



SACRED HIMALAYA TRAVEL & IIPT

2nd World Peace Tour to the
Himalayan Kingdom of Bhutan
April 22 to May 2, 2009



Day One: Bangkok to Paro, Welcome celebration , Paro Dzong, Farmhouse stay

Flying in on Druk Air, the National Airline of Bhutan, you have a spectacular raven's-eye view of the great Himalayan peaks to catch your first glimpse of Bhutan. Descending into beautiful Paro valley at 8,000 feet, you will land in a world apart and be warmly received by your Bhutanese guide

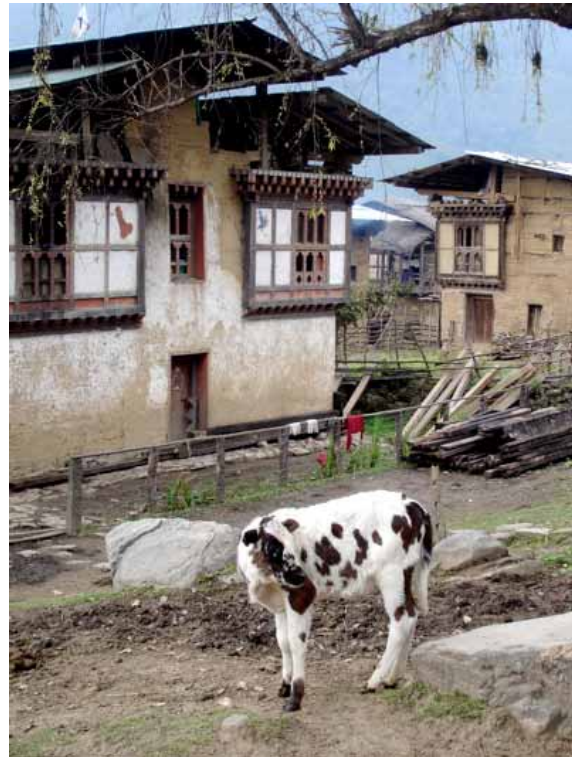
Crystal clear Himalayan air, the scent of pines, a beautifully crafted traditional airport and the warm greetings of Bhutanese in their distinctive centuries-old style robes, signals that your journey, rare in time, place and spirit has begun.

Drive through scenic Paro valley, past Rinpung Dzong, a fairytale like fortress and follow Paro's sparkling river up



the valley to a traditional Bhutanese farmhouse nestled in pine trees and apple orchards that will be home for the night. After a hot lunch, take a leisurely tour of the National Museum, located in the old Ta Zong watch tower above the small town of Paro. Later walk to Rinpong (Paro) Dzong, a monastic “fortress on a heap of jewels.” To reach the Dzong, cross a traditional wooden bridge fluttering with prayer flags. Prayers ride the wind to the river below to bless all beings along the river’s journey. With only the sound of wind, bird song and ever present laughter, you’ll be welcomed into the magic of Bhutan.

Overnight at the Farm House. Hosted by a warm Bhutanese family share daily life and conversation with their small family. Option to take a traditional Bhutanese hot stone bath. Wake to birdsong, the peace of the valley and a morning breakfast on their sunny porch .



FARM HOUSES: The beauty of Paro valley is embellished by cluster of quaint farm houses. Bhutanese houses are very colorful and traditionally built with out the use of a single nail. The house looks very big from outside but is quite simple inside. The best room is always kept for the family’s altar and daily Buddhist practice and prayers . A visit to a farm house will open a window for us to share the everyday life of a rural Bhutanese family.



Day Two: : To Thimphu , Kindness-Dharma talk with Lama, Thimphu sights

After breakfast a two hour drive winds along a river valley, past small villages and traditional farm houses, through peaceful countryside to Thimphu, Bhutan's capital. It's a small charming capital city sheltered in the heart of the Himalayas. Altitude 7,493ft. All of the houses and buildings are painted and constructed in traditional Bhutanese style. Check in at the hotel in Thimphu. After lunch by special arrangement a Lama or Local Teacher will share thoughts on kindness and compassion and peace with a Dharma Talk.

Options for sightseeing include the Traditional Painting School, a school for Bhutan's 13 traditional arts and crafts, the National Library where ancient scrolls wrapped in silk keep the wisdom of Buddhist texts, or visit the Folk Heritage Museum. If time, take milk tea at a local cafe around the warmth of a bukhari wood stove. After dinner, freely explore small downtown Thimphu, where local people gather in the evenings on the main street to shop and chat outside brightly painted store fronts.



Day Three : To Punakha- Sunrise from Dochula Pass

Start Early to catch sunrise at Dochula Pass on our way to Punakha. Driving from Thimphu the road climbs through forests of pine, hemlock and spruce bright with rhododendrons. From atop Dochula the road descends through lush forests to the fertile valley of Punakha at 4430ft.





Before proceeding to Punakha, take a short hike, about 45 minutes, to Chhimi Lakhang, a temple on a small hill-top. This temple is dedicated to the great yogi in 14th century known as Drukpa Kuenly, or popularly known as the Divine Madman. It is believed that this temple blesses women who seek fertility. Overnight in Punakha hotel.



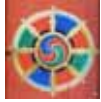
Day Four : To Trongsa- 'Palace of Pure Bliss Dzong & Trongsa Dzong

We'll start early to visit Punakha Dzong or, the "Palace of Pure Bliss," situated between the Pho Chu and Mo Chu, male and female, rivers. This fortress is now used as the winter seat of the Je Khenpo, the spiritual head of Bhutan, though for nearly 300 years this Dzong served as the capital seat of the Kingdom.



Continue toward the central valleys of Bhutan through the breath-taking beauty and serenity of Bhutan's rich flora and fauna. Passing Wangdi Dzong (fortress) the road climbs steadily through semi-tropical vegetation up to Pele la Pass at 11046 ft. You may spot a yak grazing along the roadside. Bright with rhododendron flowers and dark green with dwarf bamboo,

the pass is considered the boundary between East and West Bhutan. On clear days view sacred Mount Jomolhari (23,355 feet) as we pass by Chendebji Chorten. As you enter Trongsa valley, the huge fortress of Trongsa Dzong on the far side of a deep valley, makes you wonder if you will ever reach it. Tonight sleep in Trongsa hotel above the valley that falls away far below



Day Five: To Bumthang – Relax , River Lodge, Evening free to stroll town

This morning tour the spectacular Trongsa Dzong, perched so high on a mountain it's said the clouds float below it. Continuing on our journey, the road rises rapidly through a series of hair-pin bends up to Yotong La pass at 11,200 feet with incredible views over snow capped mountains. Enjoy the quiet peace of the pass with its many colorful prayer flags fluttering in the breeze. Drive downhill to arrive in the Chumey Valley. At Tsugney village, you'll witness traditional Yathra weaving with the bright geometric patterns distinctive of this area. Once made from Tibetan wool, some wool now comes from local sheep. A local shop offers old and new textiles for sale. Continue to Choekhor valley, where Jakar Dzong, the "castle of the white bird" perches above Bumthang. Over night with friendly hosts in Bumthang lodge.



Day Six: Bumthang sights - Day Hikes – Picnic with local friends



Often compared with Switzerland, Bumthang's long beautiful valleys charm visitors. In October families plough fields and help thresh buckwheat, the staple diet of Bumthang valley. This deeply spiritual region is shrouded in religious legend. Bumthang names a complex of four valleys: Chumey, Chokhor, Tang and Ura valley. Chokhor is the holiest of four valleys and many Bhutanese from all over the country visit here on pilgrimage to pay their respects. Today we'll take short drive and walk around Chokhor valley.

First visit an ancient temple " Jambay Lakhang" built by a Tibetan King, Songtsen Gonpo in 659 . Passing through a village meadow we'll come to Kurjey Monastery, where the great tantric saint Padmasambhava (Guru Rimpoche) meditated and subdued a local deity. Share a picnic with local Bhutaneese by the riverside. Overnight in Bumthang, option to take a hot stone bath.

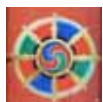


Day Seven : Day hike to Nunnery and Tang Valley, Visit Tang Primary school

Take an easy trail for a morning hike that leads over a gentle hill through towering pines past wildflowers and sweet scented dafney to visit a small nunnery . Picked up by our car, we drive to reach Tang valley--. Picnic Lunch



In the afternoon visit Tang primary school to share stories and songs with the young children. Option to visit Membartsho or "Fire Lake," a deep green river covered with prayer flags.. Overnight River Lodge Hotel, Bumthang.



Day Eight : Bumthang to Phobjikha. Valley: home to Black Neck Cranes

Travel on to Phobjikha, climbing up and passing through semi-tropical dwarf bamboo and the blush of many colored rhododendrons . Yak often graze by the pass at 10,000ft . Arrive in the broad glacial valley of Phobjikha, the chosen winter roosting home of the rare Black necked Cranes.

Endangered cranes leave the Tibetan plateau for Bhutan each winter



and return come early spring. By legend , they are reincarnated sacred souls of Lamas that come to pay homage to the nearby monastery of Gangtey Gompa and help other souls to enlightenment. When they first return, its said, the cranes circle the Monastery three times before landing in the wetlands below. Over night in the quiet valley of Phobjikha under the crackle of a zillion stars and wake to bird song.



Day Nine : To Thimphu , Free afternoon

After breakfast, journey back to Thimphu. Climbing the great Dochula Pass offers another chance to view the astonishing Himalayan ranges and scout for snow leopard prints. In Thimphu check in at hotel, relax. Free afternoon and evening. Last chance for shopping, souvenirs or sights. In the small shops you can find antique textiles, prayer flags, and great collections of Bhutanese books.



Day Ten : Thimphu To Paro Excursion hike to Tiger's Nest Monastery, Farewell Celebration

Paro.

Rise early for a hot breakfast and drive on to Paro .We will spend much of the day on a hike to Taksang Monastery, the most famous monastery in Bhutan. Taksang means "Tigers Nest" so named because Guru Rinpoche reportedly flew to the site on the back of a flying tiger late in the 9th century. Between blue pines and a bluer sky, the monastery perches miraculously on a cliff nearly 2,700 feet above Paro's valley floor. If you decide to ride rather than walk, we can arrange for a pony. We'll break along the way at a small tea house. We'll offer and light a butter lamp in the temple, before we descend in distilled afternoon light.

Afterwards visit Kyichu Lhakang, built in 659 and said to be one of 108 temples scattered across Tibet and Bhutan to pin an ogress to the earth. Now days, it is a realm of peace that holds a statue of Chenresig, the god of Compassion, with 1,000 arms. Our last night in Bhutan, step out for a quiet moment under a sky brimming with stars. Overnight in a lovely, traditional Paro Hotel



Day Eleven Depart to Bangkok

Say goodbyes to Bhutan today and board a flight for Bangkok for onward destinations.

We hope you'll carry this gentle kingdom in your heart: may it bring peace to you and others. Have a safe journey home.

Tashi Dele

Departure Dates & Net Package Cost per Person.

April 22 to May 2, 2009

Trip Minimum: 5 guests Trip Limit : 10 guests

Tour of Kindness: 11 days , 10 nights in Bhutan

All Land Arrangements and Costs per person in US \$	Costs based on twin shared room: Option for single room supplement:	Druk Air Fare Bangkok –Paro Bangkok	Tour Dates
\$2,500	\$350	\$795	April 22 to May 2, 2009

Total Cost: includes Druk Air Roundtrip Bangkok-Paro-Bangkok = \$3,295.

*Costs largely reflect Bhutan's National Policy for a fixed tariff/per day tourist rate. The Royal Government has adopted a very cautious approach to the development of tourism in an effort to avoid the negative impacts of tourism on their culture and pristine environment. All tourists must travel on a pre-planned, prepaid, guided package tour, or custom travel program. Tourism supports the Kingdom of Bhutan and its citizens as a portion of all tourist fees goes directly to the government. *Rates are subject to change.

Total Tour Cost Includes:

Expert co- leadership with Sacred Himalaya Travel English speaking Bhutanese guide & International trip leader.

International trip leader will orient and meet guests for early morning departure from Bangkok, Thailand to Paro, Bhutan

10 nights twin sharing accommodations in Bhutan (for single room supplemental charge is extra)

Full meals while in Bhutan.

All transportation, sightseeing, taxes and monument fees in Bhutan.

*Druk Air Fare roundtrip Bangkok- Paro –Bangkok

Airport Tax

Bhutanese Visa Fee

A contribution from tour fee supports International Institute for World Peace Through Tourism.

**Note: Tour participants should be advised as per Bhutan's regulations total payment of both tour cost and Druk airfare must be submitted in advance. Fees should be paid as soon as possible to secure your reservation. We strongly recommend payment 4 –5 months ahead of the tour starting date.*

Cost Excludes:

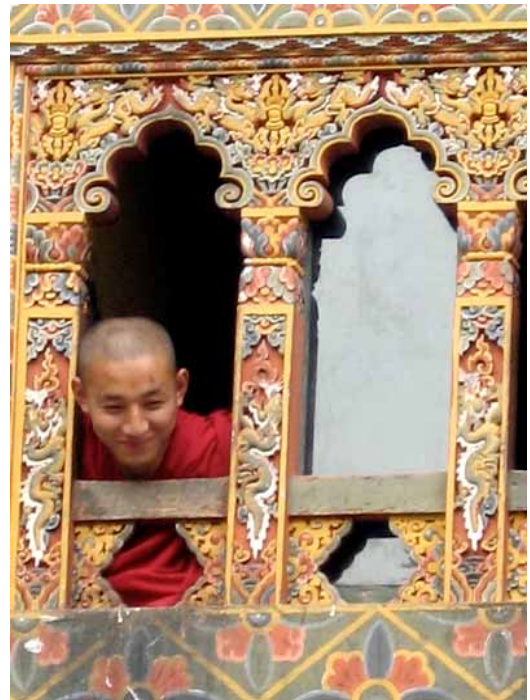
Air fare to point of departure in Bangkok, excess baggage, hotel in Bangkok, laundry, phone calls, travel insurance, bank wire fee, beverages and personal expenses, tips for Bhutanese guide and driver, and religious site offerings.

* Note: Airfare to Bangkok from point of origin , is not included in package cost: Participants are responsible to arrange their own tickets to and from Bangkok. We are happy to suggest hotel reservations for our guests.

Lodging in comfortable hotels in Paro, Thimpu, Phobjikha, Bumthang, Trongsa, and Punakha. Reminiscent of mountain lodges and beautifully Bhutanese, with hand painted designs, wood panels and thick quilts, all have hot running water, electricity, and western style bathrooms. Meals are deliciously prepared traditional Bhutanese and Indian dishes suitable for Western tastes.

Insurance: We strongly advise participants to purchase their own travel/health insurance. We ask that you sign a limits and liability waiver on confirmation of your booking. We are happy to suggest a contact for international health insurance

Note: This is a sample intended to give you a general idea of the likely trip schedule. Numerous factors such as weather, tour conditions, group options and the physical condition of participants, may dictate itinerary changes either before departure or while on tour. We reserve the right to change this schedule in the interest of the trip participants safety, comfort and general well being.



For more information please write

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Kadrinchhe...Thank you.