

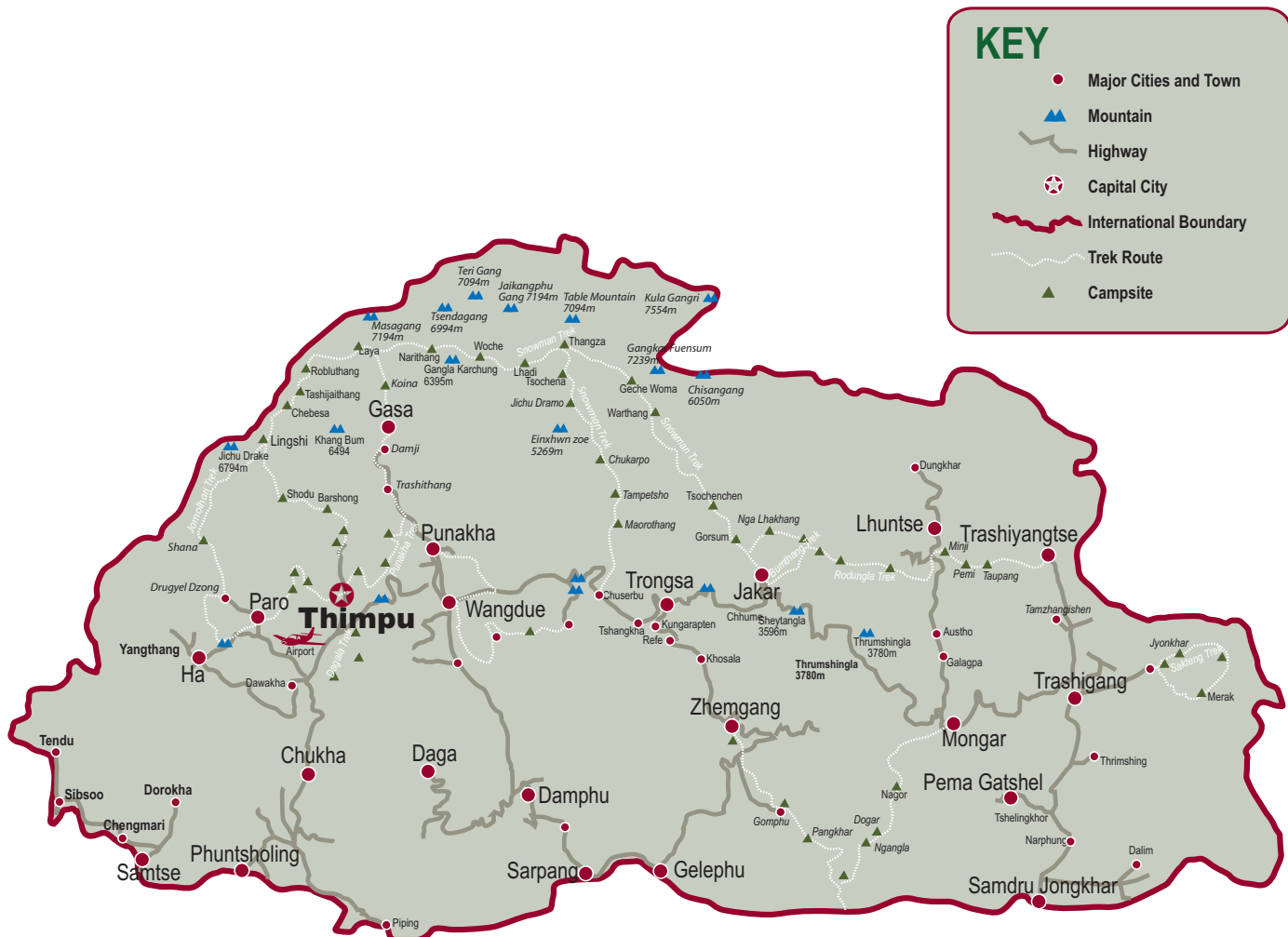


Bhutan

Destination Bhutan

Having first opened its border to travellers in 1974 the Kingdom of Bhutan remains perhaps the world's most exclusive and mysterious travel destination, a vibrant and living museum where ancient and modern blend in a region that remains largely unmapped and unexplored, a truly unique and charming land of ancient legend and mystic rites, colourful festivals, undiluted culture, friendly peoples and stunning landscapes in the Land of the Thunder Dragon.

Situated in the heart of the Great Himalaya, flanked on the north and north west by Tibet, the plains of north east India to the south and south west and the hills of India's north-eastern State of Arunachal Pradesh to the east, Bhutan has excellent trekking and walking routes ranging from quiet forest trails and lush valleys to high mountain passes, rich in animal and plant life including the rare Takin, Blue Sheep, Burket, Musk Deer, Golden Langur, Black-Necked Crane, Red Panda, and in the lonely reaches of the High Himalaya, the elusive Snow Leopard. A journey here is always memorable.



“ I just wanted to 'thank you' again for arranging my short holiday in Nepal and Bhutan. The organization was brilliant. The guides and drivers were excellent. I have never been looked after so well. Everyone was so welcoming and helpful. This trip has certainly given me a taste for the Himalayas and I know I want to return for longer and possibly for a trek. Thanks again, for your help, advice and assistance. I will be back in touch with you sometime in the future to book another holiday.”

DIANE SMITH, Cultural Tour Bhutan

Journey to Druk Yul – Land of the Thunder Dragon **B-DRUKY**

Explore UNESCO World Heritage sites and experience the vibrancy of Kathmandu before your journey to the ancient Kingdom of Bhutan. Visit some of the largest, oldest, most spectacular and ornate dzongs (fortress monasteries) in the Kingdom. Journey through fertile valleys, scenic villages, and ancient histories in Paro, the heartland of the Drukpa people. Spot rare animal and plant species as you travel through stunning wooded valleys, past imposing fortresses, serene monasteries and bustling markets in Thimpu, Punakha and Wangdiphodrang. Absorb the unique atmosphere in the Land of the Thunder Dragon.

Please refer to the table at the back of this brochure for details of dates and pricing



09 days

GRADE

Leisure/easy to moderate (tour)
Max Elevation 2300m

11 days

GRADE

Leisure/easy
Max Elevation 2300m



Gangtey Valley Tour-Bird Paradise **B-GANG**

Combine the unique scenery, culture and World Heritage Sites of Nepal and Bhutan with ample opportunity to see some of the many hundreds of native and migratory bird species, amidst stunning natural beauty and protected conservation areas. With expert local guides, you'll visit and travel through fertile valleys and woodlands, scenic villages and protected conservation areas to prime bird and animal habitats including a visit to Gangtey Valley, home of the rare Black-Necked Cranes. Experience gentle day treks, scenic drives and sightseeing in Nepal and Bhutan.

Please refer to the table at the back of this brochure for details of dates and pricing

15 days

GRADE
Leisure/easy
Max Elevation 2600m



Photo courtesy Robert Pendleton

Heart of the Dragon Tour B-HDRA

Experience a taste of Kathmandu with its bustling markets, tranquil temples, stunning architecture and UNESCO World Heritage sites before journeying to the heart of Bhutan. Visit ancient and spectacular dzongs and ornate monasteries where myth and legend blend with mystic rites. Travel through stunning wooded valleys, national parks and wildlife reserves and picturesque villages. Journey to Bumthang, the spiritual heartland of the Land of the Dragon, where four valleys meet and home to the most ancient, holy and precious Buddhist sites. Visit ancient and revered monasteries, temples and palaces as you enter the heart of this mysterious Kingdom.

Please refer to the table at the back of this brochure for details of dates and pricing

Photo courtesy Robert Pendleton

East meets West - Journey across Bhutan B-EMW

Traverse Bhutan on this memorable journey from East to West, after a short introduction to the sights and sounds of Kathmandu. Experience the best of Bhutan as you travel across this mysterious land. Visit spectacular dzongs, imposing mountain fortresses, serene monasteries, ancient sacred sites and protected conservation areas. Travel through fertile valleys, shady woodlands and scenic traditional villages. Explore this unique Kingdom on your scenic drive to Thimpu, Punakha and Wangdiphodrang. Journey onward to Gangtey Valley, home of the rare Black-Necked Cranes. From here, drive on to Tongsa and Bumthang, the spiritual heart of the Kingdom. Onwards to Mongar and Tashigang before returning to Paro. With expert local guides, you'll travel across the Land of the Thunder Dragon. Experience gentle day walks, sightseeing and scenic drives.

Please refer to the table at the back of this brochure for details of dates and pricing



18 days

GRADE
Moderate (tour)
Max Elevation 2600m

16 days

GRADE

Adventurous/Strenuous
Max Elevation 4900m (Yale La Pass).



Stunning Chomolhari Base Camp Trek B-CHOMO

One of the most beautiful and unspoilt trekking areas in the entire Himalaya. Travel through diverse Bhutanese landscapes beginning at Durkgyal Dzong and passing through beautiful villages, colourful markets, scattered hamlets and farmland. Explore richly forested valleys and high alpine yak pastureland. Visit ancient monasteries and the Royal Goldsmith's workshop. Sit and relax or enjoy a spot of trout fishing in Jangothang's sky blue lake. Trek through stunning landscapes and over high mountain passes to Chomolhari's glacier. Enjoy the cool, clean, fresh air with magnificent views of majestic peaks including Mt. Everest, Kanchenjunga, Tsrin Gang, Jichu Drake and Chomolhari. Meet local people and the chance to encounter rare animal species like the Bahrain (blue sheep), mountain bears, eagles and the elusive Snow Leopard.

Please refer to the table at the back of this brochure for details of dates and pricing

14 days

GRADE

Leisure/easy
Max Elevation 1800m



Samtegang Trek B-SAM

This low altitude trek offers the opportunity to visit traditional villages, farms, temples and monasteries, rich in culture as well as natural and scenic beauty. Breathe in the cool clean fresh air, peace and quiet of Bhutan. Enjoy the sights and sounds of Paro and Thimpu before your trek begins at Khuruthang. With panoramic Himalayan views your trek continues to Chungsakha and on to Samtegang and Wangdiphodrang. Enjoy unspoilt landscapes and protected conservation areas with the chance to spot rare animal and bird species including the elusive Snow Leopard.

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Photo courtesy Robert Pendleton



32 days

GRADE

Adventurous/Strenuous to Challenging
Max elevation 5400m (Rinchenzoe Pass)



Lunana Trek – Land of Legends **B-LUNA**

One of the most beautiful and unspoilt trekking areas in the entire Himalaya. This trek leads you to the remote and seldom visited region of Lunana, passing some of the last virgin peaks of the Himalayas and offering a great variety of trekking conditions, from picturesque farmland and forest to alpine pastureland. Travel close to the huge snow, ice and rock faces of the mountains where most of the Himalayan peaks towering to the north remain unnamed and unclimbed. Few foreigners have visited this area where the main inhabitants are rare species such as the Bharal (Blue sheep), Takin and Snow Leopard. During spring, summer and autumn, the alpine meadows are filled with countless varieties of flowers. You'll journey past Mt Chomolhari (7314m), Bhutan's second highest peak to reach Chomolhari Base Camp. Enjoy the option of fishing or just relax at Jangothang. Visit traditional Bhutanese villages and cross remote high mountain passes over age old trading routes. Enjoy excellent views of Gangkar Punsum (7550m), Bhutan's highest mountain and the highest unclimbed peak in the world. Your trek continues to Lhedi and after crossing high Keche La Pass descends gradually to Nikachu. From here a scenic drive to Wangduephodrang and then on to the capital, Thimpu. Visit an indigenous hospital where traditional methods are still practiced. See treasure troves of priceless Buddhist manuscripts and artworks when you visit the National Library, a traditional painting school, a weaving and paper making centre and the Royal Goldsmith's workshop. Visit Drupthop Nunnery and Tashichhodzong the centre of government and religion, before a visit to the memorial chorten to the late king, 15th Century Changangkha lhakhang. After returning to Kathmandu, explore the City of Devotees and with time to relax in the centre of this bustling Kingdom and reflect on a remarkable and very special trek.

Please refer to the table at the back of this brochure for details of dates and pricing

Classic Laya Trek **B-LAYA**

This trek ranks as one of Bhutan's finest. The route offers fantastic mountain views at close range including Mt Gangchey Ta, also known as Tiger Mountain and mother of the female river flowing through Punakha Valley and renowned for its diversity of flora and fauna. Visit numerous isolated Dzongs and scattered settlements, including the outlandish village of Laya with its own unique culture and practices. Though remote, the Laya region is known for the hospitality of its people and you'll receive a warm welcome. Your trek takes you over high Himalayan passes and over local trading routes. Enjoy a relaxing hot dip at the Gasa Tshachu (hot spring) then on to Goen Damji where your trek ends. A scenic drive takes you to Wangduephodrang and on to Paro, for some relaxing sightseeing before your flight back to Kathmandu. Explore ancient Heritage Sites and modern day attractions in Kathmandu, taking time to relax and reflect on your journey.

Please refer to the table at the back of this brochure for details of dates and pricing



23 days

GRADE

Moderate

Max Elevation 4700m
(Nyele La Pass)

Photo courtesy Robert Pendleton



14 days

GRADE
Moderate

Max Elevation 3800m
(Lower Mingula)



Chele-La Nature Trek B-CHELE

A fantastic trek for nature lovers, particularly in spring when the landscape is vibrant red and orange with rhododendron blooms and forest trails are abundant in wildflowers, including many species of primula. Enjoy the cool fresh air and peace and quiet as well as memorable panoramic views of the Paro and Haa Valleys and the beautiful Himalayan ranges of Bhutan. Visit the capital, Thimpu with guided sightseeing of traditional workshops, market places and revered memorials. After a return flight to Kathmandu, visit World Heritage Sites and relax in the vibrant and fascinating capital.

Please refer to the table at the back of this brochure for details of dates and pricing

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Well, the trip was great!! And I think the east of Bhutan has to be the highlight, getting there along dramatic mountain roads, staying in places that are so peaceful and relaxed, and meeting folk who are always ready with a friendly smile and like to chat - usually about Manchester United! I'm sure you'll be pleased to know that all the arrangements went to plan; flights were great and no problem with connections. The itinerary worked well with just the right balance of staying in places and days of driving. Trashigang is brilliant! The hotel was excellent...a wonderful place to have coffee and read whilst having a spectacular view overlooking the dzong! Chitwan was fun for a couple of days & Nagarkot was also a nice place to visit. All in all it was a great trip, 3 weeks packed full of wonderful memories (and photo's!) thank you for all you did in sorting out the itinerary and being so understanding with all the changes. I hope that we will be able to book for Tibet next year, if not then I'm sure there will be somewhere else to go!!!!!! I have been very happy with all the service and will be happy to book again through Himalayan Adventure Company! Best wishes to you.”

ANDREW PARKER, private cultural tour of Bhutan, Kathmandu Valley & Chitwan safari April 2008

15 days

GRADE
Moderate

Max Elevation 3800m
(Simkota)



Druk Path Trek B-DRUK

A classic short trek along high winding ridges, crossing the chain of mountains which separates the two districts of Paro and Thimpu. This is an excellent choice for anyone wanting to experience trekking in Bhutan but is on a tight time schedule. Follow the sparsely inhabited route past ruined forts which long ago guarded against Tibetan invasion. Enjoy beautiful mountain lakes teeming with fish and walk through areas famous for spectacular rhododendron forests which bloom in spring with amazing views of the Himalaya best seen in late autumn and winter. Enjoy sightseeing and local arts and crafts in Paro and Thimpu before an introduction to the sights, sounds and World Heritage sites of Kathmandu where your journey starts and ends.

Please refer to the table at the back of this brochure for details of dates and pricing

19 days

GRADE

Moderate

Max Elevation 3200m

(Lungsum)



Dur Hot Spring Trek **B-DUR**

Experience pristine Himalayan culture on this trek including a relaxing Himalayan style dip in the Dur Tsachu (hot springs). After enjoying the sights and sounds of Kathmandu, your journey into Bhutan begins with some relaxing sightseeing in Paro before exploring the ancient capital, Thimpu. From Thimpu, you'll travel onward to Bumthang, the spiritual heartland of Bhutan and the place where your trek begins. Enjoy spectacular mountain scenery. Visit remote and dramatic monasteries. Relax in natural hot springs. During this trek you are likely to encounter Musk Deer, herds of Blue Sheep and the Himalayan Black Bear as you travel through this ancient Kingdom.

Please refer to the table at the back of this brochure for details of dates and pricing



Photo courtesy Robert Pendleton

Gangtey Gogona Trek – Mountains and Monasteries **B-GGOG**

One of the finest low level treks in Bhutan. Enjoy wonderful views of Mt Everest, Kanchenjunga, Chomolhari, Tsrin Gang and Jichu Drake on your flight from Kathmandu to Paro. This route takes you through Phopjikha Valley, at 3000m, one of the few glacial valleys in Bhutan. Explore Gangtey, a beautiful place and chosen home of the rare and protected Black-Necked Cranes which migrate here during winter from the Tibetan plateau. Visit Gantey Gompa, the only Nyingmapa Monastery on the western side of the Black Mountains. Visit the traditional villages of Gogona and Khotokha. Follow picturesque trails through meadows and forests of Juniper, Magnolia and Rhododendron. End your journey with an introduction to some of the World Heritage sites and attractions of the capital of the Kingdom of Nepal, Kathmandu.

Please refer to the table at the back of this brochure for details of dates and pricing

12 days

GRADE

Moderate

Max Elevation 3600m

(Shobju La Pass)



14 days

GRADE
Moderate

Max Elevation 4300m



Bumthang Cultural Trek **B-BUC**

A beautiful trek starting from the splendid Bumthang Valley, where four valleys meet and is home to ancient monasteries, temples and palaces. This trail passes through traditional villages and provides an exceptional opportunity for contact with Bumthab rural life and meeting local people. The valley is wide and lush and well known for its exquisite handicrafts industry. Enjoy spectacular mountain scenery, remote and dramatic monasteries as you travel through beautiful wooded valleys and picturesque villages.

Please refer to the table at the back of this brochure for details of dates and pricing

Photo courtesy Robert Pendleton



15 days

GRADE
Moderate
Max Elevation 4300m
(Labatama)



Dagala Thousand Lakes Trek – A Botanical Treasure **B-DAGL**

For those who love nature. Known for its emphasis on protecting the environment and diversity of plants and medicinal herbs, over 5000 species of plants are found in Bhutan and 60% of the Kingdom is covered in forests of fir, conifer, temperate and broadleaf species. Alpine flowers include lichens, mosses, tiny rhododendrons, nivale, edelweiss and primula. Visit at the height of spring (end March) to see the whole valley come alive in flaming red, pink and white rhododendron blossom. At the end of winter the high altitude grazing pastures are carpeted with a multitude of tiny flowers. During the monsoon, vibrant flowers colour the landscape and mushrooms can be found. Post monsoon and early September the profusion of wild flowers includes anemones, forget-me-nots, dwarf irises, dwarf rhododendrons, primulas, delphiniums and ramunculus. Follow the route through yak herder camps, traditional villages, past monasteries, countless lakes and snow capped peaks. Indulge your senses and enjoy nature and a profusion of wild flowers including rare species, on this memorable trip to a truly fascinating and historical Kingdom.

Please refer to the table at the back of this brochure for details of dates and pricing





22 days

GRADE

Moderate to

Adventurous/Strenuous

Max Elevation 4050m

(Thrumshing La Pass)

Mountain Biking in Bhutan – The Druk Connection **B-MBDRUK**

A fascinating adventure route for cycling enthusiasts. Follow Bhutan's 600km west-east highway from Paro to Trashigang. An exciting and challenging route with passes over 3000m each day, winding highways and high adrenaline mountain drops. See a wide variety of flora and fauna as you descend from high alpine regions to temperate lowlands. Travel through picturesque medieval villages and towns. Enjoy a huge variety of culture and landscape with plenty to see and do as you travel through the Land of the Thunder Dragon on a unique biking trip.

Please refer to the table at the back of this brochure for details of dates and pricing



12 days

GRADE

Moderate

Max Elevation 3050m

(Dochu La Pass)



Mountain Biking in Bhutan – Western Bhutan Adventure Trail **B-MBWEST**

Follow the route across the west of Bhutan on this memorable journey. Beginning in Paro, land of ancient histories and the heart of the Drukpa people, your route takes you through fertile valleys and scenic villages, past imposing fortresses, serene monasteries and bustling markets in Thimpu, Punakha and Wangdiphodrang. Then on to beautiful Gantey Gumpa monastery on the western side of the Black Mountains before a scenic route back to Paro and your flight back to relax in Kathmandu before your return home.

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“ Thanks for organising such a great holiday. We did have such a good time. Our guide in Bhutan was so good and kind and so knowledgeable about his country, an excellent guide. We loved Bhutan, such an awesome place. The colours and scenery were amazing. Thanks again.”

PAT ARCHER, Chele La Trek, Bhutan