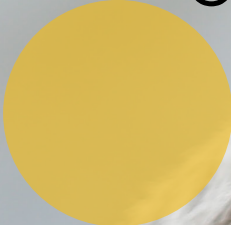


“Bhutan: Embrace the pursuit of Happiness.”



IN SEARCH OF HAPPINESS



Spiritual & Culture Tour



info@gomoadventures.com

IN SEARCH OF HAPPINESS

Spiritual & Culture Tour

Season: June, July, August and May

Tour duration: 18 days



TOUR HIGHLIGHTS

- Meditate in temples and monasteries throughout the journey.
- Embark on pilgrimages to sacred sites blessed by bodhisattvas over centuries.
- Receive meditation instruction and teachings from masters.
- Hike through the pristine landscapes of the Himalayan Kingdom of Bhutan.
- Pray with monks and nuns, offering food and butter lamps.
- Engage with locals and policymakers on Bhutan's Gross National Happiness (GNH).
- Experience authentic culture and savor local cuisine, and more.





TOUR SUMMARY

Bhutan, the unique Himalayan kingdom that harmonizes spiritualism and materialism, invites you to join an exclusive, once-a-year journey. This exceptional program offers a rare chance to engage with scholars, monks, and policymakers, sharing their wisdom on balancing internal and external comforts. Discover the profound concept of Gross National Happiness and learn to live a joyful, contented life through contemplation, pilgrimages, meditation, and stunning sightseeing, coupled with serene hikes in nature. This carefully crafted tour takes you off the beaten path to sacred sites, rural communities, and monasteries, immersing you in Bhutan's natural and spiritual serenity. Participate in meditation sessions in hills and temples, wellness prayers by Buddhist masters, and cleansing ceremonies. Don't miss this unique opportunity to explore the last stronghold of Vajrayana Buddhism and experience the true essence of happiness.



TOUR GUIDE

Punap Ugyen Wangchuk, often called Punap Ugyen, is a well-known person in Bhutan's tourism. He is more than just a guide; he's also a storyteller, photographer, and protector of Bhutanese culture and environments. He was monk for 13 years and born in rural village in Punakha. With over 20 years of experience, he crafts real and exciting travel adventures. A freelance photographer himself, he founded Gomo Adventure, a company committed to responsible and eco-friendly tourism and photography tour. Punap even published few books on Bhutan. Cookbook, children's book and photography book. His passion for nature extends beyond Guiding as he designs and build the Wangdue Eco-Lodge, an eco-friendly lodge to support society, environment, conservation of culture & tradition. Traveling with Punap Ugyen isn't just a trip; it's a collection of wonderful experiences in the heart of Bhutan's beautiful scenery. He has travelled thought the country and beyond. Learn more – <https://punapugyenwangchuk.com>



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*“Life is worth living when
you travel.”*

gomo
Adventures



ITINERARY

Day 1:

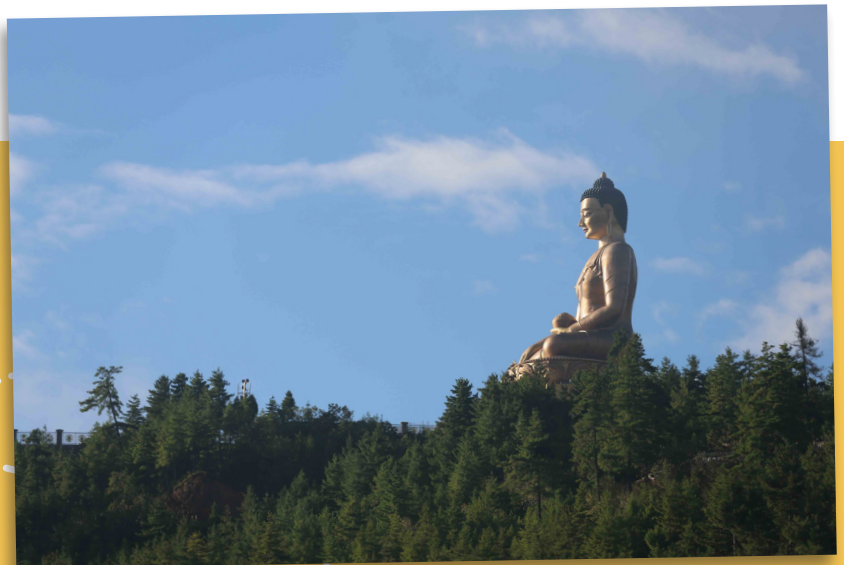
Arrive in Paro and receive a welcome blessing at Paro Dzong, followed by a visit to Drakarpo Temple for additional blessings. Conclude the day with an evening drive to Thimphu.

Day 2:

In the morning, visit the Tallest Buddha and hike to the Chair Meditation Canter, meditate at the holiest temple. Enjoy a picnic lunch by the river and visit Tango Buddhist University for teachings and conversations. Conclude the day with evening prayers and dinner with monks.

Day 3:

Pilgrimage hike to Dodaydrak monastery, often called hidden holly monks' village. At dodaydrak monastery, meet and have lunch and tea with monks before we hike back with scenic view.



ITINERARY

Day 4:

Drive to Punakha via Simtokha Dzong and Dochula for prayers and blessings. Visit Lampelri Botanical Garden for lunch, relaxation, and yoga, followed by a hike in the village and evening prayers at the nunnery.

Day 5:

Drive to Talo and visit Talo Monastery for blessings and meditation, followed by a visit to Ngalandra Monastery for more blessings and interactions with monks. Enjoy views as many monasteries are built on top hills.

Day 6:

Drive to Goen-tshephu for pilgrimage and meditation, known for being the meditation site of the second Buddha. In the afternoon, drive to Gasa.

Day 7:

Enjoy the Gasa hot springs, a meditation hike to Gasa Dzong, and an authentic village stay.

Day 8:

Drive to Wangdue and visit Dangdi Phodrang Dzong.

Day 9:

Travel to Byelandra Nye for blessings and self-discovery, return to Wangdue in the evening.

Day 10:

Drive to Khotala and visit Khotakha Rinchen Ling Monastery and holy temples, nearby.



Day 11:

Drive to Bumthang via Trongsa Dzong, visiting Trongsa Dzong and lunching at Waterfall Cafe. Enjoy evening prayers at Jambay Lhakhang.

Day 12:

Visit Kurjay Lhakhang, Kuenchosum, Tamshing, and more for blessings, meditation, and yoga, staying at Swiss Guest House.

Day 13:

In Bumthang, drive to Tang Ugyen Choling via Burning Lake and Tang Rinmochen, experiencing Longchen teachings at Ugyen Choling.

Day 14:

Drive back to Phobjikha, visiting Gangtey Monastery and hiking in the Phobjikha valley.

Day 15:

Return to Paro, visiting Dzongdrakha, one of the oldest and secretive temples in the area.

Day 16:

Visit Kitchu Lhakhang, another ancient temple, and hike to Tiger's Nest Monastery for blessings and meditation. Conclude with a farewell dinner.

Day 17:

Hike to Chumphu nay a flying stachu and second buddha have maditate.

Day 18:

Depart for Bangkok, Delhi, Dhaka, Kathmandu, or Singapore.





WHAT'S INCLUDED?

- Transfers upon arrival and departure
- Internal airfare where applicable
- Transportation provided on trip
- Accommodation as indicated in the itinerary
- Meals as indicated in the itinerary
- Daily activities and excursions as indicated in the itinerary
- All entrance fees and festival admissions
- Expert Bhutanese guide throughout the tour



CUSTOMIZE YOUR JOURNEY:

Feel free to personalize your trip according to your preferences. We are here to help you design a unique experience that fits your interests and schedule. Contact us for more information on how to tailor your adventure to your liking.

For specific dates and detailed pricing, please contact us directly so we can tailor the tour to your preferences and provide an accurate quote and date.

The rates vary based on the duration, choice of accommodations, and any additional services or customizations.



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