



PARTICIPANTS

Group 1

09 -14May08 (5nights)

MILLS/ Deborah Dr

BENNETT/ Helen Dr
ELMES/ Nathan Mr

DAVEY/ Paul Dr
GOLDSWORTHY/ Allana Ms*

KENAFKAKE/ Catherine Mrs*
KENAFKAKE/ John Mr

PRABHU/ Savita Dr
PRABHU/ Muddappa Dr

DAWOOD/ Richard Dr
DAWOOD/ Gillian Mrs*

LAU/Colleen Dr

CHATTERJEE/ Santanu Dr

Group 2

11 -24May08 (12nights)

MILLS/ Deborah Dr

HOHL/ Norman Dr

AUS/Christine Dr

CAREY/Cormac Dr
CAREY/Roisin Mrs *

SWEET/Mark Dr
SWEET/Elizabeth Mrs*

BAKER/ Christina Rn
JACKSON/ Justine Rn

* Admin delegates

TMA Annual Medical Meeting
Bhutan May 9-24 May 2008



Itinerary 21/4/08

Medical Meeting program attached separately

Group One

Friday 9th May:

Early morning departure from hotel for your Drukair flight to Bhutan.

The left hand side of the plane offers the best views of Himalayas on flight to Bhutan.

After clearing immigration and customs you will be greeted by your BTCL guide and driver and transferred by car to Thimphu (2.5hrs), travelling through the spectacular countryside enroute to Bhutan's capital. All the houses and buildings are painted and constructed in traditional Bhutanese style. Remainder of the day is at leisure to explore Thimphu, both by car and on foot. Visit the weekend market where everyone goes to buy an array of fresh fruits and vegetables, rice, chillies and many colourful local items such as yak tail duster, cups of butter tea, turquoise from Tibet, and musical instruments etc.

Evening Welcome function group one

Overnight Thimphu- Hotel TBA

Saturday 10th May:

Group one Leave after breakfast to commence 2day/1night Geynekha Trek.

Day 1. **Thimphu to Geynekha, distance 14km**

Spend today walking through terraced fields and coniferous vegetation. Spend tonight camping alongside a stream at an altitude of 2800m. There is no rush. Horses carry your equipment, and assistant guides ensure your campsite is prepared in advance in the evening. The Bhutanese pride themselves in providing excellent food when trekking.

Overnight Geynekha- Camping

Sunday 11th May:

Group 2 arrive

Day 2. **Geynekha to Khoma, distance 14kms,** time 4 hours

The villages of this region produce famous matsutake and chantarelle mushrooms.

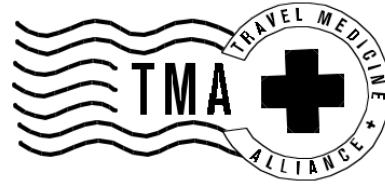
On completion of trek transfer by road to Paro.

Optional afternoon archery lesson for all group one and two

Evening welcome to all members of TMA Conference Group 2. Two people/Dr's from the Paro clinic/hospital will join us at the Zhiwa Ling for a chat and dinner.

Overnight Paro Valley - Zhiwa Ling Resort. Tel: +975-8-271277

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Monday 12th May:

Spend the morning in conference at the Zhiwa Ling Resort. After lunch lectures, hike to the Taktsang Monastery (Tiger's Nest) viewpoint. The monastery clings impossibly to a cliff of rock at 3000 ft above the valley floor. The moderate hike to the view point takes approximately 1 hour and 30 mins for the round trip.

Overnight Paro Valley – Zhiwa Ling Resort. Tel: + 975-8-271277

Tuesday 13th May:

Spend the morning in conference at the Zhiwa Ling Resort and visit the Paro clinic this afternoon. If time permits perhaps tour the old ruined fortress of the Drugyel Dzong, the historical site of the Fort of Drukpa Victory (14km from Paro) from which the Bhutanese used to repel the Tibetan invaders again and again. On a clear day views of the 24,000 ft snow domed peaks of sacred Mt Jhomolhari can be seen.

Afternoon management workshop. Evening Farewell group one dinner

Overnight Paro Valley – Zhiwa Ling Resort. Tel: + 975-8-271277

Wednesday 14 May:

Group one head home

Breakfast discussion, followed by a mid morning transfer to the Punakha Valley via Dochu La (Pass) 5/6hrs. Travelling through the spectacular countryside. All the houses and buildings are painted and constructed in traditional Bhutanese style. Stopping at Dochu La to view 108 Stupas and on a clear day you will witness a breathtaking view of the eastern Himalaya. Depending on the time of the year that you are visiting, the vista can vary from alpine snow to a profusion of rhododendron blossoms splashed among the soft green of the wild herbs and forest trees. Take time on arrival to enjoy a stroll along the lanes behind your hotel and witness rural Bhutanese life first hand.

Overnight Punakha Valley – Hotel TBA

Thursday 15 May:

This morning visit the Punakha Dzong, the second of Bhutan's Dzongs which previously served as the seat of the government. Punakha Dzong is still the winter residence of the Dratsheng (Central Monk Body) and holds the title as the winter capital because of its more temperate climate. Watch out for Great Black Cormorants fishing beside the river. Late morning continue eastwards to the Phobjikha Valley. (3.5 hrs). Around the valley the only electricity is from solar or mini hydro plants. The valley is snowbound during the winter months. Potatoes are this region's primary cash crop and are exported to India. Phobjikha is a glacial valley on the western slopes of the Black Mountains and is one of the most beautiful open valleys in Bhutan. It is also one of the most important wildlife preserves in the country and the winter home of the rare black necked crane. There are also muntjaks (barking deer), wild boars, sambars, himalayan black bears, leopards and

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red foxes. Visit local school and the Black Crane nature information centre, and even carpet factory and the sacred Gangtey Monastery. For those who are particularly keen) A late afternoon discussion group is scheduled for today in dining room overlooking valley, sipping Dragon Warmers
Overnight Phobjikha Valley – Dewachen Hotel. Tel: + 975-8-271301

Friday 16 May:

After a morning discussion breakfast , in the Hotel Dewachen, visit a nearby medical clinic. This afternoon take time to explore this magnificent valley as per the above suggestions. There are numerous short hikes to choose from in this region.
Overnight Phobjikha Valley - Dewachen Hotel. Tel: + 975-8-271301

Saturday 17 May: Gangtey Trek,

Commence your 4 day / 3 night Gangtey Trek. This 4 day/3 night trek commences from the small village of Gangtey and terminates close to Wangdue Phodrang. After some short climbing on day 1 it is almost all down hill. Visit small villages and marvel at superb scenery along the way. Horses carry your equipment, and assistant guides ensure your campsite is prepared in advance each evening.

Gangtey to Gogona, distance – 15kms,

The trek commences from Gangtey village (2830m) traversing through meadows, fields and mixed forests of juniper, bamboo, magnolia & rhododendrons, later ascending to Tselela pass (3,400m). After passing through several meadows, the trail reaches Gogona village (3,100m), the beautiful hilltop campsite situated among fluttering prayer flags.
Overnight Tented Campsite

Sunday 18 May: Day 2. Gangtey Trek

Gogona to Khotokha, distance 16kms

The route further passes through forests of fir, oak, spruce, dwarf rhododendrons, cypress and juniper leading to Shobjula pass (3,400m) and later to Chhorten Karpo (a group of four chhortens dedicated to previous chief abbots). Campsite is at an altitude of 2,790m, near forests of large blue pine overlooking the valley and village of Khotokha.
Overnight Tented Campsite

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Monday 19 May: Day 3. Gangtey Trek –
Halt today at Khotokha.

There are lots of beautiful scenes, temples and villages to be visited.

Tuesday 20 May: Day 4. Gangtey Trek:

Khotokha to Chhuzomsa, Wangdi via Nizergang, distance 12kms,

A short steep ascent leads to Tashila pass (2,800m) leading downhill through beautiful forests of rhododendrons, magnolia, ferns and dwarf bamboo. This trail is also one of the most interesting bird watching areas in the country a few species in this region include; laughing thrush, shrike, magpie and woodpecker. Later the route traverses further along the west ridge crossing the Tang Chhu River, reaching the district of Wangdue Phodrang.

Your trek terminates late morning near Wangdue Phodrang. Transfer to your hotel in the Punakha Valley about 45mins away. After lunch local hospital visit.

Local medical staff join us for dinner

Overnight Punakha Valley - Hotel TBA

Wednesday 21 May:

Early morning transfer to Thimphu 3 hours. We are aiming for a visit to local water treatment and sewage treatment facility Possibly Followed by a visit to the Institute of Traditional Medicine & Thimphu hospital. Later in the afternoon time to wander about Thimphu independently, perhaps visiting the handicraft centre or the School of Thangkha where you can see young children learning the ancient craft of paintings, or just wonder up Thimphu's main streets for a colourful insight into Bhutanese life.

Cocktail party TBC

Overnight Thimphu – Hotel TBA

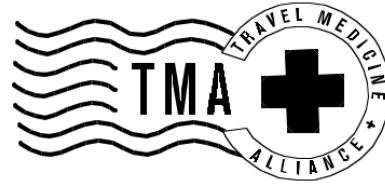
Thursday 22 May:

At leisure in Thimphu and its environs. For the extremely energetic why not hike up to the Telecom Tower to enjoy a stunning view of the valley. Late afternoon transfer to the Paro Valley (2hours) and your farewell dinner this evening.

Overnight Paro Valley – Hotel TBA

Special Note: Tonight is the time to tip your guide and driver.

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Friday 23 May:

Group 2 leave for home

Early morning departure from your Hotel to Paro airport for your onward flight to Bangkok.

Notes

For medical meeting

I will take laptop, and digital projector

Conference hotel has wireless internet I am told – however, in Bhutan , candles are still a utilitarian essential rather than something for ambiance

Presentation can be on flash drive or send to me by Mon 5th May to load before departure