



### **Adventures**

Day 1, Arrive in Paro International airport.

Paro is a very attractive valley, only meters away from the runway you get a taste for many aspects of Bhutan and her people; besides the willow lined plant crops, turquoise water run a water prayer wheel; farmer plowing the fields, the monks and the children going school.

After lunch visit paro dzong which dates back to 16<sup>th</sup> century and currently houses the administration of the valley and the monastic community. The wall paintings inside the dzong are very attractive and are more recent but inside the main temple which you are visiting you can see the old paintings of Manjushree and chenrigzee. In the evening you can explore the town as you are coming back you can explore more.

Day 2. Tiger nest hike.

Today you are visiting the most holy and sacred site in Bhutan, the 8<sup>th</sup> century saint guru rinpoche turned into guru dorji drool and his spiritual consort turned into tigress and they have flown from eastern Bhutan to tiger nest, but the temple came only around 16<sup>th</sup> century.

Day 3. Paro to Thimphu.

Today you have 1hr journey, visit memorial stupa built in 1974 by the fourth king in memory of his father third king. Visit hand made paper factory, visit folk heritage museum where it shows the real life style of Bhutanese people. In the evening visit thimphu dzong, it is the headquarter for all the offices of Bhutan as well the office of the king.

Day 4. Thimphu.

Visit painting school and national library where you can see the largest book of the world. Drive to Buddha point where you can have the panoramic view of the city, visit the weekend market and walk around the football stadium you might see people playing the national game archery, evening explore the town by your self.

Day 5. Thimphu to Punakha.

It's around 3hrs drive on the way stop at the Dochula pass which is little over 3100m, walk around the 108 stupas and if the weather is clear you can view all the northern greater Himalayas, visit fertility temple or divine madman's temple dating back to 1499. In the evening visit the Punakha dzong the old capital of Bhutan and the winter capital of monk body and it dates back to 1637.

Day 6. Punakha to Gangtey.

Today you are entering the most beautiful valley in the country, today your drive is festooned with the wild flowers, Gangtey is the home for the endangered species bird black necked crane. Visit the Gangtey dzong, crane centre and the carpet factory.

Day 7. Gangtey to Trongsa

Today you have around three hours drive, on the way you can have photo stops. Visit Trongsa dzong which dates back to 16<sup>th</sup> century. The dzong dominates the town of Trongsa which is perched above the dzong.

Day 8; Trongsa to Bumthang

In the morning visit Trongsa Tadzong which served as watch tower for centuries, and has recently been renovated as museum.

Day 9; Bumthang

Visit Jamphel lhakhang built in 659 by the 1<sup>st</sup> king of Tibet. Visit temples within this vast lhakhang are very active and the site is one of the most sacred in Bhutan. Here you will find two caves – one which contains Guru Rinpoche's body print and another where you might like to try to pass through in order to cleanse your soul.

Visit Tamzhing Lhakhang which dates back to early 16<sup>th</sup> century established by Toerton Pema Lingpa.

Visit Karchung drasang one of the largest monastic school. In the evening prepare for the Bumthang cultural trek.

Day 10. Trek day 1. Bumthang to Nanglakhang. Drive till Thangbi monastery and start hiking with your guide along the left side of the river following the farm road which will lead you through villages, it will be taking around 2 1/2 hrs till the camp site. Just before reaching the camp site visit the Swan temple and you can even visit one farm house.

Day11,trek day 2.today start your trek around 8;30 in the morning as you have around 7hrs hike, the trail is bit narrow through draft bamboo trees,maples,birches.after crossing a stream you trail starts,you will crossing back and forth of the stream and suddenly the stream disappear and you will walking through rhododendron forest,soon you will reach the top,phephe la measuring 3360m,after the youy will desent and camp at thahung.

Day 12,trek day3.today you don't have much to hike,and you will be back at hotel.on the way visit ugyenchholing place which has been turned in to meusem,visit tang nunnery and drive back to hotel.

Day 13.bumthang to wangdue.

Today you have 6hrs drive,you can stop on the way for pee pee and photo stops.

Day14,wangdue to paro.

In the morning visit wangdue dzong which dates back to 1639,continue you drive,take short hike at tachhogang bridge .

Day 15,paro.

Visit kicchu temple which dates back to 659 same as the one in bumthang,visit drugyel dzong built in 1644 to celebrate the victory of Bhutanese army over Tibetan invasion.in the evening walk around the town and shopping.

Day 16. Départ .