

**The Himalayan Youth Foundation**  
together with  
**The Choki Traditional Arts School (Bhutan)**  
&  
**The Kailash Hostel (Nepal)**

To celebrate the inauguration ceremony and the introduction of girls' education at the Choki Traditional Art School (CTAS) we are offering a selection of itineraries in Bhutan that coincide with the opening ceremony on 17<sup>th</sup> May 2010. Depending on your interest you can choose to join one of the following suggested itineraries or we will be pleased to tailor make an itinerary to suit your exact requirements and dates. You might also want to consider combining your trip to Bhutan with a visit to Nepal and even Tibet.

**Suggested itinerary #1 – 7 days**  
**Bhutan - The hidden paradise**

- 14<sup>th</sup> May, 2010 : Arrive in Paro – Met and transferred to Hotel. Sightseeing in Paro Valley. Overnight Paro.
- 15<sup>th</sup> May, 2010 : Hike to the Taktshang monastery "The Tigers Lair". Drive to Thimphu. Overnight Thimphu.
- 16<sup>th</sup> May, 2010 : Sightseeing of Thimphu valley. Overnight in Thimphu.
- 17<sup>th</sup> May, 2010 : **C.T.A.S Foundation day celebration.** Overnight in Thimphu.
- 18<sup>th</sup> May, 2010 : Drive to Punakha via wangdiphodrang. Afternoon sightseeing in Punakha. Overnight in Punakha.
- 19<sup>th</sup> May, 2010 : Hike to Chimi Lhakhang(Temple of the divine madman) and drive to Paro. Overnight in Paro.
- 20<sup>th</sup> May, 2010 : Transfer to the airport for your international flight

**Suggested itinerary #2 – 13 days**  
**Jumolhari Trek - *The abode of the Goddess beckons***

- 14<sup>th</sup> May, 2010 : Arrive in Paro – Met and transferred to Hotel. Sightseeing in Paro Valley. Overnight Paro.
- 15<sup>th</sup> May, 2010 : Hike to the Taktshang monastery "The Tigers Lair". Drive to Thimphu. Overnight Thimphu.
- 16<sup>th</sup> May, 2010 : Sightseeing of Thimphu valley. Overnight in Thimphu.
- 17<sup>th</sup> May, 2010 : **C.T.A.S Foundation day celebration.** Afternoon drive to Paro. Overnight Paro.  
**Trek begins**
- 18<sup>th</sup> May, 2010 : Drukgyel Dzong - Sharna Zampa (Distance 17km, 4 to 5 hours, camp altitude 2,850m).
- 19<sup>th</sup> May, 2010 : Sharna Zampa- Thangthangkha (Distance 22km, 7 to 8 hours, camp altitude 3,610m).
- 20<sup>th</sup> May, 2010 : Thangthangkha - Jangothang (Distance 19km, 5 to 6 hours, camp altitude 4,080m).
- 21<sup>st</sup> May, 2010 : Jangothang Halt. Base camp of Mt. Jumolhari (23,995ft/7315m).
- 22<sup>nd</sup> May, 2010 : Jangothang to Dhumzo (Distance 16km, 6 to 7 hours, camp altitude 3,800m)
- 23<sup>rd</sup> May, 2010 : Dhumzo to Thombu Shong (Distance 11km, 4 to 5 hours, camp altitude 4,180m)
- 24<sup>th</sup> May, 2010 : Thombu Shong to Sharna Zampa (Distance 13km, 4 to 5 hours, camp altitude 2,850m)
- 25<sup>th</sup> May, 2010 : Sharna Zampa to Drukgyel (Distance 17km, 4 to 6 hours). Afternoon leisure. Overnight Paro.  
**Trek Ends**
- 26<sup>th</sup> May, 2010 : Transfer to the airport for your international flight

*Note: also see tour #3 that is a special escorted tour that will be escorted by Steve Webster.*

*Please see detailed itineraries below for more information about the above itineraries*

## Trip Cost

Sl.No	Package Name	Trip Cost per person in US \$		
		One person	Two person	Three ++
1.	Suggested itinerary #1 – Seven days Bhutan - The hidden paradise	1725/-	1450/-	1275/-
2.	Suggested itinerary #2 – Thirteen days Jumolhari Trek - <i>The abode of the Goddess beckons</i>	3300/-	2850/-	2475/-

Rates quoted are per person, based on sharing double accommodations.

**NOTE :** The easiest and most convenient way for visitors to get into Bhutan is by Druk Air, the only national air carrier operating in Bhutan. Drukair flies To/From Kathmandu(Nepal), Delhi(India), Calcutta(India), Bangkok(Thailand) and Dhaka(Bangladesh). For the latest flight schedule, log on to <http://www.drukair.com.bt>  
The cost of airfare is as follows;

SECTOR	Economy Class	Business Class
Bangkok -Paro-Bangkok	\$788.00	\$948.00
Delhi -Paro-Delhi	\$679.00	\$809.00
Kathmandu-Paro-Kathmandu	\$423.00	\$503.00
Calcutta-Paro-Calcutta	\$429.00	\$509.00
Dhaka-Paro-Dhaka	\$440.00	\$520.00

It is advisable to book well in advance to secure seats on Bhutan's only airline - Druk Air.

### Price Includes:

- ◆ Royalty & Tax to the Bhutan Government.
- ◆ Accommodation on **twin sharing** basis.
- ◆ All meals (B/fast, lunch & dinner).
- ◆ Evening tea/snacks.
- ◆ Mineral water in the vehicle.
- ◆ Land transport in comfortable vehicle depending on group size.
- ◆ Government Licenced English speaking guide
- ◆ All sightseeing tour as per the itinerary.
- ◆ Bhutan Visa fees.
- ◆ **Itinerary #2 :-** all trek arrangements, including community camping and commissary equipment (comfortable two-person tents, kitchen, toilet, dining tents, and other equipment), camp and cook staffs
- ◆ sightseeing as noted in the itinerary
- ◆ entrance fees and permits

### Price Excludes:

- ◆ Personal insurance
- ◆ Personal expenses such as beverages, tips, gratuities, laundry etc.
- ◆ Personal clothing and equipment
- ◆ Druk air fare

## Booking Condition

### Delayed Arrival/Departure

In the event of delay in arrival of visitors due to weather conditions, Druk Air or road blocks, except for the minimum charge on hotel cancellation, transport & guide the balance amount for the number of days of delay in **arrival will be refunded.**

In the event of delay in departure of visitors due to weather conditions, Druk Air or road blocks. There shall be no charge for the number of days of delay in **departure**. They will be charged only the actual expenses on accommodation, food, transport and any other services required.

**Cancellation Charges** : Land arrangements are subject to the cancellation fees below.

Deposit date until 21 days prior to Arrival	20% of tour costs.
Within 21 days	45% of package costs
Within 14 days	60% of package costs
Within 7 days	80% of package costs
Less than 7 days	90% of package costs
After Arrival in Bhutan	No refund.

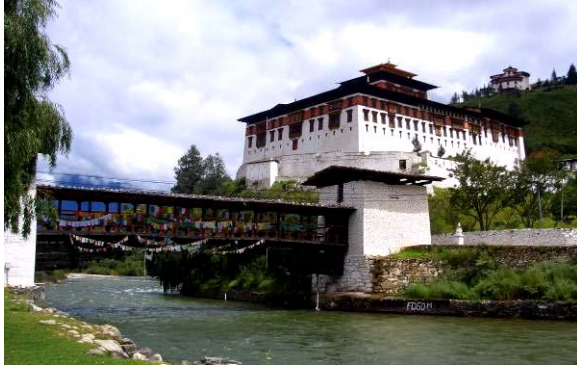
## Suggested Itinerary # 1

### Bhutan - The hidden paradise ( 14<sup>th</sup> May to 20<sup>th</sup> May, 2010)

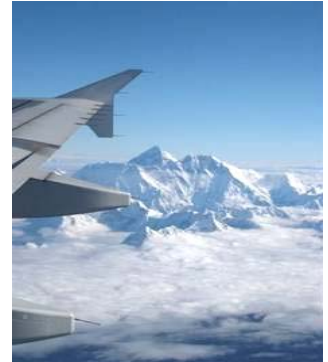
Trip Duration : 7Days/6Nights

#### 14<sup>th</sup> May, 2010 : Arrive – Paro

During your flight to Paro, you will experience breathtaking views of the Himalayan Peaks including sacred Chomolhari and Mt. Jichu Drake in Bhutan. On arrival at Paro International Airport you will be received by our representative in Bhutan.



Afternoon, visit Ta Dzong, built in 17th century as a watch tower for Paro Dzong. This Dzong was later converted into the National Museum in 1967, and is filled with antique thangka paintings, textiles, weapons and armour. Also visit the Rinpung Dzong, built in 17th century to defend valley against Tibetan invaders. It is now used as an administrative centre and home of monastic community. Kyichu Lhakhang, the oldest monastery of the Kingdom is another place of interest. Overnight in a



hotel in Paro.

#### 15<sup>th</sup> May, 2010 : Hike to Taktshang “The Tigers Lair”

Early morning we hike to the famous Tigers lair “Taktshang Lhakhang” Clinging to a black rock face, 900 meters above the valley floor, nestles Taktshang Lhakhang, one of the holiest and the most beautiful site of Bhutan. Taktshang, the tiger’s lair, acquires its name from the legend of its foundation, when in the 8th Century Guru Rinpoche, widely revered as the second Buddha, arrived from Tibet flying across the mountains on the back of a tigress. He meditated at the site for three months, from where he used the religious cycle of the Kagye to subjugate the Eight Categories of Evil Spirits, and thus converted the region to Buddhism. The hike to the Monastery is a gradual climb. The quiet approach path winds through lush meadow, oak and rhododendron forest, past quaint hamlets, fluttering prayer flags and rotating prayer wheels. The hike takes you about 4-5 hours from the car park.



Afterlunch in a restaurant, we drive for 1Hr 30 Minutes to Thimphu the capital city of Bhutan. The road leads through the Paro valley to the confluence of Paro and Thimphu rivers at chuzom (confluence). Three different styles of chortens adorn the confluence. A short way beyond, on the left, is Tachogang Lhakhang, the temple of the hill of excellent horse. It is a private temple, built in 15th century, as the result of visitation from Balaha, the excellent horse, a manifestation of Chenrezig, the compassionate Buddha. After the narrow, rock lined section of the road opens up as Thimphu approaches, Simtokha Dzong lies enroute. Simtokha means the place of profound tantric teaching', this dzong now houses a school for the study of the Dzongkha language. On arrival in Thimphu, check into the hotel.



**About Thimphu:** Thimphu was a wooded farming valley until 1961, when it became Bhutan's official national capital. Even today, it still only has a few streets and no traffic lights. The massive Tashicho Dzong, about 700 years old, was carefully revamped in the 1960s by the late King Jigme Dorji Wangchuk to house the royal and main government offices. It is also the summer residence of the Je Khenpo, Bhutan's chief abbot. King Jigme Dorji Wangchuk was the

main architect of modern Bhutan. He died in 1972 and was succeeded by his son, Jigme Singye Wangchuk, who was age 17 at the time.

## 16<sup>th</sup> May, 2010 : Full day sightseeing in Thimphu

Full day sightseeing in Thimphu. Visit the King's Memorial Stupa built in 1974, Changangkha Lhakhang, Jungshi Paper factory where they make traditional Bhutanese paper, the National Library that houses the worlds largest book, ancient Buddhist texts and manuscripts, Painting School famous for traditional thangka paintings, visit the Folk heritage Museum founded by Her Majesty the Queen Ashi Dorji Wangmo Wangchuk. The museum is one of a kind that portrays the lifestyle of a genteel family in the Thimphu valley in the olden days. Visit the Choki Handicrafts



shop where Bhutanese textiles and other handicrafts are displayed and can be purchased. The shop is closely linked to Choki Traditional Art School – many of the goods are produced in the school itself and all proceeds go towards the upkeep of the school and the provision of tuition for the students.



Later, visit the Tashichho Dzong. The 'Fortress of the glorious religion' houses the throne room of His Majesty the king, the main secretariat building and the central monk body. Its courtyard is open to visitors during the off-office hours.

Overnight at Hotel.

## 17<sup>th</sup> May, 2010 : CTAS dedication ceremony, Thimphu.

Morning we drive 7KM north of Thimphu to Kabesa village and visit the Choki Traditional Art School, the only private charity art school in the Kingdom which gives opportunity to the economically disadvantaged students from different parts of Bhutan. The school trains the youth in learning the traditional arts and crafts of the country.



Attend the formal inauguration ceremony - introduction of girls' education in Choki Traditional Art School (CTAS) and participate in the school foundation day celebration. The inaugural ceremony is to formally launch the girls' admission in CTAS. Although the school was established in 1999, only boys were admitted in the school due to lack of infrastructure and facilities. With this launch, the school will be for the first time providing opportunity to the girls to receive art education in CTAS. This has been made possible with the support of the Himalayan Youth Foundation (HYF) and other well wishers from abroad. The guest will observe the inaugural ceremony, which will be carried out in the traditional manner with religious ceremonies and prayers. In the afternoon a cultural program will be performed by the students for the dignitaries and guest. Overnight at hotel in Thimphu.

## 18<sup>th</sup> May, 2010 : Thimphu / Dochu La / Wangdiphodrang/Punakha

Early morning after breakfast, we head out of town on a spectacular 3 Hrs drive to Punakha crossing the Dochu La Pass at 3100mtrs from where you can see the 108 beautiful chortens built by Her Majesty Ashi Dorji Wangmo Wangchuk. From this pass, on a clear day, you can have a superb view of the highest peaks in Bhutan. After a hot cup of coffee at a café atop the pass and time to savor the mountain views, we continue our drive to the Punakha Valley. Enroute drive to Wangdiphodrang and visit the beautiful Wangdiphodrang Dzong built



in 1638, a beautiful example of Bhutanese architecture. In the afternoon, we visit the Punakha Dzong, built in 1637 by Shabdrung Ngawang Namgyal. It stands majestically at the junction of the two rivers – Pho



Chu and Mo Chu (the Male and Female rivers). The Punakha Dzong is an architectural wonder and it has played a prominent role in the civil and religious life of the Kingdom. The Dzong had been destroyed four times

by fire, earthquake and flood. The Dzong has been now fully restored to its original splendor. The official name of Druk Pungthang Dechen Phodrang translates as "the palace of great happiness." Overnight at Hotel.

**Punakha:** Punakha is located in the low sub tropical valley about 4100 feet and was the capital of Bhutan until 1955. It is still the winter home of the Chief Abbot today. The warmer climate in Punakha allows for the production of two rice crops each year, along with oranges, mangos, and bananas. In Punakha, we may see people from the remote village of Laya. The Layan, as they are known, are yak herders who make the three- or four-day walk to Punakha from their high-altitude villages in northwest Bhutan. Women of Laya wear conical bamboo hats with a center spike of bamboo, and Laya's men wear black woolen coats.



## 19<sup>th</sup> May, 2010 : Punakha to Paro



This morning we drive back to Paro. En route, enjoy a half-hour walk through mustard fields which brings us to Chimi Lhakhang (*Ihakhang* means temple), a monastery and fertility temple dedicated to Lama Drukpa Kuenley, a Tibetan Buddhist saint known popularly as "the divine madman" and considered a folk hero in Bhutan for his unconventional ways. Drukpa Kuenley originally built a chorten on the site in the 14th century. The temple, flanked by nearly 100 tall prayer flags, sits atop a picturesque hill and has long been a pilgrimage site for childless couples.

Evening visit the Paro market and take a stroll through town's main street.

## 20<sup>th</sup> May, 2010 : Depart

Drive to Paro international Airport. See off by our representative.



**TASHI – DELEK !!!**

## Suggested Itinerary #2

### Jumolhari Trek - The abode of the Goddess beckons ( 14<sup>th</sup> May – 26<sup>th</sup> May, 2010)

**Trip Duration : 13 Days/12Nights**

#### Summary:

Discover the sacredness of Bhutan's unclimbed summit. The Jhomolhari trek takes you near the base camp of the second tallest unclimbed peak in Bhutan. Your trek starts at a historic ruin - the Drukgyal Dzong in Paro, once a look out for invading forces from the north. The trek passes through scattered hamlets and farmland into a deep and richly forested valley. You will also walk through high alpine pasturelands where yak herders graze their animals. The trek offers a sampling of the diverse variety Bhutan's stunning landscape. Your camp at Jangothang will give you a splendid close view of Mt. Jhomolhari(23,995ft/7315m) and trekkers can walk two to three hours to reach the base of the mountain.

**Duration:** Eight days, Max. Elevation: 4,890m

**Highest Camp:** 4,080m

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**Standard:** Medium

**Best Seasons:** April to June, September to November

**Start:** Drukgyel Dzong (Paro)

**Finish:** Drukgyel Dzong (Paro)

**Contd...**Refer suggested Itinerary # 1 for detail itinerary from 14<sup>th</sup> May to 16<sup>th</sup> May, 2010.

#### 17<sup>th</sup> May, 2010 : CTAS dedication ceremony, Thimphu.

Morning we drive 7KM north of Thimphu to Kabesa village and visit the Choki Traditional Art School, the only private charity art school in the Kingdom which gives opportunity to the economically disadvantaged students from different parts of Bhutan. The school trains the youth in learning the traditional arts and crafts of the country.

Attend the formal inauguration ceremony - introduction of girls' education in Choki Traditional Art School (CTAS)



and participate in the school foundation day celebration. The inaugural ceremony is to formally launch the girls' admission in CTAS. Although the school was established in 1999, only boys were admitted in the school due to lack of infrastructure and facilities. With this launch, the school will be for the first time providing opportunity to the girls to receive art education in CTAS. This has been made possible with the support of the Himalayan Youth Foundation (HYF) and other well wishers from abroad. The guest will observe the inaugural ceremony, which will be carried out in the traditional manner with religious ceremonies and prayers. In the afternoon a cultural program will be performed by the students for the dignitaries and guest. Afternoon drive back to Paro. Overnight at hotel in Paro.

## TREK START

**Trek Day 1 : 18<sup>th</sup> May, 2010** : Drukgyel Dzong - Sharna Zampa (Distance 17km, four to five hours, 360m ascent, 80m descent, camp altitude 2,850m).

Drive up to Drukgyel Dzong (2,580m) where the road ends and the trek begins. With a gradual climb the trail follows the Paro Chhu passing beautiful meadows, paddy fields and impressive farm houses. After about four hours you will reach the army post at Gunitsawa village. At the army checkpoint your trek permit (provided by your tour operator) will be checked and endorsed. The campsite is on the opposite side of the river, not far from Gunitsawa.



**Trek Day 2 : 19<sup>th</sup> May, 2010** : Sharna Zampa- Thangthangkha (Distance 22km, seven to eight hours, 770m ascent, 10m descent, camp altitude 3,610m).

On this long day, the trail continues with lots of small ups and downs. After going uphill through the river valley, you enter the Jigme Dorji National Park. The valley finally narrows gradually to a mere path which descends to a meadow where a camp will be set up. From here, if weather permits, you will have the first great view of Mount Jomolhari.

**Trek Day 3 : 20<sup>th</sup> May, 2010** : Thangthangkha - Jangothang (Distance 19km, five to six hours, 480m ascent, camp altitude 4,080m).

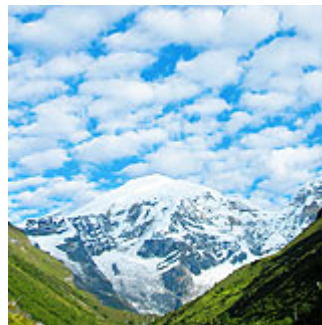


If you did not see Mount Jomolhari last evening, you will have a great chance to get a great view this early morning. This morning the trek continues up the Paro Chhu valley which widens into patches of alpine meadow and scanty growths of forest. Cross an army outpost along the way and enjoy a spectacular view of high mountain ridges and snow-capped peaks. Yaks and the herder's homes become a regular feature of the landscape. Passing the villages Soe, Takethang and Dangochang is another asset on this day. Reaching Jangothang, one of the most beautiful campsites of the Himalayas, you will again have a

spectacular view of Mount Jomolhari.

**Trek Day 4 : 21<sup>st</sup> May, 2010** : Jangothang Halt.

The day in Jangothang provides plenty of possibilities for day hikes with great views on lakes and snow capped mountains such as Jomolhari and Jichu Drake. There are good chances to spot some blue sheep on the upper slopes of the valley. Jangothang is a perfect environment for your acclimatisation. Trek up to Tosoh or hike around the area. There are good short hiking trails in three directions. Jomolhari and its subsidiary mountain chains lie directly west, Jichu Drake to the north and a number of unclimbed peaks to the east.



**Trek Day 5 : 22<sup>nd</sup> May, 2010** : Jangothang to Dhumzo (Distance 16km, six to seven hours, 810m ascent, 1,090m descent, camp altitude 3,800m)

The trail leads to a last settlement in the valley and drops to the Paro Chhu. Passing the lake of Tshophu (4,380m) you will climb up steeply to Bhonte La pass at 4,890 m, the highest point of this trek route. Reaching the Dhumzo Chhu river, you trek downstream passing the few houses of Dhumzo to arrive at your camp soon after.

**Trek Day 6 : 23<sup>rd</sup> May, 2010** : Dhumzo to Thombu Shong (Distance 11km, four to five hours, 720m ascent, 340m descent, camp altitude 4,180m) .



The trail climbs 100m over a ridge to drop to another stream then. After crossing the Takhung La pass (4,520m) you descent to Thombu Shong, three yak herder huts with your campsite next to them.

**Trek Day 7 : 24<sup>th</sup> May, 2010** : Thombu Shong to Sharna Zampa (Distance 13km, four to five hours, 200m ascent, 1,650m descent, camp altitude 2,850m)

Crossing Thombu La pass (4,380m) you will finally reach Gunitsawa and the campsite of your first night of this trek.

**Trek Day 8 : 25<sup>th</sup> May, 2010** : Sharna Zampa to Drukgyel Dzong (Distance 17km, four to six hours, 80m ascent, 360m descent). Coming across the primary school and shop the valley opens. From Mitshi Zampa you can see how the *dzong* is positioned and where the path takes you finally to Drugyel Dzong.

## TREK ENDS

**26<sup>th</sup> May, 2010 : Depart**

Drive to Paro international Airport. See off by our representative.



**TASHI – DELEK !!!**

## **EXTEND YOUR ADVENTURE!**

We'd be delighted to work with you to develop a unique, personalized itinerary, hand-tailored to your specifications. If you wish to combine this tour with an extension to Nepal at the beginning or end of your Bhutan trip, We also offer the following extensions:

### **Sacred Mountain Trek (NEPAL) – 10 days**

- Day 01 Arrive in Kathmandu – Met and transferred to the Hyatt Hotel.
- Day 02 Sightseeing of Kathmandu and visit to the Kailash Hotel. Overnight Hyatt Hotel.
- Day 03 Fly to Pokhara and begin 6 day Annapurna Foothill Trek.
- Day 04 Trek and overnight in a comfortable Lodge
- Day 05 Trek and overnight in a comfortable Lodge
- Day 06 Trek and overnight in a comfortable Lodge
- Day 07 Trek and overnight in a comfortable Lodge
- Day 08 Transfer to the airport and fly to Kathmandu. Overnight Hyatt Hotel.
- Day 09 At leisure in Kathmandu or lunch at Shivapuri Heights Cottage. Overnight Hyatt Hotel.
- Day 10 Transfer to the airport for your international flight

### **Adventure in Style (NEPAL)– 8 days**

- Day 01 Arrive in Kathmandu – Met and transferred to the Hyatt Hotel.
- Day 02 Sightseeing of Kathmandu and visit to the Kailash Hotel. Overnight Hyatt Hotel.
- Day 03 Fly to Pokhara and overnight at the award winning Tiger Mountain Pokhara Lodge.
- Day 04 At leisure or day hike. Overnight at the award winning Tiger Mountain Pokhara Lodge.
- Day 05 Drive to Chitwan National Park and overnight at the famous Tiger Tops Jungle Lodge.
- Day 06 Wildlife safaris. Tiger Tops Jungle Lodge.
- Day 07 Transfer to the airport and fly to Kathmandu. Overnight Hyatt Hotel.
- Day 08 Transfer to the airport for your international flight

Please check the attached document for detailed itineraries for these extensions

**The Himalayan Youth Foundation, Inc. ("HYF")** is a private not for profit corporation created to provide assistance and general care to the underprivileged and/or orphaned children of the Himalaya, in an effort to ultimately help the region become as stable and as prosperous as possible. HYF was established in Florida in 2002 as a tax-exempt, non-profit corporation (501C3). Its mission has been to support education-based organizations native to the countries of the Himalayas

HYF's first project started in Kathmandu, Nepal, with the Kailash Hostel. The Kailash Hostel is run by a Nepali NGO called the Himalayan Children's Foundation established in 1997 and offers poor and illiterate children a chance at a formal education, along with food, clothing, shelter, psychological well-being and medical care. Through individual sponsorship of a child, as well as through general donations, HYF is providing youngsters with the learning skills necessary to pursue self-sustaining livelihoods, thereby enhancing the quality of life for themselves and the communities in which they live.

In the Kingdom of Bhutan, HYF has made general donations to support the Choki Traditional Arts School (CTAS), the country's first charitable, privately run, art school. Founded in 1999 by the former head of the Painting Division of Bhutan's National Painting school, CTAS offers free education and housing to poor mountain children. In addition to training in the Bhutanese arts and crafts, CTAS children receive lessons in such fundamentals as math, English and their native language.

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**Making a difference to children's lives in Nepal and Bhutan**