

Destination

Bhutan, a Himalayan Kingdom, is the home of the Thunder Dragon, Tiger's Nest and the Black Necked Crane Festival! In November 2018, Neil will lead you on a journey to the country where Gross National Happiness is more important than Gross National Product. Bhutan, situated between India and Tibet at the Eastern Himalayas, is rich in culture and history. We arrive in Kathmandu, Nepal and after a rest day, fly to Paro, Bhutan to begin our journey to this amazing country.



Accommodations

Bhutan has comfortable hotels in typical Bhutanese architecture. The rice is red and hot chilis are added to special dishes! We have arranged a very special 'home stay' for one night in Phobjeka, the valley of the Cranes! Rooms are based on Double occupancy and all meals are included!



...all this in an amazing 2 week vacation in the foothills of the Himalayas!

Activities

After arriving in Bhutan our first full day will include a hike up to the Taktsang Monastery, also known as the Tiger's Nest - a monastery built on a cliff. We will also visit several Gompas (monasteries) and Dzongs (fortresses) on our tour. The big event is to attend the 'Tsechu' - an annual festival celebrating the return of the endangered Black Necked Crane from Tibet to winter in Bhutan. The local community holds the festival at the Monastery with music, mask dances and is a rare cultural experience. Travel by bus will take us over 3000m passes to several towns, Dzongs and a museum or two. One rest day by the river will allow participants to relax or pursue a hike in the local Himalayan foothills. Of course, there are unique goods for sale in the towns including Bhutan's famous silks and textiles.



Yoga for Today
#206, 2016 Sherwood Drive
Sherwood Park, AB
T8A 3X3

Bhutan Black Necked Crane
Festival & Cultural Tour

Price:

Double Occupancy \$3695 USD
Deposit \$500 USD due December 15, 2017
Full Payment is due January 31, 2018

Trip 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)
- Bhutan group visa and park permits for Bhutan
- Airfare Kathmandu to Paro, Bhutan return
- Bhutan tour including guide, driver, transport, hotel, meals, entry fees to Dzongs and museums, government royalty fee, required Bhutan travel visa/route permits.

Not Included:

- 15 day Nepal Visa (\$25 USD)
- Airfare Edmonton to Kathmandu return
- Lunch/dinners in Kathmandu
- Entrance fees to temples and palace squares in Kathmandu
- Bhutan tips fo guide/advisor
- Personal health insurance
- Any extra cost due to political unrest, strikes, road blocks, which are beyond our control
- Other optional activities (if any)

Name: _____

Address: _____

City: _____ Prov: _____

Postal Code: _____

Phone: _____

Email: _____

Method of Payment

____ Cheque Enclosed or

____ Visa ____ Mastercard

Expiry Date: _____ CVC# _____



Neil Haggard

Neil has been a student of Yoga for over 20 years!

He completed Certification in Hatha Yoga in 2004 with the YAA (Yoga Association of Alberta) and has been teaching students of all levels since 2003.

Since 2008, Neil has made 16 trips to Nepal, led 8 treks in the Nepal Himalaya and 6 Yoga & Culture tours.

He has studied yoga with Akhil Bhattacharya in Kathmandu and Akhanda Yoga with Vishva-ji in Rishikesh, India.

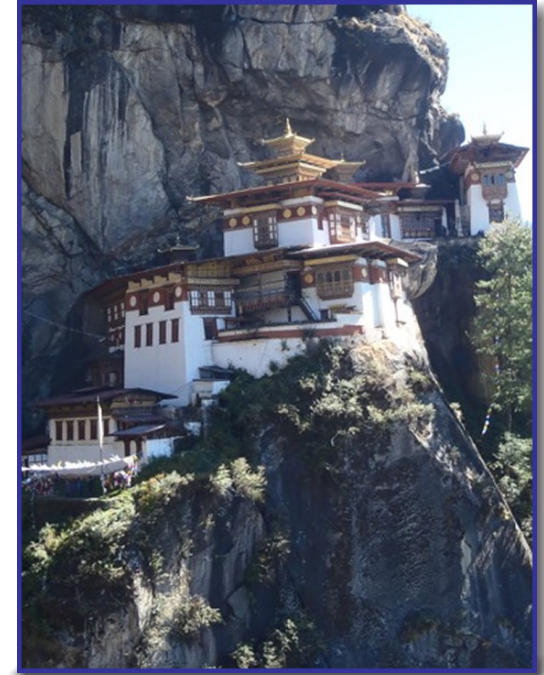
For more information:

Yoga for Today
tonya@yogafortoday.ca
780-416-4211



#206, 2016 Sherwood Drive
Sherwood Park, AB
T8A 3X3
www.yogafortoday.ca

Bhutan Black Necked Crane Festival & Cultural Tour



NOVEMBER 5 - 15, 2018

