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PLAN YOUR TRIP
Now

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IMMERRSE YOURSELF IN THE SACRED
DANCES AND RITUALS

PARO TSHECHU

20th TO 25th
MARCH 2024

BHUTAN
LAND OF THE THUNDER DRAGON



2 nights in Thimphu City

Day 1: Arrive Paro & Drive to Thimphu (Drive time 1 ½ hr)

- Offer Lhasang with monks (incense offering ceremony)
- Visit the Tamchhog Iron bridge
- Visit the second largest seated Buddha in the world
- Visit the Takin Preservatin (National Animal of Bhutan)
- Overnight Thimphu (2340m)

Day 2: Thimphu sightseeing

- Visit Pangri Zampa College
- Get an astrology reading
- Visit Textile Museum
- Visit 13 Traditional Arts & Crafts School
- Visit handmade traditional paper factory
- Visit Trachichho Dzong (Fortress)
- Overnight Thimphu (2340m)

1 night in Punakha Valley

Day 3: Drive to Punakha (Drive time 3 hrs)

- Enjoy the view from Dochula Pass (3050m/10,004ft)
- Visit the temple of fertility
- Visit Punakha Dzong, the most beautiful fortress in the country.
- Visit the longest suspension bridge in the country.
- Overnight Punakha (1500m)

3 nights in Paro Valley

Day 4: Drive to Paro (Drive Time: 4 ½ hrs)

- Visit the 7th Century Temple
- Visit Drukgyal Dzong (Fortress)
- Explore Paro town/Purchase an authentic Bhutanese Souvenirs
- Overnight Paro (2280m)

Day 5: Paro Festival Day

- Visit Paro Tshechu (festival) one of the most beautiful and colorful festival in western Bhutan.
- Visit a farm house
- Hotstone bath
- Dinner at farm house
- Overnight Paro (2280m)

Day 6: Tiger's Nest Hike

- Hike Tiger's Nest
- Leisure time in the town/opportunity to purchase an authentic Bhutanese Souvenirs
- Overnight Paro (2280m)

Day 7: Depart

Clothing for the Season

Your clothing should be lightweight, breathable, hand-washable, and quick-drying. Altitudinal differences account for a wide range of temperatures from day to night the year round. It is, therefore, suggested that clothing be layered so that you can adapt to the changing conditions.

Spring: In the month of March, April and May, you will find a variation of weather, so be prepared for an occasional rain, as well as sunny and dry weather. It can start to get cooler in the evenings and mornings in March.

- Sweater, fleece jacket and a good jacket against wind and rain is essential especially for higher altitudes.
- Long pants (zip-off pants are very useful)
- For Temples, Dzong (Fortress) and Monasteries, you should wear long pants or long skirts. If you are wearing a t-shirt, it will have to be long sleeve, and for short sleeve shirts, a collar is required.
- Sun hat
- Sunglasses
- Umbrella/Rain Jacket
- A well equipped pack of travel medicines
- Sunscreen
- Walking sticks for the Tiger's Nest hike

Foot Wear

- Bring comfortable sports shoes/New Tennis shoes with good soles for the Tiger's Nest hike because it can be slippery if it rains.
- Light-medium sandals such as Tevas, Merrill, Chacos are good for daily tour, but flip flops are not recommended. Flip flops are convenient for hotel use only.
- When entering temples shoes must be removed so it is, therefore, suggested that you bring 1 slip-on shoe and that you carry an extra pair of socks to wear inside religious buildings/temple socks.

Speaking Dzongkha:

Kuzu-zangpo- La – Respected Greetings.

Tashi Delek – May all good things come to you. (Use this as a farewell)

Kadrin-che-La – Thank you.

Jo gay – Lets go.

Lok jay gay – See you again

Goempa – Meditation Centre.

Lhaxhang – Temple.

Chapsa – Toilet.

Chhu – Water.

