adventurewomen

THE DESTINATION IS JUST THE BEGINNING

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2020

BHUTAN

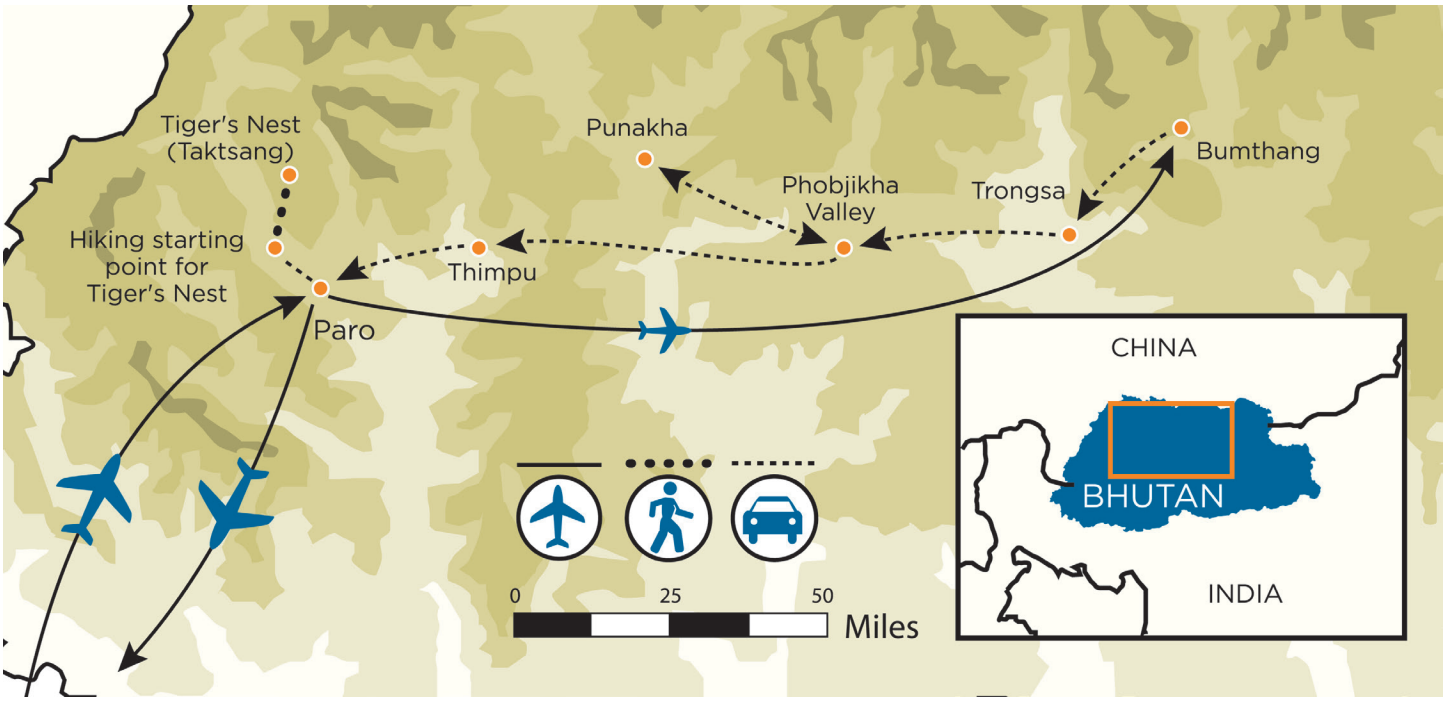
Buddhist Temples & Himalayan Vistas

December 6 - 17, 2020

TRIP HIGHLIGHTS

- Hike to high Himalayan mountain passes for breathtaking views of verdant valleys
- Visit Bhutan's monasteries including Taktsang Lhakhang, aka "The Tiger's Nest"
- Learn about and photograph the famous black-necked cranes in the Phobjikha Valley
- Discover the traditions of Buddhism as you join in Buddhist ceremonies and meet local Buddhist leaders

TRIP ROUTE



BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2020

QUICK VIEW ITINERARY

Day 1: meet in Bangkok, fly to Paro, Bhutan, welcome dinner
Day 2: visit the Punakha Dzong, spend the night at a tented camp
Day 3: stop at a monastery, learn about the rare black-necked crane, nature hike
Day 4: explore Ta-dzong fort, walk around Trongsa
Day 5: visit a weaving center, visit Jambay Lhakhang
Day 6: participate in a drum ceremony and have lunch with local nuns
Day 7: fly to Paro and drive to Thimpu, see the world's largest seated Buddha statue
Day 8: visit the 108 Stupas, experience a Bhutanese festival
Day 9: drive to Paro, see the National Museum, hike to Zuri Dzong
Day 10: expre the Chele La Pass, hike to a nunnery, visit Drukgyel Dzong
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: $6,490
Optional Single Accommodations: $1,100
Internal Air: $1,100

adventure women
THE DESTINATION IS JUST THE BEGINNING

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2020

your adventure in depth

DAY 1

Sunday
12/6/20

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 Airport for your flight to Paro, Bhutan. Morning flight time TBD.

Pick-up and Transfer Your guide will meet you at the Paro Airport and transfer you to your hotel.

Welcome Dinner Enjoy a lively welcome dinner as you get to know your fellow travelers this evening. Share stories and learn about why each woman on your trip is excited to explore Bhutan!

Accommodations
Zhiwa Ling Hotel

Meals Included
dinner

adventure women
THE DESTINATION IS JUST THE BEGINNING

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2020

your adventure in depth

DAY 2

Monday
12/7/20

Paro 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.

Accommodations
Tented Camp
Meals Included
breakfast, lunch, dinner

adventure women
THE DESTINATION IS JUST THE BEGINNING

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2020

your adventure in depth

DAY 3

Tuesday
12/8/20

Punakha 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 Phobhjikha 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 Phobhjikha 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.

Drive to Gangtey

After breakfast at your camp, drive to the Phobjikha Valley. The drive will take about two and a half hours.

Gangtey Monastery

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. On arrival in the valley, you will see 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.

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 this hike is a wonderful way to experience this pristine ecosystem.

Visit the Crane Center

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.

Accommodations
Dewachen Hotel

Meals Included
breakfast, lunch, dinner

adventure women
THE DESTINATION IS JUST THE BEGINNING

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2020

your adventure in depth

DAY 4

Wednesday
12/9/20

Gangtey 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
Head to Trongsa this morning. The drive will take roughly four hours.

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.

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

Accommodations
Yangkhil Resort

Meals Included
breakfast, lunch, dinner

adventure women
THE DESTINATION IS JUST THE BEGINNING

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2020

your adventure in depth

DAY 5

Thursday
12/10/20

Trongsa 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.

Drive to Bumthang

Leave Trongsa this morning for Bumthang. 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.

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.

Kurjey Monastery

Continue to Kurjey, a 17th century temple next to which a spectacular monastery has been completed. It was built to resemble the heavenly abode of the Guru Rimpochey. The funeral rites of the senior members of the Royal Family are sometimes conducted here.

Walk to the Tamshing Monastery

From Kurjey, 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.

Accommodations
Yu-Gharling Resort and Spa

Meals Included
breakfast, lunch, dinner

adventure women
THE DESTINATION IS JUST THE BEGINNING

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2020

your adventure in depth

DAY 6

Friday
12/11/20

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 with the nuns about your life and learn about theirs!

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

adventure women
THE DESTINATION IS JUST THE BEGINNING

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2020

your adventure in depth

DAY 7

Saturday
12/12/20

Bumthang to Thimpu

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.

Fly to Paro	Fly to Paro. When you land, drive about one and a half hours to Thimpu.
Kuensel Phodrang	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.
Craft Bazaar	Take some time to shop for traditional wares at the local craft bazaar.

Accommodations
Zhiwa Ling Ascent

Meals Included
breakfast, lunch, dinner

adventure women
THE DESTINATION IS JUST THE BEGINNING

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2020

your adventure in depth

DAY 8

Sunday
12/13/20

Thimpu

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.

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.

Dinner

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

Accommodations
Zhiwa Ling Ascent

Meals Included
breakfast, lunch, dinner

adventure women
THE DESTINATION IS JUST THE BEGINNING

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2020

your adventure in depth

DAY 9

Monday
12/14/20

Thimpu to Paro

Along the main street of Paro, you can see traditional architecture with richly decorated buildings housing small shops, institutions, and restaurants. Paro is also home to Bhutan's tallest building - at 72 feet it has six floors!

Morning on Your Own
Enjoy some free time in Thimphu to enjoy some last minute shopping or to explore the city.

Drive to Paro
Depart Thimpu and drive about an hour to Paro. Enjoy lunch at a local restaurant.

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 to the 14th century and contains temples to the local protective deities. From there it's all a gentle 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 hiking)

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!

Accommodations
Zhiwa Ling Hotel

Meals Included
breakfast, lunch, dinner

adventure women
THE DESTINATION IS JUST THE BEGINNING

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2020

your adventure in depth

DAY 10

Tuesday
12/15/20

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

adventure women
THE DESTINATION IS JUST THE BEGINNING

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2020

your adventure in depth

DAY 11

Wednesday
12/16/20

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 and goes up to just over 10,000 feet in elevation.

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

adventure women
THE DESTINATION IS JUST THE BEGINNING

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2020

your adventure in depth

DAY 12

Thursday
12/17/20

Paro and Depart

Enjoy one last morning in Paro before departing Bhutan

Flight to Bangkok	Transfer to the airport this morning for your flight as a group from Bhutan to Bangkok. Time TBD (likely early evening arrival in Bangkok).
Depart Bangkok	Say goodbye to your new AdventureWomen friends as you connect with your flights home from Bangkok.

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.

Meals Included
breakfast

adventure women
THE DESTINATION IS JUST THE BEGINNING

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2020

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.

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.

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.

Yangkhil Resort
Within walking distance from Trongsa town, Yangkhil Resort is the most elegant resort in town. The lush green gardens and breathtaking panoramic views of Trongsa Dzong, Taa Dzong, Mangde Chhu, and the view of mountains soaring over 10,000 feet create an unforgettable setting at Yangkhil Resort.

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.

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, 2020

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
- Gratuities for baggage handling, drivers, and hotel staff
- One AdventureWomen Ambassador

Not Included:

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

adventure women
THE DESTINATION IS JUST THE BEGINNING

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2020

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. Please note that this is a general description of what you might encounter; for specific details about your trip, please consult the itinerary.

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, 2020

The deposit for this trip is $800, and is nonrefundable and nontransferable. 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, 2020. A maximum of $1,500 per person can be put on a credit card, which includes your deposit.

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 your Ambassador will have all needed documentation for you.

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2020

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:

US Dollars are accepted 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.

Suggested Gratuities:

- Main Guide: $60-70

adventure women
THE DESTINATION IS JUST THE BEGINNING

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2020

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, 2020. Your flight to Bhutan (arranged by AdventureWomen) will be booked closer to departure.

Depart: Depart Bangkok, Thailand (BKK) on December 17, 2020 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.

adventure women
THE DESTINATION IS JUST THE BEGINNING

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2020

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
- ☐ Underwear & bras
- ☐ 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)
- ☐ 1-2 pairs of pants
- ☐ 1-2 pairs of shorts
- ☐ 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)

AdventureWomen Essentials:

- ☐ Travel documents (passport, airline tickets, money)
- ☐ 2-3 spare passport photos (in case of lost passport)
- ☐ 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 (optional; 8x40/42 models are excellent choices; center focus models are easiest)
- ☐ Digital camera, memory cards, battery charger
- ☐ Power adapters/power bank
- ☐ Sunglasses, case, and strap
- ☐ Spare glasses, contact lenses, cleaner, saline, etc.
- ☐ Money belt or neck pouch
- ☐ Water bottle
- ☐ Sunscreen and lip balm with SPF
- ☐ Mosquito repellent
- ☐ Hand wipes/hand sanitizer
- ☐ Toothbrush/toothpaste
- ☐ Soap, shampoo, and conditioner
- ☐ Small packet of tissues
- ☐ Tampons and panty liners (avoid plastic applicators)
- ☐ Earplugs: we recommend silicone earplugs

BHUTAN

Buddhist Temples & Himalayan Vistas

December 6 - 17, 2020

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:

- ☐ Assortment of stuff sacks and bags (please consider bring reusable or silicone bags to reduce the use of disposable plastics)
- ☐ 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, 2020

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

Our deposits are nonrefundable and nontransferable. If for some reason you need to switch to a different trip, please call us and we will do our best to accommodate you, but switching is not guaranteed.

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!

In this spirit, the successful adventure traveler should be a 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!