



A division of Four Corners Travel Group Pty Ltd

HIMALAYAN DISCOVERY

Day 1) Melbourne/Bangkok

Depart Melbourne on Thai International. On arrival in Bangkok met and transferred to your overnight accommodation. **(Meals on flight)**

Day 2) Bangkok/Paro (Bhutan)

Return to the airport for the flight to Paro. On arrival you will be met and transferred to UMA Paro - your base for the next five nights.

This five-night itinerary allows guests to immerse themselves in Bhutan's extraordinary landscape and cultural heritage, with easier days early on to aid acclimatisation, before culminating in the challenge of the trek up to Tigers Nest Monastery.

Uma Paro staff will welcome you at the airport for the 10 minute transfer to the property. A short guided walk has been arranged in the afternoon (in and around Uma Paro) for orientation and acclimatisation purposes. **(B, L, D)**

Day 3) Paro - 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 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) **(B,L,D)**

Day 4) Paro - A Day out in the Haa Valley Day (with an optional bike descent)

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 where, weather permitting, the views of Mt Jhomolhari (7314m) are fabulous. 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. Wangchulo Dzong is presently occupied by the Indian Army, however this makes for a quirky experience. Having visited the bazaar take a short walk along the Haa Chhu to a picnic spot for lunch. Also visit Lhakhang Karpo (the White Temple), where many young monks welcome you, then on to Lhakhang Nagpo (the Black Temple).

Duration: 7 - 8 hours

Difficulty: Easy (Guided with picnic) **(B,L,D)**



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Day 5) - Paro - UMA Paro

Free for relaxing around Uma Paro enjoying the facilities or perhaps trying some other activity from the Guest Services Directory. Enjoy a COMO Shambhala massage in the spa area (included).
(B,L,D)

Day 6) - 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. This is a very picturesque route and is the site of a magnificent dzong (from here, it is only a two-day hike to Tibet's border, dominated by Mt Jhomalhari). Return to a peaceful orchard for a picnic lunch directly opposite Taktsang Monastery (The Tiger's Nest). Make the two-hour climb to the lookout. Descend before climbing up to the monastery, passing a waterfall en route. Retrace your steps. Alternatively (time permitting) head further up to several other remote dzongs.

Duration: 7 – 8 hours - Difficulty: Moderate to Hard (ascent should not to be attempted until at least third day in Bhutan, after acclimatization has occurred) Guided with picnic **(B,L,D)**

Day 7) - Paro/Bangkok

After breakfast transfer to the airport for the flight to Bangkok. On arrival you will be met and transferred to the Metropolitan Hotel (sister hotel to UMA Paro). Enjoy the chance to catch your breath, experience the SPA facilities at the hotel, do some sightseeing and of course *shopping* !
(B)

Day 8) - Bangkok

At leisure **(B)**

Day 9) - Bangkok/Melbourne

This evening - transfer to the airport for the flight home. **(B, meals on flight)**

Day 10) - Arrive Melbourne

Welcome Home !
