

**BHUTAN:
JOURNEY TO ONE OF THE HIGHEST
VILLAGES IN THE WORLD**

2018

Laya Village





The Kingdom of Bhutan, a small, land-locked country of only about 750,000 inhabitants in the Himalayan Mountains, is often called the happiest country in the world. The country's values provide for a unique intersection of tradition, spirituality, and development, making it like no other place in the world to experience.

ABOUT BHUTAN

- *Ranked one of the top 10 safest countries in the world*
- *The world's only carbon negative country*
- *Over 70% of the country remains forested*
- *The only country with no traffic lights*
- *One of the world's last countries to introduce internet and television*
- *Access to Bhutan as a tourist is only permitted through select tour operators*
- *Leading government policy is Gross National Happiness*

His Royal Highness Prince Jigyel Ugyen Wangchuck
Board Member, Tarayana Foundation
Patron Founder, MyBhutan



"Gross National Happiness is being able to find the right balance between economic well-being and emotional well-being."

*Day 1 Paro
Day 2 Paro
Day 3 Dochula/Punakha*

*Day 4 Gasa
Day 5 Laya
Day 6 Laya*

*Day 7 Gasa
Day 8 Thimphu
Day 9 Depart*



This exciting itinerary evokes the extraordinary Last Shangri-La.



Paro district is a microcosm of Bhutan. In its 1287 square kilometers (497 square miles) are contained some of Bhutan's oldest fortresses, the precious artifacts of the National Museum, and cliff-clinging religious centers like Kila Goemba nunnery and Taktsang (Tiger's Nest) monastery that to many foreigners are iconic of Bhutan.

Paro



1. Visit the Rinpung Dzong and get close to its 17th Century architecture
2. Get up close to Himalayan relics at the National Museum of Bhutan
3. Visit the ancient ruins of Drukgyel Dzong
4. Learn Archery, the national sport of Bhutan

Paro



In business since 1991 and still popular, Sonam Trophel restaurant serves some of the best food in Paro, right in the heart of town. It's a small space with simple wooden tables and chairs that has a homey, friendly vibe,

Paro Dining



Hike to Tiger's Nest, Bhutan's most iconic structure and monastery, and take in some of Paro's most breathtaking views along the way.

Paro



Tashi Namgay has an atmosphere of serenity and a reputation for excellent service. The staff takes pride in treating every guest with a personal touch and making them feel at home.

Paro Lodging



Hundreds of prayer flags flap in the wind at Dochula, sending out merit to all sentient beings. Dochula is the pass between Thimphu and Punakha. For centuries people have travelled through this pass when heading East or West in the country. On a clear day the views are astonishing. Visible are many snow covered 7.000-metre summits including Gangkhar Phuensum, the world's highest unclimbed mountain.

Dochula



Babes Village serves everything from the old favorite, red rice with ema datsi — chilies in a creamy cheese sauce — to sikam paa, shakam paa, pork ribs, nosha phin, and gondu datsi. They have a good selection of non-meat dishes as well, including emakam datsi, chili cheese noodles, fried spinach, loam fry, ema fry and more. Service is prompt and the staff is friendly and welcoming.

Dining



1. Take in the Himalayan vista at Dochula Pass
2. Experience modern history at the Druk Wangyal Lhankhang
3. Honor the fallen warriors at the Dochula Chortens
4. See the many blooms at Lamperi Park

Dochula



There are plenty of things to explore in the beautiful and fertile Punakha Valley. Punakha Dzong is the valley's foremost visitor attraction, but you could also visit Chimmi Lhakhang and participate in a centuries-old fertility ritual, float down the river on a gentle rafting trip, or head uphill to peaceful Sangchen Dorji Luendrup Nunnery for brilliant valley views.

Punakha

1



2



3



4



1. Meet locals in the heart of Punakha town
2. Enjoy the architectural splendors of the Punakha Dzong
3. Cross Bhutan's longest suspension bridge & visit its nearby villages
4. Hike to Khamsum Yulley Lhakhang

Punakha



Meri Puensum Resort offers a peaceful refuge with modern amenities and great views.

Punakha Lodging





Bhutan has designated the entirety of Gasa, the country's largest district, as environmentally sacrosanct land. Jigme Dorji Wangchuck National Park is most of it, home to snow leopards, blue sheep, red pandas, and takins (the national animal), as well as many rare flora.

Gasa



Soak in the natural minerals at the therapeutic hot springs in Gasa. Then, explore Gasa Dzong and town.

Gasa



Chador Zangmo's homestay near the Gaza Tsachu (hot springs) is the perfect place to stay in Gasa. Your hosts's in-depth knowledge of the area will allow you to see things you might not otherwise—like sacred relics and secret underground passages.

Gasa Lodging



A 6-8 hour hike from Gasa (beyond the military checkpoint) will bring you to Laya village; one of the world's ten highest settlements. The closest Bhutanese village to Tibet, absorbing Laya's unique culture and gentle personality is a lifetime experience even for the world's most tenured traveler.

Laya



Pema Lhaden Farmhouse

Laya Lodging



The city of Thimphu, being the largest in the kingdom, hosts a wide spectrum of Bhutanese languages, arts, and culture. The city contains several colleges, a large stadium that hosts sporting events and celebrations, and a variety of ancient monasteries and spiritual sites. Visitors can enjoy the vibrant weekend arts and farmers' market, experience the local nightlife (live music and dance), or explore one of the local museums.

Thimphu



When you want to taste the real food of a place, you go to where the locals eat — and all the locals in Thimphu will tell you that Kalden Restaurant serves the best classic Bhutanese food around. A small restaurant that becomes packed to the gills with office workers at lunchtime, Kalden's gives you a taste of real home cooking.

Dining



Pedling Hotel is owned by an esteemed Bhutanese lama, who uses all proceeds to fund the daily expenses of nearby nunneries and other religious institutions. Pedling is modern, centrally located, and all rooms include a complimentary 20-minute massage at the onsite spa.

Thimphu Lodging



*After your unforgettable experience, you won't come down from the clouds.
Flights to/from Bhutan cross over the majestic Himalayas— with breathtaking views of the world's 5 tallest mountains:
Everest, K2, Kangchenjunga, Lhotse and Makalu.*



Enjoy the best that Bhutan has to offer—from local eats to Asian fusions and award-winning dining experiences. Enjoy vegetables, fruits, and grains from Bhutanese fields. Well-known for Asian comfort food and spicy cuisine, Bhutan will leave a lasting imprint on your taste buds.



*MyBhutan donates proceeds from your trip to our Bhutanese nonprofit partner,
Tarayana Foundation.*



*These donations are
used to assist Bhutan's
rural communities.*

ABOUT MYBHUTAN

- *As Bhutan's leading tourism expert, we make the process seamless, fast, cost-efficient and, most importantly, enjoyable!*
- *We are the only organization that has been granted access to and explored all regions of Bhutan. Through us, you can too*
- *Our industry-wide tourism platform has finally made Bhutan an extremely easy destination to visit — combining smart technology with elite travel professionals & services*
- *Our unparalleled access to all public/private Bhutanese organizations/officials allows for unmatched experiences — revealing Bhutan like never before*
- *We're the only entity with both local & foreign offices permitted to operate in Bhutan*



“As the longest residing foreigner in Bhutan, I’ve dedicated myself as an explorer and pioneer of Bhutan’s new frontier of tourism. We are excited to share a similarly authentic experience with you.”



Matthew DeSantis
Founder, MyBhutan



*In true Bhutanese spirit, we welcome you to our home with a smile and Kuzuzanpo-La!
We love our tiny Himalayan corner and are excited to share it with you, as our guest.*



MyBhutan
contact@mybhutan.com