



BHUTAN TOURS AND TRAVELS

Volunteer Holidays

October 1st to 15th 2009

(14 Nights/ 15 Days)

thinley@bhutantoursandtravels.com or tourbhutan@hotmail.com

Day 1 - Paro

Our BTT representative will receive you at the Paro Airport.

Sightseeing of Paro valley:

- Drukgyal Dzong the Dzong of the victorious Drukpas was built in 1650 to commemorate a victory over the Tibetan invasions. It caught fire in 1951 and was never repaired.
- Kyichu Temple, one of the oldest temples in Bhutan dated back to the 7th century.
- Ta Dzong, an ancient watchtower, which now houses the National Museum.

Day 2 – Paro to Thimphu

- Leave Paro for Thimphu in the afternoon (2 hours drive)
- Check in your hotel in Thimphu
- National Memorial Chorten built in honour of our late King Jigme Dorji Wangchuk.
- Thimphu Dzong, the seat of the royal government and the central monastic body, It is also the summer residence of Je Khenpo (chief abbot of Bhutan). The Dzong is open to visitors only in winter when the Je Khenpo and the monk Body moves to Punakha the ancient winter capital of Bhutan.
- Takin Zoo – Takin is the national animal of Bhutan
- Dechenphodrang Monastery – A monastic school for young to middle aged monks

Day 3 – Thimphu

- Day hike to Tango Monastery - pack a slight snack or lunch and hike to Tango Monastery. It is on the outskirts of Thimphu and around 1 hour hike uphill to each monastery. It is a beautiful hike and it is also a Buddhist College for Monks.

- On the way back visit Dechenphug Monastery – It is the houses the protective deity of the Thimphu Valley, a very important monastery for the residents of Thimphu
- Zilukha nunnery.

Day 4 – Thimphu

- National School of Arts and Crafts, where traditional arts are still kept alive through instructions in the arts of painting thankas(sacred Buddhist religious scrolls),sculpting, boot making, embroidery, sword making etc.
- Traditional Medicine Institute, where indigenous medicine are prepared accordingly to ancient practices.
- Textiles Museum (gallery of the Bhutanese textiles through the ages)
- Explore Thimphu market.

Day 5 - Thimphu/ Punakha

- Depart to Punakha via Dochula pass (3050 metres). This pass offers panoramic views of Himalayan ranges.
- Visit Punakha Dzong, winter seat of Je Khenpo (chief abbot) of Bhutan and ancient capital of Bhutan, remarkably located between the rivers of Pho Chu (Male) and Mo Chu (female).

Day 6 - Punakha

- Walk to Khamsum Yulay Namgyal Chorten
- Explore Khuruthang town.
- Leave for Shalupangkha Monastery

Day 7 – 9 Shalupangkha Monastery in Wangdi

- Meet with the monks in the monastery
- Teach English to the monks
- Meet the local community

Day 10 – Wangdi/ Trongsa

- Drive to Trongsa via Pelela pass (3400 metres) the road passes through the black mountain national park.
- Short break at the Chendebji Chorten(2400 metres)
- The journey passes through farmhouses and villages. You will find yaks in this area depending on the time of the year

Day 11 - Trongsa/ Bumthang

- Trongsa Dzong is the most impressive and magnificent dzong in Bhutan .It was built in 1644.
- Ta Dzong , an ancient watchtower
- Drive to Bumthang(2580m) via Yotongla pass(3425m)
- On the way to Jakhar stop at chume village, there are two shops selling yathra, a textile Bumthang is famous for, Yathra is a distinctive strip of woven woollen fabric in numerous colours and patterns.

Day 12 - Bumthang sightseeing:

- Jakar Dzong built in 1667 and it's the seat of the district administration.
- Day excursion to Tamshing lhakhang.
- Visit Kurjey and Jambay lhakhangs.
- Visit Swiss Farm. The farm produces cheese, honey and fruit wine.

Day 13 - Bumthang / Paro

- Long drive back to Paro

Day 14 – Paro

- Hike to Taktsang – Around 3.5 to 5 hours hike uphill. It may be a difficult hike, but it is really worth it. This monastery is one of the most sacred places for Bhutanese. Perched on a sheer cliff, it is believed that Guru Rinpoche flew on a female tigress with one of his consort on the site of the monastery.

Day 15 - Departure

Depart Paro for your next destination

Cost:

\$ 3660 per person, this includes:

- hotel room (twin sharing basis)
- 3 meals
- bottled water on the first day
- English speaking guide
- vehicle and driver
- visa fee and taxes
- all administrative and processing fees

The above cost does not include

- Airfare from Delhi, Kolkatta, Kathmandu, Dhaka or Bangkok to Bhtuan and back – another \$ 900 approx.
- Personal expenses
- Travel insurance
- Soft and hard drinks, and subsequent bottled water
- Laundry and miscellaneous expenses and
- Other personal expenses, calls overseas, laundry, excess baggage charges, etc
- Tips

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