



## *"The Best of the Kingdom of Bhutan."*

*Himalayan Peaks, Exotic Culture, Buddhist Monasteries, Fire & Masked Lama Dances*



Whirling Festival Dancers, Ghosts



Docha-la Pass (10,142')



National Flag of the Kingdom of Bhutan

Perched high in the eastern Himalayas, the Kingdom of Bhutan has defied globalization and chosen to remain a hidden (almost) paradise. Here's one place on earth that even the seasoned traveler considers a privilege to visit.

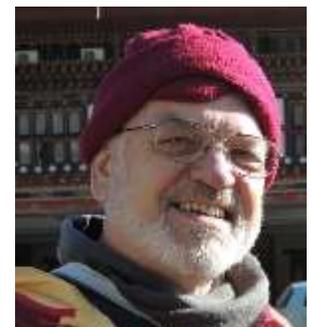
Bhutan is the last bastion of Vajrayana Buddhism (or 'Lamaism'), a spiritual practice that is known to be one of the most profound schools of teaching in the Buddhist world. Monasteries, red robed monks chanting their prayers, and colorful prayer flags that line the high ridges give this kingdom an aura of another time.

Over 70% of the landscape of Bhutan is forested from the lower elevation subtropical moist broadleaf species to the higher elevation bamboo, chir pine, hemlock, oak, walnut, fir, and juniper/rhododendron (according to elevation and aspect). As we drive the Royal Road eastward over several mountain passes, through forests and valleys, past farmers' fields and yak pastures, and along stream beds and high cliffs, we'll also see many of Bhutan's 464 known species of birds, some of them flashing brilliant colors in the sunlight, and wildlife to take note of, including several species of deer, monkeys, and wild boar, and of course, the ubiquitous domestic yak.



A Special Highlight of this adventure is the **Fire Dance Festival**. This is a time of worship at the monastery and 8th century site of Guru Rinpoche's visit as founder of Buddhism in the Himalayas. At the dance festival, pilgrims from beyond the 3 valleys of Bumthang (the cultural heart of Bhutan) gather to celebrate. You may expect throngs of monks, ethnic groups from the mountains and eastern Bhutan, as well as busy markets, bartering, parties, and match making.

Traveling across Bhutan is the Best part of this adventure. We'll start from Assam in northeast India to enter Bhutan by way of the rarely used but culturally intriguing far eastern border crossing between the Indian sub-continent and the mountain Kingdom. The eastern entry allows you to experience the many ecological zones of the Kingdom, from lowland terai to alpine Himalaya and the many cultures in between.



Leading this active tour across Bhutan to its eastern border will be **Don Messerschmidt**, Anthropologist Extraordinaire... Check out his Facebook page ([facebook.com/don.messerschmidt.5](https://facebook.com/don.messerschmidt.5)) and his blog: 'Himalayan Snows', at <http://dmesserschmidt.blogspot.com/> for more information about his unique background and life in the Himalayas.

### ~~ Important Detail for Travelers ~~

Departing **Bangkok for Gauhatti, India (Airport Code GAU)** on **Day 1 November 10** may require flying from your home one or more days earlier depending on your choice of flights. On **Day 13 November 22**, at the end of the tour, you will be flying out of **Paro**. Flights out of Bhutan are typically in the early morning; however, they often make stops enroute to their final destination. In other words, you may not arrive in Bangkok or Kathmandu or New Delhi until the late afternoon. If you have questions about a flight's arrival/departure timing, contact Rusty at Ri Adventure Travel to confirm your dates of travel prior to purchasing your international flights.



**Let's Go!** Note: Driving times do not include stops for fun or meals (all meals are included)

### **November 10 Day 1 Arrive Gauhatti to Samdrup Jonkhar Bhutan (720' feet)**

Meet your guide at **Gauhatti Airport (GAU)**, India. Please come in on a flight arriving prior to 1:00p.m. We'll have a flavorful quick lunch then drive to Samdrup Jongkhar Bhutan. The Adventure begins.

After passing through Indian and Bhutanese immigration/customs formalities at the border crossing, there will be a short drive to check in at your hotel. Samdrup Jongkhar town holds the honor of being the oldest town in Bhutan. It is a bustling little settlement packed to the brim with shopkeepers and hawkers from across the border. ~ overnight two-star hotel 90 miles and about 3 hours

### **November 11 Samdrup to Ramjar Village (4980') 110 miles, about 6+ hours**

Morning breakfast on the veranda while watching for colorful birds and maybe some monkeys in the trees around the hotel. The drive today ascends quickly into the Himalayan foothills. The environment changes a great deal until reaching the town of **Tashigang**. Along the way you will pass the villages of Deothang, Womrong, Narphug, Khaling, and Kanglung. The eastern minority peoples (the Brokpa of Merak and Sakteng, plus Tibetans and Assamese) have for centuries come to Tashigang markets to barter and trade. A huge monastery built in 1651 drapes over a rocky ridge. After a short visit to this trading center of eastern Bhutan we'll ascend by a good road to the quiet mountain village of Ramjar. A homestay has been arranged; our Bhutanese staff have relatives here waiting to host us. You will be served meals prepared in

eastern Bhutanese style (not to worry, the world's hottest peppers will be a side dish option). Settle in, wash up, and then explore a village that welcomes visitors, yet rarely has guests. ~ *overnight Ramjar village.*

## **November 12 Ramjar Village to Mongar**

This morning we'll take a tour of the farm house, and have a traditional Bhutanese breakfast.

The family farm is also a center of learning Buddhist practices for the villagers, so it's an interesting place. Boarding the van we continue to Mongar, on a drive alongside the Drangme Chhu (chhu = river), known for its big-water rafting opportunities. On the hill above the riverside road you'll see lemongrass, which is one of Bhutan's small farmer's crops produced for the international 'essential oils' industry. Soon after that we'll be traveling through forests of chir pine and up a renowned series of switchbacks (the 'Yadi Loops') and over Korila Pass (8032 feet). We'll stop when views, wildlife, and small inviting villages occur. Mongar is a moderate size town that is both culturally and linguistically unique in Bhutan. The people of this region build on the tops or sides of mountain slopes and they love to put traditional paintings on the sides of their homes (often rather erotic; Don will explain this).

~ *overnight Mongar, about 5 hours*

## **November 13 Mongar to Jakar Bumthang (9100')**

Today's drive, with its many opportunity stops for wildlife spotting and photography, is widely regarded as the most spectacular in all of Bhutan. We pass through diverse vegetation, starting in lush chir pine forests, then rising to forests of hemlock, and alongside fields of corn and wheat. During the drive, with a bit of luck you may spot a colorful great hornbill; capped langur monkeys may also make an appearance. Starting out, below Mongar, we'll cross Kurichhu River with nearby precipitous Namling cliffs and a magnificent waterfall.

Towards the end of the day we have the option of stopping in the village of Ura where we have the option of getting out of the van to take a "running shoe" hike through the forest about 1.5 hours to a relatively low pass called Shetang-la. Our van will be waiting for us there. This is an easy going hike, and it's optional of course. You'll wish to bring your day pack with water, munchies, wind shell and perhaps binoculars. We may see yaks near the pass where they've been known to munch on Buddhist prayer flags strung up in the wind.



Later today, we'll cross the highest drivable pass in Bhutan (12,398 ft.).

Surrounded by prayer flags at the pass we'll hope to see the lofty summit of Gangkar-puensum (24,809 feet). **The Bhutanese believe that local deities and spirits reside in high mountain passes. While stopped at passes, you may wish to say prayers of thanks (as our Bhutanese companions will be doing).** In this National Park we'll find numerous varieties of flora, and with luck, fauna, too. Most species of Bhutan's colorful rhododendrons and exotic birds occur in this area. Zoologists have also observed the elusive Bhutan tiger here, and there are red panda (endangered) in the bamboo forests. You'll overnight in Jakar in the picturesque and sacred valley of Bumthang. ~ *lodging and national park fees, 100 miles about 6 or so hours*

## November 14 Bumthang is the “heart beat” of Bhutanese culture

Two features today stand-out; exploring Bumthang, and learning why this beautiful place is the “heartbeat of Bhutan.” In the evening we’ll watch the Bumthang fire dance and festival.

Stretch our legs today in the Chokhor Valley (Bumthang has four valleys, Ura, Tang, Chokhor and Chummy), and it is a pilgrimage area for people from all over the country. It’s believed the *Nyingmapa* practice (oldest school of Tibetan Buddhism teachings) was brought into this valley in the early 8<sup>th</sup> century by Guru Rinpoche. (We’ll learn about this famous early Buddhist sage during the trip.)

Today, we’ll also visit the 7th century Jambay Lhakhang temple built by a Tibetan King, Songtsen Gonpo. It is traditional to spin clockwise *alllll* the prayer wheels found here while reciting the most revered of Tibetan mantra “*Om Mane Padme Hum,*” which loosely translates as “Praise to the Jewel in the Lotus,” referring to the Buddha arising out of the murk of existence to bloom with Enlightenment over 2,600 years ago. We will then travel a short distance by van, disembark, and visit Tamshing Lhakhang, a 15th century classic temple of Pema Lingpa. Inside we’ll see ancient religious wall paintings, 1000 year old Buddhas and other revered saints or bodhisattvas, as well as other historic fascinations.



Meeting the van we’ll return back down valley, perhaps making a stop at a local shop to pick up some local cheese, honey, cider, and other products. Bhutan’s famous Red Panda Beer is also brewed here. Tonight, the monastery festival continues with colorful dances. ~ *overnight at the same hotel.*

## November 15 Bumthang to Ogyen Choling (9500 ft.)

Today we drive east up into the picturesque Tang valley to a a remote guest house with wood stoves, thick quilts, fine food, all hosted by one of Bhutan’s most noted hostesses and writer, Ashi (Lady) Kunzang Choden, and her husband Walter.

After breakfast at our hotel in Jakar, we’ll depart Bumthang for this **two-night** adventure. We’ve a couple of hours drive through dark green conifer forests and along a sparkling river in nearby Tang Valley. Along the way we’ll visit *Membar tsho, the ‘Flaming Lake,’* with its fascinating mythology. Then we’ll drive on, cross a suspension bridge and walk 45 minutes up gently sloping land, through a small village, and fallow fields along a path to a feudal manor house/museum/guesthouse few travelers know to visit. This is Ogyen Choling, built in the 16th century. Its manor house was the ancestral home of our hostess, Ashi Kunzang.

In the late afternoon, as sun leaves the valley the only sounds you might hear are a nearby villager chopping wood. There is also the wind coursing through the forests of the Tang Valley, and crows singing as they land on the ancient gompa stupa. After a Bhutanese dinner, watch a recently produced film about great women Buddhist practitioners and directed by Ashi Kunzang’s daughter, Dechen Roder. You will likely meet these artists and have a chat with them.

~ *overnight in rustic guest rooms with wood stoves and thick quilts.*

### **November 16 Ogyen Chholing**

We have 2 nights in Ogyen Chholing to enjoy the true ambiance of Tang Valley, the manor house, and nearby farms. No visitor to Bhutan should miss Ogyen Chholing, though it is far off the beaten path. We'll tour the museum and do a day hike in the surrounding fields and forests; and maybe visit a local school. We might also try our skill at the national sport -- archery. We'll also take quality time to rest up and walk quietly in an idyllic setting... It's also a great place for peaceful meditation.

### **November 17 Ogyen Chholing to Trongsa Dzong (7596')**

Today is a "highlight" day of great views and cultural experiences, so don't forget to have a large fresh digital memory card for your camera.

As we proceed west, we'll cross Yotong-La pass from which we can see Himalayan peaks within Tibet, and time allowing we'll visit 'yathra' weavers along the way. Yathra weavings are highly prized both within Bhutan and now by the few foreign visitors to this central region of Bhutan. Yathra is yak hair or yarn, naturally dyed, and in the hands of these skilled crafts-people it is warm and beautiful. This afternoon we'll arrive at Trongsa Dzong.

Trongsa Dzong is both imposing and impressive. This commanding monastery-fortress, high above the roaring Mangde Chhu, is renowned as the most spectacular dzong in Bhutan. Near the dzong, in the town, we may stop to buy some fresh fruit at the open market.

For many generations, Trongsa served at the cross roads of trade between eastern and western Bhutan. The main trading trail used to run directly through the dzong itself (easier to collect taxes that way). The sighting of rare golden langur monkeys near here is also possible. ~ *driving time is about 4 hours, not including distractions.*



### **November 18 Trongsa to Punakha (4430')**

Morning bird songs may awaken you as you head for breakfast. (Birding from our hillside hotel, or behind the Dzong at 6:am can be rewarding.) Load the van, and then head further west through the mountains perhaps stopping in the beautiful village of Rukubji and roadside shrine of Chendebji. The route today ascends through dwarf bamboo called *cham*, a favorite food of yak, red pandas, and horses. We'll also cross Pele-la pass (11,217 feet). n our way up to the pass, watch for yaks and wild boar in the open meadows. From the pass, the dramatic summit of **Jhomolhari** Himal (23,989 feet) can be seen before descending through forests into the Mangde Chhu valley. Today's forest cover includes oak, fir, spruce, blue pine, and, of course, several varieties of rhododendron interspersed with large flowering magnolia trees. Descend down to the Dang Chhu, and then onward to the warm temps of Punakha Valley. ~ *overnight at Punakha 91 miles 5 hours*

### **November 19 Punakha to Thimphu the capital of Bhutan (8280')**

The majestic Punakha Dzong is the winter home of the religious authorities of Bhutan. This dzong is considered one of the most beautiful in the country. Situated strategically in between Pho Chu and Mo Chu (Male & Female) rivers, the dzong once held off an attack by Tibetan invaders using a very clever ruse (ask your trip leader; smile).

In the Punakha valley, we'll stop make a stop at Chimmi Lhakhang, home of the "mad lama." It's less than a one-hour, easy walk across the fields to this small monastery, also known as the temple of fertility. We will lunch at a nearby inn, then return to the van to continue west.

With the van ascending switch-backs, we'll soon arrive at Dochu-la pass (10,142 feet) pass. The views here are great with Himalayan summits providing a backdrop to 108 temples, and rhododendrons. The list of peaks over 23,000 feet seen from Dochu-la pass includes from left to right; Teri-Gang (23,957 feet'), Table Mountain (23,268 feet), Jejekangphu Gang (23,583 feet), and Masagang (23,596 feet). Of course, there are also the "little ones" like Khang Bum (21,300 feet), Tshendav Gang (22,940 feet) and Gangchey Ta (22,225 feet). Oh..., missed one; Gnagkar Punsum (24,809 feet). Dochu-la pass is truly a "Ri" – a high place where you'll wish to sit and absorb the natural peace of this place. Rapidly descending, we'll soon enter the capital of Bhutan, Thimphu. ~ two nights hotel in Thimphu 2.5 hours



## November 20 Thimphu

This morning we will start the day by visiting the National Memorial Chorten (shrine), a monument dedicated to the 3<sup>rd</sup> King of Bhutan. It is customary for many people to start their day by circumambulating this famous shrine, and we'll be welcomed to join in. Another of today's highlights is a visit to the Bhutanese Traditional Arts museum. The name sounds a bit "not interesting" but this is a great visit that typically takes a bit of time. It's worth it. Woven textiles are regionally distinct and we will have an opportunity to see this living national art form throughout the adventure as these exquisite textiles are worn by men and women in traditional Bhutanese attire. It is pretty much a rule in Bhutan that almost *nothing* is "a bit 'not interesting'."

After lunch, we may take a short drive to upper Thimphu to either visit the largest Buddha in Bhutan and one of the largest in the world. You may go inside; shoes off at the door. The Buddha is over 150' high, it's made of bronze and gilded in gold, and it's *awesome*. It's filled with Buddhist iconography and stories of The Buddha's life.

This evening we'll stroll around town and absorb the atmosphere of daily life in the mountain capital of Bhutan. At this time of the year the weather is cool and pleasant. Sunshine with blue skies are forecast (fingers crossed, ha ha ha). Be sure to see the traffic cops at the main 4-corners roundabout downtown – Bhutan's picture-worthy alternative to Stop & Go lights! There are also several good bookstores, coffee shops, and many, many shops selling Bhutanese textiles and art craft in downtown Thimphu. ~ All entry fees are included.

## November 21 Thimphu to Paro (7364') ("The Tigers Nest" Taksang Monastery)

Early breakfast and GO. This is set to be a great day. As today is just prior to winter, the air should be very cool, dry and include a sunny "Montana Blue" sky. Let's start early with a short drive to Paro's upper valley and the Tiger's Nest trail-head. The hiking distance is not far in miles, but it's a steep walk

that will take about 3+ full hours. Take your time, enjoy the scenery. The pay-off in smiles, and *ahhh's* and *ooh's*, and *wows!* are well worth the effort. **It's good to bring trekking poles** for each day hike, but especially for the downhill return from Taksang. There's a tea stop on the way up, and our lunch stop on the way back down in the only hillside restaurant (with a tremendous view through the forest is directly up under the monastery).

On the trail you may see little old frail Bhutanese nuns (they are amazing) alongside travelers from many countries, lamas, pilgrims, and horses with supplies or with saddle riding travelers (an option for part of the way up). All are heading up to the famed monastery. You'll pause often to take photos of prayer wheels and prayer flags with a backdrop of the monastery perched on a cliff. Rather than looking at magazine photos, book covers and calendar views of Taksang Monastery, you can take the images yourself, and write or sketch your impressions into your diary.

**Taksang Monastery** is called the "Tiger's Nest" because Guru Rinpoche allegedly flew up to this cliff side riding on a powerful tigress, back in the early 8th century AD. Between blue pines and blue sky, the monastery perches miraculously on a sheer cliffside nearly 2,700 feet above the Paro Valley. We'll cross a bridge festooned with countless prayer flags just prior to entering this monastery perched on the side of a cliff. This sacred site is passionately revered by Buddhists. The wood inside is dark and polished with age, as incense fragrantly wafts among the holy relics. It's a special place—sacred, picturesque with prayer-flags fluttering, and meditative. The upper portion of the trail to the monastery is wide and fenced for your safety. If you have questions about the exposure element, feel free to call and chat with Rusty at RiAdvTvl.)

Returning from Taksang to your Paro hotel you can anticipate a hot shower, perhaps a glass of wine, and relaxation to conclude another great day in the Kingdom of Bhutan. ~ *Overnight in Paro. Driving time about 1 hour (optional is the use of a mountain pony to make the steep trail climb to near the monastery. Fee for pony extra.)*

## November 22 Depart Paro for Bangkok and Beyond...

After an early breakfast, it's a short drive to Paro International Airport. The flight time departing Paro may well be very early in the morning. But for planning purposes, it's best to assume you won't arrive into Bangkok until the late afternoon. Should you need a flight from Paro into India or to Kathmandu, please speak with Rusty about those options and prices.

### ॐ TASHI DELEK ॐ



Tigers Nest :: Taksang Monastery

## Important Details :: The Fine Print

The Kingdom of Bhutan is a developing country and though we will do our best to follow the itinerary, there are many reasons why alterations beyond our control may occur. You will find **Reservation & Release Trip Application** on the Ri Adventure Travel website. Among these materials is your trip's **Terms and Conditions and Release of Liability Form** for Ri Adventure Travel LLC. Please read through them, and ask questions when you have them. Your signature is required for participation in this adventure.

**Trip Date:** November 10 – 22 2019

**Your Deposit: \$800 per person (check or Paypal)**

**Land Cost:** \$4680 (4 to 12 travelers) per person double occupancy

**Single Traveler:** \$730 Requesting a single is available for the first two travelers  
Please see Single Option below

**Paro/Bangkok Flight:** \$520 Druk Airways flight is non-refundable or changeable. We would like to add the purchase of this flight to your deposit as the flights easily sell out. A flight from Paro to Kathmandu or New Delhi is possible too. Ask Rusty about flight options.

### Reserving Your Adventure

Your reservation deposit: \$800 per person. Trip balance is due at 71 days prior to Day 01  
**(September 01 2019 the balance is payable.)**

### Cancellation Schedule

91 or more days prior to Day 01, no fee  
71 to 90 days' prior, the deposit is forfeited  
70 to 31 days prior, 50% of Land Cost is forfeited.  
30 days or less, 100% of Land Cost is forfeited.  
Cancellation notice is based on when it is received in writing by mail or email.

Making your reservation is easy; contact Ri Adventure Travel LLC at [travel@rustytraveler.com](mailto:travel@rustytraveler.com) or call **307.460.4404**. You may make your deposit using PayPal (please add 3% to payment) or by mailing a check to **RiAdvTvl**, 10011 Bridgeport Way, Ste 1500-404, Lakewood WA 98499. On receipt of your deposit and trip reservation application a **PrepToGo package will promptly** be sent to you to assist with your trip planning.

### What Is Included

Experienced leadership by licensed professional and experienced English-speaking Bhutanese leaders/guides; Paro and **Gauhatti** airport transfers; all meals from lunch November 10 to breakfast on November 22 and all the mineral water you can drink during these times. All inn/hotel stays while in Bhutan. All entrance fees for monasteries, museums, festival grounds, National Parks, and Bhutan airport government taxes. All transportation by SUV or 16 passenger van. **Bhutanese invitation, Bhutan visa, Bhutanese internal travel permits, all Bhutanese government taxes.**

### What Is Not Included

Transportation to India or from Bhutan; passport and visa requirements for entering India; meals outside of Bhutan, alcoholic beverages; personal laundry; hot rock baths, guides' gratuities; personal gear (on making your reservation a departure information package will be provided that includes the trip and adventure gear list); airport departure taxes from Thailand, or India, as well as trip evacuation and cancellation insurance. Optional Gratuities/thank you/tips to staff.

### Single Traveler

If you wish to be a single traveler there is an additional charge of \$730. If you are single, but would like

to have a roommate, we will assign a same gender roommate, first come, first serve. If there is no roommate available at 60 days of Day 01, we will contact you for the single fee. Should we later find a roommate, we will return those funds to you. There is usually a limit of two singles. If you wish to be a single, we will accommodate you if at all possible.

## OPTIONAL ADVENTURES

You are on the other side of our planet, what else could you do? “Oh my gosh, so many choices,” smile. Quick suggestions and then if you wish, have a chat with Rusty or Don about trips and logistics. Some experiences you can arrange yourself, others may require some advanced planning or a custom adventure. We love travel, so feel free to contact us for suggestions and advice.

☺ You begin in India, so perhaps a visit to the Taj Mahal, Jaipur and/or New Delhi would be good.

☺ You could route your way to Bangkok via China and a three day free visa is available to visit China. Or have Rusty create a week long visit for you with time to visit the Terra Cotta Warriors, and more.

☺ Rusty could arrange an air ticket from Paro to Kathmandu, rather than Bangkok. Go enjoy Nepal.

☺ **KAZIRANGA NATIONAL PARK, INDIA** (the arrival airport spelling is Gauhati India (GAU)) This is one of India’s most productive wildlife parks and it’s accessible from Gauhati Airport.

Here is an itinerary for this option:

**November 08 (Gauhatti) - Kaziranga National Park:** Meet your Indian trip leader at the Gauhati airport prior to 1:00 p.m. Drive about 3 hours from Assam’s plains and tea plantations from the city of Gauhati to Kaziranga National Park, the home of over 1500 one horned rhinoceros and other rare species of wildlife. The drive will pass close to the mighty Brahma Putra River and through an interesting area known for its tea and rich flora and fauna. Overnight at the Kaziranga Resort, conclude the day with tribal dances performed by villagers.

**November 09 Kaziranga National Park – (elephant riding / Jeep safari):** Start this day with a 5:00am elephant safari. Travel by elephants allows you to view the numerous rhinoceros, wild buffalo and other critters at a much closer distance than when travelling by vehicle. You may encounter Tiger also, and return back to the resort. After breakfast you may take a birding walk, relax, visit a nearby village. After lunch take a jeep drive to see other wildlife of which there is a long list of possibilities. We’ve seen jungle owls, river dolphin, giant hornbills, rhino, numerous chital and hognose deer ... you never know what may show up. Don’t pass on the orchid farm as it’s quite remarkable and can be interesting to novice botanists as well. Overnight at the Resort.

**November 10 Kaziranga NP – Gauhatti to Bhutan:** Early morning walk for birding and depart for a return to the airport to begin traveling into Bhutan. Please see the above Bhutan itinerary.

**\$480 per person. \$330 single. Included:** 2 night hotel, all meals, NP fees, transfers to and from Kaziranga NP by local taxi, rides by elephant & jeep in the NP, your Bhutan and local NP guides. **Not included:** alcohol, laundry, visa for India, your passport and any inoculations you have chosen. Optional Gratuities/thank you/tips to dancers/drivers. (additional days in Kaziranga NP are \$260. per day per person) A chat with Rusty or Don can help you know if this adventure is for you. If you are a “wildlife nut,” you may wish to add an additional day or two.

## Trip Cancellation Insurance

This is a fantastic trip, and it takes place in an exciting and interesting destination, but it's also a significant investment. We highly recommend that all travelers purchase trip cancellation insurance. You have a choice of either simple emergency evacuation and medical coverage or full trip cancellation coverage which also includes emergency evacuation medical coverage. Ri Adventure Travel LLC will be happy to provide advice or get you signed up for your insurance choice. You may purchase trip insurance at [RiAdventureTravel.com](http://RiAdventureTravel.com), click on Reservations, and you may link to the **TravelEx Trip Insurance** site from there. The Travelex website is user friendly, though if you have questions please call us or Travelex.

### **Trip Rating and Caloric Burn : Level 3**

What is an "active tour?" Put simply: "We like to get out of the bus." We enjoy walking, exploring, and going on day-hikes that allow us to see and experience the best features of Bhutan. That means the adventure is going to be active.

This tour across Bhutan takes place between 700' and over 12,000-foot passes (please see itinerary). (Sleeping occurs below 9000' feet.) Further information about being at moderate to higher elevations will be sent with your departure information; the CDC is also an excellent resource, as is consulting with your physician. Physical conditioning and consistent exercise prior to the trip is essential. You will be burning calories while exploring a monastery, negotiating stairs, walking trails that are muddy or with cobblestones, sometimes hiking over hilly or uneven terrain, and covering perhaps as much as or more than 4 miles in a day hike on the tour. For a more complete description of Trip Levels and Qualifications, please refer to our website and Reservations page; RiAdventureTravel.com.

### **You've Made Your Reservation, What Happens Next**

When you reserve your trip with a deposit, we'll promptly send to you an invoice confirming your reservation as well as Prep-to-go planning information that includes; suggested travel logistics, a complete gear list, visa and health information as well as a suggested reading list. Prep-to-go documents will answer many questions you have about gear, travel options, and health / medical information.

Thirty days prior to Day 01 you will receive trip final documents package that includes confirmation details (eticket flights, invitation, hotel details, leader info., etc..), last minute hints and common "horse sense" reminders about travel, emergency contact numbers in Bhutan, and a trip roster of other travelers joining you on your adventure in the Kingdom of Bhutan.

### **General Information: Traveler Terms and Conditions**

Once you have made a deposit for a trip, you agree to be bound by all our Terms and Conditions included in the Traveler Terms and Conditions and Release of Liability Form. Please read this information carefully. You will find this form on our website in **Reservation Form Materials**. Your participation in this active adventure tour is contingent on your signature on the full list of terms and conditions specified in the Reservation Application Form Materials. (RiAdventureTravel.com/forms.pdf).

### **Ready To Go?**

Asking questions or reserving your tour is easy; just give a ring to Ri Adventure Travel LLC, 307.460.4404. Or fill out the online trip application and mail or email it to [traveler@rustytraveler.com](mailto:traveler@rustytraveler.com) to confirm availability and your reservation. Ask for Rusty. With 34 years' experience throughout Asia / So. America, and most especially in Nepal, Bhutan, Tibet, Ecuador and Peru; he is sure to be an asset to your great adventure.

**Contact Rusty at [Travel@rustytraveler.com](mailto:Travel@rustytraveler.com) or ring 307.460.4404 to ask questions or reserve your Adventure**

