

– 5 Nights | 6 Days –

BD Nationalities		Non-BD Nationalities
\$3,982 Per Person	Season-1	\$4,985 Per Person
\$5,050 Per Person	Season-2	\$6,112 Per Person
\$5,225 Per Person	Season-3	\$6,287 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	Valley Room	Breakfast, Lunch & Dinner

**Tour Plan**

**PARO**

Day: 01

You will be GREETED by Drukair representative at the airport. CHECK-IN to COMO UMA Paro which is 10 minutes drive from the airport. You will meet your yoga teacher for the week and have an introductory private yoga practice. Your first private yoga practice will be in the late afternoon. Then, you will be taken on the first foray into the Himalayan kingdom, with sightseeing in Paro town and a temple visit. This afternoon trip allows you to acclimatise to the rarefied air at this altitude, as well as the chance to get to know your guide.

Overnight: COMO Uma Paro

Day: 02

**Morning**

Wind through pine forests to the picturesque grounds of the Zurig Dzong monastery, which resembles a fortress. Go to Ta Dzong, Bhutan's National Museum and enjoy the 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.

**Afternoon**

We travel a few kilometres north of Paro to Kyichu Lhakhang, one of the oldest temples in Bhutan, where we pay our respects under the enchanted year-round fruit-bearing orange tree. If time permits we drive up the valley to the Drukgyel Dzong, which Zhabdrung Ngawang Namgyal constructed in 1648 to guard the northern route to Tibet.

Duration: 5 to 7 hours (depending on time spent in the National Museum and Paro)

Difficulty: Easy to moderate (guided, with picnic or lunch at a local restaurant)

Overnight: COMO Uma Paro

Day: 03

**WO YOGA PRACTICES AND A WILD WALK FROM CHELE LA PASS TO KILA NUNNERY (WITH OPTIONAL BIKE DESCENT)**

We begin our yoga practice for the day with half an hour of pranayama and meditation before moving into a gentle Vinyasa flow. After Shavasana, enjoy an invigorating COMO Shambhala juice before heading to breakfast. We will reach Chele La Pass in the late morning, which, at 3,988m, is the highest road pass in Bhutan, snaking upwards through blue pine and rhododendron forests for 35km.

Striding out along the Edelweiss-covered ridge, we pass a sky burial site and we then descend down through dense rhododendron forest, possibly sighting shaggy yaks. On a clear day the view sweeps away to the snow-dome of Bhutan's second highest peak, Mt. Jhomolhari (7,314m), and down to the Haa Valley, which only opened to foreigners in 2002 due to its proximity to the border with Sikkim and Tibet. This unspoiled valley harks back to a simpler, more traditional time. Kila Nunnery Shedra is an ancient nunnery nestled in a craggy patch on the mountainside below – one of the seven oldest nunneries in the

Kingdom. Dupthob Chhoeje Norbu and Dupthob Temba initially established in the early ninth century as places for meditation.

#### Afternoon

Having made our offerings and perhaps been blessed, it is time to descend further. An hour later, we are back at the road where we can saddle up on a mountain bike and freewheel down to Paro Valley. We will enjoy a private Hatha Vinyasa yoga session back at COMO Uma Paro, including elements of pranayama and meditation, before settling into a deep Shavasana. For those who prefer a leisurely sightseeing day there is the option to drive from Chele La Pass down the other side to the Haa Valley. If Chele La Pass is not accessible during the winter months, your guide will propose an alternative for this day excursion.

Duration: 6 to 8 hours

Difficulty: Moderate (guided, with picnic or lunch at a local restaurant)

Overnight: COMO Uma Paro

#### YOGA AND THIMPHU DAY OUT

We begin the day with a Hatha Vinyasa yoga practice. For after breakfast, we've curated a list of places to see and things to do in Thimphu, the capital of Bhutan – spend your day with what interests you.

- Thimphu's markets take place on Fridays, Saturdays and Sundays. Spend a few hours wandering through the colourful stalls before heading into town for more exploration.
- The Kuensel Phodrang ruins were the palace of Sherab Wangchuck – the thirteenth Druk Desi – and overlooks the southern side of Thimphu. Today, they are home to the Buddha Dordenma, a gargantuan 51.5m statue of Buddha Shakyamuni. It is made out of bronze, gilded in gold and one of the largest statues of Buddha in the world.
- Witness rows of young Bhutanese students at Zorig Chusum (National Institute of 13 Arts and Crafts) learning the national crafts of carpentry, masonry, carving, painting, sculpture, casting, weaving, bamboo work, embroidery, woodturning, papermaking, blacksmithing, and gold and silver crafting.
- Stop at the Royal Takin Preserve, home of Bhutan's national animal, and meet the Takin - which has been described as looking like a beestung moose.
- With both sentimental and political value, the National Memorial Chorten is a monument to world peace and prosperity which was erected by the Royal Family and abinet to honour the wishes of Bhutan's third king, H.M. Jigme Dorji Wangchuck, who passed away before it could be completed. The original building of Trashi Chhoe Dzong, called the 'Fortress of the Glorious Religion' was built in 1641 and rebuilt in the 1960s. It is now home to government ministries, His Majesty's secretariat and the central monastic body. Entrance is granted only after 5.00pm.
- For those with an eye for design and a passion for ceremony, peruse the Royal Textile Academy Museum's royal collection, comprising of the Raven Crown (Bhutan's royal wedding crown) and its accompanying royal wedding dresses. You can also learn more about the national art of weaving and its changing styles of 'Gho' and 'Kira', demonstrated by weavers on traditional looms.
- Venture back in time as you explore the Folk Heritage Museum; this museum is a replica of a traditional Bhutanese house with care taken to detail it exactly as it would have looked a century ago. Thimphu sprawls up the wooded, western hillside of the Wang Chhu River, and is one hour away from COMO Uma Paro by car. It is important to note that museum, monastery, temple and Dzong opening times vary with national holidays, auspicious ceremonies and events such as Royal Family visits.

Duration: 7 to 10 hours

Difficulty: Easy (guided, with picnic or typical Bhutanese fare in local restaurant)

Overnight: COMO Uma Paro

#### Morning

The historical Paro Valley is the focus of today's activities, culminating in a visit to the Taktsang also known as Tiger's Nest' Monastery, one of Bhutan's most important pieces of architecture. According to legend, this Cliffside is where Guru Rinpoche (Padmasambhava) landed on the back of a flying tigress, bringing Buddhism to Bhutan from Tibet. The trip starts early in order to avoid the hot sun during the two-hour climb – a steep hike passing a waterfall and ending among beautiful murals at the monastery's main entrance. We will break for lunch after spending some time in the monastery, before meditation in one of the ancient temples near Guru Rinpoche's caves.

#### Afternoon

After meditation, we begin a descent of about 45 minutes to reach our vehicle and drive back to COMO Uma Paro, where you can recharge on your final night, enjoying the steam rooms, gym and swimming pool or indulging in one of our COMO Shambhala treatments.

Duration: 6 to 8 hours

Day: 04

Day: 05

Difficulty: Moderate to hard (guided, with picnic or Taktsang cafeteria)  
Overnight: COMO Uma Paro

Day: 06

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
- 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

## PACKAGE EXCLUSIONS

- Personal Expenses, Shopping/Souvenirs
- Horseback riding at Tiger's Nest Monastery
- Unexpected Circumstances
- Hot stone bath
- Tips and Gratuities to Guides/drivers
- Use of bar and beverages in Hotels/Bars.
- Travel Insurance

## SEASONS

- **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-MAR26, 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.