please check the latest requirements with your travel clinic or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to change and should be confirmed by you before travelling.

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**Walking and Trekking information**

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<th>DAILY DISTANCES</th>
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**Optional Walks**

**Walking grade**

Easy to moderate
Trek details
We hike on 8 days for between 2 and 5.5 hours. Hikes vary from Easy grade walks along the valley floors with little or no ascent/descent to Moderate grade walks along trails higher in the mountains with a slightly more challenging gradient. All should be suitable for anyone of reasonable fitness.

Max walking altitude (m)
3100