



Signature Sabbatical Itinerary: Active Bhutan

# Introducing LiNGER

We are an independent travel company, specialising in tailor-made sabbatical travel and extended holidays throughout the world.

Whether you are a solo traveller on holiday, a family with children on sabbatical, friends seeking an epic break or a couple celebrating a milestone, we would be thrilled to plan your trip.

LiNGER was born out of a passion for travel and a desire to do a little more to help protect our planet. Our philosophy is to engage you in a richly authentic and contrasting travel experience which balances meaningful, active and altruistic experiences.

Our travellers LiNGER longer, travel responsibly, immerse themselves in the culture, absorb, engage and explore.

Call, e-mail or request a call-back from us. We love to talk about travel and inspire you with our knowledge.

[www.LiNGER.co.uk](http://www.LiNGER.co.uk) | [travel@LiNGER.co.uk](mailto:travel@LiNGER.co.uk)

ADVENTURE



AUTHENTIC



RESPONSIBLE



EXCLUSIVE



ETHICAL



# Introducing Bhutan

Bhutan is a land of pristine natural environments with soaring snow-capped mountains and verdant green valleys. Closed to the outside world until the 1960s, this is a fiercely independent country with a vibrant cultural identity in which 70% of the land is owned by women. Explore time-old Buddhist communities and Medieval monasteries such as the iconic Tiger's Nest which is perched on a cliff face. Trek along ancient trading routes or bike through scenic countryside. You may even spot a rare black-necked crane. Melt in the warmth of the Bhutanese people.

## How to Get to Bhutan

To get to Bhutan you'll always need to travel via another Asian destination, either by air (through India, Nepal or Singapore) or overland as there are no direct flights from the UK. A visa is required for entry, and this must be pre-arranged beforehand.

## When & Weather – Bhutan

The best times to visit are the shoulder seasons of March to May when the famous rhododendrons are in spectacular bloom; and September to November when there are many Buddhist festivals. June through to August is made up of monsoonal weather. Whilst December to February can be subject to snowfall in many areas, it can still be a beautiful time of year to visit with the mighty snow-capped mountains in full view.

## Who will Bhutan Appeal To?

The stunning natural landscapes offer an enormous range of varied and unique experiences. In particular, it's suited to: Trekkers, keen photographers, spiritual souls, culture lovers, solo travellers, luxury travellers

## Accommodation

Accommodation is limited, due to strict controls and restricted development. You'll find upscale boutique accommodation in the West and Central Bhutan. Elsewhere, stay in simple, heritage hotels and homestays with wonderful host-families.

## Off The Beaten Path

- Drive to a local farmhouse for a demonstration of traditional archery & darts.
- Enjoy a day trip to the remote Haa Valley, where you'll find nature at its best; savour the incredible view of pristine alpine forest and majestic mountain peaks.
- For something a little different, head to Gangtey and enjoy the simple but richly symbolic prayer flag hoisting ceremony near a local shedra or monastic school.
- Get active on the Mo Chu River where you can partake in some rafting.

## Wildlife

- Head to the Motithang Takin Preserve to see Bhutan's native animal, the Takin; a goat-antelope mix.
- For adrenalin junkies, hiking the arduous Snowman trek in northern Bhutan may hold a sighting of the elusive snow leopard.
- For sightings of the endangered one-horned rhino, visit Royal Manas National Park. Also, home to Bengal Tigers, as well as Asian elephants, Himalayan black bears and Ganges dolphins.

## Bhutan Experiences you shouldn't miss:

- Hike up to Tiger's Nest for breath-taking views of the Paro valley.
- Visit Punakha Dzong and marvel at the fairy-tale architecture and design.
- Browse Thimpu's buzzy weekend market.
- Cycling in the Bumthang Valley.
- Indulge in some Himalayan tea with a local Bhutanese family.

## Giving back

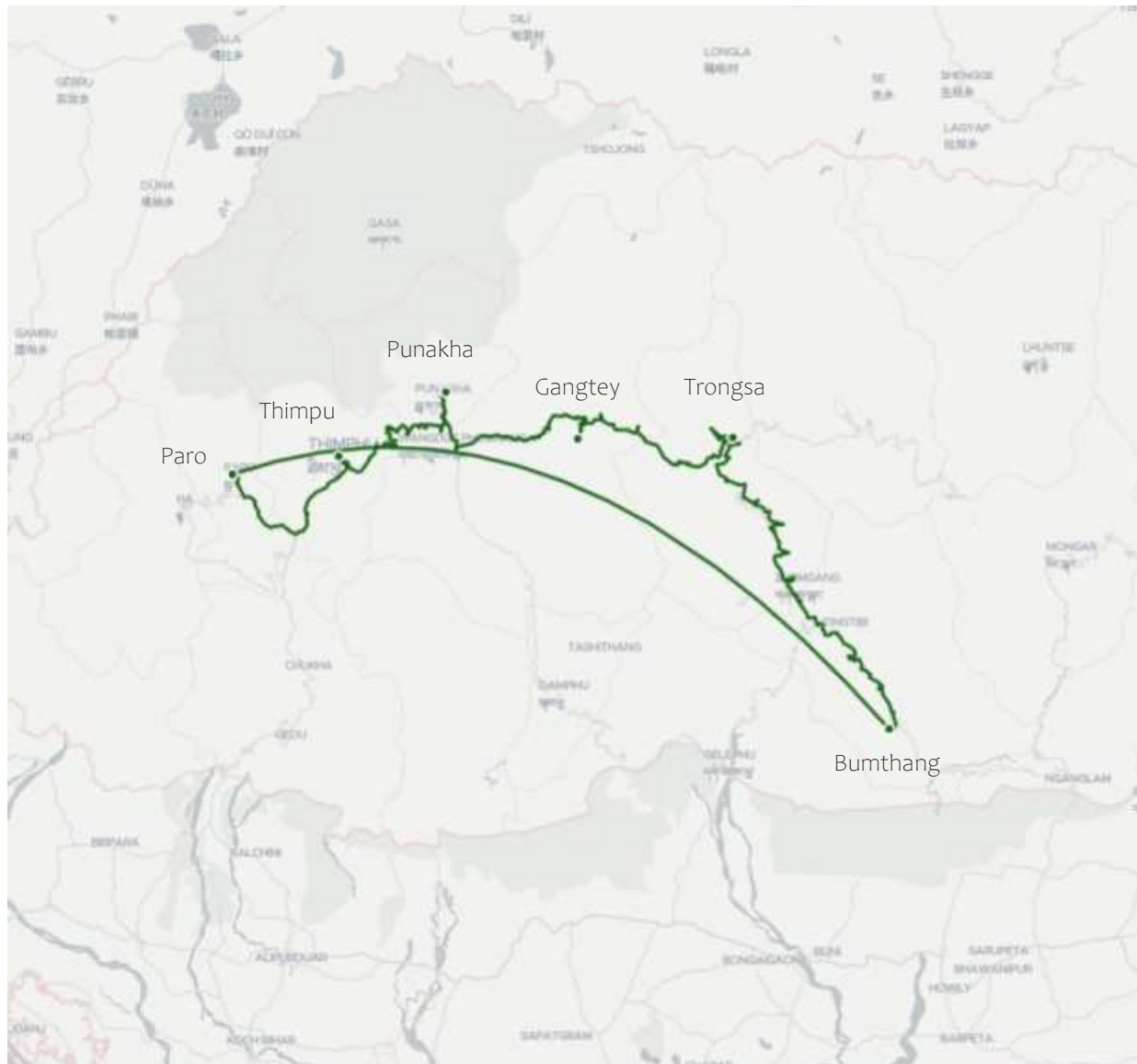
Every tourist visitor to [Bhutan](#) (except for regional travellers from India & Bangladesh) makes an incredible contribution to all the Bhutanese people and their well-being! Permits are charged at a peak-season nightly rate of \$250 (approximately £180) per person, which includes a 37 percent tax that goes towards improving infrastructure and strengthening the healthcare and the education systems.



Life Experiences & Encounters in Bhutan



# Bhutan - Journey Map



# Flight Details

Day	Airline & Flight Number	Departure City	Departure Time	Arrival City	Arrival Time	Class	Baggage Allowance	Journey Time
1		BANGKOK		PARO		TBC		2 HR 15 MINS
4		PARO		BUMTHANG		ECONOMY		35 MINS
21		PARO		BANGKOK		TBC		2 HR 15 MINS

# Your trip in a nutshell

## Day 1

Welcome to Bhutan. Arrive in the riverside town of Paro & check in for a 3-night stay. *Zhiwa Ling Heritage Hotel*

## Day 2

Cultural highlights of the Paro Valley & traditional blessing ceremony  
*Zhiwa Ling Heritage Hotel*

## Day 3

Helicopter flight in the Paro Valley  
*Zhiwa Ling Heritage Hotel*

## Day 4

Fly to Bumthang & explore the beautiful valley's important religious shrines  
*Mountain Resort*

## Day 5

Temples & monasteries of Bumthang  
*Mountain Resort*

## Day 6

Explore the Tang Valley & enjoy a drumming demonstration at a nunnery  
*Mountain Resort*

## Day 7

Drive to Trongsa & visit its most impressive temple. Evening at leisure  
*Yangkhil Resort*

## Day 8

Full-day trek from Trongsa to Kasiphey Monastery through stunning valley scenery  
*Camping*

## Day 9

Descend on foot through valleys & villages to your camp in Drongthang. Afternoon enjoying village activities. *Camping*

## Day 10

Spend the day in the hamlet of Mangdephu & get stuck into daily activities with the locals. *Camping*

## Day 11

Hike from Drongthang to Bemji, crossing the mighty Mangde Chu River  
*Camping*

## Day 12

Finish your hike to the village of Bjizam & enjoy a scenic drive to Gangtey Valley  
*Gangtey Lodge*

## Day 13

Partake in a private tea ceremony & wander nature trails, learning about the valley wildlife. *Gangtey Lodge*

## Day 14

Drive to pretty Punakha via Chimi Lhakhang temple. Check in for a 2-night stay  
*Deluxe Tented Camp*

## Day 15

Explore the temples of Punakha Valley and the impressive Punakha Dzong  
*Deluxe Tented Camp*

## Day 16

Drive to Bhutan's Capital Thimphu & begin exploring at leisure  
*Druk Hotel*

## Day 17

Visit the world's largest Buddha stupa and explore Thimphu's other cultural highlights. *Druk Hotel*

## Day 18

Return to Paro & check in for 3 nights. Gentle hike through the valley & visit to a beautiful Tibetan temple. *Bhutan Spirit Sanctuary Resort*

## Day 19

Explore Tibetan Buddhism in the Haa Valley, visiting a nunnery and some fine temples. *Bhutan Spirit Sanctuary Resort*

## Day 20

Hike the cliffside paths to the iconic Tiger's Nest Monastery  
*Bhutan Spirit Sanctuary Resort*

# Your trip in a nutshell

## Day 21

Drive to the airport for your international flight

N/A

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## Travelling Responsibly

At LiNGER we firmly believe that in travel we can do more to help protect our planet.

We take our responsibilities to the environment, local communities, customers, suppliers, partners and employees very seriously and our intention is to constantly review our policies and strive to make improvements where we can.

We offer the opportunity to Give Back by partaking in a meaningful activity in an area that matters to you or where you may have a skillset.

This could be as simple as a beach clean in Sri Lanka to help protect our oceans or caring for orphaned sloths in a wildlife sanctuary in Costa Rica.

LiNGER longer on a sabbatical and devote time to teaching in a village school in Nicaragua or help with a conservation project researching plant species in the Amazon. LiNGER and Enrich Life through Travel.

Our Responsible Travel Policy can be viewed on our website:

<https://linger.co.uk/responsible-travel/>



# The Nitty Gritty

## Included

- Accommodation on a double/twin basis
- Daily breakfast
- Other meals as described
- Local English speaking private guides
- Private transfers with air-conditioned vehicles
- Entrance fees for included activities
- Private and small group excursions
- Domestic flights

## Excluded

- International flights
- Visas
- Tips / Gratuities
- Items of a personal nature - minibar, laundry, etc
- Any activity listed as optional
- Early check-in & late check-out at all hotels
- Meals and drinks where not mentioned in the itinerary
- Travel Insurance
- Covid-19 related expenses

## Quotation

- From £ 16,189.00 GBP per person, based on two travelling together

## Booking Terms & Conditions:

[www.linger.co.uk/terms-and-conditions/](http://www.linger.co.uk/terms-and-conditions/)

## Start Planning

Our experienced team will guide you through a number of ideas based on how you would like to experience Bhutan.

No matter how long you wish to travel, we'll guide you through the planning process to ensure a trip is carefully pieced together to suit your interests, pace of travel and budget.

## Contact

Email: [Travel@linger.co.uk](mailto:Travel@linger.co.uk)

Telephone: +44 (0) 207 039 9240

# Financial Protection

## ATOL Protected Holidays

Many of the flights and flight-inclusive holidays are financially protected by the ATOL scheme. But ATOL protection does not apply to all holiday and travel services. Please ask us to confirm what protection may apply to your booking. If you do not receive an ATOL Certificate then the booking will not be ATOL protected. If you do receive an ATOL Certificate but all the parts of your trip are not listed on it, those parts will not be ATOL protected. Please see our booking conditions for information or for more information about financial protection and the ATOL Certificate go to: [www.atol.org.uk/ATOLcertificate](http://www.atol.org.uk/ATOLcertificate)



## Travel Regulation Insolvency Protection

LiNGER Travel Ltd is a company committed to customer satisfaction and consumer financial protection. We are therefore pleased to announce that, at no extra cost to you, and in accordance with “The Package Travel and Linked Travel Arrangements Regulations 2018” all passengers booking with LiNGER Travel Ltd are fully insured for the initial deposit, and subsequently the balance of monies paid as detailed in your booking confirmation form. The policy will also include repatriation if required, arising from the cancellation or curtailment of your travel arrangements due to the insolvency of Linger Travel Ltd. This protection has been arranged by means of a Trust Account held with Protected Trust Services.

Full details regarding Financial Protection can be viewed at: <https://linger.co.uk/financial-protection/>

Full details regarding the Package Travel and Linked Travel Arrangements Regulations 2018 can be viewed at: <https://linger.co.uk/package-travel-regulations/>



## Privacy Policy

LiNGER respects your privacy and is committed to protecting your personal data. This privacy notice will inform you as to how we look after your personal data when you visit our website (regardless of where you visit it from) or when you otherwise provide personal data to us via other means (such as over the telephone) and tell you about your privacy rights and how the law protects you.

Full details regarding our Privacy Policy can be viewed at: <https://linger.co.uk/privacy-policy/>



“Unrivalled, intimate knowledge of destinations way beyond the obvious, with a genuine focus on sustainability”.

*Anna Guyer*



Contact

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**LINGER**  
ENRICHING LIFE THROUGH TRAVEL