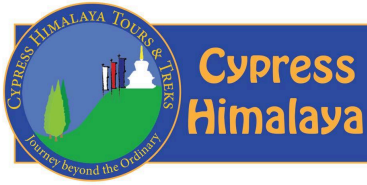


7 day Itinerary (7 day *SDF, departs day 8)



Day 1 Flight to Paro, Bhutan

Overnight Thimphu-the Capital City (elevation 7,576 ft)

3 Nights Thimphu

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. On the way we'll stop at Iron Bridge (Thang Tong Gyalpo) and visit Milarepa Temple.

- **Iron Bridge**
- **Milarepa Temple**

Day 2: Thimphu

A packed first full day ahead. After breakfast and the morning yoga option, we will visit Changangkha Lhakhang. Founded in the 13th century, it ranks among the oldest surviving temples in Bhutan. In the current era, the temple is often frequented by parents looking to obtain blessings from Tamdrin, a protective deity. After lunch, we will also visit Kuensel Phodrang/Buddha Dordenma to circumambulate the iconic second-largest seated Buddha in the world, locals call it "Buddha Point". At the temple, there will be opportunities to make offerings of butter lamps, and time to meditate in the temple.

- **Changangkha Lhakhang**
- **Buddha Dordenma-circumambulate temple, visit inside the temple**

Day 3: Thimphu -Day hike

Today, we will drive to the North of Thimphu valley to The Jigme Dorji National Park, one of Bhutan's revered wildlife sanctuaries and we will hike an hour up to Cheri Goemba (Meditation Centre), the monastery where the first monastic body was established in the Kingdom. After lunch, we will visit the Astrology College in Thimphu-The Pangri Zampa Temple. This is the seat of the monastic school of astrology and we'll get an astrology reading from the lama astrologers.

- **Day hike to first Buddhist University Cheri**
- **Astrology College to get reading with lamas**

Day 4 Punakha

1 night Punakha (4,300ft elevation)

On the way, we'll drive up to **Dochula Pass** (elevation 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. On a clear day, we'll see the entire Himalayan Mountain Range.

After lunch we'll visit **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.

We'll also visit the **Punakha Dzong**, also known as Pungtang Dechen Phodrang Dzong is the administrative center of Punakha dzongkhag in Punakha, Bhutan. Constructed by Zhabdrung (Shabdrung) Ngawang Namgyal in 1637–38, it is the second oldest and second largest dzong in Bhutan and one of its most majestic structures. 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.

- **Dochula Pass Suspension Bridge**
- **Chimi Lhakhang**
- **Punakha Dzong**

Day 5 (Drive 3 hours to Paro)

3 nights in Paro

In the morning, there is a short hike to Khamsum Stupa built by the queen mother in 2004 for world peace and harmony. On the first floor there is a 15-foot-tall statue of Vajrakilaya, one of the eight deities of Kagyu Tradition of Tibetan Buddhism. After lunch, a visit to the Paro Dzong (Fortress). We'll call it an early day to rest up for the hike to Tiger's Nest(the next day)

- **Khamsum Stupa**
- **Paro Dzong**

Day 6 : March 30 Hike to Tiger's Nest -Paro Taktsang

After an early breakfast, we will hike to Tiger's Nest Monastery (Taktshang Goemba). 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 Rinpoche (PadmaSambhava) chose a cave on this sheer rock face to meditate and, assuming his wrathful form, Guru Dorji Drolo, 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. Some people living in the valley saw the tigress lying by the cave and thought it to be a tiger's lair. Thus, the name tak (tiger) tshang (lair) came into existence and became 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 area "rice wine". We will say our farewells to our departing friends at dinner and in the evening we'll have our farewells and art show to showcase the thangka which will have been completed and embellished by the artist.

- Hike Tiger's Nest

Day 7 Neyphu Village/Local Village.

In the morning after airport drop off , we'll take a short drive to the beautiful valley of Neyphu and visit **Lama G's Village**. (Ney translates to secret, Phu is valley) There will be time to meditate in the small temple and take a short hike to see a small temple where there is a self appearing manifestation of Chenrezig on the temple wall. In the afternoon we'll spend time shopping in town **Lama G's Village and Shopping in Paro Town and local sightseeing**

Day 8 (8 day Departure Day)