The Kingdom of Bhutan

A journey to Heaven on Earth



The Kingdom of Bhutan is a place of soaring 7,000m Himalayan peaks, glacial river valleys and crisp evergreen forests. We will cross this ancient land, encouraging a circular journey to discover where the happiest people on Erath live.

High in the Himalayas, between the Tibetan Plateau and India, Bhutan is one of the most remote and pristine environments on Earth. Ancient Buddhist customs and traditions remain as vibrant as ever, little influenced by modern life.

Our itinerary is for both spiritual seekers and outdoor enthusiasts alike. Enjoy a meal at a rural village farmhouse or among monks at a 12th-century temple; and hike to Tiger's Nest monastery.

We will be staying at traditional *dzong*-inspired architecture 4 and 5 starts hotels and cross the valleys of Thimphu, Punakha and Paro with a private guide, taking in ancient monasteries, majestic mountains and much more of this high-altitude Himalayan Kingdom. This itinerary, like all our spiritual expeditions, can be adjusted to suit our preferences as we travel along and let ourselves being guided by spirit.

Our intention is to connect with our authentic self, let go of self impose limitations and allow genuine happiness to come forth within the essence of who we are.

DAY 1: VOYAGE THROUGH FORESTED MOUNTAINS DOTTED WITH MONASTERIES AND TEMPLES TO THIMPHU, BHUTAN'S CAPITAL AT 2,350M ABOVE SEA LEVEL



The flight into Paro on our national carrier, Druk Air, is a befitting introduction to the spectacular beauty of our country. In clear weather, magnificent views of the world's highest peaks give way to the lush green Paro valley as you land. The first gift from Bhutan will be the cool, clean fresh air as you step out of the plane. After clearing customs and visa control our guide will take you into to Thimphu, the modern capital of Bhutan.
A gentle walk through the city and afternoon visits to museums and chortens offer a perspective on the ancient culture.

We will be visiting the h**andmade paper factory, Folk Heritage Museum**

DAY 2: EXPLORE THIMPHU, HOME TO THE SEAT OF BHUTAN'S ROYAL GOVERNMENT AND A MONASTIC ASTROLOGY ACADEMY IN A 16TH-CENTURY EDIFICE

Today we will immerse in the most astonishing buildings and truly flavor the culture and history of Bhutan.

National Memorial Chorten:
The National Memorial was built by Bhutan's third king, H.M. Jigme Dorji Wangchuck who is also known as the "father of modern Bhutan." He wanted to erect a monument carrying the message of world peace and prosperity.

Changangkha lhakhang:



The Changangkha Lhakhang temple is a early medieval Buddhist temple in the capital city Thimphu. The temple is the oldest temple in Thimphu and was constructed by Lama Phajo Drukgom Zhigpo in the 12 century AD. Lama Phajo Drukgom Zhigpo is also the founder of the Drukpa Kaygo School of Buddhism. The Lhakhang's central deity is Chenirizig.

Tashichho dzong :

It is fortress at the northern edge of Thimphu the capital city of Bhutan. The Dzong was built on the western bank of the river Wang Chu, and has historically served at the seat of the Druk Desi or the Dharma Raja of Bhutan's government.

It was erected in 1641 and was subsequently rebuilt by King Jigme Dorji Wangchuck in the 1960s.



The Dzong has been seat of the Royal government since 1952 and presently houses the Throne room and the Kings secretariat. The Tashichho Dzong is also home to several ministries of the Bhutanese government, and the Central Monk Body which is the apex organization of the country's main spiritual order. An invigorating walk crosses one of the country's oldest cantilever bridges to Cheri Goemba, where the kingdom's first community of monks was based.

DAY 3: THIMPU VALLEY TO TANGO MONASTERY BUDDHISH INSTITUTE.



Drive north through the Thimphu Valley and hike up to Tango Monastery to visit the Buddhist Institute that oversees the monk bodies being trained in higher studies and meditation. In the afternoon we visit the Simtokha Dzong which today houses the school of National Language Institute, Dzongkha.

DAY 4: ASCEND TO 3,000M MOUNTAIN PASSES WITH HIGH HIMALAYAN VIEWS BEFORE REACHING THE PHOBJIKHA VALLEY FROM THIMPU TO PHUNAKA,

We will drive towards Punakha via Dochula pass. (3,150 m), where on a sunny day; you can get stunning views of the Himalayan ranges. The Dochu La Pass is probably the best known mountain pass in Bhutan. Located at an altitude of 3150 meter above sea level, the Dochu La Pass is about 30 kilometer away from the capital city Thimphu.



On a clear day the pass offers visitors a spectacular view of the majestic eastern Himalayan Ranges. Another striking feature at the pass are the 108 Druk Wangyal Chortens, that were built for the well-being of all sentiment beings on earth. The 108 Chorten were built as a tribute to the Fourth King of Bhutan for his selfless service and leadership offered to the people of Bhutan. These Stupas or Chortens also represent the peoples love, appreciation and loyalty towards the country's King.

On the way, stop at Metshina Village and take a 20-minute walk through the rice fields to Chimi Lhakhang, which is a fertility temple dedicated to the Divine Madman or Lama Drukpa Kuenley. If you wish, receive the blessing from the Lama`s wooden phallus!

The Chimi Lhakang is a Bhuddhist monastery located in the Punakha District of Bhutan. The monastery stands on a small hill close to the village of Lobesa and was constructed in 1499 by Ngawang Choegyel.

Stroll through Gangtey village, lost in time, and visit the striking Gangtey Goemba at the head of the valley.



DAY 5: HOME TO BREEDING GROUNDS OF THE ENDAGERED BLACK-NECKED CRANE, THE VALLEY HAS VIEWING HIDES TO GLIMPSE THE MAJESTIC BIRDS IN SEASON- PUNAKHA TO PARO

Khamsum Yuley Namgyel Chhorten:

The Yulley Namgual Chorten, lies approximate 7 kilometer north of Punakha. The Chorten is situated along a hill up the valley and can be reached after a leisurely hike through the woods and rice paddies. The Yuelley Namgyal Chorten was constructed by Her Majesty the Queen Mother Ashi Tshering Yangdon Wangchuck, in the 1990's, Built over a period of 9 years, Bhutanese craftsmen including carpenters, painters, and sculptors consulted holy scriptures rather than engineering manuals, to construct this 4-storey temple.

Kyichu Lhakhang:

The Jowo Temple of Kyichu is one of the oldest temples in Bhutan. The temple was built by the Tibetan King Songsten Gampo in the 7th Century AD. The Kyichu Lhakhang was one of the 108 temples constructed by him to subdue a demon that was terrorizing the people of the Himalayas. The temple is believed to have been visited by the Guru Rinpoche in the 8th Century during his visit to the Paro Valley. As one of the oldest Lhakhangs, it houses many important relics. One of the most important relics of the temple is a 7th century statue of Jowo Sakyamuni which is believed to have cast the at the same time as it famous counterpart in Lhasa Tibet.

<u>The Dungtse lhakhang</u>:

Temple is located just north of the city of Paro. The Dungtse Lhakhang temple is very unique in its design as it's designed like a Chorten (Stupa), which is highly unlike any other Lhakhang / temple in Bhutan. The Temple was built in the 1443 AD by Thantong Gyalpo, known as the iron bridge builder in Bhutanese legend. The Dungtse Lhakhang is built over 3 levels that represent the 3 spiritual realms of earth i.e. Hell, Earth and Heaven.



Visit Ta Dzong, an ancient watchtower which in 1968 was converted to house the National Museum. The museum displays collections of antique thangkas, textiles, weapons and armor, household objects, plus a rich assortment of natural and historic artifacts.

DAY 6: THE JOURNEY TO PUNAKHA VALLEY MEANDERS ALONG THE SCENIC RIVER DANG AND THROUGH FORESTS OF BAMBOO AND OAK



DAY 7: A MORNING HIKE **Visit the village of Talo, home to the temple of the Queen mother's protective deity, and enjoy an afternoon hike to an ancient monastery near Punakha.**

Walk along the river Mo through terraces fields of rice, chillies and cabbage to a new chorten buildt by the Queen Mother – Trek To Chelea. Its 36 km to the pass. The altitude is 12,200ft or 3720mts. If the weather permits you can see the mountain ranges. On the other side it's the Haa valley bordering China. You can put up some prayer flags for good luck and good health and to achieve good merits in life Near the winter homes of the royal family, enjoy lunch on the banks of the River Punak before visiting the village of Lobesa and the 15th-century Chimi fertility temple

In the afternoon discover the fascinating collection of artefacts at the National Museum dating back to 4000 BCE.

Visits to Kyichu and Dumtse Temples offer opportunities for further cultural discovery, and a hike past Drukgyel Dzong leads along the River Paro through forests and terraced fields. KE ASCENDS TO ONE OF BHUTAN'S MOST REVERED MONUMENTS, THE TIGER'S NEST



Perched on a cliff face 900m above the valley floor, the views are astonishing – and memorable. We will take you for a morning hike up to **Taktsang Monastery**, also known as 'Tiger's Nest'. Hanging precariously and magically from a rather steep cliff, the Taktsang monastery is a monument of genuine pride for the Bhutanese nation. It defies architectural principles to the core and amazes tourists from around the world. It is a sight to behold. Taktsang or the Tigers lair as the monastery is called, it is widely regarded is one of the most important monuments of spiritual significance in Bhutan.

Its history is deeply associated with the visit of Guru Padmasambhava, the revered Indian saint who came to Bhutan in the 8th century AD. The cave was named Taktsang after Guru Rinpoche flew into the cave from Kurtoe Singye Dzong in eastern Bhutan while riding on a tigress. When he landed in the cave, he took the wrathful form of Guru Dorji Drolo who is regarded as one of the eight manifestations of Guru Rinpoche to decimate the demons.
From the road, the hike toward Taktsang follows an uphill route and takes approximately 2-3 hours at an average walking pace on a clear, sunny day.
Lunch at Cafeteria

DAY 8: DEPARTURE
In the morning our Bhutanese escort will transfer and bid us farewell at Paro Airport.



For more information and registration, Please contact SandraHeals@gmail.com or WhatsApp +971 555 971 540

Dates / Prices / Key Facts

Itinerary:

- If you are coming form Hong Kong or China you need to arrive in Bangkok the night before (Saturday, April 27th) as your flight for Bhutan leaves next day very early in the morning on Sunday, April 28th from Bangkok International Airport to Paro airport in Bhutan. The same applies for those coming from Dubai or Europe and prefer to leave from Kathmandu, you must spent the night before in Kathmandu to catch the next early morning flight to Bhutan.

What's included in the price: ○ The international flight to and from Bangkok to Paro or to and from Kathmandu.

- ○ Visa to Bhutan ○ All accommodations in 4- 5 start hotels in twin bedrooms or king bed.
- ○ All meals, breakfast, lunch and dinner – ○ All transfer to and from airports
- ○ Private transportations with our own drivers and guides that we don't share with anyone else
- ○ All entries to monuments, museums and parks
- ○ Meditations, onsite special ceremonies and personal healing sessions when needed along the journey.

What's not included: ○ International flights to Bangkok or to Kathmandu ○ Additional accommodation before or after Bhutan ○ Drinks, non-alcoholic or alcoholic,

○ Personal Travel Insurance including medical evacuation ○ Personal donations to temples and monasteries of your choice ○ Gratuities + Tips

Important Note:

- A minimum of 10 participants is required to guarantee the happening of this journe

Your Spiritual Tour Facilitator:



Sandra Gonzalez. Is a gifted intuitive born transformational healer. For over 30 years, she has devoted her entire time working in the spiritual and personal development arena with communities, groups and individuals. Sandra feels truly guided by SPIRIT and the Angelical Realm, She allows these fun-loving beings to lead every step of this journey with magic and wisdom. Traveling with groups on spiritual pilgrimages is her way to heal the planet and the most fulfilling days of her life, because she knows that every turn of the trip will hold one awe inspiring experience after another

Come and discover why Bhutan is Happiest Country in the World !

