

BHUTAN

2019

Experiential Happiness



**FELI
CIÊN
CIA**



WELCOME

The Kingdom of Bhutan, a small, land-locked country of only about 750,000 inhabitants, is often called the happiest country in the world.

Our country's values provide for a unique intersection of tradition, spirituality, and development, making it like no other place in the world to experience.

We welcome you to our Himalayan home.



His Royal Highness Prince Jigyel Ugyen Wangchuck

"Gross National Happiness (GNH) is being able to find the right balance between economic well-being and emotional well-being."



GNH EFFECTS

*Bhutan's leading
government policy*

Ranked one of the top 10
safest countries in the world

The world's only carbon
negative country

Over 70% of the country
remains forested

The only country with no
traffic lights

One of the world's last
countries to introduce
internet and television

Access to Bhutan as a tourist
is only permitted through
select tour operators

This exciting itinerary evokes the extraordinary Last Shangri-La.

D. 3:

ITINERARY

Day 1 Paro Airport -Haa

Day 2 Haa

Day 3 Haa-Thimphu

Day 4 Thimphu

Day 5 Thimphu-Punakha

Day 6 Punakha

Day 7 Punakha - Paro

Day 8 Paro (Hike Tiger's Nest)

Day 9 Depart via Paro

HAA

What awaits the adventurous traveler in Haa is a revelation. Highland lakes and hidden sacred lands steeped in legend, awesome light shows as the sun sets behind Meri Puensum, and treks to isolated villages where few if any Haaps have encountered foreigners. Not to mention, temples that pre-date even Guru Padmasambhava's arrival in the 8th century.



1



HAA

1. Take the Chelela Pass, Bhutan's highest motorway, to catch breathtaking views of Mount Jomolhari

2



3



2. Have fun with the locals in Haa Town
3. Learn about and enjoy Haa's tasty and unique cuisine

1



2



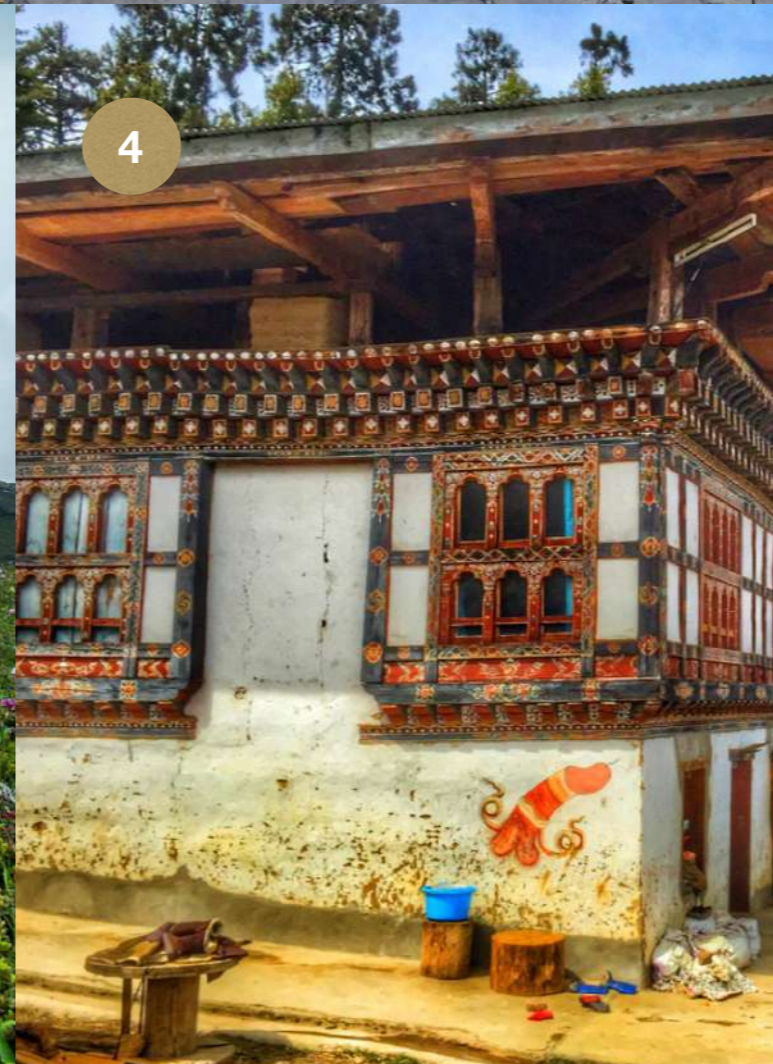
HAA

1. Visit Kharpo Lhakhang — the White Temple — where 60 monks call home.
2. Visit the 1300 year old Nagpo Lhakhang, the Black Temple.

3



4



3. Hike local trails nearest to the Tibetan range.
4. Enjoy the scenic landscape surrounding Haatey Village.



ACCOMMODATIONS

HAA

The idyllic, peaceful setting of Soednam Zingkha in upper Haa Valley — beyond which is the impassable over-mountain route to Tibet — offers guests a clear sense of having gotten away from it all.



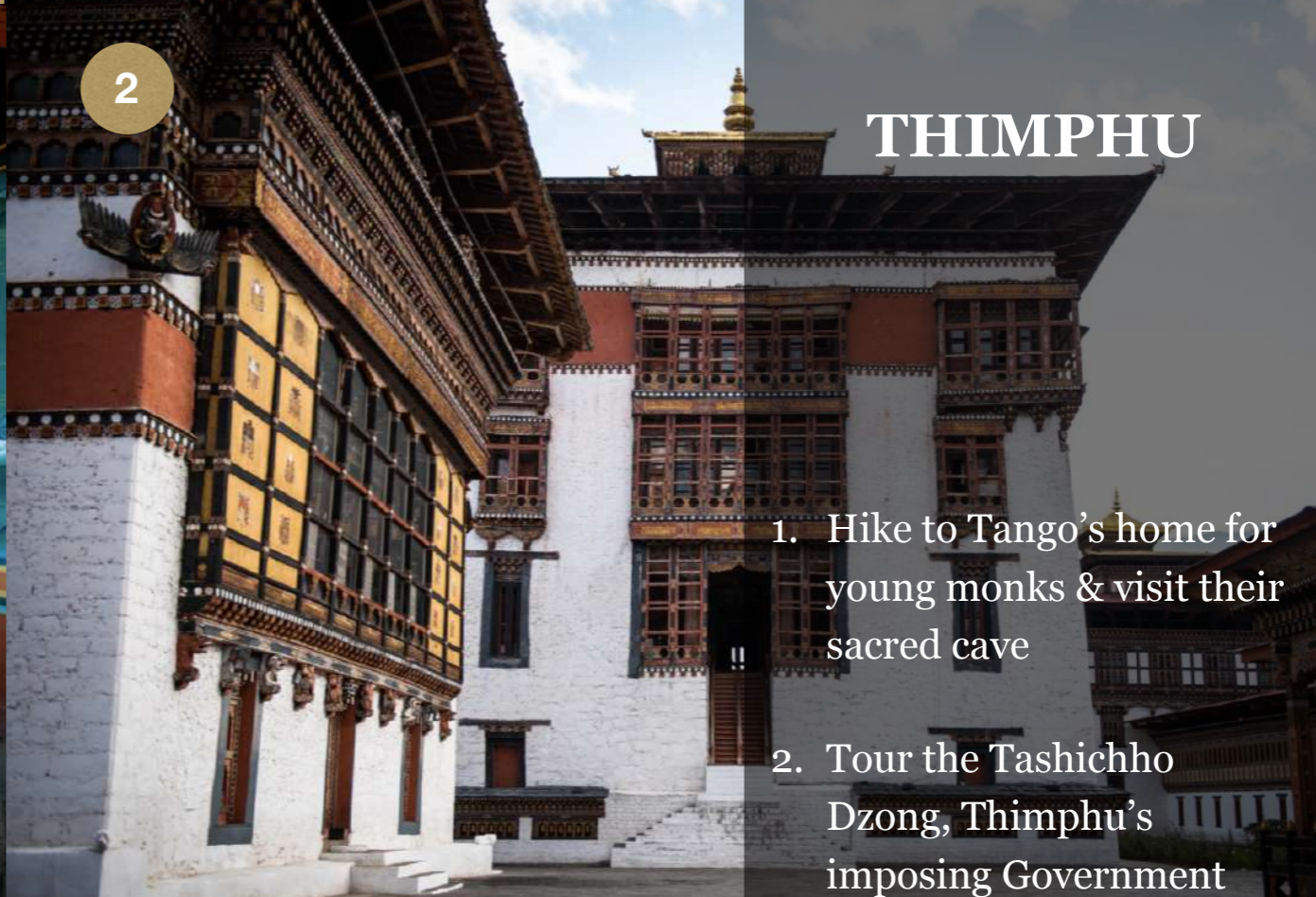
THIMPHU

Thimphu dzongkhag is the thriving political and economic heart of Bhutan. It contains the capital city of the same name, and comprises eight gewogs, or groupings of villages. Approximately half of the district, the northern part, lies within the environmentally protected boundaries of Jigme Dorji National Park.





1



2

THIMPHU

1. Hike to Tango's home for young monks & visit their sacred cave
2. Tour the Tashichho Dzong, Thimphu's imposing Government center



3



4

3. Learn about Bhutanese astrology at the Pangrizampa Monastery
4. Discover fine fabrics at the Royal Textile Academy



CENTRE FOR BHUTAN STUDIES

We will visit the Centre for Bhutan Studies in Thimphu and learn more in-depth about the country's policy of Gross National Happiness.



LODEN FOUNDATION

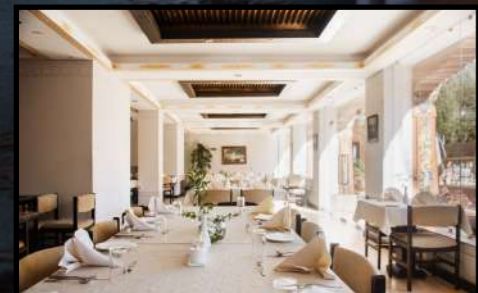
We will visit the Loden Foundation and learn more about their efforts to support entrepreneurship in the country. Additionally, we'll sit down for a private meeting with Dr. Karma Phuntsho.



ACCOMMODATIONS

THIMPHU

Pedling Hotel is owned by an esteemed Bhutanese lama in the Nyingma tradition of Vajrayana Buddhism, Gangteng Tulku, who uses all proceeds from its operation (and its sister hotel in Phobjikha Valley) to fund the daily expenses of eight nunneries and other religious institutions across Bhutan. Staying at Pedling, or even just swinging by to use their spa, restaurant, or tea/juice bar, offers a great opportunity to directly benefit these worthy causes.



DOCHULA

Hundreds of prayer flags flap in the wind at Dochula, sending out merit to all sentient beings. Dochula is the pass between Thimphu and Punakha. For centuries people have travelled through this pass when heading East or West in the country. On a clear day the views are astonishing. Visible are many snow covered 7,000-metre summits including Gangkhar Phuensum, the world's highest unclimbed mountain.



1



2



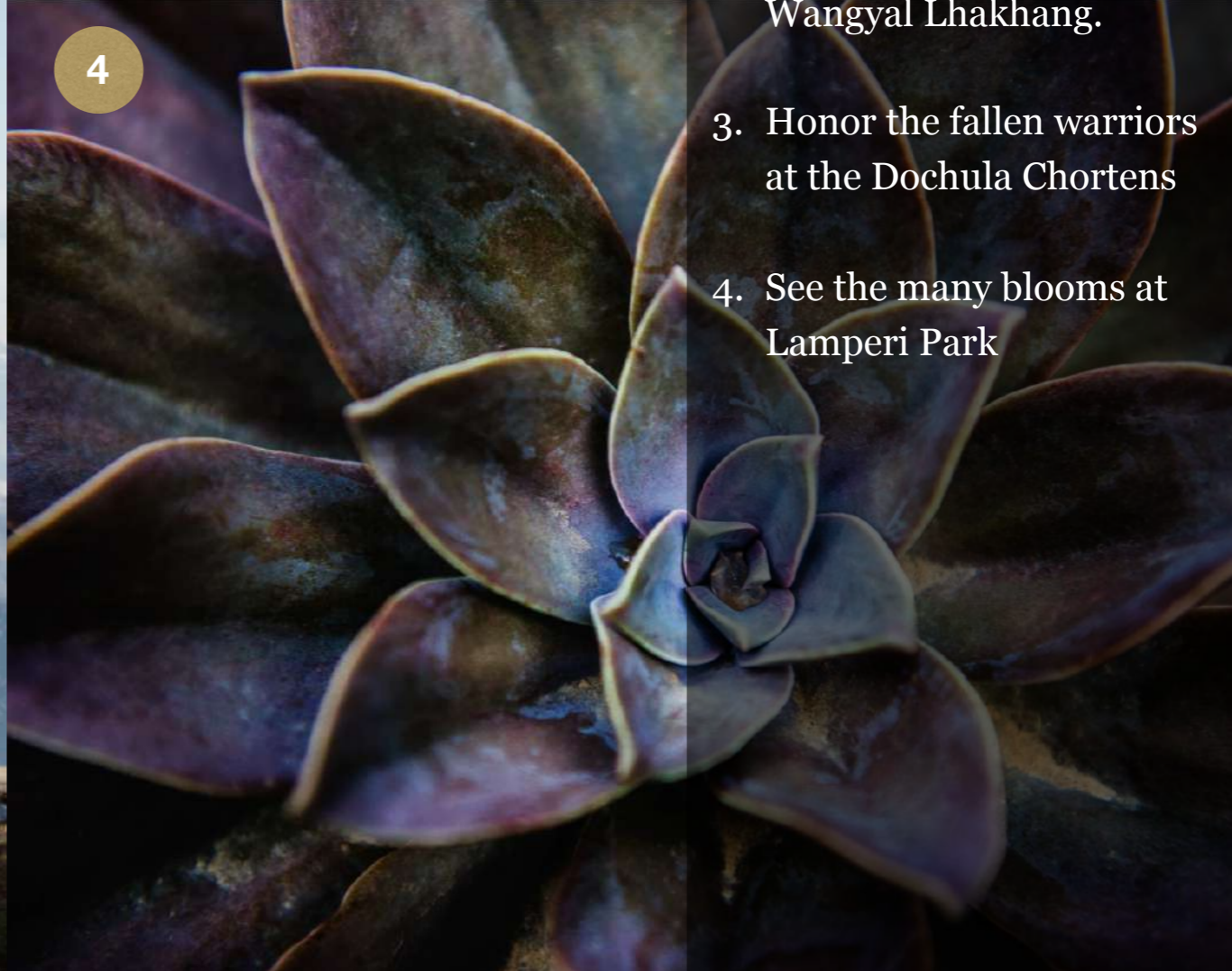
DOCHULA

- 1. Take in the Himalayan vista at Dochula Pass.
- 2. Experience modern history at the Druk Wangyal Lhakhang.

3



4



- 3. Honor the fallen warriors at the Dochula Chortens
- 4. See the many blooms at Lamperi Park

PUNAKHA

The beautiful and fertile Punakha Valley follows the course of the Punak Tsang Chhu south from its source at the confluence of the Mo Chhu and Pho Chhu - the famed "Mother" and "Father" rivers - to the modern settlement of Wangdue Phodrang and beyond.

At just 1250 meters (4,100ft) elevation, the climate of the lush Punakha Valley often feels hot and sultry in comparison to that of Thimphu, which sits at almost twice the altitude. This fact makes the valley a popular winter getaway for Thimphupas.



1



2



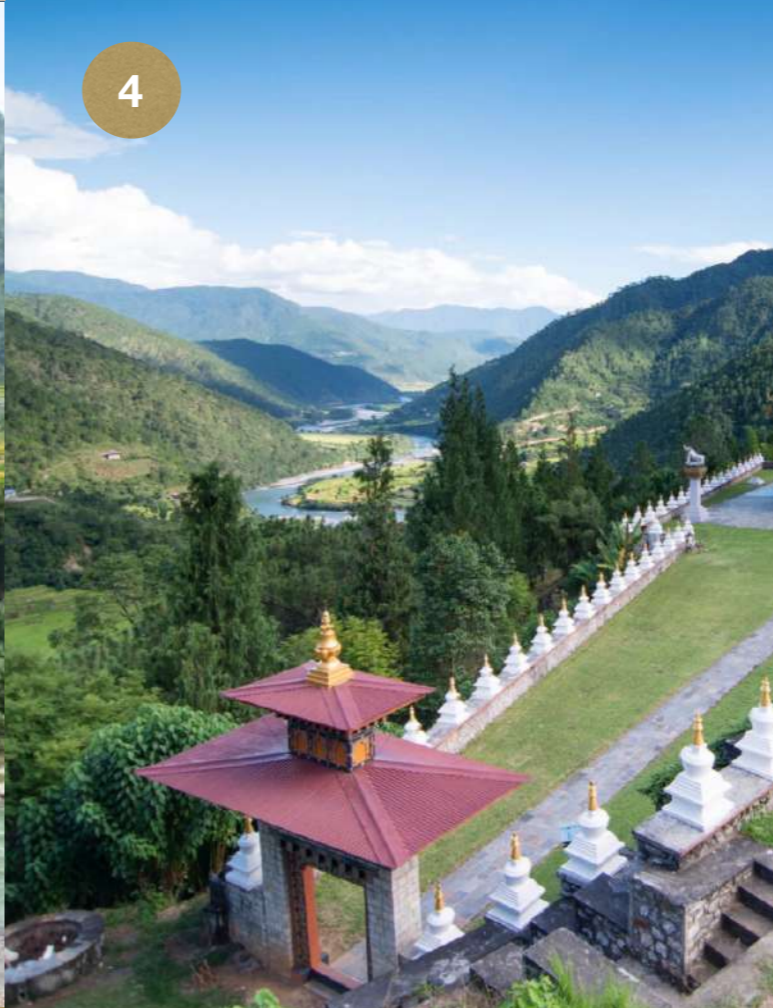
PUNAKHA

1. Meet locals in the heart of Punakha town.
2. Enjoy the architectural splendors of the Punakha Dzong.

3



4



3. Cross Bhutan's longest suspension bridge & visit nearby villages.
4. Hike to Khamsum Yuelley Lhakhang





ACCOMMODATIONS

With a dramatically beautiful setting on a hillside overlooking Punakha valley, Meri Puensum Resort offers a peaceful refuge with modern amenities and great views. The resort is about 5km outside of Punakha town and makes a good base for exploring area attractions like Punakha Dzong, built in 1637 and the seat of government for Bhutan for over 300 years until the third king moved the seat west to Thimphu in 1955.

PUNAKHA

PARO

Paro district is a microcosm of Bhutan. In its 1287 square kilometers (497 square miles) are contained some of Bhutan's oldest fortresses, the precious artifacts of the National Museum, and cliff-clinging religious centers that to many foreigners are iconic of Bhutan.



TIGER'S NEST

From a distance, Bhutan's most iconic building seems to float, weightless, halfway up a sheer cliff-face, 900 meters (3,000 feet) above the floor of the Paro Valley. As you wind your way breathlessly up the long, steep path towards Taktsang Lhakhang, the monastery periodically reveals itself, rising out of the forest, closer and more solid with each reappearance. While modern visitors approach Taktsang Lhakhang on foot or astride one of the sure-footed ponies guided by local villagers, the first person to recognize the holiness of this inaccessible spot, Guru Rinpoche, arrived here with considerably greater ease — on the back of a flying tigress.

After defeating a troublesome local demon in the eighth century, Guru Rinpoche, who is also known as Padmasambhava, spent months here in meditation. The lhakhang — its name meaning "Tiger's Nest" — has been a place of pilgrimage ever since. The Bhutanese believe that dakinis assisted the original construction of Taktsang in 1692 by transporting building materials up the cliff on their backs and lent their hair to hold the structure in place.

Inside the lhakhang, the Dubkhang — the cave where Guru Rinpoche meditated, now sealed behind a shining golden door — sits at the heart of the main shrine. Richly decorated chapels fill every inch of the narrow ledge and offer phenomenal views of the forested valleys far below. Visitors should note that the final approach to the lhakhang must be made on foot — horses must turn around at the busy canteen roughly halfway up the mountain.

PARO





ACCOMMODATIONS

Tashi Namgay Resort is a sprawling eight-acre idyll of lush green landscapes and fruit trees on the bank of the Paro Chhu that flows through Paro Valley, one of the most beautiful valleys in the kingdom and widely known as Bhutan's "rice bowl." The compound's location in the heart of the valley but away from Paro town gives it an atmosphere of serenity, and the architecture and décor blend traditional Bhutanese with contemporary styling.

PARO

An aerial photograph of the Himalayas, showing rugged, snow-capped mountain peaks and valleys. The sky is filled with soft, white clouds, creating a dramatic and majestic atmosphere. The overall color palette is dominated by blues, greys, and whites, giving it a serene and high-altitude feel.

FROM THE CLOUDS

After your unforgettable experience, you won't come down from the clouds.

Flights to/from Bhutan cross over the majestic Himalayas — with breathtaking views of the world's 5 tallest mountains: Everest, Kangchenjunga, Lhotse and Makalu.

CUISINE

Enjoy the best that Bhutan has to offer—from local eats to Asian fusions and award-winning dining experiences. Enjoy vegetables, fruits, and grains from Bhutanese fields.

Well-known for Asian comfort food and spicy cuisine, Bhutan will leave a lasting imprint on your taste buds.

PURPOSE



MyBhutan donates proceeds from your trip to our Bhutanese nonprofit partner, Tarayana Foundation.

These donations are used to assist Bhutan's rural communities.

ABOUT MYBHUTAN

As Bhutan's leading tourism expert, we make the process seamless, fast, cost-efficient and, most importantly, enjoyable!

Our organization has been granted access to and explored more regions of Bhutan than any other party. Through us, you can too.

Our industry-wide tourism platform has finally made Bhutan an extremely easy destination to visit — combining smart technology with elite travel professionals & services.

Our unparalleled access to all public/private Bhutanese organizations/officials allows for unmatched experiences — revealing Bhutan like never before.

We're the only entity with both local & foreign offices permitted to operate in Bhutan.





Matthew DeSantis

Bhutan Warden, US State Department

“As one of the longest residing foreigners in Bhutan, I’ve dedicated myself as an explorer and pioneer of Bhutan’s new frontier of tourism. We are excited to share a similarly authentic experience with you.”

*In true Bhutanese
spirit, we welcome
you to our home with
a smile and
Kuzuzanpo-La!*

*We love our tiny
Himalayan corner
and are excited to
share it with you, as
our guest.*



FELI CIÊN CIA

This packet and all of its contents is owned by MyBhutan, LLC, is protected by copyright and is distributed to partners under licenses restricting copying, distribution and decompilation.