



### **Bhutan Extension**

07 Nights/ 08 Days

Kathmandu \* Paro \* Thimpu \* Punakha \* Paro \* Kathmandu

## **THE EXPERIENCE**

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**Day 01 | Kathmandu – Paro (by flight) Paro – Thimpu [B/L/D] (approximately Paro - 2195m / Thimpu - 2320m)**

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Today you will be driven to Kathmandu airport to board your flight for Paro.

Following Customs / Immigration formalities and baggage collection, a LUMLE Representative will meet you outside the Arrivals Hall and escort you to your transfer vehicle.

Thereafter, straightaway drive to Thimphu (54 Kms 1.5 Hrs approx.), the modern capital town of Bhutan with exciting blends of tradition and modernity. This bustling town is home to Bhutan's royal family, the civil service, and Foreign Missions with Representation in Bhutan.

It is also the Headquarters for a number of internationally funded development projects.

Upon arrival, check-in at the hotel.

In the afternoon visit Changangkha Lhakhang and take a stroll along the town's main street.

Changangkha Lhakhang – Built in the 12th century, it is the oldest temple in Town. It hovers over a ridge above Thimphu, near Motithang. Lama Phajo Drukgom Zhigpo who came to Bhutan from Ralung in Tibet chose this site to build this Lhakhang. The Lhakhang houses Chenrizig: an 11-headed, thousand-armed manifestation of Avolokitesawara as the central statue. The prayer books in this Lhakhang are larger than the usual Buddhist texts. There are large prayer inside the Lhakhang and small on the walls outside the Lhakhang.

Before sunset drive to Sangay gang View Point (2685 mts above sea level) to have view of the whole of Thimphu Valley and walk through hundreds of colorful prayer flags that dot the hill overlooking the Thimphu valley.

Lunch, Dinner and Overnight at the Hotel in Thimphu

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**Day 02 | Thimpu [B/L/D]**

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After breakfast, proceed for a full day sightseeing of Thimphu Town and visit the following places:

National Memorial Chorten – The building of this landmark was originally envisaged by Bhutan's third king, His Majesty Jigme Dorji Wangchuck, who had wanted to erect a monument to world peace and prosperity. Completed in 1974 after his untimely death, it is both a memorial to the Late King ("the father of modern Bhutan"), and a monument to peace.

National Textile Museums – It opened in 2001, providing fascinating insights into Bhutanese material culture and way of life. (Closed on Sun & Govt. Holidays)

Folk Heritage Museum, opened in 2001, provide fascinating insights into Bhutanese material culture and way of life. This 3-storied, 19th century traditional house provides you a glimpse of the Bhutanese lifestyle, and artifacts from the rural households. One can come across typical household objects, tools and equipment. Besides, the museum also organizes demonstrations of rural traditions, skills, habits and customs and educational programs for children. (Closed on Sun & Govt. Holidays)



The National Institute for Zorig Chusum is commonly known as 'the painting school'. It operates under the auspices of the National Technical Training Institute and offers 04 – 06 year courses that provide instruction in many of Bhutan's traditional arts to students from throughout the country whose aptitude is more artistic than academic. The students follow a comprehensive course that starts with drawing and progresses through painting, woodcarving, embroidery and statue-making. (Closed on Sunday & Govt. Holidays – But open on Sat 1000 hrs – 1200 Hrs)

National Institute of Traditional Medicine (Exhibition area only) – It was established with the concept to merge Allopathic and traditional systems of healing. The work of producing herbal medicines is undertaken with the help of different medicinal plants found in Bhutan. There is also a training school for traditional medicine practitioners. The visitors can walk along the compound to view it from the outside.

Tashichho Dzong: This impressive fortress/monastery houses the secretariat building, the throne room of His Majesty, the King and various government offices. It is also the summer residence of the Chief Abbot and central monk body.

Lunch, Dinner and Overnight at the Hotel in Thimphu

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### **Day 03 | Thimpu – Punakha [B/L/D] [approximately 1310m]**

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This morning after an early breakfast, we will drive you to Dochu-la pass (3088 mts above sea level) stopping briefly to take in the view and admire the chortens, Mani walls, and prayer flags which decorate the highest point on the road. If skies are clear, the high Himalayan peaks towards the northeast will be revealed in all their glory.

On a clear day, the following peaks can be seen from this pass (left to right): Masagang (7,158 mts), Tsendegang (6960 mts), Terigang (7060 mts), Jejegangphugang (7158 mts), Kangphugang (7170 mts), Zongaphugang (7060 mts) a table mountain that dominates the isolated region of Lunana, and finally, Gangkar Puensum, the highest peak in Bhutan at 7497 mts. On the way, visit the Semtokha Dzong, 'The place of profound Tantric teaching', stands sentinel on a hillock a few kilometers out of town on the way.

After Lunch, hike to the nearby Chimi Lakhang, a temple dedicated to the 'Divine Madman', an eccentric monk from the 16th century famous for many his many amusing, Rabelaisian folklore stories.

From there on we drive on to visit the impressive Punakha Dzong, the Dzong built in 1637 by Shabdrung Ngawang Namgyal to serve as the religious and administrative center of the region. Damaged over the centuries by four catastrophic fires and an earthquake, the Dzong has been fully restored in recent years by the present monarch. It is open for visitors during the Punakha festival (early spring) and in the summer months, after the monk body has returned to Thimphu. The Dzong is placed strategically at the junction of the Pho Chu and Mo Chu rivers. This ancient fortress is the winter residence of the monastic order's head and still serves as the administrative headquarters for the Punakha region.

A picnic lunch will be served on the banks of the Punak Chhu at a vantage point of the stunning Dzong and confluence of the Mo Chhu and Pho Chhu.

In the evening, take a stroll along the town's main street.

Lunch, Dinner and Overnight at the Hotel in Punakha

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### **Day 03 | Punakha – Paro [B/L/D]**

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This morning, set off for Paro after breakfast (54 Kms 01 Hr approx). Upon arrival, check-in at the hotel.

After Lunch drive towards the north end of the valley to view the Ta Dzong, formerly a watchtower and now the National Museum. The museum collection includes ancient Bhutanese Art & Artifacts, Weapons, Coins, Stamps and a small natural history collection. Then walk down a hillside trail to visit Rinpung Dzong (Paro Dzong) situated at a commanding height overlooking Paro valley. Built by Shabdrung Ngawang Namgyal in 1646, this Dzong now houses Paro's monk body and the offices of the civil administration and is symbolic as the religious and secular centre of all affairs of the valley.

Visit the 7th century Kyichu Lhakhang, one of the 108 temples built in the Himalayas by the Tibetan king, Songtsen Gampo. The building of this temple marks the introduction of Buddhism in Bhutan. In the evening, visit a traditional farmhouse for an opportunity to interact with a local family and observe their lifestyle. Later, take a stroll along the main street for a few handicrafts shops.

Lunch, Dinner and Overnight at the Hotel in Paro

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### **Day 04 | Paro [B/L/D]**

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In the morning take an excursion to Taktsang Monastery [approximately 3120m], also known as Tiger's Nest. It is believed that Guru Rinpoche, founding father of the Bhutanese form of Mahayana Buddhism, arrived here on the back of a tigress and meditated at this monastery. The main structure was severely damaged by fire in 1998, but after many years of painstaking restoration work, the complex has now been fully restored to its former glory.

In the afternoon, take an excursion to Drukgyal Dzong, a ruined fortress where Bhutanese warriors fought off Tibetan invaders centuries ago. The snowy dome of sacred Chomolhari, "mountain goddess" can be seen in all her glory from the approach road to the Dzong..

Lunch, Dinner and Overnight at the Hotel in Paro

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### **Day 05 | Paro – Kathmandu (by flight) [B]**

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After an early breakfast, drive to Paro Airport to board a flight for Kathmandu.

Upon arrival at Kathmandu airport you will be assisted by our representative to the hotel.

Overnight at the hotel.

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### **Day 06 | Depart Kathmandu [B]**

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Today you will be driven to Kathmandu airport to board your flight for onward journey.

**Tour Ends**

## **Cost Proposal**

➤ [Validity –from 01 Sep to 31 Dec 2017]

<b>Pax Slab [Minimum]</b>	<b>Cost in GBP £ (per person on twin sharing basis)</b>
<b>2 Pax [03 star]</b>	GBP £1999 Per Person
<b>2 Pax [04 star in Nepal &amp; Budget in Bhutan]</b>	GBP £2099 Per Person
<b>2 Pax [05 star in Nepal &amp; Budget in Bhutan]</b>	GBP £2149 Per Person

*\* The above are per person costs in GBP*

<b>03; 04 &amp; 05 Star Hotels or Similar</b>				
<b>City</b>	<b>03 Star</b>	<b>04 Star &amp; Budget</b>	<b>05 Star &amp; Budget</b>	<b>Meal Plan</b>
Kathmandu	Rama Inn	Grand	Shangri La Resorts	BB
Paro	Gangtey Palace	Gangtey Palace	Gangtey Palace	AP
Punakha	Meri Puensum	Meri Puensum	Meri Puensum	AP
Thimpu	Phuntsho Pelri	Phuntsho Pelri	Phuntsho Pelri	AP

### **Bed and Breakfast**

### **Our Quote Includes: -**

- Kathmandu – Paro – Kathmandu domestic flight on economy class
- 05 Nights' in Bhutan & 1 night in Nepal accommodation on twin sharing at the hotels mentioned above or similar
- Daily buffet breakfast at the hotels mentioned in Nepal and all meals in Bhutan
- All transfers, excursions and sightseeing tours will be by air-conditioned vehicle
- LUMLE representative for assistance on all arrival and departure transfers.
- English speaking guides for the sightseeing mentioned in the itinerary.
- Entrance charges at the monuments
- Bhutan visa fee

### **The Above Cost Does Not Include: -**

- Expenses of personal nature like tipping, laundry, telephone/fax calls, alcoholic/non-alcoholic beverages, camera/video camera fee at monuments, medical expenses, airport departure tax, any insurance etc.
- Any meals other than the mentioned.
- Nepal visa fee
- Any other services not mentioned in the inclusions.
- Our Cost is not valid for any period other than mentioned above.



**Special Notes:-**

- Hotel Check-in time is 1400 hrs and Check-out time is 1200 Hrs.
- Prices are subject to change with any increase in the cost.
- Rates include only those items specified in your itinerary.
- Please note, the names of hotels mentioned above only indicate that our rates have been based on usage of these hotels. It is not to be construed that accommodation is confirmed at these hotels until and unless we convey the confirmations to you on receipt of your acceptance. However in the event of any of the above mentioned hotels not becoming available at the time of initiating the reservations, we shall book alternate accommodation at a similar or next best available hotel and shall pass on the difference of rates (supplement/reduction whatever applicable) to you.
- In case on any currency fluctuations or amendment in local Government taxes, or any fuel hike, we reserve the right to adjust the tour price accordingly.
- AC will not be operational in Hilly areas.



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