

EXOTIC

DESTINATIONS 异国风情

7D6N 经典西部不丹之旅 CLASSIC WESTERN BHUTAN TOUR

Singapore ✈️ Paro

Tour code: JBPT



BHUTAN



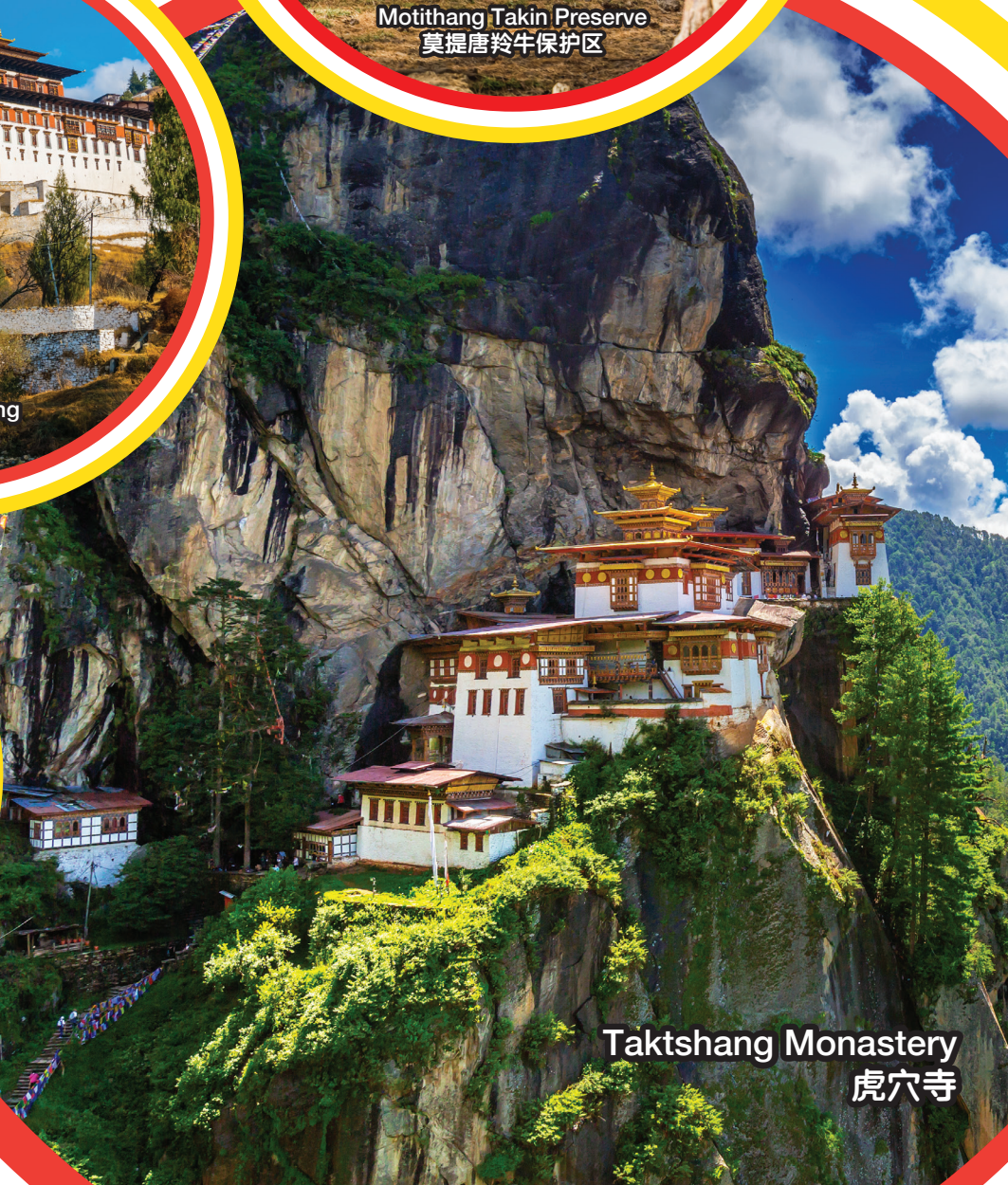
Motithang Takin Preserve
莫提唐羚牛保护区



Rinpung Dzong
林彭宗



Chimi Lhakhang
切米拉康



Taktshang Monastery
虎穴寺

行程次序，以當地旅社安排為準。
Sequences of Itinerary are subject
to local arrangement.



Kyichu Temple
祈楚拉康



Buddha Point
大佛像



Punakha Dzong
普那卡宗

SCHEDULE

D1 SINGAPORE ✈️ PARO (BHUTAN)
(4H40M) **THIMPHU** (55KM 1H30M)
(MOB/D)

D2 THIMPHU (B/L/D)

- ☑ Buddha Point (Kuensel Phodrag)
- ☑ National Memorial Chorten
- ☑ Motithang Takin Preserve
- ☑ Zorig Chusum "School painting for Thirteen Traditional Arts"
- ☑ Folk Heritage Museum
- ☑ Jungshi Handmade Paper Factory
- ☑ Bhutan Post Office
- ☑ Tashichhoe Dzong

D3 THIMPHU 🚗 PUNAKHA (75KM/3H)
(B/L/D)

- ☑ En route stop by Dochula Pass (Enjoy spectacular views of the Himalayan Mountain)
- ☑ Druk Wangyal Chortens (Photo stop with 108 Memorial Stupas)
- ☑ Punakha Dzong
- ☑ Pho Chhu Suspension Bridge
- ☑ Chimi Lhakhang

D4 PUNAKHA 🚗 GANGTEY (75KM/2.5H)
(B/L/D)

- ☑ Black-Necked Crane Information Centre
- ☑ Gangtey Goenpa (Gangtey Monastery)

D5 GANGTEY 🚗 PARO (170KM/4.5H)
(B/L/D)

- ☑ Ta Dzong (National Museum of Bhutan)
- ☑ Rinpung Dzong (Paro Dzong)
- ☑ Kyichu Lhakhang

D6 PARO (B/L/D)

- ☑ Taktshang Monastery "Tiger's Nest" (approx. 4-5H walk)
- ☑ Traditional Bhutanese farmhouse
- ☑ Bhutanese Farewell Dinner

D7 PARO (BHUTAN) ✈️ SINGAPORE
(B/MOB)

TOURIST ATTRACTIONS:

THIMPHU

- ◆ **Thimphu** - Is Bhutan's largest city and is just an hour's drive from Paro. Even though Thimphu is considered as the country's most modern city, it has retained the unique character of a Bhutanese town. Here, an array of restaurants and internet cafés sit alongside old fortresses, monasteries and forests. Thimphu is also the only national capital city in the world to not have any traffic lights.
- ◆ **Motithang Takin Preserve** - a reserve dedicated to Bhutan's unusual national animal, the Takin, which is both fascinating and a bit mythical in appearance.
- ◆ **Tashichho Dzong** - Is a Buddhist monastery and fortress on the northern edge of the city of Thimphu in Bhutan, on the western bank of the Wang Chu. It has traditionally been the seat of the Druk Desi, the head of Bhutan's civil government, an office which has been combined with the kingship since the creation of the monarchy in 1907, and summer capital of the country.

PUNAKHA

- ◆ **Punakha** - Is a town in the Himalayas of Bhutan. It's known for the Punakha Dzong, a 17th-century fortress at the juncture of the Pho and Mo Chhu rivers. The fortress hosts the Punakha Tshechu, a religious festival featuring masked dances and music. In the surrounding Punakha Valley, temples include the fertility-focused Chimi Lhakhang and the hilltop Khamsum Yulley Namgyal Chorten, which has river and mountain views.
- ◆ **Punakha Dzong** - also known as Pungthang Dewa Chenbi Phodrang, is the administrative centre of Punakha District in Punakha, Bhutan. Constructed by Ngawang Namgyal, 1st Zhabdrung Rinpoche, in 1637-38, it is the second oldest and second-largest dzong in Bhutan and one of its most majestic structures.
- ◆ **Gangtey Goenpa** - is the largest Nyingma monastery in Bhutan, located in the serene Phobjikha Valley. It is a significant religious and cultural site, known for its stunning architecture and its role as a centre for Buddhist teachings in the region. The monastery is especially important to the Nyingma sect of Tibetan Buddhism and is also famous for its connection to the annual, Black-necked Crane Festival, which celebrates the arrival of these endangered birds to the valley. The peaceful surroundings and spiritual atmosphere make it a must-visit for both pilgrims and travellers alike.

PARO

- ◆ **Rinpung Dzong** - Is a large dzong - Buddhist monastery and fortress - of the Drukpa Lineage of the Kagyu school in Paro District, Bhutan. It houses the district Monastic Body as well as government administrative offices of Paro Dzongkhag. It is listed as a tentative site in Bhutan's Tentative List for UNESCO inclusion.
- ◆ **Taktshang Monastery "Tiger's Nest"** - Is located 2,950m above the sea level, perched giddily on a rocky ledge, with a waterfall cascading as if from the blue. Taktshang means Tiger's Nest. The legend of Taktshang evolved from 747 AD when Guru Padmasambhava, known as the second Buddha, chose a cave on a sheer rock face to meditate and, assuming a wrathful form, Guru Dorji Drolo, astride a tigress to subdue the evil spirits in the locality. He meditated in the cave for 3 years 3 months, 3 weeks and 3 days before subjugating the malicious spirits, and concealed profound treasures for the benefit of sentient beings.



✓ 6 Breakfasts / 5 Lunches / 6 Dinners

Special Cuisine:

- ★ Bhutanese Cuisine
- ★ Chinese Cuisine
- ★ American continental

HOTEL OR SIMILAR (6 NIGHTS)

- ✓ Thimphu / Ariya or Similar Class (4*)
- ✓ Punakha / Tara Heaven or Similar Class (4*)
- ✓ Gangtey / Gangtey Tent or Dewachen / Similar class (4*)
- ✓ Paro / Tashi Namgay Resort or Similar class (4*)

x 2 Nights
x 1 Night
x 1 Night
x 2 Nights

SPECIAL COMPLEMENTARY

01 eVisa Bhutan Tourist Visa	02 English Speaking Guide	03 Welcoming with Tashi Khadar	04 Unlimited Complimentary Mineral Water	05 Local Tourist SIM Card (3G Data Plan)	06 Lemon Grass Spray
07 Bhutanese Rice Wine (ARA)	08 Bhutanese Cultural Show	09 Personalised Bhutan Stamp	10 Pony Riding at Tiger's Nest	11 Bhutanese Costume Cho & Kira Experience	12 Hiking Stick

*During major conferences, fairs, and festivals, accommodation may be located in an alternative city without prior notice.

*Some accommodations may not have specific triple, twin or double bedroom types.

*Some accommodations may provide triple share room the third bed a rollaway bed or sofa bed depends to each hotel's existing room types.

Disclaimer: Due to Covid-19 travel restrictions, local / religious festivals, public holidays, weather condition, transport technical issue, acts of nature, Golden Destinations reserved the right to alter the sequence or change, amend or alter the itinerary if necessary, with or without prior notice.

Remark: There will be no refund or replacement if the tour logistic affected by the above issue. All pictures are for illustration purpose only.



Ta Dzong National Museum
不丹国家博物馆



Druk Wangyal Chortens
楚克旺耶纪念碑



Tashichho Dzong
扎西确宗

精简行程：

第一天 新加坡 ✈️ 帕罗 (不丹) (4小时40分钟)
✈️ 廷布 (55公里/1小时30分钟) (机上用餐/晚餐)

第二天 廷布 (早/午/晚)

- ☑️ 大佛像 (Kuensel Phodrang)
- ☑️ 国家纪念碑
- ☑️ 莫提唐羚牛保护区
- ☑️ 国家绘画艺术学院 (绘画学校传授的13种传统艺术与工艺)
- ☑️ 民俗博物馆
- ☑️ Jungshi手工造纸厂
- ☑️ 邮政局
- ☑️ 扎西确宗

第三天 廷布 - 普那卡 (75公里/3小时) (早/午/晚)

- ☑️ 多楚拉山口 (欣赏东喜马拉雅山脉的壮丽景色)
- ☑️ 楚克旺耶纪念碑 (108座佛塔) (拍照)
- ☑️ 布纳卡宗
- ☑️ Pho Chhu吊桥 (不丹最长的吊桥)
- ☑️ 切米拉康

第四天 普那卡 ✈️ 岗堤 (75公里/2小时30分钟) (早/午/晚)

- ☑️ 黑颈鹤保护区与保育中心
- ☑️ 岗堤寺

第五天 岗堤 - 帕罗 (170公里/4小时30分钟) (早/午/晚)

- ☑️ 塔宗 (不丹国家博物馆)
- ☑️ 林彭宗 (帕罗宗)
- ☑️ 折楚拉康

第六天 帕罗 (早/午/晚)

- ☑️ 虎穴寺 (大约4-5小时步行时间)
- ☑️ 传统不丹农舍
- ☑️ 不丹告别晚宴

第七天 帕罗 ✈️ 新加坡 (早/机上用餐)

观光景点：

廷布

- ◆ **廷布** - 是不丹最大的城市，距离帕罗仅一小时车程。尽管廷布被认为是该国最现代化的城市，但它仍保留了不丹城镇的独特风貌。这里，各种餐厅和网吧与古老的堡垒、修道院和森林并存。廷布也是世界上唯一没有红绿灯的首都。
- ◆ **莫提唐羚牛保护区** - 又名塔金稀有动物，被认为是不丹的国兽。其外形既像山羊又像牛，因此有些神秘和传奇色彩。
- ◆ **扎西确宗** - 是一座佛教寺院和堡垒，位于不丹廷布市北部边缘，旺楚河西岸。传统上，它是德鲁克·德西的所在地，德鲁克·德西是该国的民政首脑，自1907年君主制建立以来，该职位一直与国王合并，也是该国的夏都。

普那卡

- ◆ **普那卡** - 普那卡是不丹喜马拉雅山脉的一个小镇。它以普那卡宗而闻名，这是一座17世纪的堡垒，位于 Pho 河和 Mo Chhu 河的交汇处。这座堡垒举办普纳卡节，这是一个以面具舞蹈和音乐为特色的宗教节日。在周围的普那卡山谷，寺庙包括以生育为重点的奇美拉康和山顶的卡姆沙耶里纳耶纪念碑，可欣赏河流和山脉的景色。
- ◆ **布纳卡宗** - 过去是不丹首都的中心地带，承载着300多年古都的历史，自1955年首都迁至廷布以后，这座宗堡就成为了皇室的冬宫。它是被公认的不丹最美丽的宗堡。这里也是第5任国王和皇后结婚的地点。
- ◆ **岗堤寺** - 是不丹最大的宁玛派寺庙，位于宁静的富毕卡谷地。它是一个重要的宗教和文化圣地，以其宏伟的建筑和在该地区佛教教义传播中的重要地位而闻名。该寺庙对于宁玛派藏传佛教尤为重要，同时还因其与每年黑颈鹤节的联系而著名，黑颈鹤节庆祝这些濒危鸟类回到谷地。寺庙的宁静环境和精神氛围，使其成为朝圣者和游客的必访之地。

帕罗

- ◆ **帕罗宗** - 也被称为日蓬堡，意为“一堆珠宝上的城堡”。这座壮丽的宗位于帕罗河之上，这里是政府办公机关，帕罗法院，佛教寺庙的所在地，处在国家博物馆的下方，但同样可以俯瞰山下的帕罗城镇。该宗是在莲花生大师建造的寺庙基础上于16世纪修建的。帕罗宗也是刘梁大婚之地，著名的电影小活佛 (Little Buddha) 就是在此取景。春季帕罗戒楚节 (不丹日历2月的9-15日) 在这里举行，其中焦点是晒大佛。
- ◆ **虎穴寺** - “虎穴”，海拔2,950米，坐落在岩石壁架上，瀑布从天而降，令人眼花缭乱。虎穴寺的意思是“虎穴”。虎穴寺的传说起源于公元747年，当时被称为第二佛的莲花生大士选择了一个陡峭岩壁上的洞穴进行冥想，并化身为愤怒的莲花生大士，骑在一只雌虎上，以降伏当地的恶灵。他在洞穴中冥想了3年3个月3周3天，才降服了恶灵，并为众生埋藏了深奥的宝藏。



✓ 6早餐/5午餐/6晚餐
风味餐：
★ 不丹当地风味 ★ 中餐
★ 美式风味



酒店住宿 (6晚)

- ✓ 廷布/阿里亚酒店或同等等级 (4*) x2晚
- ✓ 普那卡/塔拉酒店或同等等级 (4*) x1晚
- ✓ 岗堤/帐篷度假屋或德瓦臣酒店或同等等级 (4*) x1晚
- ✓ 帕罗/塔什纳盖度假村或同等等级 (4*) x2晚

特别赠送

 01 eVisa 不丹旅行签证	 02 英语导游	 03 TASHI KHADAR 欢迎仪式	 04 无限量饮用矿泉水	 05 上网SIM卡 (3GB流量)	 06 柠檬草精油喷雾
 07 不丹传统米酒体验	 08 不丹文化表演	 09 制作个人专属邮票	 10 骑上小马前往虎穴寺	 11 不丹传统服饰“帕”与“旗拉”体验	 12 攀登虎穴寺时用的登山杖

* 在重大会议、博览会和节日期间，住宿可能会安排在其他城市，恕不另行通知。

* 部分住宿可能没有特定的三人房、双床房或双人房类型。

* 部分住宿可能提供三人间，第三张床为折叠床或沙发床，具体取决于每个酒店现有的房型。

免责声明：由于新冠肺炎疫情旅行限制当地/宗教节日，公众假期，天气状况，交通等情况，自然灾害，必要时黄金旅程保留对行程进行适当调整 (调整景点游览顺序) 以确保行程顺利进行，会或事先通知。

备注：如果旅游行程受到上述问题的影响，将不予退款或更换。图片仅供参考。

GENERAL INFORMATION

BHUTAN 不丹



货币 Currency 	Bhutanese Ngultrum (BTN) 不丹努尔特鲁姆 (BTN)	信用卡 Credit Card 	Call credit card centre to extend your credit card limit <i>* Credit Card are used widely in Bhutan</i> 致电信用卡中心，以延长你的信用卡额度 <i>*许多信用卡在不丹通行。</i>	
货币兑换率 Exchange Rate 	USD1 : BTN 83 BTN100 : RM5.00 1 美元 : 不丹努尔特鲁姆 100 不丹努尔特鲁姆 : 5.00 令吉 <small>*Subject to currency of the day* *以当天汇率为准*</small>	拨号代码 Dial Code 	Bhutan : +975 不丹 : +975	
电压 Voltage 	220 - 240 Volts 220 - 240 伏	插座 Power Socket 	Type C (2-pin) C型(2脚) Type D (3-pin) D型(3脚) Type M (3-pin) M型(3脚) <small>*Please bring a universal electric plug adapter *请自带多功能插座</small>	
时差 Time Difference 	Bhutan : 2 hrs behind Malaysia 不丹 : 比马来西亚晚 2 小时	行李托运 Luggage Allowance 	Each individual are entitled to check in 1 luggage of not more than 30kgs and a hand carry bag not more than 5kgs. 每人可托运 1 件不超过 30 公斤的行李和 1 件不超过 5 公斤的手提行李。	
气候 Weather 	<input type="checkbox"/> Spring 春季 3月 - 5月 Mar to May 16°C ~ 23°C	<input type="checkbox"/> Summer 夏季 6月 - 8月 Jun to Aug 23°C ~ 25°C	<input type="checkbox"/> Autumn 秋季 9月 - 11月 Sep to Nov 15°C ~ 24°C	<input type="checkbox"/> Winter 冬季 12月 - 2月 Dec to Feb 9°C ~ 12°C <small>*Subject to weather of the day* *以当天天气报告为准*</small>
飞机型号 Aircraft Type 				

Departure Date: 出发日期:	<input type="text"/>	Flight : 航班行程:	<input type="text"/>
Tour Fare: 团费:	<input type="text"/>	Airport Tax & Fuel Surcharge: 机场税及燃油附加费:	<input type="text"/>
Tipping: 小费:	<input type="text"/>	Agent Collection Fee: 旅行社代收费:	<input type="text"/>
Visa: 签证:	<input type="text"/>	Travel Insurance: 旅行保险:	<input type="text"/>
		TOTAL : 总数:	<input type="text"/>



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GD Partner:

