THE SNOWMAN TREK

The ultimate high-level traverse through the Bhutan Himalaya, from Shana, through Laya, to Lunana.

- Take on the full Snowman Trek, trekking from Shana to Trongsa through the Himalaya
- Journey through Laya and Lunana across 11 high passes, going to an altitude of 5300m
- Be part of one of the very few trekking groups which complete this world-class circuit
- Explore Kathmandu and Paro, and visit the Tiger’s Nest monastery
- Time your trip and take part in the Chomolhari Festival and the Laya Royal Highlander Festival

Bhutan, Trek & Walk, 30 Days

23 nights camping, 6 nights hotel, 29 breakfasts, 28 lunches, 29 dinners, max group size: 12, 25 days trekking, 5 days touring and sightseeing, max altitude - 5300 metres
Introduction

Quite possibly the greatest trail on Earth, Bhutan's incredible Snowman Trek follows the spine of the Himalaya between Bhutan and Tibet, from Paro in the west to Trongsa in the east. During the course of this unsurpassable 25 day trek, we will cross 11 passes in excess of 4500 metres, including 5 over 5000 metres, and visit the almost separate mountain kingdom of Lunana, one of the remotest inhabited valleys on the planet Earth. Along the way we'll journey through fabled villages, like Laya, walk beneath peaks of six and seven thousand-metres, including Chomolhari, the astounding Jichu Drake, and the World's highest unclimbed peak, Gangkar Puensum. We'll also have time to absorb some of the incredible culture of this unique Himalayan Kingdom with visits to the spectacular cliff-face Taktsang 'Tiger's Nest' Monastery and the picturesque Punakha Dzong. Not for novices, this tough trek is the holy grail for seasoned Himalayan trekkers.

Hermit's Cave

Unique to KE is the acclimatisation trek up to visit the Hermit's Cave, just prior to arriving at Chomolhari Basecamp. Not only is this a culturally interesting visit to an area rarely visited by trekkers, it is also a fantastic aid to acclimatisation that will help prepare you for the rest of your trekking holiday.

BOOK EARLY for BHUTAN!

With only two airlines operating flights into Paro from Kathmandu, seats are limited and in high demand. Book early to guarantee your place on your chosen departure. We strongly advise booking a year in advance where possible.

FESTIVAL FEVER

Laya Royal Highlander Festival
Taking place at Laya, the highest village in Bhutan, this festival celebrates the life of the nomadic highlanders. As well as the local Layaps in their distinctive conical hats, highlanders of all ethnicities congregate in Laya to share their cultures and celebrate together.

Chomolhari Mountain Festival
The local mountain communities come together at Jangothang at the foot of the sacred mountain Chomolhari, to celebrate their natural environment, and in particular the Snow Leopard. These elusive and elusive big cats are known to inhabit the region. The Festival includes Snow Leopard themed dances performed by the villagers.

Is this holiday for you?

The Snowman Trek is widely regarded as one of the hardest treks in the world. This is largely due to its length and altitude and the fact that 11 high passes must be crossed. The actual underfoot conditions are rarely difficult and there are no glaciers to cross and no scrambling involved. However, the itinerary has been paced to suit experienced trekkers looking for a very challenging trip. Due to the remote nature of this trek a degree of flexibility with regard the itinerary is needed as the route may need to be adapted if conditions intervene. What's more, for a continuous period of almost 2 weeks we will be camping above 4000 metres. This itinerary is for experiences trekkers only. These challenges should be judged as positive attractions to someone looking for the ultimate trekking adventure.
Holiday Itinerary

Day 1: Meet at the group hotel in Kathmandu. Transfers from Kathmandu Airport are provided.

Arriving in Kathmandu you will be met outside the arrivals hall by a local KE representative who will arrange the transfer to the group hotel in the heart of the city; they will also supply you with a copy of your Bhutanese Visa, your ticket to Paro and details of the timings and where to meet the group for the transfer back to the airport the following morning. The hotel is only a short walk from Thamel and flight time allowing you may have time for some independent sightseeing. We have also arranged for dinner in the hotel tonight, which you can take at your own leisure. KE Land Only package services begin with the airport transfer.

Day 2: Fly to Paro in the Kingdom of Bhutan, transfer to hotel.

We transfer to the airport for the Druk Air flight to Bhutan's main international airport at Paro. The flight from Kathmandu to Bhutan is one of the most spectacular of all mountain flights. From the left side of the plane Everest, Makalu and Kangchenjunga, three of the world’s highest mountains, are clearly visible. The total flying time is only 45 minutes and soon we are descending into the Paro Valley, enjoying the splendid views of alpine forests, small monasteries, temples and flat-roofed farmhouses. Arriving into Paro we will be met by our Bhutanese guide who will accompany us to the hotel to check in.

If your Paro flight is in the morning there may be time to visit the National Museum housed in an ancient watch tower set high above the Paro Valley overlooking the Paro Dzong.

Day 3: Hike to the Taktsang (Tiger’s Nest) Monastery (3120m)

This morning we make the stunning hike up to one of the most important religious site in the entire Himalaya, the Tiger's Nest. The monastery has a most stunning location, perched on the ledge of a cliff 900m above the Paro Valley, and is only accessible on foot. Not just a cultural experience, this hike up to over 3000m will provide some excellent acclimatisation ahead of our trek. Around half way up the trail there is a classic viewpoint for Takstang, looking across the gorge to the monastic buildings clinging to the cliff wall opposite. There is a small teahouse located here where we can stop for a rest and a drink with a truly unforgettable view. The final approach to the monastery takes us down to a sacred waterfall, surrounded by a thousand fluttering prayer flags, where every crack in the rock is crammed with tsa-tsas (small caskets containing the ashes of the dead), before climbing back up towards the monastery. Leaving our bags and cameras at the gate we should hopefully be allowed to take a look around inside. As we explore amongst the various atmospheric chambers and altar rooms our guide will be on hand to explain all about the Buddhist rituals and iconography. We return to Paro in the afternoon. Tonight we will want to repack our bags ready for beginning our trek in the morning. You may leave some items you won’t need on the trek at the hotel.
Day 4: Drive to Shana (2860m) to begin our trek. Hike to Thongbu Samba (3104m)

From Paro we drive west for 30 minutes to the end of the surfaced road at the ruins of Drugyel Dzong (2530m). From here we continue following a farm road for around 1 - 1.5 hours, passing through small hamlets of houses built in traditional Bhutanese design. Arriving at the end of the farm road at Shana (2860m), we will be happy to stretch our legs. While our bags are loaded on the ponies we will set off following a path beside the river before climbing to our first night's camp at Thongbu Samba (3104m).

Day 5: Trek to Soi Thangka (3650m).

Today we gain height slowly as we continue along the river through a magnificent forest of pine and spruce, mixed with oak, birch and maple. The autumn colours of the leaves contrasts with the Pale Spanish moss (old man's beard) festoons many of the trees. After rain the trail can be muddy in places and where we cross streams there will possibly be slippery rocks to contend with, however, our local guides will be on hand to assist anyone if necessary. There are several small ups and downs today as we follow the river north and after crossing a bridge at 3560m. we make a short steep climb to reach a junction of two valleys, marked by a large chorten. There is a bridge here from where, weather permitting, we can see Chomolhari at the head of the valley. Our trail stays on the west bank of the Paro Chu and our next camp at Soi Thangka is only a half an hour's walk away.

Day 6: Acclimatisation trek to Hermit’s Cave (4300m). Descend back to camp at glacial meadow (3900m).

An important day for acclimatisation ahead of reaching Chomolhari Basecamp and crossing the Nyele La (4850m). We continue following the ancient mule trail that keeps to the left of the PaChu up to a camp at around 4000m. This trail slowly rises through old juniper trees and meadows in which yaks graze. We pass a small Royal Bhutan Army outpost and then in about 1.5 hrs we reach a large meadow with a lone white chorten. From the chorten in the meadow we take the trail on the right that starts with a steep climb up a small hill. In about a half hour we reach a beautiful meadow decorated with small birch trees and rhododendrons. A further 2hrs hiking will take us to the upper part of this scenic meadow, where lunch will be served. After lunch, we hike on past a few meditation centres or ‘drup khang’. The complete solitude of this region has in the past drawn several important historical figures to this area to meditate, such as the great saint Guru Rinpoche who travelled here in the 8th century and in recent times a highly-respected Thai Burmese Monk, Kuba Rinpoche who spent time meditating here. We hike back down to a glacial meadow at lower elevation (3900m) where we will camp for the night.

Day 7: Trek to Jangothang (4100m).
First we must backtrack a little on the previous day's trail before continuing our hike on the trails of the cow herders up to the small hamlet of Jumphu. From here we re-join the main trekking trail to today's camp at Jangothang, a beautiful grassy at the base of Mt Chomolhari. We have lunch in a meadow at Tikithang, just before we reach the school at Soi, The school children here have developed a habit of conversing with trekkers to practice their spoken English and, if the school is open, they may sing some nursery rhyme for us. From the school it is another hour's hike to the camp. Our camp tonight is next to a ruined dzong (4100m) beneath the huge east face of Chomolhari.

Day 8: Rest day at Jangothang.

Today is a scheduled rest day, intended to aid everyone's acclimatisation before the crossing of the Nyele La to Lingshi. There are plenty of options for a walk, and one possibility is a hike up the ridge behind the ruined dzong to a grassy summit at approximately 4500m, from where there is an incredible close-up view of Chomolhari. Alternatively, a 2-hour hike to a lake above camp provides a stunning location for photographs of Jitchu Drake. Green grass, grazing yaks, stunning mountain scenery - it doesn't come much better than this. For a spectacular view of Jitchu Drake closer to camp (even better at sunrise if you can get up sufficiently early), follow the river for 20 minutes to a lone house and here the mountain is presented before you. No matter what you choose to do today, the cooks will have had all day to prepare dinner and a veritable banquet will be waiting at the end of the day.

Day 9: Cross the Nyele La (4850m) to Lingshi and descend to camp.

Today we climb to cross the Nyele La to reach Lingshi. We follow the river for a while, before crossing it on a bridge. From here the path climbs steeply at first, the trail offers views toward Chomolhari and Jitchu Drake which are some of the finest of the trip. We are now very near the Tibetan Border as we make our way along a broad hanging valley to the final steep slopes leading to the Nyele La (4850m), which is adorned with prayer flags. From the pass we descend, steeply at first, to follow a long ridge before finally dropping through forests of rhododendron and pine to our camp beside the river.

Day 10: Trek to Shagay Pasa (4050m) via Chebisa and Gangyul across Gobu La (4445m).

After breakfast, we climb up to Lingshi Dzong. The dzong is currently under renovation and the monks have taken refuge in the nearby village. From here our path contours the hillside, passing by farms. There are views across the valley to the Basingthang Peaks and we can watch kestrels (almost identical to the European variety) hovering above the ridges. After a couple of hours the path turns a corner and there is a view of Tserim Gang, before we descend to Gang Yul (meaning 'village at the pass'). Set beneath limestone cliffs and dwarfed by the enormous east face of Jitchu Drake, Gang Yul's situation is one of the most impressive in Bhutan. Home to about 150 people, living in a dozen or so beautifully designed houses, this village offers endless photo opportunities. We may even be
lucky enough to be invited into a house to try chang (locally brewed drink) and roasted rice here. Leaving the village, the path continues along the hillside to Chebisa. From here, the path gradually climbs high above the river to the Gobu La (4405m). Although conquering a pass, this is a lovely walk. The pass also offers specular view of Tiger Mountain (Gangchen Taag) and we should also see blue sheep and eagles on this day. Tonight we camp at Shagay pasa nearby a glacial stream.

Day 11: Cross the Jhari La (4720m) to Robluthang (4200m).

From Shagi Pasa, the path contours across the hillside and then climbs steeply into a side valley, from where we climb up to the Jhari La (4720m). The views from the pass are stunning, especially the view of Tiger Mountain. Our next objective, the Shinge La, is the lowest point of the horizon opposite. As we descend through glorious pine forest into Tsharithang, we keep a look out for takin, the national animal of Bhutan which are quite common in this part of Bhutan. The scenery on this day's walk is breathtaking - it inspired Victor Saunders, one of Britain's most travelled Himalayan climbers, to comment that this was the best walking he'd ever done! We cross a river and camp in a very scenic position just half an hour's walk up the hillside, at a place known as Robluthang (4200m).

Day 12: Cross the Shinge La (5000m) to Limithang (4050m).

An obvious yak trail, scarring the hillside, can be seen directly above the camp. This is followed to a beautiful hanging valley with a lone yak herders hut, two hours above the camp. The path takes the left side of the valley and soon the Shinge La (5000m) is visible. The final climb is quite strenuous, but save some energy to place a small stone on one of the four cairns that mark the end of the climbing. Prayer flags and dried leaves enhance the fascination of this pass which marks the boundary of the Laya District. Our descent follows an obvious path into the centre of the valley, to a clearing by a huge rock. We continue descending until we see a bank of moraine, which is holding back a very picturesque lake. The backdrop to this beautiful valley is Kang Che Da, the Great Tiger Mountain. We camp a short way down the valley at Limithang (4050m), in a meadow by the river.

Day 13: Arrive into Laya (3800m).

A beautiful morning's walk today through a bird spotter's paradise. Although shorter than some of the days so far, there is quite a lot of up and down. We cross a bridge and follow the left bank of the river on an undulating trail through more forest of spruce and juniper. As we descend we start to see Spanish moss once again hanging from the trees. The path then gradually climbs above the river and soon we see the first houses on the outskirts of Laya (3800m). The people of this fascinating village are very friendly and they present a most unusual and striking picture, with their pointed hats, hair covered in mustard oil and highly decorative jewellery. We aim to arrive in Laya in time for lunch and have the afternoon free to look around the village and to visit the hillside monastery.
set up camp on one of the village fields. In the autumn season the fields have been harvested and finding a camping place is easy.

**ACCOMMODATION**

**CAMPING**

**MEALS**

**BLD**

**ASCENT** 150M

**DISTANCE** 10KM

**TIME** 4 - 5 HRS

**TREKKING HOURS**

**DESCENT** 400M

**DAY 14: Rest day in Laya village.**

A well earned rest day and an opportunity to observe the daily lives of the people who live in this remote village. This is also a good time to catch up on laundry, diary writing etc. There are opportunities for walks around the village for those who simply have to exercise!

**ACCOMMODATION**

**CAMPING**

**MEALS**

**BLD**

**ASCENT** 900M

**DISTANCE** 14KM

**TIME** 7 - 8 HRS

**TREKKING HOURS**

**DESCENT** 525M

**DAY 15: Trek to Rodophu (4215m).**

From Laya, the main path from the village descends to the lowest house, passes through a large entrance chorten and drops down to the river. During the monsoon, from June to September, this valley receives a great deal of rainfall and as a result the forest and jungle is particularly lush and impressive. We pass by an army camp looking quite incongruous in this setting, and continue on a trail alongside the Mo Chu to a small indistinct turn off to Rodophu. From here, the ascent is gentle, through mixed shrub and coniferous forest by the side of a tributary of the Mo Chu. There are many alpine flowers on the walk, including scabious, miniature michaelmas daisy, celandine and wild roses, to name but a few. We continue to the traditional camping place at Rodophu (4160m), a single yak herder's hut just above the tree line.

**ACCOMMODATION**

**CAMPING**

**MEALS**

**BLD**

**ASCENT** 900M

**DISTANCE** 14KM

**TIME** 7 - 8 HRS

**TREKKING HOURS**

**DESCENT** 525M

**DAY 16: Across the Tsome La (4900m) to Narethang (4900m).**

We make a steady climb to the Tsome La (4900m.) where we enjoy superb views of Chomolhari and Jichu Drake, and also over Lunana and the peaks of the Tibetan border. Our route now crosses a high barren plateau to a campsite at Narethang (4900m) situated between the Tsome La and Karakachu La. This is quite a high camp at this stage of our trek but it is the only site available before crossing the Karakachu La and we will be descending again tomorrow. Our camp is facing the great Gangla Karchu whose glacial lake is also visible from here.

**ACCOMMODATION**

**CAMPING**

**MEALS**

**BLD**

**DISTANCE** 16KM

**TIME** 6 - 7 HRS

**TREKKING HOURS**

**DAY 17: Cross the Karakachu La (5080m) to Tarina (3980m).**

Setting off once more across the high plateau we walk below the spectacular peak of Gangla Karchung (6395m.) before making a final short, steep climb to the summit of the Karakachu La (5080m.), where we find simply stunning views to the north. A whole group of unclimbed 7000 metre mountains, including Masakang, the Tshendayang Group and Teri Gang, provides one of the finest mountain panoramas in Bhutan. What makes it even more special is the fact that only a relative handful of foreigners have seen it! There is still a long descent into the Tarina Valley, but the scenery is absolutely breathtaking, as we enter a huge lost valley, totally devoid of
population. Our camp-site is by the river at a place known as Tarina (3980m). After last night's high camp the air at 3980m will feel positively oxygen rich!

Day 18: Trek to Woche Village (3800m).

We wake up in one of the most beautiful valleys in Bhutan - maybe one of the best kept secrets in the entire Himalaya. Snowy mountains, virgin forest, clear mountain streams - it doesn't come much better. We follow the river down-valley and have lunch just before the turn off to Woche Village (3800m). A climb of around 300 metres leads to this small settlement, which consists of only 3 or 4 dwellings. This part of Bhutan is very rarely visited by foreigners and an enthusiastic reception by the villagers is almost guaranteed.

Day 19: Cross the Keche La (4485m) to Lhedi (3650m).

Our first objective is the Keche La (4485m). The trek to the pass is through forest at first and then fine open country with more superb views north to the unclimbed mountains of Kangphu Gang and Jeje Kangphu (7300m). It is 3 hours from Woche to the Keche La and a further hour to our lunch spot at Tega. Now the scenery is on a vast scale - a wide forested valley, quite unlike anything encountered so far, heads north-east to Thanza and the enormous 'Table Mountain' Zongophu Gang (7094m). We descend through numerous settlements to the Po Chu, and walk along the river-bed for an hour to our camping place at Lhedi (3650m), a string of houses on high ground above the river, with a small temple.

Day 20: Trek to Chozo (4000m).

We continue on a new trail along the river-bed. En route we pass Chozo Dzong, one of the oldest Dzongs in Bhutan and we have a chance to look inside this fascinating place. We are now in the very heart of Lunana and we are so cut off from the rest of Bhutan that very few people speak Dzongkha, the country’s main language. The people who live in this valley are very friendly and curious, as well as being noticeably taller and more strongly built than the average Bhutanese. They have a long history of trading with Tibet. We camp near the village for convenience to change yaks/horses from our friends from Laya who now hand over to our new friends from Lunana.

Day 21: A rest day at Chozo.
If everything has gone to schedule, we plan to have a rest day at Chozo, as there is plenty of scope for photography and exploration. A walk up to ridge above the village provides stunningly view of the Table Mountain, Kangphu Gang, Norbu gang and Jeje Kangphu (7300m).

Day 22: Across Sinthey La (5200m) Tsochena (5050m).

With fresh legs after our day's rest, we start our trek beside the Lunana River to the base of the Sinthey la. From there we are faced with a steep ascent of around 1000m to reach the top of the pass. As we climb the slope, which is covered in dwarf rhododendron we will want to pause to look back at the whole vista of the Lunana Valley, including the villages of Thanza, Chozo and Tencho which will open up behind us. As we approach the Sinthey La the grazing yaks in the valley below now appear just dotted spots. If you missed the earlier views of the table mountain (Singye Gang), Kangphu Gang or Jeje Kangphu, today's trail offers another chance to see these majestic mountains. From the Sinthey la (5200m), the trail descends offering views of two small azure blue lakes, one above the other. The nomads have named the lakes Tshokaynya (lakes resembling fishes). We camp on the shores of the larger lake at 5050m.

Day 23: Trek over the Loju La (5140m) to Jichu Dramo (5050m).

We follow the shoreline of the blue-green lake of Tsochena before making a gentle ascent to a ridge at 5100m where there is yet another spectacular 360 panorama to feast upon. After going up and down over several small hills we reach a glacial lake and the route now descends briefly before climbing again up to the next pass, the Loju La (5140m.). Finally after crossing a small saddle (5100m.) we enter a wide glacial valley from where the trail descends gradually to the campsite at jichu Dramo (5050m.).

Day 24: Cross the Rinchen Zoe La (5320m) to Chukarpo (4600m).

Right after leaving the camp we climb through ancient moraine to the crest of the Rinchen Zoe La (5320m), the highest pass of our trekking route. We are once more rewarded by spectacular mountain scenery with an impressive array of Himalayan peaks. Closer to hand, Rinchen Zoe Peak (5650m.) towers above the pass to the west. Descending from the pass, our route now leads into a wide valley with several lakes and goes steeply down along a moraine to the Tampe Chu. Here the vegetation begins to thicken again and we see our first real trees since Lhedi! After a couple more hours of descending we reach our overnight camp at Chukarpo (4600m.). Alternately, if we can, there is another camp site at Tsong Sa Thang about 1.5 hrs which is recommended if we have snow at the Chu Karpo camp.

Day 25: Trek to Tampe Tsho (4300m).
We continue our descent, following the Tampe Chu river to a meadow and yak herder huts at Gala Pang Chhu (4010m). These area is home to blood pheasant, Himalayan Monal and Himalayan Black bear. This is subalpine zone with good cover of forest of Fir, conifer and hemlock. From here we climb steeply to Tampe Tsho, a beautiful clear turquoise lake where we make camp (4300m).

Day 26: Cross the Tampe La (4600m) to Maurothang (3610m).

From the lake we climb directly up to the final pass of the trek, the Thampe La (4600m). This is an area inhabited by blue sheep and we may well spot some of this rare breed of mountain goat as we climb steadily to the summit of the pass. After taking in the splendid views much softened now as we look south across the foothills, we descend to the sacred lake known as Om Thso. It is forbidden to throw stones (or anything else) into the lake and we pass it quietly and reverently. Beyond the lake we walk beside a waterfall and stream which feeds a second smaller lake. We end the day with a descent of steep ground through mixed forest to a camp known as Maurothang (3610m) on the banks of the Nikka Chu.

Day 27: Last day of trekking to Sephu, transfer to Gangtey.

During our final day of trekking we will need to transfer our baggage from Yaks to horses as we will now be dropping down below 3000m and Yaks do not at all appreciate being taken this low. The trail follows the river to reach a large grassy area overlooking the road and the village of Sephu. We finally reach the road at the Nikka Chu Bridge at Sephu where there are several stores and small restaurants. This is where our vehicle will be waiting for us and after saying goodbye to our crew we climb aboard for a drive for approximately one hour across the Pele La to the Phobjikha valley. Here we check into our hotel and enjoy the luxury of a shower and a real bed!

Day 28: Drive via Punakha Dzong to Thimphu.

Returning to the main east-west highway, we continue our journey, passing through the picturesque town of Wangdi situated below another imposing dzong. There is the opportunity to visit Punakha. It is well worth spending some time looking around the magnificent dzong, which was built in 1637. Lying at the junction of the Mo (mother) Chu and the Po (father) Chu, the Dzong is the winter home of over 1000 monks. Every year the Punakha festival celebrates the famous victory over the Tibetans, who were repulsed whilst trying to recapture the sacred statue of Avalokiteshvara, brought to Bhutan by Shabdrung in 1637. Back on the main road, we cross the final pass in this spectacular cross Bhutan road journey, the Dochu La and then its downhill all the way to Thimphu. We check into our hotel and there will be time for some souvenir buying before a celebratory evening meal.

Day 29: Fly to Kathmandu. Afternoon free for independent sightseeing.
We have an early transfer to Paro Airport for the morning flight to Kathmandu. The flight takes only 45 minutes and on arrival we transfer to our comfortable hotel. The remainder of the day is free to explore the city or for shopping in the bazaars. An evening meal is included at the hotel, for those that wish to dine together, or you are free to head out into Thamel independently to a restaurant of your choice.

**ACCOMMODATION**

**HOTEL**

**MEALS**

**BLD**

**Day 30: Departure day. Transfers to Kathmandu Airport are provided.**

KE Land Only package services end after breakfast. Transfers to Kathmandu airport are provided. There are lots of extensions that can easily be added to your holiday. Why not pre-book a simple full day-tour in the Kathmandu Valley, or a multi-day excursion to wildlife reserve at Chitwan. Contact the KE office for more details.

**MEALS**

**B**

**Extend Your Holiday**

**Extensions**

When booking your holiday, you will be able to ‘add an extension option’.

Once we have received your booking we will contact you to discuss additional services required for the extension and to take any additional deposit.

**Chitwan Jungle Extension**

The jungles of southern Nepal are an interesting counterpoint to trekking in the foothills or the high Himalaya. Tiger Tops Tharu Lodge provides a relaxing and comfortable base for a wildlife safari and cultural village experience. During two days of wildlife viewing in the Chitwan National Park 'buffer zone' - the interface area between visitors and the animals that live at Chitwan – you will be accompanied by expert guides on safaris by jeep by boat and on foot.

| Chitwan Jungle Extension | 3 days | From **US$1240** per person |
Kathmandu Tour - Nagarkot And Bhaktapur

The Kathmandu Valley contains the cities of Patan, Bhaktapur and Kathmandu itself, all of which were once independent kingdoms. An exploration of the valley's historic and cultural sights is an excellent way to begin or end your adventure in Nepal. Highlights of this tour includes a very early drive up to Nagarkot on the Kathmandu Valley rim, the perfect place to watch a Himalayan sunrise. This is followed by a tour of the UNESCO World Heritage Site of Bhaktapur, renowned for its temples and traditional buildings.

Kathmandu Tour - Nagarkot and Bhaktapur 1 day From US$150 per person

Holiday Information

What's Included

- A professional and qualified tour leader plus support crew
- Bhutan visa fee
- Flights between Kathmandu and Paro
- All transfers and land transport involved in the itinerary
- All accommodation as described
- All meals
- Full service camping on trek including all camping equipment
- 'Thermarest' inflatable camping mats whilst camping
- FREE Sleeping bag and down jacket hire is available for this holiday on request

What's Not Included

- Travel insurance
- Nepalese visa costs
- Tips for drivers and trek staff
- Miscellaneous expenses - beer and souvenirs etc

Joining Arrangements & Transfers

The group will meet at the group hotel in Kathmandu. Airport transfers are provided for all clients arriving Kathmandu on Day 1 and departing on the last day of the Land Only itinerary and all clients with additional nights booked through KE. Hotel contact details and an emergency telephone number will be provided with your booking confirmation.
Meal Plan

All meals are included in the holiday price from dinner on Day 1 to breakfast on the final day of the Land Only itinerary.

Food & Water

The Bhutanese love chillies; red, green, raw, cooked and flavouring their condiments – fans of spicy food will be in their element in Bhutan! Don't panic if spicy food is not for you, all the hotels and restaurants in Thimpu and Paro offer a range of delicious dishes suitable for all tastes. Breakfasts whilst in hotels will consist of choice of cereal or muesli, eggs, toast, beans, sausage or bacon with tea, coffee and juices.

You can expect to be fed very well during the trekking section of your holiday. Our trekking chefs are old hands at managing camps and meals whilst in the mountains. A senior trek cook and camp manager must have a minimum of five years of training and experience to qualify for the post! Our cooks have undergone training both on Bhutanese and continental dishes and can expect to be served a wide variety of delicious food on trek. Breakfast and dinner will be taken at the camp sites, whilst lunches will generally be carried on ponies and served mid-way on the trekking route for the day. Tea and hot drinks will be provided throughout the day and you will also usually also get a wakeup call from the camp crew with a nice cup of hot Chai! Whilst on trek drinking water will be purified by boiling and will be provided regularly.

It is not recommended to drink untreated water from the taps. If you are on a trekking or cycling holiday, water is supplied to fill up your individual bottles. This will be boiled, filtered or provided in large jerry cans or 5 litre bottles. Additionally you should take purification tablets or a filter bottle (such as a Water-To-Go bottle) to treat your water when in towns or where water is not supplied. We do not encourage the purchasing of single use plastic bottles.

Special Diets

Whilst we can cater for vegetarians, albeit sometimes with a more limited choice, we cannot provide special diets. Due to the nature of the trips that we operate and the countries in which we operate them, it can be very hard (and sometimes impossible) to cater for a wide range of dietary choices and you may have to supplement your diet with food/snacks from home. If you have specific dietary requirements please do speak to our sales team and they will be able to advise you whether or not we will be able to offer your specific choice. Please note that we are unable to provide separate menus and cannot accept liability for any problems arising from special dietary requirements or intolerances.

Accommodation

This trip has 2 nights in Kathmandu, one en route to Bhutan and one on the return journey. In Kathmandu we use a comfortable, centrally located hotel. In Bhutan, we will also use comfortable and well located hotels.

Whilst on trek there are 23 nights full service camping where you will enjoy a full-service from our friendly camp crew. You will sleep in hardy 2 man dome tents and inflatable Thermarest mattresses are provided.

All the camp equipment and luggage will be transported between camps by ponies or yaks, you need only carry your day pack. Our camp crew will erect and dismantle the tents for you, cook, and take care of all the camp chores.

During walking days, having stayed behind to collapse camp, it is usual for the crew and the pack animals to overtake the group during the day and you will usually arrive into camp to find it already established, with your
personal bags already placed into your pre-assigned tents and the kettle on!

In camp, as well as the tents used for sleeping, there will also be a mess tent, with chairs and tables, where the group will dine (and socialise into the evening), a toilet tent and even a shower tent where a bucket of hot water can be provided for you to wash with. Hot water for washing will also be provided to you in the mornings and when you arrive at the camp each day. On cold nights we'll even provide hot water bags/bottles to keep you warm when it is time for you to retreat to your tents for the evening.

All accommodation is allocated on a twin sharing basis. If you are travelling by yourself you will be paired up with another single client of the same sex. It is possible to hire a single tent while on trek for an additional cost. (Please note single tent hire does not include single rooms in hotels). It is also normally possible to book a single room for the 2 hotel nights in Kathmandu plus the nights spent in hotels in Bhutan, other than the nights in Thimpu during the festival - rooms are very limited during festivals and single rooms in Thimpu are therefore not included in the single supplement. Also extra nights in Kathmandu can be arranged if you plan to arrive early or depart later than the group trip dates (subject to availability). For Single tent hire costs, Single room Supplements and additional hotel night costs please refer to the Dates & Prices page on our website.

**Internal Flights**

**Flights To Bhutan**

It is possible to fly to Bhutan from Kathmandu, Delhi, Bangkok and Singapore, as well as from Dhaka and several regional airports in India. Our preferred port of transit for this holiday is Kathmandu, which has daily flights to Paro and a good tourism infrastructure. In addition, Nepal visas are easily obtained on arrival and are relatively inexpensive. Druk Air and Bhutan Airlines are the only airlines operating flights to Bhutan and seats can be limited, particularly around the time of the major festivals. Early booking is essential. It is not always possible to confirm seats immediately and it is not uncommon for passengers to be 'waitlisted' for several weeks until their booking clears. In rare circumstances, it may be necessary to route our groups or individual clients through an alternative airport if waiting lists are not cleared in good time.

**Group Leader & Support Staff**

The group will be met and escorted in Kathmandu by a local KE representative. Once in Bhutan the group will accompanied throughout by a professional and qualified tour leader. During the trek the tour leader will be assisted by local guides and a full trek crew including cooks, baggage animals and their handlers.

**Altitude**

This holiday involves going to very high altitude. During the course of your trip you will be spending at least one night above 4000 metres and/or trekking to 5000 metres or above. This is not something that you should worry about; the human body is quite capable of adapting to a very wide range of altitudes, but it is important that we follow some simple rules in order to acclimatise successfully. Before coming on this holiday you should read the advice on [trekking at high altitude](#). Unless you have previous experience of trekking above 4000 metres you should consult one of our trekking experts before embarking on this holiday. On this trip we carry a portable altitude chamber (PAC-bag) and/or bottled oxygen for use in emergencies.

**Spending Money**

Approximately £350 (or equivalent in Euros, US dollars etc.) changed into local currency should be allowed for miscellaneous expenses including porter and trek crew tips, drinks, snacks etc. We recommend that you carry your
travel money in the form of cash, since you will exchange the majority of this on arrival (into Nepalese rupees in Kathmandu, and into Bhutanese Ngultrum at Paro Airport). Sterling, US Dollars and Euros are equally acceptable for exchange in Nepal and in Bhutan. You can withdraw cash from ATM's in Kathmandu. In Bhutan money can be easily exchanged but you cannot rely on withdrawing money from ATM's.

Guidance On Tipping

Tipping is the accepted way of saying thank you to your guide and trek crew. Although tipping is voluntary and does not form any part of the wages of the staff, most groups will want to give a tip at the end of their trek. We recommended that you tip your local guide and trek crew if you are happy with their services. It is usually best to arrange this as a group tip, with each person contributing to a pool. You will usually have two different trek crews on this trip, one as far as Laya and another for the trek into Lunana. As a rough guide, we recommend that each group member contributes around $150 to a pool for each crew ($300 in total). This can then be divided among the crew as the group sees fit. Normally your guide will get the biggest amount followed by the cook and then assistants but this is really up to you. Once you have decided how much to tip your guide, they will be able to offer advice on how to divide the remainder fairly.

Baggage Allowance

For this holiday you should take one piece of luggage, which should be a soft duffel bag and a daypack. Your bag on trek will be carried by porters or pack animals and should not weigh more than 15kg. It is possible to leave extra baggage at the hotel in Kathmandu and in Paro. For international flights please check your baggage allowance with your airline.

Group Size & Holiday Status

For each holiday there is a minimum number of participants required to enable it to go ahead. Once the minimum number is reached, the trip status will change from 'Available' to 'Guaranteed to run'. You can check the trip status for each departure in 'Dates and Prices' table. Other than in exceptional circumstances, we will not cancel a trip once it has achieved this guaranteed to run status and so you are free to proceed with your international flight booking and other travel arrangements.

Recommended Outdoor Retailers

Many of the Equipment items listed above are available from Cotswold Outdoor - our 'Official Recommended Outdoor Retailer'. When you book a holiday with KE you will receive 15% discount voucher from Cotswold Outdoor and other retailers.

Travel Insurance

It is an essential condition of joining a holiday with KE Adventure Travel that you have a valid travel insurance policy to cover the cost of medical treatment and to protect the value of your holiday in the event of cancellation. When taking out insurance please ensure the policy you choose covers you for the activities and altitude included in your itinerary.

For appropriate insurance cover we recommend Campbell Irvine Direct. Please go to our Travel Insurance page for further information and to get a quote.
General Information

Passport & Visas

A passport with 6 months remaining validity at the end of your stay is generally required for visits to countries outside the EU. The information that we provide is for UK passport holders. Please check the relevant embassy or consulate for other nationalities. It is your responsibility to ensure that you have the correct travel documents and visas for your holiday. Visa requirements and charges are subject to change without notice. If you are travelling outside the EU you should have at least 2 blank pages in your passport for each country that you visit.

Visa information is changing all the time. Please ensure that you check for the latest advice before travel.

Visa Nepal

All nationalities require a visa and this can be obtained on arrival at Kathmandu Airport. The visa process is automated and this includes having your photograph taken. The visa fee is $30 for 15 days, $50 for 30 days, $125 for 90 days. The visa is FREE for children under 10 years. The visa allows multiple re-entry. Payment must be made in cash and USD, GBP or Euros are accepted. Whilst these are not now needed for the visa process, we recommend that you travel with at least 2 spare passport photographs.

You can avoid the queue for the first stage of the visa process on arrival at Kathmandu Airport by printing off this application form and completing it before you travel (you will need to attach one passport photograph to this form). If you travel with this form you can go directly to the cashier to pay for your visa.

Visa Bhutan

All nationalities require a visa. KE will apply for the visa for you. The visa fee is included in your holiday cost. We require copy of the information page of your passport in order to make the arrangements for your Bhutanese visa. A colour scan must be emailed or posted to us at the earliest opportunity.

Transit Via India

If you are travelling via India (Delhi or Calcutta) to your destination you may also require a visa for India. This may apply even if you are not leaving the airport unless your baggage has been checked all the way through to your destination. Generally, if you use the same carrier for both legs of your journey, you will not need an India Visa. Please download the detailed information document: Visa PDF India.

Health & Vaccinations

Severe Allergies

If you have a severe allergy please inform the KE office before you travel. We will do all we can to help, but we cannot guarantee an allergy free environment on KE trips. You will need to carry your own treatment for the allergy with you, as 'adrenaline auto-injectors' are not carried as standard by KE leaders and staff. You should inform your leader on arrival of your allergy, and let them know where you keep your adrenaline pen.
Vaccinations

You should contact your doctor or travel clinic to check whether you require any specific vaccinations or other preventive measures. You should be up to date with routine courses and boosters as recommended in the UK e.g. diphtheria-tetanus-polio and measles-mumps-rubella, along with hepatitis A and typhoid.

Malarial prophylaxis is not usually required for trips in the mountains, however if you are visiting rural and remote low lying areas then they might be necessary. On holidays to more remote areas you should also have a dentist check up. A good online resource is Travel Health Pro.

Dengue Fever

Dengue fever is a known risk in places visited. It is a tropical viral disease spread by daytime biting mosquitoes. There is currently no vaccine or prophylaxis available and therefore the best form of prevention is to avoid being bitten. We recommend you take precautions to avoid mosquito bites.

Currency

The unit of currency in Bhutan is the Bhutanese Ngultrum.

The unit of currency in Nepal is the Nepalese Rupee.

Electricity Supply & Plug

We recommend you check if you require an adaptor for your electrical items at:

http://www.worldstandards.eu/electricity/plugs-and-sockets/

Preparing For Your Holiday

Getting some additional exercise before coming on an active holiday makes a lot of sense. The fitter you are, after all, the more enjoyable you will find the experience. This holiday falls within our highest grade and you need to be aerobically fit and also comfortable with walking up to 7 or 8 hours each day with ascents and/or descents of up to 1000 metres (3300 feet) over several days. Hill walking, with a good amount of ascent and descent, is the best training, and we would suggest that you try to fit in a number of long weekend walks before you depart. Running, cycling and swimming are also good for developing cardio vascular fitness and stamina.

There is little you can do to prepare for the altitude but if you have an excellent level of fitness this can help.

Climate

In general the climate of Bhutan is colder and damper than one would expect to find in the Himalaya of India or Nepal. The monsoon usually arrives in June, and lasts until the middle of September, bringing with it the heavy rainfall that is responsible for the lush vegetation which carpets much of Bhutan. March and April, as well as late September through to November are the best months to visit Bhutan. Pre-monsoon the weather is generally very good, with bright, sunny mornings and sometimes a moderate build up of cloud in the afternoons. Post-monsoon the weather is normally bright and clear. The starting points of treks in Bhutan are generally higher by about 1000 metres than many treks in Nepal and so we do not experience the same high temperatures and humidity that are a feature of the lowest sections of some Nepalese trips. Day-time highs of around 20°C can be expected at altitudes around 2000 metres, whilst at our highest camps the maximum daytime temperature will be 10°C to 15°C. At night-time, the temperature will fall below freezing at our highest camps. Although prolonged periods of
bad weather are not common outside of the monsoon season, mountains do create their own weather and short lived periods of rain or snow can never be completely ruled out.

Travel Aware

As a reputable tour operator, KE supports the British Foreign & Commonwealth Offices' Travel Aware campaign to enable British citizens to prepare for their journeys overseas. The 'Travel Aware' website provides a single, authoritative source of advice for all kinds of travellers and we recommend that prior to travel, all KE clients visit the official UK Government website at travelaware.campaign.gov.uk and read the FCO Travel Advice for their chosen destination. North Americans can also check out the U.S. Department of State website: www.travel.state.gov for essential travel advice and tips.

KE treat the safety and security of all clients as the most important aspect of any trip we organise. We would not run any trip that we did not consider reasonably safe. Should the FCO advise against travel for any reason, we will contact everyone booked to travel to discuss the situation. We receive regular updates direct from the FCO and are in constant touch with our contacts on the ground. If you have any questions about government travel advice, please call our office.

Single Use Plastic

KE do not encourage the use of single use plastic items. We are ensuring that our agents all over the world are working together to reduce the problem and educate those around them. We are leading by example in our KE office by reducing our plastic use. We have pledged to AITO’s Project Protect that 70% of our agents stop using single use plastic bottles.

Books

• Bhutan, Land of the Thunder Dragon. Owen Edmunds

Maps

Bhutan Himalaya. Nepa Maps

Indexed general map of Bhutan, providing a general overview at 1:390,000 of the main trekking routes. Bold hillshading indicates the general relief, and light green shading highlights the national park areas. Highways, main roads and selected minor routes are marked, and highlighted in different colours are the trekking routes. Selected peaks passes and altitudes are marked, and symbols denote campsites, monasteries, monuments, and places of interest.

Flight Information

Flight Inclusive Or Land Only?

On our website we display a UK Flight Inclusive package price and Land Only package price for the majority of our holidays.
Flight Inclusive Notes

The FLIGHT INCLUSIVE dates and prices are based on UK flights from London to Kathmandu. Outbound flights will usually depart from the UK in the evening, arriving mid afternoon the following day (day 1 of the itinerary). Return flights will depart Kathmandu usually in the morning of the last day of the itinerary, arriving in the UK later the same day. Regional departures and/or alternative carriers are available on request.

Please be aware that there are often only a limited number of seats available at the advertised price. To avoid paying flight supplements, we recommend that you book as early as possible, especially during peak times. If we are unable to secure seats at the price shown, or you have requested regional departures, we will contact you with an alternative quote. Please note that you may be asked to pay for your flights in advance of your final holiday balance. Note that if you book a package including flights with KE you will benefit from full financial protection.

Land Only Notes

The LAND ONLY dates and prices are for the itinerary joining in Kathmandu on the dates shown above. For clients making their own flight arrangements, Kathmandu Airport is the most convenient for transfers to the group hotel. Please refer to the ‘Joining arrangements & transfers’ for further details.

Flights SHOULD NOT be booked until you have received your booking confirmation and the departure is showing ‘Guaranteed to Run’ or ‘Limited’.

Why Choose KE Adventure Travel?

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Operating since 1984, KE Adventure Travel has some of the most experienced staff in the business, with the proven ability to set up and operate a worldwide programme of adventures. Everyone has adventure travel at heart and joins at least one trip a year. It is this depth of experience that makes KE stand out from other adventure travel operators. When you contact KE, by phone or e-mail, or visit our office, you will find the help and advice you need, from someone who has actually done the trip and can give you the benefit of their first-hand experience.

KE can guarantee the very best in trip support, excellent food, a good standard of hotel and other accommodation, plus the back up of one of the most respected companies in the business. Client satisfaction is at the top of our agenda and almost 50% of our bookings each year come from repeat business. If you are looking for adventure then look no further than KE.

Group Tour Leaders

All of our holidays are accompanied by an experienced leader, some of whom have worked with KE groups for many years. Many are professional guides and instructors with an unrivalled knowledge of the areas in which they work. In many parts of the world, we recruit local guides with appropriate training and experience. In addition to having the technical skills to ensure your safety, KE expects its leaders to be active members of the group. A leader should be fun to travel with and ready to share with you their enthusiasm for adventure travel and their knowledge of the area. Alongside the group leader, there will be a local support crew, which could be just a driver, or a complete team of guides, drivers, porters, mule-herders and cooks. The hard work of our support crews, along with the fascinating insight they can offer into their local culture, is integral to providing you with the very best adventure travel experience.
Sustainable Tourism

Since we ran our first trip in 1984, we have been committed to keeping the world’s most beautiful places pristine by minimising our environmental impact. Recognising the fragility of the world’s wilderness environments, we keep our groups small and operate according to a ‘Mountain Code’, which is provided to all groups, trek leaders, agents and staff. We make sure that our local staff are well treated and well paid, we respect indigenous cultures, take care to protect the environment of the places we visit and take every opportunity to make a positive contribution wherever we travel. Our philosophy of ‘leaving nothing but footprints’ has been integral to KE’s approach right from the start over 30 years ago. In recognition of our efforts we are proud to have achieved the highest award of 5 Stars for Sustainable Tourism by AITO.

We continue to travel responsibly, and more information on our policy, practice, and specific projects can be found at www.keadventure.com, and on the website of our partner charity the Juniper Trust: www.junipertrust.co.uk. KE’s Mountain Code is issued to our staff, trek leaders and overseas agents, and we recommend it to our clients, too!

Booking Your Holiday

The easiest way to make your booking is online. You will need to pay a deposit at the time of booking. This is normally £200 but for some holidays with special permit fees or internal flights, this may be more. The amount of deposit required for an individual holiday is given on the dates and prices page of the holiday. Late bookings will require full payment. We cannot confirm any booking until we receive your fully completed booking form.

Adventure Travel Insurance

It is a condition of joining any of our trips that you are insured against medical and personal accident risks (to include repatriation costs, air ambulance and helicopter rescue services). We also strongly recommend that you take out holiday cancellation insurance, as all deposits paid are non-refundable. Please ensure that your insurer is aware of your KE Adventure itinerary and can agree to cover the activities being undertaken. You will then need to advise us of your policy details and complete an Insurance Declaration Form.

CAMPBELL IRVINE DIRECT travel insurance is available to EU residents and will cover the majority of KE Adventure holidays. It has been designed to provide cover for activities normally excluded by other insurers such as trekking, mountain biking and climbing. Please note that certain activities may attract a higher premium. In addition ‘Campbell Irvine Direct’ cannot provide cover for KE climbing trips above 6000m. Cover for these can be obtained through either the British Mountaineering Council (BMC) or Snowcard.

TRAVELEX is a USA based insurer offering travel insurance, which can be used by US citizens and US residents only. KE recommends the “Travelex Select” package for our holidays. If your holiday involves using mountaineering equipment (ropes, harness or crampons), for climbing or glacial travel, you should consider the "Adventure Plus Pak" optional upgrade on the Travelex Select Plan. Please refer to the 'Description of Coverage' for a summary of the terms, conditions, exclusions and limitations of the applicable Protection Plan. This policy will also cover KE climbing trips above 6000m.
Equipment List

The following checklist should help you with your packing. As a general rule, you should always try to keep the weight of your equipment to a maximum of 15 kgs.

You Must Bring The Following Items:

• Sleeping Bag (comfort rating -15C)*
• Warm jacket (down)*
• Hiking boots
• Smart shoes (if your trip includes visiting a festival)
• Socks
• Underwear
• Waterproof and windproof jacket
• Waterproof and windproof overtrousers
• Trekking trousers
• Thermal baselayer leggings
• Thermal baselayer shirts
• Fleece jacket
• Sunhat
• Fleece hat
• Scarf or buff
• Sunglasses
• Thermal gloves
• Warm and waterproof gloves or mittens
• Daypack 30 litres.
• Headtorch with spare batteries
• Washbag and toiletries
• Antibacterial handwash
• Sun protection (including total bloc for lips, nose etc.)
• Water bottles (2 x 1 Litre). (Note that the tube on camelback / platypus type systems can be prone to freezing in cold conditions) (we encourage re-filling water bottles rather than single use plastic)
• Water purification tablets
• Selection of dry bags (to keep kit bag contents dry)
Basic First Aid Kit including: Antiseptic cream, throat lozenges, diarrhoea treatment (Imodium), altitude (Diamox), painkillers, plasters and blister treatment, and re-hydration salts (Dioralite). Glucose tablets and multi-vitamin tablets are also a good idea.

The Following Items Are Optional:

- Sleeping bag liner
- Thermos flask
- Swimwear (for the hotel pool in Kathmandu)
- Travel clothes
- Trainers or similar
- Spare laces
- Trekking poles
- Gaiters (highly recommended due to muddy conditions)
- Insect repellant – (DEET)
- Pen-knife (note: always pack sharp objects in hold baggage)
- Repair kit – (eg. needle, thread, duct tape)
- Small padlock (to lock your bag)
- Camera
- Small travel towel
- Reusable cloth bag for shopping (to avoid plastic bags)

Notes

*FREE sleeping bag and down jacket hire is included in your KE holiday booking upon request.

Please make all requests at least 6 weeks prior to the trip departure date. Note all hire / rental equipment is issued in Bhutan. Please remember to allow room in your trek bag for these items.

‘Thermarest’ inflatable camping mats are provided whilst camping.

PHD Gear Advisor: PHD specialise in cold weather equipment, from the world’s lightest right up to the most protective for Everest or the Poles. It’s a large range. So to help you choose what you need to keep you warm, PHD have listed the gear that is appropriate for this expedition. Click here.

FESTIVAL DRESS CODE

The Bhutanese always come dressed in their absolute finest clothing for a festival and so you may want to bring a smarter set of clothes with you to use on the days you are attending the festivals. Long sleeves and long trousers (no jeans) are best, women might want to bring a scarf, and trainers, dirty boots or open toed sandals should not be worn where possible, hats should also be avoided and umbrellas are not acceptable.
FESTIVAL ETIQUETTE

Bhutan's Tshechus (festivals) are religious events. The festival grounds are purified and consecrated by lamas, so when you are watching a festival you are, in essence, on the perimeter of an outdoor religious ground. The dancers, whether monks or laymen, are in a state of meditation. They believe that they transform themselves into the deities that they represent on the dance ground, generating a spiritual power, which cleanses, purifies, enlightens and blesses the spectators. We should conduct ourselves with this in mind. Out of respect, whilst watching the dances, we should not eat, drink, smoke, talk or laugh loudly at inappropriate times. You should not use flash photography or encroach on the dance space. Please be respectful when photographing dancers or onlookers. The festivals are not tourist attractions. They are genuine manifestations of religious traditions thousands of year's old, which we are fortunate to be able to witness.

Please note: This document was downloaded on 23 Apr 2020, and the trip is subject to change.