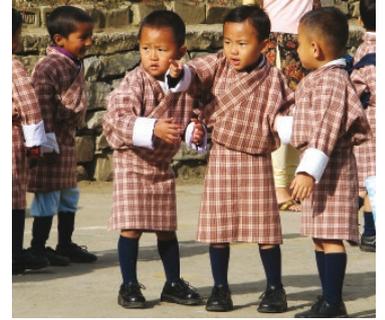


# join tenzin choegyal ahf bhutan tour



## trip highlights

- Join Tenzin Choegyal on a magical tour of Bhutan
- Visit the Australian Himalayan Foundation projects
- Special performances by Tenzin Choegyal
- Experience the rich culture of Bhutan with local cooking experience
- Optional walks in Thimphu Valley and Punakha



<b>Trip Duration</b>	10 days	<b>Trip Code:</b> KM10
<b>Grade</b>	Adventure touring	
<b>Activities</b>	Charity Challenge	
<b>Summary</b>	9 nights hotel	

## your charity challenge

Thank you for your interest in joining Tenzin Choegyal musical tour of Bhutan while supporting The Australian Himalayan Foundation.

- The Australian Himalayan Foundation (AHF) is one of the leading aid organisations in the Himalaya. The AHF is working to help the people of the Himalaya through improvements in health, education and the environment in Nepal, India and Bhutan. The AHF works in partnership with local communities to help the people of the Himalaya achieve their goals in a long term, sustainable way.
- In Bhutan AHF supports the work of RENEW, a grass roots, not for profit organization established by Ashi Sangay Choden Wangchuck, Queen Mother, in 2004 and dedicated to the development of women and children in Bhutan. Through this partnership, AHF supports the education of girls in remote, disadvantaged communities in Bhutan who regularly walk more than 3 hours a day to reach the closest school, often without breakfast.
- Help Tenzin Choegyal support the AHF. We hope you will join us for a life changing experience!

## why travel with World Expeditions?

Thank you for your interest in our Tenzin Choegyal AHF Bhutan Tour. When planning travel to a remote and challenging destination, many factors need to be considered. World Expeditions has been pioneering trips to the Himalaya since 1975. Our extra attention to detail and seamless operations on the ground ensure that you will have a memorable experience in the Indian Sub-continent. Every trip is accompanied by an experienced local leader, as well as support staff that share a passion for the region, and a desire to share it with you. We take every precaution to ensure smooth logistics, with private vehicles throughout your trip. We use comfortable 3 to 4 star accommodation in hotels hand-picked for their local character and charm. In most cases, all internal transport, entrance fees, national park fees and transfers are included in the cost of your trip. Most importantly, our adventures always aim to benefit the local people we interact with, safeguard the ecosystems we explore and contribute to the sustainability of travel in the regions we experience. We invite you to read more on our Responsible Travel philosophy and projects later in these trip notes. Check out the AHF video: <https://goo.gl/info/4cZ1zv>

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## trip dates

**2018** 04 Oct - 13 Oct

## challenge cost

Joining Paro Travel Cost Twin Share: \$3850

All prices are per person

## options & supplements

Optional Single Supplement: \$470

World Expeditions does not require single travellers to pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same gender and if we can not match you up we will provide a single room at no extra charge. If you prefer not to share a single supplement is payable to guarantee your own room. The cost of the single supplement is listed above.

Minimum charity donation/fundraising of \$1000 is payable to the Australian Himalayan Foundation (AHF). AHF will contact you to organise your online fundraising platform and permission to fundraise. This trek is registered through GoFundraise, and online payments can be made on the GoFundraise website [www.gofundraise.com.au](http://www.gofundraise.com.au)

Competitive International flights from Australian capital cities can be arranged by World Expeditions.

## the challenge

Join Australian Himalayan Foundation on a journey to Bhutan with famous musician Tenzin Choegyal. Imagine a kingdom where happiness is paramount, where culture and tradition remain intact and where Buddhism has predominated since the 7th century. Tenzin will be sharing his inspiring and unique musical talent throughout the trip, and we will enjoy both set and impromptu performances in amazing venues. We take some short gentle day walks amongst local Monasteries and combine with some well planned sightseeing. We start with the magnificent Taktsang Monastery before heading to the Thimphu where we will visit some of the AHF projects.

Great sounds and views, dramatic scenery and cultural interaction.

## about your leader/escort

• Tenzin Choegyal Tibetan Musician

In 1997, Tenzin Choegyal came to Australia with little more than a bag, his Dranyen and a voice full of passion for Tibet. His raw talent soon caught the attention of the directors of that country's largest folk festival, Woodford Folk Festival where he still plays to packed audiences each year. Over the years, Tenzin has created a successful international career as a musician, playing at such prestigious events as the WOMAD as well as several Concerts for Tibet at Carnegie Hall, New York.

In addition to his much loved solo performances, Tenzin has been an avid collaborator with musicians from diverse cultures, traditions and genres. From classical (with Camerata of St John's), contemporary (with Philip Glass) to ancient traditional (with William Barton), Tenzin embraces opportunities to take his music to uncharted territory both in the studio and on stage. Tenzin has six independent album releases.

In 2009 Tenzin founded the annual Festival of Tibet which showcases Tibetan culture through music, film, art and discussion. Tenzin has been musical director for the Asia Pacific Screen Awards in 2011 and 2013 and has written and performed soundtracks for numerous TV shows, films and documentaries. Through his music and cultural activities such as the Brisbane Festival of Tibet, Himalayan Film Festival, Prayer for Peace Concerts and Women with Wisdom Concerts.

## at a glance

DAY 1	FLY TO PARO
DAY 2	PARO VALLEY
DAY 3	PARO VALLEY, TAKSTANG MONASTERY (3100M)
DAY 4	TRAVEL TO THIMPHU
DAY 5	VISIT AHF PROJECTS, OPTIONAL WALK IN THE THIMPHU VALLEY
DAY 6	THIMPHU CHERI VILLAGE OPTIONAL WALK
DAY 7	TRAVEL TO PUNAKHA
DAY 8	DAY WALK PUNAKHA
DAY 9	TRAVEL TO PARO
DAY 10	DEPART BHUTAN

## what's included

- 9 nights good quality accommodation
- airport transfers
- expert bilingual guide
- group medical kit
- private transportation
- all park entrance fees and permits



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→ sightseeing and site entry fees as listed

## what's not included

- A minimum donation of \$1000 is payable to the Australian Himalayan Foundation (AHF). AHF should be contacted to organise your online fundraising platform and permission to fundraise. This trek is registered through GoFundraise, and online payments can be made on the GoFundraise website [www.gofundraise.com.au](http://www.gofundraise.com.au)
- International flights
- Bottled water
- Aerated & alcoholic drinks
- Items of a personal nature such as phone calls, laundry etc
- Tips
- Airport & departure taxes
- Travel insurance
- Bhutan visa

Local cash payments are becoming increasingly popular with many operators in the adventure travel industry. The policy seems to benefit the tour operators, more than the local economies or travellers, as it avoids local taxes and transfers the cost and risk of cash handling to travellers. In accordance with our Responsible Travel practices we have chosen a policy not to ask for such payments.

## detailed itinerary

### DAY 1 Fly to Paro

Fly into Paro and experience breathtaking views of the Himalayan peaks as you descend into this remote land. The flight into Paro is one of the most spectacular in the world. Paro is the only airport in Bhutan located in a deep valley at an elevation of 2,225m above sea level. The surrounding hills are high as 4,900m and the approach into Paro airport is entirely by visual flight rules. On arrival we are welcomed and transferred to our hotel. In the afternoon we will visit the town and some of the Monasteries and local buildings.

meals: L,D

### DAY 2 Paro Valley

The Paro valley is truly beautiful, being a location for various farming activities, including commercial quantities of asparagus, strawberries and shitake mushrooms for export, plus various grain and vegetable crops. It is a patchwork of colours delineated by well kept traditional design farm houses that are ornately decorated. All of the slopes surrounding the valley are forested and the hint of mountains beyond is alluring. Simply driving through the willow lined streets is relaxing and uplifting – there is no clutter of people, or traffic or rubbish, (Plastic bags are banned).

This morning we wandering through the Paro Valley to experience life in the traditional Bhutanese villages with peaceful valleys and high breathtaking mountain scenery. In the afternoon we will have our own classes on “how to wear a Kira/Gho” the traditional clothing for the Bhutanese. This evening we are hand-on with a local cooking experience. We will share the art of making salted butter tea, Hontay (a vegetable dumpling. wind-dried meat with vegetables).

meals: B,L,D

### DAY 3 Paro Valley, Takstang Monastery (3100m)

Today is spent exploring and appreciating the Tigers Nest Monastery or Taktsang. This is the most famous monastery in all Bhutan and is perched on the side of a cliff 900m above the Paro Valley. In Buddhism it is said that Guru Rinpoche flew here on the back of a tigress, and meditated at this place and so the monastery is called “Tiger’s Nest” (Takstang) It is a sacred place of pilgrimage

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## fast facts

### Countries Visited:

Bhutan

### Visas:

Yes\*

### Vaccinations:

Please consult a travel vaccination specialist for up to date information

### Group Size Min:

8

### Group Size Max:

16

### Singles:

A single supplement is available for this trip\*

### Leader:

Expert Local Leader & Escort

## responsible travel

The environments we travel through are fragile. It is our responsibility as visitors to minimise the impact of our presence. World Expeditions were the proud recipients of the inaugural Australian National Travel Industry's Environmental Achievement award for our Responsible Travel Guidebook. This detailed guide to responsible & sustainable travel is provided to all World Expeditions clients before they travel. Please ask your consultant if you have not received your copy of our award winning book. Alternatively, you may like to download a copy from our website [www.humacharitychallenge.com](http://www.humacharitychallenge.com)

## trip grading

which Bhutanese people try to visit at least once in a lifetime. This is a full day trek with a stop for lunch half way up at a local teahouse. When you reach the top, take time to hang prayer flags in honor of the local deities. Optional donkey hire available for some of the walk.

In the evening enjoy a dinner of local cuisine including the famous red rice of Paro and later soak under the stars in a traditional Bhutanese hot stone bath.

**meals: B,L,D**

### DAY 4 Travel to Thimphu

This morning we drive approx 3 hours to Thimphu. On route we visit the AHF project at the Genekha Primary School - this is subject to change. AHF support students from very remote villages on scholarships. On arrival we will enjoy the afternoon sightseeing Thimphu with visits to the Buddha Dordenma and the Takin animal sanctuary.

**meals: B,L,D**

### DAY 5 Visit AHF projects, optional walk in the Thimphu Valley

This morning we visit AHF supported work - RENEW. A grass roots not for profit organisation established by Her Majesty Gyalum Sangay Choden Wangchuck, Queen Mother of Bhutan. RENEW is dedicated to the development of women and children in Bhutan and supports girls education in the remotest communities in Bhutan. We have the opportunity to meet the Director of RENEW for morning tea.

**meals: B,L,D**

### DAY 6 Thimphu Cheri Village optional walk

Today we have organised an optional chance to enjoy a morning hour walk in the valley outside of Thimphu. We drive approx 1 hour to the small village of Doedena, where we walk through the wilderness Cheri mountain area to the Tango Monastery. If you would prefer to stay in town and self explorer Thimphu you could visit the Textile Museum and or the traditional medicine hospital.

**meals: B,L,D**

### DAY 7 Travel to Punakha

From Thimphu, we drive for about three hours to Punakha. Changing climatic zones from mountainous to tropical. On the way, we cross over Dochu La, a 3150-metre-high pass marked by prayer flags and a chorten and, if the weather is fine, a view of the eastern Himalaya including the highest mountain in Bhutan, Mt Gangar Punsum (7520m). We drive through forests of rhododendron and magnolia, before the road descends into the warmer lowlands around Punakha. We visit the Punakha Dzong, which once served as the old capital of Bhutan. This remarkable fortress was built in 1637 between two rivers and has survived many glacial floods and fire.

**meals: B,L,D**

### DAY 8 Day walk Punakha

This morning we take a short drive up the Punakha valley for our day excursion. First stop is Khamsum Yulley Namgyal Temple, which stands majestically on a strategic ridge above the Punakha valley. On route we cross a suspension bridge and walk through the rice fields before we start to climb surrounded by pine trees. The Temple was built over a period of 9 years, Bhutanese craftsmen including carpenters, painters, and sculptors consulted holy scriptures rather than engineering manuals, to construct this 4-storey temple. From the temple top floor we have spectacular views of the Punakha valley. In the afternoon we follow a path through agricultural fields of mustards and rice, which leads to the tiny village hamlet known as Yowakha. Prayer flags are lined all along the road to the monastery.

**meals: B,L,D**

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## Adventure touring

To determine the grade of a particular adventure we consider a number of factors. These include the condition of the walking terrain, the altitude, the number of pass crossings and the length of the trek. Kathmandu Summit Club AHF Bhutan trek is graded introductory to moderate. This is primarily due to the low altitude gains and the condition of the trail which is well defined and not unduly demanding. During the trek you will be walking for up to four hours a day at a slow but steady pace. You will need a reasonable level of fitness (remember there is no such thing as an easy trek) and we suggest 30 minutes of aerobic type exercise, (either cycling or jogging) three times a week for the three months leading up to your trek. Hill walking with a daypack in variable weather conditions is also recommended.

As for any trip, the fitter you are the more you will enjoy your experience.

## adventure travel

By its very nature adventure travel involves an element of the unexpected. In remote and developing countries do not expect standards you are used to at home. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with your consultant of travel agent.

## important note

These trip notes represent the most current information for this itinerary, and may supersede any information in the current brochure, including but not limited to the itinerary and price.

### DAY 9 Travel to Paro

The return drive back to Paro is no less spectacular, we re-cross the spectacular Dochu La and arrive into Paro in the afternoon. The remainder of the day can be spent wandering the peaceful streets of Paro or relaxing in the hotel.

**meals: B,L,D**

### DAY 10 Depart Bhutan

This morning we transfer from hotel to Paro airport for flights home.

**meals: B**

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

## country information

Bhutan is a small, independent Buddhist kingdom situated on the eastern side of the Himalaya about 300km long by 150kms wide. It is bordered with India, (Sikkim, Assam, West Bengal, Arunachal Pradesh), China (Tibet) and Bangladesh. Virtually the entire country is mountainous, ranging in elevation from 100m in the south to the 7544m Kulha Gangri peak on the northern border. It receives more rainfall than any other Himalayan region, and on average half to two metres of precipitation falls annually in the foothills and mountains. This ensures a lush and diverse flora from small orchids to enormous conifers and rhododendrons, and the country's small population (approx 600,000), their religious beliefs as practising Buddhists, and a protective government has allowed the wilderness to be well preserved. There are hundreds of unique species of plants and animals to be found here. Most of the people of Bhutan originate from the north (Tibet) and practise a Buddhism similar to that region yet it has its own unique beliefs and practises. It is officially called Drukpa Kagyu, and includes practising their faith and traditions of art, dance, drama and various crafts including weaving, carpentry, metalwork and painting. It is obvious that the culture and history is rich in Bhutan, and the foresight of the late King Jigme Dorji Wangchuck who is succeeded by his son, King Jigme Singye Wangchuck to develop and maintain a program that is for the betterment of the people and the land rather than a quick financial return, is an encouraging sign to a sound future.

## climate

Bhutan, like Eastern Nepal, comes under the influence of the Indian monsoon which precludes trekking throughout the summer months from the end of May till the middle of September. The ideal time to trek in Bhutan is therefore either pre-monsoon from mid March when the snow begins to melt off the high passes until the end of May. Post-monsoon October through to mid November are ideal. Temperatures on the treks can vary considerably. On any one trek the temperature may vary from 20°C during the day to -10°C when the occasional storm breaks over the high passes. You will be pleased that you have been provided with good down jackets, sleeping bags and two-person tents that we send to Bhutan from our operational base in Kathmandu.

## dietary requirements

Provided we are advised in advance of your departure we are able to cater for vegetarian diets and can assist with medically recommended diets (allergies and intolerances). Please ensure you discuss your requirements with us well in advance (at least 1 month prior to your trip) to determine whether we can cater to such dietary requirements on your chosen adventure. Please note that options are likely to be limited in very remote locations or alternatives may be more expensive or unavailable. There may be times when those with special requirements may need to provide their own food. We are unable to guarantee a

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peanut-free or allergen-free trip, and therefore, we strongly encourage that travellers with life-threatening or severe allergies take all necessary medical precautions to prepare for the possibility of exposure. Passengers must travel with all necessary medications for food allergies and be capable of self-administering these medications.

## accommodation on the trip



In Paro and Thimphu we stay at the comfortable, well located hotels.

## pre and post tour accommodation

In Bhutan a group is considered to be three (3) people or more travelling together. We recommended that you arrive in Bhutan with the rest of the group, on the flights recommended by us. Pre and post tour accommodation is available. Please contact your reservations consultant for assistance.

## what you carry

In your daypack you will need to carry extra warm clothing (depending on the altitude, location and weather), a rainjacket, water bottle, camera gear, valuables and personal items such as sunscreen, lip-eze etc.

## equipment required

A comprehensive gear list is provided in the pre-departure information supplied on booking.

## acute mountain sickness

When we ascend above 2500 meters our bodies have to acclimatise to the decreasing amount of the oxygen available. To allow our bodies to adjust we have structured our treks so that you ascend slowly, allowing acclimatisation to occur. However, during the acclimatisation process, you may experience some of the following symptoms.

- Headache
- Tiredness
- Disturbed sleep
- Loss of appetite/nausea
- Shortness of breath
- Cough
- Palpitation
- Swelling of the hands and face

Individuals acclimatise at different rates. Your best strategy is to take your time and drink plenty of water. These symptoms may not indicate the onset of A.M.S. and if you experience them it does not necessarily mean that you should not continue. All our group leaders have extensive first aid training and we urge you to communicate with the group leader at all times should you believe you have any symptoms in order that we can effectively monitor your symptoms. The only cure for Acute Mountain Sickness is to descend.

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Please note that your group leader has ultimate responsibility and may ask you to descend if symptoms persist.

## special visa requirements

The visa process for Bhutan requires you to provide us with a scanned colour copy of your passport as we require your full passport details (full name as it appears in your passport, nationality, date of birth, passport number, date of issue and expiry date, and occupation) at least 30 days before your arrival in Bhutan. Following the processing of your visa clearance we will provide you with a clearance number to enable you to board the plane from your respective airport; you will then receive a stamped visa upon arrival at Paro airport. You must carry the visa approval letter with you and you will be required to show this when checking in for your DRUK flight into Paro.

NOTE:- Please be aware that it is very usual that we do not receive visa clearance numbers from the Bhutanese government until the week of travel, sometimes 2 or 3 days before departure date. If you have already left on your travels prior to receiving the visa clearance number, then the visa number will be emailed to you shortly before departure date. Please ensure that we have your correct and up-to-date email and contact details.

## vehicles & safety

During the course of your trip, we will use a variety of vehicles, all of which are fit for purpose and the conditions encountered. It should be noted that laws governing transportation safety may differ from those in your home country and on occasion some vehicles may not have seat belts fitted. While game viewing within a national park could be one example, public bus transfers or specialised transport such as 'tuk-tuk's' could be another. Where seat belts are not provided we strongly recommend that you hold tight to a fixed part of the vehicle at all times.

## info nights

World Expeditions invites you to attend our inspiring adventure travel information nights. These special evenings are designed to inform and entertain and are hosted by our most experienced and passionate adventure travellers and mountaineers. Ask our staff for a info night schedule or register on our website - [www.worldexpeditions.com](http://www.worldexpeditions.com). Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

## subscribe to our e-newsletter

To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our monthly e-newsletter! You can do this on line through our website, [www.worldexpeditions.com](http://www.worldexpeditions.com) or contact our office.

## how to book

World Expeditions - 1300 720 000 for enquires/bookings

To book this adventure please complete the World Expeditions booking form and return by email to nearest office or can booking online

[www.worldexpeditions.com](http://www.worldexpeditions.com)

##Sydney office - [info@worldexpeditions.com.au](mailto:info@worldexpeditions.com.au)

## Melbourne office - [travel@worldexpeditions.com.au](mailto:travel@worldexpeditions.com.au)

##Perth office - [info@worldexpeditions.com.au](mailto:info@worldexpeditions.com.au)

##Brisbane office - [adventure@worldexpeditions.com.au](mailto:adventure@worldexpeditions.com.au)

A \$400 non-refundable deposit is payable upon booking this adventure.

