

## BHUTAN - Birding, Mammals and Monasteries



*Trip Date: 14 April - 02 May 2021*



## Tour at a glance

**Tour Date:** 14 April – 02 May 2021

**Tour Duration:** 19 Days

**Expected Birds Species:** 350-400

**Expected Mammal Species:** 10-15

**Altitude:** 150m/492ft – 3,822m/12,539ft

**Photographic Opportunity:** Excellent

**Local Guides:** Sonam Tshering or Chubzang Tangbi

**Other staff:** For 3 or more guests catering staff will be provided for picnic breakfasts and lunches in prime birding locations

## Synopsis

Bhutan has been protected by both its isolation within the Himalayas and the topography of its mountainous land, resulting in over 70% of the land remaining forested with approximately 25% protected by 10 National Parks and Wildlife Sanctuaries. The diverse range of environments varies from sub-tropical at 150m to alpine at over 4,500m, supporting a wide range of eco-systems with rich and varied bird-life, flora and fauna.

Our Bhutanese tour leader is a birding expert and an accredited naturalist who will ensure that your trip through this varied and beautiful landscape is full of birding and wildlife excellence.

## Prices

### 1. Land Price:

8 guests: US\$ 3,980 per person, based on standard twin occupancy

### 2. Flights:

International: Druk Air/Bhutan Airlines – DEL - PBH = US\$ 385 per person

Druk Air/Bhutan Airlines - KTM – PBH = US\$ 265 per person

Druk Air/Bhutan Airlines – BKK - PBH = US\$ 440 per person

Please note: Flights from Delhi/Calcutta – Guwahati are not included in the costs and are arranged by yourselves



## Brief Itinerary

**Day 01:** Flight into Paro and birding along the Paro River.

**Day 02:** Hike up to Tigers Nest Monastery (5 hr return hike).

**Day 03:** Early morning to Chele La for high altitude birding and continue to Thimphu (55kms, 1 hr).

**Day 04:** Thimphu to Punakha (78kms, 3 hrs). En-route stop at Dochu La (3150m) and Lampelri Botanical Park for birds. PM visit the Punakha Dzong.

**Day 05:** AM at Tashithang (JDN park) for birding and continue to Nobding (58 kms, 1 hr).

**Day 06:** Morning birding along Dangchu farm road and continue to Trongsa (85kms, 2 hrs).

**Day 07:** Trongsa to Tingtibi via Wangduegang and Dakphai Valley (156kms, 4 hrs).

**Day 08:** Exploring the rich bamboo forests of Tingtibi, after breakfast continue to Panbang (86kms, 2 hrs).

**Day 09:** Exploring the Royal Manas National Park, well known for the rare Golden Langur.

**Day 10:** Early morning birding at Panbang and continue to Tingtibi (86kms, 2 hrs).

**Day 11:** Tingtibi to Trongsa via Wangduegang by pass (130kms, 4 hrs). Birding along Kosha La valley.

**Day 12:** Trongsa to Chumey (50kms, 1 hr), birding along lower Yotong La (3450m). After lunch drive to Tharpaling monastery for pheasants at close range.

**Day 13:** Chumey to Yongkola (130kms, 4 hrs). Stop along Selthang La (3600m), Thrumshing La (3890m) and Sengor valley.

**Day 14 & 15:** Two days spent exploring the bird-rich Thrumshing La National Park.

**Day 16:** Yongkola to Trashigang (130kms, 4 hrs). Stopping along Lingmethang and Kore La (2500m) for birding.

**Day 17:** Trashigang to Samdrup Jongkhar (185kms, 6 hrs). Birding along Khaling, Narphung and Morong valleys.

**Day 18:** Explore the sub-tropical forests of Samdrup Jongkhar and Deothang.

**Day 19:** Drive to Guwahati (110kms, 3 hrs) and flight to Delhi.

## Route Map



## Detailed Itinerary

**DAY 01:** Fly into Paro and birding along the Paro River. This morning we take the Druk Air/Bhutan Airlines flight to Paro, Bhutan where we should have good views of the Himalayas, including many of the highest mountains in the world. After clearing customs and immigration, you will be met by your Bhutanese hosts and from there we will drive along the Pa Chhu River before checking into your hotel. If time permits we will visit the Ta Dzong and the Paro Rinpung Dzong.

Expected species: **Ibisbill, Russet Sparrow, White Wagtail, Blue Whistling Thrush, Grey-backed Shrike, Rosy Pipit, Plumbeous and White-capped Water Redstarts and Brown Dipper.**

**OVERNIGHT: Hotel Olathang, Paro (2300m).**

**DAY 02:** Today we walk up to the famous Taksang (Tigers Nest) Monastery. The monastery is perched some 600m/2,000ft up on a cliff overlooking the valley and was said to be where the legendary Indian saint, Guru Padma Sambhava, flew from Tibet on the back of a tiger to defeat five demons who were opposing the spread of Buddhism in Bhutan. The monastery has four main temples and several buildings where the monks who live there wash their bodies. Each building is painted white and all have golden roofs that glisten in the sunlight; all the buildings are interconnected with steps carved into the rock itself and at each level balconies provide breath-taking views of the surrounding countryside. Inside the temples are extremely impressive with gold-plated domes, flickering light that dances off the golden images of Buddha, the paintings and sculptures of the Bhutanese saints.

After visiting the monastery complex we will make our way back to the base from where we will drive to our hotel for the night.



Expected species: **Green-backed Tit, Alpine Accentor, Little Forktail, Common Snipe, Black-tailed Crake, Black-faced Laughingthrush, White-browed Fulvetta, Himalayan Buzzard, Common Kestrel, Hodgson's Redstart and Red-billed Chough.**

**OVER NIGHT: Hotel Olathang, Paro (2300m).**

**DAY 03:** Early morning drive to Chele La (3,780m) for high altitude birding, after breakfast return to Paro and continue to Thimphu with a stop at the Thimphu Sewage works for some water birds.

Expected species: **Kalij Pheasant, Himalayan Monal, Satyr Tragopan, Blood Pheasant, Himalayan White-browed Rosefinch, Rufous-bellied Woodpecker, Collard Grosbeak, Spotted Laughingthrush, Blue-fronted and Hodgson's Redstarts, Fire-tailed Sunbird, White-browed Bush Robin, Himalayan Bluetail, Rufous-breasted Accentor, Ruddy Shelduck, Bar-headed Geese, Solitary Snipe, River Lapwing and Common Sandpiper.**

**OVERNIGHT: Bhutan Suite, Thimphu (2300m).**

**DAY 04:** Thimphu to Punakha (78kms, 3 hrs). Stop at Dochu La (3150m) for 108 stupas and view across the high Himalayan peaks before descending to Lampelri Botanical Park for the forest trail walk (2 hrs). From here we will drive to the warmer Punakha area where we will visit the magnificent Dzong built in 1637 and set between the confluence of the Pho (male) and Mo (female) rivers.

Expected species; **Greater Yellownappe; Hill Partridge; Grey-sided Laughingthrush; Red-vented, Striated, Black and Mountain bulbuls; Rufous-capped Babbler; Blue-winged Minla; Whiskered Yuhina; Scarlet Finch; Spot-winged Grosbeak; Large and Small Niltavas; Mrs. Gould's and Green-tailed sunbirds; Lemon-rumped and Chestnut-crowned warblers; Fire-breasted Flowerpecker; Green Shrike Babbler; Yellow-billed Blue Magpie; Fire-capped Tit; Red-billed Leiothrix; Speckled Wood Pigeon; Brown Parrotbill; Eurasian Jay; Mountain Hawk Eagle; Hodgson's Treecreeper.**

**OVERNIGHT: Meri Puensum Resort, Punakha (1300m).**

**DAY 05:** This morning we will drive north of Punakha for our morning birding along the south side of Jigme Dorji National Park. After exploring the temperate forests of JDN park and having a hot picnic breakfast, we continue our birding along the Puna Tshang Chhu River, before climbing through the cool temperate forests of Nobding valley.

Expected species; **White-throated Laughingthrush, Spotted Elachura, Ashy Wood Pigeon (rare), Golden-throated and Great barbets, Crested Serpent Eagle, Black and Ashy Drongos, Pygmy Blue Flycatcher, Common Teal, Eurasian Wigeon, Spot-billed Duck, Pallas's Fish-eagle, Great Black-headed Gull, White-throated and Crested kingfishers, Oriental Magpie-robin, Scarlet Minivet, Speckled Piculet, Spotted Forktail, Yellow-rumped Honeyguide (rare) and Scaly-breasted Munia.**

**OVERNIGHT: Kuenphen Hotel, Nobding (2450m).**

**DAY 06:** We will rise early and bird along the undisturbed farm road of Dangchu village, and after breakfasts we will continue to Trongsa, stopping along Pele La and Chendibji village.

Expected species; **Stripe-throated and Rufous-vented yuhinas, Ward's Trogon (rare), Fire-tailed Myzornis, Hoary-throated Barwing, Long-billed Thrush, Spot-winged Grosbeak, Brown and Great Parrotbills, Bhutan and Striated Laughingthrushes, Himalayan Cutia, Black-faced Warbler, Black-eared Shrike Babbler, White-throated Fantail, Himalayan Vulture, and Grey-sided Bush Warbler.**

**OVERNIGHT: Yangkhil Resort, Trongsa (2200m).**





**DAY 07:** Trongsa to Tingtibi via Wangduegang and Shemgang, (156kms, 4 hrs). Birding along Chunjey Pang, Dangdung, Koshala, Wangduegang and Dakphai Valley. Shemgang Road is considered to be one of the best birding areas in the world.

Expected species; **Eurasian Jay, Beautiful Nuthatch (rare), Pale Blue Flycatcher, Hill Prinia, Large Niltava, Blue-capped Rock Thrush, Little Forktail, Striated Prinia, Blue-fronted Robin (rare), Long-tailed Broadbill, Striated Yuhina, Crimson Sunbird, Tickell's Leaf Warbler, Lemon-rumped Warbler, Blue-throated Barbet, Rufous and Bay Woodpeckers, Large Hawk Cuckoo, Rufous-necked Hornbill (rare), Lesser Racket-tailed Drongo, Ashy, White-throated and Black-crested bulbuls, Fulvous-breasted Woodpecker, Streaked Spiderhunter, Blue-winged Laughingthrush (rare), Pin-tailed and Wedge-tailed green pigeons, Common Green Magpie and Emerald Dove.**

**OVERNIGHT: Hotel Twang, Tingtibi (700m).**

**DAY 08:** We will spend the morning, exploring the rich bamboo forests of Tingtibi. After a hot picnic breakfast, we will continue south to a much warmer area of Panbang. The valley of Panbang offers us a chance to see the rare Golden Langurs, which are often in small groups.

Expected species; **Rufous-throated and Chestnut-breasted Partridges (both rare), Barred Cuckoo Dove, Blue-bearded Bee-eater, the amazing Rufous-necked and Great Hornbills, White-browed Piculet, White-hooded Babbler (found only in this area), Rufous-faced and Yellow-bellied Warblers, Pale-headed Woodpecker (very rare), White-tailed Robin, Silver-eared Mesia, White-browed Scimitar Babbler, Rufous-necked Laughingthrush, (an impressive and elusive species); Rufous-winged and Nepal Fulvettas, White-naped, Black-chinned and White-bellied yuhinas; Sultan Tit and Lesser Rufous-headed Parrotbill (rare).**

**OVERNIGHT: Hotel Orgen Zilion, Panbang (400m).**

**DAY 09:** This morning we will bird along the Panbang – Nganglam road. Some of Bhutan's sought-after species can be seen along this 15km stretch. After breakfast we will continue to explore the tropical forests of Royal Manas national park.

Expected species; **Eye-browed Wren Babbler (rare), Collared Treepie (rare), Green Cochoa (rare), Silver-breasted Broadbill, Red-headed Trogon, Buff-breasted Babbler (rare and first discovered on our tour in 2019 and added to Bhutan bird list) Collared Scops Owl and Rufous-vented Laughingthrush (rare). Also many more common species.**

**OVERNIGHT: Hotel Orgen Zilion, Panbang (400m).**

**DAY 10:** Early morning birding along the RMN Park trails and after breakfast we will retrace our way back to Tingtibi, stopping for birds and magnificent vistas as time allows. The valley of Panbang is also well known for its vast variety of butterflies and moths.

Expected species; **Red-headed Trogon, Large Woodshrike, Chestnut-headed Bee-eater, Blue-naped Pitta (rare), Tawny Fish Owl, Great Hornbill (rare), Greater Goldenback, Stripe-tit Babbler and Black Redstart.**

**OVERNIGHT: Hotel Twang, Tingtibi (700m).**

**DAY 11:** Tingtibi to Trongsa via Wangduegang by pass (130km). Birding along the Wangduegang road.

Expected species; **Himalayan Bulbul, Blue Rock Thrush, Rusty-cheeked Scimitar Babbler, Crested Bunting, Striated Yuhina, Crimson Sunbird, Spot-winged Starling (rare), White-crested Laughingthrush, Common Rosefinch, Spot-bellied Eagle Owl, Daurian Redstart (rare), Red-faced Liocichla, Bay Woodpecker, Grey-headed Parrotbill, Black Eagle and Blue-winged Minla.**

**OVERNIGHT: Yangkhil Resort, Trongsa (2200m).**



**DAY 12:** Trongsa to Chummey over Yotong La at 3,425m and visit Tharpaling Monastery for pheasants. We will gradually make our way along cascading waterfalls and magnificent rhododendron and magnolia forests up to Yotong La Pass. Descending from the pass we reach Gyeltsa Valley from where we take a short detour to Tharpaling monastery where we have the chance to see one of Bhutan's special birds, the colorful Himalayan Monal. We will spend some time birding around the monastery complex before making our way back to the hotel at Chummey valley.

Expected species; **Himalayan Monal (rare), Blood Pheasant, Darjeeling Woodpecker, Stripe-throated Yuhina, White-winged Grosbeak, Himalayan Griffon, Himalayan Buzzard, Chestnut-headed Tesia, Crimson-browed Finch, Scaly-breasted Wren Babbler, Gold-naped Finch, Brownish-flanked Bush Warbler, Red-headed Bullfinch, Streak-breasted Scimitar Babbler, Little Bunting and Himalayan Wood Owl.**

**OVERNIGHT:** Chummey Nature Resort, Chummey (2800m).

**DAY 13:** Chumey to Yongkola, birding along Thrumshing La (3,780m). This drive is considered to be one of the most spectacular in the Himalayas. All around are stunning landscapes of the High Himalayas, auspiciously placed prayer flags, typical Bhutanese villages and spectacular temples – truly a magical land! We will stop and walk through the tranquil valley of Ura, the highest of the four valleys of Bumthang. Lying in the shadow of Thrumshing La.

Leaving Ura we climb through forests of larch, silver fir, spruce and towering hemlocks, until we reach Thrumshing La (3,780m). Along this magnificent stretch of road we look for Blood Pheasant feeding by the roadside. Once more, we have breathtaking views of the Eastern Himalayas. From Thrumshing La, we will descend to Yongkola through a pristine forest where Spanish moss drips from the pine trees.

Expected species; **Blood Pheasant; Satyr Tragopan (rare); Gray-crested, Coal, Yellow-browed and Black-browed tits; Mrs Gould's and Green-tailed sunbirds; Rufous-gorgeted Flycatcher; Ashy-throated, Lemon-rumped, Large-billed and Blyth's Leaf-warblers; Bar-winged Wren Babbler (rare); White-browed and Rufous-winged fulvettas; Mountain Hawk-Eagle; Chestnut-bellied Rock Thrush; Snow Pigeon; Himalayan Forest Thrush (New split from Plain-backed Thrush); Dusky, Eye-browed and Dark-throated Thrushes; White-collared Blackbird; Rufous-breasted and White-browed Bush-robins; Rufous-bellied Niltava; Rusty-flanked Treecreeper; Chestnut-crowned Laughingthrush; Red Crossbill and Brown Bullfinch.**

**OVERNIGHT:** Trogon Villa, Yongkola (1,700m).

**DAY 14 & 15:** Two full days birding the upper and lower Yongkola region. In this breathtaking landscape we will bird in a protected area of pristine forests using a paved yet rarely used road, providing the ultimate birding opportunity. It is here in this birding hotspot that we can look for some of Bhutan's highly prized bird species that are difficult to find elsewhere.

Expected species; **Satyr Tragopan (rare); Ward's Trogon (rare); Rufous-throated Wren Babbler (a little known and endangered species); Hodgson's Frogmouth (rare); Purple Cochoa (rare); Hill Partridge; Rufous-bellied Eagle; Rufous-necked Hornbill (the forests of Bhutan are the stronghold for this impressive species); Speckled Wood-Pigeon; Blue-bearded Bee-eater; Blue-fronted Robin (rare); Himalayan Wedge-billed Babbler; Pygmy Cupwing; Lesser Yellowthroat; Collared Owlet; Himalayan Treepie; Short-billed and Long-tailed Minivets; Yellow-bellied Fantail; Verditer Flycatcher; Rufous-fronted, Yellow-browed and Yellow-cheeked Tits; Mountain and Striated Bulbuls; Hill and Striated Prinias, Slaty-bellied and Gray-bellied Tesias; Gray-hooded, White-spectacled, Chestnut-crowned, Broad-billed and Black-faced Warblers; Scaly and Rufous-chinned laughingthrushes; Coral-billed and**



**Slender-billed scimitar babblers (both rare); Rufous-capped and Golden babblers; White-browed and Black-eared Shrike Babblers; Rusty-fronted Barwing; Red-tailed Minla; Bar-throated Siva; White-naped and Black-chinned Yuhinas; the exquisite Yellow-throated Fulvetta (rare and virtually unknown elsewhere); Greater Rufous-headed and Black-throated Parrotbills (rarely seen); Spot-winged Grosbeak; Golden-breasted Fulvetta; Crimson-breasted Woodpecker; Pygmy Blue and White-gorgeted Flycatchers; Black-headed Shrike Babbler (rare); Slender-billed Scimitar Babbler (rare); Nepal House Martin; Fork-tailed Swift and Scaly Thrush.**

**OVERNIGHT: Trogon Villa, Yongkola (1700m).**

**DAY 16:** Yongkola to Trashigang over Kore La (2,298m), 140kms. After a final morning's birding around our hotel, we will continue to Lingmethang, a small town at 700m before climbing to the Town of Mongar. From Mongar, our journey continues east through a mixed broad-leaved forest. We will stop at Kore La at 2298m. Here we will walk the forest trail for some birding before continuing to Trashigang.

As we arrive in Trashigang, we should have a superb view of the Trashigang Dzong, one of Bhutan's justly famous fortified monasteries. Built in 1659, it is superbly located on a spur overhanging the Gamri Chu and is protected on three sides by rivers or ravines. The dzong commands a fine view over the surrounding countryside.

**Expected species; Tawny Fish Owl (rare), Upland Buzzard, Pallas Fish Eagle (rare), Oriental White Eye, Maroon Oriole, Common Rosefinch, Fire-capped Tit, Ashy Wood Swallow, Bhutan Laughingthrush, Asian Barred Owlet, Rufous-bellied Niltava, Ultramarine and Little Pied Flycatchers, Blanford's Rosefinch (rare), Rusty-cheeked Scimitar Babbler, Himalayan Bulbul, Crested Bunting and Lesser Racket-tailed Drongo.**

**OVERNIGHT: Druk Deojung Resort, Trashigang (1100m).**

**DAY 17:** Trashigang to Deothang, driving through the towns of Khaling, Womrong and Moshi. This is by far the longest settled and most populous region of Bhutan. Consequently, much of the early part of today's journey meanders through relatively intensively farmed land. Nevertheless, it is a fascinating landscape with plenty of birds to see.

From Yonphu La we descend to a small town of Khaling at (2,000m) before driving southwards to Morong valley. The view all along today's journey is inspirational—mountain ridge after ridge is covered in pristine forest—and the view stretches to the distant horizon with the promise of endless birding opportunities.

**Expected species; White-tailed and Beautiful (rare) Nuthatches, Black-tailed Crake, Long-billed Thrush (rare), Mountain Tailorbird (rare), Red-headed Trogon, Whistler's and Grey-cheeked Warblers, Slaty-Blue and Little Pied Flycatchers, Spotted Forktail, Common Stonechat, Aberrant Bush Warbler, Lemon-rumped Warbler, Maroon Accentor (rare), Yellow-breasted Greenfinch, Long-tailed Sibia, Red-faced Liocichla, Bhutan Laughingthrush, White-throated Needletail, Grey Nightjar, Brown Shrike, Slender-billed Oriole, Bar-winged Flycatcher-Shrike, Ferruginous and Grey-headed Canary Flycatchers, Yellow-cheeked Tit, Himalayan and Black Bulbuls.**

**OVERNIGHT: Hotel Tashi Gasel, Samdrup Jongkhar (400m).**

**DAY 18:** We exploring the tropical forests of Samdrup Jongkhar and Deothang, a stretch of 25kms, which is full of birding and wildlife excellence.

**Expected species: Oriental Honey-buzzard; Greater Coucal; Silver-breasted Broadbill; Yellow-bellied Warbler; Strip Tit; Jungle, Rufous-capped, Grey-throated and Golden Babblers; White-bellied Erpornis; Grey Wagtail; Black Kite; Large-tailed Nightjar; Emerald and Red-collard Doves; Coppersmith**





and Blue-eared Barbets; Oriental Scops Owl; Common and Himalayan Flamebacks; Rufous Treepie; Greater racket-tailed Drongo; Black-nape Monarch; Oriental Pied and Wreathed Hornbills; Green-billed Malkoha; Chestnut-tailed Starling; Hill, Jungle and White-vented Mynas; Little Spiderhunter; Golden-fronted Leafbird; Indian Paradise Flycatcher; Red Jungle Fowl; Hooded Pitta (rare); Lesser Necklaced Laughingthrush; Plain and Yellow-vented Flowerpeckers; Red-throated Flycatcher; Siberian Rubythroat (rare); Asian Fairy Bluebird; Dollarbird; Yellow-footed, Pompadour and Thick-billed Green Pigeons; Red-whiskered and Black-crested Bulbuls; Mountain Imperial-Pigeon; Emerald Dove; Common Iora, Green Bee-eater; Crested Kingfisher; Indian Pond and Little Herons; Black-crowned Night Heron; Little and Cattle Egrets and with a bit of luck the very rarely seen Blyth's Kingfisher (rare), Dark-rumped Swift (rare) and Black-backed Forktail (rare).  
**OVERNIGHT: Hotel Tashi Gasel, Samdrup Jongkhar (400m).**

**DAY 19:** After completing immigration at the Bhutan gate you will continue to Guwahati, stopping at Deepor Beel for a short birding break before heading to the airport for your flight to Delhi.  
 Expected species; **Lesser and Greater Adjutants (both rare); Little Cormorant, White-throated Kingfisher, Purple Heron, Bronze-winged Jacana and Yellow-wattled Lapwing.**

## General Information

### Included in Cost

- Visa and all taxes
- Licensed Tour guide who is an excellent birder
- All activities as mentioned in the itinerary
- All accommodation based on sharing a twin room
- All meals
- Tea/coffee and snacks
- Bottled water throughout the trip
- Ground transportation
- All entrance fees for museums and parks

### Not Included in Cost

- Flights from Guwahati - Delhi
- International flights
- Travel insurance (essential)
- Laundry, phone calls and alcoholic drinks
- Personal expenses
- Charges incurred as a result of circumstances beyond the control of Langur Eco Travels
- Gratuity/Tips

### Note Regarding Single Supplements

Single occupancy can be arranged, based on room availability and at an extra cost of US \$25 per night.

### Trip grade: Gentle hikes

You should prepare for certain travel factors in Bhutan. A few of the most important are elevation, windy mountain roads and uneven trek paths. Average elevation on this trip is 2,400m. Pass crossings may be up to 4,000m.



### Insurance

We strongly advise that your travel insurance policies include medical assistance and (helicopter) evacuation - we believe that it is 'better to be safe than sorry!' Should you decline to do so, we must state that we will in no way accept responsibility for expenses incurred should you require medical attention/evacuation while on holiday with us.

### Accommodation

It is our policy to use the best available accommodation in each location. All hotels and lodges we use are government approved and registered with the Tourism Council of Bhutan.

### Temperature April

Average Temperature in Fahrenheit

Place	High	Low
Samdrup Jongkhar	87	73
Trashigang	83	61
Yongkola/Mongar	80	60
Sengor	65	41
Bumthang/Chumey	72	43
Trongsa	67	49
Tingtibi	85	68
Phobjikha	70	41
Punakha	85	62
Thimphu/Paro	78	50

### Clothing

This trip departs in April which is generally a dry and cool time of the year but you may encounter light rain or damp condition. Evenings may be cool and you will certainly have many early morning starts so will need some warm layers. The key to being comfortable is to adopt a system of several layers rather than one item of bulky warm clothing. Sun hats are an essential item, with a wide brim and something to protect your neck. Temperatures can drop very quickly in the evening and early morning and at altitude and you may again need to put on a number of layers.

### Clothing Checklist

Walking boots	For hiking
Comfortable shoes	For camp
Waterproof jacket	Best made with breathable, waterproof fabric
Waterproof over-trousers	Best made with breathable, waterproof fabric
Lightweight down jacket	For colder evenings/mornings or in case of a cold snap
Trekking trousers	Two pairs, plus trousers to change into in the evening
T-shirts/ undershirts	
Long sleeved shirts	To prevent sunburn on your arms and keep airborne biting insects at bay



Thermal underwear	You may like to change into this in the evening or have it to sleep in.
Micro fleece	
Warm Jacket	
Thick socks	
Thin socks	
Woolly hat or gloves	For cold weather
Sun hat	With adequate protection for your neck
Smart/casual clothes	For air travel, in cities and for evenings in hotels

### Equipment and Accessories

Small day pack	
Sunglasses and retainers	If you wear glasses, bring a spare pair
Headlamp or flashlight	Bring spare batteries
Anti bacterial hand gel	Very useful for washing hands when no water is available

### Electricity

The standard voltage in Bhutan is 220-240 volts. Most American appliances (except hairdryers) now have built-in converters, so you only need to worry about bringing adapters. You will often find two pin sockets in bathrooms (type C). In most other rooms sockets are generally the round-three pin variety (type D). To be safe, take a universal travel adaptor, and if that still does not fit ask at hotel reception.

### Baggage and Hand luggage

Bhutan Airlines/Druk Airlines Baggage allowances are one cabin bag (max weight 10kg) and one checked bag (max 20kg).

- Small heavy articles can be carried in your day pack, which can go on as hand baggage. Note that most airlines only allow one item of hand luggage.
- Any excess baggage fees will have to be paid for by you.
- Electrical equipment and lighters should be packed in your cabin luggage.

# TASHI DELEK

## Tour related photos



*Punakha Dzong*



*Beautiful Nuthatch*



*Blood Pheasant*



*Eye-browed Wren Babbler*



*Rufous-necked Hornbill*



*Ibis*



*Himalayan Monal*



*Yellow-rumped Honeyguide*



*Wards Trogon*



*Satyr Tragopan*



*Golden Langur*



*Great Hornbill*



*Great Barbet*



*White-bellied Heron*



*Monks*