



## **YANA Expeditions, Inc.**

in conjunction with

### **Uma Paro**

*Presents*

## **HIMALAYAN EXPLORER**

7 NIGHT PACKAGE

This seven-night package to Bhutan, is the ultimate in comfortable adventure travel, allowing guests, both first-time and repeat, to experience this Himalayan kingdom's inimitable Buddhist culture at a deep and comprehensive level. The exploration comprises two days of guided walks through the Paro Valley, visiting the Taktsang 'Tiger's Nest' Monastery, the National Museum, Drukgyel Dzong and the ancient temple of Kyichu Lhakhang. At each site, guests will be exposed to the subtle intricacies of this ancient Buddhist land, learning about its people, culture and deep-set religious traditions. This aspect of Bhutanese society is made vital with time for witnessing a puja, or worship, in a local monastery, meeting with monks, listening to their age-old chants, providing a chance to witness yet more of their exquisite arts tradition.

To further experience Bhutan's staggering Himalayan landscape, guests can choose to spend a day in the capital, Thimphu, or go sightseeing by mountain bike with an experienced guide through the wild and wooded hinterland. In addition, take a day trip to the remote Haa valley where the Bhutanese continue their rural existences amid the emerald fields and forests where time has stood still for decades. Returning to our comfortable home in the Himalaya, Uma Paro, after each day's adventures - accommodation is included on a full-board basis, excluding beverages - there is plenty of free time to relax, enjoying the peace, views, pool and a COMO Shambhala massage per person.

### **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



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### 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).

Duration: 7 – 8 hours

Difficulty: Easy

Guided with picnic

### DAY 4

**Changnamkar Trek** Walk southwards from Uma Paro following the forest path to the distant ridgeline and into the Changnamkar Valley. Enjoy stunning views across to Chele La – Bhutan's highest road pass at 3810m – before proceeding into the upper reaches of this pretty valley. Traverse across to Gemjola Monastery perched high above Uma Paro. Continue deep into heart of a lush valley dotted with traditional smallholdings before dropping into the village of Bondey, flanked with rice paddies.

Duration: 5 hours

Difficulty: Moderate

Guided with picnic

### DAY 5

#### **Day Out in Thimpu, or Mountain Biking**

**Option 1 Thimpu** is the capital of Bhutan and the drive from Uma Paro takes about 1.5 hours. Thimpu sprawls up the wooded western hillside of the Wang Chhu. The centre of government, religion and commerce, Thimpu is a bustling town where traditional ways mingle with modern introductions.

Sightseeing will include the following, time permitting:

**National Memorial Chorten:** Bhutan's third king, H.M. Jigme Dorji Wangchuck, who had wished to erect a monument to world peace and prosperity, died before his plan came to fruition. However, the Royal Family and Cabinet resolved to fulfill his wishes and erect a memorial that would perpetuate his memory and also serve as a monument to peace.

**View of Trashi Chhoe Dzong:** the "fortress of the glorious religion", was initially erected in 1641 and rebuilt by King Jigme Dorji Wangchuck in the 1960s. Tashi Chhoe Dzong houses some ministries, His Majesty's secretariat, and the central monk body. There is a nine-hole golf course to one side of the dzong.

**National Institute of Traditional Medicine:** still dispensing traditional herbal and other medicines, made from plants, minerals, animal parts, precious metals and gems. A working facility for research and the treatment of local people, the tour is fascinating.

**National Textile Museum:** providing an insight into the living national art of weaving, this museum exhibits fine examples of all the major weaving techniques and the changing styles



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of gho and kira over the years, with weavers demonstrating their skills on traditional back looms.

**Folk Heritage Museum:** If there is still time we may visit this replica of a traditional Bhutanese house as it would have looked 100 years ago and as many Bhutanese families still live to this day.

Duration: 9 – 10 hours

Difficulty: Easy

Guided with picnic

**Option 2 Mountain Biking Do Chhu Trail** Riding out from Uma Paro we descend to Paro Town then turn north past Dungste Lhakhang (a chorten-like temple built in 1433 by Thangtong Gyalpo) and up the Do Chhu Valley past archery grounds, large prayer wheels and houses, heading for Chimmi Lhakhang. From here we leave the graded track and head upwards on a logging trail reaching the trailhead deep in the forest after a challenging ride. Returning to Chimmi Lhakhang, we make our way through the village and onto another track for a fun descent back to Paro. From here we can either head home or up the Paro valley towards Kyichu Lhakhang on road before returning to Uma Paro on a track where the last steep ascent awaits our tired legs.

Duration: 5 - 8 hours

Difficulty: Moderate to Hard

Includes bike (please tell us your height in advance), helmet and water bottle

## DAY 6

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

## DAY 7

**Drugkyel Dzong, Kyichu Lhakhang & Taksang 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 Taksang Monastery (The Tiger's Nest) or have the picnic on the way. After making the two-hour climb to a viewpoint, we descend steeply, 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 8

**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



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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

	<b>CHRISTMAS WINTER SEASON</b> 20th December 2008 to 28th February 2009		<b>SEASON 1</b> 1st June to 30th June 2009 1st December to 20th December 2009		<b>SEASON 2</b> 1st July to 31st August 2009		<b>SEASON 3</b> 1st March to 31st May 2009 1st September to 30th November 2009	
	<b>Single</b>	<b>Double</b>	<b>Single</b>	<b>Double</b>	<b>Single</b>	<b>Double</b>	<b>Single</b>	<b>Double</b>
<b>Superior Room</b>	\$4,467	\$6,166	\$4,467	\$6,484	\$4,397	\$6,344	\$5,013	\$7,282
<b>Deluxe Room</b>	\$5,307	\$6,922	\$5,307	\$7,324	\$5,237	\$7,184	\$6,609	\$8,878
<b>One Bedroom Suite</b>	\$6,567	\$8,056	\$6,567	\$8,584	\$6,497	\$8,444	\$7,869	\$10,138
<b>One Bedroom Villa</b>	\$8,877	\$10,366	\$8,877	\$10,894	\$8,807	\$10,754	\$10,809	\$13,078
<b>Two bedroom Villa*</b>		\$15,692		\$17,588		\$17,308		\$21,116

### 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, Druknel Dzong, traditional villages and a visit to the temple of Kyichu Lhakhang

A day out in the remote Haa Valley and a visit to a local house

A day out in Thimpu or a day's mountain biking

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)

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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](mailto:yanamd@drukne.bt)