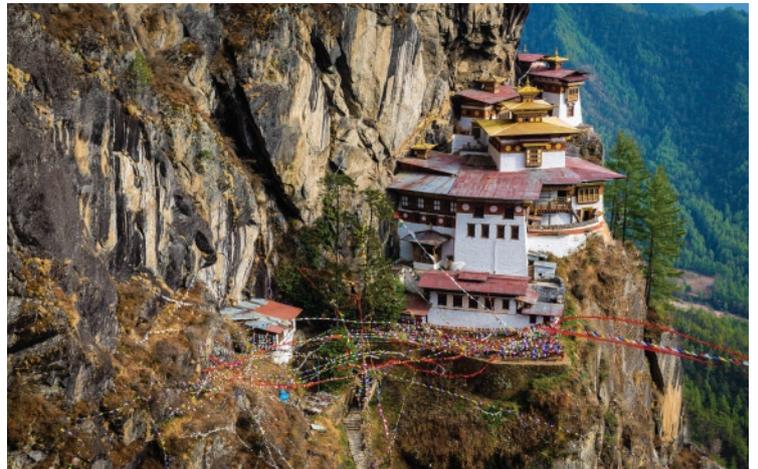


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trip highlights

- Absorb diverse Buddhist traditions with visits to Jambay Lhakhang and Takstang (Tiger's Nest) Monastery
- Journey between India and Bhutan to appreciate the beautiful villages and landscapes of the region
- Explore Paro Valley, wander the bazaars and take in the main sights of the town
- Attend the remote and colourful Trashigang and Mongar Festivals in Eastern Bhutan
- Stay in well appointed and heritage accommodation
- Unique opportunities for photography travelling in the company of acclaimed photographer, Canon Master, and Australian Himalayan Foundation Ambassador, Richard I'Anson
- Raise funds for the Australian Himalayan Foundation



Trip Duration	14 days	Trip Code: RHF
Grade	Adventure touring	
Activities	Adventure Touring, Photography	
Summary	13 nights, 3.5-4.5 star hotels	

welcome to World Expeditions

Thank you for your interest in our Bhutan with Australian Himalayan Foundation Ambassador, Richard I'Anson trip. At World Expeditions we are passionate about our off the beaten track experiences as they provide our travellers with the thrill of coming face to face with untouched cultures as well as wilderness regions of great natural beauty. We are committed to ensuring that our unique itineraries are well researched, affordable and tailored for the enjoyment of small groups or individuals - philosophies that have been at our core since 1975 when we began operating adventure holidays. Our itineraries will give you the very best travel experience, designed by people with incredible local knowledge who share our vision of authentic exchange and real exploration with a responsible tourism approach. Whether you like your adventures to include trekking, touring, cycling, mountaineering, kayaking or cruising World Expeditions can make it happen for you. We hope you will join us for a life changing experience.

why travel with World Expeditions?

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.

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trip cost

Joining Kolkata from: \$9580
All prices are per person

options & supplements

Single Supplement: \$1900

Single travellers are required to pay a single supplement when joining this adventure. Please refer to our website for the additional cost.

For competitive airfares and stopover ideas to join this adventure, contact our expert staff today to receive a detailed quote.

the trip

The remote Himalayan Kingdom of Bhutan is well known for its untouched wilderness, rich Buddhist culture and a history steeped in mystic and legend. On this unique all inclusive journey with Photographer, Canon Master and Australian Himalayan Foundation (AHF) Ambassador Richard I'Anson, this cultural journey encompasses all that Bhutan has to offer taking in festivals at Trashigang and Mongar as well as the 'must see' highlights of Bhutan. Our tour begins in Kolkata, India, where we visit the famous Flower Market before flying to Guwahati and crossing the border into Eastern Bhutan. We spend 3 days photographing the Trashigang and Mongar Festivals before crossing to Bumthang in central Bhutan. It is widely regarded that Bhutanese Buddhism first took hold here and the legacies are the many ancient and magnificent monasteries in and around the area. We fly to the the picturesque Paro Valley, home to the Tigers Nest (Taksang) monastery. We visit the weekend market in Thimphu and return to Paro where our trip concludes.

We hope you can join Richard I'Anson and the Australian Himalayan Foundation on this incredible photographic and cultural journey.

our partners

Australian Himalayan Foundation (AHF)

The AHF is one of Australia's leading aid agencies operating in the Himalaya.

In Bhutan, AHF supports an education program which helps around 200 children attend and stay in school. Our local partner, RENEW, is dedicated to empowering women survivors of domestic violence, so the students on our scholarship program are mostly from very challenging family environments and all are extremely vulnerable. In addition to supporting each student with a scholarship and their educational materials, the program focuses on safety, protection and counselling, and vital support for a secure home for children affected by domestic violence. The AHF is dedicated to helping the people of the Himalaya achieve their goals by helping to facilitate improvements in education, health and medical services and in environment and wildlife conservation. Its flagship program is Teacher Training & Quality Education program, which focuses on implementing quality educational training that will impact on the lives of around 47,000 children and involves nearly 2000 trained teachers working in 260 schools that are in dire need of support. This program, in the Solu Khumbu region of Nepal, is one of the most ambitious programs of its kind undertaken in rural Nepal. Implementing these programs the AHF is committed to observing the best possible development practice that includes empowering local communities to ensure long term sustainable outcomes.

Full details of the AHF are found on the website www.australianhimalayanfoundation.org.au

about your leader/escort

This photography adventure will be led by one of the world's most acclaimed travel photographers, and a good friend of ours for over 25 years, Richard I'Anson. Richard represents Canon Australia as a Canon Master Photographer, has published thirteen books, including five editions of the best-selling Lonely Planet Guide to Travel Photography, and is featured in the first series of the documentary series Tales by Light, now screening on Netflix. He has built an enviable career on his twin passions for travel and photography and over the past 35 years has travelled the world, amassing a substantial and compelling collection of images of people and places – in more than 90 countries on all seven continents. Richard has a Master of Photography awarded by the Australian Institute of Professional Photography (AIPP), is an Ambassador for the Australian Himalayan Foundation and we're honoured to have his amazing images featuring in our brochures since the early 90's. For more inspiration, visit www.richardianson.com, head to his Instagram page @richianson or watch the videos on this page to gain an insight into the knowledge you will tap into if you join him on this fantastic trip.

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trip dates

2020 19 Nov - 02 Dec

fast facts

Countries Visited:
India & Bhutan

Visas:
Yes*

Vaccinations:
Please consult a travel vaccination specialist for up to date information

Singles:
Single travellers who are unable to be matched with another single traveller of the same gender, must pay a single supplement on this trip.

Leader:
Expert Local Leader & Escort

Advice for people with limited mobility
This trip is not suitable for people with limited mobility.

thoughtful travel

The natural environments that you'll travel through are fragile; the cultures and traditions precious and often the communities we pass through are reliant on tourism. It is our responsibility as visitors to minimise the impact of our presence, protect what is precious and where we can leave a positive impact. Learn how you can do this by downloading the Thoughtful Traveller booklet from our website.

at a glance

A NOTE FROM RICHARD I'ANSON:

THE PUBLISHED ITINERARY IS TO BE VIEWED AS A GENERAL GUIDE TO LOCATIONS, SUBJECTS, ACTIVITIES AND TIMINGS ONLY. EACH DAY IS PLANNED TO MAXIMISE PHOTOGRAPHIC OPPORTUNITIES. OUR AIM IS TO GET THE GROUP TO THE RIGHT PLACE AT THE RIGHT TIME TO GIVE YOU THE BEST OPPORTUNITY OF CAPTURING GREAT PHOTOGRAPHS IN THE BEST POSSIBLE LIGHT. CONSEQUENTLY, YOU WILL OFTEN RISE BEFORE SUNRISE, STAY OUT UNTIL JUST AFTER DARK AND SPEND MORE TIME THAN MOST GROUPS AT KEY PLACES, EVENTS AND VANTAGE POINTS. THIS CAN BE CHALLENGING, BUT YOU WILL BE REWARDED WITH A UNIQUE CULTURAL AND PHOTOGRAPHIC EXPERIENCE, GREAT IMAGES AND FANTASTIC MEMORIES.

DAY 1	THURSDAY 19 NOVEMBER 2020 - ARRIVE KOLKATA
DAY 2	FRIDAY 20 NOVEMBER 2020 - SUNRISE VISIT TO KOLKATA FLOWER MARKET. FLY TO GUWAHATI
DAY 3	SATURDAY 21 NOVEMBER - GUWAHATI TO TRASHIGANG (185KM/APPROX 9 HOURS DRIVE)
DAY 4	SUNDAY 22 NOVEMBER 2020 - ATTEND TRASHIGANG TSHECHU
DAY 5	MONDAY 23 NOVEMBER - TRASHIGANG AND MONGAR TSHECHU
DAY 6	TUESDAY 24 NOVEMBER 2020 - AT MONGAR TSHECHU
DAY 7	WEDNESDAY 25 NOVEMBER 2020 - DRIVE TO JAKAR, BUMTHANG
DAY 8	THURSDAY 26 NOVEMBER 2020 - EXCURSION TO REMOTE TANG VALLEY (2800M)
DAY 9	FRIDAY 27 NOVEMBER 2020 - IN BUMTHANG
DAY 10	SATURDAY 28 NOVEMBER 2020 - FLY TO PARO AND DRIVE TO THIMPU (2400M)
DAY 11	SUNDAY 29 NOVEMBER 2020 - IN THIMPHU
DAY 12	MONDAY 30 NOVEMBER 2020 - VISIT TEXTILE MUSEUM. AFTERNOON VISIT PARO DZONG
DAY 13	TUESDAY 1 DECEMBER 2020 - IN PARO. AFTERNOON TAKTSANG MONASTERY WALK
DAY 14	WEDNESDAY 2 DECEMBER 2020 - TRIP CONCLUDES, PARO

what's included

- 13 breakfasts, 11 lunches and 12 dinners
- internal flights Kolkata/Guwahati and Bumthang/Paro
- airport transfers on Day 1 and Day 14
- expert bilingual guide in Bhutan. Local guides in Kolkata and Guwahati in India
- group medical kit
- 3.5 - 4.5 star accommodation, or best available in remote towns
- private transportation
- sightseeing and site entry fees as listed
- Bhutan Government visa and sustainability fees
- Trip escorted by acclaimed photographer, Richard I'Anson

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.

what's not included

- International flights
- Meals not outlined in the itinerary

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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 or 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. The itinerary should be seen as a guide only. This itinerary may change at any time due to inclement weather, forces of nature and other circumstances beyond our control.

- Bottled water, aerated and alcoholic drinks
- Items of a personal nature such as phone calls, laundry, etc.
- Tips
- Airport and departure taxes
- Travel Insurance
- visas (excluding Bhutan)

fund raising support

A minimum donation of \$1000 - \$2000 to the Australian Himalayan Foundation is a requirement of joining this trip.

This amount can be fundraised, or your donation can be made payable to directly to the AHF.

This trip will also be registered through Raisely - link to come.

Please contact Kerry at the Australian Himalayan Foundation should you have any questions about your donation or fundraising - kerry@ahf.org.au

detailed itinerary

DAY 1 Thursday 19 November 2020 - Arrive Kolkata

You will be met by a World Expeditions representative on arrival and transferred to your hotel.

Overnight Oberoi Grand, Kolkata

meals: NIL

DAY 2 Friday 20 November 2020 - Sunrise visit to Kolkata flower market. Fly to Guwahati

We'll be up before sunrise to visit the fascinatingly colourful Kolkata flower market. We return to the hotel for breakfast before transferring to the airport for our midday flight to Guwahati.

This afternoon visit the Kamakhya Temple, a Hindu temple dedicated to the mother goddess Kamakhya.

Overnight Vivanta Guwahati

meals: B,D

DAY 3 Saturday 21 November - Guwahati to Trashigang (185km/approx 9 hours drive)

Morning drive to Sualkuchi Silk weavers Village, established in 17th century. After our visit we'll drive to the Bhutan border. Upon arrival your Bhutan Guide will assist the group to complete immigration formalities before continuing your drive to Trashigang crossing Naphung, a small satellite town on the main highway. On your drive to Trashigang you'll drive towards Wamrong and then to Khaling which is home to a handloom centre operated by the Women's Association of Bhutan. The road over Yongphu La (2190m) cuts across the ridge into Kanglung and the road then passes through terraced fields down to your lodge.

Overnight Lingkhar Lodge, Trashigang

meals: B,L,D

DAY 4 Sunday 22 November 2020 - Attend Trashigang Tshechu

The annual Trashigang Tshechu is one of the biggest festivals in eastern Bhutan and attracts people from all over the region. The nomadic community of Merak and Sakteng, called the Brokpas, stand out of the crowd with their unique dress and appearance. Different sacred mask dances are performed during the festival as well as other traditional folk songs and dances. The highlight of the festival is the

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unfurling of the thongdrel (large tapestry) of Guru Tshenggyed (eight manifestation of Guru Rinpoche). Another thongdrol of Neten Chudrug (Sixteen Arhats) is also unfurled for the public.

Overnight Lingkhar Lodge

meals: B,L,D

DAY 5 Monday 23 November - Trashigang and Mongar Tshechu

We'll spend the early morning photographing Trashigang Tshechu before transferring to Mongar (130km/approx 4-5 hr drive), where we'll spend the next two nights. We set off west for the first time, climbing to the 2450m Kori La (a low pass by Bhutanese standards!) towards Mongar, district headquarters with its own dzong. Mongar Dzong holds a three day long Tshechu every year in its courtyard. Devotees from nearby district gather at the courtyard of the Dzong to witness the masked dances which are accompanied by cultural dances to entertain the onlookers. Masked dances are a significant part of religious culture in Bhutan and followers believe that a person is liberated upon witnessing the sacred masked dances. People dress in their finest attires and pack lunches to watch the dances. Most of the dances performed at the festival are indigenous to this region.

Overnight Wangchuk Hotel, Mongar

meals: B,L,D

DAY 6 Tuesday 24 November 2020 - At Mongar Tshechu

Full day to photograph and take in the festivities in and around Mongar Dzong.

Overnight Wangchuk Hotel, Mongar

meals: B,L,D

DAY 7 Wednesday 25 November 2020 - Drive to Jakar, Bumthang

Today is a long drive (198km/approx 6-7 hour drive) and you will appreciate firsthand the enormous effort that went into building the highway that links western and eastern Bhutan. The climate will become more temperate as we leave the Far East and head towards central Bhutan, crossing the 3,800 m, Thrumshing La. After about 141 km we'll arrive in the wide valley of Ura, with its distinctive new gompa (monastery) and important rural high school. From here we'll wind our way through forest and fields to Jakar, the township that lies at the centre of the Bumthang district, and a favourite with visitors.

Bumthang is a place of special spiritual significance. Legend has it that throughout the Buddhist Himalayas there exist valleys hidden from the outside world. Sheltered and protected, together these regions could become the last bastions of traditional Tibetan Buddhism. Shangri-La in James Hilton's Lost Horizons is based on this very idea. There remain few places more suited than Bumthang, Bhutan's spiritual heartland, to stand as symbols of such ideals.

Overnight Rinchenling Lodge

meals: B,L,D

DAY 8 Thursday 26 November 2020 - Excursion to remote Tang Valley (2800m)

Today we drive up to one of the remotest valleys in Bhutan located on a higher elevation where locales rear sheep and yaks and grow potatoes. The valley is filled with rich cultural heritage. Visit Ugyencholing Museum to learn about Bhutan's cultural and traditional heritage, understand the traditional practices and

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observances of the local community and stories from its past glories. We may chance to meet Azhi Kezang Choden who looks over the museum and is also a writer with in-depth historical and cultural backgrounds from the medieval times of Bhutan.

We'll then drive back to Pema Choling nunnery atop a hill undistracted by the bustling settlements elsewhere. Nuns aged between 8 years – 45 years, live at this nunnery dedicating their lives to prayers and Buddhist studies. It is the first nunnery which is an institute of higher learning in Bhutan, and after studying for 9 years the nuns graduate, and earn themselves the title of Khenpos. The nuns will perform a drum ceremony for us for the purification of mind and long life. After lunch we embark on an easy Bushman Trail Hike towards Chamkhar valley (5km/approx 2.5 hours). The walk takes us through a serene jungle winding up through widened pathways and gradually descending in to the valley.

Overnight Rinchenling Lodge

meals: B,L,D

DAY 9 Friday 27 November 2020 - In Bumthang

Visit Jambay Lhakhang one of the oldest temples in the country built by Tibetan King Songtsen Gembo followed by a walk to Kurje Lhakhang, dedicated to the saint Guru Padhasambhava who meditated there in eight century and left his body imprint on the rock. We'll continue walking towards Tamshing Lhakhang on the other side of the river dedicated to Terton Pema Lingpa, the only Black Smith Saint who lived in 15th century where we can see some of the oldest murals preserved inside this temple. There is a beautiful Kenchosum Lhakhang with stories of Lord Buddha painted on the walls of the shrine inside. We'll end the day with a visit to the Swiss Brewery to try the panda beer and cheese.

Overnight Rinchenling Lodge

meals: B,L,D

DAY 10 Saturday 28 November 2020 - Fly to Paro and drive to Thimpu (2400m)

Today we'll fly to Paro with the views of Bhutan's mountains including Gangkar Puensum, Bhutan's tallest peak. Upon arrival we'll drive for an hour to Thimphu. Thimphu is Bhutan's capital and largest city. Home to the Government, Royal Family, and the head offices of international organizations, Thimphu is a mix of Himalayan and Western sensibilities.

We visit the Thimpu Dzong and then we'll drive up to see the tallest seated Buddha statue in the world at 51m high. The statue houses an enormous meditational house in the base and two storied chapels on the top floors. You will be fascinated at fine art works crafted by the local artisans. Explore the beautiful shrine inside. The site also offers great views of the valley below.

Overnight Le Meridien, Thimphu

meals: B,L,D

DAY 11 Sunday 29 November 2020 - In Thimphu

Today we will explore and photograph Thimphu including the famous weekend market.

Overnight Le Meridien, Thimphu

meals: B,L,D

DAY 12 Monday 30 November 2020 - Visit Textile Museum. Afternoon visit Paro Dzong

This morning we visit the National Textile Museum, established in 2001, home to a substantial collection of antique textiles and other works including the royal robes on

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display. There is also a weaving centre next to the Museum where women from all over the country have been employed to weave textiles and earn their livelihood. In the late morning we drive to Paro.

Our sightseeing program in Paro includes visits to the Paro Dzong and the even older Ta Dzong that now houses the National Museum of Bhutan.

Overnight Zhiwaling Heritage Paro

meals: B,L,D

DAY 13 Tuesday 1 December 2020 - In Paro. Afternoon Taktsang Monastery walk

We'll have a leisurely morning in Paro. In the afternoon we drive to the foot of the Taktsang Monastery - the famous Tigers Nest Monastery said to have been one of the divine resting places of the Guru Ringpoche. We'll ascend the walking trail to appreciate the breathtaking location of the monastery which sits on a cliff edge about 800 metres above the valley floor. Overnight Zhiwaling Heritage Paro

meals: B,L,D

DAY 14 Wednesday 2 December 2020 - Trip concludes, Paro

Your trip concludes after breakfast. You will be transferred to the airport for your onward flight.

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 about 300km long by 150kms wide, situated on the eastern end of the Himalaya. It is bordered by India, (Sikkim, Assam, West Bengal and 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 – up to five metres annually – which ensures a lush and diverse flora, from small orchids to enormous conifers and rhododendrons. The country's natural environment has also been preserved by Bhutan's long history of isolation, small population (around 670,000), Buddhist beliefs and mountainous terrain. There are more than 5000 species of plants, including over 50 species of rhododendron and 600 species of orchid! There's also plenty of wildlife, including elephants, rhino, tigers and snow leopards. Most of Bhutan's population came from the north (Tibet) and practise Buddhism similar to that region, yet Bhutan has its own unique beliefs and practices too. Bhutanese Buddhism is officially called Drukpa Kagyu and includes practising their faith through traditions of art, dance, drama and various crafts such as weaving, carpentry and metalwork. Bhutan is also unique in its leadership. The late King Jigme Dorji Wangchuck, who is succeeded by his son, King Jigme Singye Wangchuck, demonstrated much character and foresight by developing and maintaining a program that is for the betterment of the people and the land rather than short term financial gains – an encouraging sign to a sound future. Part of Bhutan's charm lies in the fact that it was virtually cut off from the rest of the world, particularly the West, until the early 1960s. Until 1961, the country had no national currency, telephones, schools, hospitals or postal service – and no tourists. Tourism to Bhutan began when the first groups of trekkers arrived in the 1960s but larger numbers of foreign tourists started arriving only around 1974; Paro airport opened in 1983. At the time of writing, only 8000 tourists per year are allowed into Bhutan, which adds to the sense of privilege when you visit.

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climate

India and Bhutan are subject to the defining influence of the Indian monsoon from late May to mid-September. The ideal time to visit is either pre-monsoon, from mid-March until the end of May; or post-monsoon, from October to mid-November, when the weather tends to be relatively cool and dry. Temperatures can vary considerably depending on your elevation but as a guideline, temperatures in October/November range from around 5C to around 25C.

a typical day

Richard's aim is to get the group to the right place at the right time to give you the best opportunity of capturing photographs of these amazing destinations in the best possible light. Consequently, you will often rise before sunrise, stay out until just after dark and spend more time than most groups at key places, events and vantage points. This can be challenging at times however a truly rewarding experience awaits.

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 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



We have selected well appointed and heritage style accommodation in the areas we visit. In Kolkata you will stay in luxury at the Oberoi Grand, and in more remote towns, you will stay in the best available accommodation. While accommodation can be subject to change, we are pleased to include the following accommodations in this trip:

Oberoi Grand, Kolkata - www.oberoihotels.com/hotels-in-kolkata/ (1 night)

Vivanta Guwahati - www.vivantahotels.com/en-in/vivanta-guwahati/ (1 night)

Lingkar Lodge, Trashigang - <https://asiasenses.com/accommodation/lingkar-lodge> (2 nights)

Wangchuk Hotel, Mongar - www.wangchukhotel.com (2 nights)

Rinchenling Lodge, Bumthang - www.rinchenling.com (3 nights)

Le Meridien, Thimphu - <https://www.marriott.com.au/hotels/travel/pbhmd-le-meridien-thimphu/> (2 nights)

Zhiwa Ling Hotel, Paro - www.zhiwaling.com (2 nights)

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pre and post tour accommodation

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 metres 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.

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

special visa requirements

You will require a visa for India and Bhutan. Please follow the relevant information sent to you with the visa application form.

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 whilst wherever possible, vehicles with seatbelts are provided, on occasion some vehicles may not have seat belts fitted.

visas

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all

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countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your travel agent or World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

Bhutan

The cost of your Bhutan visa is included in your trip cost. 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 travel into Bhutan. You must carry the visa approval letter with you and you will be required to show this upon crossing the border into Bhutan.

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. If you are doing more than one tour in Bhutan you may be required to extend your visa, this will be done for you while you are in Bhutan.

India

Visas are required to enter India and visitors from some countries (including Australia, New Zealand, United States, Canada and United Kingdom) can obtain an online visa, the Electronic Travel Authorisation (ETA) prior to arrival. For stays of less than 30 days, travellers can apply for an ETA online (US\$100 for US and UK passport holders, US\$80 for most other nationalities, rates subject to change) at the official website <https://indianvisaonline.gov.in/visa/tvoa.html> no less than four days and no more than 120 days before the date of travel.

At present, regardless of nationality, those visiting Sikkim and other restricted areas may be required to have an Indian visa stamp in their passport prior to arrival in India in order to apply for the special permits required for travel to these areas. Your reservations consultant will be able to tell you if this applies to you.

Please bear in mind that visas may be required for countries you are visiting en route or transiting through on the way to your destination. It is important that you check the requirements of all countries you will visit. Visa costs and requirements do change regularly so we suggest you check with your World Expeditions reservations consultant. It is your responsibility to obtain all necessary visas.

info nights

World Expeditions invites you to attend our inspiring adventure travel slide shows. 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 slide show schedule or register on our website - www.worldexpeditions.com. Shows can fill early so it is important to register your attendance so we know to save a seat, or two!

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social networking

Connect with us on social



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YOUTUBE: World Expeditions

Subscribe to our channel at youtube.com/worldexpeditions

Share the love

Use the hashtag #WorldExpeditions on your best travel photos and videos to be featured.

trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Bhutan is a heavily restricted destination. The Bhutanese Airline Druk, is the only airline that services Paro International airport. Flights operate daily in high season but seats are extremely limited. The demand for these services is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our team at your earliest convenience.

how to book

To book a World Expeditions trip, you will need to complete a booking form and pay a non refundable deposit which you can do by using our online booking function for most trips, or if you prefer, download a booking form from the website and return to us by fax, or mail your booking form and deposit to your nearest World Expeditions office or travel agent. We can also help you with any additional arrangements that you require, such as competitive airfares to get you to your destination, stopovers, pre or post trip accommodation or any additional tours that you wish to take in conjunction with the main World Expeditions trip.