

## **Buddha's footsteps**

*(Walking to the Guru's glory "Taksang" Tigers Nest)*

**All Season** (Tour starts from Paro and includes visit to Thimphu, Punaka) *\*includes Dharma talks by local lama and meditation practice. Visit oldest 7<sup>th</sup> century Kichu Lakhang "temples" and other heritage sites, attend session at Deer park Center. \*Includes farm house stay with family.*

**Day1. Arrive Paro to the land of Thunder Dragon:** Upon arrival you will be met by your guide and transferred to a hotel at Paro. Alt: **7,364ft.** After lunch visit national Museum and Rimpung Dzong (fort). Overnight at Paro.

**Day2. Paro Sightseeing:** Visit 7<sup>th</sup> century Kichu lakhang, Dumtshe lakhang, DrukChoing. Walk down town and back to hotel. Overnight at hotel.

**Day3. Paro to Thimphu:** Drive to Chelela pass for RibuTsheng Che (Prayers of offering) and then to Thimphu. Over night at Thimphu

**Day4. Thimphu sightseeing:** Includes visit to Sindo chorten of protection, Memorial Chorten (shrine), stop at 13 traditional Arts and crafts, Attend short talks by local lama, handicraft emporium, TashiChhoDzong, Changangkha Lakhang and Takin reserve. Overnight at hotel.

**Day5. Thimphu -----Punakha (3hr / 75km):** Leaving Thimphu, drive to Dochula Pass, at 9800 feet and down to the fertile valley of Punakha at 4430ft. Overnight at Punakha.

**Day6. Punakha to Thimphu (70km /3 hr):** We continue our fabulous drive back through Dochula Pass, Overnight at Thimphu.

**Day7. Thimphu to Paro:** Early morning drive for 1 and 1/2hr to Paro's upper valley and hike to Taksang (Tigers Nest), 2,700feet above Paro's valley floor. Light butter lamp followed by short prayer and meditation. Overnight at Farm House.

**Day8. Paro to Bangkok:** Say goodbye to Bhutan and board a flight for onward destinations. We hope you'll carry this gentle kingdom in your heart: May it brings peace to you and others. Have a safe journey home.

**END**