



AHKE Adventure Travel

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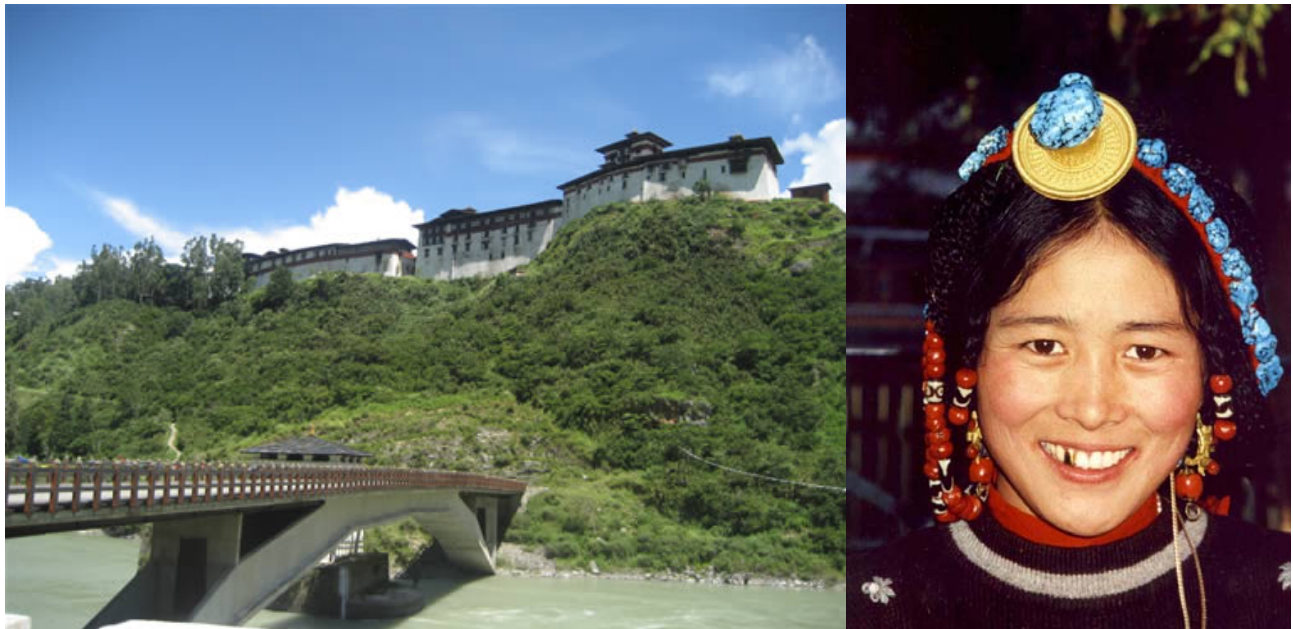
Adventure – Culture – Eco Tours – Buddhism –

“Hearts of Bhutan and Tibet”

The Kingdom of Bhutan, nestling in the heart of the great Himalaya, only opened its gates to foreigners in 1974. It remains the society, where age old culture and traditional life continues as it had been for centuries. With about 69% of population still living in rural Bhutan, farming is still considered an occupation for the majority of Bhutanese. Old aged barter system and close bond within the family often with more than 50 members are common sight.

Often known as “Last Shangri-La” to the West; it is truly a country, where material contentment or wealth are not put above people’s happiness. This is the country, where Government tries to measure impact of development activities in terms of achievement of Gross National Happiness. This is the country where 97% people are found to be happy. **Bhutan follows Kagyu sect as an official school of Buddhism.**

Tibet’s Lhasa, the Forbidden city is the heart & soul of Tibet for centuries & is still a city of wonders. The majestic Potala palace dominates the Lhasa skyline & is the residence of the Dalai Lamas. Jokhang, the central cathedral is the spiritual heart of Lhasa & is its most sacred temple. Encircling the Jokhang Temple is the bustling and fascinating Barkhor market & the devotional pilgrim circumambulation circuit. Other attractions include visits to Sera & Drepung Monastery, Tibet’s great monastic universities & Norbulinka, the Summer Palace of the Dalai Lama. **Gelug Sect under Dalai Lama is an official school of Buddhism in Tibet.** This tour is an ideal for those want to see both these Buddhist Hermitage in one time.



(Bhutanese Dong and Tibetan lady)



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“DETAIL ITINERARY”

DAY 01. Arrive Bhutan

Your Bhutanese escort will receive you upon arrival and drive you through the valley of Paro to the hotel. Visit ruins of Drugyel Dzong, Ta Dzong, and the National museum and walk through traditional wooden bridge.

DAY 02 Paro Excursions to Taktsang

Hike up to 8th Century AD Taktshang monastery. The Tiger's Nest on the cliff.

DAY 03 Paro – Wangdue Phodrang via Thimphu

Drive to Thimphu, the capital of Bhutan. Visit the Memorial Chorten, indigenous paper factory, the Handicraft Emporium.

After lunch, drive to Punakha. Visit Punakha Dzong set on the junction of the two rivers Phochu (male river) and Mochu (female river) and the town of Wangdue. Overnight at Wangdue.

DAY 04 Wangdue Phodrang via Thimphu

Drive back to Thimphu. Further sightseeing in Thimphu includes - visit to the School of Thangka Painting, the National Library, and the Institute of Traditional Medicine. Stroll through Thimphu town.

DAY 05 Thimphu - Paro

Visit Sangay Gang where you can get a spectacular view of

the whole Thimphu valley. Then visit Zelukha Nunnery. After lunch, drive to Paro.





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DAY 06 Paro - Kathmandu

Early breakfast at hotel and drive to Paro Airport. Fly to Kathmandu. Check in at the Hotel, and leisure in afternoon in Kathmandu.

DAY 7 Kathmandu-Lhasa (3650 M)

Transfer to airport to connect SZ 408 KTM-LXA flight.

Depending on group size and other booking terms, AHK Eco Adventure Bhutan head office team will be made available. Upon arrival you will be met by our Tibet tour representative and transferred to Hotel.

DAY 8 Visit Samye Monastery

Explore Yarlung Tsangpo Valley, the cradle of Tibetan civilization. Visit Samye Monastery & Yumbulakhang.

DAY 9 Visit Jokhang Monastery.

Drive to Lhasa, en route visit Mindroling Monastery. Check into hotel. Walking tour of Jokhang & the bustling Barkhor market. Visit Jokhang Temple.

DAY 10 Potala Sigtseeing.

Guided sightseeing tour Potala, the Winter palace of the Dalai Lama & Drepung & Nechung Monastery.

DAY 11 Visit Ramoche Monastery

Guided sightseeing tour of Sera Monastery & Ramoche Tsuglakhang. Afternoon for leisure.



DAY 12 Depart from Lhasa.

After early morning breakfast transfer to airport to connect flight to Kathmandu/Chengdu/Beijing.

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