



# Blissful Bhutan

# Bhutan is unique in many ways

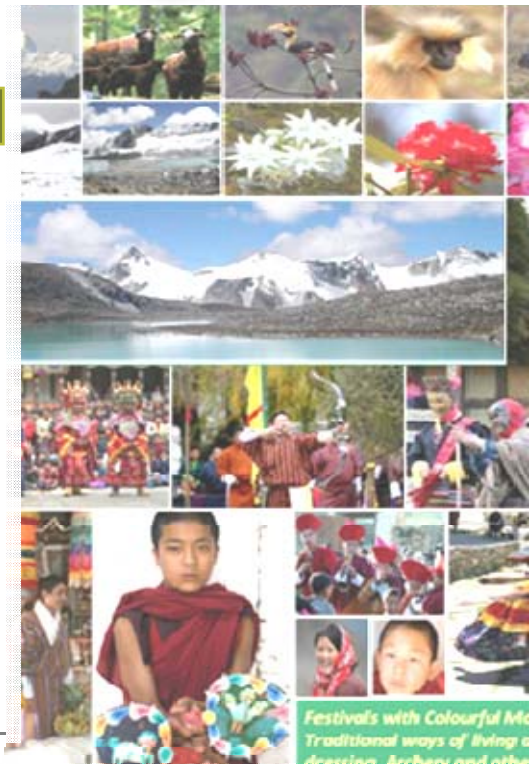
## Key facts

- Population of ~670,000 and area of ~38,000 sq kms
- 3 climatic zones – ranging from 100 m above the sea level in the South to 7,500 m above sea level in the North
- Official language “Dzongkha”, English widely spoken
- Young democracy with a GDP of \$ 1.3 billion growing at 8% p.a.



## Bhutan ...

- ... pursues **gross national happiness** as its development philosophy
- ... is a leading **Mahayana Buddhist Kingdom**
- ... is a kingdom that has transformed into a **young democracy**
- ... has been designated as **one of the ten Biodiversity Hotspots** in the world
- ... is **carbon neutral**
- ... has **72% of land under forest cover**
- ... has a **rich local culture** and multiple festivals
- ... has the **best health and education outcomes in South Asia**
- ... is reputed to be among the **safest and least corrupt countries** in the world
- ... has **breathtaking natural beauty** and the tallest unconquered mountain peak







Spa



## **Bhutan Study Tour 27<sup>th</sup> July – 31<sup>st</sup> July, 2011**

**US\$ 1,105 per person, twin share**

**US\$ 250 single supplement if single room required**

**Discount – US\$ 100 on above prices for APSWC Members**

### **Inclusive of:**

- **Air Fare ( economy ) – Bangkok / Paro return**
  - **Visa on Arrival**
  - **4 nights accommodation**
  - **3 dinners**
  - **4 lunches**
  - **Ground transportation**
  - **½ day spa seminar**
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- **APSWC greatly acknowledges the support of Tourism Council of Bhutan and Druk Air**



# Itinerary



## Day 1

**12.00 - Flight arrives Paro from Bangkok**  
**Transfer to Thimpu**  
**Accommodation at Terma Linca Resort**

**14.00 - ½ Day Seminar**  
**Industry Briefing**  
**Gross National Happiness Index**  
**Outlook on Spa & Wellness Tourism in Bhutan**  
**Indigenous Healing**  
**Bhutan Spa & Wellness Culture**

**19.30- Dinner hosted by Tourism Council of Bhutan with cultural show – Lhaxhang**

• itinerary is subject to change

## Day 2

- Bus trip to Punakha – valley
- Natural sights of Bhutan on the way - Simtokha Dzong - visit
- Wangdue zhong – stupa
- Dochula – 101 stupas
- Visiting a temple – Puja with burning of the juniper leaves and trunk
- Famous monestry - punakka dzong– meditation session or meet Buddhist monks and do ceremony/puja
- Rukijbi village???
- Stone carving session where people could make their own Sacred stones
- Punakha dzong bridge
- Traditional arts school



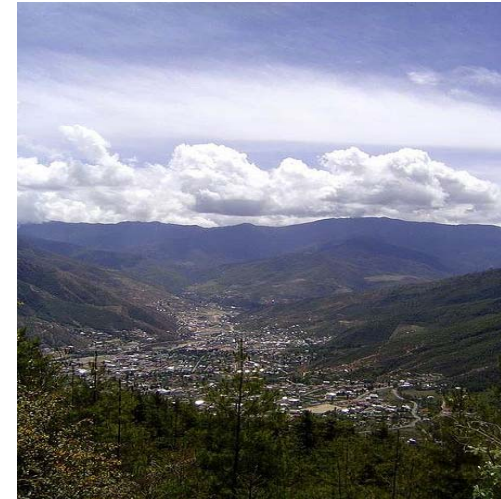
Accommodation : Terma Linca



### Day 3

- Visit to Handicraft market – learn how to make something
- LUNCH
- Visit Indigenous Hospital –
- Drive around palace zone
- Water white rafting to the hotel (optional)

Accommodation : Terma Linca



### Day 4

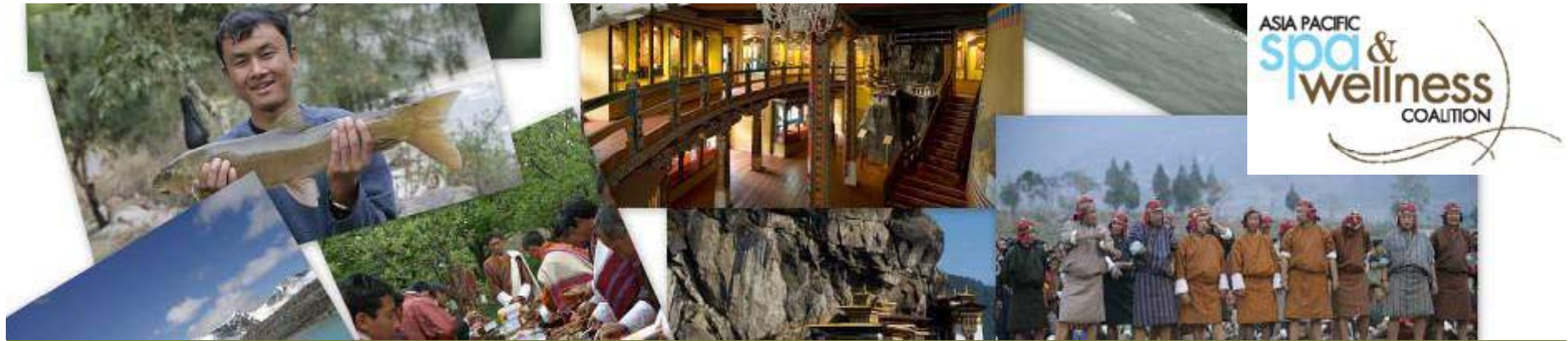
- Trip to Paro
- Dhong draka temple – on the way to paro – on the cliff (Tiger's nest) near Aman hotel
- National museum in Paro
- Tronmgsa Dhong

Accommodation: Tashi Namgay Resort

### Day 5

Fly out.





**For Spa Study Tour reservations details, please contact**

**Mr Donald Cha**

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**Booking Deadline – 10<sup>th</sup> May, 2011.**

**For convenience, participants may opt to travel into Bhutan from Kathmandu, Kolkatta or Delhi. We will try to organise accordingly, subject to approval from Druk Air and other logistics. We will also try to organise if some of you may wish to extend your stay a few more days. Kindly let me know accordingly as soon as possible.**