

## Bhutan Tour 12 Days

Delhi 1nts, Thimphu 2nts, Punakha 2nts, Bumthang 2nts, Phobjikha 1nts, Paro 2nts, Paro 1nts

### Itinerary Brief:

**Bhutan, officially the Kingdom of Bhutan, a Bhuddist kingdom. Discover the Himalayan Gem, known for its monasteries, fortresses (or dzongs) and dramatic landscapes that range from subtropical plains to steep mountains and valleys.**

### Daywise Itinerary:

#### Day 01 DEPART FOR - DELHI

Check in for your flight at the airport for your overnight flight to Delhi. On arrival transfer to hotel for overnight stay.

[X] Breakfast [X] Lunch [X] Dinner



#### Day 02 ARRIVE PARO - THIMPHU (55KM/ 01HR)

This morning you will be transferred to the airport for your flight from Delhi to Paro. The flight into the Himalayas is truly a memorable experience. As the aircraft enters the Paro valley, look down and you will see the Paro Dzong overlooking the Paro chu (river) with Ta Dzong (National Museum) above it. Upon arrival at Paro Airport we drive to Thimphu (54km) for an hour, the capital of Bhutan via Chhuzom (24km) where the Pachhuang and Wangchhu Rivers join. Arrive in Thimphu and explore the Centenary Farmers Market, a platform for Bhutanese farmers to sell farm produce, local arts, and crafts. Evening visit the Tashichho Dzong, the head seat of the King and the Je Khenpo, the highest abbot of Bhutan. Tonight, enjoy a welcome drink and dinner with authentic traditional Bhutanese meals. Overnight in Thimphu.

[Y] Breakfast [x] Lunch [Y] Dinner



#### Day 03 THIMPHU CITY TOUR - TAKIN SANCTUARY

Today we explore the best attractions of Thimphu city at 2,300m, home to approximately 138,736 inhabitants. Thimphu is a small city but has many attractive places. Morning begins with a visit to the Kuenselphodrang (the largest 169ft Buddha Dordenma statue in the world), built in 2006 and sits atop a hill, overlooking the Southern entrance to Thimphu city. Our next stop is at the Motithang Takin Reserve (national animal of Bhutan), followed by the National Library, where you'll encounter the world's largest book, 'Bhutan: A Visual Odyssey Across the Last Himalayan Kingdom.' This impressive tome weighs over 60 kg, stands at 1.52 meters in height, and spans 2.13 meters in width. Continue to Ludrong Memorial Garden (8.35 acres) at Langjophakha, initiated in 2012 by Her Majesty the Royal Grandmother Kesang Choeden Wangchuk. Later, we'll drive to Changlingmithang (Sports Complex). If lucky, witness the locals engaging in lively archery matches, the national game of Bhutan, and perhaps even a game of football. Use your free time to relax or explore the streets of Thimphu city. Overnight in Thimphu.

[Y] Breakfast [Y] Lunch [Y] Dinner



#### Day 04 THIMPHU - DOCHU LA PASS - PUNAKHA (71 KMS/ 03 HOURS)

After breakfast, we travel (71-km) about 3 hours to Punakha, once the winter capital of Bhutan until 1955. It is situated in western Bhutan with a warm and temperate climate, bordered by Gasa to the north, Thimphu to the west and Wangdue Phodrang to the east and south. Stop off at Druk Wangyal Chortens (108 Stupas) before crossing over Dochula Pass (3,050m). On a clear day, you can enjoy panoramic views of the snow-capped Himalayan peaks, including Bhutan's highest mountain (Mt. Gangkar Puensum at 7,564m). Along the way, visit the Royal Botanical Park in Lampelri, about 35-km from the capital city of Thimphu. Of the 46 rhododendron species recorded in the country, 29 are found in the park. The park is a great learning destination for the students, researchers, and nature lovers. Arriving in Punakha (1,350m), visit the fertility Chimi Lhakhang (temple) en route, nestled on a round hillock near a village called Sopsokha, built in 1499 by Saint Drukpa Kunley (known as the Divine Madman). Legend has it that the childless couples wishing to have a baby from across Bhutan and occasionally from overseas are blessed with a child after visiting this mysterious temple. Evening is at leisure where you'll have some time to stroll along the streets of a small Punakha town. Overnight in Punakha.

[Y] Breakfast [Y] Lunch [Y] Dinner



**Day 05 PUNAKHA**

Discover the delights of Punakha–Wangdue Phodrang Valley, situated in western Bhutan with a warm and temperate climate. Kickstart your day with a visit to the Punakha Dzong, strategically located at the confluence of the Phochhu (male) and Mochhu (female) Rivers. This grand fortress is adorned with jacaranda trees, colouring the landscape with vibrant purple blooms in spring. Next, why not take a stroll to Bhutan's longest suspension bridge spanning the Phochhu River. In the afternoon, explore the charming Talo and Nobgang villages. Talo, renowned for its picturesque landscapes, is home to 368 households and a population of 1594 people. The women from Talo are known for their beauty. The Royal Queen Mothers, four sisters married to The Fourth King of Bhutan, hail from the Talo region. The scattered village of Talo, nestled along the hill slopes, is renowned for its remarkable cleanliness and hygiene, setting it apart from other villages in Punakha. On the way back, we arrive at our last stop at the Sangchen DorjiLhuendrup Nunnery Buddhist College in Wolakha, spectacularly located on a hilltop. The Queen Mothers' parents built it in 2008 for nuns to pursue higher Buddhist studies. Overnight in Punakha.

[Y] Breakfast [Y] Lunch [Y] Dinner



**Day 06 PUNAKHA - BUMTHANG**

After an early breakfast, continue to the Bumthang Valley in central Bhutan, home to some of the oldest temples and monasteries in the country. You'll at first travel to Trongsa about 4-5 hours via Pelela Pass(3,390m) and Nobding, a small town en route. It is not uncommon to encounter grazing yaks by the roadside along the East–West highway. On the way we pass by the Chendebji Chorten below the road. This 18th century monument resembles the Boudhanath Stupa in Kathmandu, Nepal with eyes painted at the four cardinal points. Enjoy a scenic journey, changing landscapes from the awe-inspiring mountains to lush vegetation. From the viewpoint (Thumangdra) opposite to the Tronsa Dzong, you can take photos of the beautiful landscapes and dzong. Lunchtime is at Trongsa, the ancestral home of the present Royal Family of Bhutan (where the Institutional Monarchy of Bhutan was born). Continue your journey to Bumthang about 2.5 hours via Yotongla Pass (3,425m). You have an option to explore the Yathra Weaving Centre in Chumig village en route, where the Bumthap women weave yak and sheep wools into the beautifully patterned fabric called "Yathra" including woollen mattresses (Drumzeedhen). Enjoy a tranquil evening strolling the streets of as mall Bumthang town Overnight in Bumthang.

[Y] Breakfast [Y] Lunch [Y] Dinner

**Day 07 BUMTHANG**

We explore the pristine Bumthang Valley (also known as Jakar), the religious heartland of Bhutan. Visit the Kurjey Lhakhang complex, which consists of three temples. A 108-chorten walls surround these impressive temples with a huge front yard on the side of a hill. Next, travel out to Mebar Tsho (burning lake) located on the way to Tang village, where the renowned treasure reveller, Terton Pema Lingpa, discovered religious treasures from the lake in the late 15th century. We then make our way(41-km), taking roughly 1.5 hours, towards the quaint and beautiful Ura Valley(3,100m). It is home to Bhutan's largest clustered settlement, nestled near the Ura Lhakhang (temple). Our journey winds through the easternmost reaches of Bhutan, treating us to breathtaking vistas of majestic mountain landscapes and quaint villages along the way. One of the highlights is a stop at Ura Shelthangla, a vantage point offering a splendid panoramic view of Mt. Gangkar Puensum, Bhutan's highest unconquered peak at 7,564m. Throughout this scenic journey, diverse flora such as rhododendron species, ranunculi, primula orchids, and captivating conifers grace our path, painting a vibrant natural tapestry. Return to Bumthang in the evening for an overnight stay. Overnight in Bumthang.

[Y] Breakfast [Y] Lunch [Y] Dinner

**Day 08 BUMTHANG - PHOBJIKHA**

After breakfast, our return journey takes us to Phobjikha Valley via Trongsa (about 4-5 hrs), home to the rare, Black-Necked Cranes that migrate from the Tibetan plateau from late October to mid-March. Take the opportunity to visit the 17th century picturesque GangteyGonpa (monastery) on the hillock with amazing views of the valley. The monastery is the only Nyingmapa School of Buddhism taught here in western Bhutan. Afternoon is set aside for a short and gentle nature hike(4-km) about 2 hours. The best way to soak up this magnificent valley is to head downhill from the start point (nearby the monastery) to Semchubara village. This trail takes you through beautiful forests, flower meadows and into vast plains of Phobjikha Valley, ideal for spotting some birds, grazing cows, farmhouses, people, and the local life. After passing a chorten and Khewa Lhakhang through gentle grassy slopes carpeted with purple primulas, your hike ends at the local community school. Overnight in Phobjikha.



[Y] Breakfast [Y] Lunch [Y] Dinner

**Day 09 PARO (122KM / 4HRS)**

This morning, our return journey (122km) about 4 hours takes us to Paro, pausing en route at Dochula Pass (3,050m) and soak up the panoramic views of the snow-capped Himalayan peaks, including Bhutan's highest mountain (Mt. Gangkar Puensum at 7,564m). Continue to Paro, home to the famous Taktshang Monastery (also known as Tiger's Nest). Arrive in Paro, we can drive to the Sangchen Chokhor Buddhist College, situated at a height of 2,800m on a hill. It takes around 25-30 minutes to cover the 13.7 km distance. The college hosts about 150-200 students who study Buddhism for six years before moving on to Tango Buddhist University. Time permitting, explore the Kaja Throm, a row of stalls offering fresh seasonal fruits, vegetables, and incense sticks, among other items. Additionally, there are food stalls managed by De-Suups trained in diverse culinary arts through the De-Suung Skilling Programme. The evening is at leisure to relax and enjoy; we have allowed sometime for this and to explore the small town of Paro and its surroundings. Spend the night in Paro.

[Y] Breakfast [Y] Lunch [Y] Dinner

**Day 10 HIKE TO TIGER'S NEST MONASTERY**

Bhutan's famous Paro Taktshang Monastery (Tiger's Nest) is an unforgettable sight. No visit to Bhutan would be complete without a trip to Paro Taktshang (3,120m). It is stunning in its beauty and location. Today is a real highlight as you take a short hike to the Taktshang Monastery, clinging on a rock cliff at 900m above the Paro Valley floor. The monastery is one of the most revered pilgrimage places in Bhutan because Guru Rinpoche (one of the founding fathers of Tibetan Buddhism) is believed to have flown to the site on the back of a flying tigress in the 8th century. An 11-km (round-trip) hike starts from the base of the mountain from the road point (Ramthangkha), which is 2km drive from Paro town. Enjoy your rewarding hike about 4 hours (round-trip) with extra one hour to tour the monastery at a leisurely pace. There is a small teahouse halfway through from where a view of the spectacular monastery to enjoy! Gentle horse/pony rides are permitted till the viewpoint. The latter part of the afternoon is at leisure - why not soak up in a hot stone bath at farmhouse? Spend the night in Paro.

[Y] Breakfast [Y] Lunch [Y] Dinner

**Day 11 PARO - DELHI**

After early morning breakfast, we transfer you to the Paro International airport for flight to Delhi. Depending on your return flight to UK, you are free to explore Delhi at your own costs.

[Y] Breakfast [x] Indian Lunch [x] Indian Dinner

**Day 12 ARRIVE HOME**

Arrive Home

**Return with the Happy Memories of the Tour!!!**

Departures:

2024 Tour Departures:	
May	31
September	12
November	05
December	10

**Tour Cost:**

**Departures:** 31/05/2024

**Title:** From London

Passengers	Rates		Sharing
	With Flight From UK	Without Flight	
	GBP	GBP	
Per Adult	4,840.00	4,240.00	Twin Room
Per Adult	4,840.00	4,240.00	Double Room



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Per Adult	4,840.00	4,240.00	Triple Room
Child 2-11 yrs	3,875.00	3,275.00	1st Child(with Bed) when 2 adults paying
Child 2-11 yrs	3,675.00	3,075.00	2nd Child(without Bed) when 2 adults paying
Infant 0-23 Months	900.00	700.00	Infant
Per Adult	5,325.00	4,725.00	Single Room

**Departures:** 12/09/2024

**Title:** From London

Passengers	Rates		Sharing
	With Flight From UK	Without Flight	
	GBP	GBP	
Per Adult	4,910.00	4,260.00	Twin Room
Per Adult	4,910.00	4,260.00	Double Room
Per Adult	4,910.00	4,260.00	Triple Room
Child 2-11 yrs	3,925.00	3,275.00	1st Child(with Bed) when 2 adults paying
Child 2-11 yrs	3,725.00	3,075.00	2nd Child(without Bed) when 2 adults paying
Infant 0-23 Months	900.00	700.00	Infant
Per Adult	5,395.00	4,745.00	Single Room

**Departures:** 05/11/2024

**Title:** From London

Passengers	Rates		Sharing
	With Flight From UK	Without Flight	
	GBP	GBP	
Per Adult	4,775.00	4,225.00	Twin Room
Per Adult	4,775.00	4,225.00	Double Room
Per Adult	4,775.00	4,225.00	Triple Room
Child 2-11 yrs	3,820.00	3,270.00	1st Child(with Bed) when 2 adults paying
Child 2-11 yrs	3,620.00	3,070.00	2nd Child(without Bed) when 2 adults paying
Infant 0-23 Months	900.00	700.00	Infant
Per Adult	5,260.00	4,710.00	Single Room

**Departures:** 10/12/2024

**Title:** From London

Passengers	Rates		Sharing
	With Flight From UK	Without Flight	
	GBP	GBP	
Per Adult	5,040.00	4,290.00	Twin Room
Per Adult	5,040.00	4,290.00	Double Room
Per Adult	5,040.00	4,290.00	Triple Room
Child 2-11 yrs	4,035.00	3,285.00	1st Child(with Bed) when 2 adults paying
Child 2-11 yrs	3,835.00	3,085.00	2nd Child(without Bed) when 2 adults paying
Infant 0-23 Months	900.00	700.00	Infant
Per Adult	5,525.00	4,775.00	Single Room



**Accommodation:**

City	Nights	With Flight From UK	Hotel Rating	Without Flight	Hotel Rating
Delhi	1nts	Novotel New Delhi Aerocity or Similar	5 Star	Novotel New Delhi Aerocity or Similar	5 Star
Thimphu	2nts	Hotel Phuntsho Pelri or Similar		Hotel Phuntsho Pelri or Similar	
Punakha	2nts	Hotel Sonamgang or Similar		Hotel Sonamgang or Similar	
Bumthang	2nts	Gongkhar Hotel or Similar		Gongkhar Hotel or Similar	
Phobjikha	1nts	Dewachen Hotel & Spa or Similar		Dewachen Hotel & Spa or Similar	
Paro	2nts	Olathang Cottages or Similar		Olathang Cottages or Similar	

**Inclusions:**

- \* All nights in a 4\* / 5\* star hotels with breakfast
- \* Meal plans as indicated in the itinerary
- \* Entrances to sightseeing's and excursions as per the itinerary
- \* Tips to guides and drivers included
- \* All transportation in executive coaches, cruise liners, trains and some places in A/C Cars
- \* All internal transfers using local speed trains at certain places.
- \* Premium services of Bi-lingual Tour Director / Escort / Leader / Manager (when minimum numbers of passengers reached)
- \* Services of local tour guides
- \* All Internal Flights Including Airport Taxes
- \* Return flights from one of these airports depending on availability of flights: London Heathrow / Gatwick / Stanstead / Luton / London City Airport
- \* Visa for certain nationalities for this tour only

**Exclusions:**

- \* Travel insurance
- \* Items of personal nature viz. telephone calls, drinks (beverages), laundry, other meals, porter service, other personal expenses, etc..
- \* Any cost of beverages, alcohols with the set meals.
- \* Other services not listed in inclusive item & the itinerary

**Cancellation Policy:**

- \* More than 56 days prior to departure date 50% of Total Holiday Cost for International Flight Tours
- \* 55 - 42 days prior to departure date 75% of Total Holiday Cost for International Flight Tours
- \* 41 - 0 days prior to departure date 100% of Total Holiday Cost for International Flight Tours

**Terms & Conditions :**

- \* Please refer to the full Terms and Conditions on our website

**FAQ :**

**Can I join the tour from any part of the world?**

**A:** Yes, you can fly over to Paro (Bhutan) our first point in the tour preferably a day earlier. Please do inquire the office to arrange your logistics for both arrival and departure.

**Altitude**

**Q. What is the highest altitude on this tour?**

**A:** The highest altitude on this tour is 3,400 m above the sea levels and its found at Yuto La Pass.

**Q. Do I require Oxygen?**

**A:** Normally you do not need it, as acclimatization will take place as you proceed with the tour. However, oxygen is available at hotels as well as while touring should the need arise. Please contact your tour manager in such a situation.

**Weather & Essential to carry**

**Q. How can I check the local weather?**

**A:** You can check the local weather to your destinations here: [www.accuweather.com](http://www.accuweather.com)

**Q. What is the best time to travel?**

**A:** Every effort has been made to select date where the weather is moderate to ensure your best experience of Bhutan. (Kindly note due to changing weather conditions globally, Sonatours is not liable for weather variations).

**Q. What clothes shall I wear or pack?**

**A:** During the lovely summer months, it is advisable to wear light garments during the day but keep a light jacket or sweater in your hand luggage as evenings can get chilly.

**A:** We suggest waterproof jacket and It is recommended a pair of sunglasses.

**A:** During the holiday most of the dressing is casual attire. Should you independently wish to visit Casino or Nightclub, evening wear is required.

**Q. What kind of footwear will I need on the trip?**

**A:** We suggest trainers, walking shoes, sandals, chappals or similar.

**Passport; Immigration & Visa**

**Q. Do I need to carry a passport?**

**A:** Yes, all passengers must travel with their passport if traveling outside the country you live in. We request you to see the following websites for the latest updates on travel to your destinations.

**For UK Resident:** [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice)

**For USA Resident:** [travel.state.gov/content/travel.html](http://travel.state.gov/content/travel.html)

**Q. How long should the passport be valid?**

**A:** Please ensure you have a passport that is valid for at least 6 months from the date of completing your tour.

**Q. What are the Visa Requirements?**

**A:** You are responsible to ensure that you have correct documentation.

**British passport holders:** Do require a visa to travel to Bhutan (visa updates to follow) or contact the office.

**Non-British passport holders:** Please do check with the Bhutan Embassy in country of your residence.

Sonatours is not responsible or liable in any way should you be denied travel due to incorrect documentation.

**Q. What happens to me if I am stopped at custom and immigration?**

**A:** Sonatours cannot be held responsible if passengers are stopped or held by any government departments, e.g. Police, Customs, Immigration or any other authorities. We are sorry to say that the tour will continue and no financial or any other kind of responsibility will be accepted by Sonatours.

**Money Matters**

**Q. What is the currency used?**

**A:** The currency is Bhutanese Ngultrum (BTN).

American Dollars (USD) is widely used throughout the country.

**Q. Can I use my Credit/Debit cards there?**

**A:** We recommend that you take a credit or debit card on holiday with you, as it provides extra financial flexibility. Major international credit cards, such as Visa or MasterCard are accepted by many restaurants, shops and hotels.

Most countries are using chip and pin. In cases where chip and pin not used, please be cautious when handing your debit/credit card.

**Q. Are ATM machines available?**

**A:** Major cities will have cash/ATM machines where cash can be withdrawn with your credit or debit card, though this might incur a fee charged by your card provider. Advise your bank which countries you are visiting prior to travel so that you do not run the risk of your card being refused and subsequent expensive phone calls to unlock it.

**Q. Where can I exchange my money?**

**A:** Money can be exchanged at Airports, Banks, Exchange Bureaus and at the hotels. You may also need your passport for identification, please be aware that locally exchange rate may vary.

**Health (Medication); Welfare & Travel Insurance**

**Q. Do I need any vaccinations?**

**A:** For further information on vaccinations please check with your medical doctor for recent updates or go on the following website:

[www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/](http://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/)

or contact your medical doctor for recent updates.

**Q. Should I bring all my medication with me?**

**A:** Please travel with all your necessary medication for the duration of your trip including your prescription/doctors report confirming the medication.

**Q. Do I need to declare any special medical condition and requirements prior to booking the tour?**

**A:** Should you have pre-existing medical conditions or requirements (e.g. oxygen during flight or sleeping, colostomy bags, etc). Kindly advise the office at the time of booking.

**Q. What happens if I am unwell during the tour?**

**A:** Should you feel unwell during the trip, kindly contact the Hotel Reception, Tour Manager/Local Guide. We regret that no refunds can be made for absences from a trip, including experiences such as missed meals or sightseeing. Strongly recommend to have personal travel insurance to cover these mishaps.

**Q. What happens if an accident occurs while on the tour?**

**A:** Should you be involved in an accident (minor or major), please contact your Tour Manager/Local Guide. Unfortunately, no refunds can be made for absences from a trip, including experiences such as missed meals or sightseeing.

**Q. What should I do if there is an incident?**

**A:** Sonatours makes every effort to keep your health and safety in mind. However, should an unforeseen incident occur please contact your tour manager/local guide/hotel reception for immediate assistance.

**Q. Do you facilitate clients with disability?**

**A:** Sonatours does not provide special tours for the disabled. Our coaches do not have wheelchair excess. It is possible to bring along a folding type of wheelchair which may be kept in the baggage hold of the coach. The driver will load and unload the wheelchair from the coach for the passenger however they will need to be physically fit enough to be able to embark and disembark the coach on their own. On the tour it is also essential that a capable person is accompanying such a passenger on the tour to push their wheelchair.

**Q. What happens if I have lost or left something in the hotel?**

**A:** Kindly note that you are responsible for looking after your valuables and property when on vacation. If an item has been left in a hotel you will need to call the hotel and arrange with them directly for the return of your item, there might be charges involved.

**A:** You are advised not to carry unnecessary valuables and to be vigilant, as tourist spots are well known targets for pickpockets. In case of theft, you will need to advise your Tour Director immediately and report the theft to the police. This should provide you with a police report or crime reference number.

**Q. Do I need travel insurance?**

**A:** We strongly recommend you travel with Travel/Medical Insurance from your country of residence. Kindly ensure you get the correct insurance inclusive of the altitude for the tour.

**Q. Can Sonatours provide travel insurance?**

**A:** There are various travel insurance providers in the market, however Sonatours does not provide Travel Insurance.

## Accommodation & Transport

**Q. How are rooms allocated?**

**A:** Each hotel checks their bookings and room inventory in the morning and pre-assigned the rooms. Sonatours have no control over room allocations.

**Q. Can you guarantee rooms together?**

**A:** Room allocation is done by the hotels. Rooms together only be requested but not guaranteed.

**Q. What facilities are there in the room?**

**A:** Facilities vary from Hotel to Hotel and include en-suite bathrooms, generally TV, safe box, telephone, mini bar, room service (use of some of the services are chargeable and to be settled by yourself at the time of checkout). Hotels may require your credit card to cover your extras or cash deposits.

**Q. Will the room have walk in shower?**

**A:** Not all hotel rooms have walking showers.

**Q. Does my room have Tea & Coffee making facilities?**

**A:** Please note that not all hotels provide tea/coffee in the room. If hot water is required, kindly request the hotel reception for assistance.

**Q. Is smoking allowed in the hotels/rooms?**

**A:** Hotels do not allow smoking in the rooms. However, designated smoking areas are provided. Please be aware that some rooms might be smoking, although non-smoking rooms are requested.



**Q. Is WIFI freely available?**

**A:** Most hotels will have WIFI available in the public areas. Please check with hotel reception for WIFI information in the rooms.

**Q. Do all rooms have air-condition?**

**A:** Most hotels rooms in Bhutan do not offer air-conditioners or fans due to high altitude.

**Q. Will all hotels have lifts?**

**A:** Most of the hotels worldwide will have lifts. However, at some places Heritage Hotels or Resorts are used in such cases lifts cannot be guaranteed.

**Q. What time do I need to be at the airport?**

**A:** All flight tours originating in the UK require that you be at the airport for your flight at least 3 hours prior to your flight time. Your final itinerary confirmation will confirm the time you need to be at the airport. Should you miss your flight Sonatours will not be liable for any costs incurred for you to join the tour. The office will make every effort to assist you in such circumstances.

If you have booked the tour without flights, please meet the group at the hotel. Details will be sent to you at a later date. Please do check with the office as you might need to book a hotel before the tour starts and after it finishes.

**Please be on time as we cannot be held responsible or liable for any loss or expense suffered if you miss the flight or coach.**

**Q. Are flights upgrades available?**

**A:** On long haul flight tours upgrade to your flights is possible. Please advise the office at the time of booking to get the best possible price.

**Q. Can I select my seats on the airplane?**

**A:** International and Internal flight booking are booked as a group and the airlines will allocate the seats. Should you have a specific request it will be forwarded to the airline but cannot be guaranteed.

**Q. What are the luggage requirements on the airplane?**

**A: International Flights:** Different airlines will have different requirements on the weight allowance. It can range 20-30kgs for your main luggage and 5kg for hand luggage.

We do advise you to travel light. This information will be on your e-ticket once the tickets have been issued.

**Q. What type of coach will I be travelling in?**

**A:** We use the finest fleet of fuel-efficient coaches. Most coaches will have armrests & are fully air-conditioned or air-cooled—all with reclining seats. Coaches in Bhutan do not have emergency WC facilities. Frequent comfort stops are being made for your convenience. The high vantage point from your coach's windows means you can take in all the glorious scenery, whether it's a vast-rural landscape or an urban city Centre. On a touring holiday there are some long journeys which are unavoidable especially what travelling from city to city.

**Q. Can I select my seats on the coach?**

**A:** We have a strict seat rotation policy when travelling by coaches on all our international tours.

**Q. What is the smoking and alcohol policy while travelling by coach?**

**A:** There is a strict policy of "no smoking, no alcohol and no smelly food" on all our coaches. We do, however, make plenty of comfort stops.

**Food Matters**

**Q. Can I request my flight meal and is it guaranteed?**

**A:** Meal request should be advised at the time of your booking; Sonatours will request on your behalf, but we cannot guarantee the request. Sonatours are not liable in case the requested flight meal cannot be fulfilled.

**Q. What meal options are available to me while on tour?**

**A:** On this tour a range of local Vegetarian options (e.g. Jain, Swaminarayan) as well as Non-Vegetarian are available. Kindly advise your meal preference/allergies at the time of your booking.

**Q. Where will I have my daily meals?**

**A:** On all tours breakfast is at the hotel and dinners is at various restaurants or hotels.

**Q. Should I carry dry snacks?**

**A:** Dry snacks can be carried, provided they are pre-packed, and all the ingredients are clearly listed on the packaging.

**Q. What is the cost of a local meal?**

**A:** On an average local meal costs about £15-£20 per person per meal. This estimated price varies from city to city and country to country.





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#### Miscellaneous

**Q. Will I travel with people from other countries?**

**A:** Sonatours have offices in Kenya, India, USA and UK. The beauty of taking a guided holiday with us is you will have the opportunity to meet and travel with people from all over the globe.

**Q. Is there a tour director on the tour?**

**A:** Escorted tours are accompanied by professional tour director/local guides throughout the tour. It may be necessary that your Tour Director may change whilst on tour; this is usually due to operational reasons or utilizing local guides for their wealth of experience.

Please ensure you provide your mobile number that you will be carrying with you while on the tour when making the booking. This facilitates the tour director to contact you should the needs arise while on the tour.

If minimum number of passengers has not been achieved, we will have a local guide. Sonatours provides services of local tour guides to make sure you will get an unforgettable experience.

**Q. How many people will be on my trip?**

**A:** Average group size are between 15 to 50 passengers but it may vary from departures to departures.

**Q. Are tips included?**

**A:** On all our group tours, only tips for the driver are included. However, should you wish to tip separately to driver and tour manager, you are welcome to do so at your discretion.

**Q. When does my day start?**

**A:** The day usually starts at 8am. Further instructions you will be given the night before. However, this may differ depending on the activity of the day or when having an early flight.

**Q. How much walking is involved per day for the duration of the tour?**

**A:** This tour involves a substantial amount of walking (normally 8 to 10 hours a day, not all at one stretch).

**Q. Will I have free time?**

**A:** Each itinerary offers the perfect balance of downtime and discoveries. We also give you the opportunity to tailor your trip with optional experiences. If you decide to venture on your own during your free time, preferably you go in a group, keep the guide contact and the hotel address handy. Please do inform the tour director. We recommend you download an offline map too.

**Q. Do I need to get a local SIM card?**

**A:** Usually it is not necessary, should you require one kindly speak to your Tour manager/Local guide for assistance.

**Q. Should I bring any electric outlet adapter and charger for my electronics?**

**A:** Electrical currents vary Globally. We recommend that you carry a universal adapter and your electronic charges for your convenience and comfort.

**Bhutan:** Electricity supply is 230 Volts; uses two types 1) D - three rectangular round pins in a triangular pattern; 2) G - three rectangular pins in a triangular pattern.

