



FIT PACKAGE

Bhutan Travel Itinerary (14 days 13 nights)

FRIDAY	KB153	BKK-PBH	06.00 – 08.15
THURSDAY	KB152	PBH-BKK	11.50 – 16.00

Day 1 :	Arrive Paro (Bangkok-Paro, Druk Air; dep.0600/arrv. 0815) (L,D)
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During the flight, one will experience breathtaking views of Mount Everest, Kanchenjunga and other famous Himalayan peaks, including the sacred Jomolhari and Mount Jitchu Drake in Bhutan. On arrival at the Paro International Airport, you will be received by our representatives.

Drive from Paro – Thimphu. The 1 hour picturesque drive (68 km) along the course of the Paro Chhu (Paro River) and the Wang Chhu (Thimphu River) will bring you to the capital city of Bhutan, Thimphu.

Visit the **Tamchog Lhakhang**. Located on the base of a mountain across the Paro chu (river) on the Paro-Thimphu highway, Tamchog Lhakhang is a 'must-visit' temple. The lhakhang was built by the great master architect Thangtong Gyalpo in the 14th century. The temple houses some very unique statues. To get to the temple, one will have to walk over the iron chain suspension bridge that spans over the Paro chu.

Begin the sightseeing in Thimphu by visiting the **National Memorial Chorten**. The National Memorial Chorten was built in 1974 in memory of the late Third Druk Gyalpo (King) of Bhutan. At the chorten, you will find an extraordinary depiction of Buddhist teachings in the form of paintings on the walls and sculptures.

Explore Thimphu town in the evening.

Overnight: Hotel in Thimphu (stay 2 nights) – (1)

Hotel Pelyang Boutique, Thimphu <https://www.pelyang.com/>

Day 2 :	Thimphu
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Hike to **Wangditse Goemba** from the BBS tower. This easy and gentle hike offers great views of the Tashichho Dzong, the Parliament building and upper Thimphu Valley. The hillside monastery was founded in 1750 and was reconstructed by a team of traditional craftspeople and graduates from the National Institute for Zorig Chusum. It's a fine showcase for Bhutan's living arts and the interior, with a fine two-storey statue of Sakyamuni Buddha that was salvaged from the original monastery. You can continue the hike downhill to Zilukha Nunnery or Dechen Phodrang or take the same route back.

Visit the **Folk Heritage Museum**. Built in 2001, the Folk Heritage Museum gives a glimpse of how life was lived in a Bhutanese village a hundred years ago.

Visit the **National Library**. The National Library was established in the late 1960s primarily to conserve the literary treasures which form a significant part of Bhutan's cultural heritage. It now houses an extensive collection of Buddhist literature mostly in block-printed format, with some works that are several hundred years old. There is also a small collection of foreign book mainly comprising works written in English. On display is also the world's biggest book (which was on Bhutan).

Visit the **National Textile Museum**. The National Textile Museum offers an in-depth look into the Bhutanese art form of weaving. You can see examples of weaving techniques from different areas of Bhutan, as well as styles of local dress and textiles made by local people. A small group of weavers usually work their looms inside the shop giving you the chance to see weaving firsthand.

Visit the **Post Office** to make personalized stamps.

Drive up to **Buddha Point**. Buddha Point has the largest statue of Buddha in the whole kingdom. You can get a very good view of Thimphu valley from here.

Overnight: Hotel in Thimphu -- [Hotel Pelyang Boutique, Thimphu \(2\)](#)

Day 3, Thimphu – Punakha

Drive to **Punakha**. The drive takes about 2.5 hours.

En-route stop at **Dochula**, a beautiful mountain pass (alt 3,140 m) with its fluttering prayer flags and a spectacular set of 108 miniature chortens (stupas). On a clear fine day, you will also get awe-inspiring glimpses of the towering Himalayan peaks around.

Visit the **Punakha Dzong**. Placed strategically at the junction of the Pho Chu and Mo Chu rivers, the dzong was built in 1637 by Zhabdrung Ngawang Namgyal to serve as the religious and administrative seat of the region. It was here that the dual system of government was introduced in the 17th century and in 1907, the first King Gongsar Ugyen Wangchuck was enthroned. Damaged over the centuries by four catastrophic fires and an earthquake, the dzong has been fully restored in the recent years by the 4th King Jigme Singye Wangchuck.

Cross over the **longest suspension bridge** in the country over the Pho Chhu river spanning 180 m. You will enjoy the swaying walk across the bridge draped with colourful prayer flags and visiting the little village shops at the other end.

Visit **Khamsum Yule Namgyel Chorten**. This fascinating temple was built by the Queen Mother of the 5th King to bring universal peace in this world. The best of the spiritual art

works are painted on the inner walls. There are also paintings of Buddhist teachers and tutelary deities of the country. This is a great temple to study the symbolic meanings from frescoes and sculptures. It is about 40 minutes hike from the road.

Overnight: Hotel in Punakha -- (3)

Hotel Lobesa, Punakha <https://www.hotellobesa.com/>

Day 4	Punakha – Trongsa
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Drive to **Trongsa** (~ 4 hours).

Stop at the **Pelela Pass** and **Chendebji Chorten** on the way.

Visit the **Trongsa Dzong**. Built in 1648, it was the seat of power over central and eastern Bhutan. Both the first and second kings of Bhutan ruled the country from this ancient seat. All kings are appointed as Trongsa Penlop (“governor”) prior to ascending the throne. The dzong is a massive structure with many levels, sloping down the contours of the ridge on which it is built. Because of the dzong’s highly strategic position, it was the only connecting route between the east and west, and as such, the Trongsa Penlop was able to control effectively the whole of the central and eastern regions of the country from here.

Overnight: Hotel in Trongsa -- Yangkhil resort, Trongsa (4)

<https://www.yangkhil.com/>

Day 5,	Trongsa - Bumthang
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After an early breakfast, take a hike to the meditational retreat center at **Taphey Goemba**. The uphill hike is about 3 hours.

In the afternoon, drive to **Bumthang**. The drive is about 2 hours.

Evening at leisure.

Overnight: Hotel in Bumthang (stay 3 nights) -- Kaila Guest house, Bumthang (5)

<https://www.facebook.com/kailaguesthouse/>

Day 6,	Bumthang – Jakar and Chhokhor valley exploration
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Visit **Tamshing Lhakhang**. This temple was founded in 1501 by Terton Pema Lingpa, a re-incarnation of Guru Padmasambhava. There are very old religious paintings around the inner walls of the temple, which was restored at the end of the 19th century.

Visit **Konchogsum Lhakhang**. The temple was founded, according to the saint Pema Lingpa as far back as the 8th century and in 1039, Bonpo Dragtshel, a tertön, discovered texts which had been buried by Padmasambhava in this location. According to legend, the

king of the water deities was said to have risen out of the lake beneath the temple and offered Dragtshel a stone pillar and scroll. This concept of a lake beneath the monastery is also reiterated in another legend in which Pema Lingpa is said to have discovered the subterranean lake and concealed the entrance to it with a stone, which stands today in the courtyard of the monastery. In February 2010 Könchogsum Lhakhang was severely damaged by fire and has since been rebuilt. The new temple and monastery was consecrated in November 2014.

Visit **Jambay Lhakhang**, which was built in the 7th century by the Tibetan king, Songtsen Gampo. It is one of 108 monasteries he built to subdue evil spirits in the Himalayan region. Its present architectural appearance dates from the early 20th century.

Visit **Kurjey Lhakhang**. It is comprised of three temples. The one on the right was built in 1652 against the rock face where Guru Padmasambhava meditated in the 8th century. The middle temple is built on the site of a cave containing a rock with the imprint of the Guru's body, and is therefore considered to be the holiest. The temple on the left was built in the 1990s by Her Majesty Ashi Kesang Wangmo Wangchuck, Royal Grandmother. These three temples are surrounded by a 108-chorten wall.

Visit the **local beer factory** in the evening.

Overnight: Hotel in Bumthang -- [Kaila Guest house, Bumthang \(6\)](#)

Day 7,	Day excursion to Tang valley
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Visit **Mebar Tsho** on the way. Mebar Tsho or the 'Burning Lake' is considered to be one of the most important pilgrimage spots in Bhutan. Mebar Tsho is more of a gorge than a lake. It is believed that the famous treasure hunter, Tertön Pema Lingpa discovered many holy relics hidden here by Guru Rinpoche.

Visit **Pema Choling nunnery**, the monastic school for nuns, established by the present Gangtsey Tulku as prophesied by Pema Lingpa, the patron saint of Bhutan in the 15th century. It houses over 100 nuns of varying age, who follow the Nyingma Peling tradition. This is a very special opportunity to see where the nuns reside and how they run the nunnery, which is quite different than the monasteries (where the monks live).

Visit **Ugyencholing Manor** in Tang. It has a large building, the Jokhang, which contains two temples with imposing statues and paintings dating from the beginning of the 20th century. The temple on the ground floor is dedicated to Tara, the Goddess of Compassion, and the one on the first floor to Jowo, the Buddha as a young prince. Through the initiative of the Ugyenchoeling family, a very interesting museum of the history and life of Ugyenchoeling was opened in May 2001. The Museum has several floors of the central tower, the Utse. It offers a unique opportunity to get to know life in a lord's mansion before 1950. Lunch at the restaurant at Ugyencholing.

Drive back to your hotel.

Overnight: Hotel in Bumthang -- Kaila Guest house, Bumthang (7)

Day 8,	Bumthang – Gangtey
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After breakfast, drive to Gangtey, the valley of the **Black Necked Cranes**. The drive takes about 5 hours.

Go for the **Gangtey Nature Trail hike**. This pleasurable hike from the small hilltop overlooking the Phobjikha valley to the community school gives you a nice feel of the valley. It is a gentle hike through flower meadows, beautiful forests and into the open valley.

Overnight: Hotel in Gangtey/Phobjikha (stay 2 nights) -- Yue-Loki hotel, Phobjikha (8)

<http://www.hotel.bt/hotels-in-wangdue/yue-loki-guest-house/>

Day 9,	Day hike around Phobjikha valley
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Visit the **Gangtey Goemba**. Gangtey Goemba, situated on the slopes of the valley was built in the 17th century. It is the country's premier Center for Nyingmapa Buddhist Studies. The village of Phobjikha lies on the floor of the valley, a few kilometers down from the monastery. This quiet, remote valley is the winter home of the famous black-necked cranes who migrate from the arid plains of Tibet in the north, to pass the winter months in a milder climate.

Visit the **Black Necked Crane Centre**. The Center has informative displays about the cranes and the valley environment. You can use the Center's powerful spotting scopes.

Visit a farm house for lunch and spend the afternoon exploring the village and visiting some old temples in the valley.

Overnight: Hotel in Gangtey/Phobjikha -- Yue-Loki hotel, Phobjikha (9)

Day 10,	Gangtey – Punakha
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Drive to **Punakha**. The drive takes about 3 hours.

Visit the **Wangdue Phodrang Dzong**. The historic dzong was rebuilt to its former glory and consecrated on 11th November 2022 upon Royal command, after the old dzong was razed to the grounds by a fire in 2012. Stretched along the hilltop above the confluence of the Punatsangchhu and Dhangchhu rivers, the imposing Wangdue Phodrang Dzong is the town's most visible feature.

Visit **Chhimi Lhakhang**. This fertility temple is dedicated to the famous teacher, Drukpa Kinley (also known as the 'Divine Madman') with whom the phallic symbol is associated. The Divine Madman sits there though a statue this time. Do not miss the master's deeds

painted on the walls. Couples usually visit this temple to be blessed with children. Parents also take their babies here to get them named. Babies named here usually have 'Kinley' as their first name.

Overnight: Hotel in Punakha -- [Zhingkham resort, Punakha \(10\)](#)

<https://www.facebook.com/zhingkhamresort/>

<https://bhutanhotels.com.bt/>

Day 11,	Punakha - Paro
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Drive to Paro. The drive takes about 3.5 hours.

Visit **Rinpung Dzong**. The dzong's correct name is Rinchen Phug Dzong but has been shortened to Rinpung Dzong. The name means 'fortress of the heap of jewels.' The dzong was built in 1644 by Zhabdrung Ngawang Namgyel on the foundation of a monastery built by Guru Rinpoche. Some of the scenes from the film 'Little Buddha' by Bernardo Bertolucci in 1995 was filmed at the Paro Rinpung Dzong.

Visit the **Ta-Dzong**. The Ta-Dzong was originally the watchtower for the Paro Dzong and stands imposingly on a hillock overlooking the Paro valley. In 1968, it was inaugurated as the National Museum, and now holds a fascinating collection of arts, relics, religious thangka paintings, Bhutan's exquisite postage stamps, coins, handicrafts, and a small natural history collection. A short visit here will give you an idea of the cultural and ecological richness of Bhutan. The Ta-Dzong is closed on government holidays.

Overnight: Hotel in Paro (stay 3 nights) -- [Soednam Tshokhang resort, Paro \(11\)](#)

<http://www.hotel.bt/hotels-in-paro/soenam-tsokhang-resort/>

Day 12,	Paro
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Hike to **Taktshang Goemba**. Taktshang meaning the 'Tiger's Nest' is one of Bhutan's most venerated pilgrimage sites and a very popular site for all tourists visiting Bhutan. According to legend, Guru Rinpoche miraculously flew here on the back of a tigress, meditated in a cave here for three months and converted the whole of Paro valley to Buddhism. Resting at an altitude of 900 meters above the valley, Taktshang is an architectural wonder and the spectacular four-hour walk will be your most overwhelming experience ever.

In the evening, visit a farm house for traditional hot stone bath (optional)

Overnight: Hotel in Paro -- [Soednam Tshokhang resort, Paro \(12\)](#)

Day 13,	Day excursion to Haa valley
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Drive to **Haa valley via Chelela pass (alt. 3,988 m)**. It is a beautiful mountain pass with a spectacular view of Mount Jumolhari and Jitchu Drake on a clear day. One can see beautiful rhododendrons and primulas blooming in spring. The one way drive takes about 2.5 hours.

Visit **Lhakhang Karpo Nagpo**. The temples, namely the White (Karpo) and the Black (Nagpo) are both located in the tiny village of Dumchoe. Lhakhang Karpo can be distinguished by its sparkling white walls while Lhakhang Nagpo is easily distinguished by its grayish black wall. The temples are both located in the foothills of the three towering identical mountains venerated as Rigsum Gonpo. The temples represent the essence of wisdom, knowledge, and subjugation. The people of Haa have a tradition of going on pilgrimage to the temples and you can join the pilgrims on foot.

Visit **Kartsho Goemba**. It was established by Lam Choney Dorji about 200 years ago, at around 19th century. Lam Choney Dorji had a vision that his destiny was at this place and it will be good for the people living in this area. He dreamt before the construction that the sky was full of stars shining brightly and thus named it as Kartsho.

Drive back to Paro.

Explore the local market and visit the CSI Market in Paro for some last minute shopping.

Overnight: Hotel in Paro -- [Soednam Tshokhang resort, Paro \(13\)](#)

Day 14,	Departure
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Drive to the Paro International Airport where our representatives will bid you goodbye!
Paro-Bangkok, Druk Air: dep. 1150/ arrv. 1600

Tashi Delek!

Price per pax TO BE ADVISE

Cost included

1. SDF 7 nights x 200 USD
2. Standard accommodation 3-4* for 13 nights with breakfast
3. Transportation SUV 14 days for 2 pax / 4 pax by Hyundai H1
4. Private English-speaking guide with trekking experience
5. Meals, lunch and dinner
6. Visa fee
7. Travel Insurance
8. Bottle of water daily

Cost not included

1. Air ticket BKK-Paro-BKK (estimate 32,000-35,000 THB)
2. Vat 7% and tax3%
3. Personal expense ie. Sim card, laundry, extra meal
4. Other options which not show on include items