



# BHUTAN HIGHLAND

WELLNESS & ADVENTURE HOLIDAY

## *Itinerary summary*

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**DAY 01:** ARRIVE PARO. TRANSFER TO THIMPHU. 48 KMS / 1 HOUR. OVERNIGHT IN THIMPHU.

**DAY 02:** THIMPHU SIGHTSEEING. OVERNIGHT IN THIMPHU.

**DAY 03:** THIMPHU TO PUNAKHA. 77 KMS / 3 HOURS. OVERNIGHT IN PUNAKHA.

**DAY 04:** VISIT PHOBJIKHA / GANGTEY VALLEY. 105 KMS / 3 HOURS. OVERNIGHT IN PUNAKHA OR PHOBJIKHA / GANGTEY.

**DAY 05:** PUNAKHA TO PARO 115 KMS / 3.5 HOURS & PHOBJIKHA / GANGTEY TO PARO 170 KMS / 5.5 HOURS. OVERNIGHT IN PARO.

**DAY 06:** VISIT TIGER NEST MONASTERY BY TREKKING / PONY. OVERNIGHT IN PARO

**DAY 07:** FLY FROM PARO TO YOUR DESTINATION.

### **TOUR ENDS**

INR 1,49,000/-\* PP / TWIN IN LUXURY 5 STAR HOTELS INCLUDES: RT AIR FARE TO PARO, ACCOMMODATION ON MAP, SDF & TAXES, TRANSFERS & SIGHTSEEING AS PER ITINERARY IN TOYOTA VEHICLE & TRAVEL INSURANCE

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### **Inclusions:**

Round Trip air fare to Paro in Economy Class.

Accommodation as mentioned.

Breakfast & Dinner (MAP) included.

SDF & all taxes included.

Transfers & Sightseeing as per itinerary.

Travel Insurance.

Welcome Kit & Goodies\*.

### **Not Included:**

5% GST as per Indian Government Notification.

5% TCS as per Indian Government Notification with Pan Card.

Lunch not included.

All entrance fees to museums and monuments.

Expenses of personal nature like bar bills, telephone calls, laundry, extra mileage and any extra costs incurred due to natural calamities, flight delays etc.

### **Hotels for Luxury 5 star holiday:**

DusitD2 or Le Meridien or similar in Thimphu, Hotel Dhensa in Punakha, Phobjikha Hotel in Phobjikha, Le Meridien or similar in Paro.

UPGRADE to UMA COMO in Paro & Punakha and AMANKORA throughout possible with additional minor\* difference in charges.

**TOTAL COST FOR 5 STAR LUXURY HOLIDAY INR 1,49,000/- \* per person.**

**BUMTHANG ADD ON possible with additional 2 nights and option to fly from Paro.**



# Bhutan Highland Holiday

## Wellness & Adventure

Bhutan has one foot in the 21st century and the other planted right back in the medieval ages. As such, the country draws much of its identity from its ancient culture, customs and traditions, the kind of which the rest of the world has lost a long time ago. Culture is Bhutan's biggest tourist attraction.

Sunny Travels has combined its cultural itinerary with other finer aspects of Bhutanese way of life which are enthralling but little known to the outsiders. One such aspect is the ancient wisdom behind phallus symbols and fertility worship. This tour will introduce our guests to this age-old belief and the role it plays in modern-day Bhutan while also providing glimpses into the mainstream Bhutanese culture as in the Buddhist influences, art, craft and architecture, food and cuisine, language, customs, etc.

### Entry & exit: Paro international airport

#### Additional Incentives\*

- Each guests receives traditional Bhutanese dress to wear during the course of the stay
  - Visit a farmhouse for dinner with a Bhutanese family
- A specially cultural show to see Bhutan's finest performing art traditions
  - Use of meditation facility in the altar room
  - Buddhist teaching, if required, by a renowned master
- Try traditional archery, Bhutan's national sport, and dart throw
  - Learn Local Cooking
  - River Rafting
  - Yoga, Spa & Monastic Healing

### Itinerary: 06 Nights / 07 days

**Day 01: Arrive Paro International Airport, Paro. Transfer to Thimphu. 1 hour by private mini bus.**

Highlights: Spectacular views of Mt Everest (8,848 m), Kanchenjunga (8,586m) and Lhotse (8,414 m); and a literal adrenaline-pumping landing on the roof of the world.

Travel by Druk Air, Bhutan's national airline, to Paro, the country's only international airport. The flight is exhilarating to say the least, as the route traverses parallel to the mighty Himalayas enabling passengers to see the world's highest peak, Mt Everest, and many more. The descent affords a panoramic view of Bhutan's foothills culminating into a thrilling landing at what is considered one of the world's most challenging airports.

Meet your guide at the airport and drive from Paro to Thimphu is just under an hour. On the way stop at the Tamchoe Monastery view and chuzom the confluence of Paro and Thimphu River.

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YARKAY, THIMPHU HOTEL





**BUDDHA DORDENMA STATUE, THIMPHU**

## Day 02: Thimphu - Highlights:

The power centre and the capital city of the Happy Kingdom. Also the hub of commerce and culture.

There are great many places to see in Bhutan's capital. In the morning we will drive to Buddha Point, which provides a spectacular 360-degree close-quarter view of entire Thimphu and the adjoining areas. This is the site of the world's tallest statue of Shakyamuni Buddha. Our next destination is the Memorial chorten of Third king of Bhutan the Jigme Dorji Wangchuk, visit the 12th century Changangkha Temple, Takin Zoo and the viewpoint at Sangaygang.

After lunch, we will proceed to Tashichho Dzong, a 17th century castle-fortress which today houses the offices of the King, Chief Abbot and government ministries. We will also take the opportunity to see the nearby parliament complex, the School of Arts and Crafts, vegetable market, and then spend the rest of the day watching an archery match and strolling around the town. Overnight in Thimphu.

## Day 03: Thimphu – Punakha/Wangdi Distance: 77 kilometres, Time: 3 hours

Highlights: A panoramic view of the snow-capped eastern Himalayas and a multitude of alpine flowers and birds; Bhutan's ancient capital and Temple of Fertility.

The three to four-hour drive from Thimphu traverses thorough a constantly changing kaleidoscope of vegetation, waterfalls, flowers, mountains and meadows. In about 45 minutes we will reach the famous Dochula pass (3,100m) where on a clear day we can see the entire eastern Himalayan range, teeming with 6,000m to 7,554m snow-capped mountains. The pass also known for its abundant species of extremely beautiful flowers has 108 Buddhist stupas exquisitely built around a mound, adding to the natural splendor of the place.

From the pass we descend to the sub-tropical valley of Punakha. Punakha served as the ancient capital of capital and still possesses the country's main treasures in the form of Buddhist relics. Resembling a gigantic ship on an ocean floor from afar, and girdled by two (Male and Female) rivers, the castle-fortress also represents the best specimen of Bhutanese architecture.

After lunch in a small nearby village together with a rural farming household, we will walk along a footpath flanked by an endless view of ripening paddy fields to the Temple of Fertility – Chimi Lhakhang. This temple, built in the 15th century to honour the "Divine Madman", a saint iconoclast who is also associated with phallus worship, attracts barren couples from all over to receive fertility blessings from an anointed phallus.

Overnight in Punakha.





Stunning Boutique Hotel in Phobjikha Valley



**Day 04: Punakha to Gangtey / Phobjikha valley**  
**Distance 105 kms / 03 hours+**

After breakfast drive to Gangtey via Wangdue Phodrang, the road is gradually up to Lawala pass (3250 meters) passing through Nobding village, and the ground is covered with high altitude dwarf bamboo, spectacular view of the snow-cap mountains, areas mostly cover with rhododendrons flowers, Magnolia, fir and pine forest. Phobjikha valley is at 3,000m in the Black Mountains range. Phobjikha is one of the most beautiful valleys in Bhutan and is the home to the very rare black-necked crane. The birds migrate from Tibet to Bhutan to winter here (from October -March). Visit Gangtey Gompa, one of the oldest Nyingmapa monasteries that look like a small Dzong.

**Gangtey/ Phobjikha valley hike**

Today you are going to hike around the Phobjikha's beautiful valley. This valley is mostly covered with high altitude dwarf bamboo, pine trees and impress art and wood craving farmhouse. Option to stay in Phobjikha / Gangtey Valley or drive back to Punakha. Overnight at the hotel in Gangtey or Punakha.

**Day 05: Punakha or Gangtey / Phobjikha to Paro**  
**Punakha to Paro 3 hours / 115 kms**  
**Gangtey / Phobjikha to Paro 5 hours / 170 kms**

This morning drive 5 hours to Paro and on the way visit stop at Royal Botanical Park at Lamperi. Lunch at local restaurant. After lunch drive further to Paro and visit the National, Paro Rimpong Dzong, You can play the traditional sport he archery for an hour on the archer ground. Evening visit local farmhouse and enjoy the local dinner with family. Overnight at hotel.





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## Day 06: Discovering Paro Valley

**Highlights: Hike to the Tiger's Lair, the most famous Buddhist monastery in the Himalayas, built on a sheer rock face.**

After breakfast, drive for half an hour and start hiking up to the temple that is renowned in the Himalayan Buddhist world as one of the most popular sites of pilgrimage. The five-hour round trip follows an ancient but oft-trodden footpath flanked by water-driven prayer wheels. The temple, precariously perched on a hair-raising ravine about 1,000 metres above the valley floor, is considered sacrosanct as it was in a cave within this temple that the eight century tantric saint, Padmasambhava, subdued the evils who obstructed the teachings of the Buddha. The saint is believed to have come to Taktshang in a fiery wrathful form riding a tigress. Over the years, many Buddhist saints have meditated in and around the temple and discovered numerous hidden treasure teachings.

Visit the ruins of Drugyel Dzong enroute. The fortress known as the "Castle of the Victorious Drukpa", is a symbol of Bhutan's victory over the Tibetan invasions in the 17th and 18th centuries. We can also get a view of the sacred mountain, Jumolhari, along the way. On the way back to our hotel, we will visit the 7th century Kyichu Temple, believed to have been built on a place that resembled a knee of a giant ogress. Evening walk around the town for shopping  
Overnight at hotel in Paro.

## Day 09: Paro – Your Destination

After breakfast drive to Paro international Airport and fly out.

TOUR ENDS

TOUR COST AS MENTIONED  
FLEXIBLE ITINERARY  
HOTEL SELECTION POSSIBLE  
OPTIONAL BUMTHANG

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