

*W*exploreTOURS  
Exotic Asia



NEPAL - BHUTAN - MONGOLIA

# NEPAL



Located in the Himalayas, is known for its beauty and cultural diversity. Its stunning landscapes include Mount Everest, the highest peak in the world, attracting adventurers, trekkers, and spiritual seekers. The capital, Kathmandu, is a vibrant hub where ancient temples, bustling markets, and modern influences coexist. The Kathmandu Valley features UNESCO World Heritage Sites like Swoyambhunath (Monkey Temple) and Pashupatinath Temple, highlighting its cultural and spiritual significance.

The best time to visit is from March to May and September to November for pleasant weather and festivals.

## Travel requirement

- Visa is required for all tourists. You can get a visa on arrival at Tribhuvan International Airport in Kathmandu or land border entry point.
- Valid passport

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# BHUTAN



A Buddhist kingdom in the eastern Himalayas, is famous for its monasteries, dzongs, and stunning landscapes, including subtropical plains, steep mountains, and valleys. Peaks like Jomolhari, at 7,326 meters, are popular trekking spots in the High Himalayas. Bhutan stands out for its unique culture, breathtaking scenery, and commitment to Gross National Happiness. The blend of culture, spirituality, and natural beauty makes Bhutan a desirable destination for travelers seeking immersive experiences. Whether exploring ancient monasteries, trekking through pristine terrain, or enjoying vibrant festivals, Bhutan offers a uniquely enriching adventure journey.

The best time to visit is March to April and September to November for pleasant weather.

## Travel requirement

- Visa is required. Visas must be arranged through licensed Bhutanese Tour Operators or Travel Agencies.
- Valid passport
- Bhutan follows a high-value, low-impact tourism policy. Travelers must pay a minimum daily fee for accommodation, meals, transport, and guide services.

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# MONGOLIA



A landlocked country in East Asia, known for its vast steppes, nomadic culture, and rich history tied to the Mongol Empire. It is a paradise for adventure seekers, offering breathtaking landscapes, including the Gobi Desert, the Altai Mountains, and pristine lakes. The capital, Ulaanbaatar, blends modernity with tradition, featuring Buddhist monasteries and vibrant markets. Mongolia's main religion is Tibetan Buddhism, which influences many aspects of life. Ancient shamanistic practices also remain, especially among rural and nomadic communities.

The best time to visit is from late June to early September for pleasant weather and festivals.

## Travel requirement

- No visa is needed for visits under 90 days.
- Valid passport

# EXPLORE

## *WHY CHOOSE V'EXPLORE TOURS FOR YOUR ADVENTURES?*

At V'Explore Tours, we're passionate about crafting unforgettable adventures. Our dedicated team is with you every step of the way. From the initial planning stages to the conclusion of your journey, we're here to ensure a seamless and extraordinary travel experience by addressing your questions and concerns.

**Safety:** Safety is our highest priority. Our experienced guides are trained in wilderness first aid, and we strictly follow safety protocols to ensure that your trek is enjoyable and safe.

**Customized Experience:** We understand that each traveler has unique needs and preferences. Therefore, we offer flexible options to personalize your trip. This includes adding extra days to explore or incorporating any specific requests.

**Environmental Responsibility:** We minimize our environmental impact and are committed to responsible trekking practices. Our team actively engages in eco-friendly initiatives in the regions we visit and follows Leave No Trace principles.

**Local Expertise:** Our guides have extensive knowledge of the Himalayan region and deep connections to the local communities. They share the traditions and lifestyles of the local people, offering valuable cultural insights.

**Logistics:** Our expertise and established local connections allow us to handle your trek's logistics, including permits and transportation. This streamlined approach ensures you can relax and fully immerse yourself in the experience and breathtaking scenery.

# EXPERIENCE



## Everest Base Camp Trek

16 Days 15 Nights

### Day 01: Arrival in Kathmandu

Welcome to Nepal! Upon arriving at Tribhuvan International Airport, our representative will greet you and escort you to your hotel, assisting with check-in.

### Day 02: Drive to Ramechhap (Breakfast, Lunch & Dinner)

Drive to Ramechhap (approximately 5-6 hours) for an overnight stay. Overnight at a hotel/lodge in Ramechhap.

### Day 03: Fly to Lukla and Trek to Phakding (Breakfast, Lunch & Dinner)

Fly from Ramechhap to Lukla on a domestic flight. The flight duration is approximately 25 minutes. Upon reaching Lukla, begin your trek from Lukla to Phakding (2,610 meters). Trek duration: 3-4 hours. Overnight at a hotel/lodge in Phakding.

### Day 04: Trek to Namche Bazar (Breakfast, Lunch & Dinner)

Trek from Phakding to Namche (3,440 meters). Trek duration: 5-6 hours. Overnight at a hotel/lodge in Namche.

### Day 05: Acclimatization Day in Namche (Breakfast, Lunch & Dinner)

Acclimatization in Namche. Enjoy an acclimatization hike around the Khumjung Valley. Overnight at a hotel/lodge in Namche.

### Day 06: Trek to Tengboche (Breakfast, Lunch & Dinner)

Trek from Namche to Tengboche (3,860 meters). Trek duration: 5-6 hours. Overnight at a hotel/lodge in Tengboche.

### Day 07: Trek to Dingboche (Breakfast, Lunch & Dinner)

Trek from Tengboche to Dingboche (4,410 meters). Trek duration: 5-6 hours. Overnight at a hotel/lodge in Dingboche.

### Day 08: Acclimatization Day in Dingboche (Breakfast, Lunch & Dinner)

Acclimatization in Dingboche. Take an acclimatization hike around Dingboche for 3-4 hours. Overnight at a hotel/lodge in Dingboche.

### Day 09: Trek to Lobuche (Breakfast, Lunch & Dinner)

Trek from Dingboche to Lobuche (4,930 meters). Trek duration: 4-5 hours. Overnight at a hotel/lodge in Lobuche.

### Day 10: Trek to Gorakshep and EBC (Breakfast, Lunch & Dinner)

Trek from Lobuche to Gorakshep (5,140 meters). In the afternoon, trek from Gorakshep to Everest Base Camp (5,357 meters) and back to Gorakshep. Trek duration: 6-7 hours. Overnight at a hotel/lodge in Gorakshep.

### Day 11: Trek to Kalapathar, Back to Pheriche (Breakfast, Lunch & Dinner)

Early morning climb to Kalapathar (5,550 m) enjoy the incredible view of Mt Everest, Khumbase, Pumari, the range of Chho-Yu, Khumbu Glacier Amadablam, Everest Base Camp, then trek down to Pheriche. Overnight at hotel/lodge in Pheriche.

### Day 12: Trek to Debouche (Breakfast, Lunch & Dinner)

Trek Back to Debouche (3,820 m) for about 5 hours. Overnight at Lodge.

### Day 13: Trek to Namche (Breakfast, Lunch & Dinner)

Trek Back to Namche (3,440 m) for about 5 hours. Overnight at Lodge.

### Day 14: Trek to Lukla (Breakfast, Lunch & Dinner)

Trek Back to Lukla (2,860 m) for about 5 hours. Overnight at Lodge.

### Day 15: Fly to Ramechhap and drive to Kathmandu (Breakfast, Lunch)

Fly from Lukla to Ramechhap. Afterwards, drive back to Kathmandu.

### Day 16: Departure (Breakfast)

Departure transfer to Kathmandu airport for your onward journey.





## Breakfast at Everest

Experience the majesty of Mount Everest and the Himalayas with our Breakfast at Everest helicopter tour, the most luxurious and efficient way to explore the world's tallest peak. Enjoy an unforgettable breakfast at the world's highest-altitude hotel while enjoying breathtaking views. This once-in-a-lifetime journey is perfect for those seeking a remarkable and convenient adventure.

6:00 AM: Depart via helicopter to Hotel Everest View in Syangboche.

7:30 AM: Experience a picturesque helicopter journey with a stop at Kalapatthar, weather permitting. A shuttle flight will transfer up to three people from Pheriche to Kalapatthar, allowing for 5 minutes on the ground.

8:00 AM: Arrive at Hotel Everest View, Syangboche, and enjoy 30 to 45 minutes for breakfast and refreshments.

8:45 AM: Leave Hotel Everest View.

### Important note:

- The tour accommodates a maximum of 5 passengers per helicopter.
- The tour program is subject to availability and weather conditions.
- If the tour is canceled due to inclement weather, it may be rescheduled for the following day, subject to availability.
- Costs resulting from poor weather conditions or other unforeseen circumstances are not included.



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## Getting Ready for the Trek

**Physical Fitness Training:** Start a fitness routine 2-3 months before trekking. Prioritize cardio, strength, and endurance to build stamina for high altitudes trekking.

**Medical Check-Up:** Schedule a medical check-up to ensure you're fit for high-elevation trekking. Discuss any pre-existing conditions and necessary precautions vaccinations.

**Altitude Acclimatization Plan:** Create a thoughtful plan for your trek itinerary. Gradual ascents and rest days are essential for acclimatizing to changing altitudes and minimizing the risk of altitude sickness.

**Packing and Gear:** Invest in quality trekking gear: warm clothing, waterproof layers, sturdy trekking boots, a comfortable backpack, a trekking pole, and headlamp batteries.

**Cold Weather Gear:** Pack thermal layers, gloves, a warm hat, and a neck gaiter or scarf for cold weather at high elevation winds.

**Medications and First Aid:** Consult a healthcare provider for medicines for altitude sickness and gastrointestinal issues. Carry a personal first aid kit with essentials like bandages, antiseptic wipes, pain relievers, and prescription medications.

**Hydration and Water Purification:** Bring a dependable water purification system or purification tablets to treat water from natural sources. Staying properly hydrated is crucial throughout the trek to prevent altitude-related issues problems.

**Travel Insurance:** Secure comprehensive travel insurance covering trekking at high altitudes and potential emergencies, including helicopter evacuations. Ensure that your insurance is valid for remote areas.

**Training in Basic Wilderness Skills:** Learn essential wilderness skills like map reading compass use. Familiarize yourself with trekking gear such as crampons or ice axes if necessary.

These preparation steps are vital to ensure your safety, comfort, and enjoyment during the challenging adventures. Adequate physical conditioning, appropriate gear, and awareness of altitude-related risks will contribute to a successful and unforgettable adventure in this remote Himalayan Region. These essential preparatory steps will ensure your safety and comfort, allowing you to fully enjoy the demanding adventures that await you. Remember, being physically fit, having the right gear, and understanding the risks associated with high altitude will significantly contribute to a successful and memorable adventure in this remote Himalayan region.



## Cultural & Wellness of Nepal

8 Days / 7 Nights

### Day 01: Arrival in Nepal

Welcome to Nepal! Upon your arrival at Tribhuvan International Airport, our representative will greet you and escort you to check-in hotel. Overnight at Dwarika's Hotel

### Day 02: Full-Day Kathmandu Highlights (Breakfast)

Enjoy a day of guided sightseeing, including visiting Bouddhanath Stupa, the largest and holiest Tibetan Buddhist temple outside Tibet. It symbolizes Tibetan culture in Kathmandu, resembling a giant mandala of the Buddhist cosmos. Four Dhyani Buddhas mark the directions, while Vairocana is enshrined at the center. Pashupatinath, a Hindu temple on the Bagmati River in Deopatan, 3 km northwest of Kathmandu, is dedicated to Shiva as Pashupati (Lord of Animals), attracting thousands of pilgrims yearly. Though non-Hindus cannot enter, it is visible from the riverbank. With its temples and ancient palaces, Kathmandu Durbar Square enhances your experience of this centuries-old civilization, featuring the Malla and Shah kings' palaces, courtyards, and quadrangles.

### Day 03: Fly from Kathmandu to Pokhara (Breakfast, Lunch & Dinner)

The flight from Kathmandu to Pokhara is about 25 minutes. Arriving in Pokhara, transfer to The Pavilions Himalayas - The Farm, an eco-luxury resort in the Himalayas. It features private villas with stunning mountain views, farm-to-table dining using organic produce, and wellness options like yoga and spa treatments. The resort focuses on sustainability with eco-friendly practices and local materials. Guests can enjoy nature walks, hikes, and cultural experiences for a peaceful escape into nature. Overnight at The Pavilions Himalayas - The Farm.

### Day 04: Full-Day Pokhara Highlights (Breakfast, Lunch & Dinner)

Enjoy a full-day tour in Pokhara, beginning at the Peace Pagoda, Nepal's tallest at 115 feet, which offers stunning views of the Himalayas, Phewa Lake, and breathtaking sunrises and sunsets. Next, visit Devi's Fall, located 2 km from Pokhara Airport, named after a Swiss woman who was swept away during floods. Mahendra Cave, near the Seti River, features unique stalagmites and stalactites that attract many tourists, along with a statue of Shiva. The International Mountain Museum showcases the history of climbing

and mountain cultures, focusing on Mount Everest, life-size models of Sir Edmund Hillary and Tenzing Norgay Sherpa, and interactive displays and mountaineering video experiences.

Overnight at The Pavilions Himalayas, The Farm.

### Day 05: The Pavilions Himalayas, Lake View (Breakfast, Lunch & Dinner)

Transfer to The Pavilions Himalayas, Lake View. This resort is located across from Phewa Lake and is accessed via a boat ride that lasts approximately 30 minutes, followed by a 10-minute uphill walk. The resort features tented villas, providing the perfect blend of luxury and adventure. Experience the epitome of glamping, where the refinement of a villa meets the enchantment of camping in nature.

Overnight at The Pavilions Himalayas, Lake View.

### Day 06: Village and Nature Walk (Breakfast, Lunch & Dinner)

Join a three-hour village and nature walk organized by the resort and led by trained professional naturalists.

Overnight at The Pavilions Himalayas, The Farm.

### Day 07: Fly Back to Kathmandu (Breakfast)

Fly back to Kathmandu from Pokhara and check in at the hotel. In the evening, explore Thamel for last-minute shopping. This vibrant neighborhood features bustling streets with shops, restaurants, and guesthouses, making it a popular destination for tourists. It offers traditional handicrafts, clothing, jewelry, music, and souvenirs, with opportunities to haggle for unique Nepali products.

Overnight at Dwarika's Hotel

### Day 08: Kathmandu Departure (Breakfast)

Transfer to the airport for your return journey.





## Snow Leopard Trek

16 Days - 15 Nights

The snow leopard, a magnificent creature with a creamy-grey coat and dark rosettes, camouflages perfectly in snowy mountains. Spotting this elusive big cat in the wild is a rare experience, reliant on luck and timing.

Embarking on the Snow Leopard Trail offers an exhilarating wildlife trekking adventure. You will navigate ancient mountainous terrain dotted with Tibetan villages, explore the northern walls of Annapurna in Manang, and marvel at the breathtaking vistas from the Annapurna range.

The experience is significantly enriched by the expert guidance of Tashi R. Ghale, who has been featured in National Geographic and Disney documentaries. He escorts participants to exclusive observation sites for snow leopards, encompassing critical marking locations and camera traps. Observing a recent capture of a snow leopard in the photo trap is an extraordinary opportunity that holds great significance.

Each trekking day enhances your observational skills, allowing you to follow Tashi's lead. You may encounter species like blue sheep, bearded vultures, or wolves. Engaging in discussions with farmers and yak herders provides valuable insights into their experiences with snow leopards.





## Discover the Hidden Himalayas Nepal, Bhutan & The Happy House.

14 Days - 13 Nights

### Day 01: Arrive Kathmandu, Nepal

Welcome to Nepal! Upon arrival at Tribhuvan International Airport, our representative will meet you and escort you to your hotel for check-in. The rest of the day will be at your leisure. Stay at Dwarika's Hotel for two nights.

### Day 02: Kathmandu Highlights (Breakfast)

Join a full-day guided tour of three landmarks. Start at Bouddhanath, a significant Tibetan Buddhist temple, representing Buddhist cosmology with its mandala design and four Dhyani Buddhas centered on Vairocana. The temple's spiritual importance captivates visitors. Next is Pashupatinath, a stunning Hindu temple along the Bagmati River in Deopatan, 3 km from Kathmandu. Dedicated to Pashupati, the Lord of Animals, it's a crucial pilgrimage site for Hindus. While entry is restricted to Hindus, its beauty is visible across the river, making it essential for all. Finally, explore Kathmandu Durbar Square, home to many temples and the ancient royal palace. This historic square showcases centuries of Nepali civilization, featuring captivating courtyards and temples that enhance your visit.

### Day 03: Fly to Paro, Bhutan - Thimphu (Breakfast, Lunch)

Transfer to the airport for your flight to Bhutan. Upon arrival in Paro, enjoy stunning mountain views. After visa formalities, our representative will welcome you and take you to Thimphu, 54 kilometers away, in about 80 minutes. Check-in at Pemako Thimphu for one night. In the afternoon, tour Thimphu, starting at the Memorial Chorten with its golden spires and ringing bells as locals circumnavigate this sacred site, built by royal grandmother Ashi Phutsho Chodoe in honor of her son, King Jigme Dorje. This chorten features Buddhist statues and rich tantric traditions. Next, visit the Folk Heritage Museum founded by Queen Ashi Dorji Wangchuck, showcasing Bhutanese rural life with a collection that includes a beautifully restored three-story rammed mud and timber home with traditional tools. Finally, ascend to Kuensel Phodrang to see the massive Buddha Dordenma statue, one of the largest in the world at 169 feet (51.5 meters), and take in stunning views of Thimphu that reflect Bhutan's spirit.

### Day 04: Explore Thimphu Valley - Transfer to Punakaha (Breakfast, Lunch & Dinner)

This morning, you can meet a Buddhist monk and scholar to discuss Buddhist beliefs and life in Bhutan, depending on the monk's schedule. Then explore Thimphu Farmer's Market, vibrant with colors and rich

aromas of local produce. This bustling market reflects Bhutan's commitment to sustainability and organic farming. We enjoyed a scenic drive showcasing Thimphu Valley and visited the impressive Drukthob Nunnery Temple. Our journey continued to Punakha, crossing the majestic Dochula Pass at 3,100 meters, offering unforgettable views of the eastern Himalayas, including Mt. Gangkar Punsum at 7,520 meters. The descent leads into the warmer valleys of Lobesa, where we checked in at COMO Uma Punakha for 2 nights.

### Day 05: Trekking Punakha Valley - Punakha Dzong (Breakfast, Lunch & Dinner)

After breakfast, explore Punakha's beautiful countryside. Visit Chimi Lhakhang, a fertility monastery that blends spiritual depth, cultural richness, and scenic beauty. Trekking here offers a serene experience with breathtaking landscapes and insights into Bhutan's rural life, known for its fertile valleys and traditional villages. Next, visit Punakha Dzong, Bhutan's former capital, a fortress between rivers that have survived numerous floods and fires. Every February, the Punakha Serda commemorates the victory over the Tibetans. In the afternoon, relax with a healing spa treatment. Max altitude: 12,242 m (Total trekking: 1.5 hours)

### Day 06: Punakha - Transfer to Paro Valley (Breakfast, Lunch & Dinner)

After breakfast, travel to Paro via Thimphu for lunch at Bhutan's first brewery. Next, we will visit Bhutan's oldest building, Simtokha Dzong, which now serves as a Buddhist university. Check-in at Como Uma Paro for 2 nights. A welcoming local family organized a delightful traditional Bhutanese dinner in the evening, offering a warm glimpse into their rich cultural heritage.







**Day 07: Paro Valley Exploration & Tiger Nest Hike (Breakfast, Lunch & Dinner)**

Explore the historic Drugyel Dzong, a ruined fortress strategically built to protect the Paro Valley from Tibetan invasions. This iconic site offers stunning views of the surrounding mountains. Embark on a challenging yet rewarding hike to Taktsang Monastery, also known as Tiger's Nest. Perched dramatically on a granite cliff, this sacred site is believed to be where Guru Padmasambhava arrived on the back of a tigress. The hike through pine forests and villages takes approximately 2-3 hours. Enjoy the rest of the evening at your leisure.  
 Max Attitude: 3,120 m (Total Hike duration: 5 - 6 hours)

**Day 08: Fly to Happy House (Breakfast, Lunch & Dinner)**

Please pack a small carry-on for your 5-night stay at Happy House. Large luggage will be stored in Kathmandu. After breakfast, transfer to the airport for your flight to Kathmandu, then connect to Phaplu. You can opt for a thrilling charter helicopter ride to Phaplu, lasting about 45 minutes. Upon arrival, take a 5-10 minute walk from the airport, passing local houses, shops, and guesthouses. Soon, a large property appears, surrounded by a stone wall and a beautiful gate leading to a tree-lined pathway with prayer flags. Arrive at Happy House, an all-inclusive home in the land of the Sherpas. After settling in, lunch will be served in the garden by the entrance. You can then explore a nearby village to experience Sherpa culture or enjoy reading, spa visits, or massages.

**Day 09: Chiwong Chhyang-Chup Monastery (Breakfast, Lunch & Dinner)**

Today, embark on an enchanting journey to Chiwong Monastery, located in lower Solukhumbu, nestled on a cliff above Phaplu and the village of Chiwong itself. It was established between 1919 and 1923 A.D. by Sangey Tenpa Lama, who sought refuge in Nepal, away from his homeland in Tibet. Upon its founding, a Dharma Sangha was formed with 50 monks at the Monastery. Enjoy a simple lunch with the esteemed monks. Afterward, experience tranquility during a meditation session in the serene prayer hall. You can either walk or ride a mountain bike to Happy House or opt for a convenient vehicle transfer. Max Attitude: 2,715 m

**Day 10 Thupten Choeling Monastery - Junbesi (Breakfast, Lunch, Dinner)**

Start your journey at Thupten Choeling Monastery, a key Tibetan Buddhist site outside Tibet and the former seat of Trulshik Rinpoche, the 31st reincarnated master of the oldest Buddhist school. Once the largest monastery in Nepal, it housed around 900 monks and nuns, located in a serene area on the way to Pikey Peak. Next, visit the village of Junbesi, the cradle of Sherpa culture. In the 1600s, Eastern Tibetans escaped the Mongol invasion, following sacred scrolls to settle in Junbesi, a beyul location marked by Guru Rinpoche as a site for spiritual practice. Return to Happy House for a relaxing evening after a full adventure.

**Day 11 Hiking to Ratnange Ridge Camp (Breakfast, Lunch, Dinner)**

After a delightful breakfast in the garden, you have free time to relax. After lunch, embark on an inspiring hike to Ratnange Ridge (10,500 ft). We reached a dusty plateau after hiking for 2 to 2.5 hours. The clouds now lay below us, forming a fluffy white sea as we quickly approached 10000 feet, where we could see Everest in the distance on a clear day. We will arrive in time to watch the sunset over the Himalayas from our tented camp. We will spend the night under the stars at Ratnange, surrounded by the beauty of nature in expedition-style tents. A traditional Mongolian yurt will be set up for communal space and dining, where a fully prepared dinner will be served.

**Day 12 Chyalsa (Breakfast, Lunch, Dinner)**

In the early morning, rise to witness the sunrise over the Himalayas. Enjoy breakfast on Ratnange Ridge, featuring a panoramic view of the Eastern Himalayas, including Mt. Everest. After breakfast at camp, stroll south along the ridge toward the village of Chyalsa, which was once a thriving center for Tibetan arts and hand-woven carpets. Then, drive back to the Happy House. The rest of the day is free for leisure activities. A delightful farewell dinner awaits awaits.

**Day 13 Fly to Kathmandu - Thamel Tour (Breakfast)**

Return to Kathmandu. Private transfer to your hotel check-in at Dwarika's Hotel. Join an afternoon guided shopping tour in Thamel, a vibrant Kathmandu neighborhood filled with shops, restaurants, and guesthouses. Famous for its lively streets and close to major attractions, Thamel is a shopper's paradise with traditional handicrafts, clothing, jewelry, books, and souvenirs. Hagglng with local vendors is encouraged for the best deals on unique Nepali products.

**Day 14 Kathmandu Depart (Breakfast)**

Transfer to the airport for your departure. Wishing you a safe flight home!





## Bhutan Adventure

7 Days - 6 Nights

### Day 01: Arrival in Bhutan – Thimphu (Dinner)

Welcome to Bhutan! Upon arriving in Paro, you will be treated to breathtaking views of the mountains and surrounding landscapes. After completing visa formalities, our representative will greet you and assist with your transfer to Thimphu, 54 kilometers away. Check-in at the hotel. Evening, enjoy the local street market.

### Day 02: Explore Thimphu, Capital's Bhutan (Breakfast, Lunch & Dinner)

Today, visit Kuensel Phodrang, home to the 169-foot Buddha Dordenma, one of the largest Buddha statues. This site offers panoramic views of Thimphu. Your first hike leads to Depsi village along narrow, steep trails, so proceed cautiously. You'll pass through forests, small streams, and possibly see local wildlife and villages, showcasing rural Bhutanese life. Overnight in Thimphu.

### Day 03: Explore Punakha, Bhutan's Majesty (Breakfast, Lunch & Dinner)

Today, travel to Punakha via Dochula Pass (3,100 meters) and enjoy a highlight of your trek to Lungchutse Monastery through lush forests of rhododendron, oak, and pine. You might spot various birds and wildlife native to Bhutan. The ascent rewards you with stunning views of the Himalayas, including Masang Gang, Tsendegang, and Gangkar Puensum. The monastery, perched on a ridge, offers panoramic views of the valleys and mountains. It's a serene place for rest, meditation, and tranquility. Explore the monastery, interact with monks, and enjoy a picnic. Overnight in Punakha.

### Day 04: River Rafting in Punakha - Paro (Breakfast, Lunch & Dinner)

Today in Punakha, you'll enjoy an exciting rafting adventure on the Mo Chu River, starting from your campsite. After a briefing, you will navigate clear waters and moderate rapids, suitable for beginners and experienced rafters. The adventure lasts 1.5 to 2 hours, covering about 10 to 15 kilometers, with Class II to III fun and moderately challenging rapids. Enjoy thrilling rapids alongside calmer sections, appreciating the beautiful scenery. Afterward, travel to Paro for an overnight stay.

### Day 05: Biking and Hiking Himalayas Vistas (Breakfast, Lunch & Dinner)

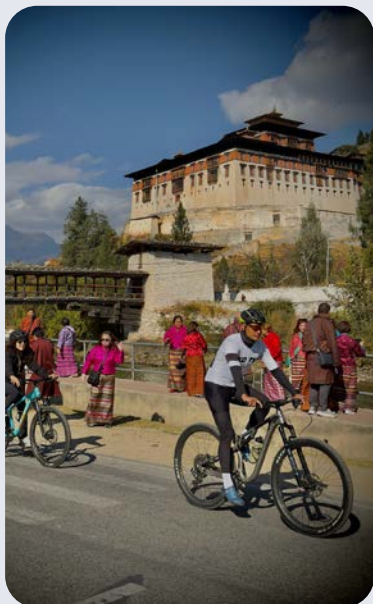
Today, you'll start mountain biking in Paro City, Bhutan. In the first half, enjoy stunning trails for about 4-5 hours, covering 16 kilometers with a mix of paved and dirt roads and moderate uphill sections. In the afternoon, trek from Chele Pass at 3,800 meters to Kila Monastery, reaching up to 4,500 meters for breathtaking views of Mt. Kangchenjunga on clear days.

### Day 06: Tiger's Nest Monastery (Breakfast, Lunch & Dinner)

Join us for an early morning hike to Taksang Monastery. This challenging uphill trek takes about 2 to 3 hours through scenic pine forests. The monastery clings to a massive granite cliff that rises 800 meters above the Paro Valley. It is believed that the great saint Padmasambhava arrived here in the 7th century on the back of a flying tigress and meditated in a cave for three months. In the evening, we will explore Paro town for some last-minute shopping.

### Day 07: Paro Departure (Breakfast)

Transfer to the airport for your return journey.





## Luxury Mongolia Experience – Genghis Khan Retreats

9 Days - 8 Nights

### Day 01: Arrive Ulaanbaatar

Welcome to Mongolia! Upon arriving in Ulaanbaatar, you will be greeted and transferred to your hotel for check-in.

### Day 02: Ulaanbaatar Highlights (Breakfast, Lunch)

Take a full-day Ulaanbaatar tour, visiting Central Square and Gandantegchilen Monastery. See the 26-meter gilded Buddha statue and enjoy views of Zaisan Hill. After lunch, visit the 40-meter Genghis Khan statue, the tallest equestrian statue, and explore his birthplace in the Khan Khenti Mountains.

### Day 03: Ulaanbaatar - Genghis Khan Camp Retreats (Breakfast, Lunch & Dinner)

Check out of the hotel and drive five hours to Genghis Khan Retreat. Explore the beauty of the UNESCO-protected Orkhon Valley National Park. Discover yourself with Experience Life's all-inclusive package, including horseback riding, kayaking, rock climbing, full meals, and local cultural experiences. Enjoy daily yoga, gym access, massages, and traditional healing therapies.

### Day 04: Genghis Khan Camp in Adventure & Style (Breakfast, Lunch & Dinner)

After breakfast, our experienced team will lead you on a thrilling mountain biking adventure through Orkhon National Park. Alternatively, you can slow down and immerse yourself in the tranquil beauty of the Mongolian steppe.

### Day 05: Genghis Khan Camp (Breakfast, Lunch & Dinner)

After breakfast, enjoy a 4-hour horseback ride across the plains. Next, savor a picnic lunch on the mountainside overlooking the Orkhon Valley. Afterward, choose between a thrilling downhill mountain bike ride or a comfortable 4x4 ride back to camp. Then, unwind with a kayaking excursion before returning to camp for drinks and relaxation.



### Day 06: Genghis Khan Camp (Breakfast, Lunch & Dinner)

Today, choose your unforgettable adventure! Scale peaks with our expert rock climbing instructors, or explore the region's history on a local-led excursion retracing Genghis Khan's footsteps. In the afternoon, keep the thrill alive with a kayaking adventure on the Orkhon River, gliding through breathtaking scenery filled with nature's sounds and sights.

### Day 07: Genghis Khan Camp (Breakfast, Lunch & Dinner)

Explore the region's history on a guided tour of Genghis Khan's steps. Visit the Erdenze Zuu monastery in Karakoram, Mongolia's oldest, founded in 1578, which once housed 10,000 monks. Mostly destroyed by the Soviets in the 20th century, it is now a restored World Heritage Site. The Karakoram Museum offers insights into the Mongol empire with artifacts from 4,000 years ago.

### Day 08: Transfer to Ulaanbaatar (Breakfast)

Transfer back to Ulaanbaatar. Check-in hotel

### Day 09: Ulaanbaatar Departure (Breakfast)

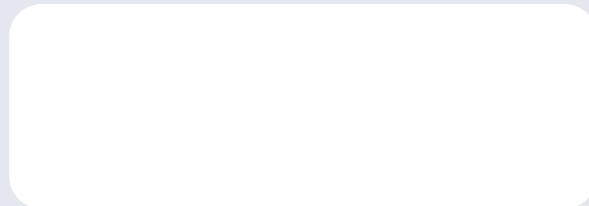
Transfer to the airport for your return journey.





Don't just visit  
Explore &  
Experience

For more information please contact your local travel agent



**866.501.7477**  
**[www.vexploretours.com](http://www.vexploretours.com)**

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