

Bhutan 2010
Wilderness Yaksa Trek & Cultural Adventure



Land of the Thunder Dragon, Bhutan is a legendary kingdom nestling between China, India and Tibet, below the Himalayas. Approximately a million inhabitants live in this magical country which is the size of Switzerland. Working from the land the people are proud herders who have managed to retain their independence and practice Tibetan Buddhism.

The Kingdom is filled with rice paddies, lost valleys and high mountains which are inhabited by vertiginous villages, monks, and 'dzongs' – the famous impenetrable monastery fortresses. The legends and secrets can only enchant you to walk further into the richness of this place which is the 'end of Tibet', Druk Yul.



Bhutan is an expensive destination as the government has adopted a strict tourism policy to keep the country happy by avoiding a mass tourism invasion. Nevertheless, they are welcoming and you will find a country which is managing to preserve its unique character and mystery in a globalized world.

The experience of a lifetime in the remote & legendary Thunder Dragon Kingdom!



ITINERARY

May 6: Flight Geneva - New Delhi, overnight: New Delhi

May 7: Flight New Delhi - Paro (2250m), overnight Tenziling Resort

May 8: Hike to Tiger Nest (4hrs), overnight Tenziling Resort

May 9: Drukgyel Dzong - Shana (5-6hrs), overnight camp Shana (2950m)

May 10: Shana - Thangthangkha (7-8hrs), overnight camp Thangthangkha (3645m)

May 11: Thangthangka - Base Camp (4-5hrs), overnight camp Jangothang (4180m)

May 12: Day in Jangothang, overnight camp Jangothang (4180m)

May 13: Jangothang - Yaksa (6-7hrs), overnight camp Chorapang (3830m)

May 14: Yaksa - Thongbu (6-7hrs), overnight camp Thongbu Shong (4120m)

May 15: Thongbu - Shana (5-6hrs), overnight camp Shana (2950m)

May 16: Shana - Paro - Thimphu (2-3hrs), overnight Jomulhari

May 17: Thimphu sightseeing, overnight Jomulhari

May 18: Thimphu - Punakha (3hrs), overnight hotel YT

May 19: Punakha - Paro, overnight Tenziling Resort

May 20: Flight Paro - New Delhi, overnight New Delhi

May 21: Flight New Delhi - Geneva

Fitness level of participants

Accessible to people who are in good health and walk regularly.

The maximum altitude is approximately 4950 meters.

All gear is carried by horse or mule, and you will have a small day pack on.

On walking days expect to walk for between 5 and 7 hours.

Price

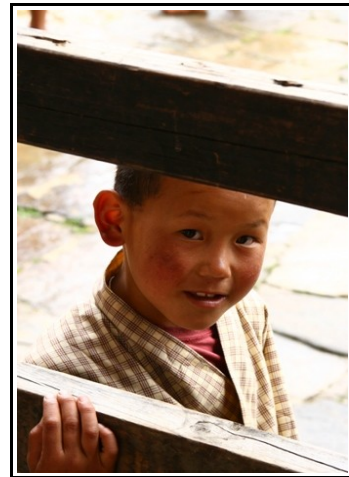
Price range CHF 6'000 - 7'650 all inclusive!

4-5 CHF 7,650

6-7 CHF 6,800

8-9 CHF 6,400

10-11 CHF 6,150



What is included?

Expert leadership.

- Bhutanesse guides (speak English)
- Swiss Accompanatrice (UIMLA) (speaks English & French, some Italian & Spanish)
- Swiss Mountain Guide (UIAGM) (speaks English & French).

Flights from Geneva to Paro, round trip.

- Please let us know if you are coming from elsewhere.

All accommodation.

All meals.

All transportation during the tour

All activities noted in the itinerary.

All museum & monument entry fees.

Trekking & camping arrangements if required.

Horse & mule transport of equipment

Tents & air mattresses.

Prices are inclusive of government fees, guiding fees, accommodation, all meals, transportation, trekking arrangements.

Accommodation

a) During the trek we will be using 2 men tent for 2 people.

b) Toilet tents are pitch in every campsite.

c) We have separate Dining tent with chairs and a table.

d) Showers are provided during rest days.

e) Air mattress are provided during the trek.

Gear you need

List to be given when you sign-up.

Please Note: This itinerary is intended as a guide only. Local conditions and weather may necessitate variation to the program and can affect the availability of views described. Be aware that all the times stated are approximate, and vary with individual and group fitness

For additional information please contact me info@cherrieswalks.com

Organised by:

<http://www.cherrieswalks.com>

<http://www.alpine-guiding.com>

<http://www.bhutanwilderness.com>



FAQ?

1: How many hours do you usually walk for?

Average 5 to 7 hours daily

2: Do clients carry their packs with all their stuff? Or are they just with day packs?

They carry only their day pack such as camera, water, warm cloth or rain gear.

Horses & mules transport the rest of the gear.

Please limit your weight and bring only the essentials.

3: Is there lots of change in altitude to be expected?

Depending on day there will be gain and loss of altitude during trekking. But not really huge changes.

The trek is between 4000m to almost 5000m.

4: What fitness level should I have?

You should be used to walking long distances and be generally fit, as we will be between 4000 and 5000 meters.

The highest altitude being 4890m.

5: Can I take a shower?

Showers are provided during rest days.



6: What are the dates?

- Dates of travel: May 6 Geneva – New Delhi, May 7 Druk Air New Delhi-Paro
May 20 Druk Air Paro-New Delhi, May 21 New Delhi - Geneva
- Dates of trek: May 7-20 2010