



Himalayan Discovery with Yoga

Trip code	
Package name	Himalayan Discovery with Yoga
Duration	6
Max. elevation	3080 m
Level	EASY
Transportation	Private vehicals for all round trip.
Accomodation	3***hotel twin sharing bed basis during the tour.
Starts at	Paro
Ends at	Paro
Trip route	Paro - Thimphu - Punakha - tiger nest - paro
Cost	USD 1,300 per person

Highlights

Overview

Come join us to see the wonder of yoga while touring in the natural environment provided by the Himalayas.

If you are seeking for a relaxing tour that brings peace in your mind, body and soul then this package is the ideal tour package for you. The body and mind are opened through daily activities of yoga and meditation. This package creates a more fulfilling adventure that opens the mind for greater relaxation and deeper awareness, all within the beautiful natural environment provided by the Himalayas. This yoga program is open for all experience level and all ages and it is unique opportunity for those interested in strengthening their body, mind and soul.

This journey in the land of Thunder Dragon takes you on an inner and outer journey into the heart of the Last Buddhist kingdom where you can explore the Bhutan's sacred sites and temples. Here Rimpoche offers teaching and meditation that illuminate central principle of Buddhism. Our tour begins from Paro.

Trip Itinerary

Day 1 : Arrive at Paro (2,250m / 7,382ft). Upon arrival, meet and transfer to your respective hotel.

Hovering over the mountains, you can have an amazing view of the green valley and mountains. Upon arrival at Paro airport, clear the formalities of immigration and custom and check out from the departure lounge. Outside the lounge, you will be greeted by one of the representatives of Nature Trail Travels & Tours, Trekking & Expedition who will greet you and then escort you to your respective hotel and provide you an orientation on Bhutanese etiquette. After refreshment, you will be guide towards Rinpung Dzong, meaning 'fortress of the heap of jewels' to see the painting of the great saint Milarepa, considered as the master of meditation by the Bhutanese and believed to have attained enlightenment in a lifetime. The Dzong was built in 1645 to defend the valley against Tibetan invaders and is recently used as an administration center and school for monks. Then walk down to Rimpung Bridge (Traditional Bridge), one of the oldest bridge in Bhutan. The next spot we are going to visit today is Kichu Lhakhang, the oldest temple in the country built in 7th Century. This temple is one of the 108 temples built by the Tibetan King Songsten Gampo. According to the legends, there was a giant demoness laying across the whole area of Tibet and the Himalayas and was preventing the spread of Buddhism. To overcome her, King Songtsen Gampo decided to build 108 temples, which would be placed on all the points of her body. Among these 108 temples, 12 were built in accordance with precise plans. Thus, it happened that in about the year AD 638 the temple of Jokhang in Lhasa was built over the very heart of the demoness.

Day 2 : Drive Paro to Thimphu (2,320m/7,610ft) – 2 hrs. drive

On the following day, we drive towards Thimphu following the Pachu River. Once a rustic village sitting in a broad, fertile river valley, Thimphu is today the nation's bustling capital. Today's sightseeing spot to be covered is Buddha Dordenma statue. This statue is 51.5 meter tall and is one of the 8th wonder of the world. Afterwards, we will visit National Memorial Chorten. This temple was first initiated by the Third King as a protection from the negative elements of modernization, and as a monument to world peace. The Royal Queen Mother completed it as a memorial Stupa for the Third King who passed away in 1972. Also visit Royal Heritage Museum to see the living style of pure Bhutanese. In the evening, we will have a teaching from our master about Buddhism.

Day 3 : Drive Thimphu to Punakha (1,250m/4,100 ft.), via Dochu la

Today, we drive for about half an hour in order to reach Wangdue. Wangdue Phodrang Dzong is perched on a spur at the confluence of two rivers. We will stop at Dochula Pass (3050 m) for a stunning view of snow-capped mountains. We can also visit the Druk Wangyal Monastery where you can offer some praying. Afterwards, we will head toward Khuruthang for lunch. After lunch we visit to Punakha Dzong, built in 1637 by the Shabdrung, the 'Unifier of Bhutan' as predicted by the great Guru Rinpoche (Padmasambhava). It is situated at the confluence of the Mo Chu and Pho Chu (Mother and Father Rivers) and is the winter headquarters of the Je Khenpo and hundreds of monks who move in masse from Thimphu to this warmer location. The three story main temple of the Punakha Dzong is a breathtaking example of traditional architecture with four intricately embossed entrance pillars crafted from cypress and decorated in gold and silver. Then hike up to Khamsum Yulley Namgyal Chorten, temple build for well-being of the entire living creature, king and the people. At evening, enjoy teaching and practice of yoga by the Master on Buddhism.

Day 4 : Drive Punakha to Paro (135 km) – approx. 4 hrs. drive

On this day, we will have our breakfast and then hike up to Chimi Lhakhang which is also known as Temple of Fertility. This temple was built in 15th Century by the 'Divine Mad Monk' (Lam Drukpa Kuenley). People visit this temple with a belief that one can wish a child if they want, get blessing from the monk. Afterwards, we drive back to the city of Paro where we will be taught by the master in the hotel.

Day 5 : Hike to Taktsang monastery (3180 m)

On the following day, we will have a short hike up to Taktsang monastery. Taktsang is a prominent sacred Buddhist site and temple complex perched on the edge of upper Paro Valley. It is also known as the Tiger's Nest. This magical monastery clings to a vertical granite cliff 300 meter above the valley. Legend has it that the great Guru Padmasambhava flew to this spot on back of a tigress and meditated in a cave during the 8th century. When the Guru finished his meditation, he instructed that the monastery to be built. The temple was built around the cave and is a hallowed shrine for Bhutanese pilgrims. The spectacular view along the way and the historical sites draw many tourists to this imposing monastery. There are also a number of temples scattered along the route. Later we'll turn to the Paro Dzong, a large Buddhist monastery and fortress, which is considered the best example of Bhutanese architecture. Now it also houses the district Monastic Body and government administrative offices. On the hill above the Dzong stands an ancient watchtower called Ta Dzong, which is the National Museum of Bhutan. Visit Ta Dzong Museum housing many religious relics, works of art and handicrafts offering a great orientation into Bhutan's historical, cultural, and religious past. This Dzong was converted into the National Museum in 1968. The museum boasts antique thangkhas, textiles, weapons and armor, household objects and rich assortment of natural and historic artifacts. Here you can also learn about Bhutan's history. After this hike and a short sightseeing tour, we drive to Thimphu following the Pachu River. Once a rustic village sitting in a broad, fertile river valley, Thimphu is today the nation's bustling capital. We will stay overnight at Thimphu.

Day 6 : Departure

Concluding our trip, we depart from Paro. Following breakfast you are transferred to the airport depending upon your flight schedule where your tour comes to an end.

Inclusions

What is included?

- Airport pick up & drop by private vehicle as your require.
- Private vehicals for round trip.
- Standard accommodation twin sharing bed basis for the duration of tour.
- All meals fixed breakfast, lunch & dinner with Tea and Coffee for whole duration of your stay in Bhutan.
- Mineral water supply for the trip.
- Local licensed English speaking Bhutan Tour Guides.
- All sightseeing tours, Monument /Museum entrance Fees as per itinerary.
- Country Presentation & Tour Briefing on arrival evening.
- Bhutan Visa Fees and Visa Processing assistance.
- The required number of trekking & touring staff.
- All trekking access, route permits logistics & fees.
- Government tax which goes to the country's health & education projects.

What isn't included?

- Your travel insurance.
- Bottled/alcoholic/cold drinks room service.
- International airfares and airport departure tax.
- Personal Equipment.
- Tips to staffs-Tipping is expected.
- Any others expenses which are not mentioned on Price Includes section.

Complimentary