

Snowman Trek

Ref # BHST

Asia, Bhutan

A high spirited 30 days adventure travel in Bhutan's most remote valleys. The "Snowman Trek", one of the most high altitude treks, is an incredible hiking tour experience for anyone willing to take on the challenge.



TRIP SUMMARY

About Bhutan

Bhutan is a small country in South Asia and the Indian subcontinent, at the border between India and China (Tibet). Its name means "land of the thunder dragon", as symbolized on their national flag. It is located on the south side of the Himalayas, south-east of this very mountainous massif. The southern edge of the country is represented by the Ganges and Brahmaputra plains (minimum altitude: 318 feet), while its northern edge is bounded by the ridge of the Himalayas (maximum altitude: Kula Kangri, 24,783 feet).

About the Adventure

The east extremity of the Himalayas, this kingdom of timeless civilization, one of the better protected civilizations in the world, is home to many architectural and natural wonders. This famous route from west to east addresses all aspects of this mysterious land: big primary forests, mighty glaciers, unknown valleys along the high border chain of Tibet and isolated villages at the north border of Bhutan. A disproportionate universe of snow and ice for a rare, varied, athletic trip, reserved for established trekkers.

Itinerary

Day 1/ Arrival in Kathmandu

Day 2/ Sightseeing flight Kathmandu-Paro.

Day 3/ Paro, sightseeing

Day 4-24/ 21 days trekking : Paro, Chomolari base camp, Lingshi, Laya, Ganglacachu base camp, Thanza, Lunana, Gangar Punsum base camp, Wartang, Jakar

Day 25/ To Wangdiphrodang

Highlights:

- An unprecedented four weeks of the deep discovery of this country's mountains.
- Full version of the Snowman Trek, one of the most beautiful treks in the world.
- 224 miles and eleven passes at close to 16,000 feet.
- Visit of Dzongs: Buddhist monasteries/fortresses with their truly unique architecture.



Trekking

Level: 1 2 3 4 5 6 

Duration: 30 days

Group size: 4 to 15 persons

Available Dates and Costs:

09/24/2009 - 10/23/2009 \$11260

09/23/2010 - 10/22/2010 \$11400

Services + :

Arrive Sooner - Stay Longer
Single Supplement

What's included:

- Meeting/assisting at the airport
- Experienced Western Mountain World Travel English speaking professional mountain guide
- Local team: local guide, porters, cook
- All the transfers in private vehicles
- Lodging in mentioned hotels and tents, based on double occupancy
- Camping and cooking equipment
- Full board during the entire trip (from dinner Day 1 to breakfast Day 30), including mineral water and tea (restaurant)
- All mentioned visits (with local cultural professional guides) and activities, entrance fees
- The flights Kathmandu - Paro round trip



**MOUNTAIN
WORLD TRAVEL**

Day 26/ To Timphu

Day 27/ Timphu, visit

Day 28/ Spare day

Day 29/ Paro-Kathmandu flight

Day 30/ Depart from Kathmandu.

- All safety equipment (hyperbaric chamber, satellite phone...).

DETAILED ITINERARY

About Bhutan The Adventure

Referred to as the "Snow Man Trekking" by the Bhutanese, this exceptional route certainly remains one of the last great adventures in the Himalayan land. Twenty-four days of walking and the passage of ten passes, including five over 16,000 feet, lead us to the most remote areas of Bhutan in a disproportionate world of snow and ice. Yet these desolate places at the end of the world still hide some villages with traditions and customs of great originality. Few Western travelers have been lucky enough to venture here; just a few dozen. In 1992, we scouted out the Ganglagachu area; it was an opportunity to climb several virgin peaks and to bring back various map projections of these pristine, not well known regions. We walk from west to east along the Tibetan border, passing at the foot of fabulous summits exceeding 23,000 feet such as Chomolhari, Tsenda kang, and Kangar Punsum (24,740 feet), the country's highest point, still untouched... We cross the valleys of Lingshi, Laya and Lunana, the most remote one. The isolation, the length of the stages, random passages in virgin forests, pastures of yak and high mountains all make this journey a major undertaking. The circuit is made complete, of course, by an approach to the Bhutanese culture with the visit of the major religious places like Dzongs and monasteries in Thimphu, Punakha and Paro.



Itinerary

Day 1/ Arrival in Kathmandu

Arrival in Kathmandu. Settle in at the Yak and Yeti 5 star Hotel. Some time available for a short visit of the city.

Day 2/ Kathmandu - Paro

Flight Kathmandu-Paro (Bhutan airport) with Druk Air airlines. Meeting our Bhutanese guide, responsible for the group's proper conduct regarding the country's authorities, but, more importantly, our journey companion. Transfer to Paro (7,382 feet), a small shopping center in the middle of a rich agricultural valley. Overnight in one of the small hotels in Bhutan, typically decorated, a real paradise. Several monastic sites around Paro.

Day 3/ Paro

Lodging

- In Kathmandu: Yak and Yeti Hotel, 5 stars deluxe, based on double occupancy.
- In Thimphu and Paro, comfortable hotels with showers, "Bhutanese charm", based on double occupancy.
- During the trekking, depending on availability and organization outcome of the day: night in camp or in guest house.

Camp: dome tents in the mountains (2 people per tent) + a mess tent (with folding chairs and tables) for meals. Foam mattresses are provided.

The guest houses along the way are always welcoming....their comfort not always a guarantee. The names of accommodations (hotels, lodges, etc...) when they are indicated, are only indicative. Depending on availability, accommodations (hotels/Lodges, etc...) may be replaced by another equivalent type.

It is possible that accommodations may change without prior notice due to a number of factors.

Food and Beverages

- In the cities and towns, large meals in restaurants.
- During the trekking, meals are prepared by the Bhutanese cook: rice, potatoes, vegetables, meat, eggs... and don't forget the spice, which the Bhutanese adore....the cook will not always spice things up however....you will be able to flavor your meals to your liking. We will test the local specialties: imadatsi, kewadatsi, Bhutanese rice....

Luggage Tips

Each participant walks with a light back pack, carrying only the personal items necessary for the day (water bottle, camera,



Tour Ta Dzong, national museum which has a very fine collection of Thangkas, painted or embroidered Buddhist banners which were hung in a monastery or a family altar and occasionally carried by monks in ceremonial processions.

Walk during the day towards the hermitage of Taktshang, the most famous monastery among all, for its remarkable location. It hangs on a cliff at 10,200 feet, some 2,300 feet above the bottom of Paro valley (about 3 hours of climbing). Overnight hotel.

Chomolhari Trek

Day 4/ Paro - Sharna (9,168 feet)

A few miles drive to Drukyl Dzong, a ruined fortress that once protected the country from Tibetan invasions ...meet up with our horses. Already, we can see off the top of Chomolhari (24,016 feet). The trail first follows the Paro Chu River, in the middle of cultivated lands and beautiful houses before entering into the forest.

Camp at Shana, altitude 9,186 feet, near a small hamlet.

4 H 30 walk

Day 5/ Sharna - Soi Thangthankha (11,549 feet)

This stage takes us into a magnificent forest of pine, holly, juniper and larch. In the exuberance of surprising and tight vegetation, the muddy trail sinks wearily along a torrent that seems to jump away from its bed. We begin to feel a bit of the effects of altitude. Camping near the shelter-refuge of Soi Thangthankha.

7 H 30 walk.

Day 6/ Soi Thangthankha - Jangothang (13,287 feet)

We hike back up the Pa Chu. High snow covered peaks begin to crush the valley. Many herds of yak. View of Chomolhari and Jitchu Drake.

Bystanders seek to approach the herds of barhals (Himalayan big horn sheep) on the slopes. Night at the Chomolhari base camp near the shelter-refuge of Jangothang, where stands an ancient fortress in ruins.

5 H walk.

Day 7/ Jangothang - Nyele La (15,486 feet) - Lingshi (13,615 feet)

The trail is, first and foremost, steep as an exit out of the valley and also as an access to the pastures. Passage of our first pass, the Nyele La ("La" in Tibetan means pass), where we now discover Tserim Kang (22,310 feet), extending northward, the frontier mountain range nearby, impressive and covered of snow. Camping near the shelter-refuge of Lingshi.

5 to 6 H walk.

Trekking of Laya

Day 8/ Lingshi - Gogu La (14,272 feet) - Jakepassa (12,303 feet)

From our camp, the trail passes under the old Dzong to rise soon to a small peak that dominates the village of Gongyul, nestled at the foot of Tserim

protective clothing, etc).

During the trekking, individual and group luggage transport is provided by pack animals: horses and yaks. Luggage transport individuals and groups is provided by pack animals: horses or yaks.

Staff

The guide

- An experienced Western Mountain World Travel English speaking professional mountain guide

Local team

- A local Bhutanese guide, usually English speaking, in charge of organizing camps and recruiting caravan people.

- A cook and, if necessary, his assistants.

- Caravan with their pack animals (yaks and mules).

Transportation

Flight Kathmandu-Paro with the national airline, Drukair.

Ground transportation covered by private vehicles.



Kang. Further up Chebisa for lunch. A two hour climb. We can then access the Gogu La. From this pass, we discover to the north, Kangchenta, "the vast mountain of the tiger, whose walls of snow and ice reach 22,310 feet. The descent is in a forest of conifers and rhododendrons to the Jakepassa valley where, quietly, the clear waters of a river flow and spread. One can see some extremely rare birds. Camp.

7 H walk

Day 9/ Jakepassa - Jare la (14,272 feet) - Tsriango (13,025 feet)

Leaving this gentle valley, we have to hike up again at the side of pastures and drift northward in the direction of a small valley that leads us to Jare La . Approximately three to four hours climb. Circular view on many summits, the Chomolhari massif in the south-west, Kangbum in the south and Kangchenta in the north. Steep descent ending in the rhododendron forests and then crossing the rich Tsarijathang valley, protected by the king of the takin (a takin is a kind of wild oxen that is typical in the region) who seek refuge in these forests in the summertime.

Camp a little higher in Tsirango where we can already meet pastors from Laya.

6 H walk

Day 10/ Tshriango to Lemithang, by Sinche La (15,978 feet)

We leave the broad valley to go eastward towards an ancient, glacial valley congested by rock blocks. The valley turns northward to join, next to rugged peaks, the highest pass around, the Sinche La, sometimes snowy. We descend along the mountain chain border where enormous glaciers have left their mark in the form of large moraine deposits and Himalayan scale glacial lakes.

We discover temporary habitats and yaks. Lemithang is a nice mountain meadow above the forest (altitude 13,123 feet). Camp.

7 H walk

Day 11/ Lemithang - Laya (12,172 feet)

Short stage along a major river which is one of the sources of the Mo Chu, the "Mother River", which runs until Punakha. Throughout, the forest trail seeks to avoid pitfalls, running on the mountainside before the small climb which announces Laya. Settle in at our camp near the village whose houses are scattered in the middle of cultivations. It is an island of humanity at the end of the world, still dominated by the mysterious gods showing on each house. In the evening, we will, without a doubt, be presented a folk dance by the young women of Laya. Stage 3 H 30, which gives us time to visit Laya. Overnight in tents.

Trekking towards Ganglagachu Pass

Day 12/ Laya - Rodophu (13,697 feet)

Our transition to Laya allows us to change our pack animals. This day's stage begins with a plunge into the great valley of Masang kang, towards a



military camp whose duty it is to monitor the border (10,827 feet). A little trail to the south and then a "severe" stage in a valley whose bottom remains inaccessible for several hours. The trail continues above landslides and impassable cliffs, rising and re-descending without stop. However, this thick forest is an endless symphony of colors and flavors: fragrant pines mixed with elegant larch turning yellow during the fall and, not to mention, the blue fir ... Rodophu is the first peaceful heaven, large pastures of yak emerging from the forest.

Far beyond, to the east, you can imagine the Tsenda kang and its wonders. Basically, to the east, you can infer the Tsenda kang and its wonders.

Camp.

7 H walk

Day 13/ Rodophu to Ganglagachu Base Camp, by Tsome La (15,420 feet)

Shortly after the camp, the way path gives way to a passage on the steep right bank of the river, in the middle of rock blocks and rhododendrons, to reach Tsome La. Approximately 2 hours 30 minute climb, including the one "stiff" hour at the start. The Tsome La Pass opens up access to the east. After a lake and a long traverse from one moraine to another, we come close to a superb glacier that flows from the Ganglagachu massif. The camp is located at approximately 16,076 feet in the middle of large blocks just below the Karakachu Mountain which enables our passage on the Lunana side which is one of the only accesses.

6 H walk

Lunana Trekking

Day 14/ Ganglagachu Base Camp - Karakachu La (16,732 feet) - Tarina (13,780 feet)

A superb ascent along the Ganglagachu Wall (20,981 feet) whose first ascent was conducted in October 1992 by a Mountain World Travel-Allibert Trekking expedition. More lakes, more or less frozen, before reaching Karakachu La Pass. At the pass, the view is breathtaking into deep valleys dominated by a multitude of dizzying summits taken over by ice, including the three heads of Jejekangphu kang, just under 23,600 feet. .. Descend to Kephu, 14,764 feet, in the rocks and moraines of a nearby glacier before joining Tarina. Camp.

6 H walk

Day 15/ Tarina - Woche (12,795 feet)

An easy and relatively short stage which is the true entry into the country of Lunana. We descend via Taretang following one of the main rivers that stems from the Teri Kang.... issued from Teri Kang (23,294 feet) and forms the Pho Chu river. After an hour climb through the forest, we then discover Woche village.

Camp.

4 H 30 walk



Day 16/ Woche to Lhedi (12,139 feet) by Kache La (15,190 feet)

We climb the right bank in a sparsely sparse forest which soon allows us to catch a glimpse of Jejekangphu Kang crowned with ice. We must hike over two difficulties before reaching the Kache La Pass. At the pass, we stop on a small promontory for a sumptuous overview including that of Ganglagachu or Tsendakang. With a little luck, we will witness a caravan of yaks crossing the pass to reach the low valleys before winter. Fast downhill to the village of Thega. Three small tours around the Chorten (Buddhist religious monument and custom) and we continue our road to Lhedi which we can see perched on a terrace. Camp.

7 H walk

Day 17/ Lhedi - Thanza (13,681 feet)

Hike up the right bank before rising more substantially along the stream. We approach the major glaciers at the bottom of the valley and turbulent waters are the witness of this. Picnic at Chözo Dzong and then, depending on whether the monk is there or not, a visit to the ancient fortress, escorted by the village children. We then need an hour and a half to two hours to join Thanza, "the village at the end of the world", deserted in winter by men looking elsewhere for ways to feed the family. Camp near the village.

5 H 30 walk

Day 18/ Thanza (13,681 feet)

Rest and reserve day which allows us to hike further east along the big river by Tajilancho and Nadah (14,928 feet) to see the tops of Kangphu Kang and Gonto La Pass (18,209 feet), a direct but risky access to the Tibetan plateau. It is also an opportunity to visit a formidable set of frontal moraines retaining many lakes fed by five glaciers. Back to Thanza. Camp.

Trekking Kangkar Punsum

Day 19/ Thanza - Tsorim (16,814 feet)

This portion of the trek is heading back to the lower valleys after crossing over one or two passes. Our tour now takes the direction of the southeast, back up along a stream. At a small bridge, we leave the path to the right which would lead us to Nikkachu across Richhenzo La Pass. We head straight in the direction of Gophu La Pass that we will "step over" the next day. Camp at Tsorim.

7 H walk

Day 20/ Tsorim - Gophu La (17,388 feet) - Kangkar Punsum B.C. (16,306 feet)

Small ascent to the Tsorim Lakes dominated by the chains of Gophu La. Cross the pass and down to Kangkar Punsum base camp. Magnificent views over the summit, the highest of Bhutan (24,741 feet). Camp.

6 H walk

Return Trekking towards Bumthang



Day 21/ Kangkar Punsum B.C. - Geshe Woma (13,780 feet)

Leaving this exceptional place, the road descends along the Sha Sha Chu River to join Geshe Woma. Camp.

6 H walk

Day 22/ Geshe Woma - Saka La (15,748 feet) - Warthang (13,123 feet)

The path continues to follow the small Sha Sha Chu River for another 2 hours or so before attacking a good ascent in the direction of Saka La. This steep climb, zigzagging between the rocks, leads to a pass perched at 15,748 feet. Tranquil descent towards small lakes in the beautiful colors of blue and green before crossing the Warthang La Pass. Still, some excellent surrounding views of mountains and lakes. Continue to Warthang and settle in at our camp.

7 to 8 H walk

Day 23/ Warthang - Juela La (14,436 feet) - Tshochenchon (12,631 feet)

A small ascent of about thirty minutes leads us to Juela La. So begins the truly great descent into the lower valleys. There are rhododendrons, junipers and forests of pine and fir. Camp.

7 H walk

Day 24/ Tshochenchon - Dhur - Jakar (9,350 feet)

Last day of trekking. We exchange our yaks for horses, as horses are better adaptable in the lower altitudes and will, therefore, better serve us. We then find, Chamkhar Chu, a small river that we follow up to Dhur. In this village, our bus awaits us to lead us to Jakar, the "Dzong (distinctive type of fortress) of the White Bird", capital of the Bumthang district. We find a good lodge with hot water and beer.

8 H walk

Day 25/ Jakar -Tongsa - Wangdiphrodang

Early start in the morning for a transfer in the direction of Wangdiphrodang (80 miles) by Pele pass which provides a panoramic view of all of the mountain ranges crossed during our 24 day trek. Night at hotel.

Day 26/ Wangdiphrodang - Punakha - Thimphu

From Wangdi Phrodang, we head north to join the famous Dzongt Punakha (1h). Visit. In the afternoon route for Thimphu (just over three hours). We cross our last pass, the Dochu La. Night at hotel.

Day 27/ Thimphu

Free day in this pleasant city. Some last local purchases and handicraft souvenirs in the city center. The day may also be spent touring the small capital: National Chorten, bazaar, Tashichhodzong (Secretariat of the Governor), the Tchangangkar Monastery, art school or learning about the traditional Bhutanese medicine. In the evening, transfer to Paro. Night at the

hotel.

Day 28/ Paro, spare day

If we have kept to our program, Day 28 will be a free day for you to spend in Thimphu and Paro. Night at the hotel.

Day 29/ Flight Paro - Kathmandu

From the hotel, the bus leads us to a small airport in Paro for the return flight to Kathmandu. Overnight hotel in Kathmandu.

Day 30/ Depart from Kathmandu

Transfer to the airport for flight home.

Itinerary Notes

- Due to the length of this trip, the high altitudes and the large number of isolated places that we cross, external hazards could, at times, cause a change to the planned order of our "day to day" itinerary: bad weather conditions, problems transporting our material on certain stages in the mountains.....these hazards remain an exception, however, the guide may have to modify the itinerary in the event of one occurring.
- Walking on normally well marked paths. Sometimes humid on the days that we are under the cover of the forest. We could have snow on a number of the high passes.
- Depending on the day of the Kathmandu-Paro flight, visiting day of Paro may be replaced by a one-day visit of Kathmandu and its valley.
- The walking time schedules are given only as an estimate.
- For different reasons involving trip organization, daily schedules and planned altitude gains (ascent or descent) may be modified without any prior notice.

Additional Information

Bhutan: very limited access. To limit the visitation of Bhutan, a small country with a very particular social system, the government implements very high daily rates and only issues a limited number of permits per year. The Bhutan visa will be issued upon arrival at Paro. Mountain World Travel has communicated, in a timely manner to the Bhutanese authorities, the particulars of your passport. In order for us to do this, please send us a photocopy of the first 4 pages of your passport as soon as you register for the trip.

Identification photos: You should bring 6 photos on your trip.

Although we are an experienced adventure travel company doing our best to respect the itinerary schedule as presented on this detailed itinerary, there is always the possibility that we may need to modify it for different reasons beyond our control. Please read the Registration Conditions: Terms and Booking conditions - Limitations of Liability.

IMPORTANT INFORMATION

Services +

Arrive Sooner - Stay Longer

Mountain World Travel circuits are provided with the following services:

- "Rendez-Vous" at the airport on Day 1, welcome and transfer to hotel
- Airport transfer on last day

For numerous reasons, one may want to arrive sooner for a trip or stay longer.

Perhaps, you wish to explore the city of arrival/departure more thoroughly, you may decide to arrive a day or two earlier and/or extend your trip after the tour and then return later.

Mountain World Travel is at your disposition for:

- helping you to book extra nights in any arrival or departure towns
- handling your airport-hotel transfer (private vehicle)

Extra nights

Price/person/night, \$, (double occupancy room)	BB	HB	FB	Single
Kathmandu, 5 star hotel (The Yak & Yeti, or similar)	110	130	150	110

BB (Bed & Breakfast): night and breakfast

HB (Half Board): dinner, night and breakfast

FB (Full Board): dinner, night and breakfast, lunch

Double occupancy room: you have two people sharing a room (you must register together).

Single: supplement for a single room, which is mandatory if you register alone.

This service is subject to availability at the time of your reservation.

Airport transfer

Private transfer, one way: \$ 15 per person

You only need to specify your desired arrival/departure dates and the requested services at the time of your registration.

In the event that you do arrive sooner or stay longer, the meeting or separation with your group occurs at the arrival or departure hotel specified to you on your confirmation.

Single Supplement

Mountain World Travel trips are based on double occupancy rooms/double occupancy tents.

What's Not Included

- International flight in/out Kathmandu
- All services mentioned in Services +/extensions /options
- Personal medical & Travel Insurance
- All items not expressively mentioned in "What's included".

Extra Costs

- Drinks (except mineral water at restaurant and tea)
- Personal expenses
- Tips for guide and driver
- Cost of foreign country entrance visa (approximately \$32)
- Airport taxes at departure from Katmandu (approximately \$35)
- All items not expressively mentioned in "What's included".

Equipment

Basic equipment

- A warm fleece hat
- A cap or a hat to protect from the sun
- Sun glasses (minimum index 3 or 4 for high mountain)
- Thermal top and bottom, short and long) underwear (fast drying).
- Fleece turtle neck top
- A warm fleece jacket (light weight/well insulated).
- A waterproof/breathable shell jacket (Gore-Tex).
- A pair of gloves
- A rain poncho
- Hiking shorts
- Lightweight hiking long pants
- A Camelback or a water bottle.

Shoes and technical material

- Hiking socks
- Waterproof ankle hiking boots and a sole offering good traction.
- Gaiters
- Head lamp
- A pair of telescopic walking poles.

When you are booking a trip alone, you will share a room/tent with another person from the group (regrouping males together, and females together). However, for your convenience, on most of our destinations, you can choose to upgrade your lodging on all of the nights of your trip by choosing an individual room/tent.

Single Supplement (*): \$1400 for the entire trip

* Subject to availability at the time of booking.

Air Travel

As airfare is NOT included in our adventures, please check if your trip is "a guaranteed departure" before confirming your own airline travel arrangements. You can check your trip status at the Mountain World Travel website or contact the Mountain World Travel office at 1 888-MWT-TREK (698-8735).

Our preferred airlines to fly to Kathmandu:

- Star Alliance (United) in cooperation with Thai Airlines operates daily flights to Kathmandu from anywhere in the States through Bangkok.
- Qatar Airways operates daily flights to Kathmandu from Washington DC through Doha (and 4 times a week from New York) - Qatar is a member of Star Alliance.
- Oneworld, in cooperation with Cathay Pacific, operates four flights a week to Kathmandu from anywhere in the States through Honk-Kong.



Foreign-Entry Requirements

Formalities for US, Canada, Australia, NZ passports travelers: a passport valid at least 6 months after the supposed return date of your journey.

Nepal When arriving at in Kathmandu, you will get a free transit visa, available for two days. You will do the same on your way back from Bhutan.

Bhutan A visa is required.

US citizens, please check with the US Government Travel Entry Exit Requirements

Nepal US Government Travel Entry Exit Requirements and

http://www.nepalembassyusa.org/visa.php?page=tourist_visa_requirement

Bhutan US Government Travel Entry Exit Requirements

Sleeping

- Sleeping bag (that will keep you warm from a temperature of 23° F to 32° F).

Luggage

- A back pack equipped with broad straps, with an adjustable anatomical back reinforcement, and a capacity of 7 to 9 gallons, for your daily belongings
- A soft travel bag, which can hold between 18 to 23 gallons that will be transported by the porter team or by vehicle during the day.

Miscellaneous

- A change of clothes.
- A pair of replacement shoe laces
- A dop-kit and a bath towel.
- Toilet paper.
- A pocket knife (not in carry on luggage).
- Some plastic bags to protect your belongings.
- Duct tape.
- A bathing suit.
- A small pocket anti-theft protection device, to always keep on yourself, along with your identity papers, money, certificate of insurance.

Some advice

During your flight your back pack should contain fragile and useful items that you might need while on the plane (camera, memory cards, jacket, books, magazines, medication, dop-kit etc).

Bhutan

The visa will be issued upon arrival at Paro. Mountain World Travel has communicated, in a timely manner to the Bhutanese authorities, the particulars of your passport. In order for us to do this, please send us a photocopy of the first 4 pages of your passport as soon as you register for the trip. You will be responsible for \$32 dollars of consular visa fees, paid directly upon arrival in Paro.

Identification photos: you should bring 6 photos along on trip, 1 for each Nepalese transit visa, 2 for your Bhutanese visa and 2 for trekking permits. For other nationalities, please contact the Nepalese and Bhutanese embassies in your country.

Health and First Aid

Vaccines

Certain vaccines are highly recommended, but none are obligatory. We advise you to be up to date with traditional vaccinations: diphtheria, tetanus, polio, typhoid fever, hepatitis A, B and a vaccination protecting you from rabies is highly recommended for all.

Note: yellow fever vaccine is not necessary (no yellow fever in Asia) but required for any person coming from Africa or Tropical America.

Malaria

A preventative treatment against Malaria is not necessary for this trip.

For more information, visit

<http://wwwn.cdc.gov/travel/destinationNepal.aspx> and

<http://wwwn.cdc.gov/travel/destinationBhutan.aspx>

Dentist and doctor

A check up before your departure is recommended

Acclimatization and preventive treatment against altitude sickness

We conceive our routes by first taking into consideration the best means for "altitude acclimatization". However, it is preferable to consider, with your doctor, a preventive treatment against altitude sickness (Diamox) and to check your capacity to evolve in altitude (specific tests may be considered). Please visit: <http://wwwn.cdc.gov/travel/yellowBookCh6-AltitudeIllness.aspx>

Physical Preparation

LEVEL 6

At least 4 months prior: Hike over 13 miles every weekend or on two consecutive days, carrying a backpack of 18 to 22 pounds AND you should be engaged in another intense sports activity that develops endurance on a year round basis.

- Walking on normally well marked paths. Sometimes humid on the days that we are under the cover of the forest. We could have snow on a number of the high passes.

- 21 days of trekking for experienced walkers with altitudes reaching up to



MOUNTAIN WORLD TRAVEL

17,388 feet. The stages are progressive and consistent, but are often long (7-8 hours) and can not be « appreciated » unless one is in very good physical condition.

ABOUT BHUTAN

Country

Bhutan, the last Himalayan Kingdom

Bhutan is a small country in South Asia and the Indian subcontinent, at the border between India and China (Tibet). Its name means "land of the thunder dragon", a symbol taken from the national flag. It is located on the south side of the Himalayas, south-east of this very mountainous massif. The southern edge of the country is represented by the Ganges and Brahmaputra plains (minimum altitude: 318 feet), while its northern edge is bounded by the ridge of the Himalayas (maximum altitude: Kula Kangri, 24,783 feet).



Climate

Bhutan has a continental mountain climate which is characterized, on one hand, by sharp fluctuations in temperature between day and night, and on the other hand, between winter and summer. Summer is monsoon season with heavy rains and generally cloud coverage. March, April, and specifically October and November are usually the sunny months, sometimes with a few rainy days.

Currencies

Nepal-Bhutan

We advise you to carry American dollars in small increments that you can exchange upon your arrival at the airport, or in the big hotels. There are ATM machines in Paro and Kathmandu.

Travel Warnings

As an organizer of worldwide trips, Mountain World Travel is concerned for our guest's safety and security. We always keep ourselves up to date with current travel warnings and always consider the government safety advisories, while organizing and preparing our different trips.

Please double check on the official government website regarding each country's warnings.

NepalUs Government Travel Advices

BhutanUs Government Travel Advices

Highlights

Our exhaustive knowledge of the country: began 15 years ago. We travel the paths of Bhutan, knowing even the «lesser » valleys.

Profile

- **Population** 2,1 million habitants
- **Surface** 18,147 square miles
- **Capital** Thimphu
- **Main city** Paro
- **Summits** Kula Kangri (24,783 feet)
- **Official language** Dzongkha
- **Currency** Ngultrum (Nu)
- **Religions** Buddhism of the Drukpa Kagyu school
- **Head of the country** King Jigme Khesar Namgyal Wangchuk
- **Political Status** Absolute Monarchy
- **Time shift**
<http://www.worldtimezone.com/utc/utc+0600.html>

Respect of Customs and Habits

Wear long and roomy clothing, covering knees and shoulders, downtown and in the villages.

- Avoid contact with certain body parts (caressing a child's head, shaking a woman's hand).
- Couples, be discrete in your signs of affection
- While having picnics on the ground, please, don't make the mistake of walking over food
- Fire is holy and home is a pure place; never throw waste in either place.
- Remove shoes when entering a place of worship or even a residence.
- Circumvent temples and monuments from the left (cosmic direction).
- It is customary to donate a few rupees in visited sanctuaries and temples.



Some Useful Words

Learning some key words will enable you to gain the respect of your interlocutors and to make for a more pleasant exchange with the Buthanese. Therefore, do not hesitate to make the effort to use the following expressions:

Hello and goodbye: namaste (joined hands and a tilt of the head rather than a handshake)

Yes: Ho

Not: ho'ina

"Dhanyabaad", which could be interpreted as a "thank you", is not a word adapted to express gratitude in everyday language. It is used in exceptional situations, such as acknowledging sincere politeness.

Few polite expressions are used in Bhuthan. People act more with gestures of respect. For example, when you meet a local with whom you wish to engage in a conversation: join hands and tilt your head.

You can ask your guide to teach you some other common words; your voyage will only be richer by your attempting to speak the local language!

And then smile, it is often the best means of having good contacts!

Advice of Sonam, our partner in Bhutan

- Never distribute money, candy or pens, especially either money, or candies, or pens, especially to children, in order to not encourage them to beg. It is preferable to offer gifts to associations, schools, community clinics or other recognized organizations.
- Do not distribute any kind of medication which could be misused for lack of knowledge.
- Before entering a residence, wait to be invited in.
- Ask permission before taking a picture.

Some Advice

Can I bring home all of the souvenirs that I want from Bhutan? Acquiring authentic religious objects and/or ancient objects of art is strictly regulated. However, you will find very beautiful reproductions at reasonable prices in all of the shops. Thangkas (religious paintings), Buddha statues and Tibetan carpets will peak your interest!

Safeguarding the Environment

Seventy-five percent of Bhutan territory, consisting of the Himalayan Mountains and the plains of the Ganges and Brahmaputra rivers, is over 13,000 feet above sea level. These areas offer immense typical natural surroundings. As land farming is localized (livestock on the plateaus, crops in the valleys), the impact of human presence on the landscape remains low.

We are counting on you all to leave these natural areas as clean as possible:

- Remember to pick up your trash



throughout your walk and take the time to leave your own camps clean. Sort and bring the most polluting waste back to your home country (batteries, etc...) Regroup your waste and burn it.

- Prefer to treat the water using tablets (type Micropur) rather than buying lots of plastic water bottles that will only increase the amount of waste.

- Wash your laundry away from water sources that serve as drinking water for people or for animals (horses, yaks, etc...).

HOW TO BOOK

To realize your dreams, we offer several ways to book your future trip:

From the website: www.mountainworldtravel.com

On the internet, discover our destinations and make your choice, book and pay your trip on line. Prepare for departure

Advantages

- A fast reservation 24 h/24 and 7/7.
- A payment 100% protected.

To register yourselves:

- Select your trip
- Click on "Book a Trip".
- Check for availability
- Specify the number of participants, last names and first names as written on passport, address, phone numbers and e-mail addresses... .
- Select any additional Extensions and/or "Services +"
- Sign up for travel insurance and cancellation insurance
- Agree to the booking conditions and the limitations of liability
- Bank routing number or credit card number necessary for 30% down payment for registration.
- Money orders also accepted.
- You will automatically receive an invoice with an acknowledgment of your payment, which will be charged after validation of your file by an adventure travel adviser
- 90 days before departure, payment of the balance due

By e-mail: info@mountainworldtravel.com

and one of our adventure travel advisers will respond to you and will guide you through the booking process

By calling or faxing us at:

Toll Free Number 1-888-MWT-TREK (1-888-698-8735)

Advantages

Our travel advisers will be happy to answer all of your questions;

- will insure you that this trip is sure to go;
- will give you all of the explanations that you need,
- will check availability of your desired individual lodging, extensions, extra services etc
- will insure you of the cost
- will book your space



**MOUNTAIN
WORLD TRAVEL**

By postal mail:

Mountain World Travel
PO BOX 1264
ASPEN COLORADO 81612 – USA

Ready to pack your bags? Nothing simpler than registering by mail:

- you just have to send us your booking form,
- accompanied by your 30% down payment.

You will receive:

- the confirmation of your registration;
- the invoice; the formalities file (obtaining visa if necessary, etc...)
- and 90 days before the departure, we ask for you to pay the remaining balance of your trip.

Ready ? Go !

Last minute preparations before our Rendez-vous at the airport: To get ready, consult the detailed itinerary, in particular the necessary medical and administrative formalities and the list of necessary equipment. Don't forget to stay in shape!

In the 15 days preceding your trip, you will receive a convocation specifying:

- the place and time of the Rendez-vous
- the appointment with your guide.

We wish you a very happy trip on the trails of the world!

Questions, call custom Toll Free 1-888-MWT-TREK (1-888-698-8735)
E-mail: info@mountainworldtravel.com

Mountain World Travel

PO Box 1264, Aspen, CO 81612, USA

1-970-544-9255 • info@mountainworldtravel.com • www.mountainworldtravel.com