

# Kingdom of Bhutan



Presentation by Paul Pacter  
for the Collier County Library

## Kingdom of Bhutan



### King: Jigme Khesar Namgyel Wangchuck.

- Born: 1980 (age 40)
- Education: Cushing Academy (US); Wheaton College (US); Oxford (UK)
- King: 2006 (father abdicated)
- Married Jetsun Pema (in 2011)**
- Commoner, daughter of a pilot
- They have one son, born 2016**

### King Jigme Khesar Namgyel Wangchuck and Queen Jetsun Pema of Bhutan



Crown Prince Jigme Namgyel Wangchuck

### Bhutan Facts - 1

**Capital:** Thimphu

**Population:** 774,830 (2015)

**Median age:** 25 years (very young, China 32, US 36, Japan 47)

**Life expectancy:** 62 years (61 for males and 65 for females)

**Males to Females:** 1,070 males to every 1,000 females

**Literacy:** 59.5%

### Bhutan Facts - 2

**Area:** 14,800 sq miles. Florida: 66,000 sq miles, so Bhutan 20% of FL.

**Official language:** Dzongkha (Bhutanese) – Tibetan language family.

**Religion:** Buddhism (Vajrayana Buddhism is the state religion)

- About 2/3rds of people are Buddhist. 1/3rd Hindu.

**Drive:** On left

### Bhutan Facts - 3

**Unification of Bhutan:** 17th century

**Absolute monarchy:** Until 2008

**Government today:** Parliamentary constitutional monarchy. Parliament has two houses.

**2006:** King abdicated in favor of his 26-year-old son. New Constitution.

**2008:** Parliamentary elections

#### Bhutan Facts - 4

**Television:** Prohibited until 1999.

#### Buffer between India and China/Tibet.

— China claims several areas of Bhutan that Bhutan also claims.

**Foreign relations:** India handles foreign relations in most countries, by treaty.

— US has no formal foreign relations with Bhutan, but "honorary" Bhutanese Consul in Washington.

#### Bhutan Facts - 5

**Happiness:** Bhutan has aimed for high gross national happiness. Measured.

#### The four "pillars" of Gross National Happiness (GNH):

- Sustainable and equitable socio-economic development.
- Environmental conservation.
- Preservation / promotion of culture.
- Good governance.

#### 9 things measured to assess GNH:

- Psychological well-being.
- Health.
- Time use.
- Education.
- Cultural diversity and resilience.
- Good governance.
- Community vitality.
- Ecological diversity and resilience.
- Living standards.

Measured based on both subjective (survey-based) and objective indicators.

#### Bhutan Facts - 6

#### Bhutan economy:

- Agriculture (55% of population)
- Forestry
- Tourism (US\$250/day minimum)
- Sell hydroelectric power to India.

**No access to the sea**

**Little industry**

**Two government run banks**

#### Bhutan Facts - 7

**Lateral road:** One main road across the country, mostly dirt and mud.

**Wikipedia:** "As with other roads in Bhutan, the Lateral Road presents serious safety concerns due to pavement conditions, sheer drops, hairpin turns, weather and landslides."

**No traffic lights** in the entire country!

**Sports:** National sport is archery. Regular competitions in most villages. Targets 100 meters apart. **(Football Field!)**



**Foreign airlines cannot fly into Bhutan**  
**Must use Druk Air (government)**

- Daily from Bangkok 04:30am
- 3 days a week from Singapore 06:30am.
- A few flights from India, Bangladesh, Nepal



Paro airport is in a deep valley. With surrounding peaks as high as 18,000 ft, "it is considered one of the world's most challenging airports" [Wikipedia].

**Special pilot license.**  
**Visual landings only.**  
**Daylight hours only.**





**Druk Air Meal**



**Flying into Paro  
The Himalayas**

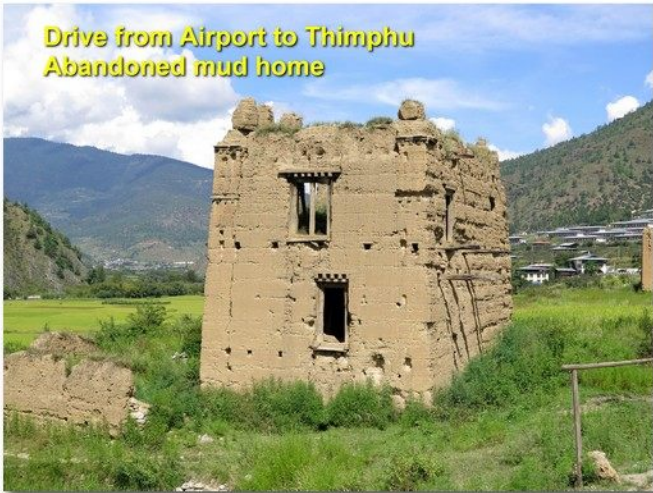


**Paro Airport Terminal**

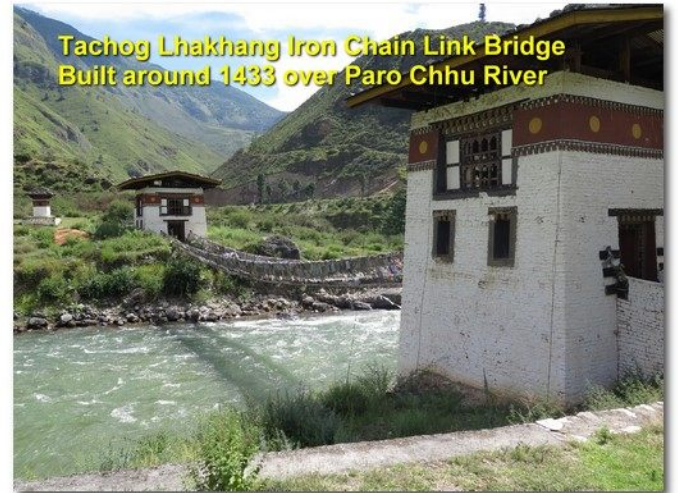
**Deplane by stairs - no jet bridges**



**Bhutan - Our Van and Guide**



**Drive from Airport to Thimphu  
Abandoned mud home**



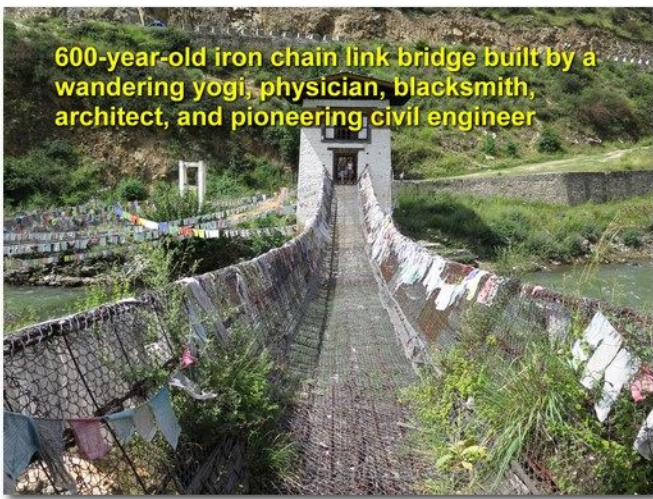
**Tachog Lhakhang Iron Chain Link Bridge  
Built around 1433 over Paro Chhu River**



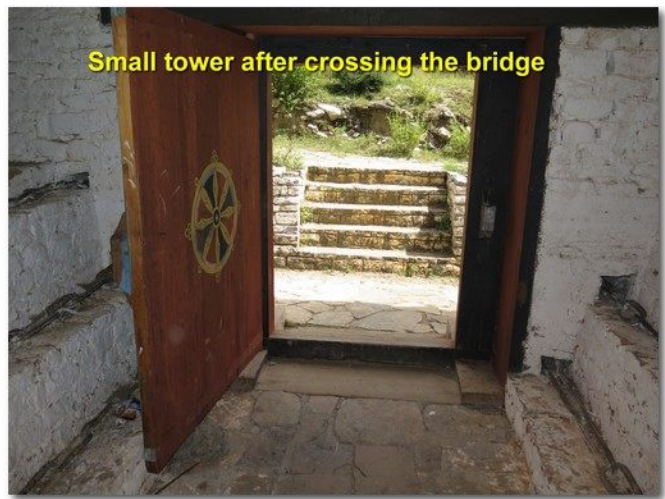
**Tachog Lhakhang Iron Chain Link Bridge  
Links**



**Tachog Lhakhang Iron Chain Link Bridge  
Very wobbly and, yes, scary**



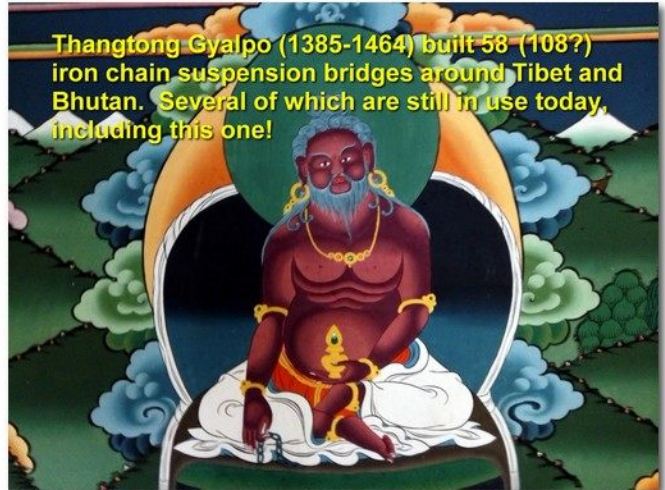
600-year-old iron chain link bridge built by a wandering yogi, physician, blacksmith, architect, and pioneering civil engineer



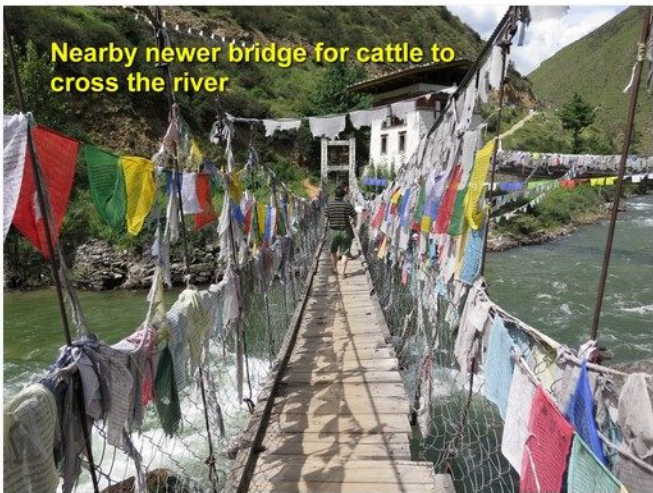
Small tower after crossing the bridge



Thangtong Gyalpo (1385-1464) built this bridge around 1433 - helped by 18 blacksmiths



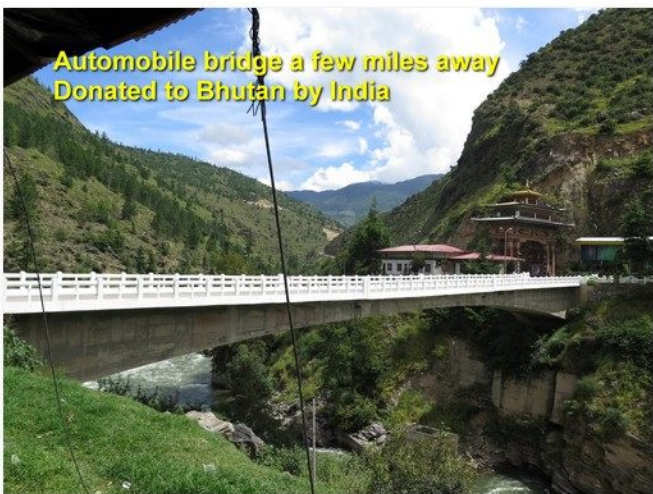
Thangtong Gyalpo (1385-1464) built 58 (108?) iron chain suspension bridges around Tibet and Bhutan. Several of which are still in use today, including this one!



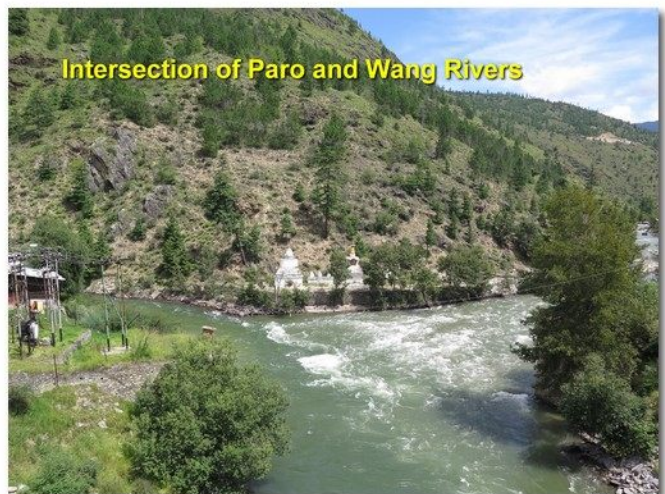
Nearby newer bridge for cattle to cross the river



But is it safer?

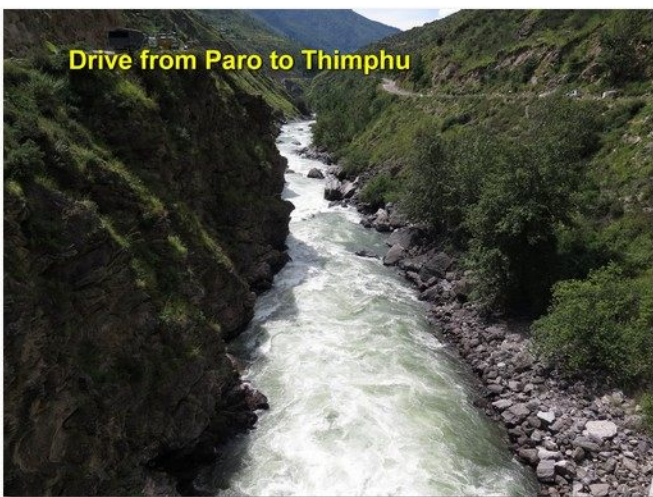


Automobile bridge a few miles away Donated to Bhutan by India



Intersection of Paro and Wang Rivers

Drive from Paro to Thimphu



Hotel Norbuling in Thimphu



### Bhutanese Food

**No utensils:** Eaten with hands, not utensils

**Momos:** Vegetable and cheese dumplings

**Ema datshi:** National dish. Chillies with cheese.

**Rice:** Every meal. Normally red rice, some white.

**Butter tea:** The national drink.

**Chillies:** Most Bhutanese dishes are made with chillies, which means most dishes are spicy.

**Veggies:** Most meals have three veggies (or two veggies plus fried noodles) plus a small amount of meat or chicken, sometimes curried.

**Dairy:** Buttermilk cheese, liquidy yoghurt, butter.

Typical Lunch



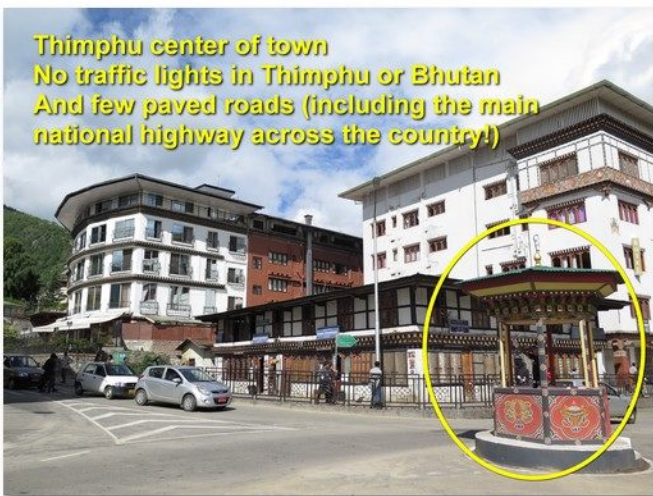
Cauliflower



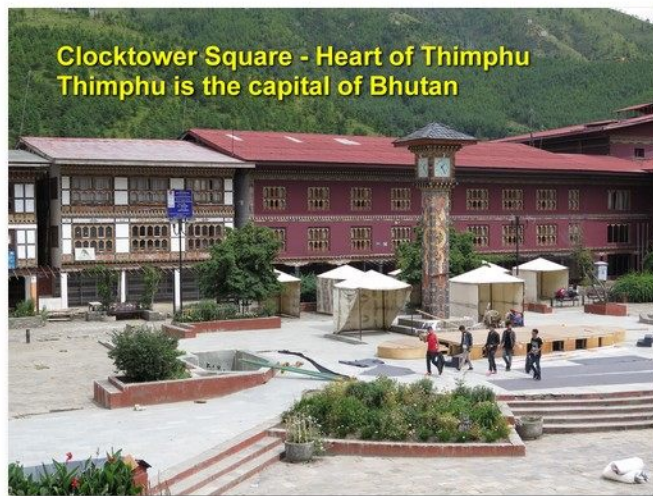
Fried Noodles



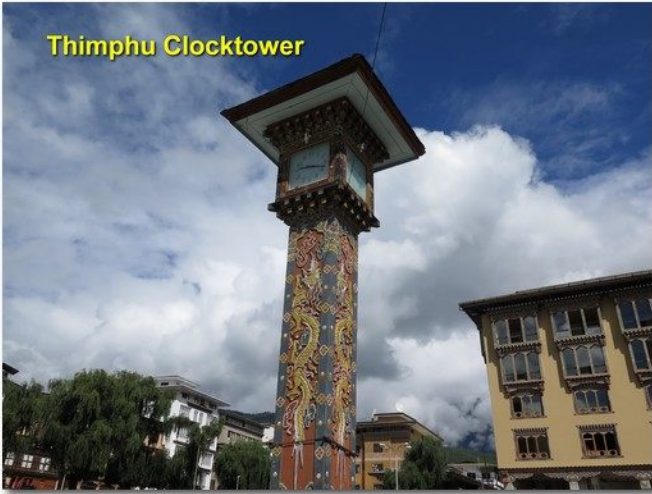
Thimphu center of town  
No traffic lights in Thimphu or Bhutan  
And few paved roads (including the main national highway across the country!)



Clocktower Square - Heart of Thimphu  
Thimphu is the capital of Bhutan



Thimphu Clocktower



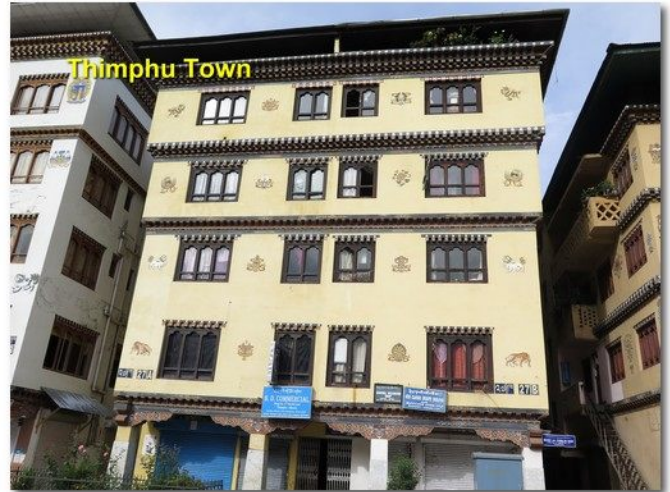
Thimphu - Clocktower Square



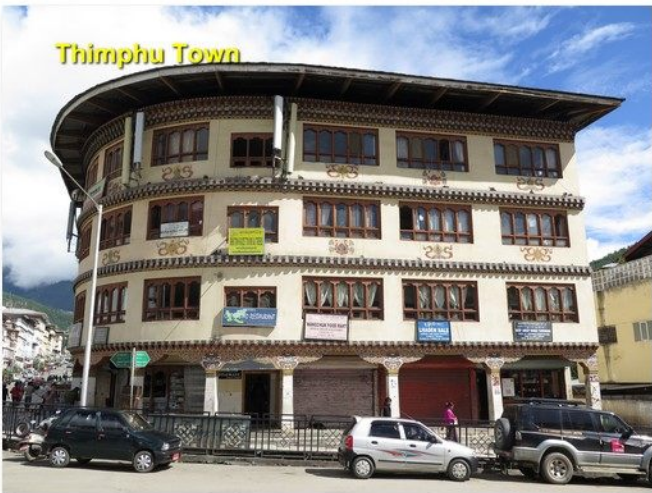
Thimphu Town



Thimphu Town



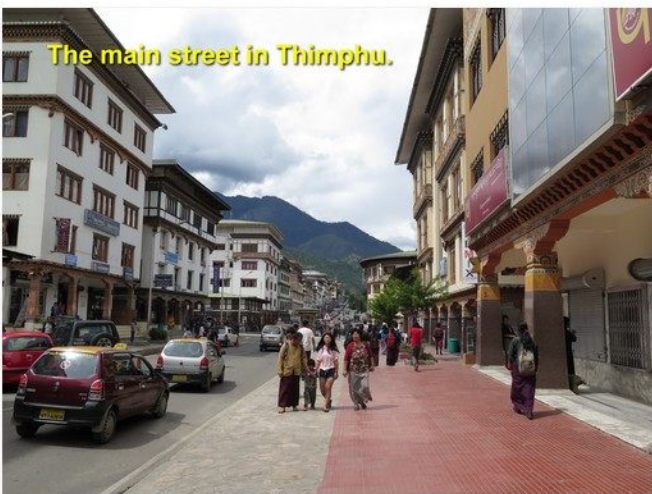
Thimphu Town



Small temple with prayer wheels  
Walk clockwise around spinning each wheel



The main street in Thimphu.



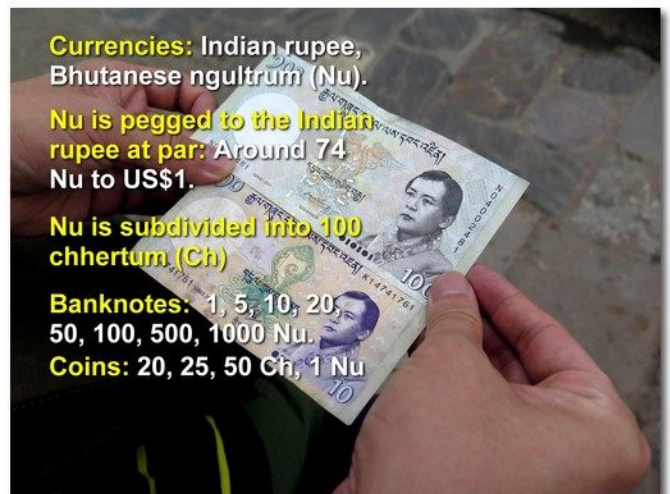
Currencies: Indian rupee,  
Bhutanese ngultrum (Nu).

Nu is pegged to the Indian  
rupee at par: Around 74  
Nu to US\$1.

Nu is subdivided into 100  
chhertum (Ch)

Banknotes: 1, 5, 10, 20,  
50, 100, 500, 1000 Nu.

Coins: 20, 25, 50 Ch, 1 Nu





**Bhutan Ngultrum**



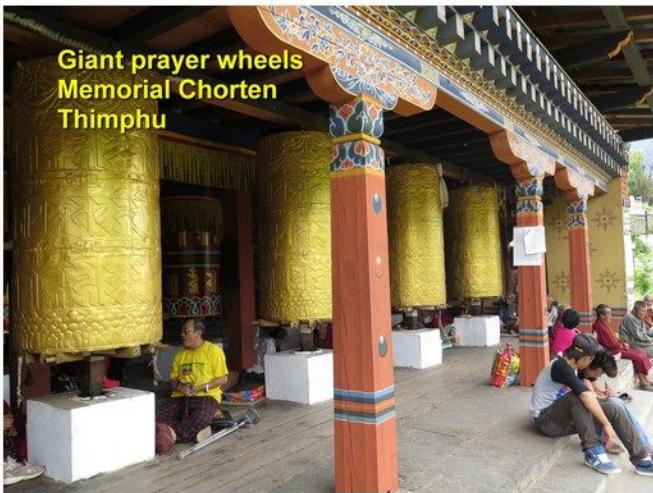
**Memorial Chorten (Stupa), Thimphu  
Built 1974 to honor  
King Jigme  
Dorji Wangchuck**



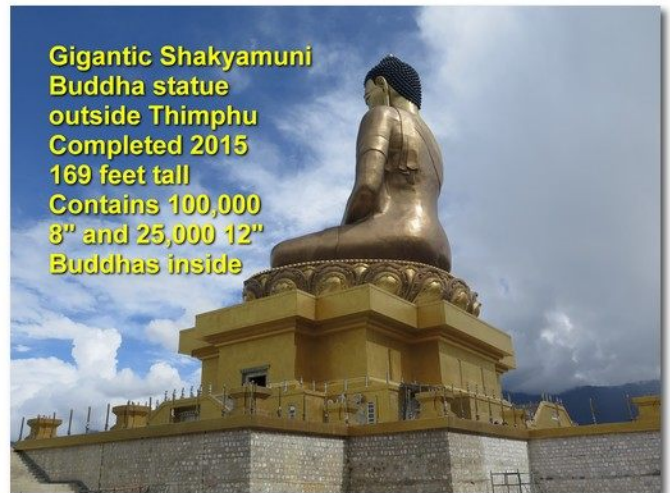
**Blessing a child at  
Memorial Chorten**



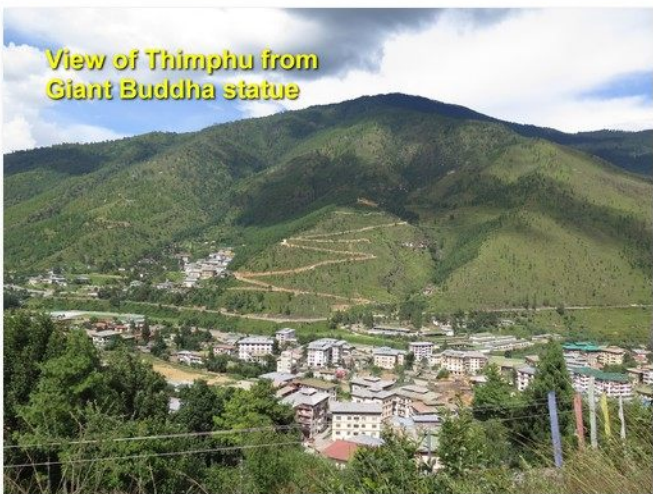
**People chatting at  
Memorial Chorten  
Thimphu**



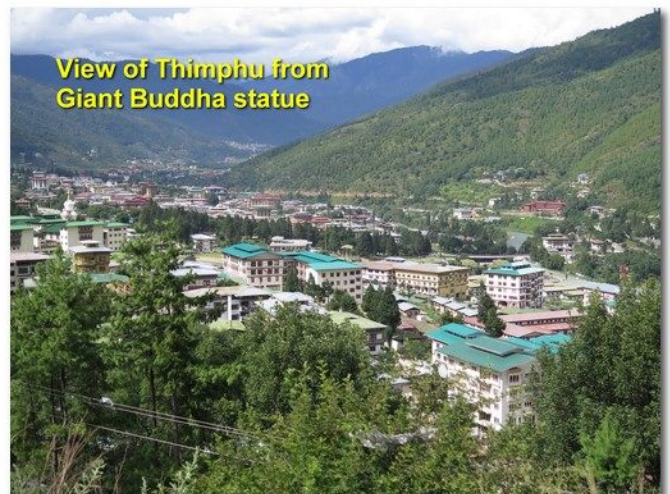
**Giant prayer wheels  
Memorial Chorten  
Thimphu**



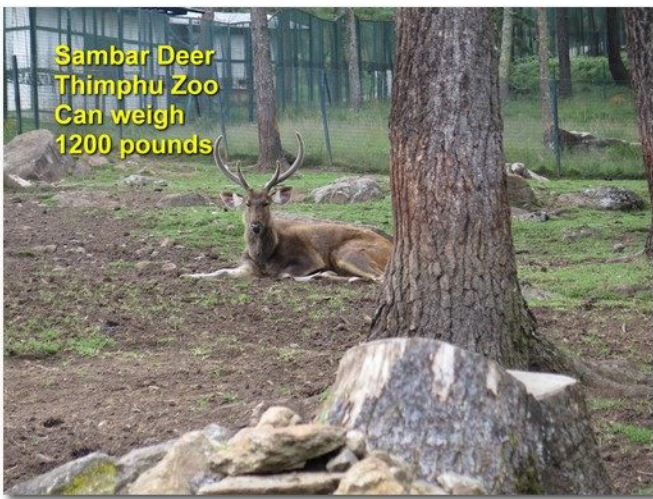
**Gigantic Shakyamuni  
Buddha statue  
outside Thimphu  
Completed 2015  
169 feet tall  
Contains 100,000  
8" and 25,000 12"  
Buddhas inside**



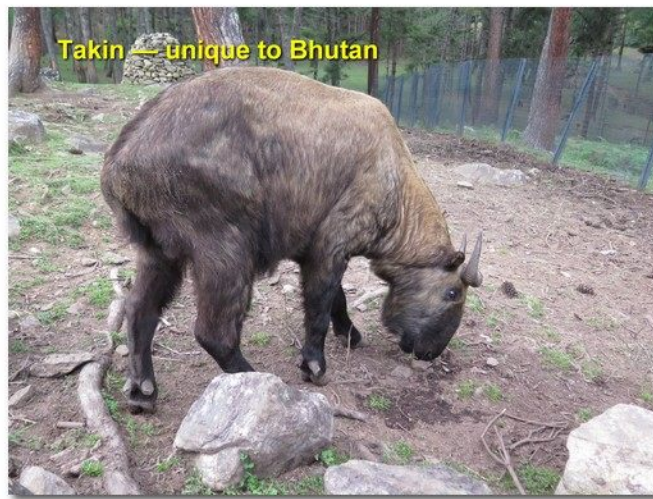
**View of Thimphu from  
Giant Buddha statue**



**View of Thimphu from  
Giant Buddha statue**



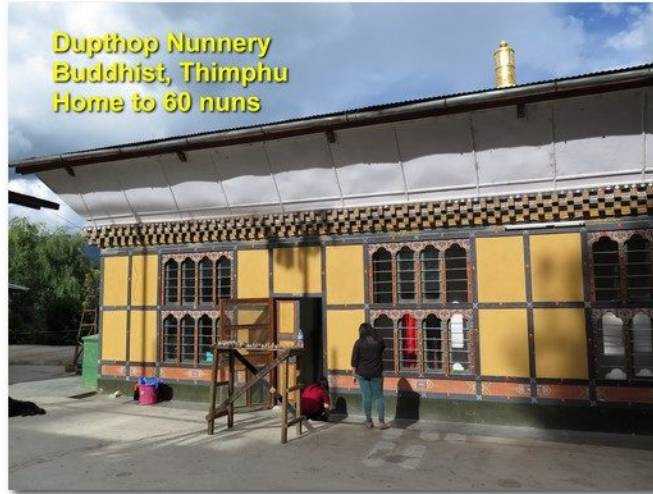
Sambar Deer  
Thimphu Zoo  
Can weigh  
1200 pounds



Takin — unique to Bhutan



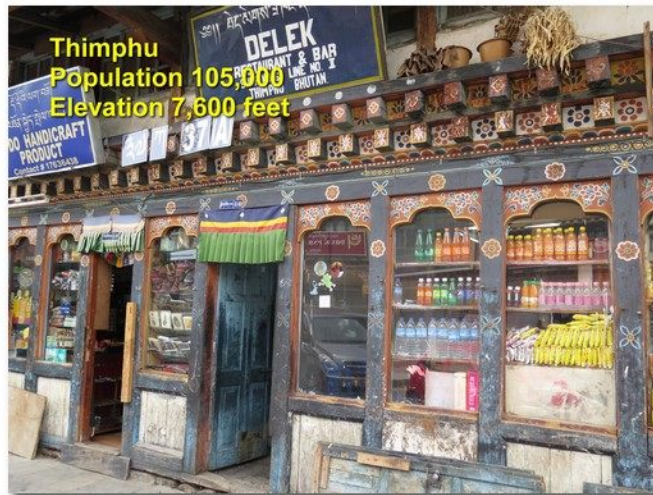
Takin — unique to Bhutan



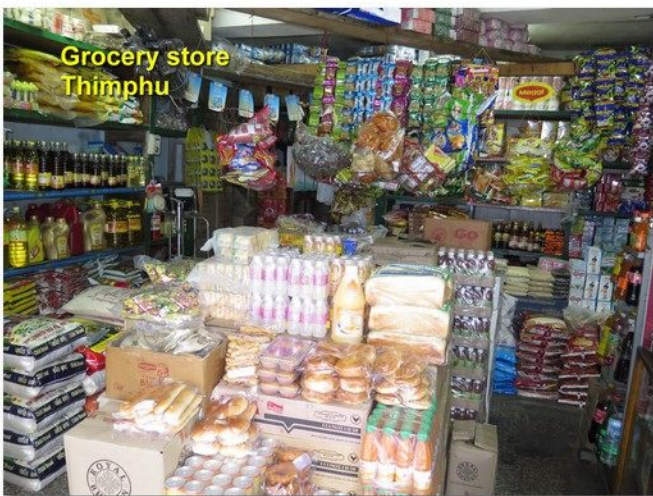
Dupthop Nunnery  
Buddhist, Thimphu  
Home to 60 nuns



Incense at  
Dupthop Nunnery



Thimphu  
Population 105,000  
Elevation 7,600 feet

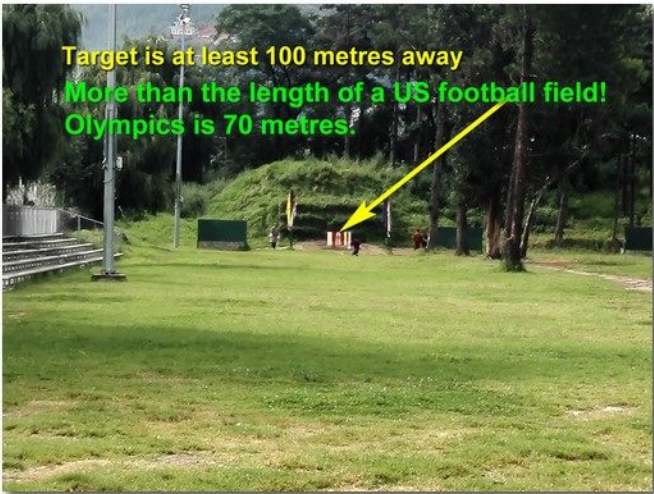
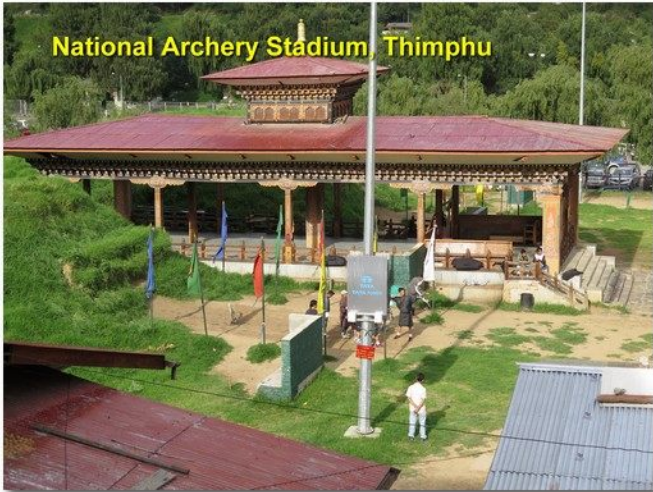


Grocery store  
Thimphu



Grocery Store  
Thimphu







Target is just a small board



National Archery Stadium, Thimphu  
Here using cross-bows



Thimphu Farmers' Market



Thimphu Farmers' Market



Thimphu Farmers' Market



Thimphu Farmers' Market  
Some sort of green radish



Thimphu Farmers' Market  
Green Chillies and Mushrooms



Bhutanese Pork Sausage (Blood Sausage)



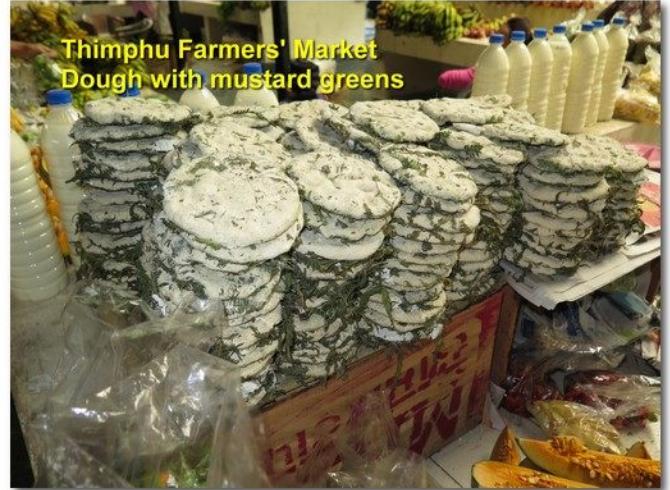
Thimphu Farmers' Market- Chillies



Thimphu Farmers' Market - Incense



Thimphu Farmers' Market

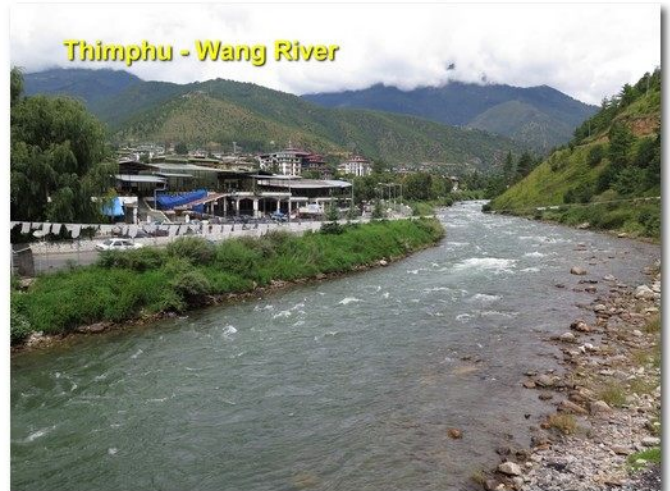


Thimphu Farmers' Market Dough with mustard greens



Thimphu Farmers' Market

Red Rice



Thimphu - Wang River

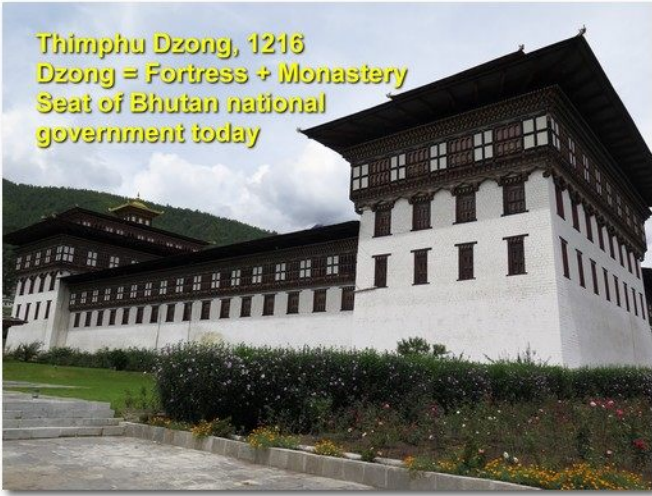


Thimphu Handicrafts Market

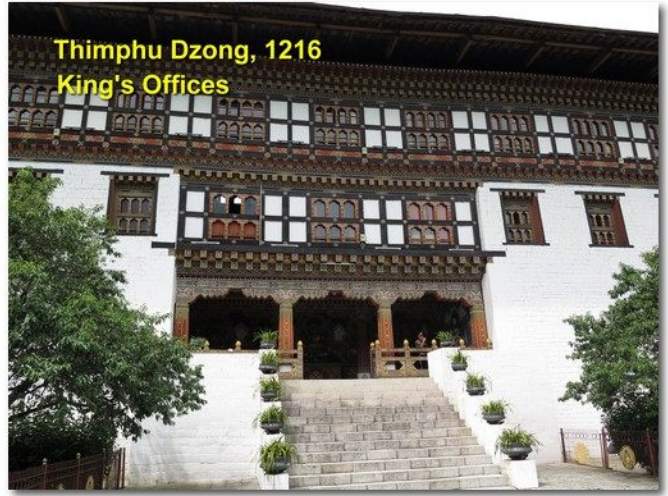


Thimphu Handicrafts Market

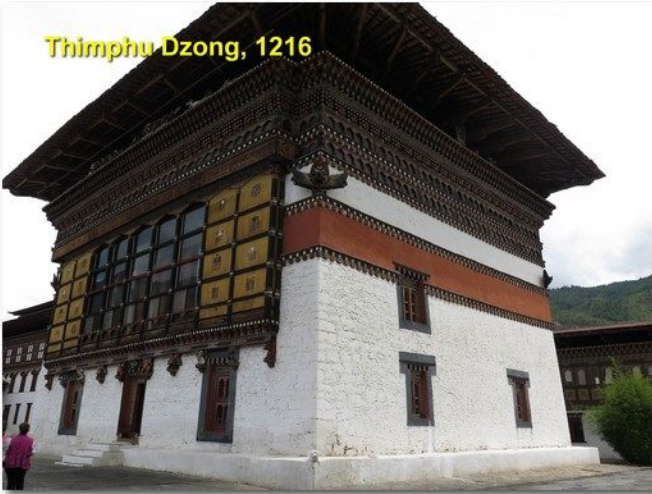
Thimphu Dzong, 1216  
Dzong = Fortress + Monastery  
Seat of Bhutan national  
government today



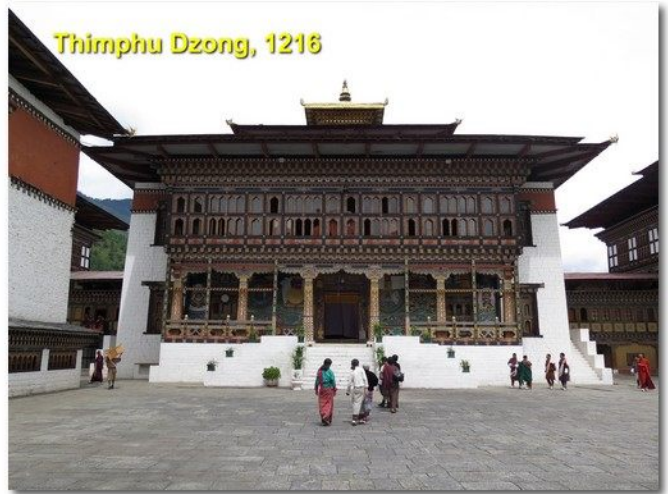
Thimphu Dzong, 1216  
King's Offices



Thimphu Dzong, 1216

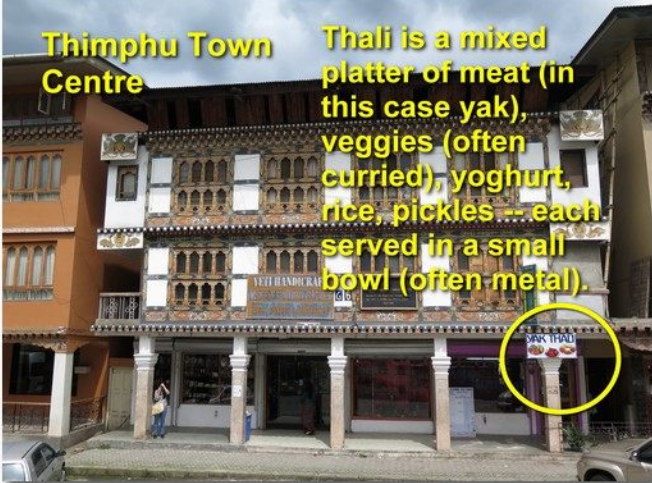


Thimphu Dzong, 1216

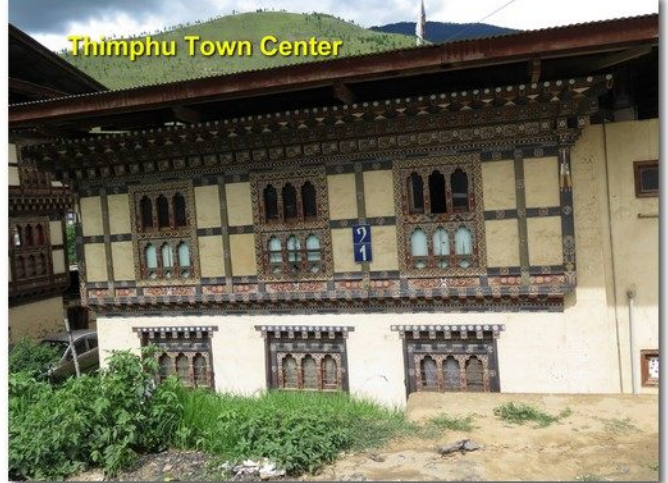


Thimphu Town  
Centre

Thali is a mixed  
platter of meat (in  
this case yak),  
veggies (often  
curried), yoghurt,  
rice, pickles -- each  
served in a small  
bowl (often metal).



Thimphu Town Center



Lunch

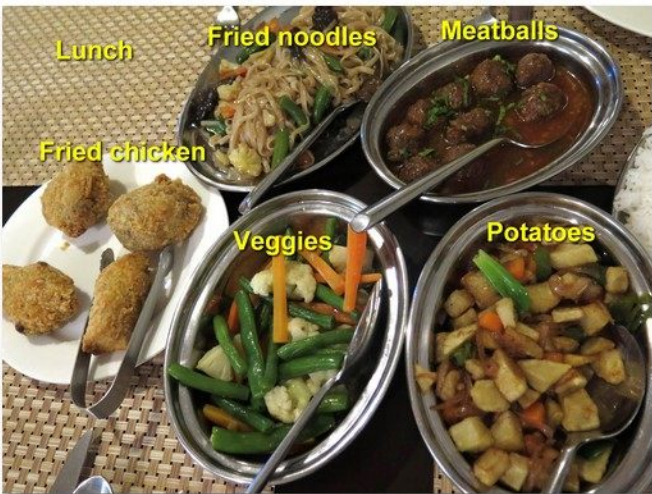
Fried noodles

Meatballs

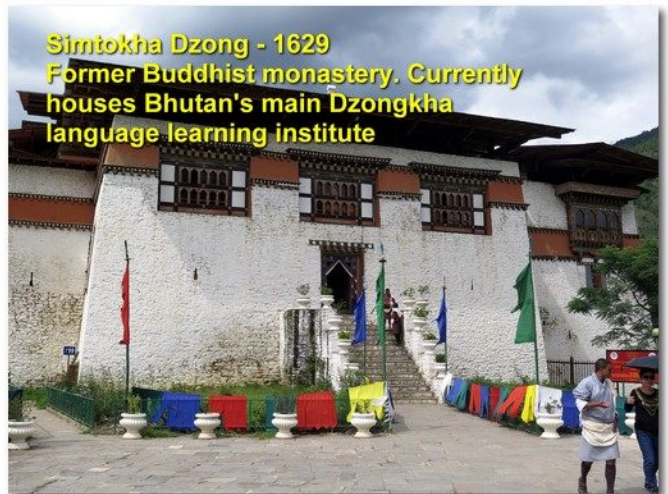
Fried chicken

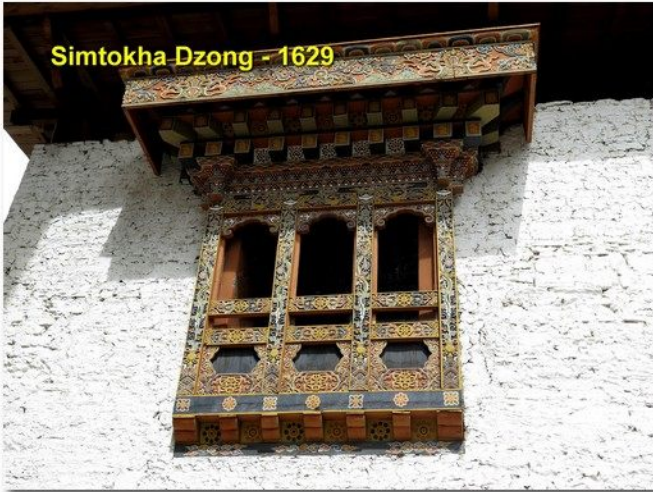
Veggies

Potatoes

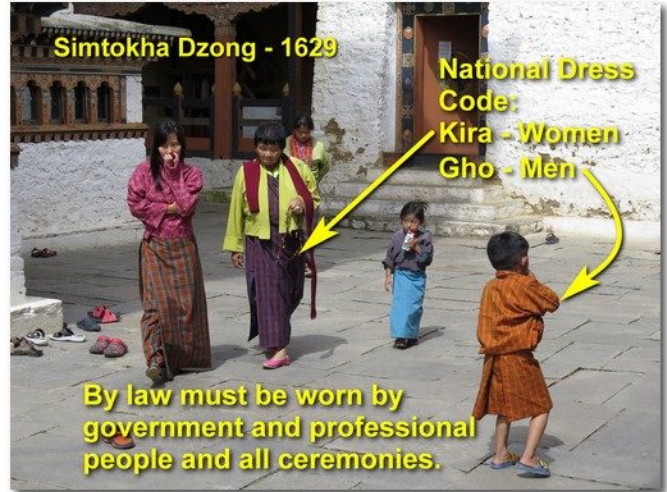


Simtokha Dzong - 1629  
Former Buddhist monastery. Currently  
houses Bhutan's main Dzongkha  
language learning institute





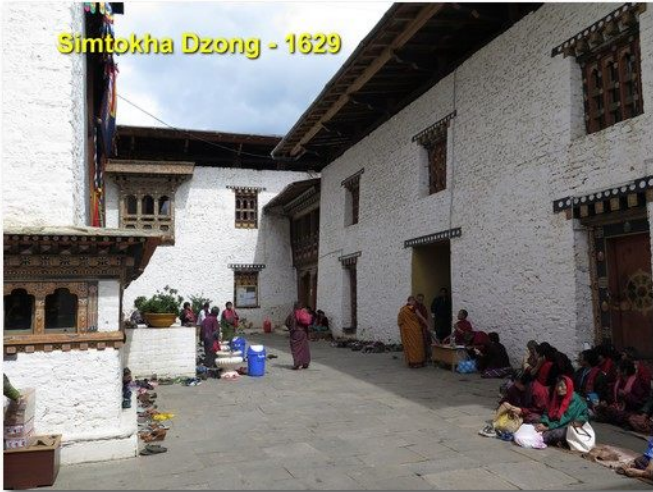
Simtokha Dzong - 1629



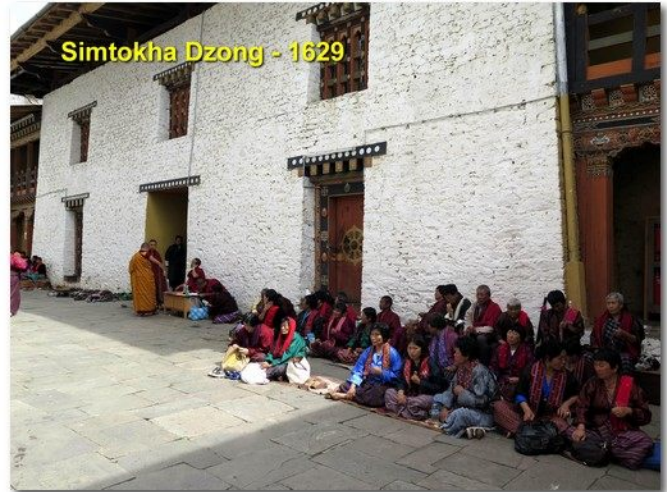
Simtokha Dzong - 1629

National Dress Code:  
Kira - Women  
Gho - Men

By law must be worn by government and professional people and all ceremonies.



Simtokha Dzong - 1629



Simtokha Dzong - 1629



Changangkha Temple - 12th C  
Oldest temple in Thimphu



Changangkha Temple - 12th C  
Oldest temple in Thimphu

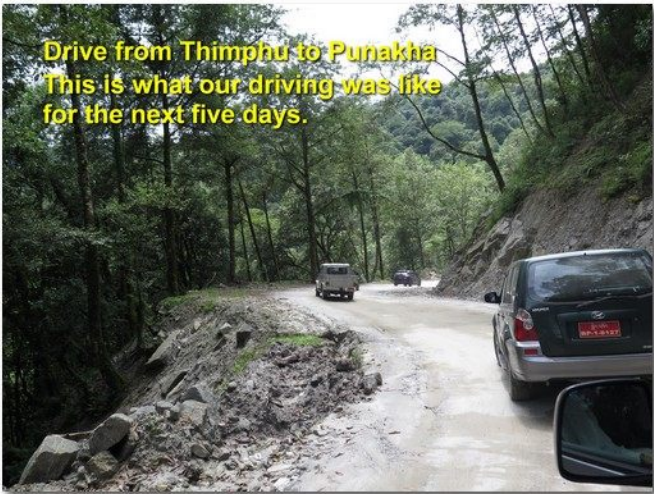
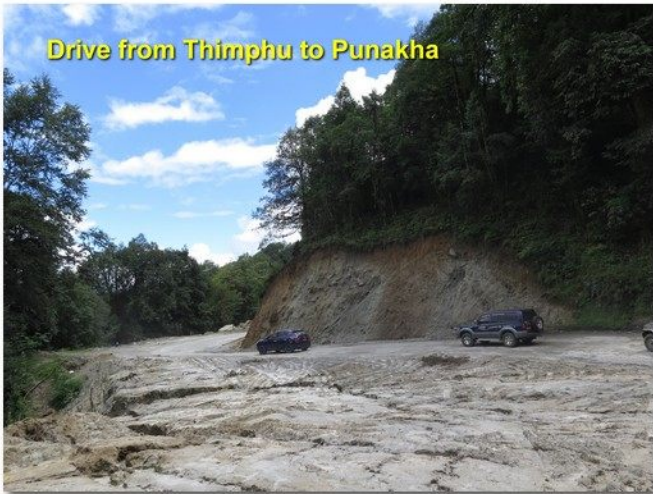
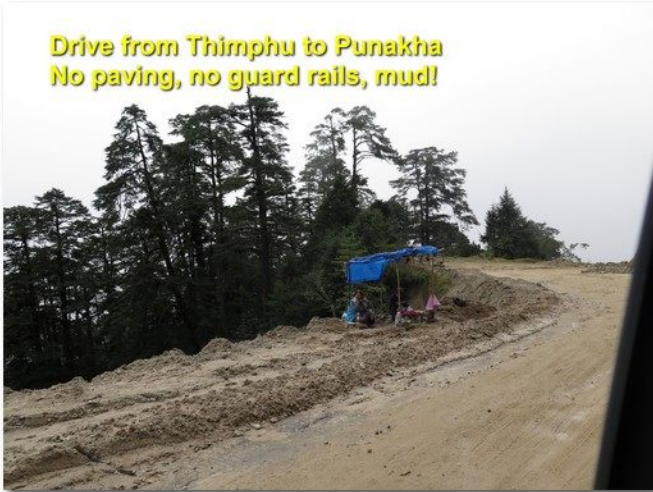
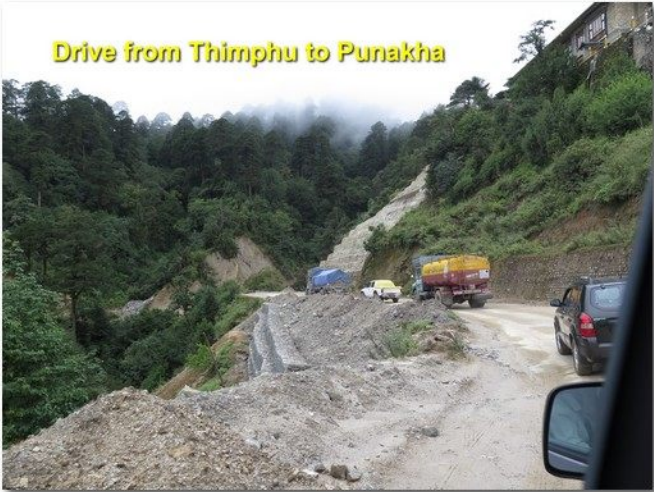


Prayer wheels at Changangkha Temple



We begin our drive from Thimphu to Punakha

Giant Buddha statue



Drive from Thimphu to Punakha

Drive from Thimphu to Punakha

Drive from Thimphu to Punakha  
No paving, no guard rails, mud!

Drive from Thimphu to Punakha

Drive from Thimphu to Punakha  
Mud, sharp curves, no guard rails

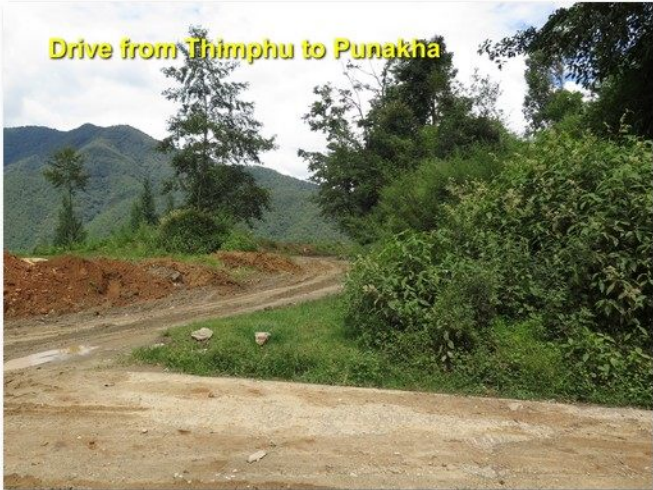
Drive from Thimphu to Punakha

**USA:**  
265,000,000 passenger cars  
320,000,000 people  
Almost 1:1  
**Bhutan:**  
75,000 passenger cars  
770,000 people  
About 1:10

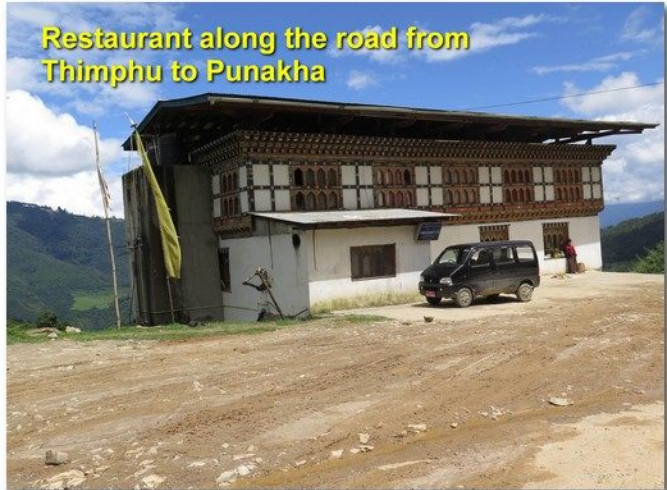
Drive from Thimphu to Punakha

Drive from Thimphu to Punakha  
This is what our driving was like  
for the next five days.

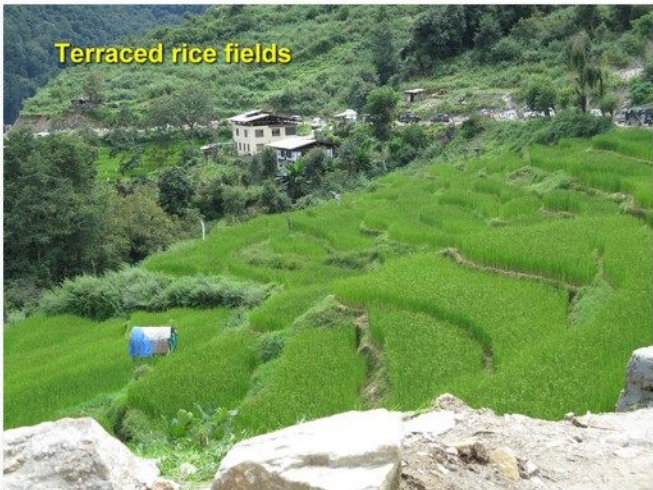
Drive from Thimphu to Punakha



Restaurant along the road from Thimphu to Punakha



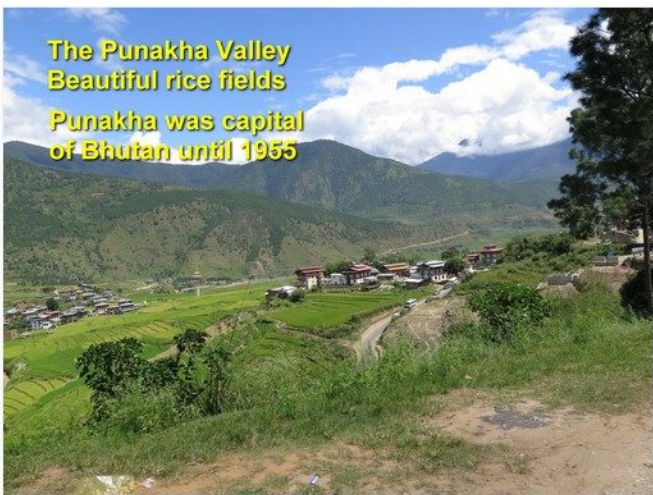
Terraced rice fields



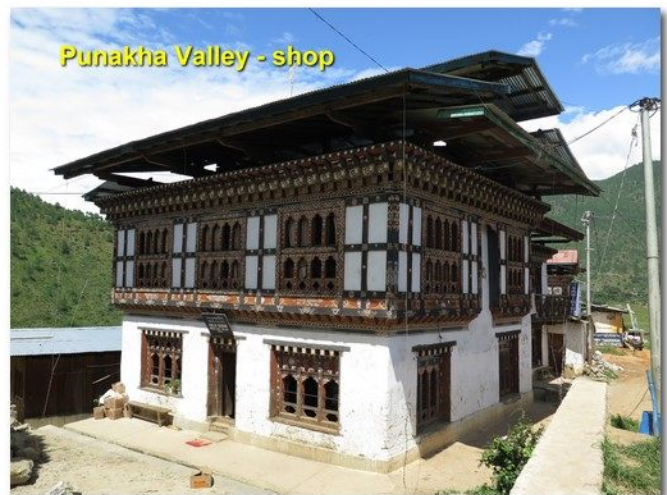
This is the main highway across Bhutan!



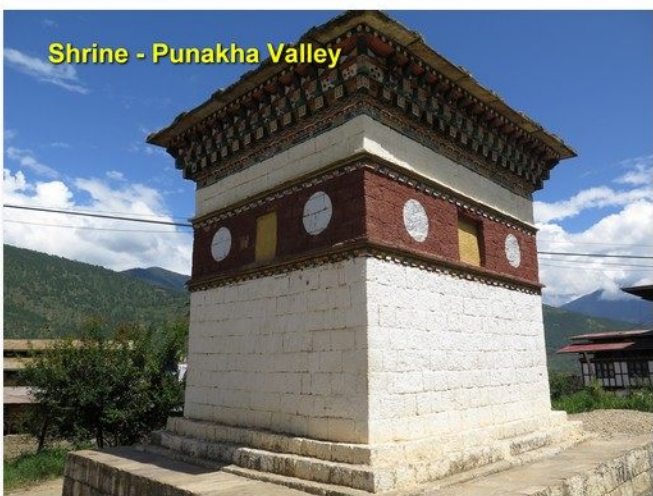
The Punakha Valley  
Beautiful rice fields  
Punakha was capital  
of Bhutan until 1955



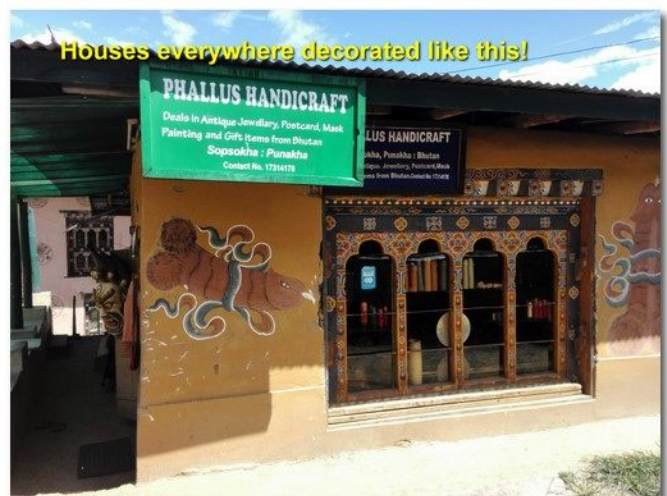
Punakha Valley - shop

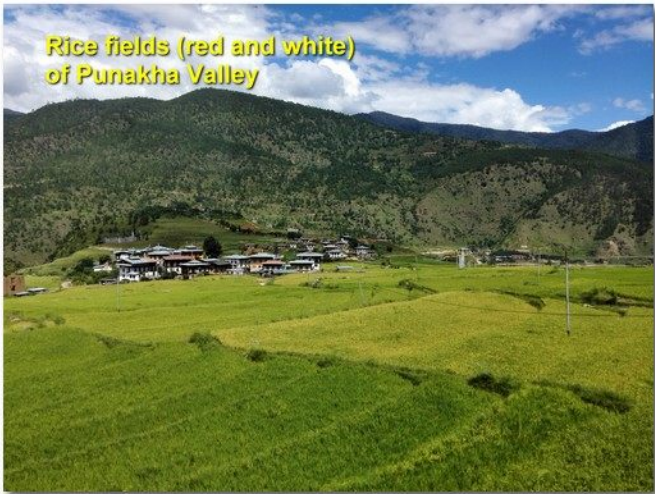
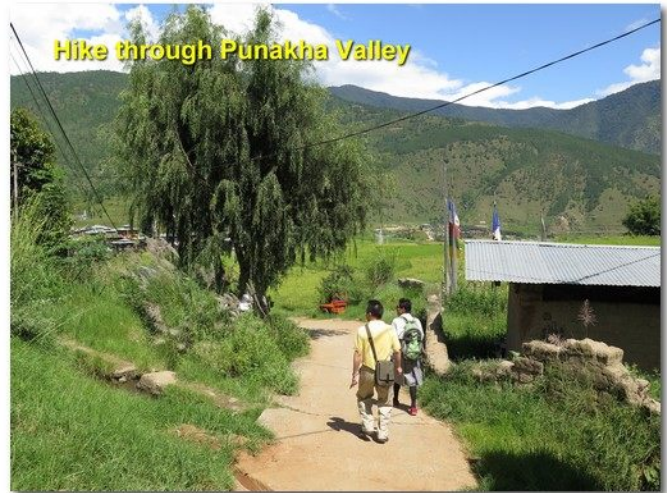
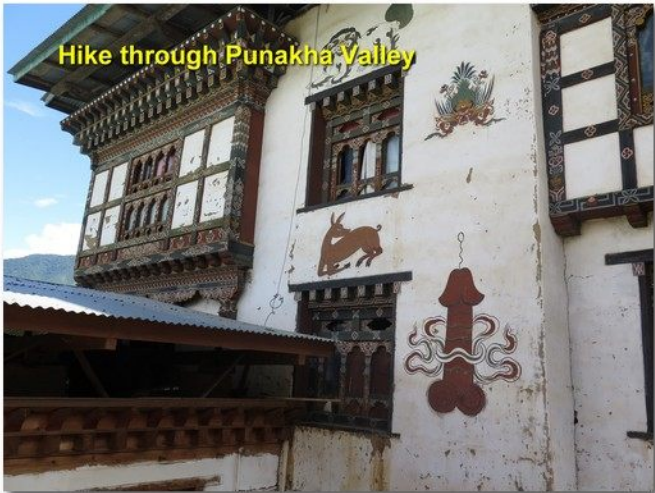
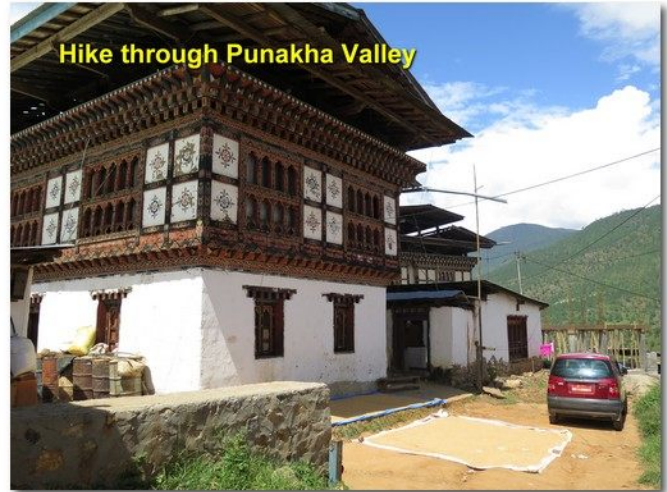
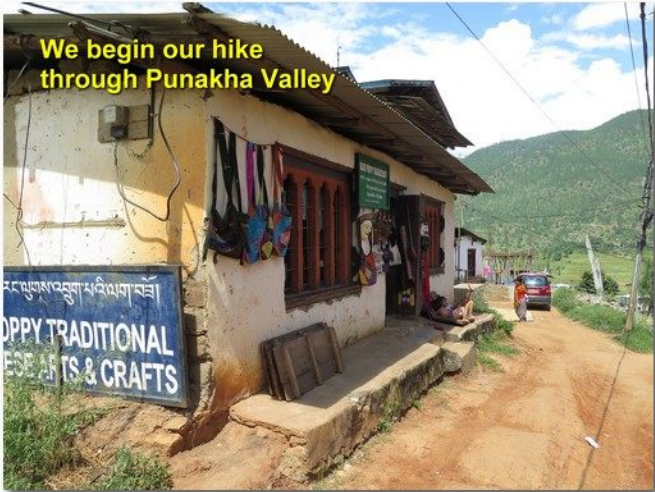
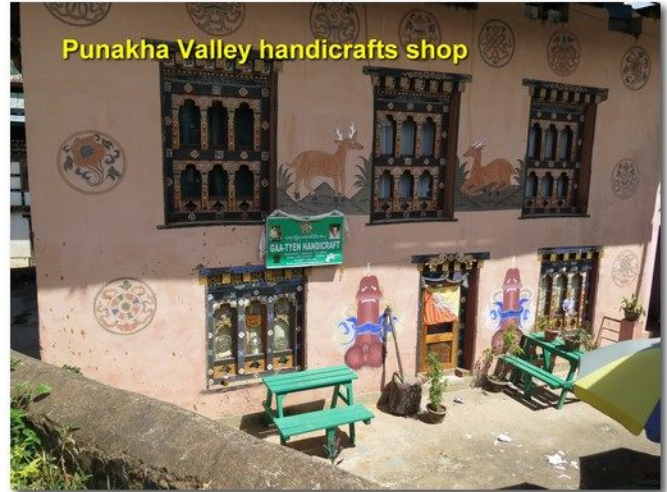


Shrine - Punakha Valley

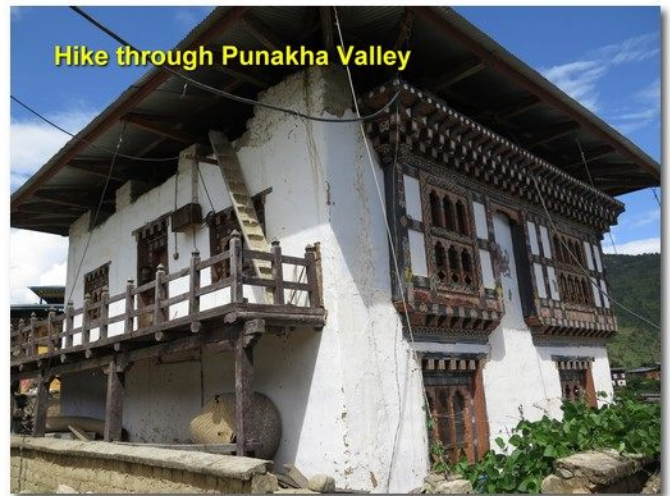
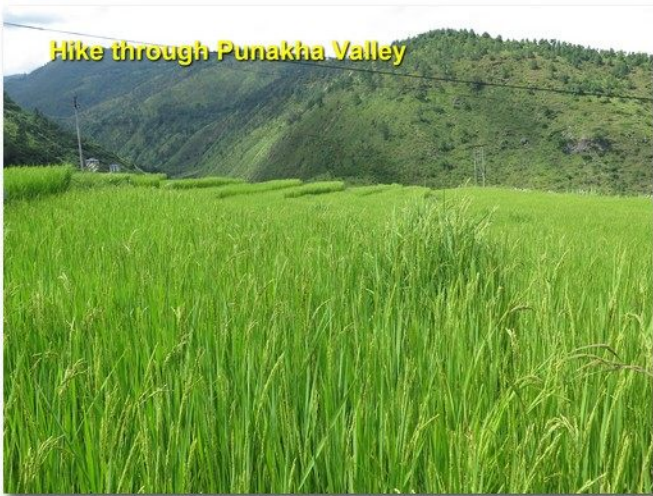
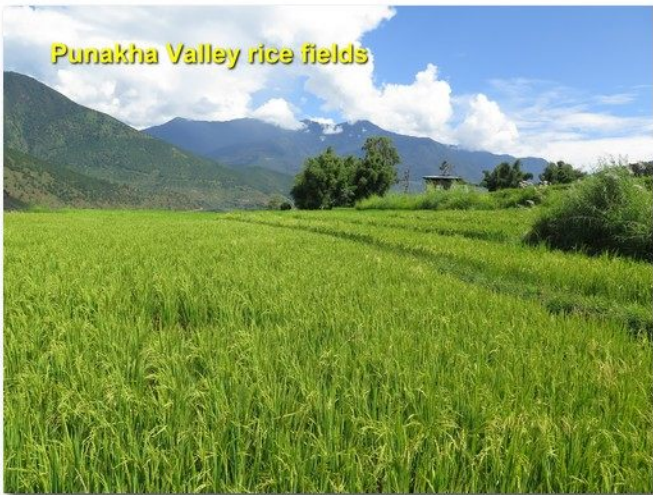
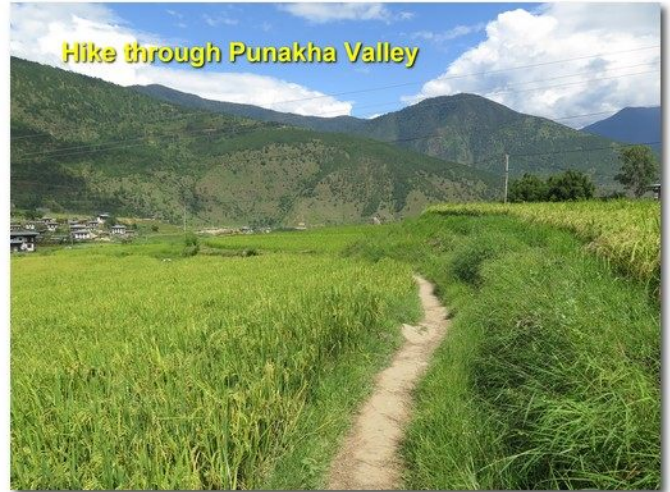
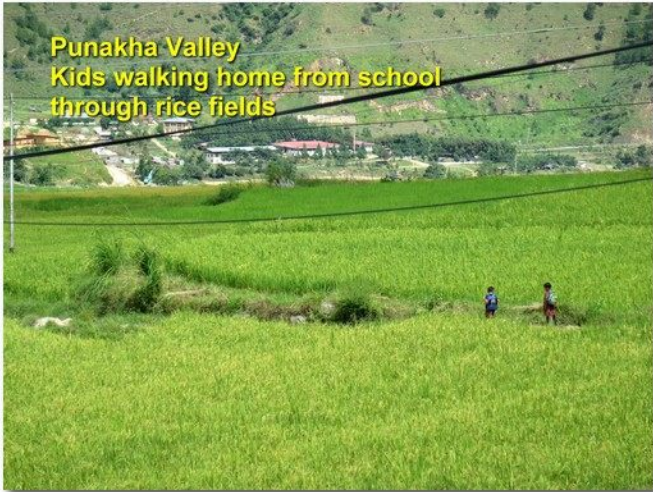
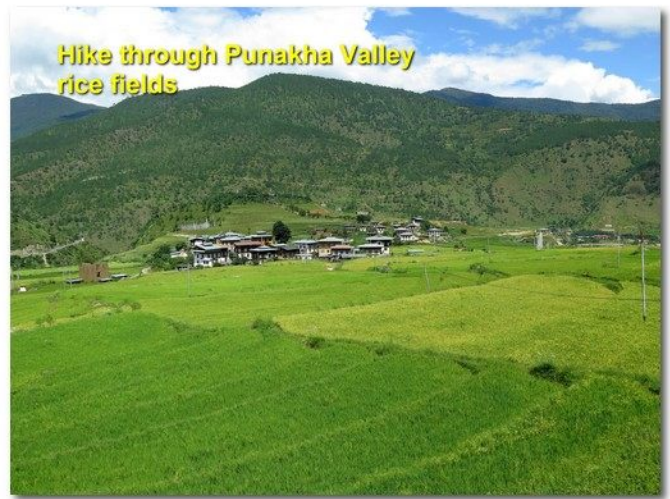


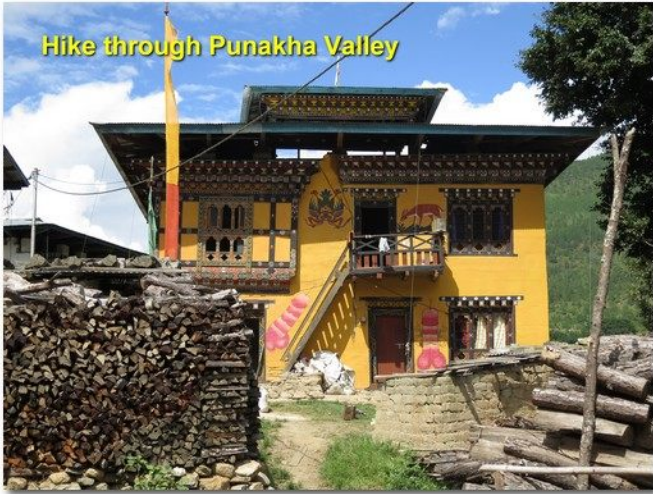
Houses everywhere decorated like this!



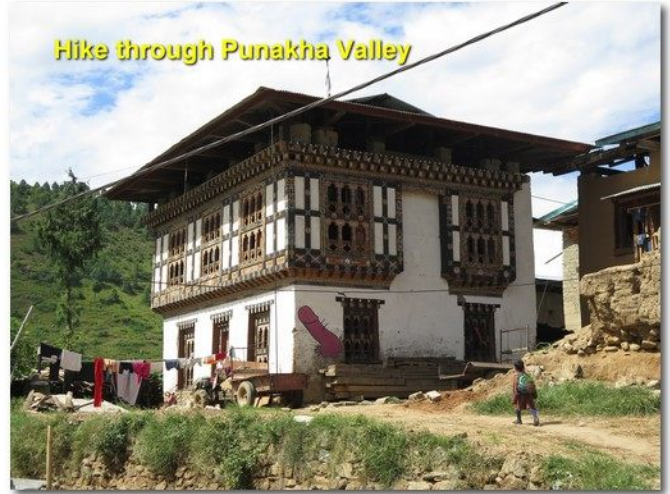




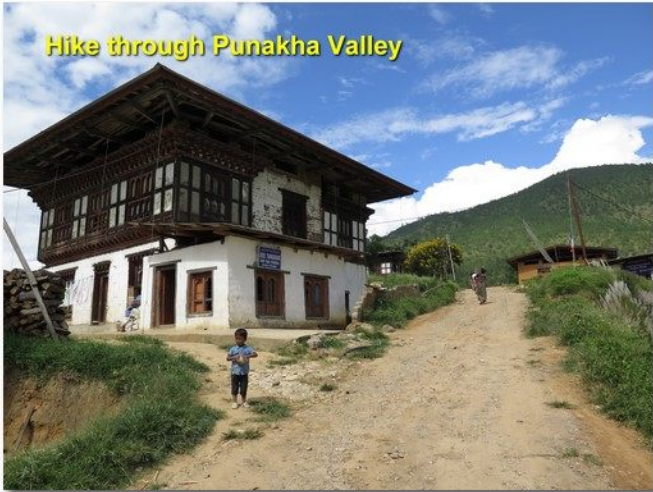




Hike through Punakha Valley



Hike through Punakha Valley



Hike through Punakha Valley



Chime Lhakhang Fertility Temple - 15th C

**CHIME LKACHANG**

This temple is dedicated to Lam Drukpa Kunley (1455-1510) also referred to as the divine mad man and is considered a sacred fertility temple. Childless couples often visit the temple to pray for children. He was one of the most popular Buddhist Saints who came from Balung (Tibet).

The temple was constructed in his honor after he subdued a demoness at the Dochula Pass with his flaming thunderbolt of infinite wisdom and killed the demoness who had taken the form of a dog and buried it under the mound of a hill. He then said "Chi-med" (No dog) and built a black chorten (stupa) on top of this mound.

Later in the 15th century Lam Drukpa Kunley's cousin, Ngawang Chogyal built this temple and it came to be known as Chime Lhakhang or "No dog temple".

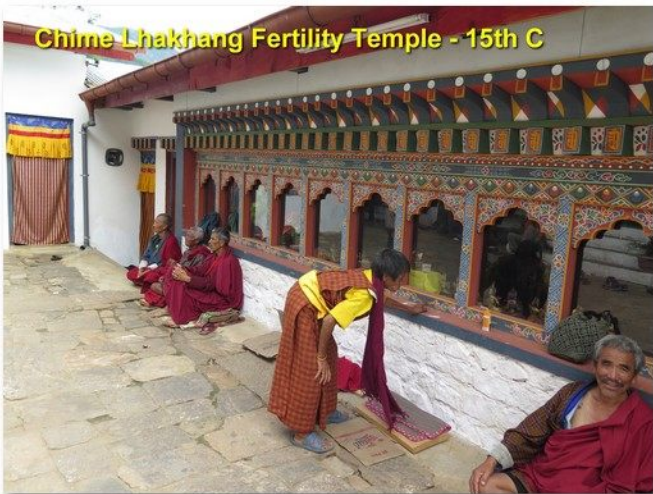
Courtesy: TCBS



Chime Lhakhang Fertility Temple - 15th C



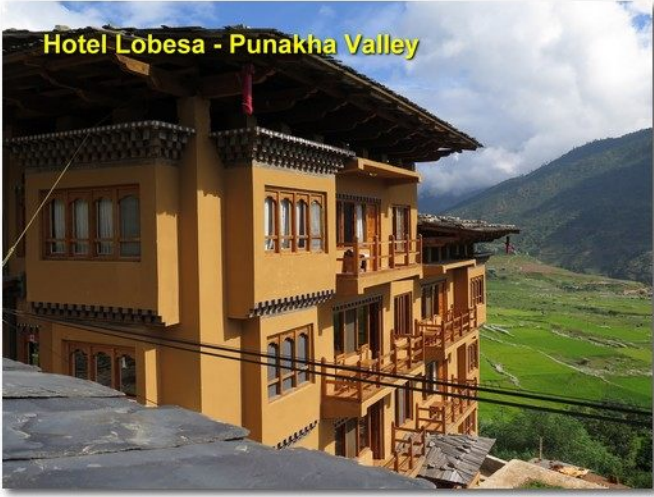
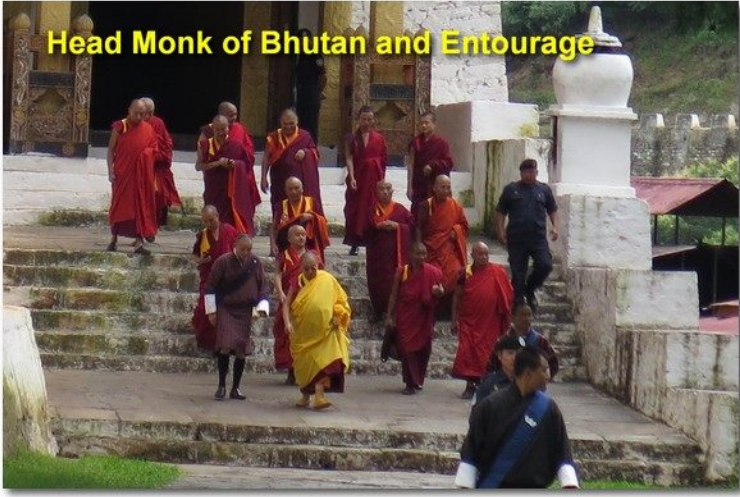
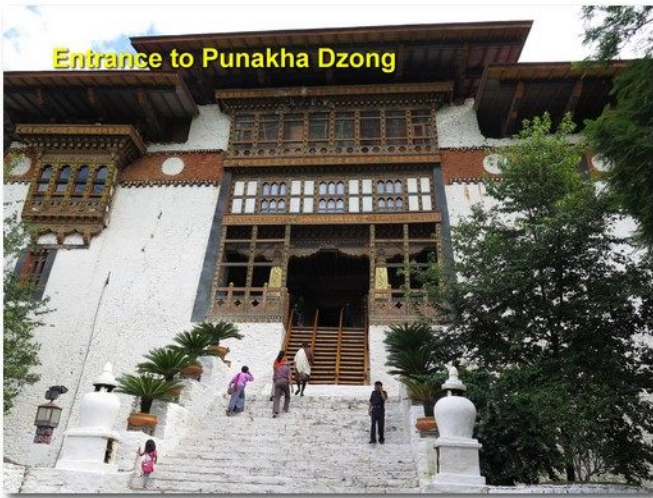
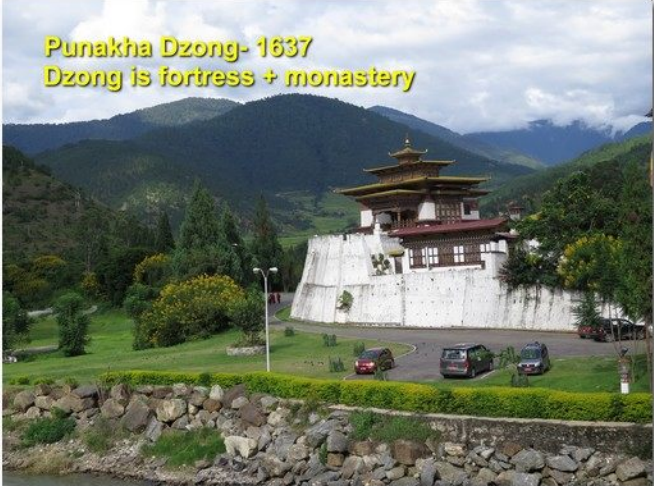
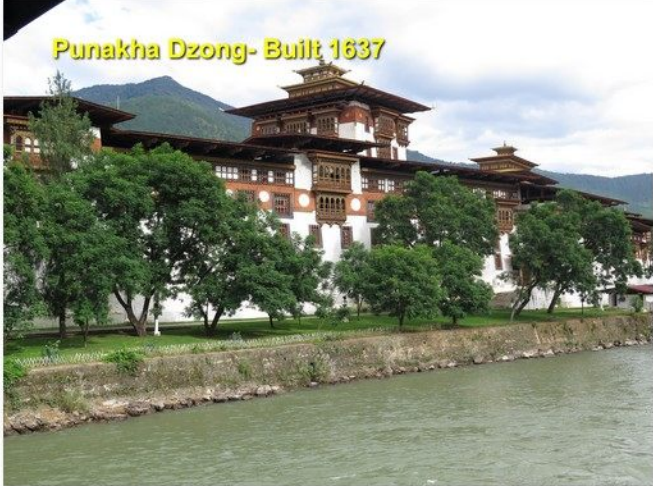
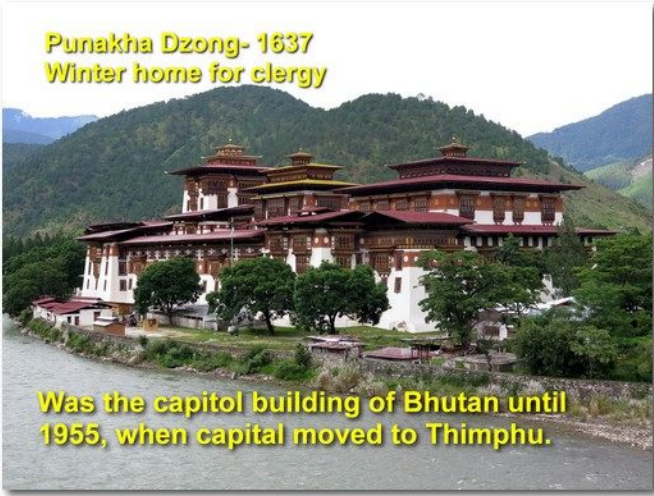
Chime Lhakhang Fertility Temple - 15th C

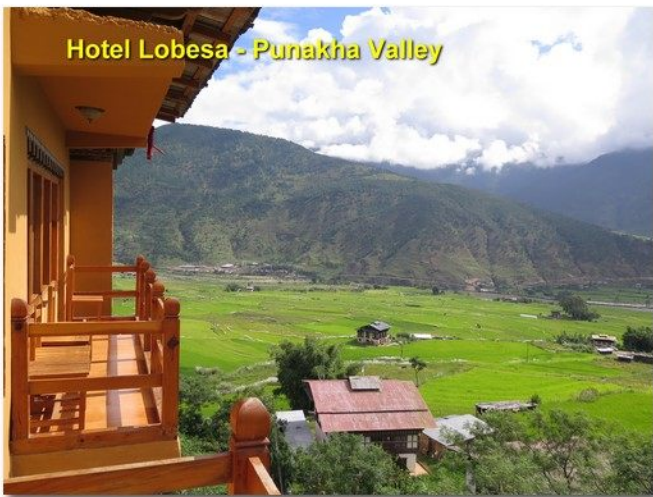


Chime Lhakhang Fertility Temple - 15th C

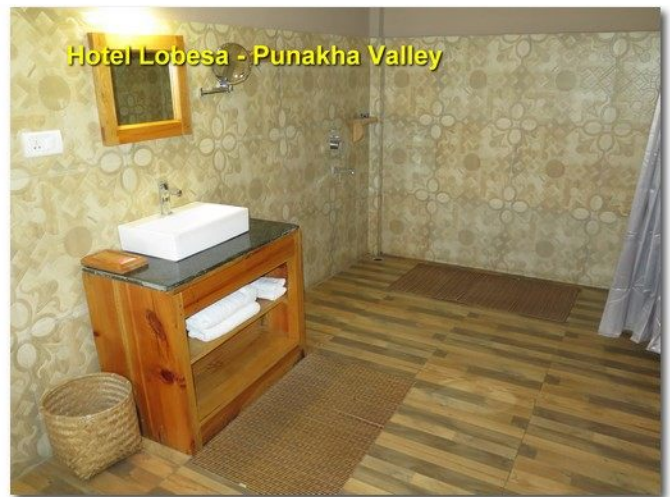


Children near Chime Lhakhang Fertility Temple





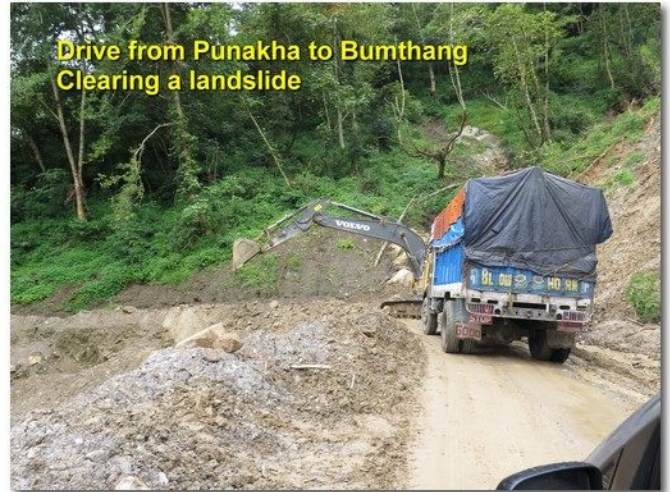
Hotel Lobesa - Punakha Valley



Hotel Lobesa - Punakha Valley



Typical Dinner  
Red Rice  
Cabbage  
Mustard Greens  
Momos  
Pork



Drive from Punakha to Bumthang  
Clearing a landslide



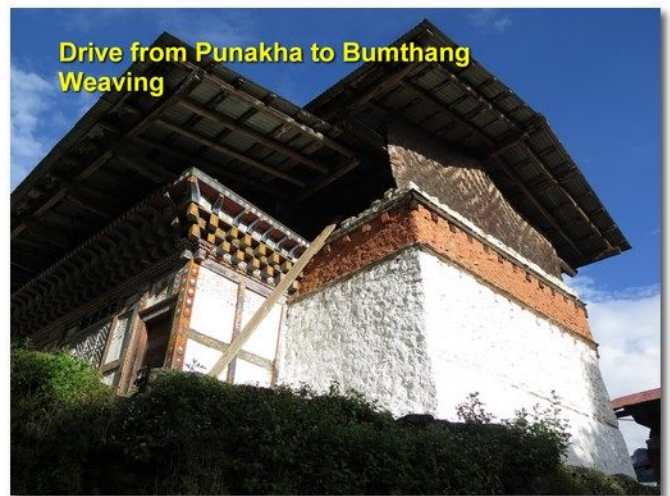
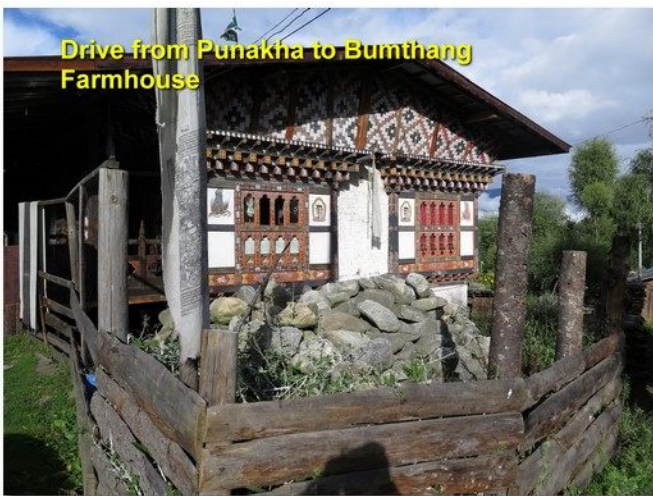
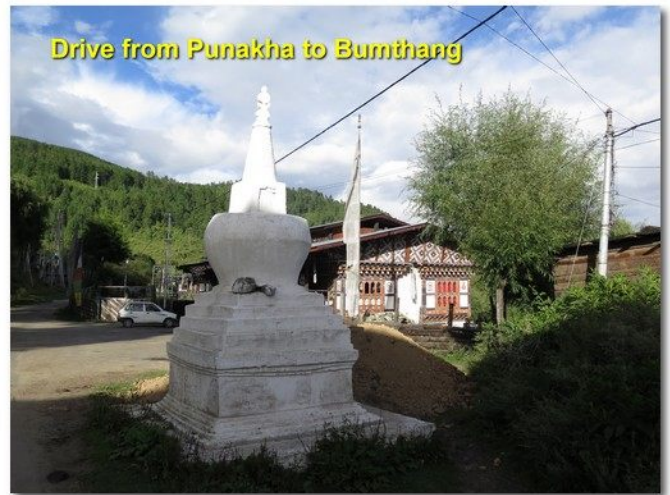
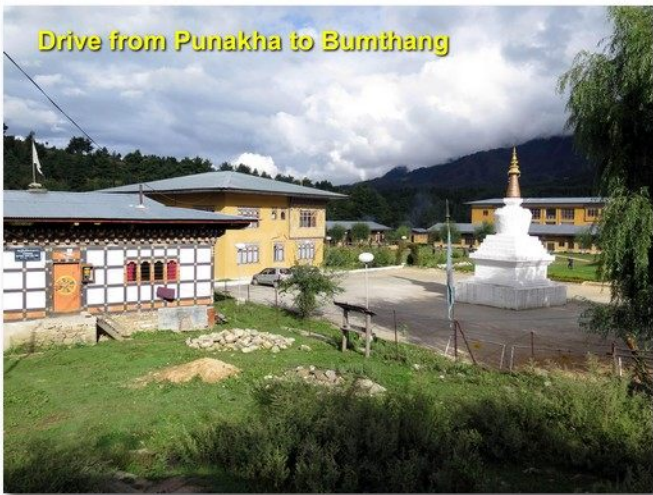
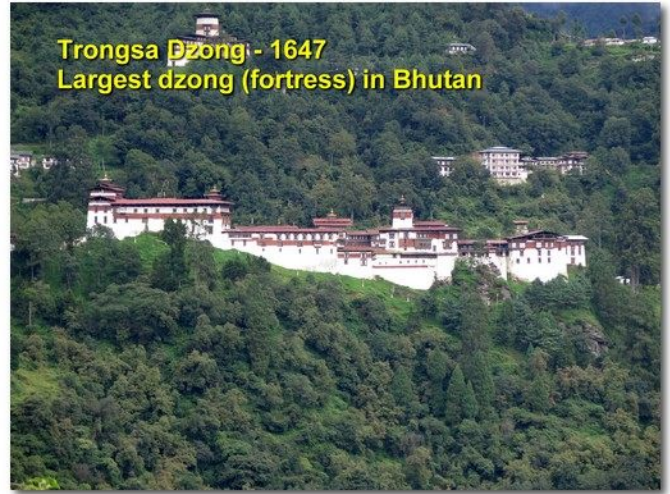
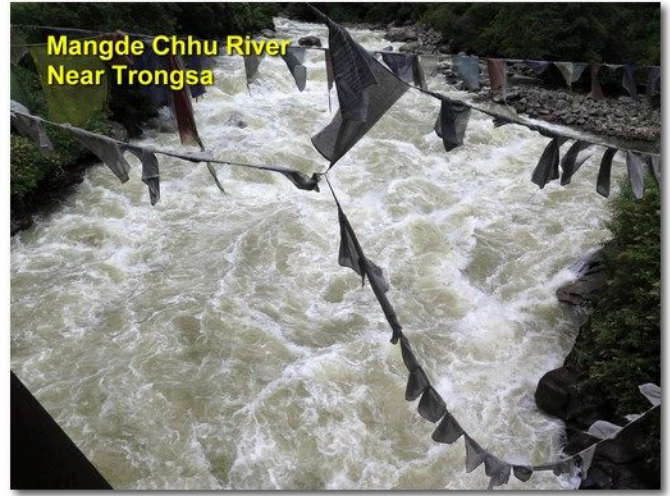
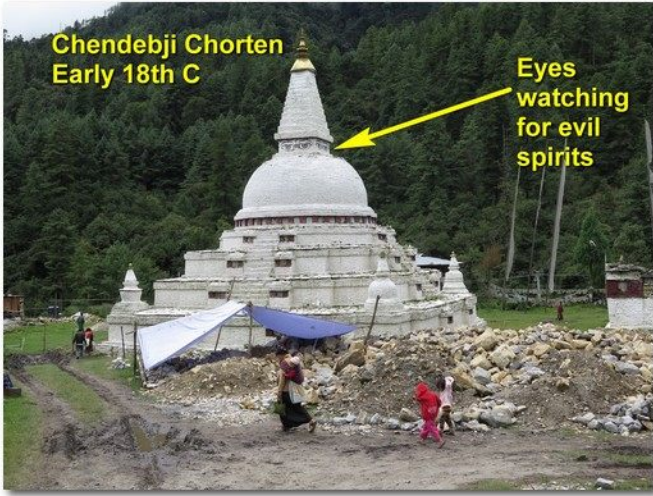
Drive Punakha to Bumthang  
Shrine to lift fog and small shop

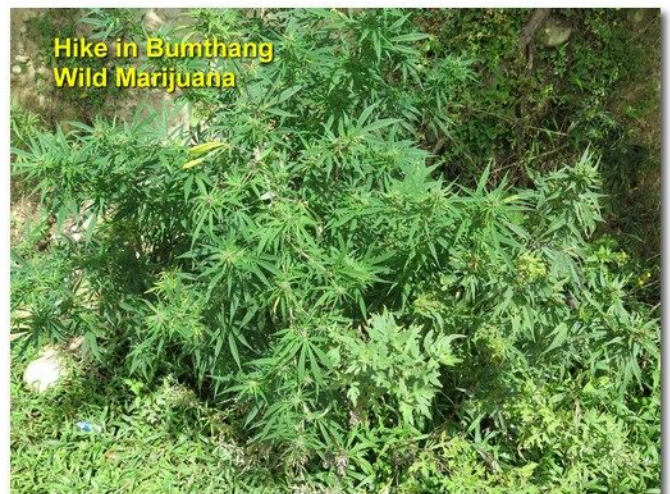
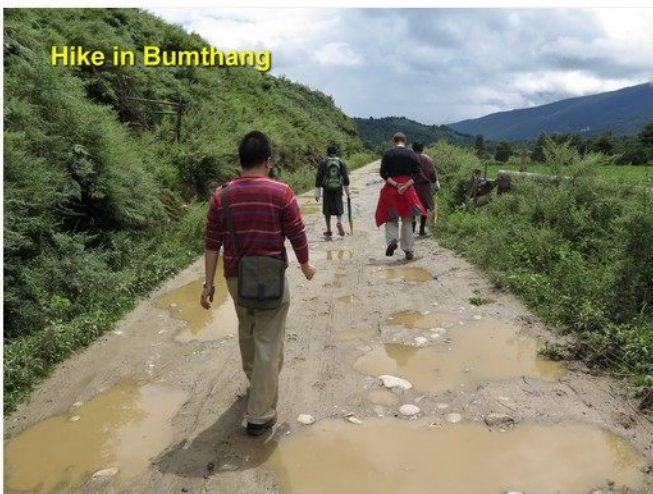
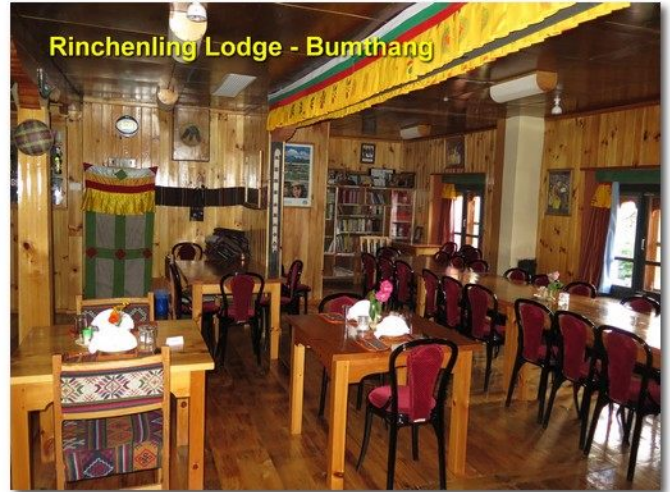
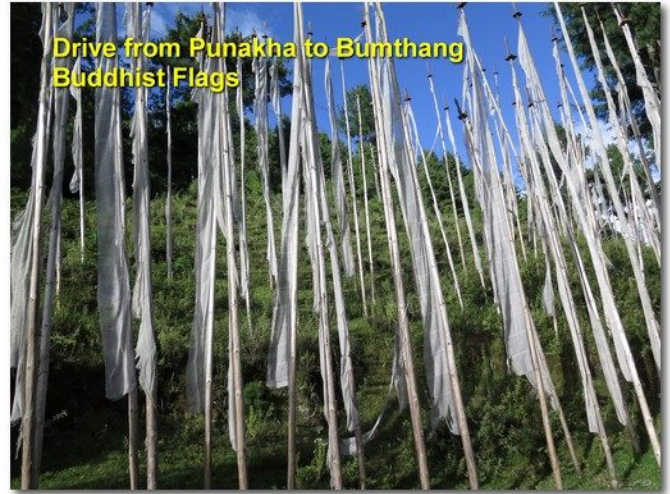
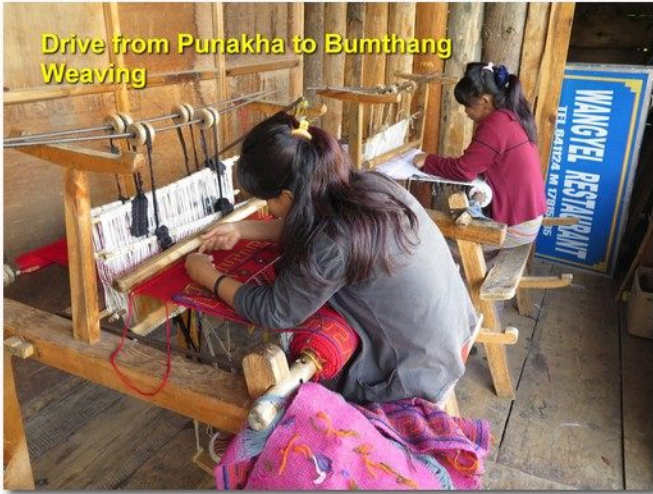


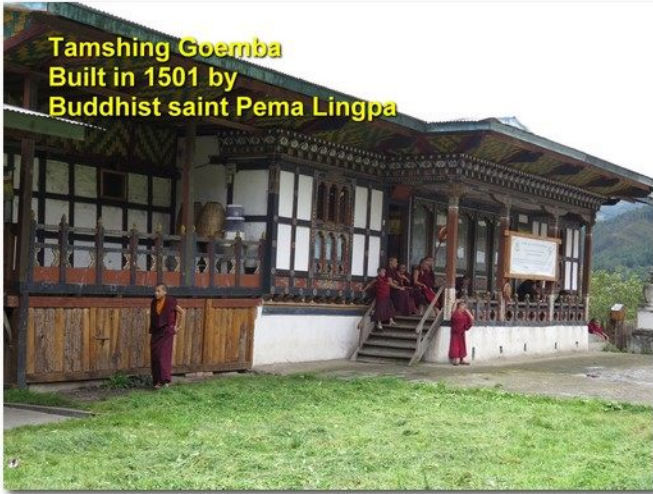
Handicrafts Shop



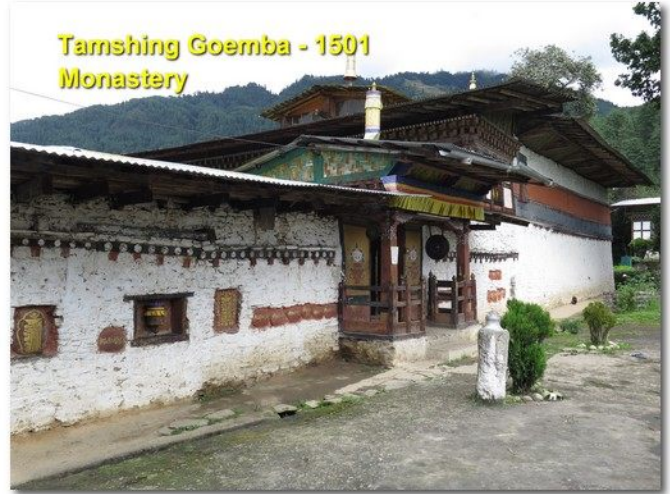
Chendebji Chorten - 18th C







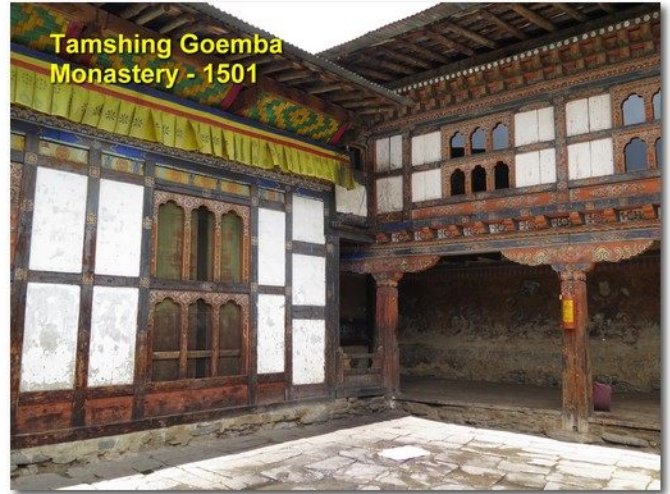
Tamshing Goemba  
Built in 1501 by  
Buddhist saint Pema Lingpa



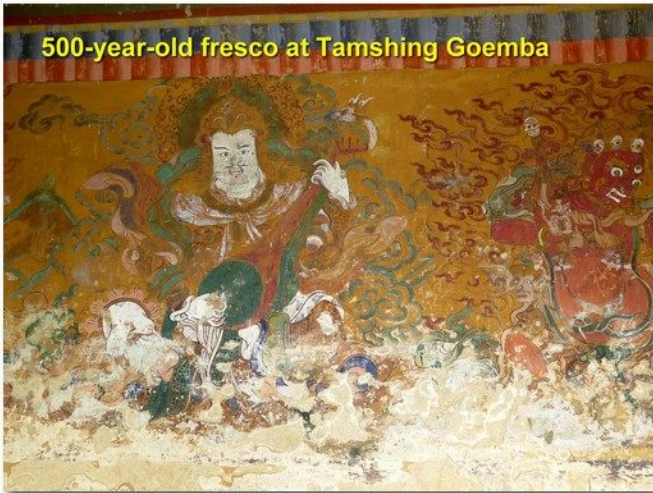
Tamshing Goemba - 1501  
Monastery



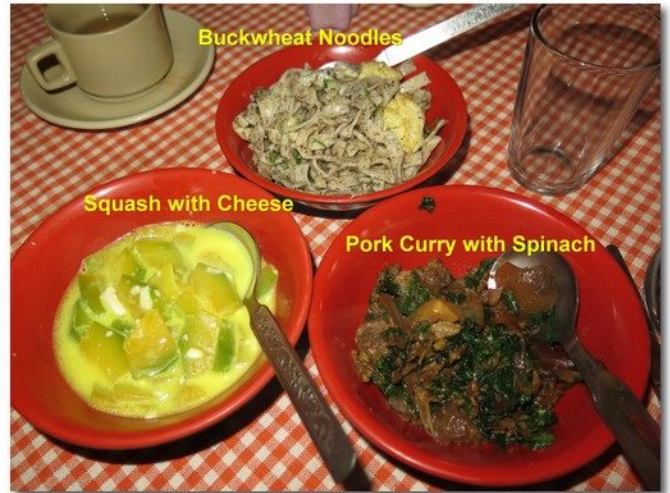
Tamshing Goemba  
Rehearsing a dance for  
upcoming festival



Tamshing Goemba  
Monastery - 1501



500-year-old fresco at Tamshing Goemba



Buckwheat Noodles

Squash with Cheese

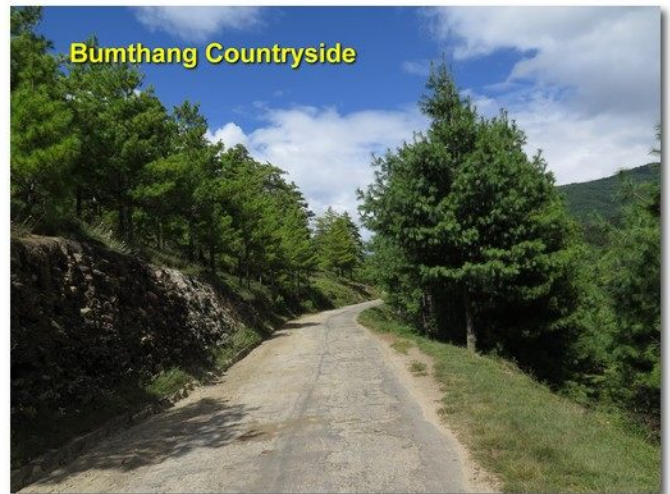
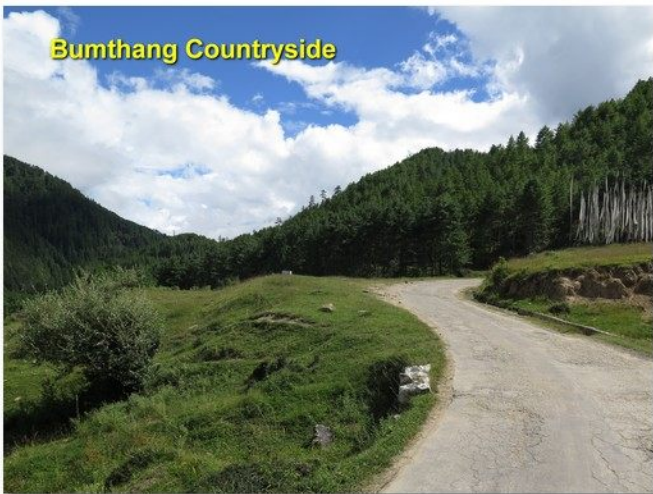
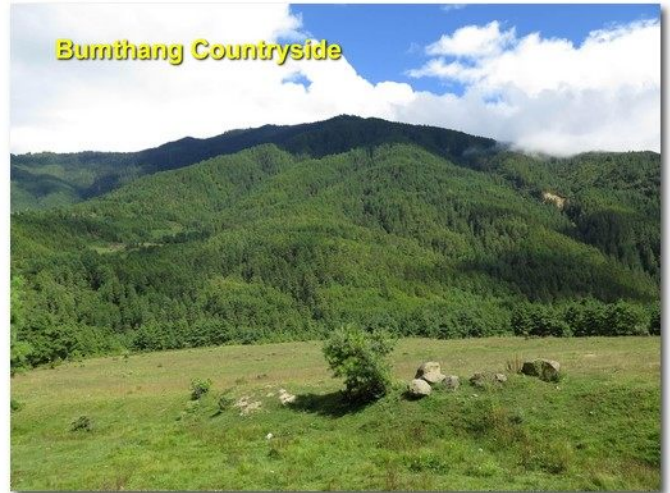
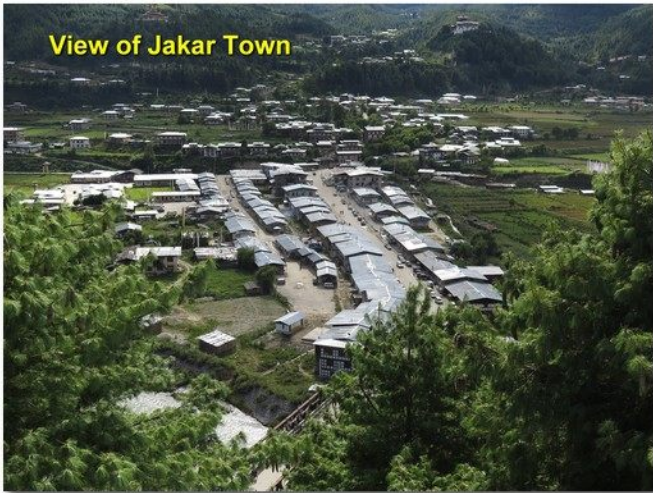
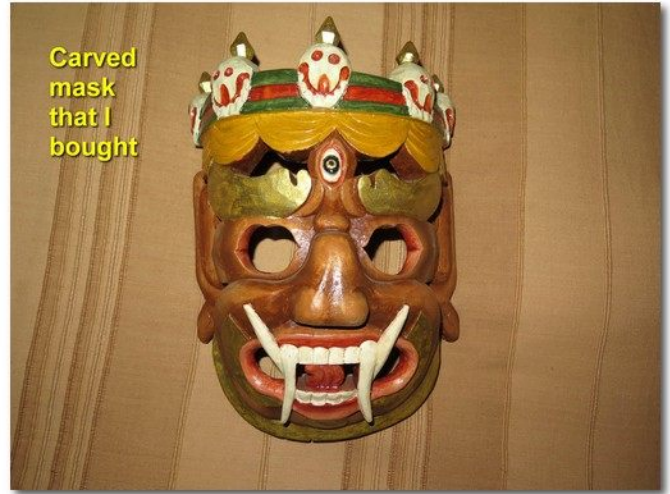
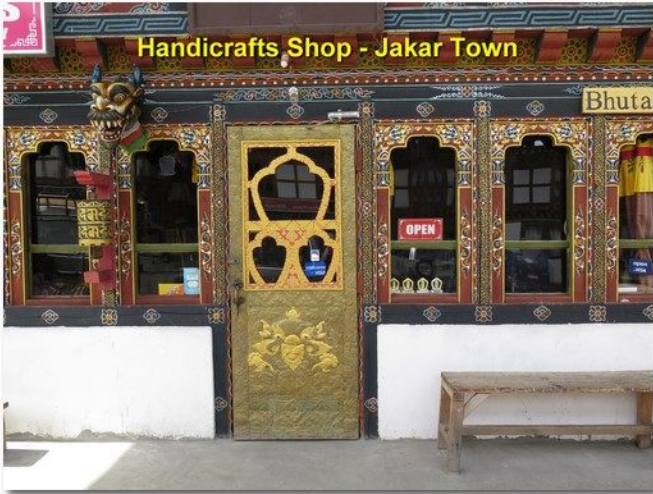
Pork Curry with Spinach



Red Lentil Soup

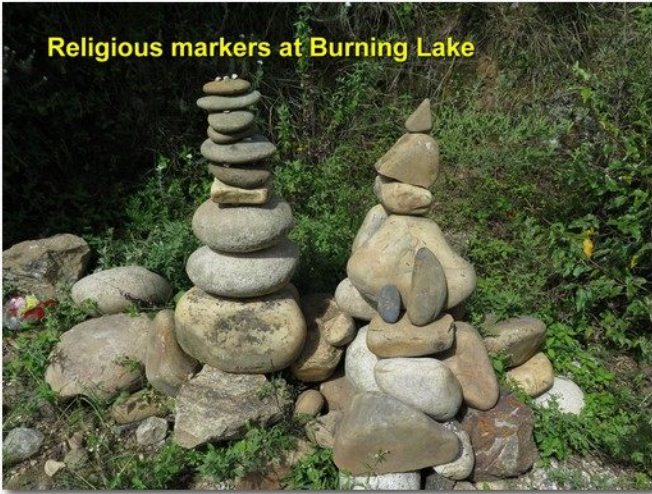


Jakar Town





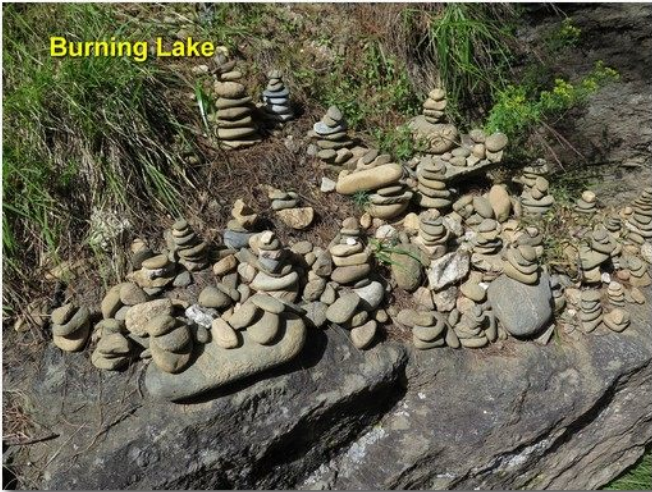
Religious markers at Burning Lake



Burning Lake



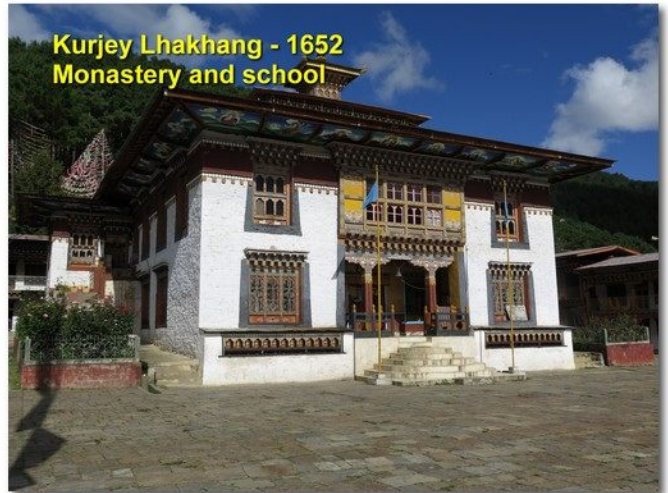
Burning Lake



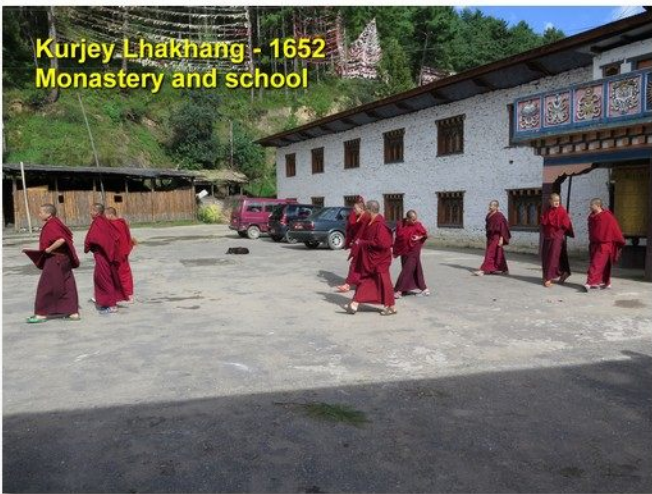
Burning Lake



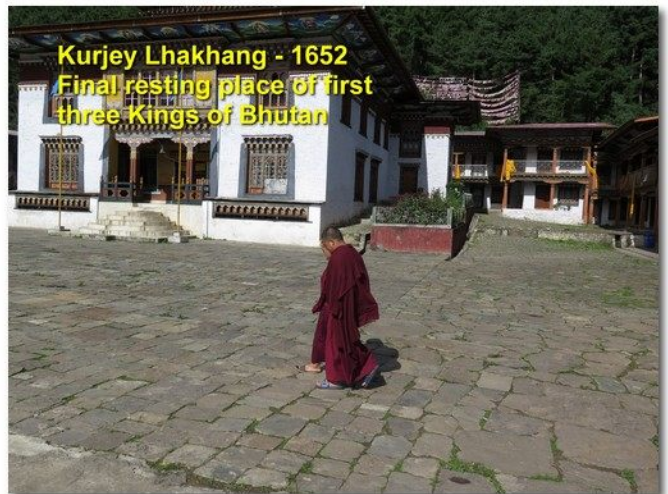
Kurje Lhakhang - 1652  
Monastery and school

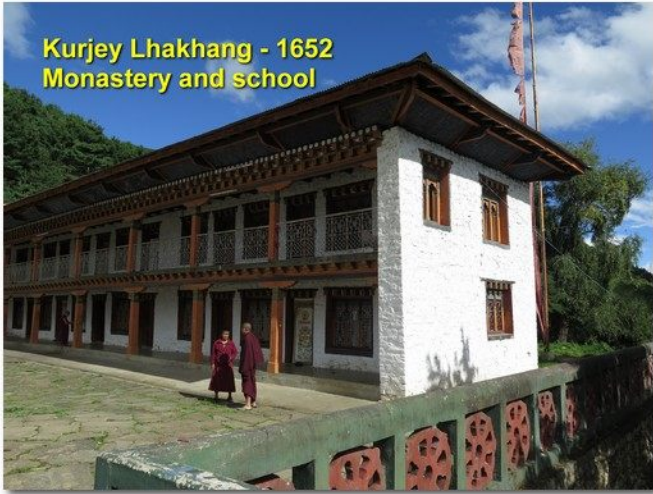


Kurje Lhakhang - 1652  
Monastery and school

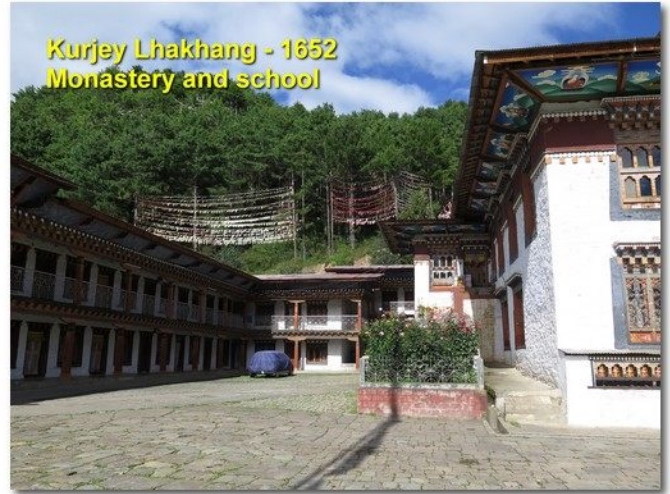


Kurje Lhakhang - 1652  
Final resting place of first  
three Kings of Bhutan

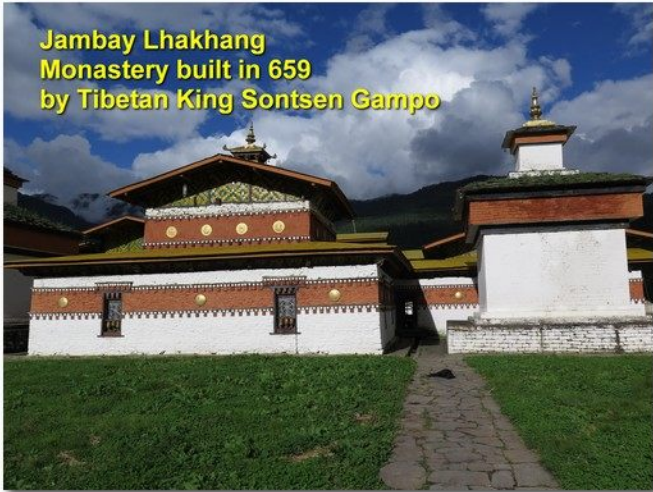




**Kurjey Lhakhang - 1652  
Monastery and school**



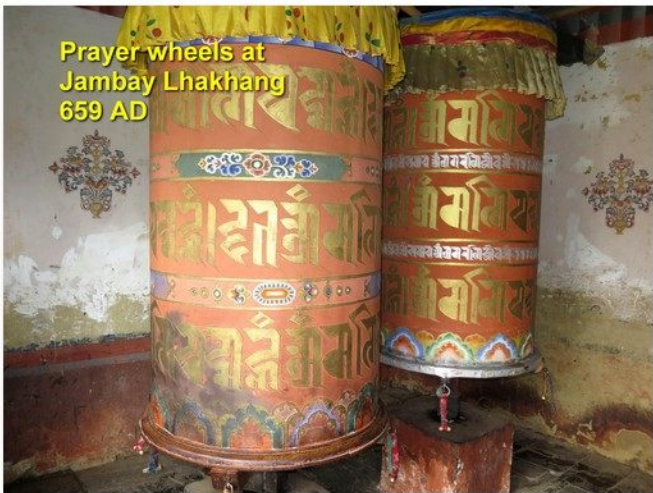
**Kurjey Lhakhang - 1652  
Monastery and school**



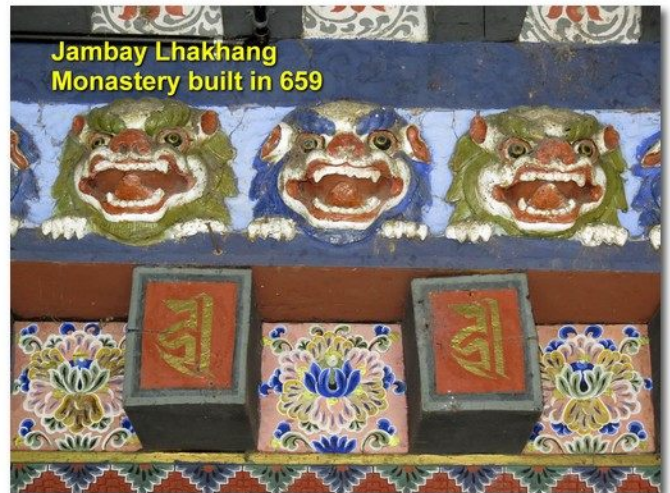
**Jambay Lhakhang  
Monastery built in 659  
by Tibetan King Sontsen Gampo**



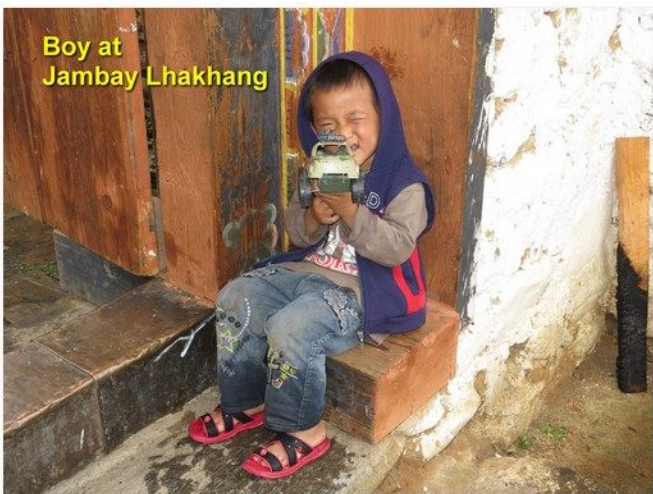
**Jambay Lhakhang  
7th C temple**



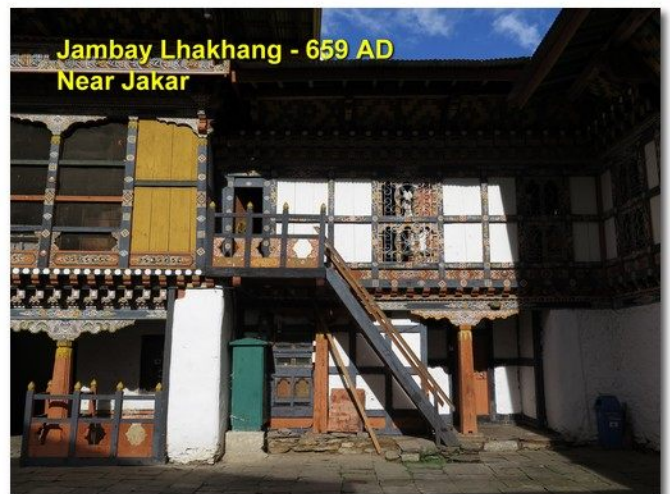
**Prayer wheels at  
Jambay Lhakhang  
659 AD**



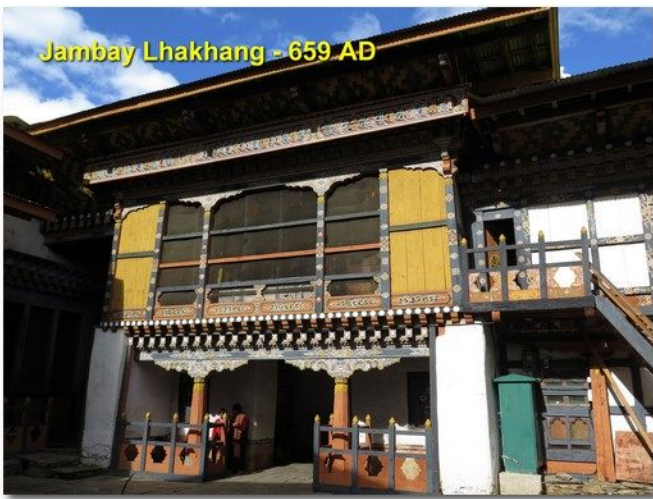
**Jambay Lhakhang  
Monastery built in 659**



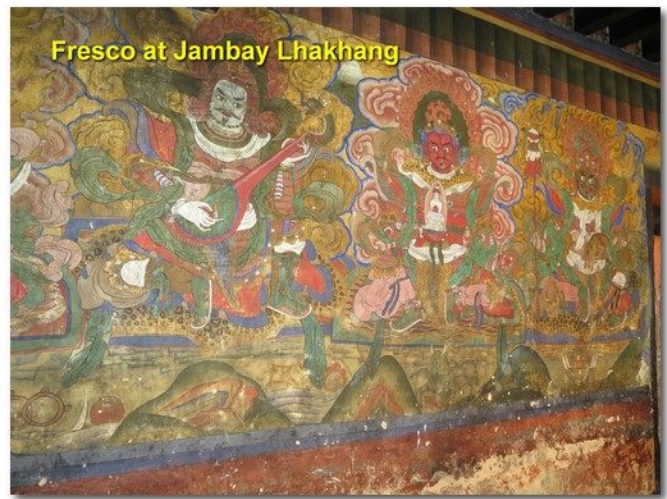
**Boy at  
Jambay Lhakhang**



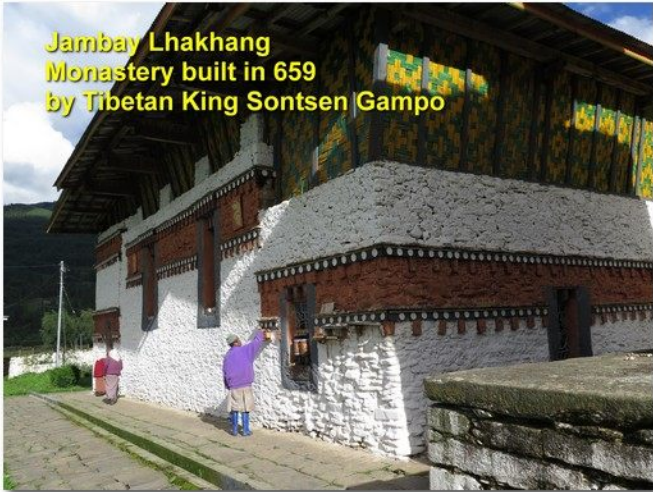
**Jambay Lhakhang - 659 AD  
Near Jakar**



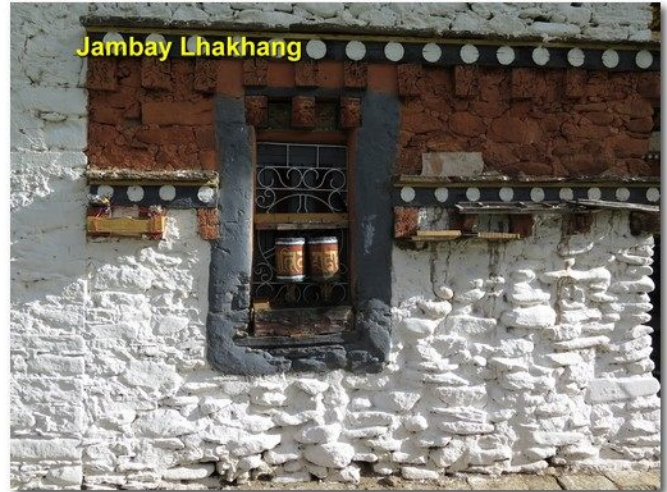
Jambay Lhakhang - 659 AD



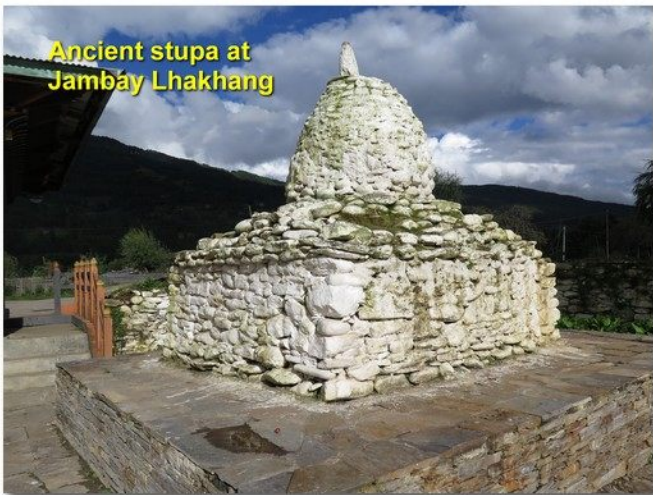
Fresco at Jambay Lhakhang



Jambay Lhakhang  
Monastery built in 659  
by Tibetan King Sontsen Gampo



Jambay Lhakhang



Ancient stupa at  
Jambay Lhakhang



Cordyceps Sinensis  
Caterpillar larvae with fungus  
Ancient Chinese and Tibetan medicine

**Cordyceps sinensis**  
**Traditional uses:**

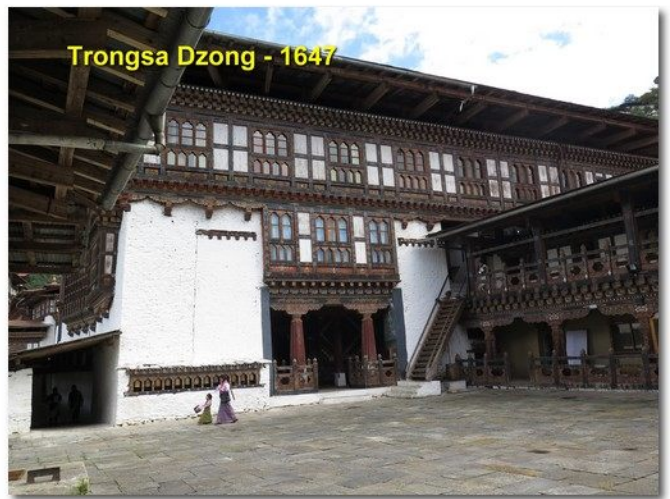
Increase longevity	Arthritis
Erectile dysfunction	Jaundice
Female aphrodisiac	Prostate enlargement
Infertility	Liver diseases
General weakness	Kidney diseases
Tuberculosis	Coronary disease
Bronchitis	Sciatica / backache
Malignant tumor	Low BP & dizziness
Cough and cold	Diabetes
Rheumatism	Hepatitis



Buying cordyceps at  
Jambay Lhakhang



Trongsa Dzong - 1647



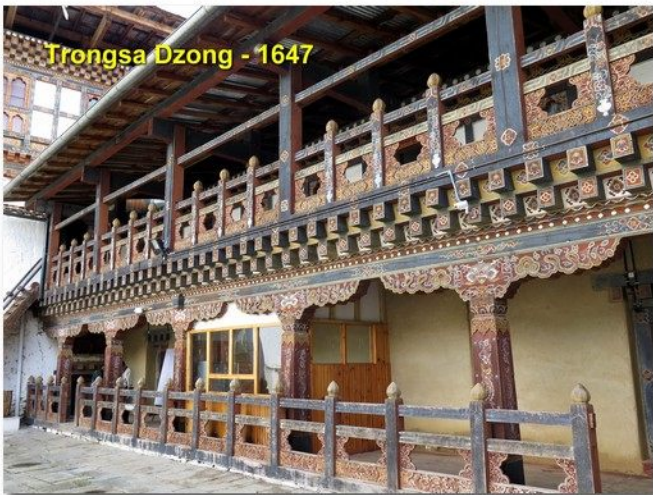
Trongsa Dzong - 1647



View of Mangde Chu Valley from Trongsa Dzong



Trongsa Dzong - 1647



Trongsa Dzong - 1647



Trongsa Dzong - 1647

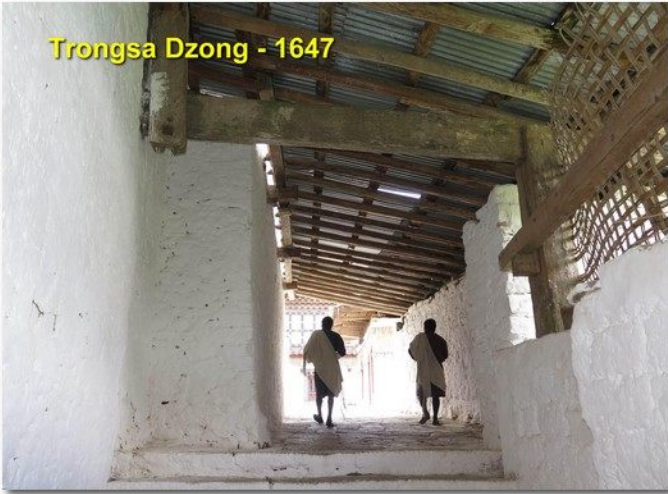


Trongsa Dzong - 1647



Trongsa Dzong - 1647

Trongsa Dzong - 1647



Trongsa Dzong - 1647



Trongsa Dzong - 1647



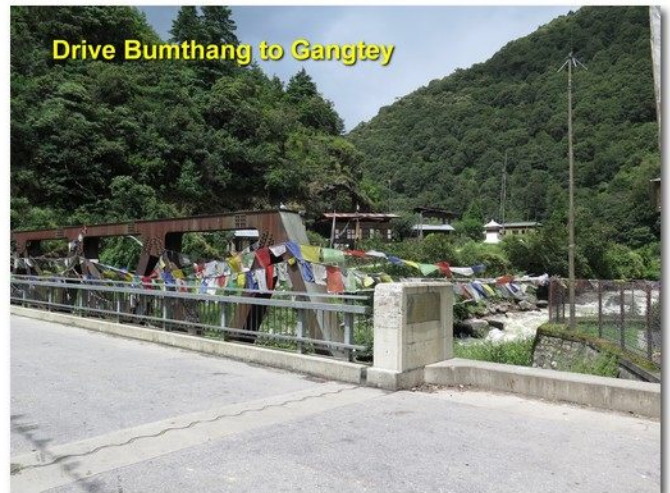
Trongsa Dzong - 1647



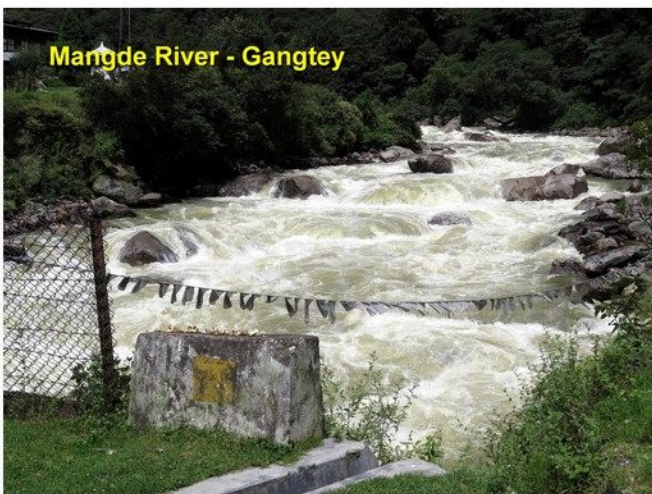
500+ year old cypress tree at Trongsa Dzong



Drive Bumthang to Gangtey



Mangde River - Gangtey

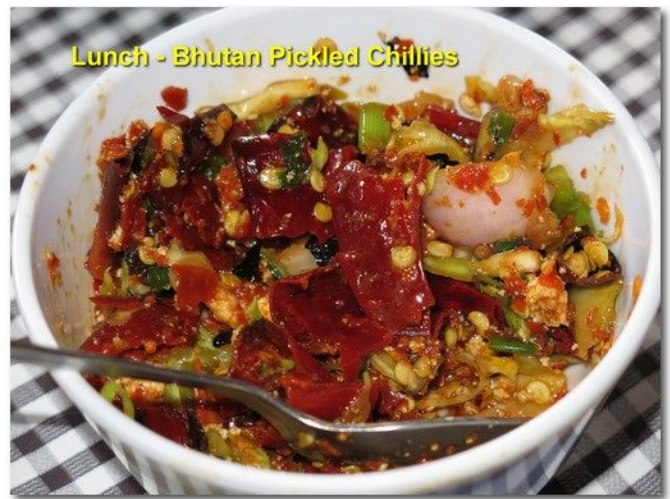


Lunch - Chicken





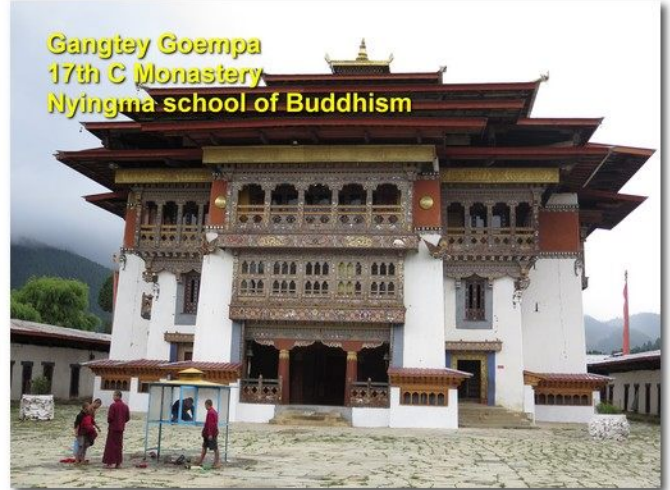
Lunch - Vegetables



Lunch - Bhutan Pickled Chillies



Typical toilet at a restaurant on the road



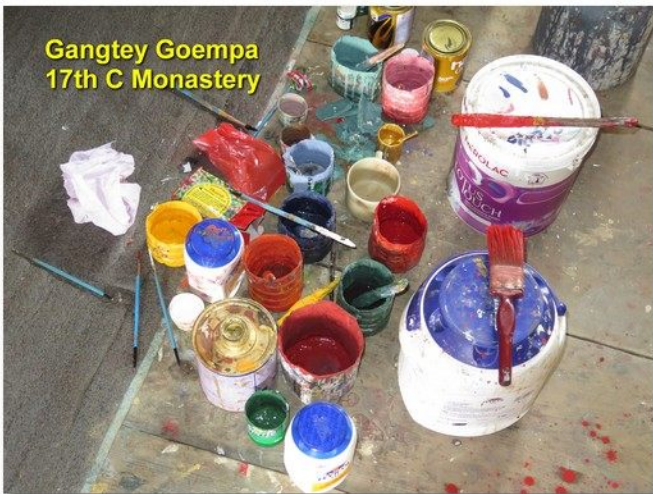
Gangtey Goempa  
17th C Monastery  
Nyingma school of Buddhism



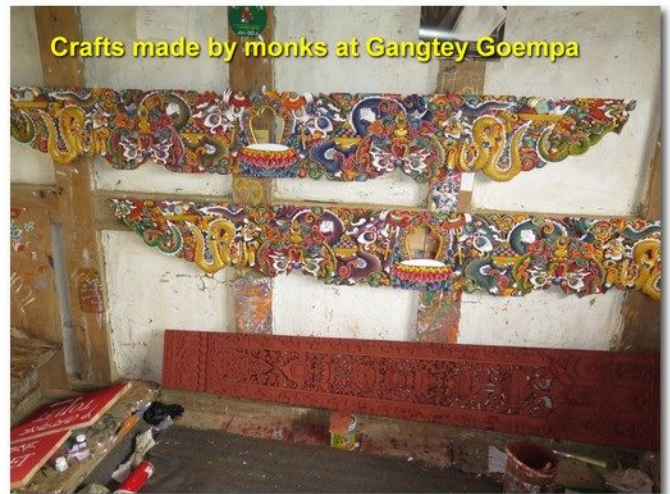
Carvings at Gangtey Goempa



Crafts made by monks at Gangtey Goempa



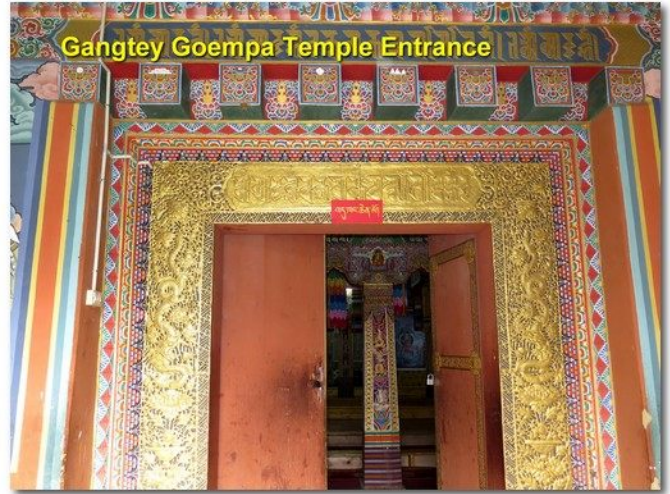
Gangtey Goempa  
17th C Monastery



Crafts made by monks at Gangtey Goempa



Young monks at Gangtey Goempa



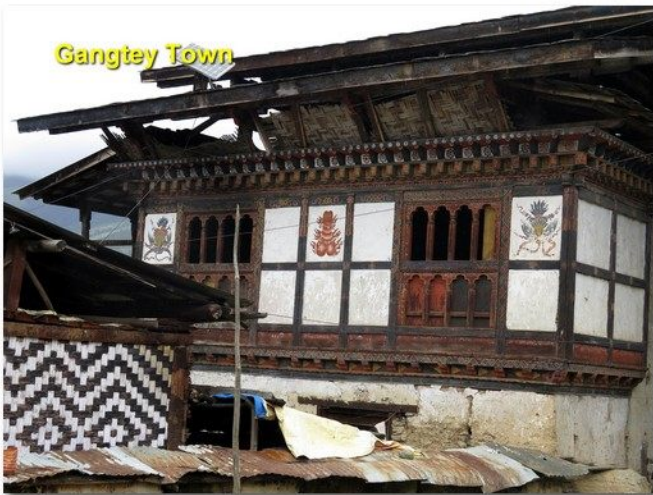
Gangtey Goempa Temple Entrance



Gangtey Goempa  
17th C Monastery



Gangtey Town



Gangtey Town



Dewachen Hotel - Gangtey

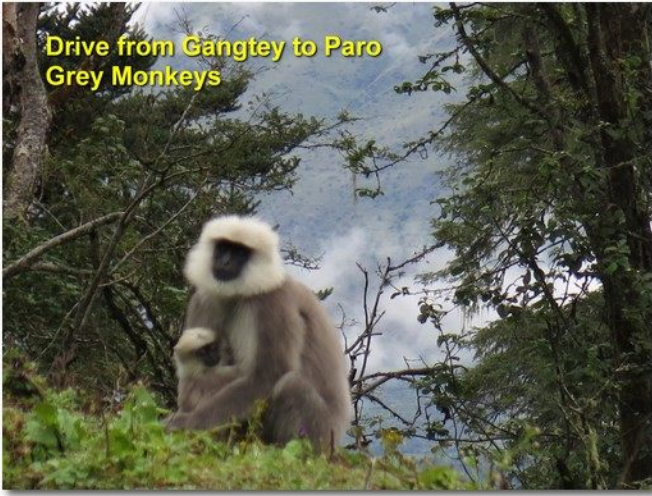


Drive Gangtey to Paro



Drive from Gangtey to Paro

Drive from Gangtey to Paro  
Grey Monkeys



Paro  
Gangtey Palace Hotel



Gangtey Palace Hotel - Paro



Gangtey Palace Hotel - Paro



Gangtey Palace Hotel - Paro







Lighting a fire at Gangtey Palace Hotel Paro



Red Rice

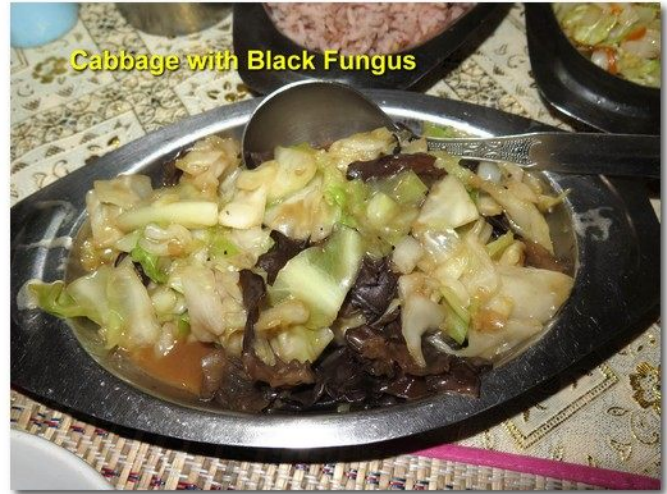
Noodles with Vegetables

Broccoli, carrots, cauliflower

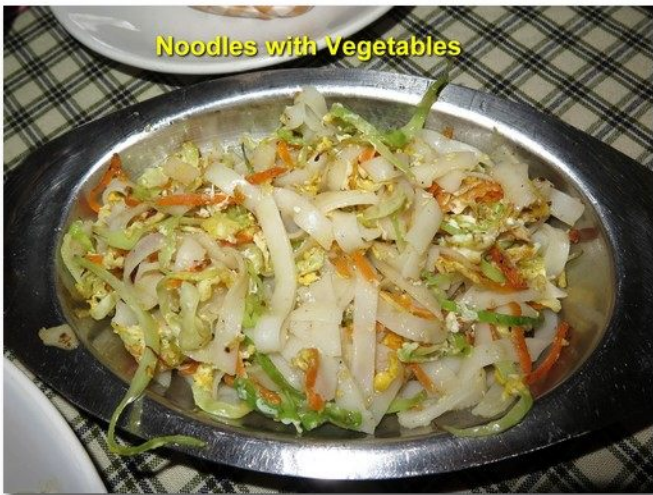
Fish, Tomato, Onion



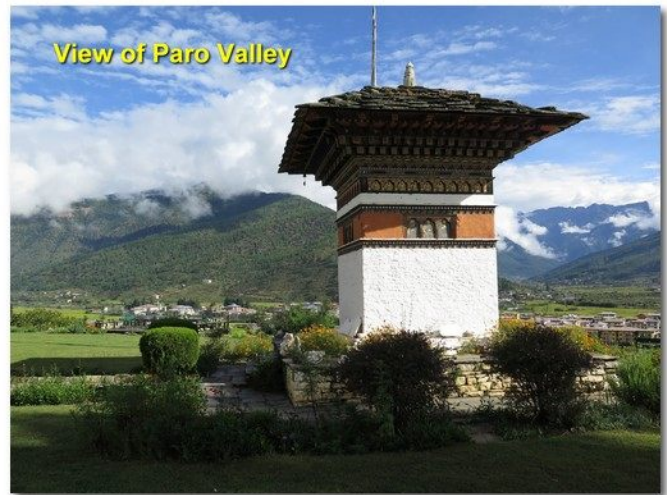
Fish with tomatoes and onion



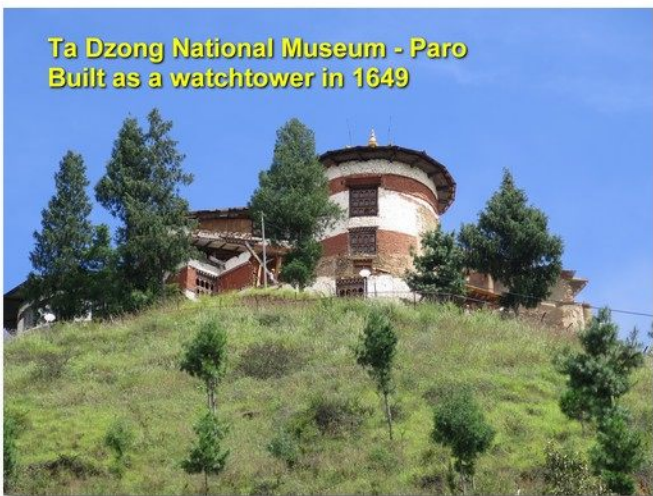
Cabbage with Black Fungus



Noodles with Vegetables



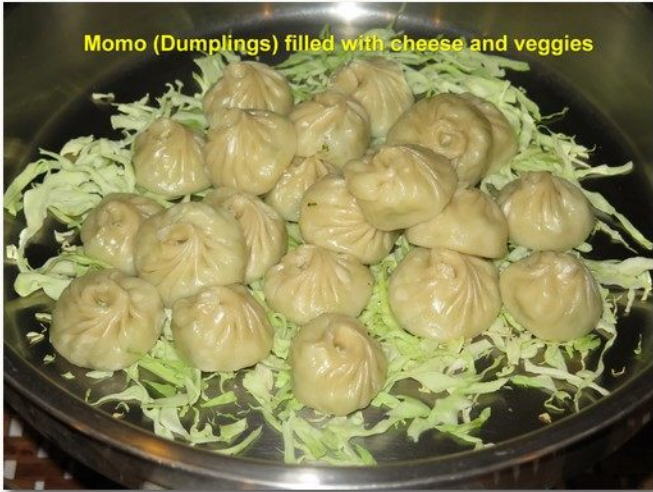
View of Paro Valley



Ta Dzong National Museum - Paro  
Built as a watchtower in 1649



Ta Dzong National Museum - Paro  
Cultural heritage, statues, paintings



Momo (Dumplings) filled with cheese and veggies



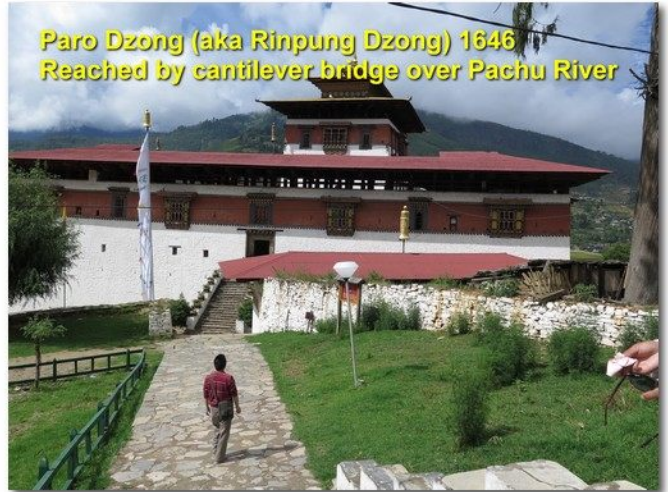
"Manchurians" vegetable balls

Mushrooms with cheese

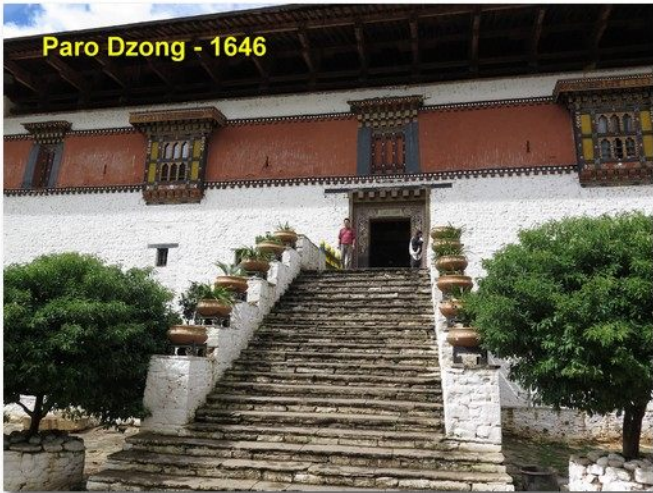


Sliced Beef

Chicken Curry



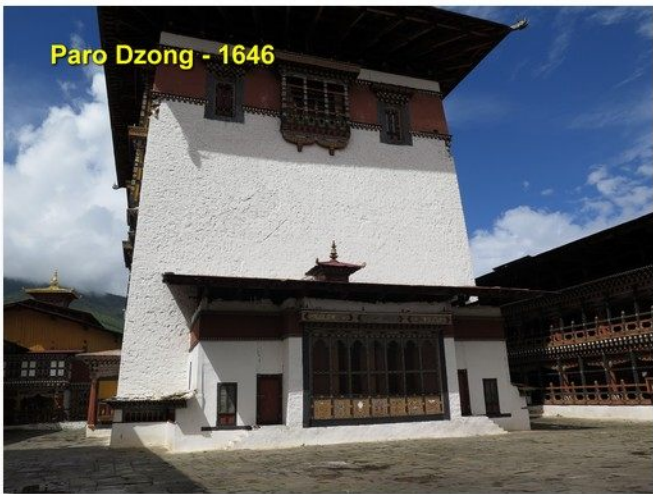
Paro Dzong (aka Rinpung Dzong) 1646  
Reached by cantilever bridge over Pachu River



Paro Dzong - 1646



Paro Dzong - 1646



Paro Dzong - 1646



Paro Dzong - 1646

Paro Dzong - 1646



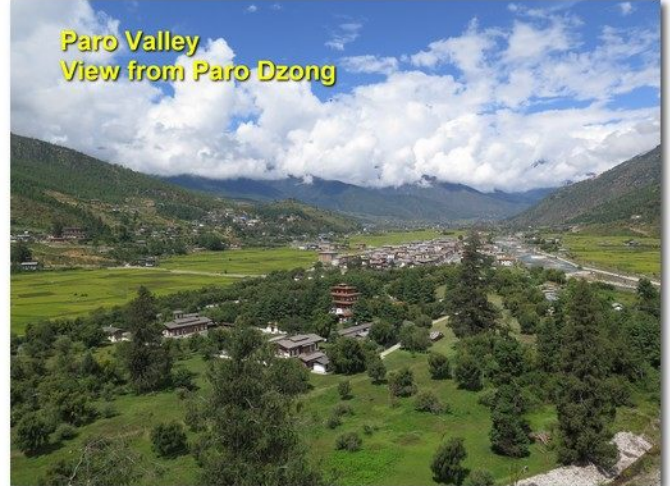
Paro Dzong - 1646



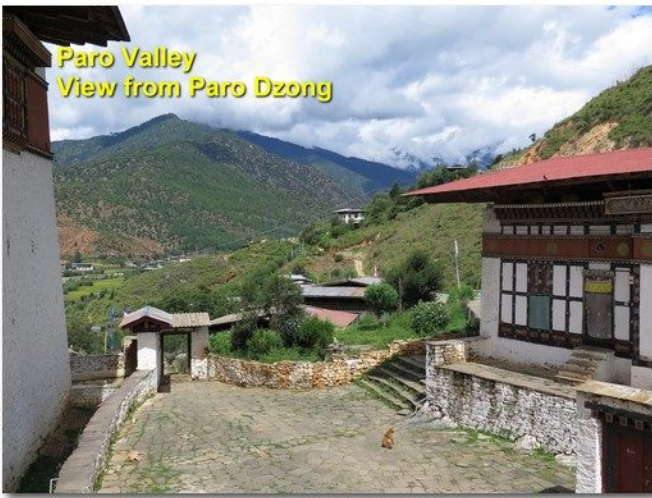
Paro Dzong - 1646



Paro Valley  
View from Paro Dzong



Paro Valley  
View from Paro Dzong



Minor accident - tractor hit our van



Minor accident - tractor hit our van

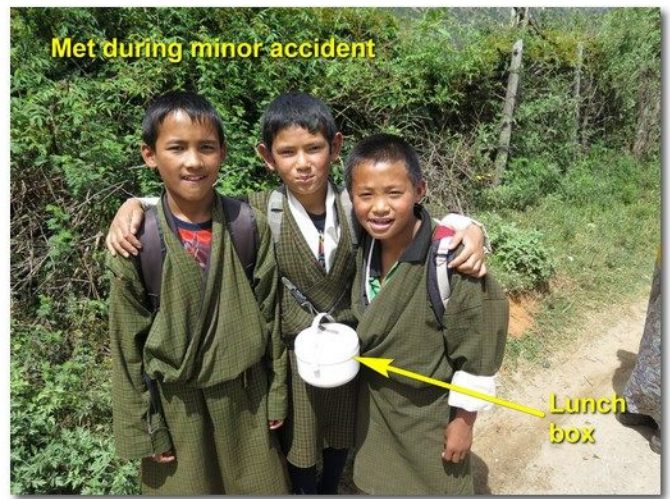


Minor accident - tractor hit our van





Minor accident - tractor hit our van



Met during minor accident

Lunch box



Kyerchu Temple or Pho Kyerchu  
Oldest temple in Bhutan - 7th c



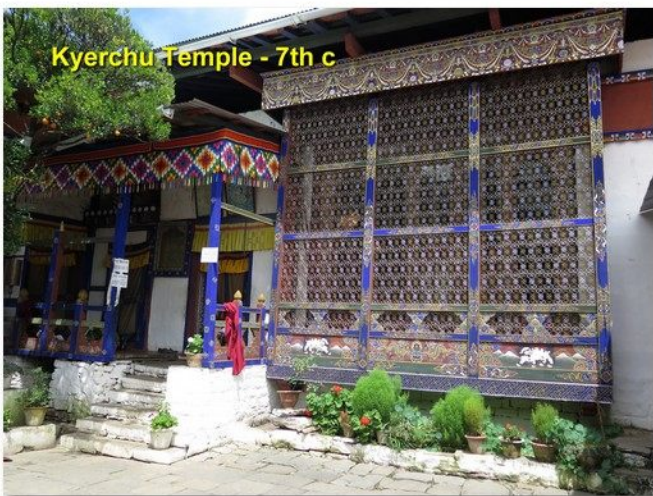
Kyerchu Temple



Kyerchu Temple  
Oldest temple  
in Bhutan - 7th c



Kyerchu Temple - 7th c



Kyerchu Temple - 7th c



Kyerchu Temple  
7th c



Kyerchu Temple - 7th c



Monks at Kyerchu Temple



Farmhouse Lunch



Farmhouse Lunch



Farmhouse Lunch  
Living Room - Dining Room



Farmhouse Lunch



Farmhouse  
Lunch  
Butter Tea



Farmhouse Lunch - Butter Tea

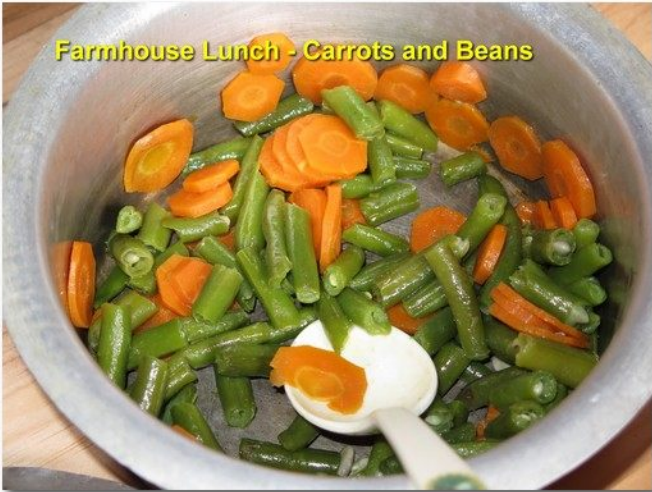
Famhouse Lunch - Home Made Popped Corn and Rice Snacks



Farmhouse Lunch - Stewed Eggplant



Farmhouse Lunch - Carrots and Beans



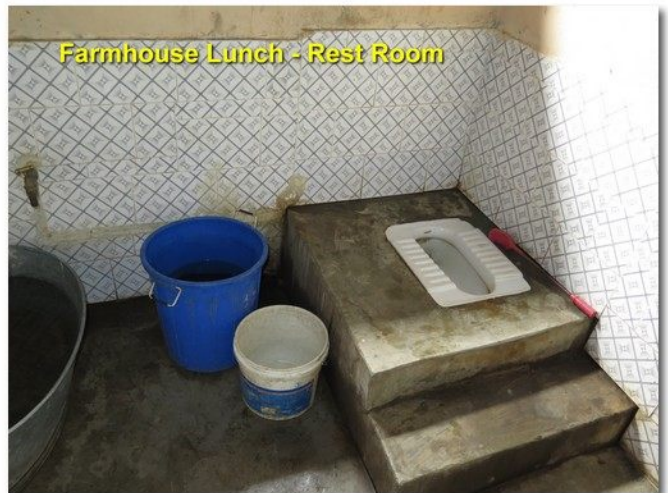
Farmhouse Lunch All home grown Stewed Eggplant



Farmhouse Lunch - Eat with Your Hands



Farmhouse Lunch - Rest Room



Paro Archery Tournament



Paro Archery Tournament





Paro Archery Tournament



Paro Archery Tournament



Paro Farmers' Market



Paro Farmers' Market - Chillies



Paro Farmers' Market - Bitter Melon



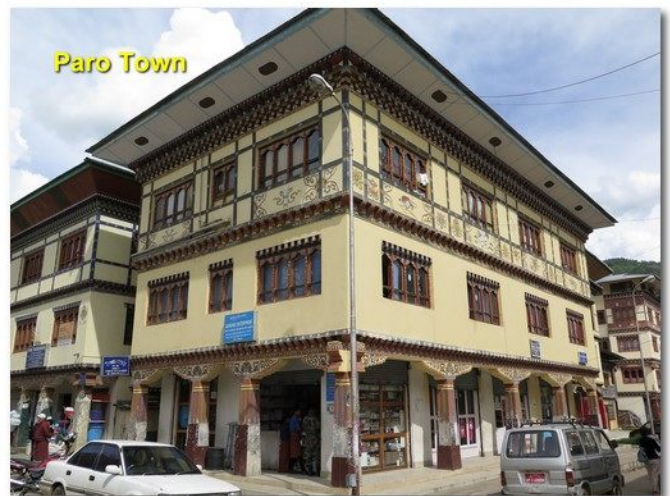
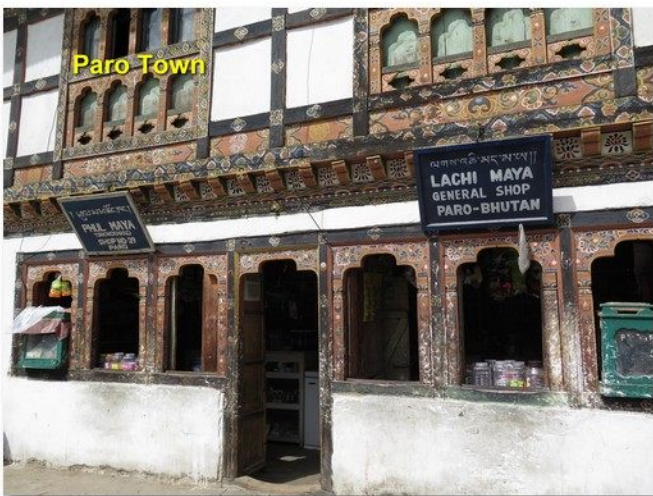
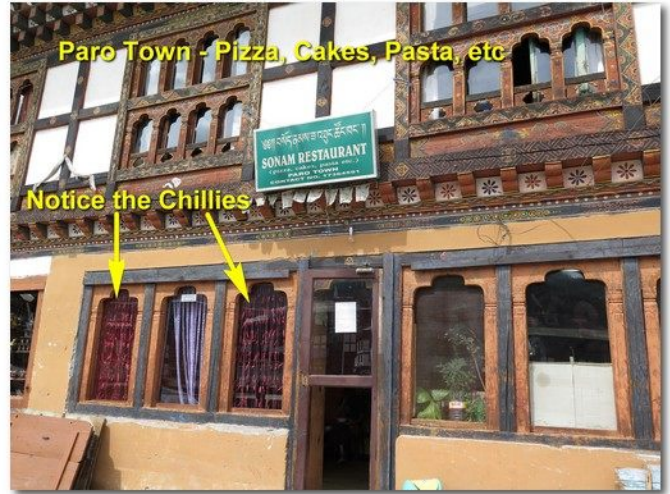
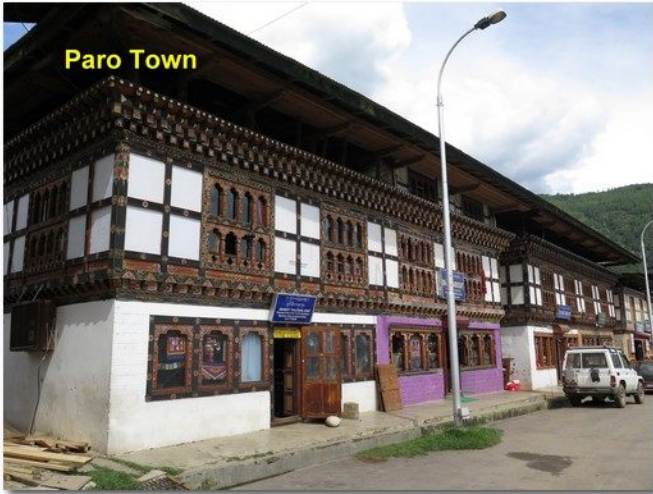
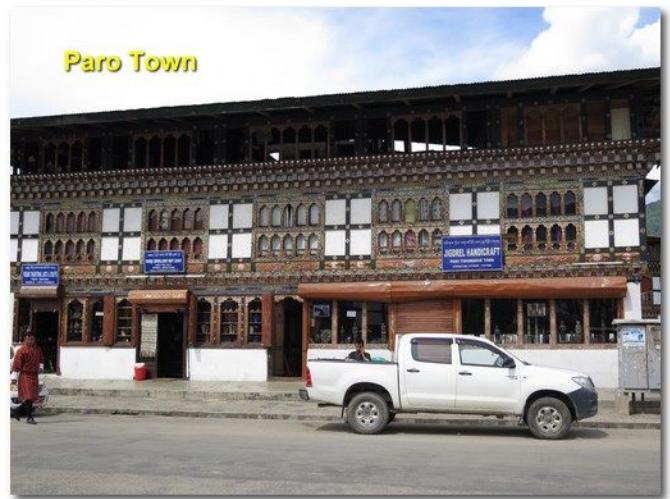
Paro Farmers' Market - Eggplant Drying



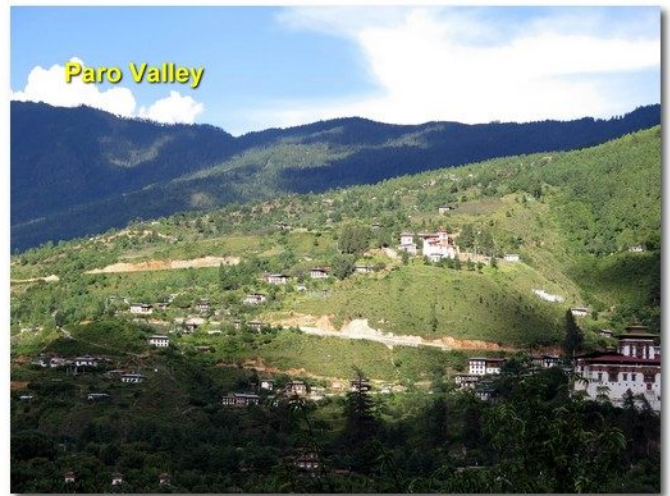
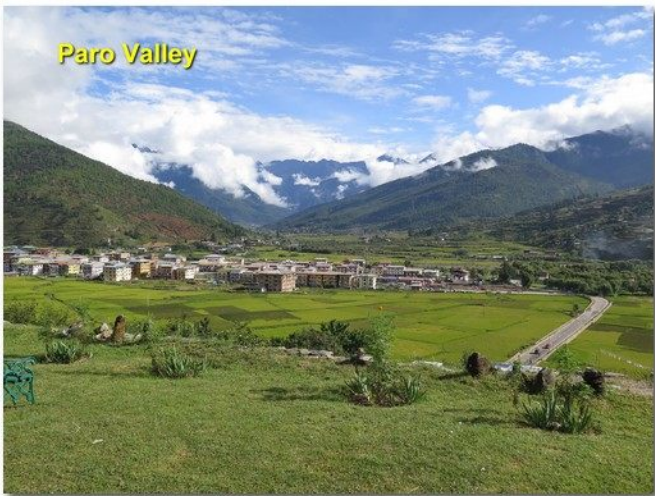
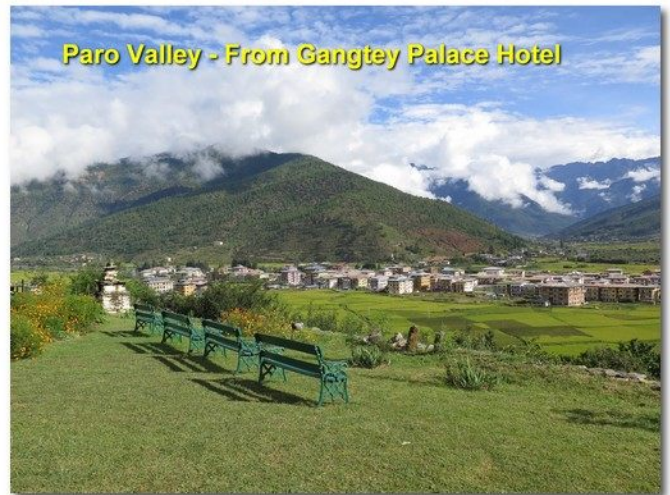
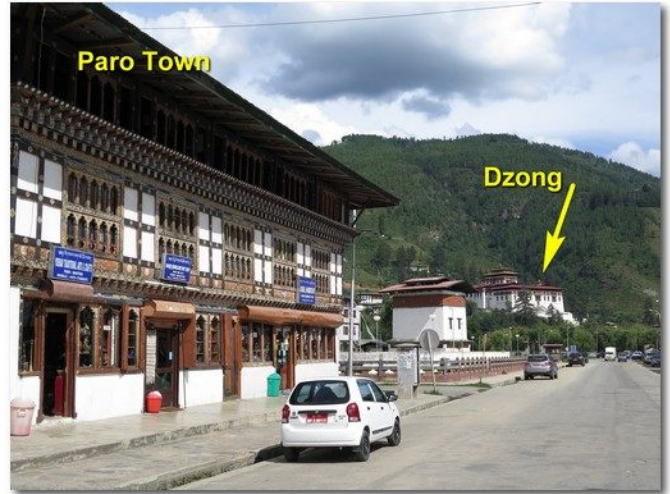
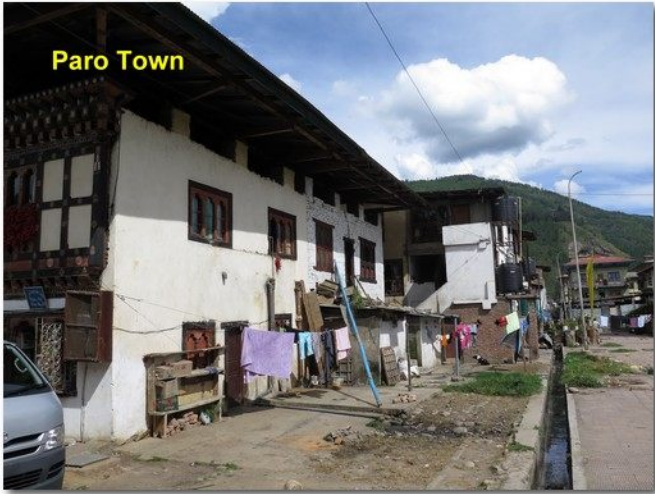
Paro Farmers' Market - Chillies Drying



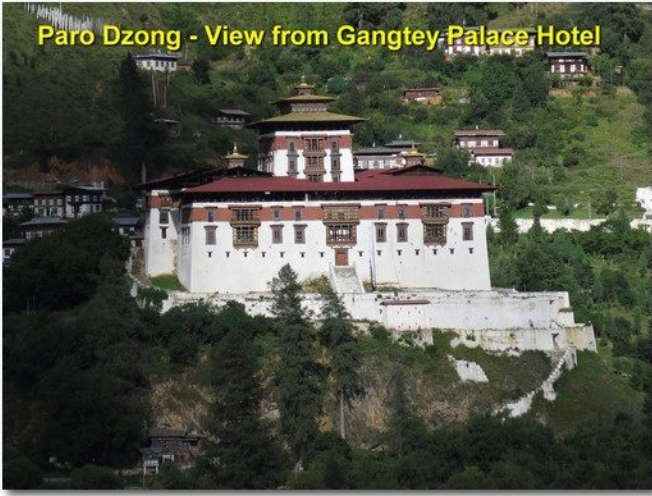
Paro Farmers' Market - Betel Leaf







Paro Dzong - View from Gangtey Palace Hotel



Kingdom of Bhutan

**THE END**

Thank you for coming!

Paul Pacter

ppacter@gmail.com

