Bhutan | HIDDEN KINGDOM IN THE HIMALAYAS
CULTURAL HIKING ADVENTURE | 8 DAYS

TRIP ITINERARY

March 4-11, 2019
March 15-22, 2019*
October 10-17, 2019
November 4-11, 2019

*Special festival departure
A passion for travel. Simply put, we love to travel, and that infectious spirit is woven into every one of our journeys. Our staff travels the globe searching out hidden-gem inns and lodges, taste testing bistros, trattorias, and noodle stalls, and discovering the trails and plying the waterways of each remarkable destination. When we come home, we separate wheat from chaff, creating memorable adventures that will connect you with the very best qualities of each destination.

Unique, award-winning itineraries. Our flexible, hand-crafted journeys have received accolades from the world’s most revered travel publications. Beginning from our appreciation for the world’s most breathtaking and interesting destinations, we infuse our journeys with the elements of adventure and exploration that stimulate our souls and enliven our minds. Whether you are looking for a challenging physical expedition or a leisurely cultural exploration, Boundless Journeys has exceptional itineraries to match your sense of adventure.

Insider connections. There is simply no substitute for traveling with a knowledgeable insider, and our expert local guides will open doors for you that other travelers miss, like dinner with their extended family in Peru’s Sacred Valley, or meeting an art scholar in Florence. Relationships developed over many years allow you to experience our destinations through a well-connected friend.

Small groups. Although the camaraderie of a group of like-minded travelers often enhances the journey, there can be too much of a good thing! We tread softly, and our average group size is just 8–10 guests, allowing us access to opportunities that would be unthinkable with a larger group.

Flexibility to suit your travel style. We offer both scheduled, small-group departures and custom journeys so that you can choose which works best for you. Not finding exactly what you are looking for? Let us customize a journey to fulfill your travel dreams.

Customer service that goes the extra mile. Having trouble finding flights that work for you? Want to surprise your traveling companion with a bottle of champagne at a tented camp in the Serengeti to celebrate an important milestone? There is no request that is too big—or too small—for our staff to handle. From your first call, we guide you through choosing your trip, provide advice on preparing for your adventure, and hold your hand until you return home.
Thank you for your interest in this fantastic journey to Bhutan. We have handcrafted this tour from our own experience and hope you fall in love with the area—as we have!

THE INSPIRATION FOR THIS JOURNEY
Along the lofty ridges of the Himalayas, cradled between Tibet and India, lies the Kingdom of Bhutan, a place that has remained practically untouched by the rest of the world for centuries. With few visitors entering the country, Bhutan appears frozen in time with its serene landscape and its traditional architecture well-preserved. Bhutan’s culture is also well-preserved—the Bhutanese people are warm and gracious, and spirituality is still sacred here.

On our journey we travel through Bhutan’s varied and dramatic scenery of beautiful river valleys, snow capped sacred mountains, and terraced rice fields. Meet welcoming local people while visiting Bhutan’s iconic dzongs, hike to remote gold-roofed temples and monasteries, and walk through peaceful villages in emerald valleys surrounded by a spectacular mountain backdrop.

HIGHLIGHTS
• Explore temples and monasteries that are accessible only on foot
• Visit the famous Paro Taktsang, also known as Tiger’s Nest Monastery
• Learn about Bhutan’s culture, religion, and its unique Gross National Happiness policy
TOUR OVERVIEW

THE BASICS

Duration: 8-day trip  
Accommodations: 7 nights in authentic, boutique hotels  
Tour start: Paro  
Tour end: Paro  
Trip rating: 1 2 3 4 5  
Land cost: $4,195 per person*  
Single Supplement: First two reserved on each departure: $0* (Must reserve at least 120 days ahead)  
Internal airfare: $850 per person (subject to change)  
Bangkok to Paro; Paro to Bangkok

WHAT'S INCLUDED

Just pack your bags – we’ve got you covered! When you’re on a Boundless Journeys adventure, every detail is taken care of for you, so you can relax and truly experience each moment. Put your wallet away, leave your travel books behind, fold up your maps, and BE there. Your Boundless Journeys adventure includes:

- Expert leadership  
- All accommodations and meals  
- Local wine and beer with included dinners  
- All on-tour transportation  
- All activities as noted in the itinerary  
- Bhutanese visa fees and departure taxes  
- All gratuities except for those for your guide and driver, which are at your discretion  
- Explorers Club savings on your next scheduled, small-group trip (conditions apply)

International airfare is not included in the price of the trip. Please contact your local travel agency or the airlines directly to make any arrangements you may need to and from Bangkok. If you would like assistance with your international travel plans, please contact Boundless Journeys for a referral to one of our partners who will best fit your needs.  

Bhutan flights: Boundless Journeys will purchase your airline tickets between Bangkok and Bhutan for you. The cost of these tickets is $850 (subject to change) and you will be required to pay this amount at the time you reserve your trip.
## ITINERARY AT-A-GLANCE

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<tr>
<th>DAY 1</th>
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<tr>
<td>Arrive at the airport in Paro, Bhutan. Transfer to the capital city of Thimphu to explore some of the city’s many interesting sights.</td>
<td>Hike to the Cheri Gompa Monastery, visit the Choki School of Arts, and learn about Bhutan’s Gross National Happiness concept.</td>
<td>Drive from Thimphu to Punakha. Visit the Chime Lhakhang Temple and learn of Bhutan’s legendary Divine Madman.</td>
<td>Hike to the Khamsung Yuley Namgyel Temple and the Punakha Dzong; visit the Nalanda Buddhist Institute to learn about the lives of the young monks who reside there.</td>
<td>Drive from Punakha to Paro. Visit the Kyichu Lhakhang temple, the National Museum, and Rinpung Dzong.</td>
<td>Hike up to the iconic Paro Taktsang, also known as Tiger’s Nest Monastery.</td>
<td>Hike from Cheli La Pass to Kila Gompa. In the evening enjoy a final farewell dinner at a local restaurant.*</td>
<td>Depart from Paro.</td>
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**PLEASE NOTE:** This is a typical itinerary, and actual activities may vary to take advantage of weather conditions, local events and to allow serendipity to play a hand in your experience. Accommodations are as outlined in the itinerary, although we reserve the right to change these should the need arise. See our booking terms and conditions for more information about our change policy.
DAY 1: Arrival in Bhutan

Activity Overview: Walking on local paths and dirt roads (please note that walking options may change depending on flight schedules)
Activity Level: Easy
Activity Length: 1-2 hours
Drive time: approximately 1 hr

Our flight into Bhutan provides spectacular views of the country’s landscape as we approach the airport in the Paro Valley. The valley is a green bowl surrounded by jagged Himalayan Mountains and forested hillsides, crossed by beautiful rivers and dotted with medieval fortresses. The first thing that we notice as we disembark in Bhutan is the absence of noise and a feeling of peacefulness that is rare in most other Asian cities. The Paro Valley has kept its bucolic nature, and is one of the most scenic landscapes in Bhutan. Paro is believed to be one of the first valleys to have received the imprint of Buddhism.

We are transferred to Thimphu, home of the royal family. Before becoming Bhutan’s official national capital in 1961, Thimphu was a simple, rural farming valley. Small and secluded, it is unlike any other world capital. The city is quiet, and may be the only capital in the world without a traffic light.

Our itinerary today is dependent on flight arrival times, and guests may be able to partake in all or some of the following activities:

Our exploration takes us to many of Thimphu’s interesting sights. If time allows, we may visit the National Textile Museum, the Thimphu Dzong (seat of the government), the Heritage Museum, and the Giant Buddha above town, giving us some excellent views of the Thimphu Valley. (Please note that museums and schools are closed on weekends and national holidays)

Dinner this evening will highlight Bhutanese cuisine, either at our hotel or one of Thimphu’s fine restaurants.

Accommodation: Druk Hotel, Thimphu
Meals: L, D

DAY 2: Cheri Gompa and Choki School of Arts

Activity Overview: Hiking on local paths and hiking trails with 1,300’ elevation gain and 1,300’ elevation loss (highest elevation: 9,186’)
Activity Level: Easy to moderate
Activity Length: About 2 hours (3 miles)

This morning, a short drive through the countryside surrounding Thimphu brings us to the boundary of Jigme Dorji Wildlife Sanctuary, the largest protected area in the country. The area is home to several endangered species, including: the takin, snow leopard, blue sheep, tiger, red panda, and the Himalayan black bear. More than 300 species of birds have been catalogued within the region.

Our walk begins from the small village of Dodena. The trail starts by crossing a covered bridge over the Wang Chhu River, and from here we climb steadily to Cheri Gompa, a small monastery perched on the hill with a view of the Thimphu Valley. Shabdrung Ngawang Namgyal built this monastery in 1620, and this is where the first community of monks in Bhutan was established. The monastery is considered very sacred, as it contains the ashes of Tempi Nima, the father of the first Shabdrung of Bhutan, and beautiful frescoes of Buddhist saints.
After our visit to the monastery, we descend on the same route, keeping our eyes open for the goral (wild goat) that are often spotted on the cliffs nearby. Back at the village of Dodena, we drive to Cabesa, home of the Choki School of Arts (closed on weekends and holidays). The Choki School provides free, skills-related education in the traditional arts and crafts of Bhutan to Bhutanese children who are unable to complete their formal education.

This evening before dinner, we will enjoy a Bhutanese cultural teaching delivered by a local expert. This allows us the opportunity to learn more about Bhutan’s unique culture and its remarkable Gross National Happiness concept.

Accommodation: Druk Hotel, Thimphu
Meals: B, L, D

DAY 3: Temple of the Divine Madman

Activity Overview: Walking on local paths with 131’ elevation gain (highest elevation: 4,921’)
Activity Level: Easy
Activity Length: 1-2 hours
Drive time: approximately 3 hours*

This morning after an early breakfast, we say goodbye to Thimphu and transfer to the Punakha Valley, our home for the next two nights. The road to Punakha crosses the Dochula Pass (10,230’), offering a great view of the eastern Himalayan mountains. From the pass, our road descends through magnificent pine and rhododendron forests, and wanders through some of Bhutan’s most picturesque countryside.

On the road to Punakha we stop in a small village where a short walk brings us to Chime Lhakang, a temple dedicated to the Lama Drukpa Kunley. Drukpa Kunley is one of Bhutan’s favorite saints, and is more commonly known as the “Divine Madman.” He traveled throughout Bhutan and Tibet using songs, humor, and outrageous behavior to dramatize his teachings, believing that the formality of the clergy and social conventions were keeping people from understanding true Buddhism. This site is still believed to hold fertility powers for women wanting to conceive.

Accommodation: Drubchu Resort, Punakha
Meals: B, L, D

DAY 4: Khamsung Yuley Namgyel Temple

Activity Overview: Hiking on local paths with 656’ elevation gain (highest elevation: 4,921’)
Activity Level: Easy to moderate
Activity Length: 3-4 hours

Following breakfast and a drive through the Punakha Valley, we begin our hike by first ascending a series of switchbacks to the Khamsung Yuley Namgyel Temple. From this modern temple, we are afforded grand views of the Mo Chu River Valley below. We then descend from the temple and follow a well-worn path down the valley through rice fields and small villages. Along the way we are rewarded with stunning views—the terraced rice paddies providing an exotic backdrop to the river below.

After enjoying a picnic lunch along the river, we continue our walk to the Punakha Dzong. Constructed in 1637, the Punakha Dzong was the second of Bhutan’s dzongs and for many years it served as the seat of the government. Today
it is the home to Bhutan's spiritual leader, the Chief Abbot Je Khempo, who resides here with 1,000 monks during the winter months due to Punakha’s relatively low altitude by Himalayan standards (4,000’). From this spectacular dzong we can look back to see the Khamsung Yuley Namgyel Temple perched on the hillside far in the distance. A short walk from the dzong takes us back to the road where we meet our driver and return to our hotel.

Following our hike, we have the special opportunity to visit the Nalanda Buddhist Institute, just outside of Punakha. There we meet the resident monks and learn about their lives. Please note that this may take place in the morning, depending on the monastery’s schedule for the day.

Accommodation: Drubchu Resort, Punakha
Meals: B, L, D

DAY 5: Paro Dzong, National Museum

Activity Overview: Walking on dirt roads and local paths
Activity Level: Easy
Activity Length: 1-2 hours
Drive time: approximately 4 hours

This morning we return by road to Paro, catching another glimpse of the mighty Himalayas over the Dochula Pass. Upon our arrival in Paro, we visit Kyichu Lhakhang. Kyichu Lhakhang, meaning “twin temples,” is believed to have been built in 659 AD by King Songtsen of Tibet, and reflects the introduction of Buddhism to Bhutan. The temple is one of 108 that were built throughout the Himalayas in one day in an effort to subdue a mighty ogress; it is still believed to hold her left foot in place.

We then make our way by vehicle to the National Museum (closed on government holidays). The museum’s collection includes ancient artifacts, weapons, antique thangkha (painted or embroidered religious pictures), textiles, and stamps.

Finally, we head (either by foot or vehicle, depending on timing) to the valley’s magnificent Rinphung Dzong. If we are fortunate, we may have the opportunity to explore within the dzong’s mighty walls. However, if the Administrative Body is in session, we must admire from the outside.

Accommodation: Raven’s Nest, Paro
Meals: B, L, D

DAY 6: Taktsang (Tiger’s Nest) Monastery

Activity Overview: Hiking on hiking trails with 1,650’ elevation gain and loss (highest elevation: 10,171’)
Activity Level: Moderate to strenuous
Activity Length: 4-5 hours (4.5 miles)

This morning we enjoy a hike to the famous cliff-side hermitage called Taktsang—“Tiger’s Nest”—a monastic retreat built into a sheer cliff face high above the Paro Valley. Our hike begins on the valley floor and is a steady uphill climb on a wide hiking trail that switchbacks through pine forests, with glimpses of Tiger’s Nest along the way. We pass water-powered prayer wheels and mani stones, as well as a shrine where a high lama was supposedly born—all reminders that for many, this is not just a hike, but a spiritual pilgrimage.

As we near the monastery, we stop by a small teahouse for snacks and tea and take in our first up-close view of
Taktsang. From here our hiking trail levels out for a short while, before we begin climbing down steps and cross a bridge, eventually leading us to this most impressive sacred site. Legend has it that the Tibetan Buddhist saint, Padmasambhava, flew across the Himalayas on the back of a tiger and landed here, bringing Buddhism to Bhutan. Entry into the monastery feels like stepping back in time and we have the chance to visit several shrines that comprise the temple complex. During our exploration, our guide brings Tiger’s Nest to life with the tales of Buddhism that make this one of the most famous pilgrimage sites in all of Bhutan.

We return to the valley floor, where we enjoy a trailside picnic lunch before heading back to our hotel. We have some time this afternoon to unwind and relax after our hike, or perhaps stroll the Paro market before dinner.

Accommodation: Raven’s Nest, Paro
Meals: B, L, D

DAY 7: Cheli La Pass to Kila Gompa

Activity Overview: Hiking on trails and dirt roads with 1,300' elevation loss (highest elevation: 12,500')
Activity Level: Moderate
Activity Length: 2-3 hours

The day’s adventure starts early as we set out on a road that climbs almost 5,000’ above Paro’s valley floor to Cheli La (12,500’). Toward the end of our scenic hour and a half journey, we emerge from the blue pine and rhododendron forest into windswept highlands favored by yaks. Here, we’ll enjoy a view of Himalayan wildflowers, with fields of azaleas, edelweiss, and perhaps even the famous blue poppy at certain times of the year. If the weather is clear, we’ll enjoy tantalizing glimpses of some of Bhutan’s highest peaks. Upon reaching the pass, western Bhutan appears before us, with its unspoiled Haa valley, the mountains of Sikkim to the west, Mt. Chomolhari and Tibet to the north, and the patchwork fields of the Paro Valley to the east.

Leaving the prayer flag-swathed col and our vehicle behind, we strike off along the ridge, passing through meadows, and then reentering forests of larch, spruce, hemlock, fir, and rhododendron. After a little under two hours, we see the Kila Gompa, seemingly suspended in rock crags. Home to approximately 30 nuns, this place has served as a retreat for meditation since the 9th century. Kila means “spiritual dagger,” and a visit to the temple is often thought to tame the negative emotions of anger, ignorance and greed.

Following our visit and a picnic lunch, we descend on a dirt road that winds its way through conifers and rhododendrons, catching occasional glimpses of Cheli La, where we began. After about 45 minutes, we arrive at our private vehicle to return to Paro. Along the way, if time allows, we’ll break our journey with a short walking detour to Dzongdrakha Gompa and its fine stupa (a dome-shaped) Buddhist monument. This rocky aerie is the site of the annual and more intimate local Paro dromoche (masked dances), the precursor to the grander Paro Tsechu, or festival. Here, we may also have the opportunity to see some of the local residents: Grey Langur monkeys.

This evening, we celebrate our journey through this magical kingdom, and the kind welcome we have received from the generous people of Bhutan.

Accommodation: Raven’s Nest, Paro
Meals: B, L, D
DAY 8: Departure from Paro

We are transferred to the airport for an early morning departure from Paro. From here we say farewell before our journey home, or continue on to other exciting destinations.

Meals: B

*Transfers are estimated based on actual driving times. The total transfer time is longer when taking rest stops, road construction, or other possible delays into account.

THE BOUNDLESS JOURNEYS DIFFERENCE

Walking in Bhutan allows you to slow down and immerse yourself in the landscape and picturesque villages. Along the way, you’ll have the chance to stop for a cup of tea in a local home, visit a rural school, and climb to hill-top monasteries.
ACCOMMODATIONS

This itinerary includes a combination of the standard and deluxe hotel options available in Bhutan. Although the hotels in Bhutan cannot be compared to international standards, they are comfortable and offer all necessary facilities. We believe that any inconveniences due to these modest accommodations are far outweighed by the unforgettable experience of visiting Bhutan. If you prefer to stay in luxury hotels, please contact us to discuss a private journey.

NIGHTS 1, 2
Hotel Druk
Thimphu
Tel 011-975-2-32296
Website: drukhotels.com/thimphu/
Email: druk.thimphu@drukhotels.com

NIGHTS 3, 4
Drubchu Hotel
Punakha
Tel: 011-975-02-376237/38
Website: www.drubchhu.com
Email: drubchhu@gmail.com

NIGHTS 5, 6, 7
Raven’s Nest
Paro
Tel 011-975-8-270244/45/46
Email: ravensnestbt@gmail.com

Due to the unique tourism policy in Bhutan, hotels are subject to change. The listed accommodations will most likely be what we can expect, but may alter due to availability.
WHEN TO RESERVE
It is important to reserve your trip early, as the Bhutanese national airline will only accept reservations with full payment of the ticket. Therefore we are unable to hold group seats in advance of reservations. Flights can only be confirmed upon receipt of your deposit and payment of $850 (subject to change) for these flights. Please contact our office with any questions regarding these policies.

TRIP RATING
Boundless Journeys trips are designed for energetic and flexible individuals who like to be active, have a spirit of adventure, and a positive attitude. Hidden Kingdom in the Himalayas is rated 2, easy to moderate, on a scale of 1-5 (with 5 being the most strenuous). The walks and hikes on this trip are easy to moderate, generally from 2-5 hours in length, with minimal vehicle support. Some of the hikes will involve some steep ascents and descents, however the terrain is not technical. A few days involve drives on narrow, winding roads.

PREPARING FOR THIS TRIP
It is very important that you realistically assess your physical condition with regard to the demands of this trip. The more well-prepared you are for the activities, the more you will enjoy yourself. As a general guideline, we suggest that you engage in easy to moderate aerobic activities (such as walking, hiking, jogging, or cycling) for at least 30-45 minutes several times a week for 4-6 weeks before the trip. If you live in a flat area, try to incorporate some stairs into your workout, or use a treadmill with varying incline capability (consult your doctor before undertaking any new fitness program). Please contact us if you have any doubts regarding your physical match with this tour.

WEATHER
The mountainous areas of Bhutan have pronounced rainy and dry seasons. The driest weather and clearest skies are in the spring and fall. The planting and ploughing time of year is March through May and colorful flowers are in bloom during this time. The harvest season is October through November. The months of December through February are clear and cold and can be below freezing at night. The monsoon season generally takes places June through August and it is not recommended to travel to Bhutan at this time of the year.

We have found that most real time weather websites and smart phone apps do not contain accurate temperatures for Bhutan. For the most reliable information, we recommend visiting www.weatherbase.com.

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<th>AVERAGE TEMPERATURE °F (HIGH/LOW)</th>
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<tr>
<td>Paro</td>
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<td>Punakha</td>
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<td>Thimphu</td>
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THE ALTITUDE
Our trip begins in Thimphu, which is situated at 7,500 feet, in the foothills of the Himalayas. After our first two nights in Thimphu, we move to Punakha, which offers a relatively low elevation of approximately 4,300’. Our final nights are spent in Paro at approximately 7,300’. Our walks and hikes will
take place at elevations from 4,300’ to a little over 12,000’.
Our drive to Cheli La pass will take us to our highest
elevation at 12,467’. We move at a comfortable pace,
allowing ourselves to adjust to the mountain air. Keeping
well hydrated, avoiding excessive alcohol, eating frequent,
light meals, and getting plenty of rest at night will help with
any effects of altitude that you may feel.

DEVELOPMENT IN BHUTAN
Although visiting Bhutan, in many ways, is like stepping
back in time and has been a longtime favorite of Boundless
Journeys’ travelers for this reason, it is important to
understand that this dynamic society is also eager to
keep pace in the modern world. While the government
is approaching the development of their country with a
sensitivity towards preserving the environment and culture,
you can still expect to encounter some of the less positive
signs of modernization. Some examples include: road
construction projects that may hinder driving or cause
noise and dust; litter in developed areas; begging; pack
of free-roaming street dogs. We ask you to visit Bhutan
with an open mind and leave any rigid expectations about
the pristine nature of the country behind. It is important to
embrace what you see and experience without judgment,
recognizing that Bhutan, just as any country, is struggling
to be a part of this complex and rapidly changing world.
We are confident that with this attitude, the Bhutan you
experience will be a fascinating and memorable place.

ROAD CONDITIONS IN BHUTAN
Due to the ongoing road-widening project taking place on
the national highway from Thimphu to Samdrubjongkhar,
you can expect delays and rough roads especially for
those traveling towards central and eastern Bhutan. If
you are prone to motion sickness, please come prepared
with medication and request to sit towards the front of the
vehicle.

SMALL GROUP TRAVEL
Small group travel affords us the opportunity to seek out the
most remote and exotic destinations on the planet. Often we
are exploring these locales with just 6-12 guests. The nature
of active group travel is such that not all participants have
the same ability level or interests. Traveling at a pace that
is comfortable for the entire group, with a spirit of flexibility
and adventure are all part of this shared experience.

TRAVELER’S RESPONSIBILITY
Trip participants have certain responsibilities to both
Boundless Journeys and your fellow travelers. This includes
understanding the conditions described in the trip itinerary
and making sure it is appropriate for your interests and
abilities, based on a review of the trip ratings, consultation
with Boundless Journeys’ staff, and perhaps your doctor. In
addition, trip participants are responsible for preparing for a
trip by undertaking the proper fitness training. At the guide’s
discretion, a participant may be asked to leave the trip if the
guide feels that the person’s further participation may be
detrimental to the individual or to other trip participants. If
you have any questions about the difficulty level of the trip
you have chosen, please contact Boundless Journeys to
speak with one of our Destination Managers.

FOOD & WATER
The general rule for food when traveling to developing
countries is “wash it, cook it, peel it, or forget it.” The well-
run hotels where we stay and the restaurants where we eat
prepare foods in a sanitary manner, using distilled water to
wash vegetables, and iodine to kill any bacteria. You should
drink bottled water, and avoid ice cubes and frozen drinks if
you are unsure of the water used for making the ice. Bottled
water is provided by hotels for use when brushing your
teeth.

DRINKS WITH MEALS
At Boundless Journeys we believe group dinners are a time
to celebrate our day, while enjoying the best of local cuisine,
and good company. In keeping with this spirit, we typically
include local beer and wine with group dinners. If you prefer
premium wine, or liquor, please feel free to order what you
like, and you may settle your tab at the end of the meal.

DRINKING WATER
We provide purified or bottled water on all trips; however,
in an effort to reduce waste, we strongly encourage you
to bring a water bottle to refill where safe to do so. This
will be the case in much of Europe, as well as a few other
destinations, where tap water is safe to drink (please review
Immunizations & Health Concerns for more information).
In parts of the world where water must be purified, bottled
water may be our only option. Here, we do our best to
provide purified water from larger containers to refill your
bottles, rather than using many small single-use bottles throughout your trip. This is just one small way we strive to travel more responsibly and we appreciate your efforts in helping us to protect the extraordinary places we visit.

Boundless Journeys has taken the Travelers Against Plastic company pledge to promote sustainable travel and encourage travelers to avoid buying bottled water when they travel. You can take the pledge, too, and learn more about TAP’s efforts at www.travelersagainstplastic.org.

**CUISINE**

Bhutanese dishes borrow elements of Indian and Chinese cuisine, however it is also unique in its style and tastes. One of the most distinguishing features of Bhutanese cuisine is the ubiquitous chili. The Bhutanese are passionate about chili; you will see them spread all over to dry - on the roadsides, on rooftops and in courtyards. *Ema datse*, a dish made with chilis and cheese, is a spicy favorite. Some excellent non-spicy options include *kewa datse* (potatoes and cheese sauce), and *shamu datse* (mushrooms with cheese sauce). Bhutanese people also love momos. Though a Tibetan specialty, these dumplings now occupy a permanent place in Bhutanese cuisine. Chicken or pork momos are favored, but cheese momos are most common. Another important feature of this cuisine is the use of rice, found in various forms in dishes ranging from breakfast to dinner.

We do our best to offer à la carte meals at unique local establishments, however, options are quite limited in the smaller towns, so many of the meals will be served buffet-style at our hotels. There are usually continental, Bhutanese, Chinese, and Indian dishes served.

While we do our best to offer our guests the best possible meals and food available in Bhutan, it is important to know that the food there is basic and does not offer the variety and quality that we may be accustomed to at home. Please travel to Bhutan with an open mind and do not have high expectations in this regard and you will not be disappointed.

Please inform us of any specific dietary restrictions by completing your online waiver form, and we will do our best to accommodate you. Please call our office with any questions or concerns about our ability to meet your needs.

**TRANSPORTATION**

All on-tour transportation is provided in private, air-conditioned, passenger vans.
OUR GUIDES

With a Boundless Journeys guide, your experience is that of friend and local adventurer. We believe strongly in working with local guides, experts in the areas to which we travel, as they hold the keys to unlocking the hidden delights of your chosen destination. Although you will never know they are at work – the mark of a truly great leader – our guides add a dimension to your trip that you could not experience on your own. Over the years we have forged bonds with some of the best guides in the world, and we typically work with a small team of guides in each region. You will be informed of the guide for your trip about 2-3 weeks prior to your departure.

DAWA TASHI

Dawa has led a variety of Boundless Journeys tours, from treks in the mountains to festival celebrations in the valleys. His local knowledge and amicable personality make him a real treasure to have on the trail. Whether hiking at high altitude or exploring local towns in the lowlands, Dawa ensures that our guests come away with an outstanding experience, providing them with a deep appreciation of his country and culture.

KINLEY TSHERING

Kinley (or Kelly, as he is known among his Bhutanese coworkers) joined our local staff of guides after completing extensive training in 2006, and has led many tours for Boundless Journeys, becoming a favorite among our guests. Very friendly and down to earth, Kinley is extremely knowledgeable and always determined to make your trip special.

What other guests have said about our guides in Bhutan:

“Dawa was excellent, especially on the walks and hikes; very helpful. He was also extremely knowledgeable about Buddhism. We were very fortunate to have Dawa!”

– S. M., Cambridge, MA

“Kinley Tshering was the most amazing guide. His patience, knowledge and good humor made every day special for us. He never tired to explain details to us or find a cup of tea. He is full of life and his love for his country showed greatly.”

– G.M., Baltimore, MD
TRIP EXTENSIONS

There are several options for extending your trip in Asia and we would love to have you join us! The following trip extension serves as a great addition to a journey to Bhutan. Please contact our home office for more details, or if you wish to reserve:

CAMBODIA: TEMPLES OF ANGKOR

Highlights:
• UNESCO World Heritage Site of Angkor Wat
• Bustling streets and markets of Siem Reap
• Boat cruise exploration of the iconic stilt villages
• Visit an artisans cooperative or silk farm

Duration: 4-day trip
Tour start: Siem Reap, Cambodia
Tour end: Siem Reap, Cambodia
Accommodations: 3 nights in a deluxe hotel
Trip rating:

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<td>Easy</td>
<td>Strenuous</td>
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Land cost: $1,495 per person
Single Supplement: $365

WHAT’S INCLUDED

• Expert leadership
• All accommodations
• All meals
• All on-tour transportation
• All activities noted in the itinerary
• All gratuities except for those for your guide and driver, which are at your discretion

International airfare is not included in the price of your trip. Please contact your local travel agency or the airlines directly to make any arrangements you may need to and from Bangkok. If you would like assistance with booking your flights or other travel plans, please contact Boundless Journeys directly at (800) 941-8010 for a referral to our partners who will best fulfill your needs.
TO MAKE A RESERVATION
You can call Boundless Journeys at 800-941-8010, request a reservation online, or contact your travel agent. We will confirm your spot with a deposit of $500 per person and the payment of internal airfare, payable by check or credit card. The balance for your trip is due 90 days prior to departure for a scheduled group tour, 120 days prior for a private tour...

ONCE YOU RESERVE
As soon as you confirm your adventure, we will provide you with an extensive, detailed trip planner that includes arrival and departure instructions, a complete packing list, regional information, required documents, a reading list, and other details.

TRIP CANCELLATION INSURANCE
In addition to your detailed trip planner, we will email you a quote for Travel Guard trip insurance. Please let us know if you would like us to purchase a policy on your behalf. Boundless Journeys strongly recommends purchasing travel insurance.

CANCELLATION & REFUND POLICY
If it becomes necessary to cancel your trip, the following schedule applies to your land cost and is determined by the day that we receive written notification:

- >90 days prior to the trip will be charged $100.
- 90-61 days prior to the start of the trip will be charged 25% of the trip price.
- 60-46 days prior to the start of the trip will be charged 50% of the trip price.
- <45 days prior to the start of the trip will be charged 100% of the trip price.

QUESTIONS? WHICH TRIP IS RIGHT FOR YOU?
Adventure travel may involve exotic destinations, unusual levels of physical exertion, and activities that may be new to you. If you have any questions about the level of comfort, difficulty, or activities included on your trip, please call Boundless Journeys at 800-941-8010, or email us at info@boundlessjourneys.com. Our travel experts look forward to helping you select the perfect adventure.

VISIT US ONLINE
www.boundlessjourneys.com for:
- additional departures
- special promotions
- detailed itineraries
- inspiring photography
- guide bios

LOOKING FOR MORE CULTURE?
Check out . . .
- VIETNAM: Cultural Explorer

PREFER A PRIVATE TRIP?
Ask about our Bhutan Custom Tours.
Please visit us online to learn about custom tour options to Bhutan.
RESPONSIBLE TRAVEL
At Boundless Journeys we are committed to exploring the world in a responsible way and continually seek ways to tread lightly across the unique landscapes and diverse cultures on this planet. Here are just some of the ways we aim to travel responsibly:

MAKING CONNECTIONS
On some of our trips, our guests have the opportunity to visit organizations working to protect the environment and improve the livelihoods of local communities. Whether it is bathing elephants at a conservation center in Myanmar, or enjoying a farm-fresh meal at a family-owned organic farm in Costa Rica, our guests form meaningful connections with the people and places they visit.

GOING LOCAL
Whenever possible, we use small, locally operated hotels that have sound environmental practices; groups dine at restaurants that feature fresh and authentic regional cuisine; we choose partners that strive for the highest standard of responsible practices; and we employ local guides and support local economies.

CONSERVING WILD PLACES
On many of our trips, we explore stunning natural landscapes where conservation is of the utmost importance. As visitors, we not only tread lightly, but actively contribute to the conservation of parks and protected areas.

LOOKING FOR INSPIRATION?
Here are just a few examples - one more involved, and one quite simple - of how our travelers give back to the places they have explored with us:

• The Botswana School Project was created in 2012 by Boundless Journeys guests who saw that there was a need for books, supplies, and computers in schools they visited in northern Botswana.
• A Bhutan guest donated baby outfits to families she met on mountain trails and in rural communities and schools.
• Two sisters who traveled to Peru donated school supply kits to a local school we visit on our Sacred Valley & Machu Picchu tour.

Learn more: www.boundlessjourneys.com/responsible-travel/

PROUD MEMBERS
Boundless Journeys is proud to support the following organizations and the important work that they do: