



Bhutan Yoga Adventure

May 20 – 30, 2024



Itinerary

DAY 1 – May 20

Thimphu

Fly to Paro. Drive to Thimphu | 50 km | 1.5 hour drive. Check in to hotel and relax before lunch. Afternoon visit to the Royal Textile Museum and Zilukha Nunnery for puja.

Afternoon yoga

Dinner

Altitude: 7010 ft / 2350m

Overnight at Thimphu

DAY 2 – May 21

Thimphu

Pranayama, Meditation and Yoga. Breakfast. Visit Pangri Zampa Monastery (16th CE), a riverside monastery and Astrological Centre.

Afternoon yoga

Dinner

Altitude: 7010 ft / 2350m

Overnight at Thimphu

DAY 3 – May 22

Thimphu

Pranayama, Meditation and Yoga. Breakfast. Day hike to Tango monastery (13th C.E.) and receive a teaching from a Rinpoche at the Tango University of Buddhist Studies. Picnic lunch. Visit the Choki Traditional Art & Craft centre in the idyllic village of Kabesa. Drive back to Thimphu and see Memorial Chorten. Enjoy a traditional Bhutanese Kuney massage before dinner.

Altitude: 7010ft / 2350m

Overnight at Thimphu

DAY 4 – May 23

Thimphu to Punakha. 77km; 2hrs drive.

Morning meditation at the 51m-tall steel statue of Buddha Dordenma at Buddha Point.

Breakfast in Thimpu bistro. Drive to Punakha (which served as Bhutan's capital for 300 years) through Dochula Pass (10142ft / 3091m) with panoramic views of the snow-covered peaks of the Eastern Himalayan mountain ranges, the 108 Druk Wangyal Khang Zhang memorial chortens, ancient forests and fertile valleys. Visit Chhimi Lakhang, a temple of fertility dedicated to the great 14th century yogi known as Drukpa Kunely, popularly known as the 'Divine Madman'. Evening yoga.

Altitude: 4430ft / 1350m

Overnight at Punakha

DAY 5 – May 24

Punakha

Morning Yoga and meditation. Visit the magnificent Punakha Dzong, the Palace of Great Happiness or Bliss. Built in 1637 C.E., this ancient monastery is the second oldest in Bhutan and one of its most majestic structures. Walk through a forest to Khamsum Yulley Namgyal Chorten on the ridge above Punkaka Valley. Picnic lunch and rafting the river.

Afternoon yoga.

Altitude: 4430ft / 1350m

Overnight at Punakha

DAY 6 – May 25

Punakha to Haa Valley. 150 km; 5 hrs drive.

Morning yoga. Drive to the picturesque Haa Valley. Enroute we'll stop for lunch in Thimphu and shop for souvenirs. Late afternoon arrive at the charming Has hotel. Relax before afternoon yoga class. Have a traditional Bhutanese Herbal Hot Stone Bath after dinner and sleep like a baby in the quiet valley of Haa.

Altitude: 2700m

Overnight: Haa Valley

DAY 7 – May 26

Haa Valley

Wake up in one of Bhutan's most picturesque valleys. Morning yoga and meditation. Enjoy a traditional breakfast of buckwheat pancakes and red rice salty porridge. Visit Lhakhang Karpo (White Temple) & Nagpo (Black Temple) built in 7 C.E.. A leisurely afternoon hike through a pine forests and a traditional Bhutanese village to Junidrak/ Katsho Goenpa temple (2950m). Take in spectacular views of the entire Haa Valley and arrive back at the hotel for afternoon yoga class.

Altitude: 2700m

Overnight: Haa Valley

DAY 8 – May 27

Haa to Paro. 75 km; 2.5 hour drive.

Morning yoga. Drive to Paro via Chelala Pass (1000ft / 3810m), the highest motorable pass in Bhutan, to hang prayer flags. Lunch at Kila Nunnery with the nuns and watch them practice Chöd. Drive to Paro Valley and enjoy a luxury stay at Naksel Boutique Hotel & Spa on the edge of a forest above Paro. Afternoon yoga.

Altitude: 7218ft / 2200m

Overnight: Paro

DAY 9 – May 28

Taktshang Paro. 4 hour hike.

Morning yoga. Hike to the ultimate Buddhist site – Guru Rinpoche's Taktsang Monastery, or Tiger's Nest - perched on the edge of a sheer cliff, rising 1000 meters from the valley floor. The trail then wanders through a blue pine forest, past fluttering prayer flags and

hydro-powered spinning prayer wheels, to your awaiting vehicle that will take you to Naksel Boutique Hotel & Spa. Late afternoon yoga class or luxury spa treatment.

Altitude: 7218ft / 2200m

Overnight: Paro

DAY 10 – May 29

Paro

Awaken in your peaceful, rustic villa to spectacular views of Bhutan's highest mountains. Enjoy morning yoga in an exquisite wooden yoga shala, followed by a leisurely breakfast.

Drive to Kyichu Lhakhang, the oldest monastery in Bhutan. Have a teaching at the Memorial House of Dilgo Khyentse Rinpoche. The afternoon is free to shop for souvenirs in Paro town or luxury spa treatment at Naksel. Evening enjoy an evening feast and cultural program of Bhutanese dance.

Altitude: 7218ft / 2200m

Overnight: Paro

DAY 11 - May 30

Departure day

**Note: Sacred Himalayan Travel and Heather Elton Yoga reserve the right to change the schedule due to circumstances that may arise and in the highest interests of the program.*