

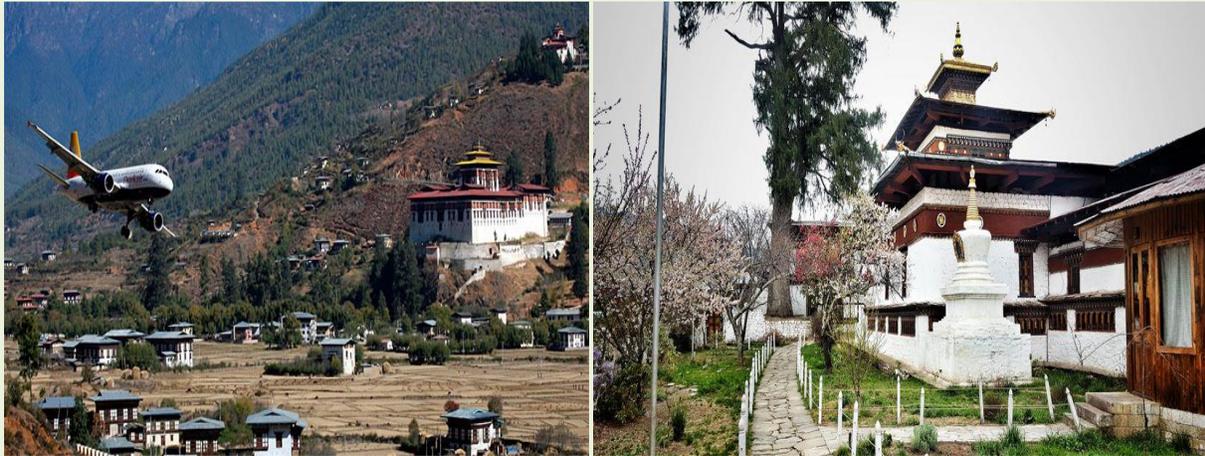
Journey to Bhutan with Khenpo Ugyen Wangchuk

May 5 – May 12, 2020



Day 1; 5th May. Bangkok- Paro: Alt: 2300m (Bangkok-Paro KB131
departure time 6.45am & arrival time 10.15am

Kuzu Zangpola from Bhutan. The flight into Bhutan takes you close to the great Himalayas, offering dazzling scenic views of some world's highest glacial peaks. As you enter Paro valley, you will sweep past forested hills with the silvery Pa Chu (Paro river) meandering down the valley below. Paro Dzong (fortress) and Ta Dzong (watchtower) on the hills above the town will be a fine sight. Our representative will meet you at the airport. Then visit Paro **Rimpung Dzong**, (fortress), is a large Dzong - Buddhist monastery and fortress - of the Drukpa Lineage of the Kagyu school in Paro District, constructed in 1644 by Zhabdrung Ngawang Namgyal. It houses the district Monastic Body and government administrative offices of Paro Dzongkhag (administration). A great annual festival or tshechu is held at Rimpung Dzong from the eleventh to the fifteenth day of the second month of the traditional Bhutanese lunar calendar (usually in March or April of the Gregorian calendar). Then visit **Kichu temple**, The Jowo Temple of Kyichu is one of the oldest temples in Bhutan, originally built in the 7th century by the Tibetan Emperor Songtsän Gampo. It is considered to be one of the four border taming temples he built. In the 8th century the temple was visited by Padmasambhava and it is believed he concealed many spiritual treasures here.
Overnight hotel in Paro.

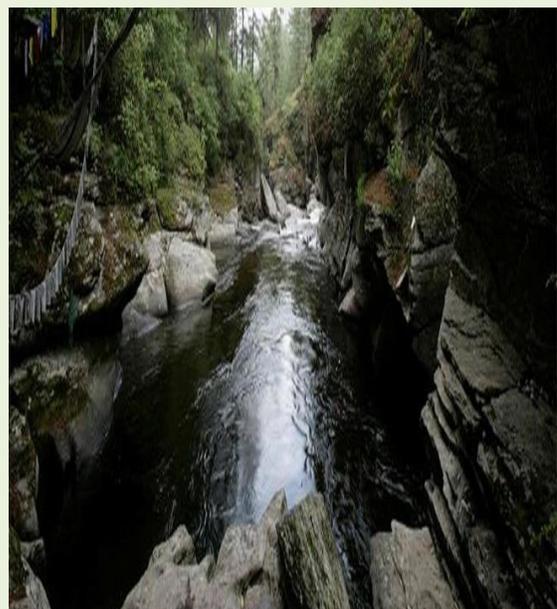
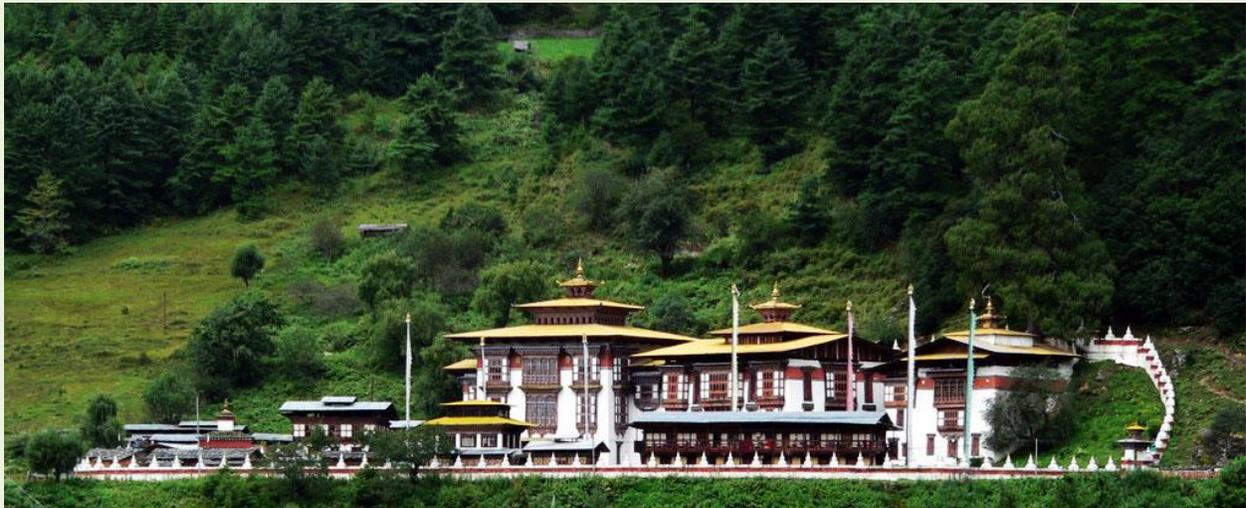


Day 2; 6th May. domestic flight to Bumthang: Alt: 2600m
Paro-Bumthang KB101 departure time 10.15am & arrival time 10.50am

Depart for domestic flight to Bumthang. Flight to Bumthang is more spectacular with the view of Himalayan Mountains of Bhutan which is covered with snow throughout the year. The flight will take you around 25 minutes. Reaching Bumthang you will visit **Jambay Lhakhang**, this monastery was built in the 7th century by King, Songtsen Gampo at the same time with the Kichu temple in Paro. It is one of the 108 monasteries built by him to subdue evil spirits In the Himalayan region. Then visit Kurjey lhakhang situated before Jambay Lhakhang,



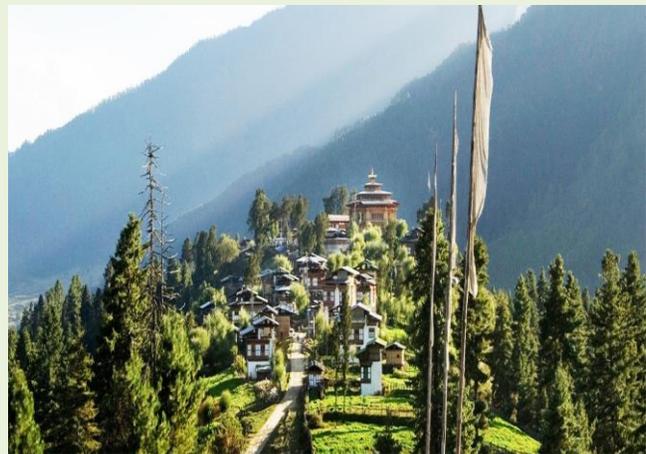
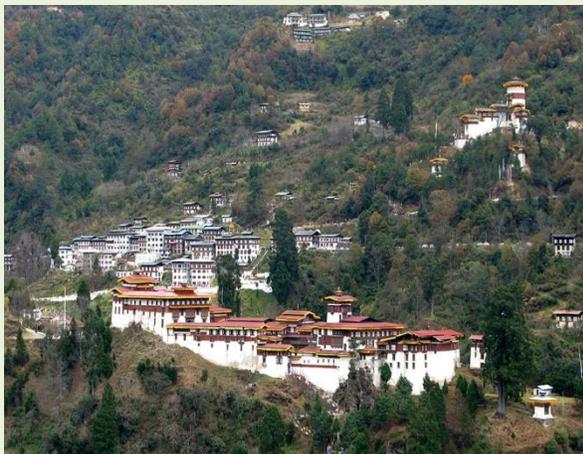
Kurjey Lhakhang consists of three temples. The one on the right was built in 1652 on the rock face where Guru Rinpoche meditated in the 8th century. Second temple is built on the site of a cave containing a rock with the imprint of Guru's body and is therefore considered the most holy. The third temple was built in 1990s by Ashi Kesang, the Queen Mother. These three temples are surrounded by a 108 chorten wall. Later also visit **Burning Lake**, Tang valley is a wide spot on the Tang Chhu (Chhu - water / river) and is considered to be one of the greatest pilgrimage sites of Bhutan. Pema Lingpa found several of Guru Rinpoche's hidden treasures here. The importance of this site is indicated by the extensive array of prayer flags and the small clay offerings called 'Tsa Tsa' in rock niches. **Overnight hotel in Bumthang.**



Day 3; 7th May. Phobjikha Alt: 2900m

After breakfast drive to Phobjikha Valley. On the way after 2 hrs journey we will reach Trongsa District, located in the central part of Bhutan. Positioned prominently above the Mangde-chhu, stands the **Trongsa Dzong** with a high degree of magnificence. Beyond any doubt its size, design and position make it the most impressive Dzong in Bhutan. It is one of the most aesthetic and magnificent works of traditional Bhutanese architecture. Besides the striking presence of the Dzong, there are palaces of the royal family scattered in the District. These palaces were built mainly to serve as winter residences to overcome the cold in Bumthang, where their summer residences in past are located. The imposing Ta Dzong which is located on the hill overlooking the Dzong is of great significance to the history of conquest over numerous battles fought in the past. In Trongsa visit Dzong, The Trongsa Dzong was built by Ngagi Wangchuk, the great grandfather of the Zhabdrung, in 1543. The intricacy of its maze of buildings on successive levels is clearly visible from the town.

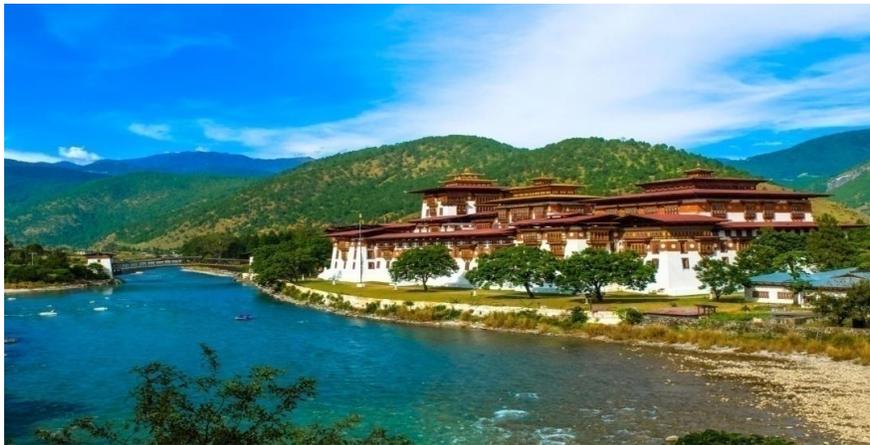
Then drive to Phobjikha, in central Bhutan, is home to more than 400 cranes during the winter months of October-February. Local residents of the valley are the cranes closest neighbors; some have even sacrificed pieces of their farmlands for the birds. Their arrival in Phobjikha is celebrated each November with a huge, colorful festival to honor the endangered bird; a legendary symbol venerated throughout Bhutanese folklore, music, dance and art. Known locally as Thrung Thrung Karm, the birds are a revered Buddhist symbol for peace and longevity. Then visit **Gangtey Goemba** or monastery, sits atop a hillock that overlooks the Phobjikha valley. It is headed by the ninth Gangtey Trulku and is the largest Nyingma monastery in western Bhutan. It was founded in 1613 by Gyalse Pema Thinlay, a grandson and reincarnation of influential treasure finder Pema Lingpa. An incarnate line of Pema Thinlay, representing the body aspects of Pema Lingpa, contrasted with mind and speech emanations. The monastery has been recently built and surrounding the monastery are village homes and hermitages. **Overnight hotel in Phobjikha**



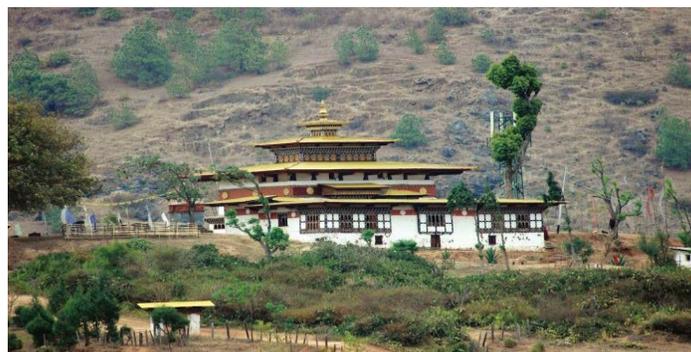


Day 4; 8th May. Punakha: Alt: 1,200m

Today after breakfast drive to Punakha and visit the Dzong. The Punakha Dzong, also known as Pungthang Dechen Phodrang Dzong ("the palace of great happiness or bliss") is the administrative centre of Punakha District. Constructed by Ngawang Namgyal, 1st Zhabdrung Rinpoche, in 1637–38, it is the second oldest and second largest Dzong in Bhutan and one of its most majestic structures. The Dzong houses the sacred relics of the Rangjung Khasarpani and the sacred remains of Ngawang Namgyal and the tertön



Then visit to **Chimi Lhakhang**, Chimi Lhakhang is a Buddhist monastery in Punakha District. Located near Lobesa, it stands on a round hillock and was built in 1499 by the 14th Drukpa hierarch, Ngawang Choegyel, after the site was blessed by the "Divine Madman" the maverick saint Drukpa Kunley (1455–1529) who built a chorten on the site. In founding the site it is said that Lama Kunley subdued a demon of Dochu La with his "magic thunderbolt of wisdom" and trapped it in a rock at the location close to where the chorten now stands. Overnight hotel in Punakha. **Overnight hotel in Punakha.**

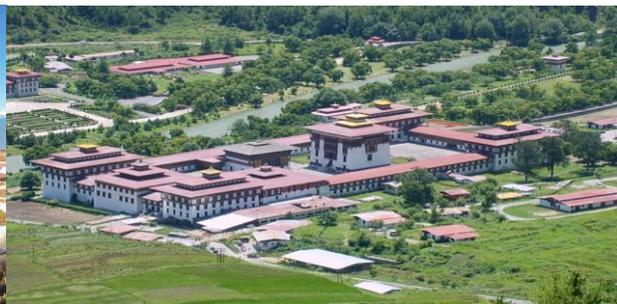


Day 5; 9th May. Khamsum Yulley: Alt: 1,300m

Hike to Khamsum yulley Temple, undoubtedly one of the most elaborate temples in Bhutan, it was commissioned by the Queen Mother of the 5th King. The monastery stands on a small hill called Ngezergang, a short distance from town. The complex iconography in this temple is a rarity. The temple is built according to the Holy Scriptures of the Nyingmapa Buddhists rather than methods in engineering manuals. Here, you can see the finest of spiritual artwork painted on the inner walls and paintings of Buddhist teachers and tutelary deities.



Later drive to Thimphu En-route we stop at the lofty **Dochu La Pass**, 3,048m to view the rugged eastern Himalayas, including Bhutan's highest mountain, Gangkar Punsum, 7,550m and beautiful 108 stupas built in 2003 by Queen Mother Ashi Dorji Wangmo Wangchuck. Later in evening visit **Trashichodzong**, is a Buddhist monastery and fortress on the northern edge of the city of Thimphu in Bhutan, on the western bank of the Wang Chu. It has traditionally been the seat of the Druk Desi (or "Dharma Raja"), the head of Bhutan's civil government, an office which has been combined with the kingship since the creation of the monarchy in 1907, and summer capital of the country. **Overnight hotel in Thimphu.**



Day 6; 10th May. Thimphu - Paro

Today in Thimphu visit **Memorial Stupa**, also known as the Thimphu Chorten. The stupa was built in 1974 to honor the third Druk Gyalpo, Jigme Dorji Wangchuck (1928–1972), is a prominent landmark in the city with its golden spires and bells. In 2008, it underwent extensive renovation. It is popularly known as "the most visible religious landmark in Bhutan". It was consecrated by Dudjom Jigdral Yeshe Dorje. This stupa is unlike others as it does not enshrine human remains. Only the King photo in a ceremonial dress adorns a hall in the ground floor. When he was alive, Jigme Dorji wanted to build "a chorten to represent the mind of the Buddha. Then visit **Kuensel Phodrang**, which house the largest sitting Buddha of 52 meters overlooking Thimphu valley. **Changangkha temple**, built in 12 century and became most important for newborn baby in that area.

Overnight hotel in Paro.



Day 7; 11th May. Tiger's nest: Alt: 3,100m

After breakfast drive towards the base of the **Taktsang** for the adventurous hike. Taktsang Pelphug Monastery or Tiger's Nest Monastery as it often referred to is one of the most venerated and famous of Bhutan's monasteries. It is located on the face of a sheer 900m cliff above the floor of Paro valley. Today take a scenic hike to view this spectacular sight! The monastery is only accessible on foot or you can ride a pony part of the way (this must be arranged in advance by your guide). From the trail head (2600m), take a steep one-hour walk up to a cafeteria where you can enjoy refreshments and wonderful views of Taktsang. Those who wish to proceed further must travel on foot. The trail continues uphill for another 45 minutes to a high observation point (3140m) where there is a Chorten (stupa). From this vantage point, the lookout to the monastery is incredible and seems almost close enough to touch. Continuing down a flight of cliff-hanging steps on the narrow trail you'll reach a beautiful waterfall that plunges down the deep chasm and alongside is a retreat hermitage, jammed dramatically into a rock crevice. Then climb up the flight of steep steps to the monastery. At any point on this walk, you can always return if you find it too difficult. Once inside the monastery, there are several shrines or temples to see with few monks in residence. After exploring the monastery walk back to the cafeteria for lunch, before retracing your steps back to the road to journey back to Paro. **Overnight hotel in Paro.**



Day 8; 12th May. DEPARTURE. Paro-Bangkok KB150 departure time 11:00am
arrival time 15.10pm

After breakfast or lunch in the hotel, drive to the airport for flight to onward destination.
Wish you pleasant flight. Kadrinchoe La.



8 days 7 nights Total package travel cost: **USD. 2790/-** per person.

Minimum above cost will cover all your following details:

- 1-Bangkok to Bhutan air ticket round trip
- 2-Paro to Bumthang domestic air ticket one way
- 3-Bhutan visa fee
- 4- Hotel 3*** room with all the meals veg/non vegetarian, tea/coffee and snacks/ mineral water throughout the tour
- 5- All the tourist tax and sightseeing entry fees according to the itineraries
- 6- Transportation services along with very good English speaking local guide.

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