



Detailed Itinerary 7 Day Journey to Bhutan 2024, departs day 8

Day 1 Arrive Kathmandu to Paro - Drive to Thimphu (55km/34 miles approx) Overnight Thimphu (7,576 ft elevation)

During the flight into Bhutan, you will experience breathtaking views of Mount Everest, Kanchenjunga and other famous Himalayan peaks, including the sacred Mount Jhomolhari and Jitchu Drake in Bhutan. On arrival at Paro International Airport, you will be met by your Cypress Himalaya Tour guides, and after the formalities, including the processing of your Visa (please bring your copy) we will drive to Thimphu. After lunch, explore Thimphu city.

Day 2 Thimphu (7576 ft) Overnight Thimphu

A packed first full day ahead. First, we have an open ceremony and Lhasang with Bhutanese Lamas who will bless our journey with some mantras and we'll enjoy the sounds of Bhutan with the long horns. After breakfast at 7am-8am, we will drive to Kuensel Phodrang and circumambulate the iconic second-largest seated Buddha; locals call it "Buddha Point". In the afternoon, we will visit the Memorial Chorten, built in 1974 in the memory of our third king, a multi-storied stupa that will introduce you to the vitality of Tantric Buddhism. At the temple, there will be opportunities to make offerings of butter lamps, and time to meditate in the temple. After lunch we'll visit Pangri Zampa, the Monastic Astrology College where the monks can do your astrology chart. Evening, we will have leisure time in the city.

Day 3 Thimphu to Punakha (Drive time 3 hrs/4,075ft elevation) Overnight Punakha

After breakfast, we will drive to Punakha valley. On the way to Punakha is the Dochula pass (10,04ft) which has a beautiful panoramic view of the Himalayan mountain ranges. The serenity of this place will capture your heart by the sight of The Druk Wangyel Chorten, 108 stupas built for all sentient beings by the eldest queen mother Ashi Dorji Wangmo Wangchuck. Punakha has a more subtropical climate and its rich fertile valley is fed by the Phochu (Male River) and Mochu (Female River) rivers. We'll visit the Punakha Dzong built by Zhabdrung Ngawang Namgyel (the unifier of Bhutan) in 1637.

Day 4 Punakha Overnight Punakha

Today we will hike to Chimi Lhakhang, most popularly known as the temple of fertility. The temple was built in the 15th century as a dedication to Lama Drukpa Kuenley, known as the divine madman and considered one of Bhutan's favorite saints. The hike to this temple will take us through a village surrounded by beautiful rice fields. Meditate in the main temple under the future Buddha Maitreya.

Day 5 Punakha to Paro (Drive time 4.5 hours) Overnight Paro

Drive to Paro check in hotel at Tiger's Nest Camp, after lunch visit Kyichu Lhakang- is one of the oldest temples in Bhutan, originally built in the 7th century by the Tibetan Emperor Songtsen Gampo- This is also the location of Dilgo Khyentse Rinpoche Memorial House. After lunch, we'll visit the Paro Dzong and an evening of bonfire at the hotel.

Day 6 Paro Sightseeing Overnight Paro

After lunch we'll visit Dzongdrakha Lhakhang-which sits precariously at the edge of the mountain top and is visually as splendid as Tiger Nest, considered, the 2nd Tiger's Nest. It is one of the several local sites where Guru Rinpoche had subdued the local demons and has the aura of another dimension. The monastery houses four shrines devoted to Tara. Afternoon we will visit Paro town to do some souvenir shopping and then back to the hotel to rest up for Tiger's Nest hike early the next day.

Day 7 Hike to Tiger's Nest Overnight Paro

After an early breakfast, we will hike to Tiger's Nest Monastery. The trip is an uphill walk of about 3.5 hours total. The legend of Taktshang (Tiger's Nest/Lair) evolves from Tantric mythology when, in 747 AD, Guru Rimpoche (PadmaSambhava) chose a cave on this sheer rock face to meditate and, assuming his wrathful form, Guru Dorji Drolu, he subdued the local deity, and manifested into the spiritual protector of Taktshang. His companion and consort, Yeshe Tshogyal transformed herself into a Tigress to assist him on his travels, then changed back into a female human companion and achieved the status of a female Buddha in her lifetime. It is one of the most popular pilgrimage sites in the Buddhist world. In the afternoon/sunset we'll enjoy the picturesque farmhouse in the rice fields of Paro and take a well deserved herbal bath known as 'Hot stone bath'. We'll have a wonderful Bhutanese dinner and taste of the local ara "rice wine".

Day 8 Departure to Kathmandu

After breakfast we will say our goodbyes to the people and country of Bhutan as we go to the airport for the flight back to Kathmandu. Thank you so much for traveling with us, we hope you had a trip of a lifetime.

