



7D6N NEPAL & BHUTAN

KATHMANDU & PARO & THIMPHU & PUNAKHA

B: breakfast L:lunch D:dinner

Day 1 : Kathmandu (Arrival)

(D)

Upon arrival Kathmandu Airport, local representative will pick up and visit to Kathmandu City which cover **Durbar Square** complex of palaces, courtyards and temples, built between the 12th and 18th centuries, used to be the seat of the ancient Malla kings of Kathmandu. Then, visit to **Pashupatinath Temple**, one of the most sacred hindu shrines in the world, pashupatinath lies 5 Km east of the city center. The richly-ornamented pagoda houses the sacred linga, or phallic symbol, of Lord Shiva. Devotees can be seen taking ritual dips in the holy Bagmati river flowing beside the temple, also a World heritage site. Then, visit to **Boudhanath Stupa**, lies about 6 km to the east of downtown Kathmandu and is the largest stupa in the valley. It looms 36 meters high and present one of the most fascinating specimens of stupa design. Boudhnath a world heritage, is also known as Khasti. There are more than 45 Buddhist monasteries in the area. After dinner, check in to hotel for rest.

抵达尼泊尔加德满都国际机场后，由当地导游接机，并前往游览加德满都市区。首先，游览**加德满都王宫广场**，在这里您可看到林立的古迹建筑、精美的雕刻和神秘的寺庙让人流连忘返，尼泊尔的历史气息扑面而来；但呼啸而过的摩托车，到处摆地摊的小商小贩，随处休息的人影，踢足球的孩子，乌压压的鸽子群，还有牛、羊、狗、猫星人等，又让杜巴广场热闹得像个集市。接着，游览**帕斯帕提那寺**，位于泰米尔区以东约5公里的环城公路边、巴格马蒂河的西岸。这座塔式风格的寺庙始建于1696年，是尼泊尔最大的印度教神庙，也是南亚地区供奉湿婆神的四大神庙之一，并被列入了世界文化遗产名录。然后，游览**博达哈大佛塔**，博达哈大佛塔是尼泊尔的地标建筑，坐落于加德满都东北方向约10公里处，是全世界最大的圆佛塔，也是联合国人类文化遗产。晚餐后，入住酒店休息。

Day 2 : Kathmandu - Paro - Punakha

(B/L/D)

Breakfast serve at hotel, transfer to the Airport for **flight to Paro, Bhutan**. We take a Druk Air flight from Kathmandu into Paro, flying parallel with the Eastern Himalayan mountains including Mt. Everest, Makalu and Kanchenjunga. Upon arrival, drive to **Punakha**, which is about 3-4 hours drive from Paro. There will be short briefing this evening before dinner.

早餐后，前往机场乘搭飞机前往不丹，帕罗国际机场。帕罗是不丹二十个宗之一，是其中一个历史悠久的山谷，这里与西藏文化很接近。帕罗宗坐落于险峻的山崖之上，坐拥帕罗峡谷的迷人景致。帕罗宗曾遭受地震及大火的蹂躏，经过重修才有今天的面貌。帕罗宗珍藏着不丹的珍宝唐卡画——**滕德**，这是一幅以丝绸和棉布制成的宗教卷轴画，堪称为不丹艺术中最大及最精美的杰作。抵达后，驱车前往**普那卡**（车程—约3-4小时左右）。抵达后，当地导游将为您解说行程的注意事项，晚餐后，入住酒店休息。

Day 3 : Punakha - Thimphu

(B/L/D)

Breakfast serve at hotel, drive to north of Punakha for a short excursion to **Khamsum Yulley Namgyal Temple**, stands majestically on a strategic ridge above the Punakha valley. Thragthung Dudjom Lingpa visualized it out of Buddhist treasure teachings. It is sacred religious edifices, which will help to ward off negative forces, promote peace, stability and harmony in a changing world. It is the only one of its kind in the world. This Chorten is a fine architectural and traditional manifestation whose details of constructional design are drawn embodiment of positive forces prevailing over all negative influences in the three forms of existence. According to Lamas, the Chorten is a quintessence of Buddhism and in various ways it will promote the health, happiness of the king and people thereby subjugating all evils. After lunch visit **Punakha Dzong**, which lies between two rivers known as Phochu and Mochu, symbolizing the masculine and the feminine co-existence their currents are of different colours and they unite at this spot. En-route, visit **Chimi Lhakhang in Lobesa**, a temple dedicated to Lama Drukpa Kuenley, who as the famous saint of Bhutanese people is known affectionately as "Diving Mad Monk". The drive around 2-3 hours to **Thimphu**, the capital city of Bhutan. Overnight at Hotel in Thimphu.

早餐后，前往普那卡的北部，游览**卡姆沙耶里纳耶纪念碑**，是不丹唯一一座全部供奉各类护法神的佛塔，纪念碑的每一层都有不同保护神的神像。此外，这座纪念碑的建筑虽然粗糙，但是每个细节都取自于佛经，而非技术类书籍。它被视为佛宝教义可视化的体现，可以时时刻刻保护不丹的安宁。卡姆沙耶里纳耶纪念塔位于普那卡河谷一个突出的山脊上，要跋山涉水才能到达。午餐后，游览**普那卡宗**，坐落于父亲河和母亲河的汇合处，海拔1463 米。普那卡宗是不丹的建国者沙布隆在不丹修建的第二座城堡，坐落于父亲河和母亲河的汇合处。普那卡宗是不丹最美丽的宗堡之一，于公元1637 年开始修建。中央塔楼长近183 米、宽7 米多，高6 层，呈长方形。同时，这里还收藏了大批的不丹佛教手稿、神圣的佛教名人名册、规格各异的宗教画和逼真的宗教名人肖像。然后，游览**切米拉康**，一个小小的院落里，立着一个小小的佛殿，殿内供奉着的是佛祖释迦摩尼，其右侧则为朱卡库拉的小塑像，裸露着下体，显露着夸张变形的生殖器。也因此，这里成为了求子圣地，有不少多年无子的信徒在此地朝拜得喇嘛赐福后，回去皆有身孕。然后，驱车前往**廷布**（车程—约2-3 小时左右），不丹的首都。晚餐后，入住酒店休息。

THE JOURNEY GOES ON



Day 4 : Thimphu - Paro

(B/L/D)

Breakfast serve at hotel, start the sightseeing of **Thimphu Valley** includes visit to National Memorial Chorten, Traditional Medicine Institute, National Library, Textile and Folk Heritage Museum, School of 13 Arts and Crafts, Takin Mini Zoo, Zilukha Nunnery, Post Office for stamps, Traditional Paper Factory, visit Handicrafts Emporium which displays wide assortment of beautifully handwoven and crafted products and also Textile Museum. Then drive around 1 hour to Paro. After dinner, check in to hotel.

早餐后，游览**廷布河谷**。廷布是不丹王国的首都，是不丹的政治、军事、宗教和文化中心，却没有其他都市的繁华景象。这里没有高楼大厦、灯火通明，有的是群山环绕，清新的空气，干净的街道与朴实的民风，呈现给游客的完全是一派乡村风情。在这个小城，眺望远处白白的雪山，很富有诗情画意。廷布也是一个宗教城市，名胜多为庙宇和带有宗教色彩的城堡，最著名的是扎什曲宗，再现了古代不丹的建筑风格。今天游览市区：国家纪念碑、传统医药研究所、国家图书馆、国家纺织博物馆、国家手工艺学院、国家邮政总局、塔金动物园等等。然后，驱车返回帕罗（车程—约1小时左右）。晚餐后，入住酒店。

Day 5 PARO

(B/L/D)

Breakfast serve at hotel, set off on a short hike to **Taktsang Monastery**, perched precipitously on the cliff face. Taktsang means 'Tiger's Nest'. Guru Padmasambhava, known as the Second Buddha, alighted from the flying tigress and meditated at the shrine in the second half of the 8th century. As a result, it is the dream destination for Buddhist pilgrims from the world over. You will have a 'picnic lunch' in the Taktsang Cafeteria on your return from the monastery. The round trip takes about 4 hours. If desired, pony ridings can be arranged (USD 35 per horse at own expenses). Then, visit to **Ta Dzong** (National Museum of Bhutan) and then walk down the trail to visit **Rinpung Dzong** which has a long and fascinating history. Upon arrival, visit **Drukgyel Dzong**, a victory fortress of the 17th century. Although in ruins, this Dzong is preserved for its great historical importance. Then visit **Kyichu Temple** which dates back to the 7th century. Kyichu Temple is one of the last three surviving temples. In the 7th century, 108 such temples were built by a Tibetan King. After dinner, back to hotel for rest. (Hiking or sport shoe is recommended during the hiking tour)

早餐后，今日将徒步游览**虎穴寺**。虎穴寺是不丹国内最神圣的佛教寺庙，坐落在帕罗山谷中900多米高的悬崖峭壁之上，海拔3120米。这座寺庙建于1692年，相传印度高僧莲花生大师曾在此冥想修行，是全不丹信徒顶礼膜拜的圣地。游客一般需要由导游带领才能进入虎穴寺内部参观。由于寺庙建在高山悬崖上，前往的路程比较辛苦，徒步上山通常需要2小时左右。这里有马匹代步（参考价35美金），需要的话可以咨询你的导游。不过，即便是骑马上山，也十分颠簸，有些路段你甚至要趴在马背上才不会掉下来，而下山时还是需要自己徒步。不丹人则认为只有徒步攀登才够虔诚。途中，享用野餐式午餐。接着，前往游览**不丹国家博物馆**，位于不丹西部重镇帕罗境内，博物馆内收藏的文物数量很大，有三千多件文物。况且它本身就是一件文物，里面包含各种器皿、武器、乐器、佛雕、旧经文、唐卡画和邮票等，尤其是邮票，发行的题材包罗万象，从自然科学系列，如蝴蝶、花卉等，到国外名人系列，从戴安娜，到人类文明科技发展系列，到人类登上月球，无所不有。接着，前往**帕罗宗堡**也叫日清蓬宗堡，意为“堡垒上的珠宝堆”，是不丹最为知名的寺庙之一，也是不丹经典建筑的代表。这里是不丹著名电影《小活佛》的取景地，也是梁朝伟与刘嘉玲的婚纱拍摄地。然后，继续游览**杜克耶宗堡**，是被大火所烧毁的一处遗址。由于木材建筑都已不在，你只能看到石块地基和破败的堡垒，但这里十分宁静，尤其在晴天，可以由此看到远方雄伟的珠穆拉理雪山。然后，游览**祈楚寺**，是不丹最古老的寺院，这个双寺庙建筑坐落在帕罗河谷，不仅是当地人的朝圣之地，也是不丹皇室举行庆典的重要

场所。寺内供奉有释迦摩尼八岁等身像、高达5米的莲花生大师像及红度母塑像等神圣佛像，还有令人叹为观止的华丽雕刻木柱、高僧火化后的骨灰等珍贵物品。梁朝伟和刘嘉玲的婚礼就是在这个寺院举行的。晚餐后，返回酒店休息。（徒步行建议穿着舒适的鞋子）

Day 6 : PARO - KATHMANDU - KUL

(B/L/D)

Breakfast serve at hotel, transfer to the Airport for flight back to Kathmandu. Upon arrival, visit to **Swoyambhunath Stupa**, watches over the valley from the top of a hillock on its western side. The stupa is one of the holiest Buddhist sites in Nepal and its establishment is linked to the creation of the Kahtmandu Valley out of a primordial lake. Swoyambhu is also known as Sengu and is listed as a World heritage site. Then, continue sightseeing to **Patan City**. Like its coun terpart in Kathmandu, is an enchanting mélange of palace buildings, artistic courtyard and former Royal palace complex is the center of Patan's religious and social life, and houses a museum containing an array of bronze statues and religious objects. One remarkable monument here is a 16th century temple dedicated to the Hindu go Krishna, built entirely of stone. Then, free time shopping at **Thamel Street**, there are thousands of things you can buy as your sourvenir to home. After dinner, back to hotel for rest.

早餐后，前往机场飞往尼泊尔，加德满都国际机场。抵达后，由当地导游接待，开始游览行程。首先，前往**斯瓦扬布纳寺**，2015年4月25日尼泊尔发生8.1级地震，斯瓦扬布纳寺的主体建筑轻微受损，周围副塔坍塌。斯瓦扬布纳寺位于加德满都市区以西约2公里的一座山丘上，有2500多年历史，是尼泊尔最古老的的佛教寺庙，被列入世界文化遗产。接着，前往加德满都的南面，古都—**帕坦**。这座城市至今还保留着杜巴广场上的王宫等非常精美的建筑。古王宫广场四周到处都是神庙，简直就是一场建筑的盛宴，寺庙的建筑密度比加德满都市或巴克塔普市要大得多。这个迷人的小城里到处是各式各样、风格迥异的神庙和修道院，大约有600多座佛塔和185座 Bahal（庭院）散布于迷人的后街小巷之中。然后，返回加德满都，于**泰米尔区**自由购物，这里是世界各地游客的集中地，区内云集了旅行社、旅馆、各国风味餐厅、工艺品店、书店、外汇兑换店等游客设施，被称为“加都的小香港”。你也可以买到各种尼泊尔民族特色的手工艺品以及登山、徒步装备。晚餐后，返回酒店休息。

THE JOURNEY GOES ON

Day 7 : Kathmandu (Departure)

(B)

Breakfast serve at hotel, free at own leisure until meeting time proceed to airport for flight departure.

早餐后，送机。

PACKAGE INCLUSIONS

- All internal taxes and charges (Including the royalty)
- Bhutan accommodation is based on Twin Sharing basis mention above or similar as per itinerary
- Meals as per specified in the itinerary, (Breakfast/Lunch/Dinner) will be served at hotel or local restaurants
- All travel with a licensed English Tour Guide
- All Internal Transport
- Welcome greetings with Khadar (white scarf) on arrival Paro airport
- 1 bottle of mineral water for the duration of the days

PACKAGE EXCLUSIONS

- X Any other optional tour
- X Any upgrade meals
- X Alcoholic beverages & non-alcoholic beverages
- X Portage fees at all hotels & airports
- X Travel Insurance
- X Tipping for Tour Guide & Driver(USD 5 Per Person Per Day)
- X Additional cost for request Bhutan mandarin Speaking guide
- X Tatksang temple - Tiger Nest(Pony Ride) (USD 25/ Per Person)

Email : info@reliancepremiertravel.com // reliancepremiertravel@gmail.com

Tel : +603- 9074 8699

Fax : +603- 9074 8599

WhatsApp : +6016-222 4621

Website : www.reliancepremiertravel.com

RELIANCE PREMIER TRAVEL

KL Eco City

SO-13A-7, Menara 1
No. 3 Jalan Bangsar
Kuala Lumpur 59200

Cheras Outlet

46C Jln Suarasa 8/4, Bdr Tun Hussein Onn,
43200 Cheras Selangor, Malaysia.