



## Bhutan Lost Kingdom Tours and Trek Thimphu, Bhutan

### Being in Love with Life, A Happiness Journey to BHUTAN with Ms. Sandra McKnight

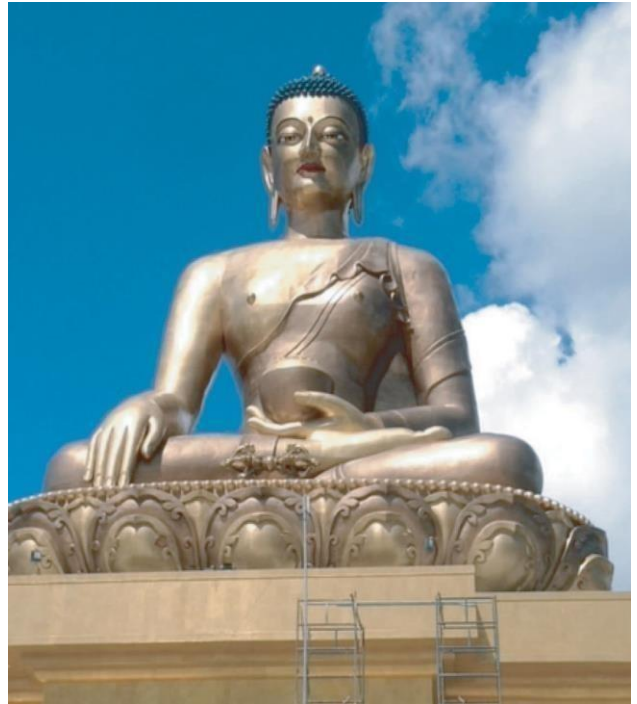
#### Day 1

Arrive at Paro and transfer to the hotel in Thimphu. On the drive to Thimphu we stop at Tachogang Lhakang bridge for a photo session.



Visit the Buddha Dordenma in the afternoon, which is a gigantic statue of Shakyamuni Buddha overlooking the Thimphu Valley.

**Jambayang resort/Namseling Botique**



#### Day 2

Thimphu Tshechu is the biggest festival in Bhutan among other religious tshechus that happen in every region on different dates. It is held for three days during the 8th lunar month, and it brings thousands of people to the capital city Thimphu. If you had a chance to visit this event when it was just established in the middle of the 19th century you would probably be confused with only the few ritual dances that were performed by monks. In contrast, modern Thimphu Tshechu is expanded with more performances that look like theater acts with colorful masks and over decorated dresses. During the festival, visitors can watch the dance of the lords of the cremation grounds, the dance of the stags, the dance of terrifying deities, and so on. The dzongs, or monasteries, that host Tshechu are always packed with visitors, as locals believe that watching ritual dances helps to gain high merit and release your sins. The main location of the Thimphu Tshechu is Tashichho Dzong, a fortress and monastery in the northern area of Thimphu. Why is Tshechu celebrated? Tshechu, or the Mask Dance Festival, is the most important religious festival in Bhutan. It is held annually in various monasteries, dzongs of Bhutan to honor the Guru Rinpoche (Padmasambhava being his human form), the "Lotus-Born Teacher", who brought Tantric Buddhism to Bhutan in the 8th century.



## Day 3

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### Thimphu

Morning visit to Tashicho Dzong to witness the Tsechu until lunch. We go to the Memorial Chorten, a chorten built in memory of the late Druk Gyalpo, Jigme Dorji Wangchuck in 1974.

Then we head to the Takin Zoo, to see the strange looking Takin that is the national animal of Bhutan. After lunch visit Institute of Zorig Chusum (Thirteen Arts and Crafts), National Library.



## Day 4

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### Thimphu –Thimphu

Today the visit to **Institute of Traditional Medicines(Herbal Medicines)with Sonam Dorjee**. Here everyone will have an opportunity to buy special herbal products, all the herbs are wild crafted and collected from the pristine unpolluted mountains of Bhutan. Then, followed by the Heritage Museum, which is housed in a large house built 300 years ago.

Overnight  
at the hotel.



## Day 5

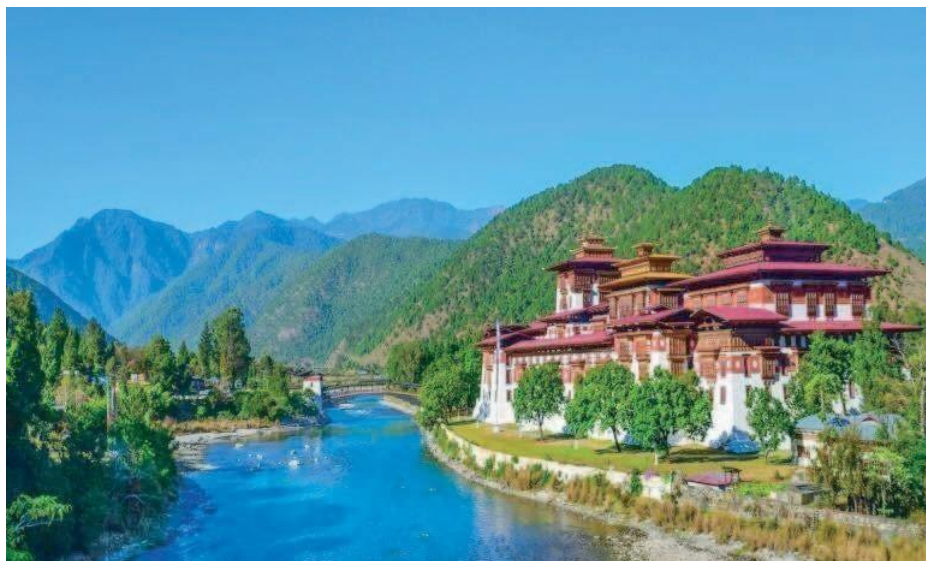
### Thimphu-Punakha

The drive takes us over the Dochula Pass at 3,100 meters. Where we stop to get a panoramic view of the high snow-capped mountain peaks.



Punakha Dzong – In the afternoon, we pay a visit to the Punakha Dzong, a fortress constructed in 1637 by the first Rinpoche Ngawang Namgyal, which is the second oldest and largest in Bhutan.

Cantilever Bridge – We cross the cantilever bridge to the other side of Po Chhu River to the other side. This wood covered bridge gives us a lovely view of the immediate surroundings.



## Day 6

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### Chimi Lhakhang

Is a temple five kilometers to the east of Punakha Dzong, which we pay a visit to. It is a temple dedicated to Drukpa Kunley, affectionately called the divine madman. This temple is visited by couples seeking blessings for a child. Then followed by a visit to Wangdue Phodrang Dzong

Over night at Drupchu Resort



## Day 7

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### Punakha

Hotspring visit, a **special event, exclusively available with 'Being in Love with Life'** with **Lama Tshering Gyeltshen**, highly learned monk who meditated in the caves for 3 years and 3 months straight. He will perform special healing prayers while Pema will talk about the benefits of this particular hot springs. You will have the opportunity to see the lush forests and the traditional Bhutanese houses and beautiful fields enroute.

Optional: Punakha

Local sight seeing Khamsum Yulley hike (45mins to 1 hour hike, difficulty eas-medium)

Drupchu Resort



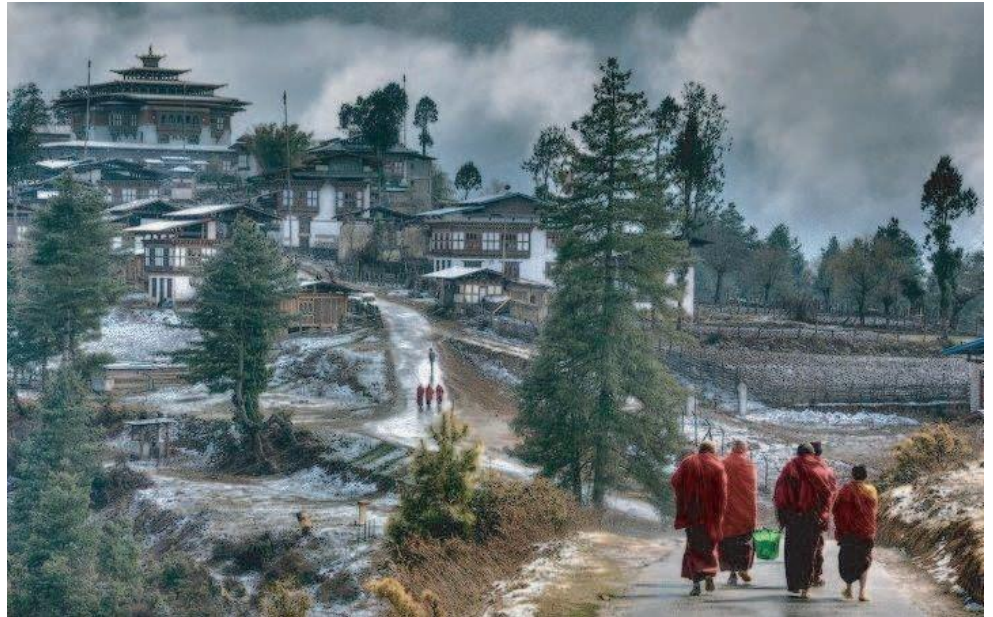
## Day 8

### Punakha – Phobjikha

Today from Punakha we drive to Gangtey(Phobjikha). In Gangtey, we pay a visit to the Gangtey Gompa on the hilltop.

We stay the night at the hotel.

Gakiling Hotel/Dewachen Hotel



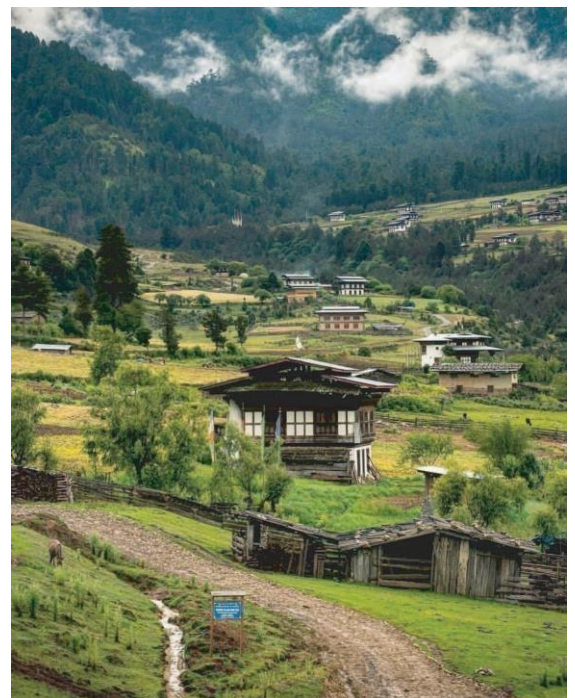
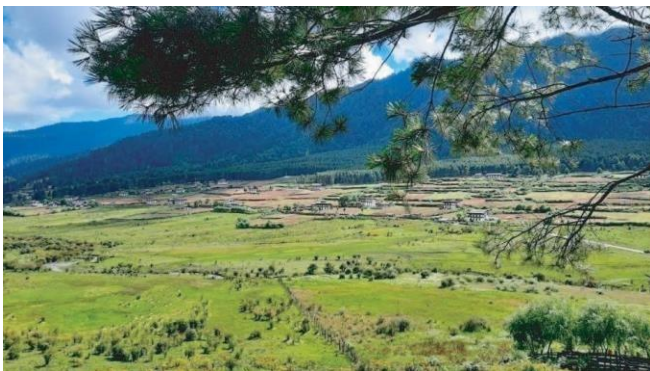
## Day 9

### Phobjikha

Explore the valley.

The Gangtey Nature Trail is a gentle two-hour trek that lets you soak up the remarkable Phobjikha Valley. Starting at the 17th century Gangtey Monastery, you'll amble down a fairly flat terrain that ends at the bottom of the valley. En route, you'll pass grass planes, farmhouses and dense pine forests before reaching a vast open space of the wide valley. The endangered black-necked cranes make Phobjikha valley their breeding ground in winter and can be observed feeding on the valley marshlands from late October to mid-February. Your driver will meet you and your guide at the end of the trail and on the way back to your hotel you can call into the Crane Information Centre to learn more about these fascinating birds and their place in Bhutan's culture and beliefs. The centre is a fairly basic affair but has several sets of decent binoculars set up on tripods with which you can get a close look at the birds.

Gakiling Hotel/Dewachen Hotel



## Day 10

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### Phobjikha - Thimphu

Check into the hotel in Thimphu, explore Thimphu City and lunch at Thimphu. After lunch visit to the College of Astrology. Then followed by visit to Buddhist University in Tango. On the way back we will stop at Pema's Grandparent's house for tea and visit his family.

Overnight at hotel.

Evening a special Happiness show with Sandra McKnight doing some songs and being MC for local performers with Pema telling stories.

Jambayang resort/Namseling Botique



## Day 11

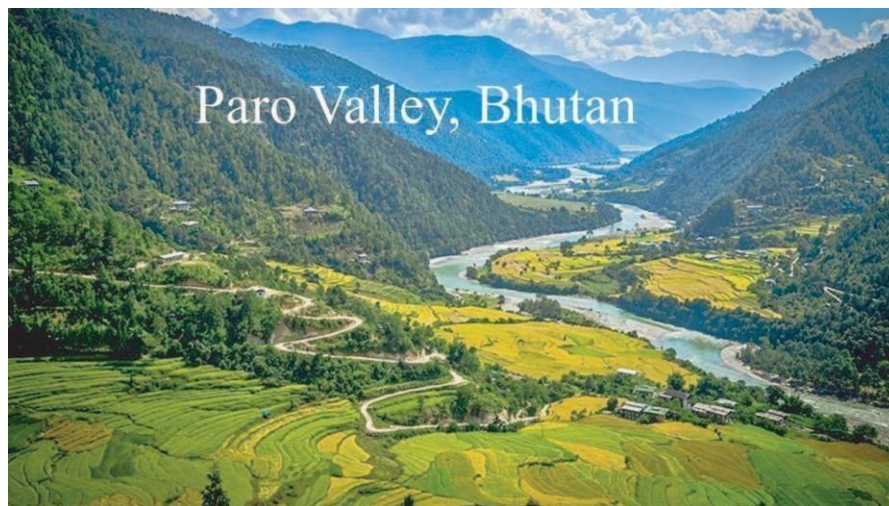
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### Thimphu to Paro

The drive to Paro from Thimphu. Paro is also recognized as one of the most significant historical and cultural centres of the country, which is home to age-old buildings, temples and dzongs. Some of the places we will visit in Paro are the 'Rinpung Dzong', 'Kyichu Lhakhang' and 'Drugyel Dzong', 'Ta Dzong', or the 'National Museum of Bhutan'. Perched over the Rinpung Dzong, the museum is a treasure house of antique Buddhist thangka paintings, bronze artefacts, old traditional costumes and antique armaments.

Overnight at the hotel.

Tenzinling Resort



## Day 12

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### Paro

Today after breakfast, we drive to the base of Taktsang Monastery and take a two and a half mile hike up to the Taktsang Monastery, through some groves of pine and rhododendron trees with views of the surrounding land changing increase in elevation.

The Taktsang Monastery which seems perched against the cliff is nearly 3000 meters above sea level. It is believed the Guru Rinpoche came flying here on the back of a tigress to meditate for three months.

Later we return to Paro and can spend the remaining time around the streets of Paro.

Tenzinling Resort



## Day 13

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### Paro – Haa Valley

(via chelela 3988 meters above the sea level and the highest motorable road in the country.)

Today, after completing breakfast, we take a two-hour drive to Haa Valley, which is a valley in the North West. Take a short walk will take you across the most scenic views of the valley and the alpine Pass. After enjoying our excursion in Haa Valley, we return to Paro. **Farewell dinner and closing ceremony with some cultural programme.**

Tenzinling Resort



## Day 14

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### Depart Paro.

End tour. Today its time for you to bid farewell to Pema, your guide and your driver. They will see you off at the Paro airport. We hope that by the end of this special tour you will return to your country with full of memories to share with your beloved family members and friends.



We donate 10% of each trip fee to disadvantaged women and children in Bhutan helping them to live and share in our national principle of Gross National Happiness. Your donation is processed through the US Delaware based charitable Bhutan Foundation and is tax deductible.

**Tour Price - USD 5290**

**May 10th - May 15th, 2024 & October 1st - October 15th, 2024**

***The Tour Price includes following services;***

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- Bhutan Visa
- All Permits – Museum Fees
- Standard Room in 3 Star Hotels – Upgrade to 4 & 5 Star can be arranged on Additional Cost.
- Breakfast – Lunch – Dinner with Evening Tea
- Tourism Council of Bhutan (TCB) Licensed Professional Driver
- SUV for FIT & Toyota Van from 3 – 8 Pax & Toyota Coaster Coach from 8 – 20 Pax
- Decade old TCB Licensed Tour Guide
- All Sightseeing with Walks and Hikes
- Bottled Mineral Water

***Not included:***

- Round Trip Air Tickets
- International Travel Insurance
- Alcohol & Beverages
- Entertainment Cost – Pub & Nightclubs
- Tips for Tour Guide, Driver and Hotel Staffs
- Donations to Monasteries and Temples
- Payment Wiring Fee of USD 50

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