



# AHKE Adventure Travel

Email: [info@bhutanecoventure.com](mailto:info@bhutanecoventure.com)  
Website: [www.bhutanecoventure.com](http://www.bhutanecoventure.com)

Adventure - Culture - Eco Tours - Buddhism -

## Unique Eco Tours in Bhutan and Thailand (Two countries, one Eco Adventure), 13 days

Eco Tourism opportunities in Bhutan are unlimited, while each year, tens and thousands of foreigners gather in Thailand to experience indigenous Eco- Life of Thai hill people. We at AHK Eco adventure, brings you best of these two experiences combined in one trip.

“Two Country, One Eco Adventure” tour gives you insight of Bhutan and Thailand, like never before. Bhutan and Chiang Mai hill tribe region of Thailand are possibly the best place to experience Eco Tourism in natural setting. You will have all the opportunity to explore beautiful valleys of Paro, Thimphu, the capital of Bhutan, and the picturesque and sub tropical regions of Punakha, and Wangdue in Central West Bhutan.

During these tours, you will encounter magic of simple Bhutanese life, how it transform into happiness and material contentment. Village lives are simple and pure. People’s thoughts are straight forward and undiluted. Here in Bhutan, you will meet monks, yak herders, potato farmers, and subsistence rice growers. Life here in Bhutan has not changed much through these centuries.

While in Hill Tribe regions of Thailand, there are unlimited experiences waiting for to be guests of Northern villagers in their traditional rural homes in Mae Chaem. In Chiang Mai, there is great opportunity to learn about the local way of life of Northern people. You will have free time to wander around and chat to the locals, learn to weave clothes by local hand weaving machine, and have the meaningful experience to have cultural exchange with villagers & school children, as well as attend Bai Si Su Kwan Ceremony. You will also have a great time to learn about nature, flora and fauna, and hilltribe lifestyle in Doi Inthanon National Park, the tallest mountain in Thailand, and study and experience the life of mahout and his elephant at Lampang Elephant Conservation Center. It’s a real great & excited experience!

Activities: Visit to Monasteries, villages, farm houses, boating, nature walk, bird watching, hill tribe visits, weaving, biking, cross cultural exchange, ceramic bowl painting, mahout training, elephant riding, eating and sleeping at villager home. This is based on one’s choice.



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## “DETAIL ITINERARY”

### DAY 01: ARRIVE PARO

The flight to Paro is one of the most amazing experiences. On clear days, there are never ending view of some world highest mountains peaks. Hostess will guide you to fill in disembarkation forms. Landing in Paro International Airport is something you will remember of for long time.

You will need to jot down your address in Bhutan as C/o AHK Eco Adventure. Your visa details will be made available in advance, and in case of any problems, AHK Eco Venture representative will be at the airport to assist you. Otherwise, you will meet your escort right at the exit door dressed in Kho with warmth smiles.

Paro (2300m MSL) valley is more than beautiful district of Bhutan. It has some historically important monasteries and cultural sites. This beautiful terraced valley is known for

Bhutanese red rice and summer fruits and vegetable. Farmers here are much better off, due to easy accessibility to market for their farm produces.

Drive to Hotel and Check in leisure time after the Lunch. Just before the Dinner, your escort will make brief presentation of the whole trip program. Overnight at the hotel in Paro.



### Day 02: PARO

Today after breakfast hike to Taktsang. The trail is broad and the walk uphill takes you a little more than a 1000ft above the Paro valley. The view of Taktsang monastery built on the cliff is a spectacular sight. It is a great pilgrim site for the Buddhists and also it is one of the most sacred sites in the Himalayan world, a pilgrimage destination for devout Buddhists. For a close look at the cliff-hanging site, hike about 2 hrs up hills to a view points directly opposite the monastery a hilltop filled with prayer flags. From here Taktsang is clearly seen, clinging to a sheer rock wall 3000 ft above the valleys floor, at an altitude of 10,000ft. Beyond the viewpoint, the path is narrow and steep as it climbs to a point above the temple, from where walkers descend to the building itself.

Restoration after a fire in 1998 is now almost completed. The main deity of Taktsang is Dorje Drolo, the wrathful form of Guru Rinpoche, the precious Teacher, also known as Padmasambhava. The great tantric mystic is said to have flown here on the back of a tiger, a manifestation of his consort, Yeshi Tsogyal, when he brought the teachings of the Buddhist Dharma to Bhutan in the 8<sup>th</sup> century.



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The image of Dorje Drolo inside the temple is shown standing on a tiger. There are 13 sacred sites at Taktsang, and several meditation caves in the cliffs above. Many saints have meditated here, not only Guru Rinpoche but also Milarepa and the female yogin Machig Labdronma. Here you can meditate awhile before beginning the descent. Nearby there is a teahouse, where you can stop for lunch or a snack. Overnight at hotel in Paro.

### **DAY03: PARO-PUNAKHA**

Today after early breakfast drive to Punakha via Thimphu across Dochu-la pass (3,088m/10,130ft), from which there is a breathtaking view of the high peaks on a clear day. Until 1955 Punakha served as the capital of Bhutan and it is still the winter seat of the Je khenpo (chief Abbot), visit Punakha Dzong build in the 17<sup>th</sup> century at the junction of Pho Chu and Mo Chu rivers. Damaged by fires, floods and earthquake over the centuries, the Dzong has recently been fully restored to its original glory.

Visit village house in Metsina and hike up to 15<sup>th</sup> century temple where you can seek blessing from lord of fertility. This temple was initiated by Devine Madman or Erotic Lama. This lama framed Bhutanese version of erotic stories or Kamasutra in 15<sup>th</sup> Century. Here replica of Poo or religious penis will touch above your forehead to bless you with fertility. Listen to unceasing rotation of prayer wheels making repeated sound of bells in the temple. Evening visit to local market where farmers from near by villages come and sale their farm produces, which most remains undoubtedly organic. Overnight at the beautiful hotel in Punakha.

### **DAY 04: PUNAKHA - THIMPHU**

After breakfast, drive to Wangdue about 45 minutes from Punakha and the last town on the highway before entering central Bhutan. Wangdue is a typical, bustling small Bhutanese town and its formidable Dzong is the town's most visible feature. In the 17th century Wangdue played a critical role in unifying the western, central and southern regions of the country.

After lunch drive to the nation's capital, Thimphu, a small, bustling city in the heart of the Himalayas. Thimphu charm comes not only from its wealth of museums or places of historic interest, but also from the strong national character of its architectural style. A stroll through this lively town and into its shops reveals an interesting combination of tradition and modernity. Afternoon at leisure, and overnight stay at a hotel in Thimphu.

### **DAY 05: THIMPHU**

Today's after breakfast sightseeing in Thimphu valley includes visits to: National Memorial Chorten: The building of this landmark was envisaged by the third king, His Majesty Jigme Dorji Wangchuck, as a monument to world peace and prosperity. Completed in 1974 after his untimely death, it is a both a memorial to the



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late king ('the father of modern Bhutan'), and a monument to world peace. The painting and statues inside the monument provide a deep insight into Buddhist philosophy;

National Library, which holds a vast collection of Buddhist texts and manuscripts, some dating back several hundred years, as well as modern academic books mainly on Himalayan culture and religion.

Institute for Zorig Chusum (commonly Known as the Painting School) where student undertake a six-year course on the 13 traditional arts and crafts of Bhutan:

National Institute of Traditional Medicine, where the medicinal herbs, mineral, and animals organs available in abundant in the kingdom are compounded and dispensed by traditional pharmacist and medical practitioners. This indigenous healing method is popular amongst all Bhutanese people, and runs in parallel to modern medicine in all district head quarter. Here you will have exclusive privilege of talking to a renowned traditional healer.



**(Farmers threshing paddy with traditional tools)**

**Folk Heritage and National Textile Museums:** These museums, both of which opened in 2001, provide fascinating insight into Bhutanese material culture and way of life.

**Handicrafts Emporium:** This government-run enterprise displays a wide range of beautifully hand-woven textiles and craft products. It also carries a small collection of books on Bhutan, Buddhism and Himalayan culture.

After that drive to Dodeyna and do a hike to Tango Monastery. The drive of 20 kms till the end of the road offers varieties of scenes. The Old Palace (for view only and no entry) where our present king was born in the year 1955 can be seen, the farming village of Begana and Kabjisa and the temples on the hill –slopes. Lama Gyalwa Lhanampa founded the Goemba in the 12<sup>th</sup> century. The present building was built in the 15<sup>th</sup> century by the 'Divine Madman' in the Western Bhutan Chapter. Visible from the road above pine forest. Overnight at hotel in Thimphu.



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### **DAY 06: THIMPHU – PARO**

Today after breakfast drive down to Paro, en route visit Simtokha Dzong, built in 1627 and the oldest fortress of the kingdom. It now houses the institute for language and cultural studies. Drive down and on this route you will come across many farmers selling farm produces like, apples, peach, plum, pears, asparagus, cucumber, wild mushrooms at numerous spots. Just stop at few places and try some fresh fruits, or wild Chanterelle or Mustake mushroom. We will stop to visit at Tachogang Monastery (15<sup>th</sup> Century), and a village farm house in Shaba, just before reaching Paro.

Overnight at the hotel in Paro. Your tour with AHK Eco Adventure will host farewell dinner and brief you about departure formalities.

### **DAY 07: PARO-BANGKOK**

You will have all the help needed from AHK Eco Adventure representative to complete your departure formalities.

### **DAY 08 FLY TO CHIANG MAI (D)**

Meet and transfer to Pornping hotel or similar 3 star hotel. Free in the evening. We suggest you to walk with guide to the night bazaar area for dinner where Muslim restaurant are also available.

### **DAY 09 CHIANG MAI – CHIANG DAO – PALUNG VILLAGE (B, L,D)**

After breakfast travel by pick-up buses about 2.30 hours to Chiang Dao.

Lunch at food shop in Chiang Dao.

Drive around 30 minutes further to the trekking area Trek about 3-3 ½ hours into Mixed Deciduous Forest via Karen tribal village to Paluang tribal village, where we will halt overnight here. Village orientation tour before bathing.

Dinner and cultural exchange program with villagers (please prepare some cultural performance to exchange with villagers). Overnight at village's visitor houses (study about forest ecology and hill tribe lifestyles – Karen & Paluang, and have the cross cultural exchange with Paluang villagers).

### **DAY10 PALUNG VILLAGE – ELEPHANT RIDING – TREKKING – WORKING IN THE FIELD (B, L,D)**

After breakfast, we split into 3 groups to take turns for 3 activities – Elephant riding, Trekking, and helping people work in the field.

Lunch in village and Dinner and overnight in village (Learn to work with local people, practice riding on elephant, and learn to be a good trekker).



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## **DAY11 PALUNG–BAMBOO RAFTING– LONG NECKED VILLAGE– CHIANG MAI (B, L, D)**

After breakfast, we split into 2 groups and take turn to do activities. Between bamboo rafting and visiting long-neck Karen hilltribes. The first one go for bamboo rafting for 1 hr. while another group visit to long necked Karen village. Then take turn.

Lunch at food shop in Chiang Dao

Return to Chiang Mai for sight seeing. Visit the Wat Phra That Doi Suthep, the revered temple on the mountain top, and view over Chiang Mai Town. Transfer to Pornping hotel or similar 3 star hotel. Walk to have dinner at the restaurant. Free time for shopping around Night Bazaar Area (Learn one more adventure activity – bamboo rafting, and be good visitors to Long Neck Karen hill tribes)



(One of the Thai Eco Life Experience we bring to the visitors)

## **DAY 12 DEPARTURE (B,L)**

After breakfast at the hotel, travel to visit Bosang & Sankampaeng. Well known for handicraft products such as paper umbrella, ceramic, woodcarving, lacquerware, silverware, hand-woven clothes.

After lunch, free for your own discovery of Chiang Mai.

Transfer to Chiang Mai Airport for departure to Bangkok. Arrive Bangkok and check in at the hotel.



(Sharing what you know, and learning from hill tribes are great Eco Life Movement).



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## **DAY 13. INTERNATIONAL DEPARTURE**

Depart to respective destinations from Bangkok International Airport.

We will provide VIP services to make sure your requirements are met at all stages. Briefing and all other departure formalities will be made available well in advance. **Please contact us for more detail.**

----- TRASHI DELEK -----