

A BHUTAN WELLNESS JOURNEY WITH
TOWN & COUNTRY
Bhutan
9 Nights/ 10 Days - JUNE 2020




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Let your imagination soar in the Land of the Thunder Dragon

About &Beyond

&Beyond is a pioneering, experiential travel company that offers forward-thinking, global travellers an exclusive experience of the world as it should be; a world that is in balance with itself. We go beyond mere luxury to enrich your guests' experience through our core ethos of Care of the Land, Care of the Wildlife, and Care of the People. &Beyond has 30 exquisite safari lodges and camps across Africa and South America, and we also design personalised, high-end tours in 15 African countries, India, Bhutan, Sri Lanka, Nepal, Chile, Argentina, Ecuador and Peru.

Welcome to Bhutan

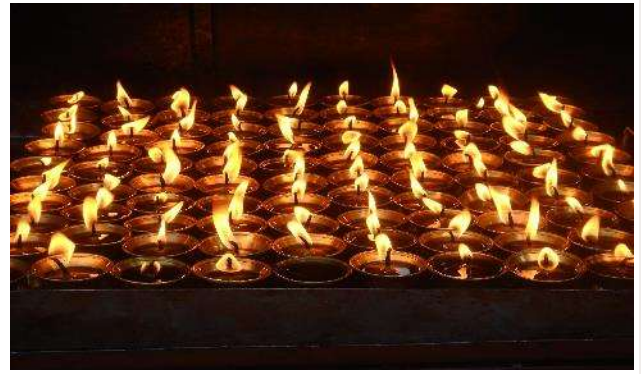
The last remaining great Himalayan Kingdom, Bhutan boasts magnificent mountain scenery, incredible architecture and colourful culture. A diverse natural Shangri-La, the country boasts of a staggering variety of landscapes, as well as an incredible array of flora and fauna. Set within one of the world's most breathtaking mountain chains, Bhutan is famed for its high mountain peaks and range of trekking opportunities. Enigmatic and shrouded in myth, Bhutan is filled with tangible examples of its extraordinary culture, from the striking architecture of its mountain forts and monasteries to the images of Buddhist religious figures painted or carved onto the craggy cliffs. Colourful prayer flags flutter on spectacular mountain passes and prayer wheels turn slowly with the current of clear mountain streams.

A Wellness Journey

Bhutan lends itself to a mindful exploration of one's own Spiritual yearnings with the history and culture intertwined with legends and practices of spiritual traditions such as Buddhism and Tantra. In this particular journey you will dwell into wellness that will encompass mind body and soul. In the backdrop of the last of the untouched Himalayan kingdoms, the Inner Silence Meditation programme is designed to introduce beginners to the benefits of daily practice of meditation and to take experienced meditators to a deeper understanding of their own practice.

Highlights of the Itinerary:

- A specialised focus on Wellness curated by Mysticasia's Mala Barua



- Breath-taking mountain views from Dochu La pass
- The spectacular fortress of Punakha and Thimphu
- The iconic hike to 'Tigers Nest'
- The gorgeous valleys of Phobjika and Punakha.

Specially created for
Wellness & Cultural enthusiasts



About Mala Barua – Meditation & Wellness Specialist

&Beyond is excited to collaborate with Mala Barua, who will take guests on a once in a lifetime opportunity to experience Bhutan, enhanced with a journey into wellness. Each day guests will move together in meditation, whilst fully immersing themselves in everything this beautiful country has to offer; hiking amongst nature, visiting the temples, experiencing the Buddhist way of life, and exploring guided yoga practice.

In her 29 years of practice Mala has studied with various masters including His Holiness The 14th Dalai Lama, Thich Nhat Hanh, and Swami Anubhavananda. For the Inner Silence practice Mala has intertwined the best of Vedantic and Buddhist knowledge to bring people to their own Inner Silence beyond the boundaries of the physical body and the activities of the mind.

You will be guided to silence your mind in a way that not only reduces mental chatter but also helps you to discover the inner silence that exists within you. Layer by layer Mala will help you unfold the Inner Silence, giving you tools for relaxation, de-stressing, reducing anxiety and dissolving anger. It is a journey into self-discovery that could be the most powerful journey you embark on.



At a glance



8 nights / 9 days

1 - Thimphu (Day 1, 2)

2 - Punakha (Day 3, 4)

3 - Gangtey (Day 5, 6)

4 - Paro (Day 7, 8)

AN & BEYOND CUSTOM-DESIGNED ITINERARY		
DATE	SERVICE	ACCOMMODATION
31 st May 2020	Arrive Delhi and overnight in Delhi	
	1 Overnight at the Oberoi, Delhi	Premier room on BB
1 st June 2020	Fly to Paro and drive to Thimphu (1 hr) + Afternoon sightseeing	
	2 Overnights in Taj Tashi, Thimphu	Deluxe room on HB
2 nd June 2020	Meditation at Cheri Goenpa & Sightseeing of Thimphu	
3 rd June 2020	Drive to Punakha (3 hr) + Afternoon sightseeing	
	2 Overnights in COMO Uma, Punakha	Valley view room on FB
4 th June 2020	Sightseeing in Punakha	
5 th June 2020	Drive from Punakha to Phobjikha (3 hr) + Afternoon sightseeing	
	2 Overnights in Gangtey Lodge, Phobjikha	Suite on FB
6 th June 2020	Sightseeing in Phobjikha	
7 th June 2020	Drive to Paro (6 hr) + Afternoon sightseeing	
	2 Overnights in COMO Uma, Paro	Valley view room on FB
8 th June 2020	Hike to Taktshang Lhakhang (Tiger's nest)	

9 th June 2020	Departure	
GLOSSARY		
BB = Bed and breakfast HB = Room + Breakfast + dinner FB = Full Board basis (please check itinerary for specific includes & excludes per property)		
ENTRY/VISA REQUIREMENTS <ul style="list-style-type: none"> • As of all international travel, the visitor to Bhutan is required to be in possession of a valid passport and visa. Travelers from all countries need a visa. Visa for Bhutan will be arranged by &Beyond South Asia (Bhutan) office on receipt of the full payment for the tour. 		
<ul style="list-style-type: none"> • DRONES & SATELLITE PHONES ARE NOT ALLOWED IN BHUTAN 		

Expect the extraordinary

Day 1: 31st May 2020 (Sunday) - Arrive Paro/ Thimphu

Upon arrival at Delhi's Indira Gandhi International Airport, you will be welcomed by your &Beyond India host and chauffeured to 'The Oberoi, Gurgaon'

****Check-in time 1400 hrs**

New Delhi, the capital of India is a modern buzzing metropolitan city with remnants of the past strewn amongst the modern buildings. Much of New Delhi was planned by Sir Edwin Lutyen's, who laid out a grandiose central administrative area as a testament to British imperial pretensions. Delhi was established between 900 B.C and 1300. Delhi's famous "seven cities" range from the 12th century Quila Rai Pithora, built by Prithviraj Chauhan, to the imperial Shahjahanabad, constructed by the Mughals in the 17th century.

Spend One overnight at the Oberoi, New Delhi. Your accommodation is in a Premier Room on Bed & Breakfast basis.



Day 2: 1st June 2020 (Monday) - Arrive Paro/ Thimphu

This morning after breakfast, you will be transferred to Indira Gandhi International Airport, Delhi for your flight to Paro (FLIGHT DETAILS TO BE ADVISED). The flight takes you close to the great Himalayan Mountains, offering dazzling views of some of world's highest glacial peaks, such as Mount Everest. As you descend into the Paro Valley you will pass forested hills, with the Pa Chu (Paro River) meandering



through the valley below and the Paro Dzong (fortress) and Ta Dzong (watch tower) situated on a hill above the town.

As you exit the Paro Airport terminal you will be met by a representative from &Beyond, who will drive you to your hotel in Thimphu. Along the way you will have the opportunity to stop and view the Tamchogg Lakhang Temple, crossing the river on an ancient iron bridge that was reconstructed from original chain links used by the famous Tibetan bridge builder, Thangtong Gyelpo.



On arrival in Thimphu you will be driven directly to your hotel in Thimphu for check in and lunch.

In the afternoon, visit the Textile Museum. Weaving is an integral component of the culture and tradition of Bhutan. With the aim to preserve and promote this living art, the Royal Textile Academy of Bhutan was instituted in May 2005 under the patronage of Her Majesty Ashi Sangay Choden Wangchuck as a non-government, non-profit organization. The Academy will also provide in bringing about a National Centre for weaving and educating young students in textiles, fabric designs and museum studies. It will also serve as a centre for tourists, introducing the nation's masterpiece to its visitors, while expanding the nation's resource for cultural tourism.



Next, visit the Folk Heritage Museum - a three storied, 19th century traditional house which provides a glimpse into the lifestyle of the Bhutanese.

End the day with a visit to the Buddha Dordenma - a gigantic Shakyamuni Buddha statue. The statue is filled with over one hundred thousand smaller Buddha statues, each of which, like the Buddha Dordenma itself, but made of bronze and gilded in gold. At a height of 51.5 metres, it is one of the tallest Buddha statues on the world.

This evening you will be dressed in Bhutan's traditional clothing, the Goh (men) and the Kira (women) and taken to watch a cultural program at the hotel's courtyard. A welcome brief by Mala will enlighten you on what wellness means and how we can incorporate wellness into our everyday life. Your objectives and goals will be explored during the course of the journey and Mala will also explain the tools of meditation



that she will be incorporating in the programme, from both Buddhist and Vedantic teachings 30 mins. This will be followed by dinner at the hotels specialty Bhutanese restaurant, Chig Ja Gye for an authentic Bhutanese meal.

Spend Two overnights at the Taj Tashi, Thimphu. Your accommodation is in a Deluxe Room on a Half board (Breakfast + Dinner) basis.



Day 3: 2nd June 2020 (Tuesday) - Thimphu

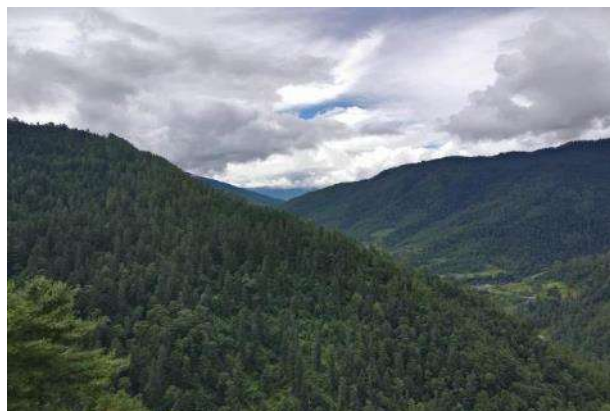
Morning will start with a short and gentle Yoga stretch to refresh your jet lagged and travelling body and an introduction to Zen Walking.

The Yoga this morning will be gentle and suitable for all. Some stretching and breathing will prepare the body to tune in to the exciting wellness journey you are about to embark on.

Zen walking, also known as Chi walking, is a very slow meditative form of walking that focusses your awareness on the “present moment” allowing your mind to quieten down. During our Wellness Journey we will be Zen walking wherever we get the opportunity! 60mins

Then drive to take a short hike to Cheri Goenpa. Situated north of Thimphu, one way it takes about 30 minutes’ drive and an hour long walk through shaded rhododendron forests to reach the monastery. The site of the monastery was founded in 12th century and later Lama Drukpa Kuenley (Divine Madman) established the present building in 15th century. The great saint called Shabdrung Ngawang Namgyel, in 1616 meditated in a cave near the monastery and helped ensure the defeat of an invading Tibetan army. Today Cheri is used by the understudy monks to complete their meditation before they are ordained as monks.

On arrival at the monastery, you will have an outdoor silent meditation session in the compound of the monastery. Here we will do a Buddhist practice called “Presence”. 15 mins



Return back down to the base and drive a little to a beautiful picnic spot by the river where you will have a lovely lunch waiting for you.

Post lunch, drive back to town and do a walk around to do some shopping. There is a row of handicraft shops lining the street outside the hotel which sell locally made artifacts.

Afternoon at leisure for relaxation.

In the evening, you will have a meditation session on becoming aware of and stilling the body (Kaya Sthairam). Through this meditation, based on Mindfulness, we will connect with our breath bodily sensations and our current emotional state. 45 mins



Day 4: 3rd June 2020 (Wednesday) - Thimphu/ Punakha

Early this morning, after checking out, you will drive to Dochu la pass. The road climbs steeply through a scenic forest of pine and cedar trees, to Dochu La pass (10,000 feet). The pass offers panoramic views of the Himalayan mountain ranges.

On arrival at the pass, you will have an energy releasing (Shakti Bandha) series of yoga class overlooking the mountains and valleys and breathing in the crisp mountain air. This will be followed by a short session of Pranayam, ie exercise of breath awareness.45mins

This will be followed by breakfast. Post breakfast visit the 108 stupas built on this 3,150-metre-high pass in honor of the fallen Bhutanese soldiers.

Then you will be chauffeured towards Punakha (approx. 2 hour's drive). On arrival drive to your hotel for check-in and lunch.

In the afternoon drive back to the beginning of the valley and hike about 30 minutes to Chimi Lhakhang, which is on a small hilltop. The temple was dedicated to the great Yogi in the 14th century, known as Drukpa Kuenley, also known as the "Divine madman." He is known for



dramatizing Buddhist teachings using songs. It is believed that this temple blesses women who seek fertility. If interested you can also watch the Thangka painters here in action.

In the evening we will have a session of Laughter Yoga. Laughter is a very therapeutic form of reducing stress and anger. Coined by a medical doctor in India, it is now considered a full grown Yoga therapy 60 mins.

Spend Two overnights at COMO Uma, Punakha. Your accommodation is in a Valley view rooms on a Full board (Breakfast + Lunch + Dinner) basis.



Day 5: 4th June 2020 (Thursday) - Punakha

Early this morning at about 0600 hours, you will begin your hike to the Khamsum Yuelley Namgyal Chorten. You will start your hike from the hotel and walk all the way to the chorten through beautiful farm lands and virgin forests also known as the butterfly trail. This three storey lakhang was built by Her Majesty the Queen Ashi Tshering Yangdon for the protection of the country. It has an impressive view of Punakha valley. The deities represented here belong to a teaching cycle of Dudjom Rinpoche, a great Nyingmapa master (1904-87). The functions of the deities are to subjugate enemies and harmful influences and also to spread peace and harmony.

Upon arrival, you will have a yoga session refining your Surya Namaskar (Sun Salutation) on the temple courtyard overlooking the beautiful valley below. 45 mins

Post yoga; enjoy a picnic breakfast, which will be followed by a visit to the temple.



Hike back down about 45 minutes to the suspension bridge from where you will be driven back to the lodge. You should be back by about 1100 hours and the rest of the morning is at leisure. We recommend that you indulge in the Six Senses spa this morning (on direct payment basis).

In the late afternoon, proceed back towards Punakha and visit the beautiful Punakha Dzong. Constructed in 1637, this was the second of Bhutan's Dzong and for many years its seat of government. From this spectacular setting you can look back to see the Khamsum Yuelley Namgyel Temple perched on the hillside far in the distance.

Return back to the lodge and for dinner be guided into a Mindful Eating with a Vegan menu created by Mala and the Chef. Mindful eating is a conscious form of eating practised and promoted by Mindfulness teacher and Vietnamese Monk, Thich Nhat Hanh. It has a threefold benefit in that it makes us conscious of the impact of eating on

- a) the environment
- b) our health
- c) animals



Day 6: 5th June 2020 (Friday) - Punakha/ Phobjikha

Morning Yoga flow stretches followed by a short session of Pranayam.
Zen walking 60 mins.

Post breakfast, you will be chauffeured to Phobjikha (3 hours' drive). The road takes you through the fertile valley of Wangdue (4,430 feet).

Crossing Wangdue the road once again gradually climbs to Lawa La pass, which offers the magnificent views of Jhomolhari (7300m) mountain and Jichu Drake (6700m). There is an abrupt change in vegetation as we drive, with mountain forest replaced by high altitude dwarf bamboo. Enroute stop at Nobding village and later at the pass for the fabulous views.

Phobjikha is a beautiful valley and is the winter home of endangered black-necked cranes that migrate from the arid plains in the north to pass their winter in milder climate. These winged visitors begin arriving around the last week of September and start going back by around end



of February/ early March. Phobjikha is at an altitude of 2900 m above sea level and on the periphery of the Black Mountain National Park.

On reaching Gangtey check in to the hotel, soak in the beautiful views of the Gangtey valley and relax over lunch.

Post lunch, you will be escorted to the Gangtey Goemba (monastery), which enjoys the valley's prime real estate, on a forested hill overlooking the green expanse of the entire Phobjikha valley. Pema Thinley, the grandson and reincarnation of Pema Lingpa, founded the Nyingma temple here in 1613 and today the Goemba is the seat of the 9th reincarnation of the body of the Tertön (Treasure discoverer) Pema Lingpa.

Then from the Goemba you will walk along the Gangtey Nature Trail, quite popular amongst the visitors to the valley. Crossing streams and rhododendron gardens you cross Sumchubara village. Afterwards as you enter the Pine covered forest Mala will guide you into a Japanese form of Mindful walking called Forest Bathing or “Shinrin Yoku”, The forest opens at a canopy that affords fabulous views of the valley.

At the end of the trail is the Khewa Lhakhang, an old monastery in the valley built in the 13th century. Keeping in the mood of Inner Silence and inner awareness, you may now immerse yourself into a sound bath with Tibetan Singing Bowls 30 mins

Spend Two overnights at Gangtey lodge, Phobjikha. Your accommodation will be in a Suite on Full board (Breakfast + Lunch + Dinner) basis.



Day 7: 6th June 2020 (Saturday) - Phobjikha

Morning session - Today's morning Yoga will be optional in case you want to sleep in after the long journeys. Although our teacher will be available for the enthusiasts

After breakfast, you will have the morning at leisure today. If you would like, you can join the session on how to make Tsa-tsa. A popular way to memorialize and benefit those who have passed away is to enshrine a share of the person's ashes in a small reliquary. These are also made to bring good karma to the family. After making the tsa-tsa you can place them either under a bridge or a cave where water will not destroy the same.

This afternoon, we suggest doing a hot stone bath in the valley (on direct payment basis). Please let the guide know a day prior so that he can organise the same for you or you can also book with the hotel directly.

In the evening head towards the Shedra, which is a monastic school. Attend the meditation session with the monks which will be followed by a prayer service this evening. It is an enchanting experience where about 300 monks chant their prayers every evening.



Day 8: 7th June 2020 (Saturday) - Phobjikha/ Paro

Morning Yoga session will continue with deepening of the Surya Namaskar practice.

Zen walking 60 mins

Post breakfast, you will be driven to Paro (5 hour's drive).

On entering Paro town, drive directly to your hotel for Check-in and have lunch.

Afterwards, visit the local farmhouse. It is a traditional village house. The beauty of Paro valley is embellished by cluster of old fashioned farm houses. Bhutanese farm houses are very colourful, decorative and traditionally built without the use of single nail. All houses follow the



same architectural pattern. A visit to Farm House is very interesting and offers a good glimpse into the lifestyle of a farmer.

On the way back, stop at Kyichu Lhakhang which is the oldest temple in Bhutan. This temple gives us the opportunity to pray for the benefit of our loved ones by offering a 1000 butter lamps which can be collectively donated for.

This evening Mala will introduce you to a Buddhist meditation called Metta of Loving Kindness. 45 mins

Spend Two overnights at the COMO Uma, Paro. Your accommodation is in a Valley view rooms on a Full board (Breakfast + Lunch + Dinner) basis.



Day 9: 8th June 2020 (Sunday) - Paro

Very early this morning, take a short drive to the north of Paro Valley to Ramthankha, and start your hike to the Taktsang monastery (Tiger's Nest) with a packed breakfast. The trail climbs through beautiful pine forest, many of the trees festooned with Spanish moss and an occasional grove of fluttering prayer flags. Legend has it that Guru Rinpoche, founder of Buddhism in Bhutan flew from Eastern Bhutan on a tigress, bringing Buddhist teachings with him and meditated here on this cliff. This is one of the most venerated and sacred of all Buddhist sights around the world.

As you arrive in top, stop at the second view point for a short mindfulness meditation - 15 mins

Afterwards, walk down to Taktsang cafeteria for a short break and tea. Walk downhill to the road where our car will pick you up and take you to your hotel for rest and lunch en route at a local restaurant in Paro town.

Rest of the day is at leisure. This is a good time do extra activities, such as to enjoying facilities in the spa, book a massage or relax in the stream room.



Closing session today will be on sharing, reviewing your wellness goals and question/answers. Om Shanti

Day 10: 9th June 2020 (Monday) - Paro/ Delhi

This morning you will be chauffeured to Paro airport to board your flight to Delhi (FLIGHT DETAILS TO BE ADVISED).



Journey overview

VALIDITY - JUNE 2020

Cost per person on Twin Sharing basis	USD 10,257
Single Supplement per person	USD 2,468

* Airfare subject to change

Flights

DATE/DAY	FROM/TO	FLIGHT NUMBER	TIME
Day 01	Delhi/ Paro	TBA	TBA
Day 09	Paro/ Delhi	TBA	TBA

Accommodation

DATE	DESTINATION	ACCOMMODATION	DETAILS
Day 01	New Delhi	The Oberoi	Premier room on BB
Day 02	Thimphu	Taj Tashi	Deluxe room on HB
Day 03	Thimphu	Taj Tashi	Deluxe room on HB
Day 04	Punakha	COMO Uma Punakha	Valley view room on FB
Day 05	Punakha	COMO Uma Punakha	Valley view room on FB
Day 06	Phobjikha	Gangtey Lodge	Suite on FB
Day 07	Phobjikha	Gangtey Lodge	Suite on FB

Day 08	Paro	COMO Uma Paro	Valley view room on FB
Day 09	Paro	COMO Uma Paro	Valley view room on FB
Day 10	Outbound		

What's included:

- Accommodation on DOUBLE/ TWIN ROOM on SHARED BASIS in hotels as mentioned in the QUOTE.
- All transfers as mentioned in a private vehicle, and sightseeing.
- Sightseeing tour will be provided as per the itinerary with the English-speaking Bhutanese Guide and in a private Vehicle.
- Yoga instructor - Jahnavi Sheriff
- Meditation and Welllness Instructor - Mala Barua
- All entrance and monuments fees.
- Visa fees for Bhutan only.
- All current taxes as on date - subject to change as per hotel/airline/Government policy.
- Air fare as mentioned in the quote above.
- All meals as mentioned in the quote above.
 - Special meals - 1 Picnic lunch in Phobjikha & 1 Picnic breakfast in Punakha at Khamsum Yuelley
- Special Inclusions
 - Prayers at the Shedra in Gangtey/ Phobjikha

What's not included:

- Tipping to guides and drivers.
- Any Insurance and rescue of any form.
- Cost arising out of flight cancellation/road blockades/landslides/riots and events beyond our control.
- Expenses of personal nature and any other expenses not mentioned in the above cost.
- Any international air fare/airport taxes not mentioned above
- Hotel surcharges during festival period
- Any change in tax structure resulting from the hike in published tariff.
- Items of personal nature like tips, laundry, phone calls etc.
- Any video/still camera fee to the monuments and places of visit
- Any other item not explicitly mentioned under price includes.
- Any airfare for domestic flights other than the quoted details.
- Any cost of the meals other than the one indicated in room meal plan.
- Sightseeing and excursions other than those specified.

The Details are in the fine print

- Hotel Check-In 1400 hours, Check-out time 1200 Noon
- Prices are subject to change as per change in Government / Hotel / Airline policy without prior notice.
- Rates include only those items specified in your itinerary.
- Please note, the names of hotels mentioned above only indicate that our rates have been based on usage of these hotels. It is not to be construed that accommodation is confirmed at these hotels until and unless we convey the confirmations to you on receipt of your acceptance. However in the event of any of the above mentioned hotels not

becoming available at the time of initiating the reservations, we shall book alternate accommodation at a similar or next best available hotel and shall pass on the difference of rates (supplement/reduction whatever applicable) to you.

- In case on any currency fluctuations or amendment in local Government taxes, or any fuel hike, we reserve the right to adjust the tour price accordingly. The due increase or decrease will be communicated accordingly.
- The rates quoted are subject to change without prior warning, should there be any increases in Park Fees, Fuel, Sales Tax or VAT, third party services, or any other circumstances beyond our control in the regions featured in this quote/booking.
- All guests must take out comprehensive travel insurance covering them for personal effects, personal accident, medical and emergency travel expenses, cancellation and curtailment.
- In order to comply with international insurance requirements all airline tickets must clearly show the passenger's title, surname, name and initial (as indicated in their passport). As this applies to both scheduled and charter flights we would be grateful if you could provide us with this information at the time of confirmation.
- Your internal flights have been organized by us. While we take the maximum care to ensure a safe and comfortable journey for you &Beyond India Private Ltd. is not responsible for the fitness of the carriers or the safety standards of the carrier company.
- In order to comply with International Insurance requirements &Beyond India can only reserve seats, be it on a provisional or confirmed basis, on both domestic/scheduled or charter flights.

- Please note that fares may increase between time of booking, time of payment and the ticket being issued. Any costs incurred due to amendments will not be borne by &Beyond India.
- &Beyond India cannot be held responsible should airlines discontinue flights on certain routings or change scheduled timetables, resulting in missed connections etc. Should an amendment in a routing or itinerary be necessary we will re-quote you accordingly.
- Dietary Requirements: All dietary requirements can be catered for. When making your reservation, please advise us of any specific dietary requirements that you may have and these will be communicated through to the respective establishment.
- Gratuities: Tipping is at your discretion. However management of the establishment will be able to assist with guidelines
- &Beyond reserves the right to modify program itineraries, including arranged sightseeing, and substitute accommodations, including vessels and trains, at any time due to unforeseen circumstances or circumstances beyond &Beyond's control. Every effort will be made to operate itineraries as planned, but alterations may occur after the final itinerary has been issued.
- &Beyond strongly recommends that the guests insure themselves against loss of deposit, cancellation charges, medical expenses and loss of personal possessions, and any other foreseeable loss or expense.
- **Photography During Travel**
 - A. &Beyond reserves the right to take photographs or video during the operation of any program or part thereof and to use them for promotional purposes during the program and thereafter. By booking a program with &Beyond, guests agree to allow their images to be used in such photographs. Guests who prefer that their images not be used are asked to identify themselves to &Beyond representative at the beginning of their program.
- The use of **DRONES** are not allowed in Bhutan.
- **Guest Obligations:**
 1. Medical Conditions - the guest must notify &Beyond of any pre-existing medical conditions that might reasonably be expected to affect the Travel Arrangements. The guest agrees and acknowledges that &Beyond will not be liable for any loss or damage incurred by the guest as a result of any pre-existing medical condition or health issue of the Customer that may preclude, delay, affect or interfere with the Travel Arrangements.
 2. Health Issues - It is the guests sole responsibility to
 - a) obtain any vaccinations or take any other health precautions applicable to the country of travel;

- b) take all steps reasonably necessary (including, without limitation, the consultation of appropriate medical professionals) to identify whether they have any pre-existing medical conditions or health issues (whether known or unknown) that may preclude, delay, affect or interfere with the Travel Arrangements; and
- c) notify &Beyond if the guest has any pre-existing medical conditions or health issues that may preclude, delay, affect or interfere with the Travel Arrangements.

PAYMENT & CANCELLATION POLICY

Booking made within 90 days of arrival	100% payment at the time of booking (within 72 hours) (non refundable)
Booking made more than 120 days prior to arrival	25% payment at the time of booking (within 7 days) and balance 75%, 60 days prior to arrival
Cancellation 121 days or more prior to arrival	No cancellation/ retention charge, except for cancellation fee on air tickets/ train tickets or deposits.
Cancellation within 120 days of arrival	Retention of full deposit levied as cancellation charge

1. 25% Non-refundable advance payment to be remitted within 3 days on receiving confirmation for the hotels booked.
2. 75% of the balance payment to be remitted 121 days prior to arrival into Bhutan

&Beyond South Asia reserves the right to cancel all services booked should full payment not be received 60 days prior to arrival date.

Should it be a last-minute booking, &Beyond South Asia will allow for 3 days from time of confirmation until payment (100%) reaches us before &Beyond South Asia will cancel any services booked. The amount is **NON- REFUNDABLE**.

Kindly note that payments may be processed with Visa and MasterCard credit cards. Payments may also be paid directly into &Beyond India or US bank account details.