

– 10 Nights | 11 Days –

BD Nationalities		Non-BD Nationalities
\$5,823 Per Person	Season-1	\$7,095 Per Person
\$8,092 Per Person	Season-2	\$9,364 Per Person
\$8,325 Per Person	Season-3	\$9,597 Per Person

FLIGHT DETAILS				
Airlines	Flight No.	Origin Time	Destination Time	Baggage
Druk Air	KB-301	Dhaka (DAC) 09:10	Paro (PBH) 10:40	40 Kg & 5 kg in hand
	KB-300	Paro (PBH) 07:00	Dhaka (DAC) 08:30	

ACCOMODATION DETAILS				
City	Nights	5 Star Hotel Name	Room Type	Meal Plan
PARO	5	COMO Uma Paro	Double/Twin Bed	Breakfast, Lunch & Dinner
PUNAKHA	3	COMO Uma Punakha	Double/Twin Bed	Breakfast, Lunch & Dinner
PHOBJIKHA	2	Gangtey Lodge, Phobjikha	Double/Twin Bed	Breakfast, Lunch & Dinner

Tour Plan

PARO	
Day: 01	<p>After being welcomed by Drukair Holidays personnel, you will make the 10-minute journey to the hotel. Following your arrival and some time to get used to your new surroundings, you will go on your first adventure into the Himalayan kingdom, which will include a visit to a temple and some sightseeing in Paro Town. You have the opportunity to get to know your guide and acclimatise to the rarefied air at this altitude during your afternoon tour.</p> <p>Yoga class: Private 60-minute session COMO Shambhala treatment: 60-minute COMO Shambhala Massage Overnight: COMO Uma Paro</p>
Day: 02	<p>WALK TO ZURIG DZONG, RINPUNG DZONG, TA DZONG, PARO TOWN, KYICHU LHA KHANG AND DRUKGYEL DZONG</p> <p>Morning Travel through pine forests situated high above COMO Uma Paro, arriving at the picturesque grounds of the fortified monastery known as Zurig Dzong. Go to Ta Dzong, which houses Bhutan's National Museum and offers stunning views of Paro, and then descend to Rinpung Dzong, also known as the Fortress on a Heap of Jewels. The path then passes the main archery range, Ugyen Pelri Palace, and crosses the Paro Chhu River via the historic covered bridge Nyamai Zam before entering Paro town.</p> <p>Afternoon We travel a few kilometres north of Paro to Kyichu Lhakhang, one of the oldest temples in Bhutan, where we pay our respects and see its enchanted year-round orange tree. If we have time, we continue up the valley to the Drukgyel Dzong, which Zhabdrung Ngawang Namgyal erected in 1648 to guard the northern entry to Tibet. Before you head back to our hotel, your guide can make arrangements to take you to a local monastery for a butter lamp ceremony, which serves as a spiritual blessing and a welcoming to the kingdom. In lieu of the traditional yak butter, you will see monks lighting ghee-filled lamps during this symbolic Buddhist ceremony. The purpose of the ritual is to eradicate ignorance and celebrate fluidity.</p> <p>Duration: 5 to 7 hours (subject to time spent in National Museum and Paro) Difficulty: Easy to moderate Yoga Class: Private 60-minute session COMO Shambhala Treatment: 60-minute Deep Tissue Massage Overnight: COMO Uma Paro</p>

PUNAKHA

PARO TO PUNAKHA VALLEY VIA THIMPHU AND DOCHU LA

Day: 03

Morning

During your journey from COMO Uma Paro to COMO Uma Punakha, you can visit Thimphu's major attractions such as the Buddha Dordenma statue, the National Memorial Chorten, Trashi Chhoe Dzong, and the Folk Heritage Museum (exact tour itinerary may vary). The capital city is situated on the western hillside of the Wang Chhu River, surrounded by lush rice farms and peaks. The trip from Thimphu to Punakha is breathtaking, heading up the 3,000m-high Dochu La mountain pass with views of 108 Buddhist shrines, prayer flag woods, and, on a clear day, the Himalayan range.

Overnight, COMO Uma Punakha

CHIMMI LHAKHANG, PUNAKHA DZONG AND KHAMSUM YULLEY NAMGYAL CHORTEN

Day: 04

Morning

The morning begins with a short walk through farmhouses and rice terraces. Visit Chimmi Lhakhang, a 15th-century fertility temple devoted to Drukpa Kuenley, a Tibetan Buddhist saint, often known as the 'Divine Madman'. This place is a popular destination for couples looking to establish a family, including vibrant fertility symbols and statues.

As you continue down the valley, you'll see the 300-year-old Punakha Dzong. The Bhutanese stronghold, built in the 17th century by Zhabdrung Ngawang Namgyal (founder of the Kingdom of Bhutan), previously housed the government. Je Khenpo, Bhutan's top abbot, and his 1,000 red-robed monks now spend their winters here.

Afternoon

After lunch, we'll stroll past homesteads and fields to Khamsum Yulley Namgyal Chorten, a royal family-built hilltop shrine. Experience a full day of exploring in the verdant Punakha Valley, where bananas and oranges bloom beside the footpaths at 1,200m altitude.

Duration: 6 to 7 hours

Difficulty: Easy to moderate

COMO Shambhala treatment: 60-minute Indian head massage
Overnight: COMO Uma Punakha

KHABASA VILLAGE AND CHORTEN NINGPO

Day: 04

Morning: Drive to Chorten Nyingpo, which is a 17th-century building, after breakfast. Images of the famous lamas of the Drukpa lineage and a magnificent figure of Maitreya, the future Buddha, is found in the chorten. This enchanted location was supposedly once a dense woodland full of terrible spirits. The flaming log that the "Divine Madman" tossed is claimed to have given rise to the large oak tree outside the monastery; the bark of the tree is still black from the burn. In addition to starting a modest Buddhist educational institution where the kids can study classic Buddhist scriptures and texts, the monastery started housing orphans from the neighbouring hamlet in 2005. The return walk to the resort takes around 45 minutes to reach COMO Uma Punakha, passing by the Thodrup Lhakhang, local shrine.

Afternoon

Option 1: Trek to Talo Nobgang and Sangchhen Dorji Lhuendrup Nunnery.

Currently, you may visit the Sangchhen Dorji Lhuendrup Nunnery, which is the home of one of the biggest bronze sculptures of Avalokiteshvara in Bhutan. The statue is made entirely by native Bhutanese artisans, and it represents the bodhisattva of limitless mercy. In addition, a permanent "higher learning and meditation centre" for nuns receiving life skills and religious instruction is housed within the temple complex. Originally constructed in the seventeenth century, Nobgang monastery served as the residence of Tibetan Buddhist teacher Zhabdrung Ngawang Namgyal. You will see the breathtaking valleys, mountains, and Punakha Dzong as you begin your hike down. The walk will past the school, farms and farmhouses as it winds among chir pine trees. Before you get to the finish line, you'll pass an incredible tree that the locals think is the walking staff of the 'Divine Madman', planted upside down.

Time: four to five hours / Level of difficulty: easy to moderate

Choice 2: White Water Rafting in the rivers Mo Chhu and Pho Chhu:

The majority of Bhutan's rivers are too unsafe for rafting since they are remote and extremely steep. On the other hand, the Punakha Valley's Mo Chhu and Pho Chhu rivers are easily accessible and provide swift yet secure waters. Thus, these are the two most well-liked rafting trips in Bhutan.

It's also a fantastic chance to see the scenery from a different angle while you raft. Depending on the condition of the river, the duration is two to four hours (with a 45-minute break during the monsoon season, July to August).

Easy in terms of difficulty: Extra Price: US\$350 per boat, plus taxes (for up to five persons). Please be aware that availability for rafting may vary. Even while our outfitter takes every safety measure to guarantee a safe experience, there is always some danger involved with white water excursions. It is suggested that all participants be healthy and able to swim. All necessary protective gear is provided, such as helmets, dry bags for valuables, life jackets and splash jackets and pants.

In the evening: COMO Uma Punakha

CHORTEN NINGPO AND KHASA VILLAGE WITH AN INVIGORATING COMO SHAMBHALA DETOXIFYING SKIN TREATMENT

Morning

We're going to drive to Chorten Ningpo, which is a 17th-century building, after breakfast. Images of the famous lamas of the Drukpa lineage and a magnificent figure of Maitreya, the future Buddha, may be found in the chorten.

This enchanted location was supposedly once a dense woodland full of terrible spirits. It is supposed that the massive oak tree outside the monastery grew from the fire wood that the "Divine Madman threw (the bark of the burned tree is still black). Beginning in 2005, the monastery took in and housed orphans from the neighbouring community. It also established a small Buddhist school where the kids could learn Western topics and traditional Buddhist scriptures.

Duration: 2 to 4 hours on the water, depending on river state (up to 45 minutes shorter during monsoon season, July to August)

Exclusive of Package Cost

Day: 05

Afternoon

Following lunch, you can choose between:

A purifying skin care procedure intended to boost circulation and revitalize drained skin. This invigorating therapy utilises our unique ingredients to moisturise and exfoliate, thereby stimulating lymph movement and restoring a healthy glow.

Option 1: Rafting on the Mo Chhu or Po Chhu Rivers using white water. The majority of Bhutan's rivers are too unsafe for rafting since they are remote and extremely steep. That said, the Mo Chhu and Po Chhu rivers, which have swift yet secure waters, are easily accessible in the Punakha Valley. This makes them, with their nine to ten fast portions apiece, the two most well-liked rafting courses in Bhutan. It's also a fantastic chance to see the scenery from a different angle while you raft.

Duration: 2 to 4 hours on the water, depending on river state (up to 45 minutes shorter during monsoon season, July to August)

Difficulty: Easy

Additional Cost: US\$350 plus taxes per boat (up to Five people)

PHOBJIKHA

PUNAKHA TO PHOBJIKHA VALLEY VIA WANGDUEPHODRANG

Morning.

From our hilltop accommodation, we cross the river below and head towards the Puna Tsang Chhu and Dang Chhu river confluence. We stop briefly at the Wangduephodrang Dzong, which is undergoing reconstruction after being completely destroyed by fire in 2012.

After that, we make our way gradually through semitropical foliage to Phobjikha Valley, which is well-known for being the breeding ground of the endangered black necked crane. The birds stay in this alpine environment on the western side of the Black Mountains during the winter, which lasts from the last week of October until mid-February.

Day: 06

We cordially invite you to enjoy an Aromatherapy Massage on your first day at Gangtey Lodge. This treatment combines the healing powers of touch and the sense of smell, introducing you to the ancient art of aromatherapy and the therapeutic benefits of pure, plant based essential oils.

Duration of drive: 3 to 4 hours (88km)

Difficulty: Easy

Gangtey treatment: 60-minute aromatherapy massage
Overnight: Gangtey Lodge, Phobjikha

INTRODUCTION TO FOREST BATHING IN GANGTEY, KHEWANG TEMPLE AND NATURE STUDY CENTRE VISIT WITH A BHUTANESE HOT STONE BATH

Morning

Experience 'Forest Bathing' in the pristine surroundings of Goenpa following breakfast, and then start your walk. We will stroll through the forest in the direction of Phobjikha Valley, one of the top trekking spots for those who enjoy the outdoors. Bring a camera to take a picture of the expansive, U-shaped valley from the trail we follow, which offers a breathtaking perspective. Next, we will reach the Khewang Temple, a three-story building that houses statues of the Buddhas from the past, present, and future on each floor. Trulku Penjor Gyeltshen, who was regarded as an incarnation of the renowned Tibetan Nyingmapa guru Kuenkhen Longchen Rabjampa (1308– 1364), constructed it in the fifteenth century.

Afternoon

Day: 07

Following lunch, we visit the Nature Study Centre, which is supported by the World Wildlife Fund (WWF) and the Bhutanese government. It is a facility devoted to conservation research and offers workshops to local farmers and students. Next, we go to the 16th-century Gangtey Goemba, which has monastic dwelling quarters, a school, and meditation spaces. Perched atop a hillcrest, it commands a commanding view of the valley and is believed to be the abode of the reincarnation of one of the most significant discoverers in Bhutanese history, Pema Lingpa. You can have a traditional hot stone bath in the evening, which uses river rocks to heat the water and release important minerals that help with daytime aches and pains.

Duration: 5 to 7 hours including a 1 to 2-hour Nature Trail Walk or a longer option

Difficulty: Easy to moderate

Gangtey treatment: Forest bathing, Bhutanese hot stone bath

Overnight: Gangtey Lodge, Phobjikha

PARO

PHOBJIKHA TO PARO VALLEY VIA CHUZOM AND A RELAXING ABHYANGA TREATMENT AT COMO UMA PARO

Morning.

Go back over the Dochu La pass as quickly as possible to get another look of the Himalayan Mountain range. Once you return to the Chuzom (the meeting point of the Wang Chhu and Paro Chhu rivers), you can see the three neighbouring shrines—Nepali, Tibetan, and Bhutanese—that were constructed to fend off evil spirits. If time permits, a visit to Tamchog Lhakhang, a temple constructed by Thangtong Gyalpo, the trailblazing engineer who brought suspension bridge construction to Bhutan and Tibet (many of which are still in use today), will be made.

Day: 08

You can spend the remaining portion of the day in this serene environment in our mountain home, which is reached after driving through rice paddies and apple orchards on the way to COMO Uma Paro.

Back at the resort, we've readyed an abhyanga, a rhythmic Ayurvedic massage that stimulates circulation and energises the body with warm herbal oils.

Duration of drive (Phobjikha to Paro): 5 to 6 hours (168 km)

Difficulty: Easy

COMO Shambhala treatment: 90-minute abhyanga treatment

Overnight: COMO Uma Paro

CHELE LA PASS AND HIKE TO KILA NUNNERY SHEDRA (OPTIONAL BIKE DESCENTS) AND PIZICHILI TREATMENT

Morning

After travelling 35 kilometres through woods of rhododendron and blue pine, we will arrive at Chele La Pass in the late morning. At 3,988 meters, it is the highest road pass in Bhutan. We head out along the ridge blanketed in edelweiss, passing a site of sky burials before making our way down through a thick rhododendron woodland where we might spot shaggy yaks. On a clear day, the vista stretches down to the Haa Valley, which only became accessible to outsiders in 2002 because of its close proximity to the borders with Sikkim and Tibet, and up to the snow-dome of Mt. Jhomolhari (7,314m), the second highest Mountain in Bhutan. This pristine valley transports us to a bygone, more rustic era. Situated Within a rugged escarpment on the mountainside beneath, Kila Nunnery Shedra Is among the seven most historic

Day: 09

nunneries in the Kingdom. Early in the 1800s, Dupthob Chhoeje Norbu and Dupthob Temba were founded as meditation sites.

Afternoon

Now that we have offered and maybe been blessed, it is time to go one step below. We return to the road after an hour, where we can mount a mountain bike and freewheel down to Paro Valley. Driving from Chele La Pass down the opposite side to the Haa Valley is an alternative for those who would prefer a relaxed touring day. Your guide will suggest a substitute for this day trip if Chele La Pass is inaccessible in the winter. In the late afternoon, partake in pizichili, the last phase of Ayurvedic massage therapy. In a Pizichili therapy, warm herbal oil is applied to the body and gently massaged.

Duration: 6 to 7 hours

Difficulty: Moderate, Guided with picnic, Kona Cinder mountain bike, helmet, gloves

COMO Shambhala treatment: 90-minute pizichili treatment

Overnight: COMO Uma Paro

WALK TO TAKTSANG MONASTERY (2,900M) AND A BHUTANESE HOT STONE BATH AND COMO SHAMBHALA MASSAGE

Morning

Today's activities revolve around the historic Paro Valley and end with a visit to the Taktsang 'Tiger's Nest' Monastery, one of the most significant architectural structures in Bhutan. Legend has it that Guru Rinpoche, also known as Padmasambhava, fell on this cliffside while riding a tigress, bringing Buddhism from Tibet to Bhutan. The two-hour climb, which includes a steep walk past a waterfall and ends among stunning murals at the monastery's main entrance, is best done early in the day to escape the intense sun. We can go back the way we came or continue up to other isolated monasteries and temples if time and energy permit.

Afternoon

Following lunch at the quaint Taktsang café or on a packed picnic, we head back to COMO Uma Paro for a traditional hot stone bath and massage. Hot river rocks are submerged in water to release minerals through cracking and steaming, making this potent, stress-relieving therapy possible. Our COMO Shambhala Massage's long, soothing strokes are used to induce an even deeper state of relaxation as the therapy comes to an end.

Duration: 6 to 8 hours

Difficulty: Moderate to hard

COMO Shambhala treatment: 90minute traditional Bhutanese hot stone bath and COMO Shambhala massage

Overnight: COMO Uma Paro

Day: 10

Day: 11

Your 10-minute transfer to Paro International Airport will be arranged according to your flight schedule.

PACKAGE INCLUSIONS

- Return Air ticket on Business Class
- Visa Fee for Foreign Nationals (BD Passport -VISA ON ARRIVAL)
- SDF
- Accommodation for five nights at COMO Uma Paro on a full board basis (excluding beverages), which includes picnic lunches during excursion days

PACKAGE EXCLUSIONS

- Personal Expenses, Shopping/Souvenirs
- Unexpected Circumstances
- Helicopter services (optional)
- Tips and Gratuities to Guides/drivers
- Use of bar and beverages in Hotels/Bars.
- Travel Insurance

SEASONS

- Four-and-a-half private guided day walks and excursions taking in the highlights of the Paro and Thimphu Valleys
 - Five 60-minute private yoga sessions (daily)
 - The private guiding services of an experienced English-speaking Bhutanese guide
 - One-hour COMO Shambhala Massage per person
 - One to two yoga sessions per day and a 60-minute daily private yoga session for five days
 - Private airport transfers and transport in Bhutan
 - All Bhutanese government visa and royalty fees, service charge and sales tax
 - All museum and visitor centre entry fees and road permits
 - Complimentary scheduled one-hour daily yoga class (except Sundays)
 - Complimentary use of the library, internet facilities, swimming pool, steam room and gym
 - Complimentary, resort-wide Wi-Fi access
- **Season 1**
DEC, JAN, FEB, JUN, JUL, AUG
 - **Season 2**
(Mar 1- Mar 17, Mar 27-May 31, Sep 1-Sep 10, Sep 17- Nov 30)
 - **Season 3**
(Mar 18 - Mar 26, Sep 11- Sep 16)

Terms & Conditions

- Any kinds of Government Surcharge, Tax, and rate of exchange increase, rates will be auto revised accordingly.
- Package rate is subject to room availability.
- Minimum required 2 Adults to avail this package.
- Packages are **NON-REFUNDABLE** once issued.