



The Happiness Journey to Bhutan

April 25 to May 5, 2026

Important Planning Info for our Participants

Hotel in Bangkok

Our hotel in Bangkok is the Hyatt Regency Bangkok Suvarnabhumi Airport, located right at the airport. We will all be staying there and having dinner together the night of April 25. The next morning we will head to the terminal as a group at about 3.30a, to make sure no one gets left behind!

Flight to Bhutan/Passport/Visa

Please bring printed copies of your Bhutan visa and your DrukAir tickets. These are required at the DrukAir check-in counter at Suvarnabhumi, Bangkok International Airport, Bangkok, Thailand [BKK]. The Bhutan Visa will be stamped/issued on your passports at the PBH, Paro Airport, Kingdom of Bhutan on arrival based on this document. Visa fees and photographs are not required upon arrival at Paro, since we submitted pre-paid/pre-arranged Bhutan visas. Your passport number must be the same one that is on your visa. If you recently got a new passport, please let us know ASAP. Your passport must also be valid for an additional six months after entering the country.

The check in counter of Druk Air [Royal Bhutan Airlines] is located at Gate 10, and row U/W of the international departures block of Suvarnabhumi Int'l Airport. Upon arriving at Suvarnabhumi, please check the flight information display to determine the check-in row/counter. Check in at-least 2 to 3 hours prior to the departure timing listed on the ticket.

The check in time for KB153 / BKK to PBH / 26 April 2026 is at 4.00a. The flight departs Bangkok, Thailand at 6.00a and arrives in Paro at 8:15a. Flights into Bhutan are intentionally scheduled to arrive early in the day, to take advantage of calmer morning air in the high mountains.

The check-in counter closes 1 hour prior to flight departure. We will also be sending you an e-boarding pass (with the best mountain view seat allotment numbers) 72 hours prior to the flight – seat allocation can be done no more than 72 hours prior to the flight.

Our I-Adventures BhutanTour guides [Tshering and Rinzi] and drivers [Lhaba and Kinga] will greet us on arrival at the Paro Airport with a light blue placard bearing the name, "I-Adventures".

NOTE: You must submit the Thailand Arrival Immigration forms at least three days prior to the arrival dates to Thailand. This can be submitted via the official site <https://tdac.immigration.go.th/>

Travel Insurance

We strongly recommend that you purchase travel insurance. There are two main distinctions in travel insurance. You can purchase medical evacuation and emergency medical treatment, which covers direct

costs if anything happens to you while on the trip, and you need treatment. This is the minimum coverage that we recommend, and is generally quite affordable (probably about \$100 per person). Alternatively, you can insure the trip itself, which means you will be reimbursed for your prepaid expenses, including the tour, your flights, etc. if it turns out you have to cancel the trip or miss a portion of it because of some major event (a covered health issue, weather, natural disaster, missed connections, etc.) before or during the trip. This type of coverage can be significantly more expensive (often 5x to 10x more than medical evacuation coverage alone). The choice is totally up to you; we don't sell travel insurance nor can we provide specific recommendations. However, here are a couple of possibilities you may want to consider.

1. [WorldNomads Explorer](#) – WorldNomads is the company that we have personally used, and we were very satisfied the one time we had to submit a claim. Their Explorer plan provides both med evac/emergency and trip reimbursement coverage for about \$200 to 250 per person. **However, WorldNomads will not provide compensation if you have to cancel or leave the trip because of a pre-existing medical condition.**
2. [TravelEx](#) – this is another highly rated travel insurance company that friends of ours have used. Their policies will even cover you if you have to cancel your trip because of a pre-existing medical condition. However, there is some fine print that you should look over carefully if you are interested in this type of coverage.

Safety

Bhutan is extremely safe for travelers. On our previous trip there we never had the slightest sense of having to worry about crime.

Food

The food will be spicy, with dishes often featuring red rice, chilies, and cheese. If you don't like spicy foods or have any specific dietary needs, please let us know in advance and we will ask for alternative preparations.

Language

Dzongkha, though English is widely spoken in many tourist-oriented areas.

Altitude

Many regions in Bhutan are at high altitudes, so travelers should be mindful of the potential for altitude sickness. You may want to bring a medication for this. Our first couple of days will be spent in Thimpu, at an elevation of about 7,700 ft, giving you an opportunity to acclimatize before we travel into the higher areas. We will generally be staying between 8,000 and 10,000 feet, with the highest point of our trip being the Pele-la Pass, at 11,220 ft.

Suggested clothing and accessories

The period towards the end of April is the spring season in Bhutan, and the temperature will be conducive for touring and hiking. Temperatures this time of year are generally about 65F maximum and 46F minimum. Days will be warm and comfortable, while evenings/night/early mornings will be cooler – perfect for travels and hiking. For early mornings and evenings when it gets cooler, layering of clothing is

recommended. For example, it is much better to wear a t-shirt (long sleeve), light fleece/wool sweater and windbreaker than to wear one bulky jacket.

Please bring along a pair of comfortable hiking/outdoor/walking shoes for hiking. Sunscreen lotion, sunglasses and hats are also useful to beat the high-altitude daytime sun. While visiting temples, monasteries and other religious / official institutions, please dress modestly and respectfully. You must wear long pants or longer skirts that cover your ankles. We found that it's helpful to carry a lightweight pair of pants or tights that you can slip on over shorts when needed. Shoulders must also be covered when inside religious and official buildings. Please bear in mind that shoes and hats/caps must be removed when entering temples and monasteries. The guides will also brief you on the monastery/monument etiquette well in advance.

Medication

If you are taking any prescribed medication, please make sure you bring a sufficient supply with you and have them clearly labelled with the name and dosage instructions.

Internet & Mobile

Many people choose to see the mountainous terrain of Bhutan as a welcome digital detox. There is now Wi-Fi in all the hotels, although it is a little patchy at times and should not be always relied on/ expected to be in service. Wi-Fi is provided free of charge at hotels. For those who wish to stay connected throughout, upon arrival at Paro Airport or while in Thimphu and Paro it is possible to purchase a tourist 4G sim card for calls and internet on your phone. A SIM costs approx. US\$2 and a 8GB data package costs US\$5 approx.

Helpful hint: if you plan to use Google maps to keep track of where we are, be sure to download an off-line map of our travel area beforehand. This will allow you to pull up your map without having to use additional data!

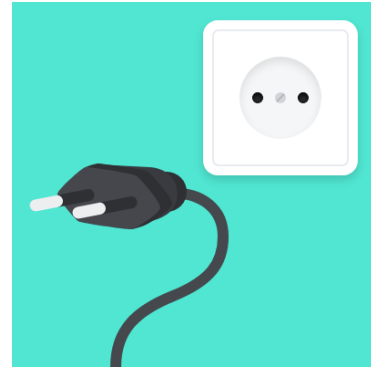
Currency

There are ATMs in Bhutan for both debit and credit cards (Visa, Mastercard), however technical glitches and communication dropouts are frequent and only few establishments apart from the hotels and few handicraft shops accept credit card payments. Therefore, US dollars are suggested as they can easily be converted in Bhutan. They are also convenient to cover any personal expenses such as beverages, tipping of guides/drivers, shopping etc. (1US\$ is equivalent to Nu 90, the Bhutanese currency, at the time of writing.)

Electricity & Internet

The electricity cycle in Bhutan is 220V Plus. Most appliances and chargers can handle both 110 and 220v, but you should check these carefully before bringing them. Please bring along the camera/ phone/ GPS chargers or travel appliances compliant with this power rating.

Most (though not all!) plugs in Bhutan will accept the standard European style of plug, with two round prongs (Type C), so be sure to bring a plug converter.



Tobacco and Drones

Only 200 cigarettes are permitted to be brought into the country upon payment of 200% import tax for tobacco products. The import and use of drones and any type of UAVs into Bhutan is strictly restricted by law and could result in seizure of drones and penalties at the airport on arrival.

Immunizations

There are no Immunization requirements for Bhutan. However, travelers should be mindful of the places they will be transiting through enroute to/from Bhutan. Our guide service recommends the standard immunizations such as tetanus, typhoid, Covid and hepatitis vaccines.

Group communication

Jayson will be setting up a WhatsApp group that we will use to communicate and exchange photos while we are on the trip. You will be getting an invite to join the group later this month. If you don't already have WhatsApp please install it this week.