BHUTAN - Birding, Mammals and Monasteries
For Golden Gate Audubon Society

Trip Date: 02 - 20 May 2021
Tour at a glance

Tour Date: 02 – 20 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 – PBH - DEL = US$ 385 per person
Druk Air/Bhutan Airlines - PBH - KTM = US$ 265 per person
Druk Air/Bhutan Airlines – PBH - BKK = 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 from Delhi to Guwahati and drive to Samdrup Jongkhar (110 kms, 3 hr).

Day 02: Explore the tropical forest of Samdrup Jongkhar and Deothang.

Day 03: Deothang to Trashigang, birding along Morong and Orong valley (170 kms, 6 hr).

Day 04: Early morning birding at Kore La and continue to Yongkola (130 kms, 4 hr).

Day 05 & 06: Two days are spent in Thrumshing La National Park (one of the best birding hot-spots in all of Asia).

Day 07: Yongkola to Chummey via Sengor valley and Thrumshing La at 3890m (130 kms, 4 hr).

Day 08: Chummey to Trongsa via Tharpaling Monastery for Pheasants (50 kms 1 hr).

Day 09: Trongsa to Tingtibi via Wangduegang and Dakphi Valley.

Day 10: Exploring the rich bamboo forests of Tingtibi and after breakfast continue to Panbang (86 kms, 2 hr).

Day 11: Exploring the Royal Manas National Park, well known for the rare Golden Langur.

Day 12: Early morning birding at Panbang and continue to Tingtibi (86 kms, 2 hr).

Day 13: Tingtibi to Trongsa via Wangduegang by pass. Birding along Kosha La valley (156 kms, 6 hr).

Day 14: Trongsa to Nobding (85 kms, 2 hr) birding stop along Chendibji and old Pele La road.

Day 15: Nobding to Punakha (58 kms, 1 hr), birding along Dangchu farm road. In the afternoon birding along Puna Tshang Chhu (river) and visit the magnificent Punakha dzong.

Day 16: Punakha to Paro, birding along Menchuna farm road and Lampelri Botanical park (125 kms, 4 hr).

Day 17: Day excursion to Chele La (3900m) the highest motor able pass in Bhutan. In the afternoon, birding along the Pa Chhu (river) valley.

Day 18: Hike up to Tigers Nest Monastery (5 hrs return trek) and farewell dinner at the hotel.

Day 19: Flight to Delhi/Kathmandu or Bangkok for your onward connection.
DAY 01: Fly from Delhi into Guwahati and drive to Samdrup Jongkhar (110kms, 3 hr), stopping en-route at Guwahati dumpsite for birding.

Expected species: Lesser and Greater Adjutants (both rare); Little cormorant; White-throated Kingfisher; Purple Heron; Bronze-winged Jacana and Yellow-wattled Lapwing.

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

DAY 02: We explore the forests of Samdrup Jongkhar and Deothang, a stretch of 25 kms, which is full of tropical birding and wildlife excellence.

Expected species: Oriental Honey-buzzard; Greater Coucal; Silver-breasted Broadbill; Yellow-bellied Warbler; Great 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-foot-
ed, 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; 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: Dungsam Trashiling Resort, Deothang (800m).

DAY 03: Deothang to Trashigang (170 kms, 6 hr). Birding along the sub-tropical forests of Morong and Orong village. Apart from excellent birding you will also enjoy the ever changing landscape and the view across the Eastern Himalayas.

Expected species: White-tailed and Beautiful Nuthatches (the later is rare); Black-tailed Crake; Long-billed Thrush (rare); Mountain Tailorbird (rare); Red-headed Trogon; Whistler's and Grey-checked Warblers; Slaty-Blue, little Pied and White-gorgeted Flycatchers (the later is rare); Spotted Forktail; Common Stonechat; Aberrant Bush Warbler; Lemon-rumped Warbler; Rufous-throated Wren Babbler; Spotted Elachura; Maroon Accentor (rare); Yellow-breasted Greenfinch; Long-tailed Sibia; Red-faced Liocichla; Blue-winged, Bhutan and Rufous-necked Laughingthrushes; Rufous-necked Hornbill; Silver-eared Mesia; 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: Druk Deojung Resort, Trashigang (1500m).

DAY 04: Trashigang to Yongkola (130 kms, 4 hr). We will start early in order to reach Kore La at 2298m for our first morning birding. This cool broadleaved forest is full of birding excellence. After breakfast we will continue to Yongkola stopping along the famous Lingmethang road.

Expected species: Tawny Fish Owl; Common Buzzard; Pallas Fish Eagle; 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; Rusty-cheeked Scimitar Babbler; Himalayan Bulbul; Crested Bunting and Lesser Racket-tailed Drongo.

OVERNIGHT: Trogon Villa, Yongkola (1700m).

DAY 05 & 06: 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 Rob-
in (rare); Himalayan Wedge-billed Babbler; Pygmy Cupwing; Lesser Yellownape; 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 07: Yongkola to Chummey via Ura by pass (130 kms, 4 hr). Early morning birding along the Sengor Valley, looking for high altitude birds. After breakfast we will continue to Chummey, crossing over Thrumshing La (3890m).

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-robin; Rufous-bellied Niltava; Rusty-flanked Treecreeper; Chestnut-crowned Laughingthrush; Red Crossbill and Brown Bullfinch.

OVER NIGHT: Chummey Nature Resort, Chummey (2800m).

DAY 08: Chummey to Trongsa (60 kms, 2 hr) via Tharpaling Monastery for pheasants. After breakfast we drive over Yotong La at 3425m to Trongsa. In Trongsa we will visit the 17th century Ta Dzong, which sits on the hill above the dzong it was built to protect; recently it has been converted into an excellent museum providing visitors with an insight into the significance of Trongsa in Bhutan’s history, as well as displays focusing on Buddhist art and royal memorabilia.

Expected species: Himalayan Monal; Himalayan Wood Owl; Blood Pheasant; Darjeeling Woodpecker; Stripe-throated Yuhina; White-winged Grosbeak; Himalayan Griffon; Himalayan Buzzard; Chestnut-headed Tesia; Crimson-browed Finch; Scaly-breasted Cupwing; Gold-naped Finch; Brownish-flanked Wabler; Red-headed Bullfinch and Streak-breasted Scimitar Babbler.

OVER NIGHT: Yangkhil Resort, Trongsa (2200m).
DAY 09: Trongsa to Tingtibi via Wangduegang and Shemgang, (156 kms, 6 hr). Birding along Chunjee 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 and Striated Prinias; Large Niltava; Blue-capped Rock Thrush; Little Forktail; 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 10: 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 (86 kms, 2 hr). 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 11: 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).

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

DAY 12: 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 13: Tingtibi to Trongsa via Wangduegang by pass (130 kms, 4 hr). 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 14: Trongsa to Nobding (85 kms, 2 hr). We will stop en-route at the 18th Century Chendibji Chorten and birding stops along Rukubji village and along Old Pele La (3350m) road.
Expected species: Black-necked Cranes; Stripe-throated and Rufous-vented Yuhinas; Spot-winged Grosbeak; Brown and Great Parrotbills; Bhutan and Striated Laughingthrushes; Himalayan Cutia; Black-faced Warbler; Black-eared Shrike Babbler; White-throated Fantail; Himalayan Griffon; Solitary Snipe and Grey-sided Bush Warbler.
OVER NIGHT: Kuenphen Hotel, Nobding (2450m).

DAY 15: Nobding to Punakha (58 kms, 2 hr). We will rise early and bird along the undisturbed farm road of Dangchu village, and after breakfasts we will continue to Punakha, stopping along Khelekhya valley and along Puna Tshang Chhu (River) for birds. In the late afternoon we will visit the magnificent Punakha Dzong built in 1637. The Dzong is known as the “Palace of Great Happiness” and considered to be one of the most beautiful Dzongs in Bhutan with its towering whitewashed walls, their gold and red bands demarking civil from religious areas; the black wooden window frames and huge, finely carved doors. Inside the dzong we will spend time in the Kuenrey Lhakhang, a beautiful temple housing the ‘hundred-pillar’ assembly hall with exceptional murals depicting the life of Buddha, enormous 19th century golden statues of the Buddha, Guru Rinpoche and the Zhabdrung. But perhaps the most surprising and beautiful of all is the high ceiling, exquisitely painted with hundreds of dragons.
Expected species: Spotted, Black-faced and White-throated Laughingthrushes; Golden-throated and Great Barbets; Crested Serpent Eagle; Himalayan Griffon; Black and Ashy Drongos; Ruddy Shelduck; Bar-headed Goose; Common Teal; Eurasian Wigeon; Spot-billed Duck; Pallas’s Fish-eagle; Great Black-headed Gull; White-throated and Crested kingfishers; Oriental Magpie-robin; Chestnut-tailed Starling and Scaly-breasted Munia.
OVER NIGHT: Zhingkham Resort, Punakha (1500m).

DAY 16: Punakha to Paro (125 kms, 3 hr), stopping en-route at Menchuna village, Lampelri Botanical park and Dochu La (3150m) for birds and landscape views.
Expected species: Greater Yellownape; Red-vented, Striated, Black and Mountain Bulbuls; Ru-
fous-capped Babbler; Blue-winged Minla; Whiskered Yuhina; Scarlet Finch; Spot-winged Grosbeak; Large and Small Niltavas; Mrs. Gould’s and Green-tailed Sunbirds; Black-tailed Crake; Lemon-rumped and Chestnut-crowned Warblers; Fire-breasted Flowerpecker; Green Shrike Babbler; Yellow-billed Blue Magpie; Fire-capped Tit; Red-billed Leiothrix; Scarlet Finch; Speckled Wood Pigeon; Brown Parrotbill; Eurasian Jay; Mountain Hawk Eagle; Hodgson’s Treecreeper; Ibisbill; Pied Wagtail; Blue Whistling Thrush; Grey-backed Shrike; Rosy Pipit; Plumbeous and White-capped Water Redstarts; and Brown Dipper.

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

DAY 17: Early morning drive to Chele La (3,780m) for high altitude birding, after breakfast return to Paro for riverside birding.
Expected species: Kalij Pheasant; Himalayan Monal; Satyr Tragopan; Blood Pheasant; Himalayan White-browed Rosefinch; Rufous-bellied Woodpecker; Collard Grosbeak; Spotted and Black-faced Laughingthrushes; Blue-fronted and Hodgson’s Redstarts; Fire-tailed Sunbird; White-browed Bush Robin; Himalayan Bluetail; and Rufous-breasted Accentor.
OVER NIGHT: Hotel Olathang, Paro (2300m).

DAY 18: 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 19: Fly to Delhi/Kathmandu or Bangkok for your onward connection.
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.

Clothing
This trip departs in May 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.
Temperature May
Average Temperature in Fahrenheit

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

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/underskirts
- 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

Tigers Nest (Taksang)
Himalayan Monal
Ibisbill

Eye-browed Wren Babbler
Rufous-necked Hornbill
Ibisbill

Red-faced Liocichla
Yellow-rumped Honeyguide
Ward’s Trogon

Satyr Tragopan
Capped Langur
Great Hornbill

Scaly Laughingthrush
White-bellied Heron
School Girl in Thimphu