

# 7D

# GATEWAY HAPPINESS TO BHUTAN

## 不丹秘境之旅

EX7BHU



**6 Breakfast | 5 Lunch | 6 Dinner**

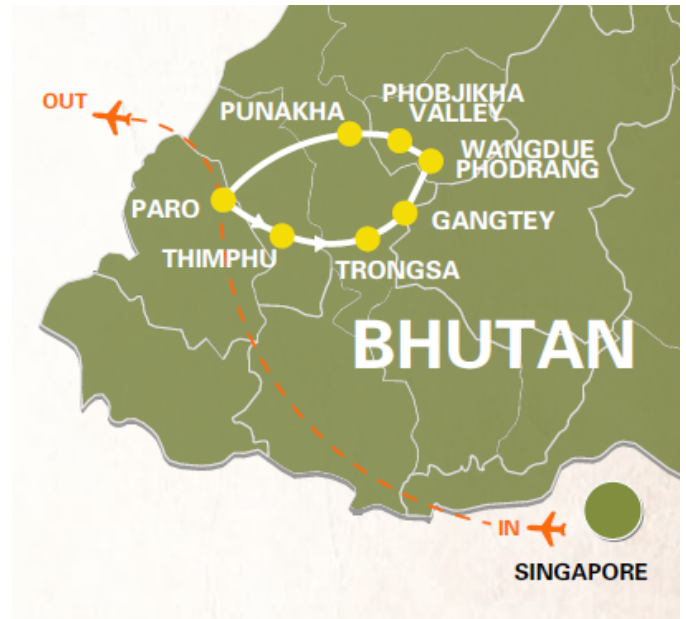
6 早餐 / 5 午餐 / 6 晚餐



**3/4 Stars Accommodation**

(Subject to changes)

- Thimphu - Ramada Hotel \*\*\*\* (2 Nights)
- Trongsa - Yangkhil Resort \*\*\* (1 Night)
- Punakha - Zhingkhram Resort \*\*\* (1 Night)
- Paro - Tenzinling Resort \*\*\*\* (2 Nights)



**TIPPING** (Not Inclusive)

• **USD 70 Per Person**

导游和司机 全程小费 70 美金 每人

**Optional Tour Excursion (自费加点项目)**

ADDITIONAL ACTIVITIES THAT COMPLEMENT YOUR HOLIDAYS WILL BE AT YOUR OWN DISCRETION AND IS ENTIRELY OPTIONAL. • MINIMUM GROUP SIZE MAY APPLY.  
自费加点项目, 将由您自行决定, . 以下价钱可能适用最低团体人数参考。

## SINGAPORE ✈️ PARO - THIMPHU 1

MOB/D

- **Kyichu Temple** - rich history dated back to the 7th century. The temple is one of the last three surviving temples that was built by a Tibetan King.
- **Rinpung Dzong** - houses the district Monastic Body and government administrative offices of Paro District.

## THIMPHU 2

B/L/D

- **Kuensel Phodrang (Buddha Point)** - A gigantic 167 feet high Buddha statue constructed in the mountains.
- **National Memorial Chorten** - Most visible landmarks of Thimphu, the monument is also a stupa to honor the third king of Bhutan and focus of daily worship.
- **Motithang Takin Preserve (Mini Zoo)** - Wildlife reserve for protecting Takin, the national animal of Bhutan.
- **National Institute for Zorig Chusum** - college where students train in various Bhutanese crafts such as painting, wood carving, clay sculpting, metal work and needle work.
- **Traditional Handmade Paper Factory** - The traditional handmade papermaking originated in the 8th century, can watch the most traditional way and process of paper making.
- **Bhutan Post Office Headquarters** - Bhutan is the world's famous "stamp-country", can create your own personalized stamp, and send with postcards to friends and family.
- **Changlimithang Stadium & Archery Ground** - Try out archery, the Bhutanese National Sport.
- **Changangkha Lhakhang** - The oldest temple in Thimphu.
- **Bhutan Handicraft Emporium & Norzin Lam Street** - can find all kinds of beautiful hand-woven items and crafts.

## THIMPHU - TRONGSA 3

B/L/D

- **Pele La Pass** - Corridor to Central Bhutan.
- **Thongsa Dzong** - is an architectural masterpiece containing a labyrinth of courtyards, corridors and 23 other temples.

## TRONGSA - GANGTEY GONPA - WANGDUE 4

B/L/D

- **Gangtey Monastery** - the largest Nyingmapa monastery in western Bhutan founded in Year 1613.
- **Phobjika Valley** - The valley of Phobjika, home of the migratory black-necked crane is one of the most beautiful spots in Bhutan.

## WANGDUE - PUNAKHA - THIMPHU - PARO 5

B/L/D

- **Punakha Dzong** - fortress built in 1637 was ancient capital of Bhutan. Today, it is the winter palace for the monastic body of Bhutan as Punakha Valley, located between Pho Chhu (Father River) and Mo Chuu (Mother River)
- **Chimi Lhakhang** - Known as the "Fertility Temple" and famous as a place which induces fertility for all the visitors who come here wishing for a child.
- **Dochula Pass** - Bhutan most beautiful mountains passes, enjoy the breathtaking views of the snow capped Eastern Himalayas. Druk Wangyal Chortens, 108 small chortens was built to honor Bhutanese soldiers who died in a 2003 military operation and dedicated to World Peace.

## 新加坡 ✈️ 帕罗 - 廷布

机上用餐/晚餐

- **祈楚寺** - 拥有可追溯至7世纪的悠久历史，是西藏国王修建的仅存三座寺庙之一。
- **林彭宗堡** - 是帕罗区僧侣机构和政府行政办公室的所在地。

## 廷布

早餐/午餐/晚餐

- **库瑟尔佛像** - 一座高达167英尺、建于山中的巨型佛像。
- **国家纪念佛塔** - 是廷布最显眼的地标之一，为纪念不丹第三任国王而建，也是人们日常朝拜的佛塔。
- **莫提塘羚牛保护区** - 保护不丹国兽羚牛的野生动物保护区。
- **不丹十三艺学院** - 学生在这里学习不丹传统工艺，包括绘画、木雕、泥塑、金属工艺和刺绣等。
- **传统手工纸工坊** - 起源于8世纪的传统手工造纸，可以亲眼观看最传统的造纸工艺流程。
- **不丹邮政总局** - 不丹被誉为“邮票王国”，可以制作属于自己的个性化邮票，并寄明信片给亲友。
- **昌里米塘体育场及射箭场** - 可以体验射箭运动，不丹的国家运动。
- **昌岗卡寺** - 廷布最古老的寺庙。
- **不丹手工艺品中心及诺津林街** - 可以找到各类精美的手工编织品和传统工艺品。

## 廷布 - 通萨

早餐/午餐/晚餐

- **佩勒拉山口** - 通往不丹中部的重要通道。
- **通萨宗堡** - 一座建筑杰作，内部有错综复杂的庭院、走廊以及23座其他寺庙。

## 通萨 - 岗提寺 - 旺杜

早餐/午餐/晚餐

- **岗蒂寺** - 西不丹最大的宁玛派寺院，建于1613年。
- **普布吉卡山谷** - 黑颈鹤的越冬栖息地，是不丹最美丽的地方之一。

## 旺杜 - 普纳卡 - 廷布 - 帕罗

早餐/午餐/晚餐

- **普那卡宗堡** - 建于1637年，曾是不丹的古都。如今是僧侣团体的冬宫，坐落于父河（佛曲）与母河（莫曲）之间的普那卡山谷中。
- **奇美寺** - 被称为“生育寺”，因前来祈求子嗣的游客多有灵验而闻名。
- **多楚拉山口** - 不丹最美的高山隘口之一，可欣赏东喜马拉雅雪山的壮丽景色。108座“祖克旺耶佛塔”是为纪念2003年军事行动中牺牲的不丹士兵并祈愿世界和平而建。

# PARO 6

B/L/D

## 帕罗

早餐/午餐/晚餐

- **Tiger Nest** - Temple that build on the cliff edge about 3000m, one of the most amazing temples in the world. You may choose to walk uphill or ride a horse to midway point and continue hike to the monastery.
- **Drukgyel Dzong** - a victory fortress of the 17th century. Although in ruins, this Dzong is preserved for its great historical importance.
- **Folk Heritage Museum** - Rich Bhutanese folklore heritage is linked to the history of the village. The museum will strive to pass on the handicrafts from generation to generation by preserving a rich collection of crafts in different forms.
- **Enjoy the Farewell Dinner at your Hotel with Local Cultural Dance Show to witness traditional music of Bhutan.**

- **虎穴寺** - 这座寺庙建在悬崖边缘，海拔约3000米，是世界上最令人惊叹的寺庙之一。你可以选择步行上山，或者骑马到达半山腰，然后继续徒步前往寺庙。
- **德吉尔宗** - 17世纪的胜利堡垒。尽管已经是废墟，但由于其巨大的历史意义，这座宗堡得到了保存。
- **民俗遗产博物馆** - 与村庄历史密切相关的丰富的布丹民俗遗产。博物馆致力于通过保存各种形式的工艺品，代代相传，传承布丹的传统手工艺。
- **在酒店享用告别晚宴，并欣赏本地传统文化舞蹈表演，体验布丹传统音乐。**

## 7 PARO ✈ SINGAPORE 帕罗 新加坡

B/MOB | 早餐/机上用餐

### 9 大赠送 独家超值

EXCLUSIVE  
COMPLEMENTARY



01  
Bhutanese Cultural Dance  
不丹文化舞蹈表演



02  
Bhutan Tourist Visa  
不丹旅游签证



03  
Bhutanese Tashi Khadar  
不丹传统围巾



04  
Organic Lemongrass Spray  
天然香茅精油



05  
English, Chinese Speaking Guide  
中英导游讲解



06  
Local Data Sim Card 3GB  
3GB网络电话卡



07  
Unlimited Complimentary Water  
无限矿泉水



08  
Hiking Stick at Tiger Nest  
虎穴寺的登山杖



09  
Bhutanese Costume Experience  
不丹传统服装







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**SEARCH TRAVEL PTE LTD 寻之旅 (TA03442)**

☎ 6908 7666 ☎ 8138 5033

✉ enquiry@searchtravel.com.sg 🌐 www.searchtravel.com.sg

🏠 101 Upper Cross Street, People's Park Centre #02-75A, S058357



# ATTRACTIONS 旅游景点



Wangdue  
**PHOBJIKA VALLEY**  
普布吉卡山谷



Punakha  
**DOCHULA PASS**  
多楚拉山口



Thimphu  
**KYICHU TEMPLE**  
祈楚寺



Paro  
**TIGER NEST**  
虎穴寺



Punakha  
**GANGTEY GONPA**  
**GANGTEY**  
**MONASTERY**  
岗蒂寺




Punakha  
**PUNAKHA DZONG**  
普那卡宗堡

For reservations  
or any other  
inquiries, please  
contact our staff.



SEARCH TRAVEL PTE LTD 寻之旅 (TA03442)

Tel : 6908 7666  8138 5033  
People's Park Centre #02-75A  
101 Upper Cross Street S(058357)  
E-mail: enquiry@searchtravel.com.sg  
www.searchtravel.com.sg

