



Land of the Thunder Dragon

Land of the Thunder Dragon Private Tour 8 days

Take a trip through Bhutan, one of the most intriguing, rarely-visited and unique countries on the planet.

Inclusive price includes:

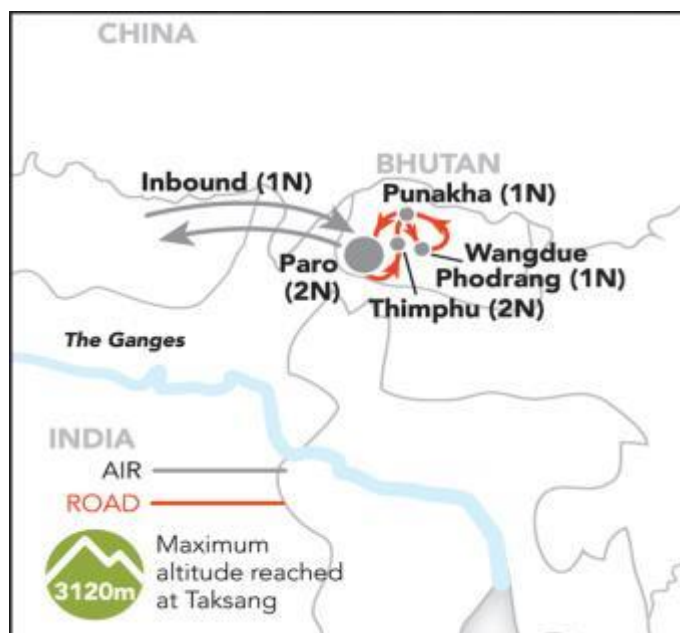
- International flights and current taxes
- Domestic transportation
- Accommodation
- Meals as stated, excluding drinks
- Touring with guides and entrance fees,
- Visa fees for UK passport holders

Your Tour Dossier

This document is designed to be read in conjunction with the other pre-departure information provided by Wendy Wu Tours including the tour itinerary as described in our brochure and/or website. It aims to provide a straightforward description of the physical activities involved in sightseeing or travelling during the tour.

If there are any particular challenges, from the length of time spent on your feet, the length of drives and flights, to the standard of remote accommodation; they will be explained here.

All passengers must read this document to ensure the itinerary is suitable for their interests and physical capabilities. This is not your final itinerary and therefore does not mention all the sites visited.



Welcome to Wendy Wu Tours

Nepal continues to amaze, fascinate and thrill our passengers, many of whom have travelled to one country in Asia with us, then another, year after year. We urge you to keep in mind all the rewards, as well as challenges of travelling in a country with a history, culture and attitude so unlike your own.

A typical day's sightseeing may include the bustle and noise of a city street, sights and smells of a local market and interacting with the locals. Travelling in India requires patience as potential delays are to be expected due to standards of service. There is a low level of English spoken throughout India, so your local guides will be indispensable during your trip.

Almost everything will be different to what you may be used to. We have found that our passengers who embark with a sense of humour and adventure, who accept that things do not always go to plan, are those who find their experience most rewarding. It is essential that all passengers recognize the demands of factors such as basic facilities and cultural differences they may encounter in some areas.

Land of the Thunder Dragon Private Tour – Active Paced Tour

Our private tours are accessible to everyone. This tour will involve sightseeing on foot and some climbing of stairs.

This tour requires a good level of fitness, as it is more physically demanding. This tour involves some hiking, travel to remote areas where tourist facilities are less developed and high altitude travel. This tour can be to the best extent be taken at a pace which suits the abilities of passengers travelling in your party. If any member of your party has mobility difficulties, please advise Wendy Wu Tours, so that our operators can be advised and may rearrange the itinerary to suit your needs. If at any point during the tour you feel that you are being rushed, or not moving fast enough, please let your local guide know, so that they may adjust the touring accordingly and provide you with the best experience possible.

NB: Please note that times and distances listed in the tour dossier are approximate.

Days 1-2: UK/Paro

On Day 2, you will be met at Paro airport in the arrivals hall by your Local Guide from Wendy Wu Tours. Transfer to your Thimpu hotel and check-in. Transfer time is 1 hour 30 minutes' drive.

Day 2: Lunch and Dinner

Day 3: Thimphu Heritage

Discover beautiful Thimphu, including a visit to the National Library, the institute for Zorig Chusum (painting school), the National Memorial Chorten and the Folk Heritage and National Textile Museums. This afternoon, tour the Trashi Chhoe Dzong. Sightseeing lasts from 9:00 – 17:00. Lunch is 13:00-14:00.

Breakfast, Lunch and Dinner

Days 4: Journey to Punakha

Drive to Punakha via Douche La (3 hours); if the sky is clear you can view the Himalayan peaks in the distance. After lunch, visit Punakha Dzong for 1 hour and the Khamsum Yulley Namgyal Chorten which is 2 hours walking.

Breakfast, Lunch and Dinner

Days 5: Explore Wangdue Phodrang

Tour Wangdue Phodrang's Old Town and market, followed by Chimi Lhakhang, known as the Temple of Fertility. Drive for 30 Minutes and 1 hour and 30 minutes on foot today.

Breakfast, Lunch and Dinner

Day 6: Paro

Head back to Paro (4 hours and 30 minutes' drive) and visit the Simtokha Dzong en route. Upon arrival visit Ta Dzong. Walk down a hillside trail to Rinpung Dzong, home of the Paro festival. (23-27 March) Sightseeing is 3-4 hours.

Breakfast, Lunch and Dinner

Day 7: Tiger's Nest Monastery

Trek to the Taktsang Monastery, known as Tiger's Nest, for astonishing views across the mountains (5 hours walk). Return to Paro in the afternoon, visiting Drugyal Dzong and Kyichu Lhakhang en route (1-2 hours of sightseeing here).

Breakfast, Lunch and Dinner

Day 8: Fly Paro to UK

This morning you will check out from the hotel and transfer to the airport for your international flight to the UK. You will arrive home later the same day.

Breakfast

Land Only

If you are travelling on a land only basis, then you will need to make your own way to the starting hotel in Kathmandu on Day 2. On Day 11, you will checkout from your Kathmandu hotel, and continue as per your own arrangements.

Please refer to the Wendy Wu Tours brochure and/or website for details on departure dates, prices, itineraries, inclusions and tour extensions available as well as full booking conditions.

ADDITIONAL INFORMATION

Before You Leave

Itinerary Changes - The order of events and sightseeing may vary according to local conditions or for operational purposes. For this reason, we have indicated approximate times only. Your Local Guide will inform you of any schedule changes as they are informed of them. Roads in Nepal have generally been improved over recent years, but some road construction and/or weather conditions may still lengthen the driving times.

Visa- A visa is required for entry into Bhutan. A standard visa processing service is included in your tour cost. In order to process the Bhutan visa, we require clear readable colour copy of passport (page containing passport no and face picture in JPEG or PDF format) at least 30 days prior to date of entry into Bhutan. Remaining validity of passport should be at least 6 months from the date of entry into Bhutan (excluding the travelling month).

Tourism Council of Bhutan issues visa clearance letter closer to travelling date will be handed to you by your Indian guide before you travel to Bhutan. Travellers are required to produce aforesaid visa clearance copy at the time of check-in for Druk Air flight, whilst those entering Bhutan by surface via Phuentsholing or Samdrup Jonkhar, they are required to produce this Visa Clearance letter at the Immigration counter. Actual visa is stamped on passport on arrival in Bhutan.

Guests are required to have multiple entry visas for India if they are travelling to Bhutan from India and again re-entering into India from Bhutan. Please also check if your Indian visa has '2 months re-entry restriction'. If restriction has been stamped in your Indian visa, you have to get it endorsed by Indian embassy in Thimphu also, however you need to be in Thimphu on working days, Mon – Fri during office time excluding government holidays, to allow you to re-enter India. You will be asked to provide the proof of your travel to Bhutan (Druk air booking etc).

In rare cases, you may be required to provide further information or documentation to the Indian embassy and/or be required to attend an interview at the embassy. If this is the case we will notify you as soon as we have been advised.

Vaccinations and Your Health - We recommend that you contact either your local GP or a travel doctor for advice on vaccinations and travel health. www.fitfortravel.nhs.uk is a comprehensive website that you may also find useful.

Climate - Please refer to the travel guides on our website for detailed temperature charts.

Insurance - It is a condition of booking with us that you take out suitable travel insurance. You must provide us with the name of your insurer, policy number and their 24 hour emergency contact number when you book with us or as soon as possible thereafter. Wendy Wu Tours will not be liable for any costs incurred by you due to your failure to take out suitable travel insurance from the date of booking.

Altitude

This itinerary spends the majority of the time traversing high altitudes. During the tour you will experience the following altitudes (approximations):

Thimphu	2,248m
Dochu La Pass	3,140m
Punakha	1,300m
Paro	2,280m
Taktsang Monastery (Tigers Nest)	3,180m

These are considered to be moderate, rather than high altitudes and people rarely have any trouble with these. Your group will be driving and therefore ascending gradually in altitude, which is one of the best ways to minimise the effects of AMS (Acute Mountain Sickness). It is recommended to drink more (water, non-alcoholic and non-caffeinated drinks) and avoid exertion after arriving at altitude.

Mild symptoms of AMS (Acute Mountain Sickness) occur in some people and include dizziness, fatigue, nausea or loss of appetite, breathlessness or headache. These usually develop over the first 36 hours at altitude and not immediately on arrival. AMS symptoms are experienced by people of varying ages and levels of fitness, and usually the symptoms will subside after a day or so. It is always important to increase your intake of bottled water during travel to help ease the effects of AMS. If symptoms worsen, you should seek medical advice and descend in altitude immediately. If you have an existing respiratory, vascular or coronary condition, we recommend checking with your Doctor before undertaking this itinerary.

What to Expect on Tour

Development - Although Bhutan is developing, it still lacks international standards of civil infrastructure and therefore tourist facilities. For example, you may see a hole in the road without a warning sign or safety barricade; concepts of personal responsibility are different to those in the UK. Consequently, tourist and public facilities may not uphold the same safety standards as in the UK. However, all of our suppliers meet local safety standards as a minimum. We want you to have an enjoyable holiday so we ask that you take extra care, use your common sense as well as refer to notices and follow advice from your Local Guide.

Accommodation - Your accommodation is selected for convenience of location, comfort or character, and can range from a business hotel in one city to a family run guesthouse in a smaller town. In more remote areas, accommodation may be of a lower standard and may not have all western amenities. Hotels are generally rated as local three to four star standard, but please note that there is no international classification system for hotels and differences in facilities and quality do exist between the UK and Bhutan. Rest assured that all hotels used by Wendy Wu Tours are regularly inspected by our staff and our partners to ensure that standards meet your needs.

Meals – Some meals are included in our private tours, please see inclusions above. If you would like to travel on a fully inclusive meal basis please speak to Wendy Wu Tours, to arrange this prior to travel. Included meals are designed so that you can experience the local dishes, their individual flavours as well as the different ways they are prepared and cooked throughout Bhutan. For meals not included, local guides will be happy to assist with recommendations on where and what to eat in order to fully appreciate this vastly different cuisine.

Tipping - As with most countries, tipping is a way of life in Bhutan. For private tours we recommend an amount of US \$5-10 per person per day for tipping to be distributed amongst drivers, restaurants, guides etc. This amount is at your own discretion.

Optional Extras - Prior to departure you may wish to add on some extra touring or evening shows to your itinerary, as you are travelling on a private basis, which means you have flexibility and choice. Please speak to one of our reservation consultants to discuss the optional extras available. Whilst on tour, your local guide may offer you some extra touring or unique experiences. The cost can range in price, so please allow extra money if you feel you may participate in any extra activities.

Personal Expenses- You will need to take some extra money to cover drinks, laundry and souvenirs, plus any additional sightseeing that may be offered to you. Based on the advice of previous customers an approximate amount of £150 per week should be sufficient; however for those that can't resist a bargain, consider allocating a higher amount.

After your Booking

Once you have booked with Wendy Wu Tours, you will receive a confirmation invoice followed by deposit documentation, which includes a visa application form with help sheet. Your final documentation pack will be sent to you approx. 2-3 weeks prior to departure, and will include a travel wallet, badge, lanyard, feedback form, travel guide, along with your final itinerary and international e-tickets.

Last Updated November 2014