

ECO-TOUR: Bhutan Multi-Sport Holiday 9 Days: Trekking through Culture



Multiple Departure Dates:

2008

08 October

18

29

2009

15 April

07 October

17

28

Overview

Nestled between India and Tibet, the exquisite mountain kingdom of Bhutan has been protected and isolated for centuries by mighty Himalayan peaks. Because few visitors are allowed to enter the country, daily life rituals remain sacred and the ancient landscape is relatively undeveloped. Tradition and Buddhism infuse every facet of life here, from jingling brass bells of prayer wheels to ornate monasteries perched high above terraced rice paddies. To complement our skilled Leaders, experienced Bhutanese trekking guides join us to proudly share their country's cultural and religious wonders.

Please contact us for a more detailed itinerary for the dates you wish to travel by calling **1-866-269-2659**.

Days 1-2 Paro Valley

Meet in Bangkok, Thailand, and fly to Paro, Bhutan ✦ Bike to Drukgyel Dzong, a monastic fortress built to commemorate a 1644 victory over the Tibetans ✦ Investigate the massive fortress of Paro Dzong ✦ On footpaths frequented by locals, hike to the Kichu Lhakhand temple, built in the mid 1600s.

Days 3-4 Thimphu

In the capital city of Thimphu, see examples of the traditional *thangka* style of painting, sculpture, embroidery and other crafts ✦ From the village of Dodina, ascend on foot to Cheri Goemba Monastery ✦ Join a Buddhist historian for a lively discussion on Bhutanese life.

Days 5-6 Punakha

Shuttle over the Dochu La mountain pass and take in panoramic views of snowcapped Himalayan peaks ✦ Walk through pine forests to our hotel in the Punakha Valley ✦ Learn how to wear the national dress of Bhutan ✦ Hike to Chorten Nebu, a 14th-century temple accessible only by foot, and pedal past small villages and rice paddies on our return to Punakha.

Days 7-9 Paro

Explore Punakha Dzong, the winter capital of Bhutan for more than 300 years ✦ Stop at the Dochu La for lunch en route back to Paro ✦ Follow an ancient path to the Taktshang teahouse, situated at 9,200 feet and offering superb views of the Taktshang Monastery across the valley ✦ Savor typical Bhutanese food while sitting on a rug in a yak herder's tent ✦ Enjoy a traditional hot stone bath ✦ Fly to Bangkok.

Accommodations: Premiere Inns



Zhiwaling Hotel (2 nights): Built in the style of a traditional Bhutanese *dzong*, this architecturally stunning building is a short distance from famed Tiger's Nest.

Tashi Taj Hotel (2 nights): Situated in the city center, this newly opened hotel offers comfortable rooms and a full range of amenities.

Meri Puensum Resort (2 nights): With views across the rice fields and orange groves of the Punakha Valley, our lodging is quite simple but comfortable.

Uma Paro (2 nights): This five-star hotel welcomes with luxurious guest rooms, gourmet dining and a spa with traditional Bhutanese treatments.

Daily Mileage Options & Cumulative Elevation Gain

Day 1

- Level 1 ✦2 Route Options Available
- Biking 10, 19 miles
- 0 - 1500 feet elevation gain

Day 2

- Levels 1 to 2 ✦2 Route Options Available
- Walking 1 mile
- 0 - 500 feet elevation gain
-
- Hiking 3 miles
- 0 - 500 feet elevation gain

Day 3

- Level 2 ✦1 Route Option Available
- Walking Tour 4 hours
- 0 - 500 feet elevation gain
-
- Cultural Activities

Day 4

- Levels 1 to 2 ✦4 Route Options Available
- Walking 3.2 miles
- 0 - 500 feet elevation gain
-
- Biking 11, 23 miles
- 0 - 500 feet elevation gain
-
- Hiking 2 miles
- 500 - 1000 feet elevation gain

Day 5

- Level 1 ✦1 Route Option Available
- Hiking 4.8 miles
- 0 - 500 feet elevation gain

Day 6

- Levels 2 to 3 ✦3 Route Options Available
- Hiking 3.3, 4.7 miles
- 100-1500 feet elevation gain
-
- Biking 11 miles
- 0 - 500 feet elevation gain

Day 7

- Levels 1 ✦1 Route Option Available
- Walking Tour 2 hours
- 0 - 500 feet elevation gain

Day 8

- Levels 3 to 4 ✦3 Route Options Available
- Hiking 3.3, 6.1 miles
- 1500 - 2500 feet elevation gain
-
- Biking 7 miles
- 500-1000 feet elevation gain

Day 9

- Conclusion of Trip

Trips For All Abilities

Every multi-sport trip is designed to appeal to a wide variety of interests and fitness levels. We know your pace may vary from one day to the next-and your traveling companion's may differ somewhat from yours. So we present a range of mileage options, and each day you decide exactly what and how much you want to do.

Activity Level	Average Time	Average Distance	
		Biking	Walking & Hiking
Level 1	2-3 hours	10-20 mile	2-5 miles
Level 2	2-4 hours	21-30 miles	5-7 miles
Level 3	3-5 hours	31-40 miles	7-9 miles
Level 4	4-6 hours	41-55 miles	9-11 miles
Level 5	5-7+ hours	56-75+ miles	11-13+ miles

2008 DATES CLASSIC TRIPS

- 10/8-16Price: \$6098 pp dbl. occ., (+ \$1660 for sgl. occ.), Internal Air: \$900
- 10/18-26Price: \$6098 pp dbl. occ., (+ \$1660 for sgl. occ.), Internal Air: \$900
- 10/29-11/6Price: \$6198 pp dbl. occ., (+ \$1660 for sgl. occ.), Internal Air: \$900

2009 DATES CLASSIC TRIPS

- 4/15-23 Price: \$6398 pp dbl. occ., (+ \$1660 for sgl. occ.), Internal Air: \$1020
- 10/7-15 Price: \$6398 pp dbl. occ., (+ \$1660 for sgl. occ.), Internal Air: \$1020
- 10/17-25 Price: \$6398 pp dbl. occ., (+ \$1660 for sgl. occ.), Internal Air: \$1020
- 10/28-11/5 Price: \$6398 pp dbl. occ., (+ \$1660 for sgl. occ.), Internal Air: \$1020

Reserve early for the best available price. Prices may change during the course of the year. Once you book your trip, your price is guaranteed.

Optional Pre and Post Luxury Hotel stay in Bangkok

Please contact us with your request as programs vary depending on time of year you wish to travel.

Deposit Information

A deposit of \$275.00 per person is due at the time of booking and is non-refundable. Final payment is due on 60 days prior to departure. If airline tickets have been issued there is a further airline penalty. No refunds will be made after departure.

Passport, Visa, and Health Requirements

U.S. citizen tourists staying for fewer than 30 days do not require a visa, but must possess a passport and may be asked to show an onward/return ticket. Persons entering Thailand without a visa are allowed to stay in Thailand for 30 days per visit. The duration of stay in Thailand for persons who enter Thailand without a visa cannot exceed 90 days during any six-month period, counting from the date of first entry. After 90 days, travelers must apply for a new visa at a Thai embassy outside of the country. Travelers must pay a Passenger Service Charge in Thai baht when departing from any of Thailand's international airports. This charge is now included in airline ticket prices at Bangkok's main airport, Suvarnabhumi International Airport.

Cancellation Policy

Cancellation penalties imposed on LUX World Travel by its suppliers are stringent, and are per person for land arrangements. Airline tickets are different, and hold a completely separate penalty and we will advise you at the time of your cancellation of this additional penalty.

The following terms apply effective as of the date LUX World Travel receives written notice of cancellation.

Cancellation fees may vary based upon departure date. Please review the grid below:

Number of Days Prior to Trip Start	Cancellation Fees per person)	Departure Dates
96+ days	\$500	2008 10/08, 10/18, 10/29
61-95 days	30%	
31-60 days	60%	
0-30 days	100%	2009 10/17, 10/28, 10/07

Number of Days Prior to Trip Start	Cancellation Fees per person)	Departure Dates
126+ days	\$800	2009 04/15
96-125 days	30%	
61-95 days	50%	
31-60 days	75%	
0-30 days	100%	

Penalties from the airlines may occur depending on the type of air purchased, for which LUX World Travel is not responsible. We do highly recommend **Cancel for Any Reason Insurance** for at least the flight portion of your journey to insure our clients with full flight protection coverage.

Travel Insurance

We highly recommend travel insurance for this journey. We will be happy to provide you with a variety of quotes to fit your specific travel needs. **1.866.269.2659.**

To Register for this Tour

To register for this tour, please call us directly at **1-866-269-2659** or email us at info@luxworldtravel.com for a Registration Form and a Credit Card Payment Form.

www.luxworldtravel.com

Travel for the Journey Inside You.

1.866.269.2659

1.585.672.5587