

05 Days & 04 Nights Bhutan Spiritual Tour

Day 01: (Arrive Paro)

On arrival at Paro airport, by Druk Airways flight 749 leaves at 11:30 AM, arrive Bhutan at 05:35PM and transfer by road (55 km approx one and half hours drive) to Thimphu.

Thimphu, the capital of one of the world's most fascinating destinations, Thimphu buzzes with a commercial exuberance that constantly challenges the country's natural conservatism and Shangri La image. For the visitor Thimphu offers the best opportunity to briefly break away from the tour itinerary. In addition to its traditional Buddhist sights and attractions



As the aircraft enters the Paro valley, look down and you will see the **Paro Dzong** on the hillside overlooking Paro Chu (river) with Ta Dzong, formerly a watchtower and now the National Museum, above it.



Upon arrival at Thimphu, the modern capital town of Bhutan, transfer to hotel for dinner & overnight.

Day 02: (Full Day Thimphu Visit)

After breakfast, sightseeing in Thimphu valley including visit to: National Library, housing an extensive collection of priceless Buddhist manuscripts; the Institute for Zorig Chusum (commonly known as the Painting School) where students undergo a 6-year training course in Bhutan's 13 traditional arts and crafts.



Later visit **Folk Heritage Museum** opened in year 2001 is fascinating testimony of the Bhutanese material culture and living traditions. This restored three-storey, rammed-earth and timber building replicates a traditional farmhouse and is furnished as it would have been about a century ago. A guided tour of this almost-living museum is included in the admission and provides an interesting glimpse into rural Bhutanese life.



Then proceed to **Trashichho Dzong**, situated on the banks of Wang Chhu River. It is home of the National Assembly and the summer residence of monastic community. The Dzong is the impressive result of a redesign of the original medieval structure sanctioned by the Third King, HM Jigme Dorji Wangchuck, when he moved Bhutan's permanent capital to Thimphu.



After lunch, visit King's **Memorial Chorten** continuously circumambulated by people, murmuring mantras and spinning their prayer wheels. Construction of this landmark was the idea of Bhutan's third king. This large impressive monument with its golden spire was built in 1974 to honour the memory of the third King. The whitewashed chorten is decorated with richly carved annexes facing the four directions. The memorial chorten, with its sun-catching golden finial, is one of the most visible religious structures in Thimphu, and for many people it is the focus of their daily worship. There are no mortal remains of the King inside the Chorten. There is only a photograph draped in ceremonial scarves on the ground floor.



Then, visit the government-run Handicrafts Emporium and local crafts shops, to browse through example of Bhutan's fine traditional arts, here you can buy hand-woven textiles.

Evening drive past **Trashichhoe Dzong**, "fortress of the glorious religion" which is the center of government and religion, site of monarch's throne room and seat of Je Khenpo or Chief Abbot. Built in 1641 by the political and religious unifier of Bhutan, it was reconstructed in 1960s.



Overnight at the hotel in Thimphu

Day 03: (Thimpu-Dochula Pass-Paro)

After early breakfast, drive 98 kms, 3 & half hours up to **Dochula Pass (3, 088m)**. Dochula pass is located on the way to Punakha from Thimphu, is a popular location among tourists as it offers stunning 360 degree panoramic view of Himalayan Mountain Range. The view is especially scenic on clear, winter days with snowcapped mountains. Bhutanese families enjoy visiting the pass during holidays and weekends to picnic and simply enjoy the scenery. It is common to see families and groups of friends enjoy with packed lunch and hot tea.



Then take the view of **Chorten & Mani Wall:**

Chortens are built in memory of eminent lamas or to pin down evil spirits. They are also built to protect a region against evil spirits at places which are potentially dangerous such as crossroads and passes as well as landslide and accident prone areas.



Mani-walls are stone walls that support a number of stones carved with sacred formulas. These formulas are either those of the three protective Bodhisattvas (Chenrezi, Jampelyang and Chhana Dorje) or a simple prayer Om Mani Padme Hum, from which the name has been derived.



If weather is clear, we can see the peaks from this Pass on the left to right i.e. Masagang (7,158m), Tsendagang (6,960m), Terigang (7,060m), Jejegangphugang (7,158 m), **Kangphugang (7,170 m)**, Zongphugang (7,060 m), a table mountain that dominates the isolated Region of Lunana - finally Gangkar puensum, the highest Peak in Bhutan at 7,497m.



Later drive to **Paro** en route visiting **Simtokha Dzong.**

This is a small Dzong, located about 3 miles south of the Bhutanese capital of Thimphu and built in 1627; it now houses the School for Buddhist studies.



Upon arrival at Paro check in the hotel and at evening take an exploratory walk around Paro Main Street.

Overnight at the hotel in Paro.

Day 04: (Paro - Fly to Tokyo)

Transfer to airport and fly back to Tokyo

Day 05: (Arrive back at your home)
