



September 12, 2012

Kuzuzongpola Bhutan Adventurers,

We are grateful and excited you are coming with us on the Cultural Tour of the Himalayas!

Our amazing adventure to the Kingdom of Bhutan is only a few weeks away, and there's a lot to do before we leave. You will receive an email every few weeks until we leave with tips for travel and to make sure we have everything we need for the trip of a lifetime.

International Flight

Most of you have already booked your international travel to Bangkok, and we have confirmed flights on Druk Air on Nov 17. As received, we will forward the Druk itinerary with passenger confirmation.

Travel Insurance

Since we are travelling to a remote country in the Himalayas, it is necessary for you to get additional International Travel Insurance to help with any medical emergencies, last minute travel changes, refunds, etc. Your health insurance will work internationally, but in the past, I've experienced the need for the assistance these carriers and providers can give in a crisis. You may want to check with your health insurance carrier for details in the event of an accident.

Here are some carriers for you to review

<http://www.travelinsurancereview.net/>

<http://www.travelinsured.com/>

www.insuremytrip.com

Hotels in Bangkok

Most of you are travelling from Bangkok and need to stay a few nights, so we have arrangements at the Como Shambhala's sister property, The Metropolitan by COMO is located in downtown Bangkok. You will receive a special price of \$120 night, inclusive of breakfast, internet and use of yoga room. You can stay here for the few days layover before we leave for the Kingdom.

[The Metropolitan by COMO, Bangkok](#), is a contemporary-designed city hotel just minutes from lively restaurants, shopping and bars. There is a 25m outdoor pool, yoga studio and spa you can use while adjusting to the time zone and recovering from the journey. Connect with the concierge team for up-to-date insider knowledge about what to do in the city. Please click on the link below for more details:



If your arrival is very tight, you may prefer to stay at Suvarnabhumi airport. There is only one option, and it is a bit more expensive, but very convenient. There is a shuttle pickup and drop off, and the rate usually includes a small breakfast buffet. Internet is additional per day.

[The Novotel Suvarnabhumi](#) is next to the airport and you can take a 5 min walk via walkway (level B 1) or complimentary airport shuttle from gate 4, level 2

to make your reservation, contact:

Aileen Degracia,

Director of Sales & Marketing

aileen.degracia@metropolitan.como.bz.)

Direct Tel : +66 (0) 2 625 3411

Direct Fax: +66 (0) 2 625 3400

Travel Information

Most of you have sent me your Bhutan visa form, and I will also need a colour copy of your passport if you have not already sent. You can scan or send to me directly at

Cora Wen
3992 Freed Ave
San Jose CA 95117

Additional

There is a page on my website for this trip with loads of good information about the country and travel. Please review This [link](#) to help you further prepare for our amazing journey!

Wishing you a great week, and look forward to seeing you in the land of Smiles on the way to the Land of Thunder Dragons!

Name Same Kaden Che :)