

BHUTAN

Buddhist Temples & Himalayan Vistas



December 6 - 17, 2019

BHUTAN

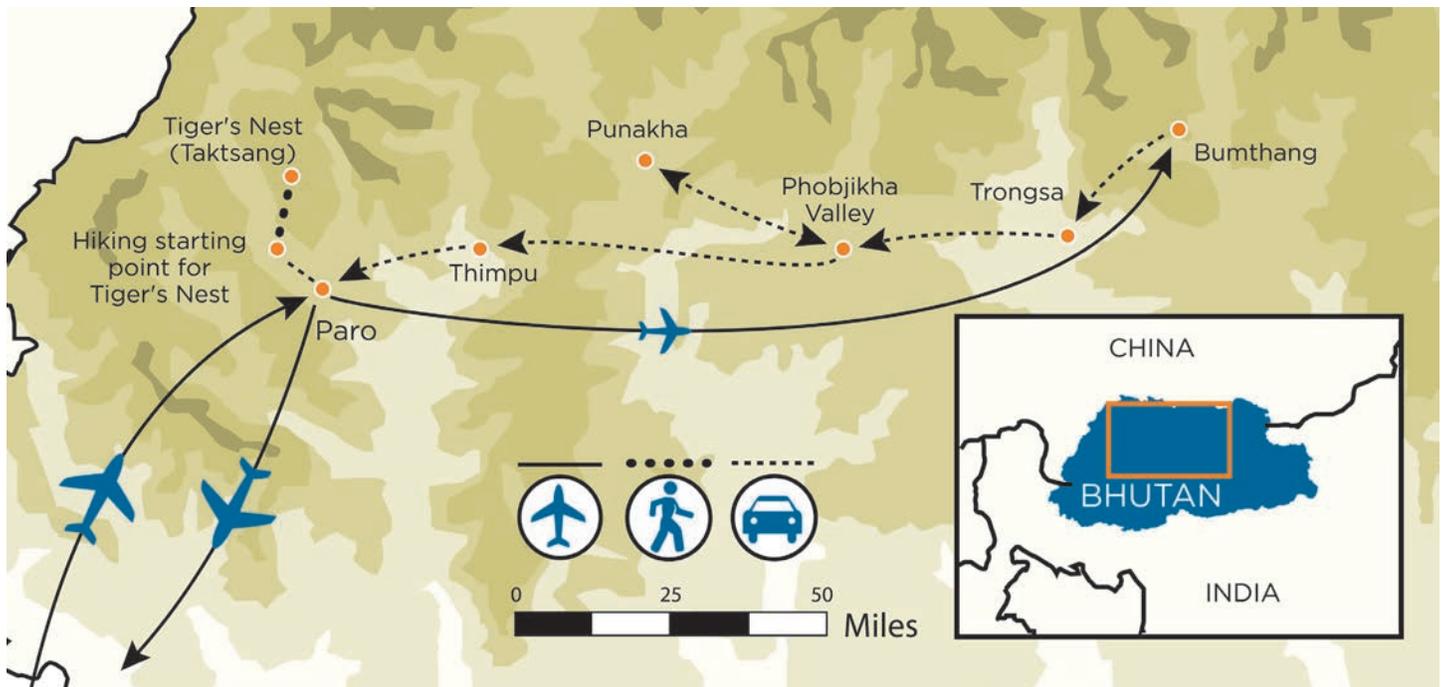
Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

TRIP HIGHLIGHTS

- ▶ Visit the Pema Choeling Nunnery in the remote region of Bumthang and engage in an impressive and emotional drum ceremony with the nuns
- ▶ Walk through Phobjikha Valley to see the rare black-necked cranes and visit the Royal Society for the Protection of Nature's exhibit dedicated solely to these birds
- ▶ Explore the magnificent fortress of Punakha Dzong, once the capital of Bhutan
- ▶ Spend one night camping in an exclusive campsite in Punakha
- ▶ Hike to see the breathtaking views of Taktsang "the Tiger's Nest" monastery in Paro

TRIP ROUTE



BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

QUICK VIEW ITINERARY

- Day 1: meet in Bangkok, fly to Paro, Bhutan, welcome dinner
- Day 2: explore the Haa Valley with three prominent hills
- Day 3: fly to Bumthang, visit Jambay Lhakhang, one of Bhutan's most holy religious sites
- Day 4: participate in a drum ceremony and have lunch with local nuns
- Day 5: visit a weaving center, explore Ta-dzong fort, walk around Trongsa
- Day 6: stop at a monastery, learn about the rare black-necked crane, nature hike
- Day 7: punakha Dzong visit, spend the night at a tented camp
- Day 8: hike to the Khamsum Yuelley Chorten
- Day 9: drive to Thimphu, explore the city, see the world's largest seated Buddha statue
- Day 10: last-minute shopping, see the National Museum, archery and dart demonstration
- Day 11: hike to the Tiger's Nest, relax this afternoon, farewell dinner
- Day 12: fly to Bangkok, depart for the US

TRIP PRICE

Main Trip: \$5,990

Internal Air: \$1,100

Optional Single Accommodations: \$850

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

.....

your adventure
in depth

DAY 1

Friday
12/6/19

Arrive in Paro

Bhutan, a jewel between India and China, is about the size of Switzerland. Within its small boundaries the ecological diversity is amazing. Through centuries of self-imposed isolation, Bhutan has been able to preserve its spectacular environment and nurture its unique culture. Drawing inspiration from its neighbour, Tibet, Tantric Buddhism has flourished and influenced art, crafts, and architecture for hundred of years, and has shaped the Bhutanese way of life.

Flight to Paro Meet your group at the Bangkok Novotel Hotel for your flight to Paro, Bhutan. Your flight departs at 1:10pm, so please meet the group at 10:00am in the lobby.

Pick-up and Transfer You will be picked up at the Paro International Airport by your guide.

Kyichu Monastery Explore the Kyichu monastery, one of the oldest and most sacred temples in Bhutan. The Royal Grand Mother conducts all of her religious ceremonies at this temple. Learn its legends and mysteries from your guide.

Check-in to Your Hotel You'll have time to check in to your hotel and unwind this afternoon.

Welcome Dinner Enjoy a welcome dinner and group orientation this evening.

Accommodations

Zhiwa Ling Hotel

Meals Included

dinner

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

your adventure
in depth

DAY 2

Saturday
12/7/19

Paro

Haa is the ancestral home of the Queen Grandmother and the illustrious Dorji family. This valley remains one of the least visited areas in the country and retains the air of an unspoiled, primeval forest. The wooded hills of Haa provides an ideal location for hiking.

Explore the Chele La Pass

Drive to Chele La Pass at 13,000 feet, stopping to take in the spectacular views along the way. Enjoy panoramic views of the Paro and Haa valleys as well as the Himalayas and the Kachenjunga.

Hike to Kila Gonpa Nunnery

Hike to Kila Gonpa Nunnery, which was established as a meditation site in the 9th century and is said to be the oldest nunnery in Bhutan. Approximately 50 nuns pursue higher Buddhist college studies in a series of nunnery buildings that are pressed dramatically against the cliffs. Combine a visit here with a scenic one and a half hours of hiking to Chele La, passing delightful stretch of forest, chortens, and pray flags en route. Enjoy a picnic lunch during your hike. Your car will pick you up from the base of the nunnery to head back to Paro. (1.5 hours hiking)

Drukgyel Dzong

Visit the newly renovated Drukgyel Dzong. The Dzong was instrumental in Bhutan's line of defense against the Tibetan invasion.

Relax at Your Hotel

Relax at your hotel late this afternoon.

Accommodations

Zhiwa Ling Hotel

Meals Included

breakfast, lunch, dinner

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

your adventure
in depth

DAY 3

Sunday
12/8/19

Paro to Bumthang

The name Bumthang has two probable origins; the first is that it is named after a Bumpa, a vessel for holy water which the valley resembles in shape. The second origin implies that it is the Valley of Beautiful Girls. These fertile valleys are covered in fields of buckwheat, rice and potatoes. Apple orchards and dairy farms are also common sights here. This serene region is one of the most peaceful places in the kingdom.

Fly to Bumthang After an early breakfast, fly from Paro to Bumthang.

Check in When you arrive, check in to your hotel and get ready for your excursion.

Jambey Lhakhang Visit Jambey Lhakhang in Bumthang. This temple, along with Kyichu Lhakhang in the Paro Valley, is one of the two oldest temples in Bhutan. It was built around 750 by King Songtsen Gampo of Tibet as part of his pledge to build 108 temples to the Buddha during his lifetime. One of the most holy of Bhutan's religious sites, you will have special permission required to visit the sacred temple.

Kurje Monastery Walk from Jambey Lhakhang to Kurje, a 17th century temple next to which a spectacular monastery has been completed. It was built to resemble the heavenly abode of the Guru Rimpoche. The funeral rites of the senior members of the Royal Family are sometimes conducted here.

Walk to the Tamshing Monastery From Kurje, begin your walk through the countryside, crossing a bridge over the rushing Chamkhar Chu (river) and walk through paddy fields to Tamshing. This temple complex was founded in 1501 by one of Bhutan's most famous saints, Pema Lingpa. There are many young monks in training here.

Afternoon Activities Enjoy lunch at a restaurant along the way. You can spend a little bit of time in Bumthang exploring before heading back to your hotel.

Accommodations

Yu-Gharling Resort
and Spa

Meals Included

breakfast, lunch, dinner

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

.....

your adventure in depth

DAY 4

Monday
12/9/19

Bumthang

Pema Lingpa was a Tibetan saint and siddha of the Nyingma school of Tibetan Buddhism. He is considered to be a discoverer of spiritual treasures. In the history of the Nyingma school in Bhutan, Pema Lingpa is second only in importance to Padmasambhava. Padmasambhava appeared before Pema Lingpa at the holy site of Yigé Drukma, blessed him, and placed in his hands an inventory of 108 major termas, or hidden teachings to be revealed. During his lifetime Pema Lingpa revealed only about half of the prophesied treasures.

Explore the Tang Valley

Drive to Tang Valley, one of the most remote valleys of Bumthang. As it is higher than Chokhor and the soil is not as fertile, there is not much agriculture here, although the valley turns bright pink with buckwheat flowers in fall. The people of this valley raise sheep and, at higher elevations, Yak.

Drum Ceremony with Nuns

Arrive at the Pema Choeling Nunnery, a large nunnery where about 100+ anim (nuns) complete 12 years of study. This is one of the few places for women to be educated as nuns. Once in the Lhakhang, participate in an impressive spiritual drum ceremony with the nuns for the well-being of all sentient beings and world peace. Share stories and learn from a few of the nuns over lunch.

Jakar Lakhang

On the way back to your hotel, visit Jakar Lakhang, the temple manifested as the celestial abode of Guru Rinpoche.

Accommodations

Yu-Gharling Resort
and Spa

Meals Included

breakfast, lunch, dinner

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

your adventure
in depth

DAY 5

Tuesday
12/10/19

Bumthang to Trongsa

Trongsa is situated on a steep ridge and offers spectacular views of the deep valleys surrounding it. Trongsa Dzong is easily visible from anywhere in the town and is always an impressive sight as it is situated atop a steep ridge that drops off into the clouds on its south side.

Drive to Trongsa

Leave Bumthang this morning for Trongsa. Stop in the Chumey Valley at a traditional Yahtra sheep wool weaving center. Pick up some souvenirs here if you want! Drive over Yotongla Pass at 12,000 feet, and descend down to Trongsa.

Ta-Dzong

This watchtower, which once guarded Trongsa Dzong from internal rebellion, stands on a promontory above the town. It was built by Chogyal Minjur Tempa, the 1st Governor of Trongsa in 1652. It has four observation points resembling Tiger, Lion, Garuda, and Dragon. Climb up the path to visit Ta Dzong which now houses a shrine dedicated to the epic hero, King Gesar of Ling. A visit to this former watchtower provides visitors with an insight into the significance of Trongsa in Bhutan's history. As of date the Ta Dzong of Trongsa is the most fascinating museum of the nation.

Explore the Town

Explore this narrow town on your own late this afternoon and evening.

Accommodations

Puenzi Guest House

Meals Included

breakfast, lunch, dinner

your adventure
in depth

DAY 6

Wednesday
12/11/19

Accommodations
Dewachen Hotel

Meals Included
breakfast, lunch, dinner

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

Trongsa to Gangtey

Black-necked cranes in Bhutan are winter visitors, arriving in late October and staying until mid-February in the Phobjikha Valley as well as Ladakh, India, and Arunachal Pradesh, India. They arrive from the Tibetan Plateau, where they breed in the summer. They visit the Phobjikha valley in large numbers, which is a declared protected area for the cranes, and also to other valleys in smaller numbers in central and eastern Bhutan. On arrival in Phobjikha they are seen to circle Gangtey Monastery three times as if practicing kora (“circumambulation”), and repeat this act as they begin their return to Tibet in early spring.

Visit the Crane Center

After breakfast leave Trongsa, and drive to the Phobjikha valley. The Journey will take approximately four hours on fairly rough roads, depending on the number of stops you make along the way. This area is famous as the winter home for the very rare black-necked crane. Experts estimate that fewer than 6,000 cranes exist in the wild. Every year, approximately 800-1,000 birds arrive in Phobjikha Valley late October and stay through mid-February. Learn about the cranes at the Crane Center. Enjoy lunch as a group.

Nature Hike

Take a beautiful nature hike through the valley, overlooking the plains created by the glacier that some claim is like the setting of a Shangri-La. The forests surrounding the valley are full of birds and mammals alike, and the nature hike is a wonderful way to experience this pristine ecosystem.

Gangtey Monastery

Visit one of the oldest and wealthiest private monasteries in Bhutan - Gangtey Goenpa. The head lama of Gangtey Goenpa is the ninth incarnation of Pema Lingpa, a famous 14th century blacksmith from Bumthang who is one of Bhutan’s most famous Buddhist saints and teachers.

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

your adventure
in depth

DAY 7
Thursday
12/12/19

Gangtey to Punakha

Punakha has been inextricably linked with momentous occasions in Bhutanese history. It served as the capital of the country from 1637 to 1907 and the first national assembly was hosted here in 1953. Punakha valley has a pleasant climate with warm winters and hot summers. It is located at an average elevation of 3,900 feet above sea level. Owing to the favorable climate, rice grows very well in this region and is the main cash crop cultivated here.

Punakha Dzong

The Punakha Dzong was built in 1637 by Shabdrung. It is situated at the confluence of the “Pho” and “Mo” Chus (Father & Mother rivers), guarding the Southern end of the Punakha valley. This huge fortress was the capital of Bhutan until 1966. The “Je Khenpo” (head religious abbot) of Bhutan and most of the monks in Thimphu live in this Dzong throughout the winter, as the lower elevation of the Punakha valley is warmer than higher elevations. In 1651, Shabdrung went into retreat and passed away soon after. For fear of civil unrest his death was kept a secret for over 50 years.

Enjoy Your Camp

Settle into your camp. This is an AdventureWomen favorite! You’ll get to try the local archery and dart games and enjoy a night out under the stars.

Accommodations
Tented Camp

Meals Included
breakfast, lunch, dinner

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

your adventure in depth

DAY 8

Friday
12/13/19

Punakha to Thimphu

Thimphu is the most modern city in Bhutan with an abundance of restaurants, internet cafes, nightclubs, and shopping centers, however it still retains its cultural identity and values amidst the signs of modernization.

Breakfast Enjoy breakfast at your camp this morning.

108 Stupas Visit the 108 stupas built by the Queen Mother at the Dochu La Pass (10,300 feet).

Druk Wangyel Tshechu Spend a couple of hours at the top of the pass at the Druk Wangyel Tshechu festival. This is a unique festival performed by the Royal Bhutan Army rather than monks or lay people. It is a tribute to the wise leadership of the fourth King of Bhutan as well as to the continuous efforts of the Royal Bhutan Army in protecting Bhutan. This is a one-of-a-kind festival is performed against the backdrop of the magnificent Jigme Singye Wangchuck mountain range. You will likely get to meet members of the royal family.

Lunch will be served outdoors during the festival.

Note: the pass is at about 10,000 feet - plan on wearing a warm jacket, hat, and gloves or mittens.

Kuensel Phodrang This afternoon, visit the World's largest seated Buddha statue at 169 feet, the Buddha Dordenma. This Buddha is seated amidst the ruins of Kuensel Phodrang. If you are interested, there is an excellent nature trail here.

Accommodations
Zhiwa Ling Ascent

Meals Included
breakfast, lunch, dinner

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

your adventure
in depth

DAY 9

Saturday
12/14/19

Thimphu

One of the most curious features of Thimphu is that it is the only capital city in the world that does not use traffic lights. Instead a few major intersections have policemen standing in elaborately decorated booths (small pavilions), directing traffic with exaggerated hand motions. The juxtaposition of ancient tradition and modernity make Thimphu the ideal location to immerse yourself in the lifestyle of contemporary Bhutanese.

Walk to Cheri Monastery

Take a moderate hike over a typical cantilevered bridge spanning over the Wangchu river and ascend through pine forests to Cheri Monastery, with history dating back to 1620s. The monastery is now a major teaching and retreat center for the Drukpa Kagyud sect of Buddhism, which is the state religion. The Monastery serves as the monastic school for study of Buddhist Philosophy, metaphysics, mathematics, poetry, and many other Buddhist topics. The serene setting and the sanctity of the place here invites meditation. Enjoy a picnic lunch along the bank of a stream. (2 hours hiking)

Paper Factory

See a small-scale paper factory. Paper here is made out of the Daphne plant.

Craft Bazaar

Take some time to shop for traditional wares at the local craft bazaar.

Dinner

You'll be joined by local dignitaries for dinner this evening.

Accommodations

Zhiwa Ling Ascent

Meals Included

breakfast, lunch, dinner

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

your adventure in depth

DAY 10

Sunday
12/15/19

Thimphu to Paro

Paro is a small town and is the site of the mystical Taktsang monastery or the Tiger's Nest.

Drive to Paro Depart Thimphu and drive to Paro this morning.

National Museum Visit the National Museum in Paro. An earthquake destroyed the old circular tower, which is being rebuilt. The artifacts have been moved to the outer buildings of the museum.

Hike to Zuri Dzong Hike towards Zuri Dzong, which starts above the National Museum. Enjoy an easy descent, passing an old temple along the way and then ascend to Zuri Dzong. This structure dates back to the 14th century and contains temples to the local protective deities. From there it's all a gentle climb downhill to Paro Rinpung Dzong's ceremonial ground where every year the Paro Festival is held, attracting thousands of people from all over the country to witness this sacred festival. (2 hours leisurely hiking)

Lunch Enjoy lunch at a local restaurant.

Archery and Dart Demo Enjoy an archery and dart demonstration this afternoon. Try your hand and see if you are any good at hitting your mark!

Early Dinner Enjoy an early dinner this evening at your hotel.

Accommodations

Zhiwa Ling Hotel

Meals Included

breakfast, lunch, dinner

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

your adventure
in depth

DAY 11

Monday
12/16/19

Paro

Taktsang Lhakhang is Bhutan's most iconic landmark and religious site. The name Taktsang translates to "The Tiger's Nest." This temple is one of the most holy sites in the kingdom and clings impossibly to a sheer cliff face 900 hundred meters above the Paro Valley. It was first built in 1692 at a cave where Guru Rimpoche meditated in the 7th century. Legend states that Guru Rimpoche flew to the site atop the back of a tigress and meditated in the cave for three years, three months, three days, and three hours in order to subdue evil demons residing within it. The cave has been considered a sacred site ever since and many famous saints have traveled to meditate in it.

Hike to Taktsang Lhakhang

Some pilgrims walk for a month to reach this temple. The surrounding area has many temples, monasteries and, cells where many monks, nuns, and lay-people can meditate, some even for a lifetime. Although you are not allowed inside the monastery, you can hike up to the view-point for a spectacular and breathtaking view of Taktsang. The hike is 4-5 hours round trip.

Lunch

Enjoy a slightly late lunch after your hike at a local restaurant.

Afternoon at Leisure

Return to the hotel this afternoon. Relax or take advantage of the spa.

Farewell Dinner

Have a farewell dinner with your new AdventureWomen friends. Reminisce over all of the memories you have made and celebrate the end of an incredible trip!

Accommodations

Zhiwa Ling Hotel

Meals Included

breakfast, lunch, dinner

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

your adventure
in depth

DAY 12

Tuesday
12/17/19

Paro and Depart

Enjoy one last morning in Paro before departing for the US.

- | | |
|----------------------|---|
| Flight to
Bangkok | Have a really early breakfast at your hotel before heading to the airport before 6:00am. Your flight to Bangkok departs Paro at 8:00am. |
| Depart
Bangkok | Say goodbye to your new AdventureWomen friends as you connect with your flights home from Bangkok. |

Meals Included
breakfast

Please note: AdventureWomen will attempt to adhere to the itinerary as much as possible. However, certain conditions (political, climatic, environmental, and cultural) may necessitate changes in the itinerary. AdventureWomen reserves the right to alter any itinerary at any time, if necessary. We will attempt to notify participants of changes as far in advance as possible. Costs incurred by such changes will be the responsibility of the participants.

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

.....

your adventure
in depth

Accommodation Details

Zhiwa Ling Hotel

The Zhiwa Ling hotel combines the sensibilities of a fine Bhutanese guesthouse with the best of 21st century technology. Created by a local Bhutanese company, the hotel's elaborate hand-carved wooden cornices and masterful stonework coexist beautifully with cutting-edge telecommunication systems and Swedish under-floor heating.

Yu-Gharling Resort and Spa

The perfect retreat for mind, body and soul, Yu-Gharling Resort offers ultimate rejuvenation and relaxation. All rooms offer spectacular views of Chokhor Valley.

Puenzi Guest House

Puenzi Guest House is located three kilometers from downtown. Strategically located on a sloping hill, it offers a commanding view of the historic Mangde Valley, the majestic Trongsa Dzong, beautiful villages and the never ending Black Mountain range.

Dewachen Hotel

The Dewachen Hotel is designed and decorated in modern traditional Bhutanese style, and is perfectly blended with the natural garden and apple orchard surroundings. The resort is a perfect hideaway relaxation. Take advantage of individual balconies to enjoy the breathtaking view of the valley.

Tented Camp

Enjoy your stay at this remote tented camp. Basic amenities include cots, an open dining area with a fire pit, and separate toilet and shower facilities.

Zhiwa Ling Ascent

Located just outside the center of the city, Zhiwa Ling Ascent welcomes you to relax in a park-like setting with panoramic views. Relax in one of 20 spacious rooms designed in the most energy-efficient way to capture as much sunlight as possible and take in superb views of the surrounding countryside.

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

your adventure
in depth

Included/Not Included

Included:

- ▶ Accommodations based on double occupancy
- ▶ Meals as noted in the itinerary
- ▶ All ground transportation throughout the trip
- ▶ All activities as listed in the itinerary
- ▶ Entrance fees
- ▶ English-speaking guide throughout the trip
- ▶ One AdventureWomen Ambassador

Not Included:

- ▶ International airfare
- ▶ Domestic airfare
- ▶ Meals not specified in itinerary
- ▶ Beverages, unless otherwise specified
- ▶ Items of a personal nature
- ▶ Gratuities

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

your adventure
in depth

is this trip right
for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

Activity Level:

Moderate

Active

High Energy

Challenging

We rate this trip as High Energy. Our High Energy adventures are designed for women who enjoy a physical challenge and crave being on the go! You should be prepared for itineraries that include (but are not limited to): a full day of biking on rolling terrain, hiking 5-8 miles on moderate to steep trails, being active at high altitudes, whitewater rafting, or skiing.

We recommend training before your trip (with your doctor's permission!) to make the most of your adventure. We have a partnership with FitForTrips, a company that will design an individualized fitness plan for you with this itinerary in mind. Best of all, AdventureWomen guests get a 25% discount with the code FITWOMEN. Learn more at: <https://fitfortrips.com/partners/adventure-women/>

You should come with a flexible, adventurous, and enthusiastic spirit, and a wonderful sense of humor that adventure travel requires.

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

your adventure
in depth

is this trip right
for me?

**the important
stuff**

how do I get
there?

pack your
bags!

the fine print

Once you book, you will need to fill out and return to AdventureWomen:

- Information Form
- Booking Conditions Form
- Copy of Flight Information
- Copy of Issuing Page of Passport (photo page)

Final payment is due to AdventureWomen in a cash form (check, money order, or wire transfer) on or before September 7, 2019.

Passports and Visas:

Citizens of the United States must have a passport valid for six months beyond your travel dates with at least two blank facing pages. If you do not have a passport, please apply now!

You will need a tourist visa to enter Bhutan. We will arrange the visas for the group and send you a copy. This copy must be brought with you when you check in for your flight to Bhutan and at immigration in Bhutan.

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

your adventure
in depth

is this trip right
for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

Health Considerations:

Make an appointment with a travel clinic. There are no immunization requirements for travel to Bhutan, however your local travel clinic may have recommendations for you based on your age, health, and past vaccination history.

For more health information, go to www.cdc.gov/travel and navigate to the page about Bhutan.

Money:

It is best to exchange US dollars for local currency in Bhutan; credit cards are not generally accepted beyond a few large shops in major cities. Visa and MasterCard are more commonly accepted than American Express. ATMs are only available in Thimphu, the capital city. We advise bringing cash for your trip. US Dollars are perfectly fine for gratuities.

Suggested Gratuities:

- ▶ Main guide: \$60-70
- ▶ Assistant guides: \$40-60
- ▶ Drivers: \$40-50
- ▶ Luggage porters: \$10-15

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

your adventure
in depth

is this trip right
for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

Arrive: Arrive in Bangkok, Thailand (BKK) on December 5, 2019. Your flight to Bhutan (arranged by AdventureWomen) will be booked closer to departure.

Depart: Depart Bangkok, Thailand (BKK) on December 17, 2019 after 8:00pm.

We are happy to help you make your flight and travel arrangements. Please contact us at:

(800) 804-8686 or (617) 544-9393

email: info@adventurewomen.com

If you'd like to do anything prior to or following the AdventureWomen trip, we'd be delighted to help you arrange any trip extensions you're interested in.

Note: The recent trend in travel is for travelers to finalize their plans much closer to departure time than was customary in the past. While we try to be as flexible as possible booking last-minute registrants, we must release hotel rooms two to three months prior to departure! Please keep this in mind when making your travel plans.

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

your adventure
in depth

is this trip right
for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

Temperatures will fluctuate depending on elevation and time of day. You should be prepared for a low of 20°F and a high of 80°F. Plan on dressing in casual, comfortable clothing and layering for this AdventureWomen trip.

Clothing and Gear:

- Duffel bag
- Daypack and rain cover
- Medium-weight, waterproof hiking boots (make sure they are broken in!)
- 4-5 pairs wool hiking socks
- 5-7 pairs underwear
- 1-2 lightweight long underwear tops
- 1-2 lightweight long underwear bottoms
- 2-3 short sleeve shirts (quick dry recommended)
- 1-2 long sleeve shirts (quick dry recommended)
- 2-3 pairs of pants
- 1-2 sets of casual clothes for evenings
- 1 bathing suit
- 1 medium weight fleece sweater/jacket for cool evenings
- 1 heavy jacket (down or synthetic)
- 1 pair gaiters
- Waterproof jacket (Gore-Tex recommended)
- Waterproof pants (Gore-Tex recommended)
- Warm hat, gloves
- Hat for sun protection
- Comfortable shoes and/or sandals
- Sleepwear

- Telescopic trekking poles (optional)
- Large refillable water bottle

AdventureWomen Essentials:

- Travel documents (passport, airline tickets, money)
- 2 spare passport photos in case your passport is lost or stolen
- Write down/print out travel insurance number
- Locks for your suitcase/duffel bag
- Travel alarm clock with spare batteries
- Headlamp or small flashlight with spare batteries
- Binoculars (8x40/42 models are excellent choices; center focus models are easiest)
- Digital camera, memory cards, battery charger
- Power adapters
- Sunglasses, case, and strap
- Spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF
- Mosquito repellent

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

your adventure
in depth

is this trip right
for me?

the important
stuff

how do I get
there?

**pack your
bags!**

the fine print

Essentials Continued:

- Hand wipes/hand sanitizer
- Toothbrush/toothpaste
- Soap, shampoo, and conditioner
- Small packet of tissues
- Tampons and panty liners (avoid plastic applicators)
- Earplugs: We recommend Mack's Pillow Soft White Moldable Silicone Snore Proof Earplugs. Available at most drugstores or at www.earplugstore.com
- Assortment of stuff sacks and Ziploc bags
- 1-2 bandanas/Buff
- Reading material/journal and pens

Personal First Aid Kit:

- Prescription medicine you usually take (in original containers)
- Personal epi pen (if you need one, don't forget to pack it!)
- Bandages, Gauze, Ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2019

.....

your adventure
in depth

is this trip right
for me?

the important
stuff

how do I get
there?

pack your
bags!

the fine print

Cancellations and Refunds

Notification of cancellations must be received in writing. Full payment is due 90 days prior to departure date, and the registration deposit is non-refundable.

For cancellations received 61-90 days prior to the trip departure date: 50% of the total trip cost is non-refundable. For cancellations received 1-60 days prior to the trip departure date: 100% of the total trip cost is non-refundable.

You are highly encouraged to purchase trip cancellation insurance to cover emergency situations. Travel insurance information will be sent to you once you have registered for your trip.

Switching Trips

If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you.

No Smoking Policy

Beginning in 1995, our trips became smoke free. Please note that there will be no smoking by any participants on AdventureWomen vacations.

Health Insurance

You must have your own health insurance to participate in an AdventureWomen trip.

Adventure Travel Today

At AdventureWomen, we want everyone to understand that our excursions are adventure travel vacations and not "tours." We define "adventure travel" as travel in which one **actively participates**, as opposed to a "tour," in which one is more or less a passive observer. AdventureWomen designs and organizes vacations all over the world for women who want to **experience an active, out of the ordinary vacation, and meet new friends**. Most of all, we want our trips to be **fun!**

good-natured realist and have a sense of humor! Adventure vacations, by nature, require that participants be self-sufficient, flexible, and able to accept situations as they exist, and not just as they would have preferred or expected them to exist. The constraints of scheduled group traveling also necessitate that each of us be understanding of and sensitive to others. **Being on time** is important, and contributes to the congeniality, success and well-being of both individuals and the group!

In this spirit, the successful adventure traveler should be a