

Bhutan Tours and Travels  
P.O. Box 225  
Thimphu



**JAMPEY LHAKHANG DRUP**  
**Oct 29 – Nov 8**  
**2012**

**DETAILED ITINERARY**

DAY 01:	ARRIVE PARO – THIMPHU
DAY 02:	THIMPHU
DAY 03:	THIMPHU – PUNAKHA
DAY 04:	PUNAKHA
DAY 05:	PUNAKHA – BUMTHANG
DAY 06:	BUMTHANG
DAY 07:	BUMTHANG
DAY 08:	BUMTHANG – PUNAKHA
DAY 09:	PUNAKHA – PARO
DAY 10:	PARO
DAY 11:	DEPART PARO

DAY 01: October 29, 2012      ARRIVE PARO – THIMPHU

The flight to Paro is one of the most spectacular mountain flights in the world, with a constantly changing panorama of some of the highest mountains on earth. Bhutan Tours and Travels representative will meet you at Paro airport exit doors following customs formalities. After lunch enjoy afternoon sightseeing around Paro, including a visit to the Ta Dzong Museum housing many religious relics, works of art and handicrafts offering a great orientation into Bhutan's historical, cultural, and religious past. Next, visit the Rinpong Dzong: Dzong's are large monasteries and district administrative centers, which were once strategic forts. After the visit you can take a walk back to Paro town where you will meet your driver. Later, drive to the capital, Thimphu (1.5 hours) following the Pachu River. Before dinner at the hotel there will be an orientation on Bhutanese etiquette by your guide. Halt at the hotel of your choice in Thimphu.

DAY 02: October 30, 2012      THIMPHU

Once a rustic village sitting in a broad, fertile river valley, Thimphu is today the nation's bustling capital. Enjoy a full day of sightseeing, including a visit to the National Memorial Chorten, completed by the Royal Queen Mother as a memorial stupa for the Third King who passed away in 1972. Continue on to 12th century Changangkha Temple and the Zilukha Nunnery. If there is time, you may visit the nursing pen for the Takin, the national animal of Bhutan, and Tashichhodzong, 'the fortress of the glorious religion' housing some ministries, His Majesty's secretariat, and the central monk body. Halt at the hotel of your choice.

DAY 03: October 31, 2012      THIMPHU – PUNAKHA

Drive over the Dochu-La pass (3,100 meters), which on a clear day offers an incredible view of Himalayan peaks before descending into balmy Punakha valley (about 3 hrs total driving time). The drive through the countryside affords a glimpse of everyday life in this most remote of Himalayan kingdom. In the Dochu-La area there are vast Rhododendron forests that grow to tree size and bloom in late April/early May covering the mountains in a riot of glorious spring color. Punakha was the ancient capital of Bhutan. On arrival, visit Punakha Dzong, the "Palace of Great Happiness" built in 1637 by the Shabdrung, the 'Unifier of Bhutan'. It is the winter headquarters of the Je Khenpo and hundreds of monks who move en masse from Thimphu to this warmer location. The three story main temple of the Punakha Dzong is a breathtaking example of

---

Tel: 975-2-322594; Fax: 975-2-323515; Mobile: 975-17114790 or 17116025

[www.bhutantoursandtravels.com](http://www.bhutantoursandtravels.com)



traditional architecture with four intricately embossed entrance pillars crafted from cypress and decorated in gold and silver. It was here in 1907 that Bhutan's first king was crowned.  
Halt at the hotel of your choice.

**DAY 04: November 1, 2012 PUNAKHA**

In the morning drive to Yabesa village and hike to through ricefields and up to Khamsum Yueley Namgyal Chorten, built by her majesty the queen Ashi Tshering Yangdon Wangchuk. Perched high on a hill on the bank of the river, the Chorten houses paintings belonging to Nyingmapa Traditions. Take a picnic lunch on a picturesque riverside before exploring Wangduephodrang Dzong. Built in 1639, the strategically located Dzong is perched on a spur at the confluence of two rivers. In the 17th century Wangduephodrang played a critical role in unifying the western, central and southern regions of the country.

Afterwards drive back into the Punkha valley for a short walk to Chimi Lhakhang, temple of the Drukpa Kuenpa who is also known as the Divine Madman. He inherited the Divine Madman title since he revolted against the orthodox Buddhism in his time. He taught the people that religion is an inner feeling and it's not necessary that one should be an ordained monk. He is also considered a symbol of fertility and most childless couples go to his temple for blessing.  
Halt at the hotel of your choice.

**DAY 05: November 2, 2012 PUNAKHA – TRONGSA – BUMTHANG**

Drive from Punakha to Bumthang via Trongsa (8 hours) over the Dochu-La pass (3,100m) and Pele La pass (3,420m) on the Black Mountain range. Enroute visit beautiful Chendebji Chorten, erected in the 18th century. The imposing Trongsa Dzong can be viewed across a deep canyon to signal your approach to the town around a curving road. Trongsa is the ancestral home of Bhutan's ruling dynasty. After lunch, visit Trongsa Dzong, the largest Dzong in Bhutan. The view from the Dzong is spectacular and one can see across the landscape for many miles. Also visit the Ta Dzong museum housing an incredible collection of historical artifacts of the Royal Family. Continue driving to Bumthang, home to some of Bhutan's oldest Palaces and temples. The valley's barley fields, apple groves and meadows lay below huge hills which climb up towards the Himalayan mountain wall separating Bhutan from Tibet. Try to stay awake until midnight to witness the opening proceedings of the Jampey Lhakhang Drup Festival, including an unusual naked dance performed to sanctify the region.

Halt at the hotel of your choice.

**DAY 06: November 3, 2012 BUMTHANG**

In the morning visit Kurjey Lhakhang, one of the most sacred places in the kingdom where Bhutan's patron saint Guru Rimpoche meditated and 7th century Jampey Lhakhang. It dates back to the origins of Buddhism in Bhutan and is one of the Kingdoms oldest temples. After lunch, visit Jakar Dzong and Tamshing Lhakhang, founded in 1501 by Pemalingpa and containing interesting and ancient Buddhist wall paintings. Afterwards enjoy exploring the village of Jakar, Bumthang's main township.

Halt at the hotel of your choice.

**DAY 07: November 4, 2012 BUMTHANG**

Return to experience more of the festivities at Jambay Lhakhang, or enjoy an excursion to Tang Valley, the most remote valley in the Bumthang district. Activities may include a 45 minute walk uphill to Ugyen Chholing Palace, built in the 16th century by the Trongsa Penlop Tshokey Dorji. The main building in the complex now features a fascinating museum offering a real insight into the lifestyle of a Bhutanese noble family. Highlights include a book of divination, a dakini dance costume made of bone. You may also visit 14th century Tang Rimochen Lhakhang where Guru

Bhutan Tours and Travels  
P.O. Box 225  
Thimphu



Rinpoche meditated and Mebar Tsho (Burning Lake), where some of Guru Rinpoche's treasures were found in the 15th century by the famous treasure discover Pema Lingpa. It's a good location to meditate. Halt at the hotel of your choice.

DAY 08: November 5, 2012 BUMTHANG – PUNAKHA

In the morning visit Kurjey Lhakhang, one of the most sacred places in the kingdom where Bhutan's patron saint Guru Rinpoche meditated. Afterwards drive to Punakha, stopping for lunch along the way.  
Halt at the hotel of your choice.

DAY 09: November 6, 2012 PUNAKHA – PARO

Drive back to Thimphu where you will enjoy lunch and have an opportunity to visit handicraft and souvenir stores. Afterwards proceed to Paro, visiting Semtokha Dzong en route. The Dzong, built in 1627, is the oldest in Bhutan. It now houses the Institute for Language and Culture studies. On arrival in Paro, check into the hotel. Free time in the afternoon.  
Halt at the hotel of your choice.

DAY 10: November 7, 2012 PARO

Early morning, you set out to make a pilgrimage to one of the most important religious sites in the Himalaya, Taktsang Lhakhang, known as Tiger's Nest. This magical monastery clings to a vertical granite cliff 2000 feet above the valley floor. The legend of Taktsang dates back to 747 AD when Padmasambhava, in the wrathful form of Guru Dorji Drolo, is believed to have flown here on the back of a tiger to subdue the evil spirits of the region. Tantric Buddhist mythology tells that the vanquished spirits were transformed into protectors of the dharma. One of them, Singye Samdrup, is recognized today as the guardian deity of Taktsang. After about an hour of rather steep hiking, you reach a small tea house that has a wonderful panoramic view of the temple. For those interested, it is possible to get a closer view by hiking another hour (each direction) to reach the temple. Otherwise we can relax at the tea house and enjoy the breathtaking views.  
In the afternoon drive to the ruins of the 17th Century Drukgyel Dzong, a historic monument built by the Shabdrung to commemorate his victory against invading Tibetans in 1644. In fine weather the towering peak of the sacred Mount Jomolhari (7314m) appears as a stunning backdrop. On the return drive to Paro, visit 7th Century Kyichu Lhakhang, one of the 108 temples constructed by the Tibetan king Songtsen Gampo.  
Halt at the hotel of your choice.

DAY 11: November 8, 2012 DEPART PARO

Breakfast at hotel and you say goodbye to your guide!  
Airport Drop.

**TASHI DELEK!**

---

Tel: 975-2-322594; Fax: 975-2-323515; Mobile: 975-17114790 or 17116025

[www.bhutantoursandtravels.com](http://www.bhutantoursandtravels.com)