



**A Bhutan Experience –Learn, Share and Volunteer  
One Week Trip – October 9<sup>th</sup> to 16<sup>th</sup> 2008**

**The following 2008 study tour is a pilot designed in partnership with Bhutan Tours and Travels. This company has been in business since the 1970's and provides highly personalized service. The study tour described here will be offered again in 2009 in the spring and fall. Variations will include the seasonal festivals and the volunteer opportunities we offer.**

**Travel to Bhutan is strictly regulated in order to limit the potentially harmful impact that great numbers of travelers may have on the environment and culture. You will find yourself in a country governed by a vision of Gross National Happiness, an index that measures success, not by what is produced, but by the fulfillment one feels when life is well lived. Experience the culture, society, people and natural beauty of this stunning and peaceful Buddhist nation.**

**Day 1 – Oct. 9<sup>th</sup>**

**Arrive Bhutan – Paro International Airport**

- Drive to Thimphu – This is the capital of Bhutan. There is beautiful mountainside scenery along the way. (1.5 hours)
- Check into your hotel and enjoy lunch.
- Sight visits in Thimphu include
  - Memorial Chorten. In memory of the 3<sup>rd</sup> King and built in stupa style, this site is a very active and popular place of worship and prayer for the elderly and young people of Thimphu.
  - Changangkha Lhakgang (monastery). This popular temple is built on a hilltop in a residential area of Thimphu.
  - An evening walk through Thimphu town

**Day 2- October 10<sup>th</sup>**

**Thimphu**

- Today is the second day of the Thimphu Tsechu – an annual mask dance festival which is of great spiritual/religious, and historical significance to Bhutan. It is very popular amongst the Bhutanese and visitors alike. The Bhutanese wear their finest clothes. Families and friends get together for a big lively social gathering. You will be entranced by the beautiful colors. The dance festival is held in the courtyard of Tashichodzong – which also houses the King's throne and office, the central government headquarters and the central monastic body.
- In the afternoon, visit:

- The Textile Museum and textile shops where weavers work and sell their woven goods.
- School of Traditional Arts and Crafts.
- Folk Heritage Museum. This very old and traditional house has been converted into a museum to showcase traditional lifestyle of Bhutan (which is still the same in rural Bhutan).

### **Day 3 – October 11<sup>th</sup>**

#### **Thimphu**

- Visit the weekend market. As an expanded version of farmer's market, you may purchase fresh vegetable and Bhutanese souvenirs.
- If desired attend the last day of the Thimphu Tsechu festival at the Tashichodzong
- Volunteer at VAST – Voluntary Art Studio of Thimphu – a non-profit that teaches youth art and painting skills in a fusion of modern and traditional styles
- Stroll through Thimphu town

### **Day 4 – October 12<sup>th</sup>**

#### **Thimphu**

- Hike to Tango Monastery which is located on the mountainside outside Thimphu town. This is not only a sacred place for the Bhutanese, it is also the premier Buddhist college for the monks. The hike takes 1.5 to 2 hours.
- On the way back, visit the Takin Zoo. Takin is the national animal of Bhutan. The zoo is located near Sangaygang which is a hill top that over looks the Thimphu valley – a very beautiful scenic and view point.
- Visit the National Library or the Botanical Garden

### **Day 5 – October 13<sup>th</sup>**

**Thimphu** – This day will be devoted to visiting offices and institutions such as the Royal Society for the Protection of Nature and the Center for Bhutan Studies.

### **Day 6 – October 14<sup>th</sup>**

#### **Leave for Paro**

- Visit NIE – National Institute for Education (one of the two teacher training colleges in Bhutan)
- Visit Drukgyal Dzong which also means the Dzong of the victorious Drukpas. It was built in 1650 to commemorate a victory over the Tibetan invasions. It caught fire in 1951 and was never repaired.
- Walk to a farm house in the valley and observe the traditional way of life.
- Visit Kyichu Temple, one of the oldest temples in Bhutan dated back to the 7<sup>th</sup> century.
- Walk around Paro town

### **Day 7 – October 15<sup>th</sup>**

#### **Paro**

- Visit Rinpung Dzong built in 1646 and is the seat of the district administration of Paro as well as the monk body.
- Visit Ta Dzong, an ancient watchtower, which now houses the National Museum.
- Enjoy Nemizampa Bridge, a 15<sup>th</sup> century bridge.

- Take time for some last minute shopping.
- Share a Farewell dinner.

### **Day 8 – October 16<sup>th</sup>**

#### **Depart Bhutan**

- Fly out on Royal Bhutan Airlines

TOTAL COST - \$2580.00

Cost includes:

- Airfare (Bangkok to Paro – around \$800 but subject to change)
- Accommodation (twin sharing basis), single room supplement \$50
- 3 meals everyday - breakfast, lunch, and dinner
- All entry fees
- English speaking guide
- Toyota Coach with driver
- Mineral water
- Visa fee
- Airport Tax
- Tourism Development Fund

Cost does not include:

- International flight to Bangkok
- Travel insurance
- Soft and hard drinks
- Laundry and miscellaneous expenses and
- Other personal expenses: calls overseas, laundry, excess baggage charges, etc
- Tips
- Wire Transfer and processing fee

Questions? Please contact us by email: [info@travelllearnstudy.com](mailto:info@travelllearnstudy.com) or call 808 497-6623.

Booking:

Download and fill out the reservation form. Fax the form to 808 263-5548, or fill it out online and email or mail it with a non-refundable deposit of \$150. Payment may be made by cashiers check, charge card or direct wire transfer (additional fee).

Travel&Learn  
18 South Kalaheo Avenue  
Kailua, Hawaii 96734

Final payment for the entire tour is due July 15, 2008 to ensure that seats on Bangkok to Paro roundtrip and limited hotel rooms are secured. A month before your departure, we will send a package of information with your itinerary, necessary logistical information and an orientation to Bhutan.

Is this tour appropriate for me?

Elevation in Bhutan is around 8,000 feet above sea level. Although not a trek, this is a physically active trip with optional hikes and sightseeing that requires stairs and terrain with uneven footing. Accommodations are in comfortable first class hotels.