

BHUTAN - INCLUSIONS AND FAQ'S:

What is included?

- *12 nights accommodation in moderate hotels (3-4 star) with private facilities and a rural home/farmhouse stay – basic facilities for this night.
- *Taxes and gratuities for all hotels, porters and restaurant/waiting staff
- *Baggage handling and transportation by private vehicle
- *All meals
- *Experienced Bilingual Bhutanese guide for the full duration
- *All Entrance fees and tips for local guides as specified in the itinerary
- * Bhutan Visa

What is not included?

- *Airfares and taxes
- * Drinks
- *Insurance (compulsory...please talk to a lifestyle journeys representative re the options)
- * Gratuities for the Bhutanese English speaking guide and driver – optional
- * Items of a personal nature – laundry, phone calls etc

What standard of accommodation can we expect? We will be staying in a moderate standard of hotel with the occasional luxury hotel included. Generally equivalent to a 3 – 4 star small privately owned hotel. They are extremely unique in their architecture with wonderful character and settings to enjoy.

What meals are included? All meals are included. There is usually a selection of fruits, cereals and eggs for breakfast with lunch and dinner generally consisting of three courses. The hotels are developing their menus all of the time to adjust to the western palate. The home/farm stay will not be as varied in choice but there will be local delicacies to try. The further into the country we travel the more basic the food choices will be. They usually consist of vegetables, meat and rice.

What sort of spiritual preparation is suggested for the Lifestyle

Journeys tour of Bhutan? We suggest you establish or strengthen daily meditation practice leading up to the journey. In your prayers you might ask the spirit of those that have walked the trail before you to help you connect even before you arrive. Most important is to be open to new teachings, embracing and honouring this pilgrimage as very precious time you have given your soul for greater learning and remembering. Set your intentions with your higher self as to what you wish to achieve out of the pilgrimage for both spiritual and personal growth. Be open to change and listening to your intuition as answers will be given to you as you walk this ancient pilgrimage trail.

What is the average age of a tour participant? As this a new tour for Lifestyle Journeys in 2016 we cannot determine the average age group as yet. Overall the average age group on a Lifestyle Journeys tour is between 50 and 65 years of age.

Minimum number of passengers required for the tour to go ahead: 6

Maximum number of passengers we take on our tour: 12 - 15

What mode of transport is provided? We will have a private vehicle which may vary in size depending on the final size of the group.

What should I allow for a daily budget to cover the additional

expenses? Very little is required as almost all expenses are covered in the tour cost.

Incidentals such as liquor and snacks will need to be budgeted for along with your personal shopping. There is wonderful art-work and trinkets to purchase along the way that we are sure you will be tempted by.

There is a selection of ATM machines and currency exchange depots to withdraw your cash as you need it. The best currency to travel with is either the Australian or US Dollar. They can be exchanged on arrival into Bhutan for the local currency – Bhutanese Ngultrum.

What is a typical day like?

Each day is different as we have such a varied itinerary. We will certainly be maximizing the most of each day with a full list of activities. From hiking through landscapes of lush valleys, dense forests and rushing streams to sitting quietly in age old monasteries listening to the monks chant, participating in a private ceremony or having some quiet time. The pace will vary depending on the activity of the day and whether it is a “travelling” day or not. We endeavor to provide a certain amount of free time each day so as you can savour the days experience, explore a little more or just rest up!

What will the Weather be like?: The weather will range between 0 degrees celsius to a maximum of 12 degrees on an average day. Brisk!

Pre and Post Tour Arrangements:

Lifestyle Journeys would be very happy to make recommendations and assist regarding your pre and post travel opportunities. We can guide you with our own personal and professional experience.

Is tipping compulsory or optional and if so what is the recommended

amount to tip? It is not compulsory however we highly recommend you budget approx. 5.00 USD per day as a tip for the guide and USD 2.00 per day for the driver. This work is seasonal and they do rely on the tips as part of their overall earning capacity. Our guides are so wonderful you will be very happy to reward him and support him in this way we are sure.

Can a single traveller have the option of paying share twin cost? We will endeavor to match those tour participants who wish to share a room however this is subject to availability. If there is no match possible the single supplement will need to be collected.

What do you need to pack?

- Layers of clothing including warm clothing for cool day and nights.
It is very casual dressing, jeans and t-shirts, fleece and thermal layering for the evening.
- Rain gear
- Walking shoes and supportive socks
- Sun hat, sun screen and sun glasses
- Water bottle
- Washcloth
- Wet wipes or similar to clean your hands with while out during the day
- Daypack for items when we are out in the field
- Torch, spare batteries
- Camera and spare batteries
- Earplugs if you are a light sleeper
- Insect repellent
- Travelling clothesline
- Concentrated washing liquid for clothes
- Journal
- A sense of humour!