

India and Bhutan – An Ancient Spiritual Path

INCLUSIONS AND FAQ's

What is included?

- * 18 nights accommodation in three, four and five star hotels
- * Transfers on arrival and departure
- * All transport throughout the itinerary
- * Taxes and gratuities for all hotels, restaurant staff and portering in Bhutan
- * Baggage handling and transportation by private vehicle
- * Flights from Paro to Bumthang
- * Local English speaking Guides in Delhi/Agra , Local guide in Bhutan (Tshering Dorji) and Kazarangi National Game Park
- * Entrance fees to all sites visit as per the detailed itinerary
- * Daily Breakfast in Delhi and Agra
- * Full board while travelling through Bhutan and the two nights at Kazarangi National Game Park plus bottled water while touring, tea, coffee and soft drinks plus snacks while in Bhutan.
- * Bhutan visa fees and all government taxes

What is not included?

- * International Airfares and taxes
- * Indian Visa
- * Meals not noted and incidentals such as drinks and snacks while in Delhi and Agra
- * Insurance (Compulsory ... please talk to a lifestyle journeys representative re the options available.
- * Optional gratuities for guides – a certain amount has been included however if you wish you can also gift a further tip at the end of the trip. It is recommended in India – USD 4-6.00 per day for the guide and USD 3-5.00 per day for the driver. In Bhutan is recommended approximately USD 5.00 per day for the driver and USD 10.00 per day for the guide.
- * Please note if there is an increase in the entrance fees and or domestic airline tickets prior to full payment this will be passed on and the additional amount will be collected.

What mode of transport is provided?

We will be travelling by private air-conditioned vehicles in both India and Bhutan. The vehicle size will be determined depending on the group size. We will also travel with the local Bhutanese airline between Paro and Bumthang.

Minimum number of passengers required to go ahead: 6

Maximum number of passengers we take on this tour: 10

What should I allow for a daily budget to cover additional expenses?

While in Delhi and Agra you will need to budget for lunch and dinner daily and any incidentals such as alcohol and snacks. A guideline is approximately USD 80.00 per day per person.

While in Bhutan the only additional expenses are incidentals such as alcohol and snacks. Then it is just your spending money for any goodies you might like to collect along the way!

What is a typical day like?

On most days after breakfast we will depart around 9.00 am. In Delhi and Agra your days will be filled with sightseeing from dawn to dusk with plenty of time allocated for meal stops. You will have a very early start to see the Taj as the sun rises.

While in Bhutan a typical day starts with breakfast and then often a drive across beautiful mountain ranges - anywhere from 3-6 hours due to the altitude and road conditions we travel at slow speeds. We stop plenty of times to stretch, explore and take photos while having the opportunity to mingle with the locals.

There is free time in the evening to socialise, explore the town and enjoy a fabulous local meal.

Is Tipping compulsory or optional and if so what is the recommended amount to tip?

For ease of travel the majority of tipping has been included in the per person total cost. This will cover tips for the local guides, hotels, drivers and restaurants. If you feel at the end of the tour that you might like to offer a little something extra you are more than welcome to do so and it is highly recommended as our main guides rely on these tips. The guideline is as follows:

In India – USD 4-6.00 per day for the guide and USD 3-5.00 per day for the driver. In Bhutan is recommended approximately USD 10.00 per day for the guide and USD 5.00 per day for the driver.

Can a single traveller be matched with a travelling companion?

We will endeavour 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 standard of accommodation can we expect?

We stay in a range of hotels, some modern and others very traditional, ranging from 3-5 Star. The accommodation has been especially chosen to suit the environment of each region.

What meals are included?

In Delhi and Agra daily breakfast is included.

In Bhutan and the Kazarangi National Games Park full board is included – breakfast, lunch and dinner with tea/coffee and soft drinks.

What will the weather be like?

In Delhi the temperatures will range from 16 – 30 degrees Celsius

In Bhutan the temperatures will range from -2 – 12 degrees Celsius

In Kazirangi the temperatures will range from 17 – 29 degrees Celsius

What is the recommended fitness level required?

A general level of fitness is required to cope with the change in altitude and walking that we will be participating in while travelling in Bhutan. While in India we will be on the flat but in Bhutan we will definitely be climbing mountains and hills. You can walk at your own pace but a healthy level of fitness is recommended.

What sort of spiritual preparation is required for this Sacred Sites and Secret Science Tour?

We suggest you establish or strengthen your daily meditation practice leading up to the journey. Most important is to be open to the new teachings, embracing and honouring this pilgrimage as very precious time you have given your soul for greater learning and remembering.

You might want to emphasise a higher proportion of vegetables and lighter eating to help you physically clear your system during these weeks. Set your intention with your higher self as to what you wish to achieve out of the pilgrimage for both spiritual and personal growth.

What is the average age of a tour participant?

The tour is open to all ages however the average age varies between 35 – 80 years of age.

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

What do you need to pack?

A separate list of suggested items will be provided at the time of booking.