



"Your Adventure Company"



YANA Expeditions, Inc.

in conjunction with

Uma Paro

Presents

HIMALAYAN DISCOVERY

5 NIGHT PACKAGE

In this five-night package, experience complete immersion in Bhutan's extraordinary landscape and cultural heritage. Using Uma Paro as your comfortable base – accommodation is included on a full-board basis, excluding beverages – our experienced guides lead guests through the Paro valley on two separate day walks, incorporating Taktsang 'Tiger's Nest' Monastery, the National Museum, Drukyl Dzong and a visit to the ancient temple of Kyichu Lhakhang. Guests may enjoy morning puja, or worship, in a local monastery and also spend a day exploring the remote Haa valley, carpeted in flowers and pine, where the Bhutanese continue their age-old rural existences beneath dramatic, changing skies. Combine with a free day to either relax at Uma Paro, enjoying the peace, views, pool, and a COMO Shambhala massage per person, or perhaps visit the capital city, Thimphu.

DAY 1

Arrival, check-in, show round & easy walk Uma Paro staff will welcome you at the airport for the 10 minute transfer to the property. We invite you for a short-guided walk in the afternoon in and around Uma Paro for orientation and acclimatisation purposes.

DAY 2

Daywalk Zurig Dzong & Ta Dzong Wind through pine forests past the tiny monastery of Gemjola high above Uma Paro to a pretty picnic spot in the grounds of the fortress-like monastery of Zuri Dzong. Traverse across to Ta Dzong, housing Bhutan's National Museum (open six days a week) with magnificent views over Paro, and on to Rinpung Dzong. The trail then leads across the Paro Chhu (river) via a traditional covered bridge (Nyamai Zam) and into Paro town. Duration: 5 - 7 hours (depending on time spent in National Museum and Paro)
Difficulty: Easy to Moderate
Guided with picnic

DAY 3

A Day Out in the Haa Valley Day (optional bike descent) We start early for the drive to Haa via Chele La (pass) which at 3810m is the highest road pass in Bhutan, snaking upwards through blue pine and rhododendron (*etho metho*) forests for 45km. Reaching the summit, we hope to have fabulous views of Mt Jhomolhari (7314m) and take a walk out along the ridge. Then it is down into Haa (by bike if you prefer) – the whole drive should take no more than 2.5 hours. The Indian Army presently occupies Wangchulo Dzong and this makes for a quirky experience. Having visited the bazaar we take a short walk along the Haa Chhu to our picnic spot. We also visit Lhakhang Karpo (the White Temple), where many young monks may welcome us, and Lhakhang Nagpo (the Black Temple).



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Duration: 7 – 8 hours

Difficulty: Easy

Guided with picnic

DAY 4

Free for relaxing around Uma Paro enjoying the facilities or perhaps trying some other activity from the Guest Services Directory.

DAY 5

Drugkyel Dzong, Kyichu Lhakhang & Taktsang Walk Drive 17km via Kyichu Lhakhang to Drukgyul Dzong, built in 1644 by Shabdrung Ngawang Namgyal to control the northern route to Tibet. Route is picturesque, and site of dzong magnificent (from here, only two-day hike to Tibet’s border, dominated by Mt Jhomalhari). Return to peaceful orchard for picnic lunch directly opposite Taktsang Monastery (The Tiger's Nest) or have the picnic on the way. After making the two-hour climb to a viewpoint, we descend steeply, and then climb up to the monastery, passing the waterfall (and visiting the monastery, if open). We then retrace our steps; alternatively (time permitting) we can head further up to several remote dzongs.

Duration: 7 – 8 hours

Difficulty: Moderate to Hard (ascent should not to be attempted until at least third day in Bhutan, to allow time for acclimatization)

Guided with picnic

DAY 6

Depart Druk Air departs in the early morning to avoid adverse weather conditions, so your transfer to the airport will normally be arranged for between 5 – 7am, depending on the flight schedule.

Food and Drink for Tours

Uma Paro provides complimentary drinking water for all guided itineraries. If you have any special dietary requests, please let us know when reserving your place. Where stated, picnics are included in tours. Please place your picnic order the day before departure and no later than 6pm. Do so via your Butler or the Activity Desk on extension 6107.

Throughout your stay you have the option to participate in a range of extra Outdoor Activities at an additional charge.

A private guide is available at an additional charge.

Private airport transfer is available at an additional charge

NB Please advise us of your height (in feet or metres) in advance so we can prepare a bike of the correct size for you.

PACKAGE COST 2009

**CHRISTMAS
WINTER SEASON**
20th December 2008 to 28th
February 2009

SEASON 1
1st June to 30th June 2009
1st December to 20th
December 2009

SEASON 2
1st July to 31st August
2009

SEASON 3
1st March to 31st May 2009
1st September to 30th
November 2009

Single Double Single Double Single Double Single Double

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Superior Room	\$3,237	\$4,490	\$3,237	\$4,724	\$3,187	\$4,624	\$3,627	\$5,294
Deluxe Room	\$3,837	\$5,030	\$3,837	\$5,324	\$3,787	\$5,224	\$4,767	\$6,434
One Bedroom Suite	\$4,737	\$5,840	\$4,737	\$6,224	\$4,687	\$6,124	\$5,667	\$7,334
One Bedroom Villa	\$6,387	\$7,490	\$6,387	\$7,874	\$6,337	\$7,774	\$7,767	\$9,434
Two bedroom Villa*		\$11,380		\$12,748		\$12,548		\$15,268

RATES FOR TWO PEOPLE INCLUDE:

Accommodation on a full-board basis (excluding beverages)

Three privately guided one day walks with picnic lunch taking in the highlights of the Paro Valley, including Taktsang (Tiger’s Nest) Monastery, the National Museum, Drukyl Dzong and a visit to the temple of Kyichu Lhakhang, a day out in the remote Haa Valley with optional bike decent.

One free day

One COMO Shambhala massage per person

Airport transfers in Bhutan

Inclusive of 10% service charge and 10% sales tax

Arrangement of visa & Visa fee

Government taxes & fees

Throughout your stay you have the option to participate in a range of extra Outdoor Activities at an additional charge.

Terms and Conditions

Full payment is required on booking, fully refundable if written cancellation is received 30 days prior to arrival date (46 days during the High Seasons)
The offer is subject to availability and may not be used in conjunction with any other offer.

All stays to be completed by 20th December 2009

** Double Villa Rate is for 4 people*

For more information on travel to Bhutan, including the full range of itineraries and services (including tailor-made itineraries, groups and the hosting of special events) we offer, please email yanamd@drukne.bt