

Yoga for Today & Neil Haggard - Bhutan via Nepal – November 2018 BLACK NECKED CRANE FESTIVAL & TOUR

Kathmandu to Paro, Thimphu, Punakha return to Kathmandu
10 nights – 11 days, November 5 - November 15, 2018



2018 NOV Day - date	ITINERARY (leave Edmonton Saturday, Nov 3, arrive in KTM Nov 5 in pm)	ACCOMODATION
1 = 3	Leave Edmonton to Kathmandu via Hong Kong – arrive HKG early 8 am Nov 5 – optional visit Big Buddha and Po Lin monastery or take Airport Express to Hong Kong Central downtown during day	
2 = 5	Hong Kong to KATHMANDU: afternoon flight to KTM arrive 10:30pm airport and transfer to hotel.	o/n Vajra Hotel
3 = 6	KATHMANDU – walking tour... Monkey Temple, shopping, lunch and rest - prepare for flight to Bhutan next day	o/n Vajra Hotel
4 = 7	Morning flight to Paro , lunch, visit National museum, Paro Dzong explore town of Paro	o/n Paro Gantey Palace
5 = 8	After breakfast , morning hike to Taksang Monastery - 4.5 hours round trip, lunch in tea house, shop Paro, dinner w/hosts	o/n Paro Gantey Palace
6 = 9	Drive to Thimphu -visit National Textile museum, Takin Preserve, School of 13 Traditional Arts, Dordenma Buddha & Memorial Chorten,	o/n Thimphu Pedling Hotel
7 = 10	Thimphu to Phobjeka - breakfast stop at Dochu La (3150m), visit Punhaka Dzong , possible Druk Wangyel Gompa	o/n Phobjeka Homestay Lodge
8 = 11	Phobjeka – valley walk, experience Black Necked Crane Festival at Gangtey Gompa, picnic lunch, drive to Chumzomsa	o/n Chumzomsa Kichu River Resort
9 = 12	Rest day , hike near resort, or relax, yoga in the shelter, beer o'clock on the river	o/n Chumzomsa Kichu River Resort
10 = 13	Drive to Paro – stops on the way, visit Tamshang Lakhang , or tea at Sisna Heritage House , Kyichu Lakhang in Paro	o/n Paro Gantey Palace
11 = 14	Morning flight Paro to Kathmandu - visit Boudhanath and Tibetan carpet showroom, Nepali Culture dinner at UTSAV	Hotel Tibet, Kathmandu
12 = 15	Evening 11:30 pm departure KATHMANDU to Hong Kong: after breakfast free time to shop, visit Garden of Dreams, Royal Palace, dinner and transfer to airport as per your flight back home	Arrive HKG 7am on 16 th
13 - 16	Hong Kong to Vancouver, arrive back in Edmonton in pm	Day in Hong Kong, pm flight to YVR

YEG to KTM return Airfare is approx \$1966 CAD

Arrangements can be made for an additional 7-8 day trek in Bhutan OR

Optional additional tours arranged from Kathmandu to Tibet – India – Hong Kong – China - Thailand

Trip Cost: in USD - based on Medium hotels in Kathmandu and Bhutan - twin room sharing

Trip Cost: in USD	Group size	Remarks
USD \$ 3695 -- PER PERSON* USD \$500 Deposit due December 15, 2017**	8 - 12 People	* Single room supplement: + \$595 USD ** due to limited space a \$500 USD Deposit required to hold a spot (*deposit refundable only if a suitable replacement approved)
Funds are required to be sent ahead to an approved Bhutan travel agent and book Paro flight and hotels, etc. *Full Payment is due January 31, 2018		USD cheque, bank draft or E-transfer in US funds Payment can be made to: Yoga for Today, 2016 Sherwood Dr, Sherwood Park, AB T8A 3X3 Phone – (780) 416 - 4211

THE TRIP COST INCLUDES:

- All ground transfers and guided trip as per plan.
- 3 nights Medium hotels (incl Breakfast) in Kathmandu
- 7 nights in comfortable medium hotels in Bhutan (includes 1 unique Home stay)
- Any park permits related to this tour.
- Flight ticket: **Kathmandu - Paro** (approx \$450 USD return).
- ***Bhutan tour including guide, driver, transport, hotel, meals, entry fees to Dzongs and museums, government royalty fee, required Bhutan travel visa / route permits.***

TRIP COST DOES NOT INCLUDE:

- 30 day Nepal entry visa fee (\$40 USD)
- Air fare Edmonton to Kathmandu Nepal (approx \$1900 CAD)
- Lunch/dinners in Kathmandu (2500 rupees per day/ per person ~ \$25 USD)
- Entrance fees for Temples and Palace squares during sightseeing in Kathmandu.
- Other personal expenses
- Bhutan Tips to guides/driver (approx \$80 USD = 4800 Ngultrum)
- Personal health/travel insurance (which must include emergency heli evacuation)
- Other optional activities if any (eg. other tours, rafting, para sailing, etc)
- Any extra cost incurred due to weather delays, political unrest, strikes, road blockade or closures, etc. which are beyond our control.
- Extra hotel nights, if any - approx \$90 USD per person based on twin sharing

TRAVEL KIT (THINGS TO BRING WITH YOU)

Since the trip includes high altitude over 3000 meters, you should bring: a down jacket, good trekking shoes, trekking poles, gloves, toque, medicines for GI disorders, other personal belongings, toiletries, water bottles, rain/wind jacket, headlamp, sunglasses, sunscreen, at least 6 months valid passport (two extra passport photos for Nepal & Bhutan visa) and other personal valuables, credit card, USD cash, etc.*

NB – an information session will be held at YFT in mid-October 2017 for preparations and orientation

* a more detailed list will be sent after booking

NB -approx 102 Nepal rupees per 1 USD/approx 64 Bhutan Ngultrum per 1 USD
September 17, 2017