

EXPLORE!

Book with confidence



Walking in Bhutan

BHUTAN, NEPAL - TRIP CODE WBHU

WALKING AND TREKKING

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 Taktsang '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



INCLUDED MEALS
Breakfast: 10
Lunch: 8
Dinner: 8



TRIP STAFF
Explore Tour
Leader
Driver(s)
Explore
Representative
Local Guide(s)



TRANSPORT
Bus
Flight



ACCOMMODATION



WALKING GRADE:
Easy To
Moderate



GROUP SIZE:
10 - 16

Itinerary

Itineraries on some departure dates may differ, please select the itinerary that you wish to explore.

Trip information

Climate and 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.

Time difference to GMT

+6

Plugs

2 Pin Round

Religion

Lamaistic Buddhist, Indian/Nepalese Hinduism.

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.

Time difference to GMT	Plugs	Religion	Language
+5.45	2 Pin Round	Hinduism	Nepali

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

Take light and comfortable clothing that can be layered according to the temperature. While you are walking, daytime temperatures 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 warm hat and gloves. Clothes should be casual and practical but to avoid giving offence to local people you may need to cover legs, heads and arms. Shorts and leggings are not appropriate. For festival visits, you will need a collared long-sleeved shirt (men), long trousers and closed shoes.

- Breathable wind and waterproof jacket and waterproof trousers
- T-shirts
- Long sleeved tops
- Sunhat
- Long trousers
- Shorts (if you prefer to walk in them)
- Midlayer Fleece/pullover
- Socks
- Scarf or buff can be useful

Footwear

We recommend you bring lightweight walking boots with ankle support, make sure that your boots are worn-in and comfortable before the start of the trip. Also trainers or sandals 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.

Equipment

- Walking poles (if you normally use them)
- Sunglasses
- Sun cream
- Small torch
- Personal first aid kit - on each walk a first aid kit is carried but you should have your own blister kit, supply of plasters, aspirin and other essentials.
- Insect repellent
- Reusable water bottle (minimum 1 litre) - Get 15% discount on a Water-to-Go bottle (which filters any water so that it's safe for drinking) www.explore.co.uk/about-us/responsible-travel/water-to-go-discount-with-explore
- Lunch box/Tupperware (useful for picnic lunches)

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.

Lunch price	Dinner price	Beer price	Water price
£7	£10	£2	£1

Foreign Exchange

Local currency	Recommended Currency For Exchange	Where To Exchange
Ngultrum	USD and GBP	Your Tour leader will advise you.

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.

Lunch price	Dinner price	Beer price	Water price
£7	£10	£3	£0.3

Foreign Exchange

Local currency	Recommended Currency For Exchange	Where To Exchange
Nepali Rupee.	US\$ or GBP.	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

Accommodation notes

Monastic Festivals

The dates of this trip have been planned to provide you with the opportunity of witnessing one of Bhutan's colourful monastic festivals. To commemorate the arrival of Buddhism, each of Bhutan's 20 dzongkhags (districts), hold their own annual festival at their local monastery. People from surrounding villages gather together for a series of costumed dances accompanied by the clash of cymbals and meditative beat of drums.

Walks scheduled on the day of the festival may be moved or shortened to allow sufficient time at the festival.

Essential Information

Government Travel Safety 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 citizens, check the latest Foreign, Commonwealth & Development Office advice.

Please refer to our COVID-19 entry requirements page for any country-specific conditions of entry. Whilst we strive to update this on a regular basis we recommend you also check the FCDO website for the latest advice on entry requirements in this fast-evolving situation. Information can change at any time.

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, US & 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 30USD for a 15 day visa, 50USD for a 30 day visa and 125USD for a 90 day visa. All visas are issued as multiple entry visas and are valid from the date they are issued. There have been reports of lengthy delays when completing the form to obtain the visa at the airport, especially during peak times. We therefore recommend that you fill in the visa information prior to arrival using the following link: <http://online.nepalimmigration.gov.np/>. This will produce a receipt with a barcode, which you will need to print off and produce on arrival to obtain the visa. Please note if you are filling in the form before you arrive, please do so only within 15 days of arrival as application

forms are only stored for a maximum of 15 days.

Whether you are filling in the form on arrival or before, a passport-sized photograph for immigration is required along with the exact cash. Payment must be made in cash, UK sterling and US dollars are both accepted.

If you are ineligible for the visa on arrival or wish to obtain a visa before you travel, please refer to your nearest Nepal embassy.

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. Your visa is included in the tour cost.

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 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

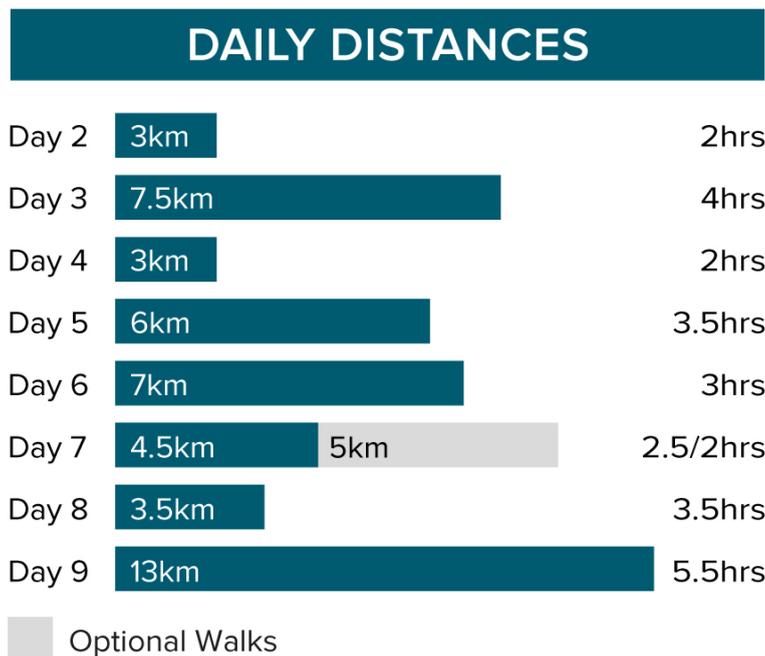
or doctor prior to departure. The above is not an exhaustive list. Further information regarding vaccinations and travel health advice can be found by following the NHS and NaTHNaC links at Explore Travel Health and from your local healthcare provider. Visa and vaccination requirements are subject to 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.

Walking and Trekking information



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 more challenging gradient.

Max walking altitude (m)

Additional Information



Reviews

 <p>AWARD WINNING EXPLORE LEADERS</p>	 <p>PRICE GUARANTEE PROMISE</p>	 <p>AIRPORT TRANSFERS</p>
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