

7天6晚

# 不丹，幸福之地

帕罗 | 廷布 | 普那卡 | 富毕卡

## Bhutan Happiness is a Place

Paro | Thimphu | Punakha | Phobjikha

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### 虎穴寺

被誉为世界十大超级寺庙之一的虎穴寺(Taksthang Goemba)，也是不丹的国寺，这个建筑犹如山西的悬空寺一般建在陡崖峭壁之上，设计奇妙，与地心引力的自然力量抗衡，让人赞叹不已。

Validity: All Season

CODE: 7PBH



## 7天6晚 不丹, 幸福之地

DAY

### 1 吉隆坡 / 新加坡 (飞往) 帕罗 / 廷布

机上用餐, 午餐, 晚餐

欢迎您与第一旅游畅游不丹。

抵达后, 接送前往廷步, 晚餐后你可以自由行走着幸福之地的热闹大街上。

**住宿** Hotel Osel/ Hotel Thimphu Tower or similar



DAY

### 2 廷布

早餐, 午餐, 晚餐

**【传统工艺学院】** 观赏学生学习绘画、雕刻、编制等13种传统手工艺艺术

**【极乐宫】** 一座佛教寺院, 修道院学校及 **【兹鲁卡修道院】** 修道院在满足廷布居民的宗教需求方面發揮著至關重要的作用。

**【不丹国家纪念碑】** 是纪念第三任国王而建, 人民围绕白塔顺时针转三圈以示尊重。

**【国家图书馆】** 一睹世界上最大的已出版图书, 名叫《不丹》。

**【章岗卡拉康】** 是不丹小孩满月时祈福的寺院, 更可饱览廷布河谷美景

**【扎西确宗】** 不丹久负盛名的佛教寺院, 同时也是首都廷布的政府中心

**住宿** Hotel Osel/ Hotel Thimphu Tower or similar

DAY

### 3 廷布 (2.5hrs) 普纳卡

早餐, 午餐, 晚餐

**【周末市场】** 深入探索不丹人生活习惯, 市场内分别售卖粮油、肉食、香料、服饰及手工艺品, 偶尔更会发现珍品 (每逢星期五, 六, 日)

午餐于普那卡, 途径 **【多雄拉山口】** 如遇天清气朗, 壯麗的喜瑪拉雅山脈便會呈現眼前。

**【108佛塔】** 是不丹獨有的尊勝宮式佛塔

**住宿** Four Boutique/ Hotel River Valley or similar



DAY

### 4 普纳卡

早餐, 午餐, 晚餐

**【普纳卡宗】** 是不丹眾多宗堡當中最宏偉、景色最美的一座, 內裡樓房門檻雕刻精美, 圖案及顏色充滿著濃厚的不丹傳統氣息, 是眾多宗堡之最, 2011年現任國王王后便在這裡舉行。

**【切米拉康】** 是為了紀念不丹癡狂聖賢「朱卡庫拉」而建, 他的佛法貫穿酒色財氣, 是不丹版中國濟公, 此處更是著名求子聖廟, 除不丹人外, 每年很多海外善信專程到此許願

**【卡姆沙耶里納耶紀念碑】** 不丹唯一一座全部供奉各類護法神的佛塔, 他的各層分別供奉著不同的保護神的神像。

**住宿** Four Boutique/ Hotel River Valley or similar



DAY

### 5 普纳卡 (3.5hrs) 帕罗

早餐, 午餐, 晚餐

**【帕罗宗】** 也叫日蓬宗堡, 意思“堡垒上的珠宝堆”, 是不丹最为知名的寺庙之一, 也是不丹经典建筑的代, 始建于1644年。这座壮丽的宗位于帕罗河之上, 走在 **【最古老的木制桥上】**, 它是不丹式建筑的典范, 它的墙壁向内倾斜, 渐渐升高。

**【射箭】** 是不丹國技, 可一試身手。

**【帕罗老城区】** 以其众多圣地和田园诗般的环境而闻名。

**住宿** Tashi Namgay Resort / Khangku Resort or similar

DAY

### 6 帕罗

早餐, 午餐, 晚餐

今天您将首先前往建在塔宗的 **【国家博物馆】**, 这里收藏的考古文物可以让您领略不丹王国丰富的文化遗产。

一小段徒步下山后, 您可以看到高耸的 **【帕罗宗】**, 最典型的不丹传统历史建筑。

继续旅程, 您将穿过一座历史悠久的 **【悬臂桥】**, 来到城镇里最大的寺庙, 它建于1525年, 您可以在那里欣赏到动人的古代壁画。

在帕罗可进行的活动还包括田园野餐, 或者参观传统农舍并与当地农家共进午餐。

**住宿** Tashi Namgay Resort / Khangku Resort or similar

DAY

### 7 帕罗 (飞往) 吉隆坡 / 新加坡

早餐, 机上用餐

早餐后, 于指定时间接送前往机场返回美丽家园。



## 7 Days 6 Nights Bhutan

### DAY 1 Kuala Lumpur / Singapore (Flight) Paro / Thimphu

Meal on Board, Lunch, Dinner

Welcome to a unique experience for **Bhutan** with us.

Upon your arrival in Paro airport our guide will be there to welcome you and transfer to Thimphu.

**Hotel** Hotel Osel/ Hotel Thimphu Tower or similar

### DAY 2 Thimphu

Breakfast, Lunch, Dinner

After breakfast, You will visit the and the **School of Arts and Crafts**, where students learn 13 different arts used predominantly in Bhutan.

Also, visit the **Dechenphodrang monastic school** and meet the young monks. Later continue to **Zilukha nunnery** to meet the nuns and interact with them.

Later will drive to visit Enclosure where the national animal, **Takins** are kept.

Then visit the **Memorial Chorten** built in memory of the late 3rd King. This place now happens to be a get together point for the elderly people, who spend their whole day chanting prayers and meeting their friends.

After lunch, will visit **National Library** which houses the collection of Bhutanese rich religious text and the contemporary Buddhism teachings from master all around the world, and **Changangkha Lhakhang**, oldest temple in the valley offering a beautiful view of the valley.

Later will drive to visit the largest and the newly built statue of **Buddha Dordenma** offering magnificent view of entire Thimphu valley. After 5 PM, visit the fortress of Thimphu, **Tashichho Dzong**, which houses the throne of the king.

**Hotel** Hotel Osel/ Hotel Thimphu Tower or similar



### DAY 3 Thimphu (2.5hrs) Punakha

Breakfast, Lunch, Dinner

After breakfast in the morning, visit the happening **weekend market** (Friday, Saturday, Sunday) Where the locals from the surrounding villages come to sell their basic necessities.

After lunch heading to Punakha crossing over **Dochula pass** (3200mts).

\*\* If the weather permits one can enjoy a spectacular breath-taking view of the highest mountain peaks of Bhutan at a site that stretches almost 180 degrees. Take a break and walk around 108 stupas and continue to the sub-tropical valley of Punakha offering a different vegetation. Upon your arrival, go to the hotel, enjoy your dinner and relax.

**Hotel** Four Boutique/ Hotel River Valley or similar

### DAY 4 Punakha

Breakfast, Lunch, Dinner

Morning drive to visit **Punakha Dzong**, which is a must to see fortress in Bhutan and a fine example of Bhutanese rich Art and Architecture, housing the most elaborated temple in the country.

After lunch, will have a rest for a while, then visit **Chimi Lhakhang**, the temple of fertility associated with religious art of pallus.

Then you could relax in the balcony of the hotel to enjoy the view and the nature, or could go for an hour hike (uphill) to the temple of **Khamsum Yuley Lhakhang** overlooking the paddy field and the snakelike river bends. Later back to the hotel, enjoy dinner and relax.

**Hotel** Four Boutique/ Hotel River Valley or similar

### DAY 5 Punakha (3.5hrs) Paro

Breakfast, Lunch, Dinner

After breakfast in the morning, will drive to Paro. Upon arrival, will visit **Paro Dzong** on foot and continue walking through **the oldest wooden bridge** still in use.

Continue further to stroll around the **old Paro town** and peep into some local handicraft stores. You could also get some opportunities to see the traditional game, **Archery match** going on. In the evening, enjoy dinner at hotel and have a good rest for the hiking of the next day.

**Hotel** Tashi Namgay Resort / Khangku Resort or similar

### DAY 6 Paro

Breakfast, Lunch, Dinner

After breakfast, driving to visit to the **National Museum**, housed in the **Ta Dzong** (watch-tower). Here, an intriguing collection of artefacts provide a wonderful introduction to the rich culture and heritage of the Kingdom. Just a short walk downhill lays the dominating **Paro Dzong**, fine example of Bhutanese historic architecture.

From the Dzong, the tour crosses **Nyamai Zampa**, a traditional cantilever bridge, and guests are then driven to the town temple, built in 1525, to view ancient wall paintings. Paro options include picturesque picnic spots or, perhaps, a visit to a traditional farmhouse to lunch with the family.

**Hotel** Tashi Namgay Resort / Khangku Resort or similar

### DAY 7 Paro (Flight) Kuala Lumpur / Singapore

Breakfast, Meal on Board

After breakfast, transfer to Airport for your flight back to home sweet home.





## Travel Information

### Currency

Bhutanese Ngultrum

BTN100 = (+/-) MYR 5.50

\*Recommended carry US Dollar during Travel

### Time Zone

GMT +6 (2 hour ahead Malaysia Time)

### Phone Code

+975

### Weather (Paro)

Jan - Mar : (-)6 ~ 15 °C

Apr - Jun : 5 ~ 25 °C

Jul - Sept : 12 ~ 27 °C

Oct - Dec : (-)2 ~ 19 °C

### Visa

Malaysia's Passport Holder required VISA to Bhutan

## Covid-19 Related

Tour Fare and itineraries are subject to change depending on each country's latest Covid-19 policies, local immigration policies and safety measures.

所有行程日期、价格及内容，依据各国2019冠病入境的最新政策与措施，进而调正。

### PACKAGE ADDITIONAL CONDITIONS:

1. Tours are conducted in Mandarin Speaking Tour Guide Services.
2. Triple Room, Third person shall be based on a roll-away bed.
3. Confirm depart group minimum 10 person, 15 person arrange Tour Leader Services.

### TRAVEL DOCUMENT

It is passenger's responsibility to ensure that have a valid international passport at least six (6) months from the return date of the trip, relevant visas & health certificates if required.

Travel Insurance: All tour members are encouraged to buy travel insurance to safeguard themselves against sickness, loss of money, cancellation, flight delays or loss of baggage.

### TERMS & CONDITIONS:

1. Itineraries, meals, hotels and transportation are subject to change without prior notice.
2. Every person participating in Top-One Travel's Tours all travel at his/her own risk. Top-One Travel shall not be held liable to any person for additional expenses that may be incurred due to delays or changes in any transport services, sickness, weather, strikes, war or other causes.
3. Top-One Travel reserves the right to make changes to or cancel the itinerary at any time due to unforeseen circumstances, especially during peak periods or in the event of a force majeure.
4. For other terms & conditions, please refer our Tour Consultant of visit <http://www.top-one.com.my/more/tnc>.
5. All Pictures shown are for illustration purpose only.

### 配套基本条款

1. 所有行程景点以中文讲解为准。
2. 如三人房型，房内第三名住客床褥将以折叠式为准。
3. 成团人数为10人。15人以上安排领队。

### 旅游文件

护照及签证 - 团员有责任确保护照有效期至少6个月或以上（从返程日期计算起），并且取得相关国家签证或准证。任何签证申请团员有责任提供任何签证申请相关资料。

旅游保险 - 出发前，建议您购买全面的旅游保险。

### 条规：

1. 所有行程，膳食，酒店住宿和交通可能会有所更动，依据任何的情况而定，恕不另行通知。
2. 若出现无法预测的特殊情况，特别是旅游旺季期间，第一旅游将保留更改行程或取消行程的权利。
3. 每位参与第一旅游的成员，必须为自身安全或行为负责。若出现无法预测的特殊情况（例如：交通延误/取消，天气，疾病，示威，战争，天灾等），而引发而外指出问题，第一旅游一概不负责，旅客需自行负责额外的费用。
4. 详细条规，请联络我们任何旅游顾问或游览<http://www.top-one.com.my/more/tnc>。
5. 以上图片仅供参考用途，请以实物为准。

## 第一旅游机构（马）有限公司

Reg no. 153982-T KPL1000

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