

BHUTAN EXTENSION

Duration: 7 days/ 6 nights
Route: Kathmandu – Thimpu – Punakha – Paro – Kathmandu

SHORT ITINERARY

Day	Itinerary	Meal plan
1	Kathmandu – Paro by flight / Paro – Thimphu by surface	Breakfast, Dinner
2	Thimphu	Breakfast, Lunch & Dinner
3	Thimphu – Punakha	Breakfast, Lunch & Dinner
4	Punakha – Paro	Breakfast, Lunch & Dinner
5	Paro	Breakfast, Lunch & Dinner
6	Paro – Kathmandu by flight	Breakfast
7	Kathmandu Depart	Breakfast

THE EXPERIENCE

Day 1 Kathmandu – Paro by flight / Paro – Thimphu by surface

Today drive to Delhi airport to take a flight to Paro, Bhutan. Upon arrival, you will be met by a driver and guide who will remain with you for the rest of your holiday. Then you will drive a one-and-a-half-hour journey from Paro airport to Thimphu. The road into Thimphu closely follows the Paro Chhu (river) offering scenic views back across the Paro valley.

Evening time at your leisure.

Dinner and overnight at the hotel.

Day 2 Thimphu

Thimphu sightseeing. Start your day by visiting Thangthong Dewachen Nunnery, popularly known as Zilukha Nunnery. You can sit with the Nuns and join them during their prayers. [If you wish, you could offer tea and



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snacks to the nuns – with some donations]. Then you can visit the School of Traditional Arts to watch students at work and to get an introduction to the 13 traditional arts, including painting, embroidery, woodcarving, mask-making and statue-making.

You can also visit the Takin. Reserve showcasing the unique national animal, the Takin. You may browse the striking collection of intricate textiles at the National Textile Museum or the weekly market. In the afternoon, you can visit the huge statue of Buddha.

Dordenma, which commands a tremendous view of Thimphu valley. Then hike from Kuensel Phodrang nature park to Changangkha Temple. A hike of around one hour or so through beautiful blue pine and rhododendron forest, which also gives a fantastic view of Thimphu valley. You can also like to visit the newly opened postal museum, detailing the history of Bhutan's postal system and showcasing Bhutan's rich assortment of interesting stamps. If you would like to view or buy Bhutanese handicrafts you may like to visit the new market opposite Taj Tashi hotel which has an array of stalls run by local handicraft shops selling purely homemade articles with no imports.

Dinner and overnight at hotel.

Day 3 Thimpu – Punakha

Thimphu to Punakha. In the morning drive approximately 3 hours to the old capital, Punakha, via Dochu La pass at 3050 metres, where we will stop for a hot drink and enjoy spectacular panoramic views of the Eastern Himalaya ranges. You will notice the change of climate and vegetation as we approach low-lying Punakha at 1250 metres.

Take a pleasant walk for an hour or so across the terraced fields of Sopsokha village to Chimi Lhakhang (Temple of Fertility) built in the 15th century by the 'Divine Madman' (Lama Drukpa Kuenley). Here, you can visit a Farmhouse for lunch or tea, to taste the red rice and local cuisine to experience the traditional Bhutanese way of life. You can also witness farmers working in the fields for the cultivation of paddy or the vegetables. You can visit the farmlands and try your hands on the farming. Then we will visit the imposing Punakha Dzong, "Palace of Great Happiness". Built in 1637, it is strategically placed at the confluence of two rivers, the Po Chu and the Mo Chu.

Dinner and overnight at the hotel.

Day 4 Punakha – Paro



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Today we return to Paro, a drive of approximately 4 hours. In the afternoon you can start your culture tour of Paro valley by visiting the impressive Paro Rinpung Dzong, one of the finest examples of Bhutanese architecture. You can also visit the National Museum. This was previously housed in the Ta Dzong (watch tower) built on top of the hill above Rinpung Dzong to defend Rinpung Dzong and the Paro valley during times of war, in an unusual circular construction resembling a conch shell. Unfortunately, an earthquake in September 2011 damaged the Ta Dzong and the contents of the museum were moved to a neighbouring building. You can still see a magnificent collection of Bhutanese artefacts – costumes, religious paintings, arms, textiles and a fascinating collection of Bhutan stamps. Near to the museum you may also be able to see a demonstration of traditional wood turning skills by local artisans who make traditional wooden bowls and cups – and you can try your hand as well if you wish.

Late afternoon, take a walk around the Paro town and continue your walk towards the Paro bridge along the riverside. Here you should have a good view of Paro Dzong to take photographs. You can also walk across the bridge to get more view of the Dzong.

Dinner and overnight at the hotel.

Day 5 Paro

Take a day walk to the 'Tiger's Nest', the sacred Taktshang monastery which clings to the rock face 900 metres above the valley floor. Guru Rinpoche is said to have flown to the site riding on a tigress. He subsequently meditated here for three months. It is one of Bhutan's most holy sites and draws pilgrims not only from Bhutan but also from neighbouring Buddhist countries. You can have lunch at the Taktshang cafeteria from where you get a spectacular view of the monastery.

Late afternoon, visit a local farmhouse and take the opportunity to try the restorative properties of a hot stone bath to feel relaxed after the hike. If you prefer your creature comforts, you can take tea or dinner with the family and then return to your hotel.

Dinner and overnight at the hotel.

Day 6 Paro – Kathmandu by flight

As per your flight time transfer to the airport for the flight back to Delhi.

Upon arrival transfer to the hotel.

Overnight at the hotel.



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Day 7 Kathmandu Depart

As per your flight time transfer to the airport for the flight back home.

Have a fantastic trip!

ACCOMMODATION LIST (or similar)

- Paro : Rema Resort or similar**
- Thimphu : Pelyang Boutique or similar**
- Punakha : Khuru Resort or similar**
- Kathmandu: Norbulinka Boutique Hotel or similar**

Price Validity	Price Minimum (2 pax)
Dec 2024	£2199 per person on twin sharing

SERVICES INCLUDED

- ✓ Kathmandu – Paro – Kathmandu by flight
- ✓ All meals in Bhutan
- ✓ Accommodation based on twin/double sharing
- ✓ Accommodation in Kathmandu with bed & breakfast
- ✓ Accommodation in Bhutan with breakfast, lunch & dinner
- ✓ All arrival and departure transfers as per itinerary
- ✓ All overland transport by tourist vehicle
- ✓ Entire Bhutan tour escorted by English speaking guide
- ✓ Entrance fees



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SERVICES not INCLUDED

- × Visa fees for Nepal and Bhutan
- × Meals not mentioned in programme
- × Early check-in, late check-out
- × Tipping for Guides, Drivers and other local staffs
- × Anything not mentioned in programme



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