

AIRBORNE 空邦有限公司
SDN. BHD.

Company No.198201014283 (94046-W) (KKKP/PL:0557)

36, Dickens Street, 10050 Penang

email: tour@airbornetours.com.my www.airbornetours.com.my

TEL: +604-263 2141 +604-2632260

WhatsApp+60 17-874 3638

9 Days

Bhutan 不丹



Dochula Pass Festival

多楚拉山口节

Highlight:

- Travel to 3 major cities in Bhutan, Thimphu, Punakha and Paro.
- Visit Dochula Pass Festival
- Tour National Museums
- Astrology Reading
- Visit a farmhouse
- Visit to the world's second largest Buddha Statue
- National Takin (Bhutan's national animal) Preserve
- Hike Tiger's Nest in Paro

Day 1: Depart for Bangkok

Upon arrival, free by own leisure.

Overnight in Bangkok.

Day 2: Arrive Paro - Thimphu (55km/34mile approx) (Breakfast/Lunch/Dinner)

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) (Breakfast/Lunch/Dinner)

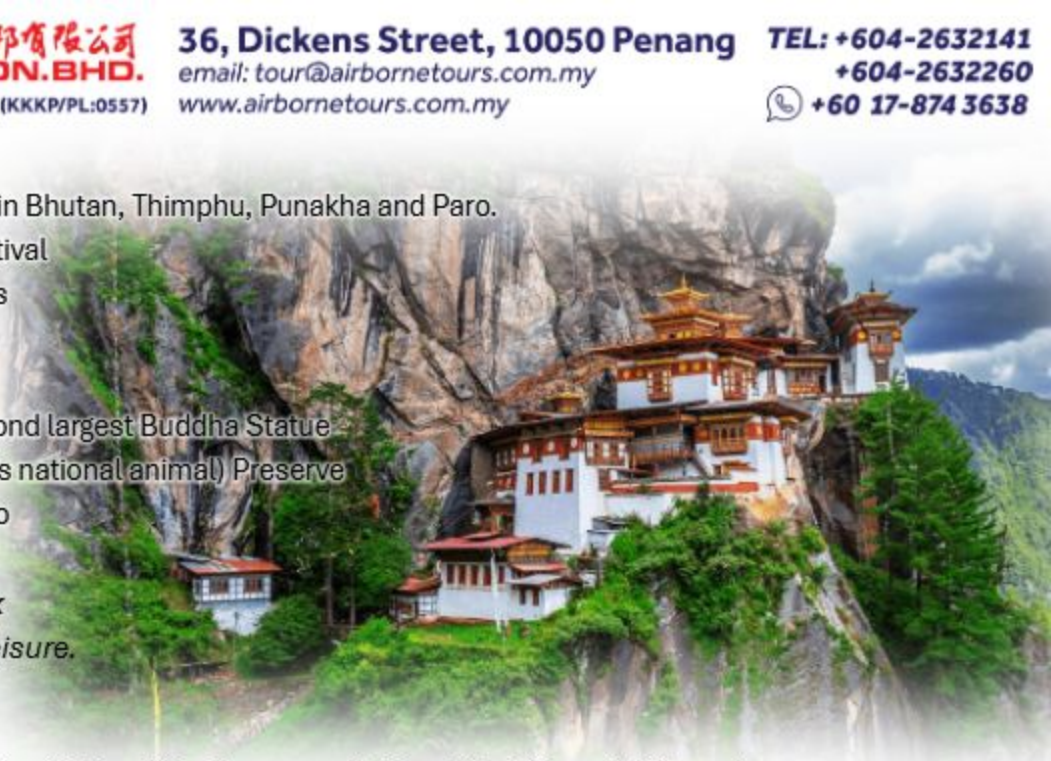
We will drive to Kuensel Phodrang and see the **second-largest seated Buddha**; locals call it "Buddha Point". We will drive to the North of Thimphu valley which will take us to the **Pangri Zampa Temple**, which is now the seat of the monastic school of astrology. **We can get an astrology reading at the School**. You can browse the striking collection of intricate textiles at the **National Textile Museum** and at the **weaving factory**. 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) (Breakfast/Lunch/Dinner)

This morning, we will head out for a day at the annual **Dochula Pass festival**, also known as the Druk Wangyel festival. It is held at Dochula Pass (3050m) to commemorate Bhutan's victory over Indian insurgents in 2003. This is a unique festival as the festival is fully performed by the Royal Bhutan Army rather than the monastery. The soldiers have been given three months training in folk and mask dance. After lunch, depending on your interest, we can either go back to the festival or observe **traditional paper making** from *Daphnia* and *Edgeworthia* shrub to the finished product and purchase some beautiful writing sets from the factory. 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) (Breakfast/Lunch/Dinner)

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) (Breakfast/Lunch/Dinner)

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 (Breakfast/Lunch/Dinner)

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 (Breakfast)

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.

Day 9: Bangkok-Penang

Free by own Leisure upon check out.
Home sweet home.

亮点简介:

游览不丹三大主要城市: 廷布 (Thimphu)、普那卡 (Punakha)、帕罗 (Paro)
参与多楚拉山口传统节庆活动
参观国家博物馆
占星术阅读体验
参观不丹传统农舍
瞻仰世界第二大佛像
探访不丹国兽塔金 (Takin) 保护区
徒步攀登帕罗著名虎穴寺

第一天: 出发前往曼谷 (机上用餐)

抵达曼谷后送往酒店, 全天自由活动。

第二天: 抵达帕罗 - 前往廷布 (约55公里 / 34英里) (早餐/午餐/晚餐)

飞往不丹的途中, 可欣赏到令人叹为观止的世界屋脊美景, 包括珠穆朗玛峰、干城章嘉峰等著名喜马拉雅山脉高峰, 以及不丹神山卓莫拉里峰与古楚德拉克峰。抵达帕罗国际机场后, 由当地接待人员迎接。完成入境手续 (请携带签证复印件) 后, 驱车前往廷布。

午餐后参观莫提塘塔金保护区, 认识不丹的国兽——塔金 (Budorcas Taxicolor White)。之后可前往邮政总局选购世界上最精美的邮票、明信片, 甚至可以定制个性化邮票, 这是世界上唯一提供此服务的地方。傍晚可自由探索廷布市区。

夜宿: 廷布 (海拔7576英尺)

第三天: 廷布市区观光 (早餐/午餐/晚餐)

今日我们将驱车前往库恩瑟尔佛陀大佛 (Buddha Point), 参观世界第二大的坐佛像。之后前往廷布谷北部的庞里赞巴寺 (Pangri Zampa Temple), 此地现为不丹占星术学院所在地, 有机会进行一次个人占星预测。

接着参观国家纺织博物馆及织布工坊, 欣赏精致繁复的传统纺织艺术。随后前往热闹非凡的周末市集, 感受不丹最原始纯朴的民间文化。

夜宿: 廷布 (海拔7576英尺)

第四天: 参加多楚拉节 (Dechenphu Tshechu) (早餐/午餐/晚餐)

今天我们将前往海拔3050米的多楚拉山口, 参加年度盛事“多楚拉节” (又称“德鲁克旺楚节” Druk Wangyel Festival), 为纪念不丹2003年对印度武装分子的胜利而设。此节庆的特别之处在于, 舞蹈和表演皆由不丹皇家军队训练三个月后呈现, 非僧侣演出。

午餐后, 若您有兴趣, 可选择继续参加节庆活动, 或参观传统手工纸制作工厂, 欣赏从植物到纸张成品的全过程, 并选购精美文具。晚上在城市中自由活动。

夜宿: 廷布 (海拔7576英尺)



第五天：廷布-普那卡（约77公里 / 47英里）（早餐/午餐/晚餐）

今日驱车前往普那卡，途中将经过风景如画的多楚拉山口（海拔1004英尺），天气晴朗时可一览喜马拉雅群山壮观全景。此地有108座由不丹皇后多吉旺莫王后建造的纪念佛塔群（Druk Wangyel Chorten），象征为众生祈福。

抵达后前往参观15世纪由“神圣疯僧”喇嘛楚卡·昆雷（Lama Drukpa Kuenley）所建的奇美拉康（Chimi Lhakhang），这是不丹著名的“求子庙”。穿过稻田环绕的村庄，步行往返约需50分钟。接着参观坐落在父母河交汇处的不丹最美宗堡——普那卡宗（Punakha Dzong），由不丹统一者扎布德朗于1637年建成。

夜宿：普那卡（海拔4624英尺）

第六天：普那卡-帕罗（约132公里 / 82英里）（早餐/午餐/晚餐）

早餐后出发返回帕罗。抵达后参观塔宗博物馆（Ta Dzong），原为瞭望塔，现收藏宗教文物、艺术品与手工艺品，带您了解不丹的历史文化与宗教发展。

随后参观帕罗宗堡（Rimpung Dzong），其内保存着尊者密勒日巴（Milarepa）的画像，他是藏传佛教中的著名修行者，被誉为冥想大师。之后造访不丹最古老寺庙之一的祈楚拉康（Kyichu Lhakhang），建于7世纪，富有神圣历史意义。

夜宿：帕罗（海拔7478英尺）

第七天：帕罗-徒步虎穴寺（早餐/午餐/晚餐）

早餐后出发，徒步前往虎穴寺（Taktshang Goemba），需步行上山约3小时，可先抵达山腰咖啡馆小憩并远眺寺庙全貌。传说中，莲花生大师于公元747年骑虎降伏本地鬼神，并在悬崖峭壁上的洞穴中修行，将其转化为护法神，之后建寺纪念。虎穴寺成为不丹最神圣的朝圣地，不丹人一生必访之所。

下山后，我们将参访传统不丹民居，体验不丹国技——射箭，并享受特色“石头热水浴”与正宗不丹式晚宴。

夜宿：帕罗（海拔7478英尺）

第八天：告别不丹，飞往曼谷（早餐）

早餐后前往帕罗国际机场，向美丽的喜马拉雅王国道别，搭乘航班飞往曼谷。

第九天：回程（早餐）

早餐后自由活动，抵达温暖的家。

