



## Bhutan Yoga Adventure

Nov 7 - 17, 2024



*Itinerary*

**DAY 1 – Nov 7**

**Thimphu**

Fly to Paro. Drive to Thimphu | 55km | 1hr drive.

Check in to hotel and relax before lunch.

Lunch at Hotel - 13:00

Afternoon visit to the Royal Textile Museum  
and Farmer's Market with Arts & Crafts booths - 14:00

Opening Ceremony & Evening yoga - 18.00

Dinner - 20:00

Altitude: 7010 ft / 2350m

Overnight at Thimphu

## **DAY 2 – Nov 8**

### **Thimpu**

Morning yoga - 7:00

Breakfast - 8:30

Dharma Talk with Guru Ozer Rinpoche - 11:00

Lunch at Hotel - 14:00

Afternoon visit to either the National Institute of Traditional Medicine,  
Traditional Paper Making Factory or the Nakula Dog Shelter - 15:00

Evening yoga - 17:30

Dinner - 20:00

Altitude: 7010 ft / 2350m

Overnight at Thimphu

## **DAY 3 – Nov 9**

### **Thimphu to Punakha. 77km; 2hr drive.**

Morning meditation at Buddha Point - 6:30

Breakfast in Thimpu - 9:30

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. - 10:30

Lunch at Lobesa - 13:00

Visit Chhimi Lhakhang, a temple of fertility dedicated to the great 14<sup>th</sup> century yogi known  
as Drukpa Kunely, known as the 'Divine Madman.' - 14:00

Checkin Hotel - 16:00

Evening yoga - 17:00

Dinner - 19:00

Altitude: 4430ft / 1350m

Overnight at Punakha

#### **DAY 4 – Nov 10**

**Drive Punakha to Phobjikha (Gangtey). 78km; 2hr drive.**

Morning yoga and meditation. - 7:00

Breakfast. - 9:00

Drive to Phobjikha valley along a winding mountain road through oak and rhododendron  
forest. Known as Gangtey Valley, Phobjikha valley is one of the most beautiful high-  
elevation valleys in Bhutan, and is the winter home of Black-Necked Cranes, migrating

from the Tibetan plateau. - 10:00

Lunch at Hotel - 13:00

Explore Phobjikha Valley on one of the beautiful nature trails. 14:00

Evening yoga - 17:00

Dinner - 20:00

Altitude: 9,515ft / 2900m

Overnight at Gangtey

#### **DAY 5 – Nov 11**

**Phobjikha / Gangtey**

Pranayama, Meditation and Yoga - 7:00

Breakfast - 9:00

Full day attending the Black-Necked Crane Festival, an annual event celebrated at the courtyard of Gangtey Monastery in Phobjikha valley. Experience various cultural programs, like folk songs and dances, mask dances performed by the local people, crane dances and environmental conservation-themed dramas, as well as songs by school children.

Lunch at Hotel - 14:00

Evening yoga - 17:30

Dinner - 20:00

Altitude: 9,515ft / 2900m

Overnight at Gangtey

## **DAY 6 – Nov 12**

### **Gangtey**

Pranayama, Meditation and Yoga - 6:30

Breakfast - 9:30

Besides, you can also visit the Information Centre and take a scroll through some of the amazing nature trails in the valley.- 10:30

Lunch - 13:00

Evening yoga - 17:00

Dinner - 19:00

Altitude: 9,515ft / 2900m

Overnight at Gangtey

## **DAY 7 – Nov 13**

**Drive to Punakha. 78km; 2hr drive.**

Pranayama, Meditation and Yoga - 7:00

Breakfast - 9:00

Drive to Punakha - 10:00

Lunch - 13:00

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. - 14:00

Dinner - 19:00

Yoga Nidra - 20:00

Altitude: 4430ft / 1350m

Overnight at Punakha

### **DAY 8 – Nov 14**

**Punakha to Paro. 125 km; 2.5 hour drive.**

Morning yoga - 6:30

Breakfast - 9:00

Walk through a forest to Khamsum Yulley Namgyal Chorten

on the ridge above Punaka Valley. - 10:00

Picnic Lunch - 13:00

Driving through the scenic Jigme Dorji National Park spanning over an area of 4,316

square kilometers, and over the Dochula Pass, to Paro. - 14:00

Check in to Udumwara Resort - 17:00

Evening yoga - 18:00

Dinner - 20:00

Altitude: 7218ft / 2200m

Overnight: Paro

### **DAY 9 – Nov 15**

**Taktshang Paro/Tiger's Nest. 6hrs**

Breakfast - 7:00

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. - 8:00

Lunch - 13:30

Walk down to parking lot

Soak in Hot Stone Bath - 16:30

Dinner - 19:00

Altitude: 7218ft / 2200m

Overnight: Paro

## **DAY 10 – Nov 16**

### **Paro**

Enjoy morning yoga - 7:00

Breakfast - 9:00

Drive to Kyichu Lhakhang (the oldest monastery in Bhutan) and Memorial House of Dilgo

Khyentse Rinpoche. - 10:00

Lunch - 13:30

The afternoon is free to shop for souvenirs in Paro town. - 14:00

Enjoy a cultural program of Bhutanese music and dance - 17:00

Closing Ceremony - 18:00

Dinner - 20:00

Altitude: 7218ft / 2200m

Overnight: Paro

## **DAY 11 – Nov 17**

### **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.*