

Discover the magic of Nepal, India & Bhutan

Exclusive Himalayan Kingdoms Overland & Trek Adventure

1-17 October 2017



Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do Mark Twain

If you are looking for an adventure like no other, this 17 day exclusive adventure of the eastern Himalayan Kingdoms offers a combination of overland touring from



Darjeeling in the Himalayan foothills of India's West Bengal state, to Gangtok, the capital of the mountainous northern Indian state of Sikkim, which offers magnificent views of two Himalayan giants - Kanchenjunga (8586m) and Mt Everest (8848m). We cross to the border of Bhutan at Phuntsholing where this Buddhist kingdom on the Himalaya's eastern edge, known for its monasteries, dzongs and breathtaking landscapes that range from subtropical plains to steep mountains and valleys awaits us. Bhutan measures its success in terms of Gross National Happiness – combine this with Bhutan's extraordinary geography and ancient Buddhist mythology and your adventure will be complete and unforgettable.



A highlight of our visit to Bhutan will be a trek to Paro Taktsang monastery (also known as Tiger's Nest) at 3120m – a great warm up for our five-day Druk Path Trek from the Paro valley (2195m) to the Thimphu valley (2320m),

crossing a chain of mountains reaching our highest point at Phume la pass at 4210m that is adorned with beautiful prayer flags and offers magnificent views of the Thimphu city far below.

Join me, Leonie Berger on this adventure of discovery. It will leave you speechless - then turn you into a story teller.

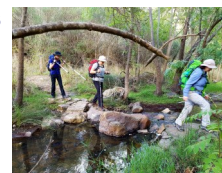
Grade: Trekking Moderate to strenuous **Trek altitude:** Max 4210m

Group size: Min 6 Max 10 **Season:** Autumn, cool & temperate

Price: US\$3895 per person, twin share & includes the following:

Pre-trip:

An information briefing on booking; a health & fitness assessment & a tailored fitness training program to prepare you for the 5 day trek; 6 x weekend bushwalks; personal shopping for the right clothing & equipment at Snowys (receive 25% off full priced items); a pre-trip departure briefing.



During the overland & camping trek:

- Fully escorted by Leonie Berger from Adelaide & Subal Lopchan from Kathmandu, who is a highly experienced local English-speaking tour guide. Also local English-speaking guides at some sites
- Airport transfers
- 2 nights twin-share accommodation at the Shangri-La Hotel, Kathmandu
- Flight from Kathmandu to Bhadrapur
- Overland transportation in private A/C vehicle
- Accommodation: 10 nights twin-share in quality hotel accommodation & 4 nights twin-share camping
- Meals: 16 Breakfasts, 8 lunches, 15 dinners including welcome dinner & boiled drinking water throughout the camping trek
- Portage on the camping trek
- Comprehensive medical kit
- Trek Pack while on trek valued at over US\$500 – kitbag, high quality sleeping bag designed for sub-zero temperatures, sleeping mat, inner sheet & a high-altitude jacket
- Sightseeing (entrance fees where applicable) in Kathmandu, Darjeeling, Gangtok, Phuntsholing, Paro & Thimphu.

What's not included:

International flights, visas, insurance, additional accommodation pre or post trip, meals not listed, any optional tours & activities during free time, camera fees, excess baggage charges, showers on trek (if available), tips or gratuities & items of a personal nature.

M: 0411 779 005 E: info@fitandreadyadventuretravel.com.au
W: www.fitandreadyadventuretravel.com.au

