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德钦普宗教节
Dechenphu Tshechu Festival

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BHUTAN
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Day 1 Depart to Bangkok

Free and Easy.

Day 2: Arrive Paro - Thimphu (55km/34mile approx) (B/L/D)

During the flight into Bhutan, one will experience breathtaking views of Mount Everest, Kanchenjunga and other famous Himalayan peaks, including the sacred Mount Chomolhari and Jitchu Drake in Bhutan. On arrival at Paro International Airport, you will be met by your local company's representative. After completion of arrival formalities, including the processing of your visa (please bring your copy) we will drive to Thimphu. After lunch, we will visit the **Motithang Takin Preserve** to meet Bhutan's National animal, the Takin (Budorcas Taxicolor Whit). You can purchase one of the world's most beautiful postage stamps, collector's items and postcards at face value from **General Post office**, the only place in the world which makes full functional **personalized stamp**. In the evening explore Thimphu city.

Overnight - Thimphu (7576 ft)

Day 3: Thimphu (Sightseeing) (B/L/D)

We will drive to Kuensel Phodrang and see the **second-largest seated Buddha**; locals call it "Buddha Point". We will drive to the North of Thimphu valley which will take us to the **Pangri Zampa Temple**, which is now the seat of the monastic school of astrology. **We can get an astrology reading at the School**. Then, we will take a trip to **The Institute for Zorig Chusum** (commonly known as Traditional Arts School of Bhutan) where students undertake a six-year course on the 13 traditional arts & craft of Bhutan. Visit the **Weekend Market**, which offers a fascinating opportunity to experience Bhutan with all of your senses.

Overnight - Thimphu (7576 ft)

Day 4: Dechenphu Tshechu (Festival) (B/L/D)

This morning, we will head out for a day at the annual **Dechenphu Tshechu (festival)**. Dedicated to Gyenyen Jagpa Melan, a powerful guardian deity of the region, this festival marks the only day when foreign visitors are allowed to visit the Dechenphu temple. After lunch, depending on your interest, we can either go back to the festival or visit **Memorial Chorten** built in 1974 in the memory of our third king, a multi-storied stupa that will introduce you to the vitality of Tantric Buddhism. In the evening we will have a leisure time in the city.

Overnight - Thimphu (7576 ft)

Day 5: Drive to Punakha (approx 77 kms/47 miles) (B/L/D)

On the way to Punakha is the **Dochu la** pass (1004ft) from where a beautiful panoramic view of the Himalayan mountain ranges can be seen, especially on clear winter days. The beauty of this place will capture your heart by the sight of **The Druk Wangyel Chorten**, a 108 stupas built for the well being of all sentient beings by the eldest queen mother Ashi Dorji Wangmo Wangchuck. Punakha has a temperate climate and its rich fertile valley is fed by the Phochu (Male River) and Mochu (Female River) rivers. After lunch we will hike to **Chimmi Lhakhang**, most popularly known as the temple of fertility. The temple was built in the 15th century as a dedication to **Lama Drukpa Kuenley**, known as the divine mad man and considered one of Bhutan's favorite saints. The hike to this temple will take us through a village surrounded by beautiful rice fields and it will take us only 50 minutes (round trip). We'll visit the **Punakha Dzong** built by Zhabdrung Ngawang Namgyel (the unifier of Bhutan) in 1637. It stands majestically at the junction of the two rivers, Phochu (Male River) and Mochu (Female River).

Overnight Punakha (4624ft)

Day 6: Drive to Paro (approx 132km/82miles) (B/L/D)

This morning, after breakfast we will drive towards Paro and upon arrival we will visit the **Ta Dzong (watch tower) Museum** housing many religious relics, works of art and handicrafts offering a great orientation into Bhutan's historical, cultural, and religious past. Visit the **Rimpung Dzong** 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. Dzongs are large monasteries and district administrative centers, which were once strategic forts. Visit the **Kyichu Lhakhang**, one of the oldest temples in Bhutan dating back to 7th century.

Overnight – Paro (7478ft)

Day 7: Paro sightseeing (B/L/D)

After an early breakfast, we will hike to **Tiger's Nest Monastery (Taktshang Goemba)**. The trip is an uphill walk of about three hours and an hour and half hike to the café where there is also clear vantage view where you can enjoy the stunning view of the monastery. The legend of Taktshang (Tiger's Nest/Lair) evolves from Tantric mythology when, in 747 AD, Guru Rimpoche (Padma Sambhava) chose a cave on this sheer rock face to meditate and, assuming his wrathful form, Guru Dorji Drolo, he subdued the local deity, converting into spiritual protector of Taktshang. Some people living in the valley saw the tigress lying by the cave and thought to be tiger's lair. Thus, the name tak (tiger) tshang (lair) came into existence and became one of the most popular pilgrimage sites in the Buddhist world. For Bhutanese; we have to visit this monastery once in a life time. We'll visit a farm house where we'll learn and practice archery; we'll have a traditional bath known as 'Hot stone bath' and later enjoy the authentic Bhutanese Dinner.

Overnight - Paro (7478ft)

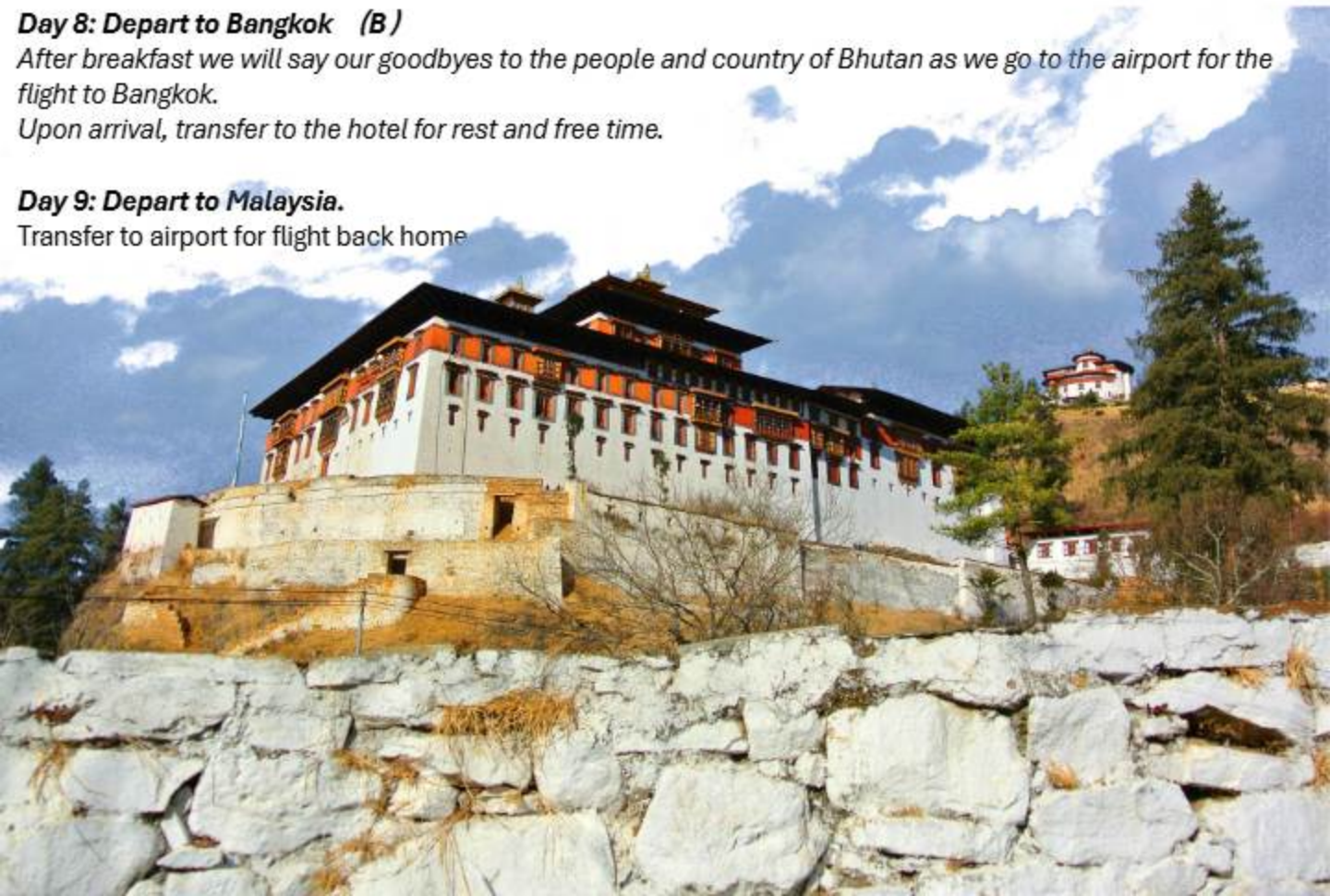
Day 8: Depart to Bangkok (B)

After breakfast we will say our goodbyes to the people and country of Bhutan as we go to the airport for the flight to Bangkok.

Upon arrival, transfer to the hotel for rest and free time.

Day 9: Depart to Malaysia.

Transfer to airport for flight back home



第1天：出发前往曼谷

自由活动。

第2天：抵达帕罗 – 前往廷布（约55公里）（早餐/午餐/晚餐）

飞往不丹的途中，可欣赏到壮丽的喜马拉雅山脉，包括珠穆朗玛峰、干城章嘉峰，以及不丹的神山卓莫拉里峰（Chomolhari）和吉楚达克峰（Jitchu Drake）。抵达帕罗国际机场后，由当地接待人员迎接。完成入境手续（请携带您的签证副本），随后前往不丹首都廷布。

午餐后，我们将前往莫蒂塘塔金保护区（Motithang Takin Preserve），探访不丹国兽——塔金（一种羚牛）。随后可前往廷布的邮政总局购买世界上最美的邮票之一，亦可制作个性化邮票，是独一无二的收藏佳品。晚上自由探索廷布市区。

住宿：廷布（海拔2310米）

第3天：廷布市区观光（早餐/午餐/晚餐）

前往巨型释迦牟尼铜像所在地——库恩塞尔佛陀坛城（Kuensel Phodrang），当地人称为“佛陀点”（Buddha Point）。随后前往廷布谷北部的庞里藏巴寺（Pangri Zampa Temple），该寺庙如今为不丹占星术僧侣学校所在地，可在此体验传统占星术解读。接着参观不丹传统工艺学院（Zorig Chusum），学生需修读六年学习不丹13种传统艺术。最后游览廷布周末市集，这里是体验本地风土人情、味道、声音与色彩的绝佳场所。

住宿：廷布（海拔2310米）

第4天：德钦寺宗教节（德钦普切曲节）（早餐/午餐/晚餐）

今天全天将参加一年一度的德钦寺宗教节（Dechenphu Tshechu），这是献给不丹守护神之一——坚年·贾格帕梅朗（Gyenyen Jagpa Melan）的节日，也是唯一一天外国游客可进入德钦寺参观的机会。

午餐后，可选择继续参加节庆活动，或前往参观纪念佛塔（Memorial Chorten），建于1974年，以纪念不丹第三任国王。这座佛塔是探索密宗佛教的重要窗口。晚上自由活动。

住宿：廷布（海拔2310米）

第5天：前往普那卡（约77公里）（早餐/午餐/晚餐）

途经海拔3050米的多楚拉山口（Dochula Pass），在天气晴朗时，可远眺连绵的喜马拉雅山脉。山口上建有108座转经塔（德鲁克旺耶尔佛塔），由皇太后阿希·多吉·旺姆·旺楚克（Ashi Dorji Wangmo Wangchuck）所建，寓意为众生祈福。

普那卡气候温和，肥沃的山谷由父河（Pho Chu）与母河（Mo Chu）灌溉。

午餐后，前往参观祈福生育的圣地——奇美拉康寺（Chimi Lhakhang），由“神疯子”喇嘛——杜克巴·昆雷（Drukpa Kuenley）于15世纪建造。徒步前往寺庙（往返约50分钟），途中经过美丽的稻田和村庄。

随后参观普那卡宗（Punakha Dzong），由不丹统一者——夏宗·纳旺·南杰尔（Zhabdrung Ngawang Namgyel）于1637年建立，雄踞于父母两河交汇之地。

住宿：普那卡（海拔1410米）

第6天：前往帕罗（约132公里）（早餐/午餐/晚餐）

早餐后启程前往帕罗。抵达后参观塔宗（Ta Dzong）博物馆，原为瞭望塔，现展出大量宗教文物、艺术品及手工艺品，为了解不丹的历史、文化与宗教提供极好开端。

接着参观林布宗（Rinpung Dzong），内部绘有著名圣者米拉日巴的画像，他是冥想修行的宗师，被认为一生就获得了成佛。宗堡不仅是宗教中心，还是地区政府机构所在地，曾作为军事堡垒。

然后前往参观距今已有1300多年历史的不丹最古老寺庙之一——祈楚拉康（Kyichu Lhakhang），建于公元7世纪。

住宿：帕罗（海拔2280米）

第7天：帕罗观光（早餐/午餐/晚餐）

早餐后，徒步前往虎穴寺（Taktshang Goemba，俗称“虎穴”），需攀爬约3小时。途中可在观景咖啡馆稍作休息，眺望修建于悬崖峭壁的神圣寺庙。

据传，公元747年，莲花生大师（Guru Rinpoche）骑虎飞入此地，在洞穴中入定修行，后显现为忿怒相——金刚铁链，降服当地邪神并转化为护法神。因有村民曾看到一只老虎伏于洞口，便称此地为“虎穴”（tak=虎，tshang=窝）。虎穴寺是全不丹最重要的朝圣地，人人一生必朝。

之后参观不丹传统民居，学习并体验不丹射箭文化，享受具有疗效的“石头热水浴”，晚餐为正宗不丹风味餐。

住宿：帕罗（海拔2280米）

第8天：返回曼谷（早餐）

早餐后前往帕罗机场，搭乘航班飞返曼谷。抵达后接送至酒店，自由休息。

第9天：返回马来西亚

前往机场，搭乘航班返回马来西亚。

