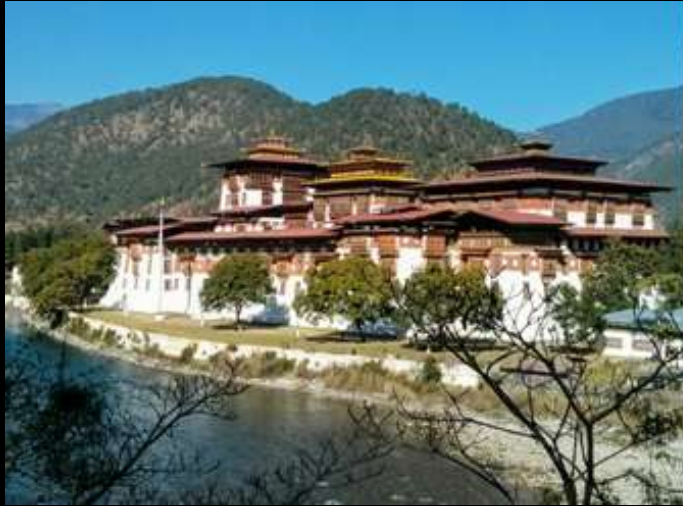


ESSENCE OF BHUTAN



TOUR DURATION – 07 Nights / 08 Days



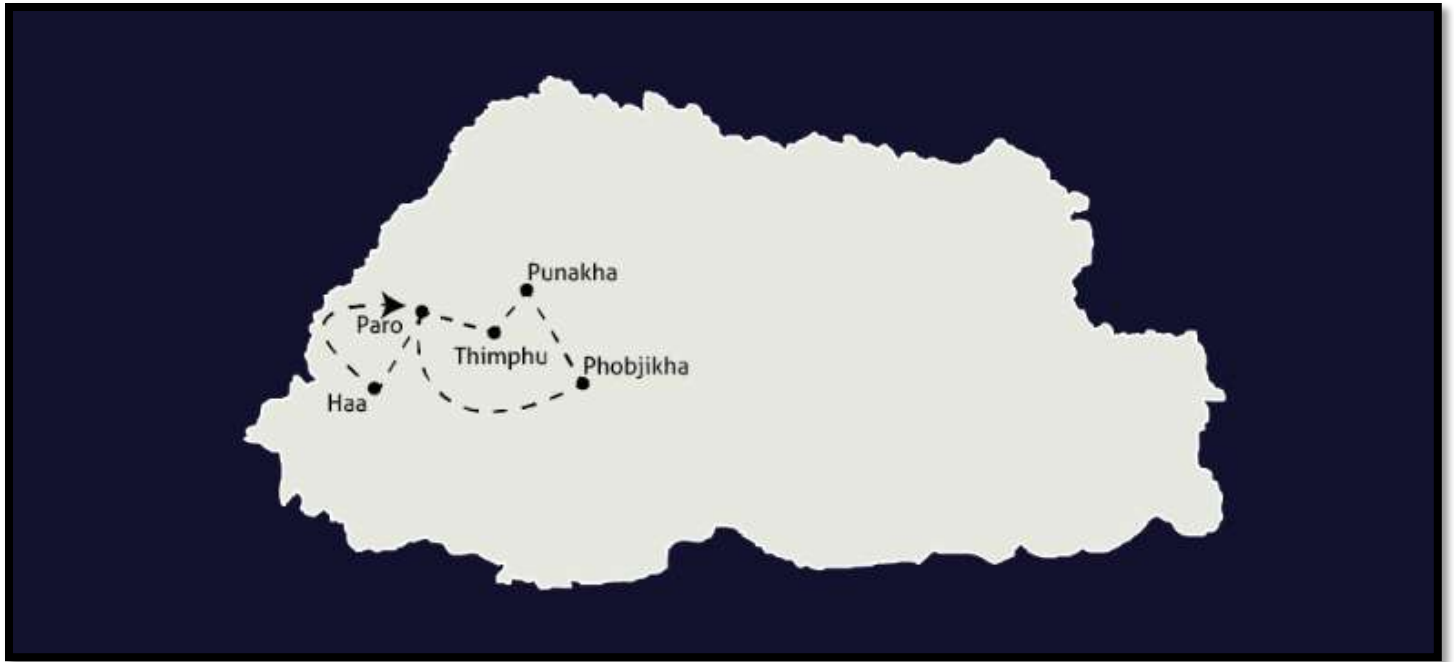
This is a compact trip that allows you to see every aspect of Bhutan that makes it an exclusive & sought after destination: the grandeur of the mountain peaks, the terraced hills, the lush, green valleys, the dense forests filled with rare flowers, the fast flowing crystal clear rivers, the pure, clean air, the unique architecture, art and culture and above all the delightful people who make the soul smile.

PLACES COVERED: PARO – THIMPHU – PUNAKHA – PHOBJIKHA – PARO

TRIP AT A GLANCE

- Day 01 | Arrival in Paro – Thimphu (1.2 Hrs)
- Day 02 | Thimphu sightseeing
- Day 03 | Thimphu – Punakha (2.5 Hrs)
- Day 04 | Punakha halt
- Day 05 | Punakha – Phobjikha (3 Hrs)
- Day 06 | Phobjikha – Paro (5.5 Hrs)
- Day 07 | In Paro – Tiger nest monastery hike
- Day 08 | Departure

Detailed Itinerary



Day 01 | Arrival in Paro – Thimphu (1 Hr)

Board morning flight and reach Paro Airport. Meet up with your guide, board waiting vehicle and reach Thimphu around noon. Check into your hotel room. Freshen up, have a sumptuous meal, and post lunch visit the Memorial Chorten (temple) built in memory of the late 3rd King. Drive to the quaint Dodena Bridge – a typical Bhutanese wooden bridge; and do a 2.5 km return / 2 hr hike to the beautiful Tango Gompa. On return to the bridge, if time and an inclination are both there, a rigorous but rewarding hike of about an hour to Cheri Gompa is also possible

Overnight: in Thimphu | Altitude: 2300m

Meals Included: D



Day 02 | Thimphu – hike to Phojuding Gompa

Leave after an early breakfast on a beautiful 5 kms / 5 – 6 hrs return hike through forests of Chirpine & Rhododendron to this gompa. Enjoy great views of Thimphu valley and a picnic lunch. Be back at your hotel by late afternoon. Evening at leisure in Thimphu.

Overnight: in Thimphu

Meals Included: B & D



Day 03 | Thimphu – Punakha (2 ½ Hrs)

Post breakfast we leave on the drive towards **Punakha** (the Winter Capital during monarchical rule). Enjoy the exquisite views and leave on a beautiful hike to **Lungchuzekha Gompa** through dense forests of **Hemlocks, Junipers, Birches** and **Rhododendron**, interspersed with meadows. Once at the gompa enjoy superlative 360° views covering various ranges in the **Bhutanese Himalayas** crowned by 7000 M + giant peaks like **Jhumolhari, Gangkar Puensum** – the highest unclimbed mountain in the world, high peaks of the **Lunana**. Walk back to **Dochu La** and drive about 2 hrs to reach **Punakha** by evening and check into your hotel room.

Overnight: in Punakha | Altitude: 1350m

Meals Included: B & D

Day 04 | Punakha sightseeing

Post breakfast a short drive to the starting point of the day's hike. The first part is a steep climb of about an hour on a twirling trail to reach this chorten – considered by many as one of the finest examples of **Bhutanese** architecture. Enjoy stunning views of the valley below towards both sides and a well earned rest. The hike from here to **Giligang** is a gradual climb over about 4 ½ km / 3 hrs all the way up to the temple. At several points you get awe inspiring views of sprawling forest covered mountainside with snow covered peaks for a backdrop. After an al fresco lunch here do the last part of the hike – a gradual downhill stretch of about 4 km that should not take more than an hour, and end at Changyul Bridge, just before **Punakha Dzong**. Built at the junction of **Pho Chhu** and **Mo Chhu** rivers in 1637 by **Shabdrung Ngawang Namgyal** to serve as the religious and administrative centre of the region, this **Dzong** has played an important role in Bhutan's history. In its 300+ years of existence the building was devastated by four catastrophic fires & an earthquake, but it is now gloriously restored to its original glory. Drive back to be in your hotel by evening.

Overnight: in Punakha

Meals Included: B & D



Day 05 | Punakha – Phobjikha (3 Hrs)

A visit to the School of Souvenir Production supported by the Youth Development Found (YDF), Bhutan, before our morning drive to the valley of Phobjikha, the winter home of the endangered black necked crane which visits Bhutan from end of October till February. Afternoon walk around the beautiful valley of Phobjikha where you will get an opportunity to visit the farm houses of the locals and to meet the people as well

Overnight: Hotel Dewachen | Altitude: 2900m

Meals Included: B & D

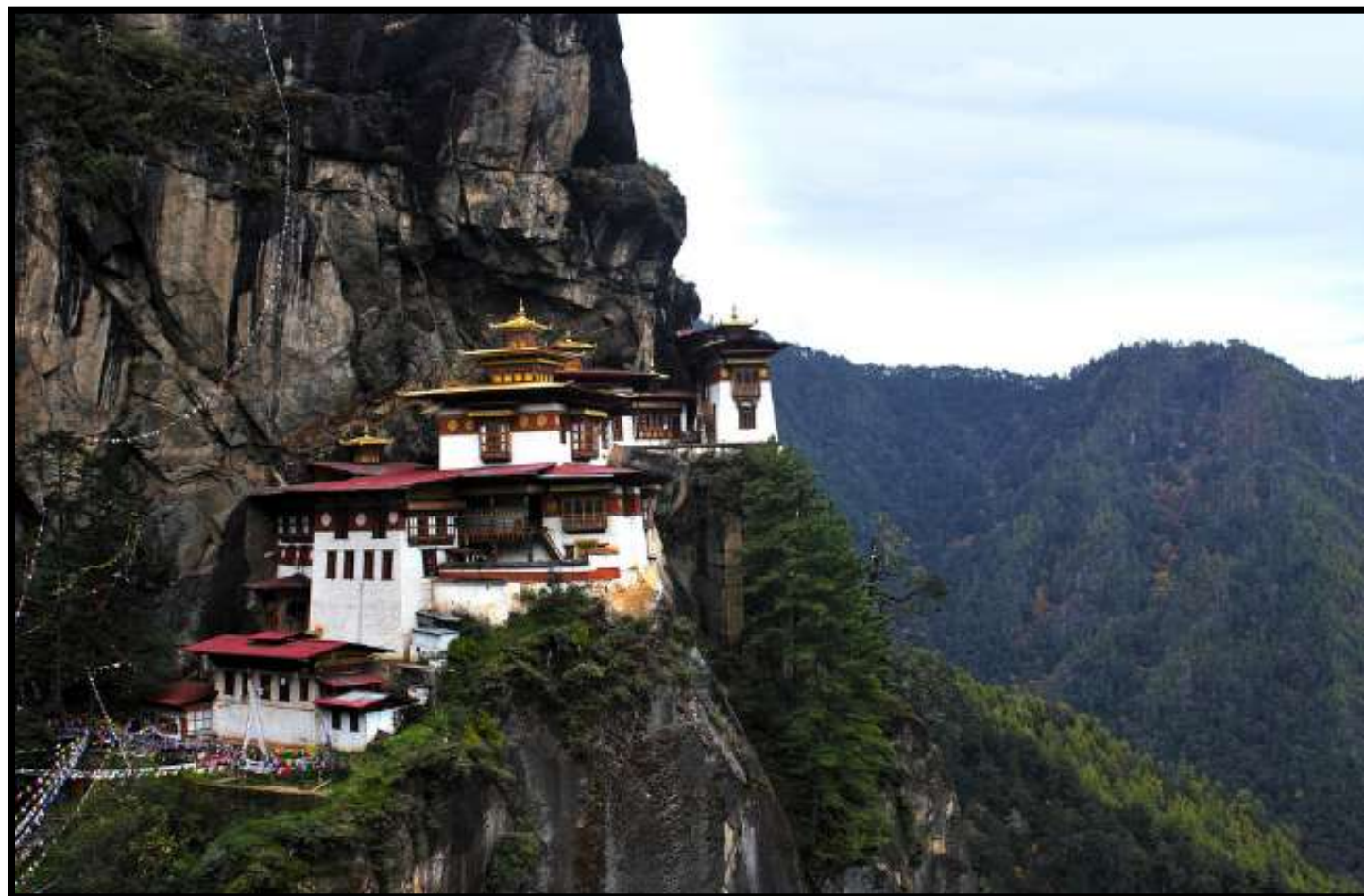
Day 06 | Phobjikha – Paro (5 ½ Hrs)

Check out from the hotel, take an easy valley hike to the Gompa which takes about 2 hrs (Phobjikha Natural Trail) further drive back to Paro. If time permits, in Paro visit the National Museum, the first of its kind which has a collection from natural history to religious paintings. Visit 17 century Paro Dzong (Fortress) on foot and

continue walking through the oldest wooden bridge still in use. Evening stroll old Paro town and peep into some local handicrafts stores. One can also venture to try local restaurant for dinner

Overnight: Uma Resort | Altitude: 2200m

Meals Included: B & D



Day 07 | Paro sightseeing

Morning hike to Tiger's Nest, the most revered temple in the country that literally hangs on a granite cliff overlooking the Paro Valley. Taktsang or the tiger's nest temple is the most revered temple to the Buddhist. This magical temple clings to a vertical granite cliff 800m above the valley. Legend has it that in the 8th century, Guru Rimpoche, a tantric master flew here on the back of a tigress and meditated in a cave around which the temple is built. Afternoon on your way back, we will spend some time doing archery in the village, optional visit Kichu Lhakhang, one from the 2 oldest Buddhist temples in the country, historic Drukgyal Dzong (Fortress) and Evening at leisure

Overnight: Uma Resort

Meals Included: B & D

Day 08 | Departure

Transfer to airport for your departure flight. Our tour staff will bid you farewell at the airport.

Meals Included: B

Some useful Bhutanese phrases

Hello: Ku-zu-zam-po-la (meaning good health)
Thank You: Ka din chey la
See you: Lok jey gay
Good bye: Lus la "or" Laso la

Inclusions:

1. All accommodation in 01 room on Double sharing basis at every hotel / resort
2. Hotels based on 3 star category only
3. Transportation and sightseeing as per the itinerary only using 01 Luxury Minivan (Hyundai/ Toyota) (Vehicle, NOT at disposal)
4. Breakfast, Lunch and dinner.
5. Museum and monuments fees
6. All permits and taxes included
7. Services of a guide for all sightseeing according to itinerary.

Exclusions:

- No refreshment at any time (doesn't include bed tea or evening tea).
- Riding ponies must be booked in advanced while booking the tour.
- No personal expenses.
- Any airfare.
- No Tips for the guides, driver or hotels.
- Insurance.
- Expenses incurred due to factors beyond our control.

Food:

Breakfast, Dinner will be served in buffet. Anything taken apart from buffet is payable directly by the guests.

Permits:

Route permit is required to travel further from Thimphu and Paro. Route permits are given after producing the copy of the entry permit stamped on your passport upon your arrival in Paro airport along with your passport copy the permits are issued. One working day is required to process the permits. Weekends and government holidays are closed for permits.

Cancellation Policy:

- No charge for the tour canceled before 45 days of arrival date.
- 50% cancellation charge for the tour canceled before 30 days of arrival date.
- No refund for less than 30 days of arrival date.