



## Spiritual Pilgrimage Tours

<b>Trip code</b>	
<b>Package name</b>	Spiritual Pilgrimage Tours
<b>Duration</b>	10
<b>Max. elevation</b>	3500 m
<b>Level</b>	MODERATE
<b>Transportation</b>	Private vehicals for all round trip.
<b>Accomodation</b>	3***hotel twin sharing bed basis during the tour.
<b>Starts at</b>	Paro
<b>Ends at</b>	Paro
<b>Trip route</b>	Paro -vumbra - Tiger nest - Thimphu - Punakha - Paro
<b>Cost</b>	USD 2,250 per person

## Highlights

---

## Overview

---

**Bhutan Spiritual Pilgrimage tour is your gateway to experiencing the rich Bhutanese culture which is deeply embedded in Buddhism, the country's major religion. Bhutan is predominately Buddhist country, practicing the Mahayana Buddhism in the Himalayan region.**

Bhutan has been referred as the last Himalayan Buddhist Kingdom to have been survived thus far in the World and has its state religion as Drukpa Kagyupa sect, a branch of Mahayana Buddhism. Bhutan is dotted with Chorten, temples, caves and numerous other sacred sites where the founders and propagators of Buddhism have left their indelible imprints. Bhutan is an ideal place to relax and

rejuvenate the visitors to seek for calmness, stress free environment, peace and meaningful stay in Bhutan. This simplistic lifestyle makes people happier than wealth rampant a materialist or consumerism. The spiritual activities include, a short contemplative session, a weeklong retreat, mediation practice, retreat centers in mountain and at some of the beautiful resort in Bhutan.

Bhutan is one of the ideal places for the Buddhist pilgrimage and spiritual tour. Our ten days tour begins in Paro where you will visit Rinpung Dzong (fortress), Kichu Lhakhang temple and others. You will spend the next day getting acquainted with the teachings of the Buddha and a learned Lama (priest) will help you do just that. Under spiritual tour, one will get to witness the role of Buddhism in the everyday lives of the Bhutanese and one can seek solace to enhance the spiritual reverence. Spending time with ordinary Bhutanese people will provide you with most powerful examples of the meaning of the Buddhist way of life. You will also have an audience with several monks to gain further insight. One of these audiences will focus on monks and lay people alike can use it to better understand themselves and the world around us. Take a pony ride to Bumdra Monastery and soak in the beautiful sceneries that the journey offers. Spend the next day at the monastery awakening your spiritual self. From here you trek to the much revered Taktsang (Tiger's Nest) Monastery ending the Bhutan Spiritual and Cultural Tour in Thimphu. Enjoy a village walk on the outskirts of the capital city and tour its many wonderful landmarks.

## Trip Itinerary

---

### **Day 1 : Arrival and sightseeing tour in Paro (2,250m/7,382ft). O/N at hotel in Paro.**

Flying over to the dragon kingdom, you can enjoy amazing views of the Himalayas including the sacred Chomolhari and Jichu Drake peaks. After completion of immigration and custom formalities, check out from the departure lounge. There you will meet one of the representatives of Nature Trail Travels & Tours, Trekking & Expedition who will greet you and then escort you to your respective hotel in Paro. After lunch, visit Rinpung Dzong, meaning 'fortress of the heap of jewels' 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. Next, visit Kichu Lhakhang, the oldest temple in the country. From here we will visit the Drugyal Dzong (Bhutan Victory Fort), which was built in 1646 to commemorate Bhutan's victory over Tibetan invaders during the 1600s. On a clear day we can see Mount Chomolhari, Bhutan's second-highest mountain, at 7,314 meters. Overnight in Paro.

### **Day 2 : Buddhist Teaching, Meditation and spiritual awakening**

On the following day, we take a tour to a Buddhist monastery in Paro where, we will meet a learned lama (Buddhist teacher) who will help us immerse ourselves in the teachings of the Buddhawe. Most of the people are interested in Buddhawe. The lama is also open to answer any of our spiritual queries with regards to the teachings of the Buddha. Thus, while you are here, you can utilize this opportunity to solve all your queries related to Buddhism. On this day, we will also have the opportunity for mediation and awaken our spiritual side. Overnight in Paro.

### **Day 3 : Visit Paro to Bumdra**

Drive from Paro after an appetizing breakfast up to Sang Choekor Buddhist University. Here, we will meet our ponies. Afterwards, we ascend for around two hours on a forested ridge which will bring us to a clearing. From here, we get good views of both Paro and Do Chhu valleys below. We continue on our trail and reach Chhoe Tse Lhakhang (temple) which boasts commanding views of the snow-capped Himalayas. Next, we climb through ruins, prayer flags and a forest before reaching a meadow dotted with sacred chortens and prayer flags. We set our camp on a location just under the Bumdra Monastery (Cave of a Thousand Prayers) and enjoy unhindered views of the Himalayan range.

#### **Day 4 : Spiritual retreat in Bumdra (3500m/11482ft): 7km, 4 hours**

Experience a spiritual retreat on this day. This day is kept aside to practice meditation and have a deeper sight into it. We are expected to explore our inner selves in a spiritual retreat in Bumdra on the second day of this trip. Whatever you have learned while practicing meditation on Bumdra, you can apply on this day. It is all about applying what we learned about meditation and spirituality. Practicing meditation and relaxing throughout the day is the scheduled program for this day.

#### **Day 5 : Bumdra to Paro via Tiger's Nest Monastery (3180m/10433ft)**

Today we start our trek on a winding trail that takes us to an ancient pine and rhododendron forest. We descend for some time before seeing golden roofs of the monasteries below. Our path snakes across the mountainside between these monasteries before reaching the gardens of Zangto Pelri (Heaven on Earth). From here we can peer over the edge, straight down onto the ornate rooftops of Taktsang Monastery perched against the cliff-face far below. We descend on a steep trail to a waterfall then ascend to the most venerated Bhutanese monastery, the Taktsang Monastery (Tiger's Nest). Taktsang is a prominent sacred Buddhist site and temple complex perched on the edge of upper Paro Valley. It is also known as the Tiger's Nest. This magical monastery clings to a vertical granite cliff 300 meter above the valley. Legend has it that the great Guru Padmasambhava flew to this spot on back of a tigress and meditated in a cave during the 8th century. When the Guru finished his meditation, he instructed that the monastery to be built. The temple was built around the cave and is a hallowed shrine for Bhutanese pilgrims. The spectacular view along the way and the historical sites draw many tourists to this imposing monastery. After touring the monastery we descend to Paro Valley floor and drive to Thimphu. Overnight hotel in Thimphu.

#### **Day 6 : Namseling village-walk, free time in Thimphu in the afternoon**

From Namseling road, we start descending 30 meter towards the bridge. From here we walk through big farm houses to a distinct-looking giant mud house, with smoke-stained wood windows and a golden pinnacle. This was the place where the famous yogini of Bhutan Khandro Sonam Peldon was born in the 14th century. During the walk, we also get a glimpse of the lifestyle of local farmers. You'll get an opportunity to interact with the local people today and know about their lifestyle, culture and tradition. We walk to a small temple at 24300 meter and admire excellent views of the Thimphu valley. We continue our walk for some time before heading back to the city. Rest of the time is free for you to explore yourself so you can visit the market and buy some handicrafts. Apart from being recognized as the Dragon kingdom, Bhutan is also famous for its hand-made crafts and products.

#### **Day 7 : Thimphu to Punakha (1300m / 4265 ft.): 76 km, 2 – 3 hours**

On this day, we drive to Punakha via Dochu La Pass (3,100m), where on a clear day we get spectacular views of the Himalayas. Punakha has many activities available for those visitors seeking a place of solace, rest and recuperation. Next, we drive downhill through rhododendron, fir and hemlock forests. On the way, we visit Chimi Lhakhang, a fertility temple dedicated to the Divine Madman or Lama Drukpa Kuenley. Couples who are unable to have siblings come here to pray and their prayers are granted.

After reaching Punakha, we also visit Punakha Dzong which was built between 1637-1638 and is the second oldest and the second largest dzong in Bhutan. This fortress was built between the confluences of two rivers the Pho (male) river and Mo (female) Chu. This Dzong is the winter home of the state monastic body and houses the District Administration office. Afternoon: Walk for 55 Mins to see the Khamsum Yulley Namgyal Chorten (50 Mins) – temple built by the Queen of Bhutan for peace and stability in this ever-changing world. Stay overnight at hotel.

### **Day 8 : Day hike in Punakha**

We begin the walk on a leveled trail along the Mo Chu River before reaching a local village. We spend some time visiting farm houses and meeting families. Our host will happily indulge us with a cup of butter tea. We also enjoy a picnic lunch on the river bank. After lunch, we hike further to Khamsum Yulley Namgyel Chorten, a delightful 3-story chorten that looks down on the upper Punakha Valley. From here, the views of the entire valley and the surrounding snow-capped peaks are stunning. We spend some time admiring the general splendor before calling it a day. After hiking for a short while, we hop on our vehicle and drive back to Punakha. Overnight in Punakha.

### **Day 9 : Punakha to Paro (2,250m/7,382ft): 130 km, 4 hours**

After an appetizing and organic breakfast that our host family served, we drive back to Paro today. Upon reaching Dochula pass, we visit the new Druk Wangyal Monastery, which is the only one of its kind in the country with elaborate paintings depicting the lineage of the present monarchy and their visionary works. Overnight in Paro.

### **Day 10 : Final departure**

Ending our trip, you will be transferred to the airport for your flight back to home. Bid farewell to the tiny Himalayan Kingdom and her friendly people. Druk Air generally departs in the early morning to avoid adverse weather conditions. Therefore, after breakfast, we will be taken to the airport in the morning for final departure. During the flight you will enjoy breathtaking views of the Himalayan peaks that include sacred Bhutanese mountains such as Jomolhari and Jitchu Drake.

## **Inclusions**

---

### **What is included?**

Airport pick up & drop by private vehicle as your require.

Private vehicals for round trip.

Standard accommodation twin sharing bed basis for the duration of tour.

All meals fixed breakfast, lunch & dinner with Tea and Coffee for whole duration of your stay in Bhutan.

Mineral water supply for the trip.

Local licensed English speaking Bhutan Tour Guides.

All sightseeing tours, Monument /Museum entrance Fees as per itinerary.

Country Presentation & Tour Briefing on arrival evening.

Bhutan Visa Fees and Visa Processing assistance.

The required number of trekking & touring staff.

All trekking access, route permits logistics & fees.

Government tax which goes to the country's health & education projects.

### **What isn't included?**

Your travel insurance.

Bottled/alcoholic/cold drinks room service.

International airfares and airport departure tax.

Personal Equipment.

Tips to staffs-Tipping is expected.

Any others expenses which are not mentioned on Price Includes section.

### **Complimentary**