

自 2024 年 8 月开始生效

7 天 最后的香格里拉—不丹王国

(团号: BHUT7)

精华景点:

廷布: 国家纪念碑, 国家邮政总局, 佛祖望, 塔金小动物园, 昌冈卡拉康, 扎西却宗, 楚克旺耶纪念碑, 送子神庙切米拉康, 不丹印象博物馆,
普纳卡: 卡姆沙耶里纳耶纪念碑, 普纳卡宗
帕罗: 帕罗宗-日蓬堡, 杜克耶堡, 虎穴寺, 吉曲寺



特别安排:

品尝特色米酒; DIY 国菜辣椒奶酪、不丹式西餐、
品尝特色自助餐, 观赏不丹传统歌舞表演
安排宗教祈福仪式 (自行选择是否参与)
提供传统的不丹服装尽情拍照
全程中/英文导游

特别赠送: 白色哈达, 不丹柠檬草喷雾, 每天无限量矿泉水, 虎穴寺攀登拐杖

第一天: 新加坡→ 帕罗 (海拔 2280 米)-廷布 (海拔 2320 米)

【晚餐】

机场-帕罗 (约 6 公里, 车程约 20 分钟). 帕罗-廷布 (55 公里, 车程约 1 小时, 盘山路)

- 集樟宜国际机场搭乘国际航班, 经**加尔各答(或古瓦哈提)**前往全球幸福指数最高的国家, 雷龙之国 - **不丹王国**. 抵达不丹唯一的国际机场**帕罗**. 驱车前往不丹首都—**廷布**.
- 参观**国家纪念碑**, 这是按现代不丹之父, 三国国王晋美·多吉·旺楚克陛下的构想而建的标志性建筑, 意在祈祷世界和平和繁荣。
- **国家邮政总局**, 不丹邮票在设计和材质的多样性一直在世界居于领先地位, 并多次在世界邮展上获奖。定制一张个人头像邮票, 购买 CD 邮票及 3D 邮票都会是有趣的经历。

第二天: 廷布 (海拔: 2320 米)

【早中晚餐】

- 前往**佛祖望**, 山顶建有据说是中国佛教徒布施的巨大的**释迦牟尼座像**, 不丹最大的一尊佛像。在这里俯瞰廷布和廷布河谷全景。
- **昌冈卡拉康**, 是不丹最古老、最受尊敬的佛教寺庙之一。
- **塔金小动物园**, 观看不丹的国兽—**塔金**, 这种羊头牛身的动物是当今世界公认的珍稀动物, 亦称为四不像, 学名叫羚牛。
- **不丹印象博物馆**, 它提供互动体验, 游客可以参与传统的不丹活动, 例如射箭和文化表演, 让您一睹不丹丰富的文化遗产。您还可以在当地导游的指导下尝试射箭。
- **扎西却宗**, 建于十三世纪, 这里是国家行政及宗教中心, 政教合一的双重体制下现任国王主政场所以及内政部门所在地。不丹建筑色彩分明, 在湛蓝的天空衬托下, 分外雄伟壮观。幸运的话, 还可以看到不丹特有的降旗仪式。如时间允许还可前往“**不丹国家绘画艺术学院**” (不丹公共假期和学校假期期间不开放), 认识和了解不丹的文化和生活传统。
- **不丹手工艺品店和诺津林街**, 在这里您可以看到各种传统精美的不丹工艺品和手工编织品。

第三天: 廷布-普纳卡 (海拔 1250 米)

【早中晚餐】

(77 公里, 车程约 3.5 小时, 柏油路面+部分砂石路面+盘山路)

- 驱车前往不丹旧都普纳卡。在 3140 米的**多雄拉山口**稍事休息, 眺望和观赏整个东喜马拉雅山脉巍峨壮丽、气势磅礴、蜿蜒千里的壮观景色, 在这片梦境般神秘美丽的土地上远离尘嚣, 感受彻底的心灵涤荡。这里的“108 座佛塔”被称之为**楚克旺耶纪念碑**, 建于 2005 年, 为了祈祷世界和平和纪念剿灭不丹南部阿萨姆反政府武装中丧生的人。
- 途中参观不丹癫狂僧人朱卡库拉的送子神庙**切米拉康**, 朱卡库拉是不丹人广泛尊崇的圣人, 他也被认为是性和生育力的象征, 没有孩子的夫妻大多都会去他的寺庙祈祷, 据说无子女的妇女来此朝拜后便可怀孕。晚上抵达**普那卡**。

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第四天：普纳卡

【早中晚餐】

- 普那卡- 不丹王室的冬都。前往**普那卡河谷**山脊上的**卡姆沙耶里纳耶纪念碑**，不丹唯一一座全部供奉各类护法神的佛塔，堪称不丹建筑艺术的绝佳典范。全世界只有这样一座供奉着神佛，作为庇佑国家的纪念佛塔。
- 参观坐落在不丹父亲河和母亲河交汇处的**普纳卡宗**，不丹的第二座城堡，直到 1950 年，这里仍然是国家行政及宗教中心所在地，是不丹统治者居住和举行重大政治和宗教仪式的重要场所。普纳卡宗是被公认的全不丹最美丽的宗堡，特别是在春季，环绕宗堡蓝紫色的蓝花楹盛开的时候，整个河畔鲜花烂漫，风光格外旖旎动人。

第五天：普纳卡-帕罗（海拔 2280）

【早中晚餐】

- (132 公里，车程约 4 小时，柏油路面+部分砂石路面+盘山路)
- 游览**帕罗宗-日蓬堡**，意为“一堆珍宝上的城堡”，它也是不丹建筑最杰出的代表。用作瞭望塔的**塔宗**，墙身有两米半之厚，圆形外观据说是佛教吉祥法器海螺的形状。现已建成为不丹的国家博物馆，珍藏有琳琅满目的不丹文物，呈现了不丹历史自然、宗教文化和经济生活的各个方面。
 - **杜克耶堡**，1649年为纪念不丹打败蒙藏联军而建。这里曾经是前沿指挥部，一场大火使军事要塞的宗堡只剩断壁残垣，在夕阳映衬下显得分外震撼和美丽壮观。如果天气情况好，这里还是观看不丹第二高峰珠穆拉里雪峰的最佳地点。抵达不丹公路的陆路最高点**切里拉山口**（海拔 3988 米，距离帕罗约 37 公里处），眺望和观赏雄踞世界之颠巍峨壮丽全景画般的**喜马拉雅山脉雪域风光**，
 - 您将有机会**穿上传统的不丹服装尽情拍照**。

第六天：帕罗

【早中晚餐】

- **虎穴寺**，建于 16 世纪，作为国家象征全不丹顶礼膜拜。虎穴寺地势险要，位于帕罗峡谷 900 米高的悬崖峭壁上，景色雄伟壮观。现今的虎穴寺是不丹最神圣的佛教寺庙，同时被誉为世界十大著名超级寺庙之一。从山脚下循着小路徒步穿过密林，在半山腰的简易休息站休整后历时约 3 小时方可到达建于悬崖边的寺院。届时可依身体状况骑马或者徒步攀登，即使下山也需要约 2 小时路程。虽然有幸踏入这座悬空的神秘佛殿，但摄影摄像设备和背包都得寄放在寺庙之外。
- 返回帕罗后驱车前往古老的**吉曲寺**，藏王松赞干布修建的不丹最老的寺庙。

第七天：帕罗→新加坡

【早餐】

- (约 6 公里，车程约 20 分钟，柏油路面)
- 依时送往帕罗机场告别喜马拉雅山国不丹，搭乘豪华客机经**加尔各答(或古瓦哈提)**返回美丽家园新加坡。结束愉快旅行。

备注：

1. **导游司机服务费：两人团：USD8/客人/天；3人以上团：USD5/客人/天**
2. **由于不丹旅游的特殊性订金为SGD1500/人，并在团队出发最少40天前还清尾款**
3. 大通旅游率先推出**中/英文导游**任您选，无额外收费（华语导游需提前预定）
4. 团费**已包含不丹入境签证**，请在报名时呈交护照原件，**需要完整首页彩色扫描副本申请签证**（除孟加拉国、印度和马尔代夫护照持有者外，所有国籍均需签证）
5. 全程当地4星级酒店住宿，由于不丹作为特殊地区，条件有限，希望各位旅游观光者有合理的期望值。
6. 由于不丹旅游为限定消费，行程行进将根据客人具体情况执行，个别景点在周末或假期可能关闭且不会预先通知，如因节假日或客人行进速度致使增加或减少景点，均不增加或减少费用。
7. 因不可抗拒的客观原因和非我公司原因（如天灾、战争、罢工等）或航空公司航班延误或取消等特殊情况下，我公司可能取消或变更行程，一切超出费用（在外延期签证费、住、食、交通费、国家航空运价调整等）将由客人自行承担。建议客人安排旅游保险以承担部分额外费用
8. 鉴于不丹旅游的特殊性，一经确认报名机票和团费不能取消、更改和退还。

Valid from Aug'2024

7D LAND OF THUNDER DRAGON- BHUTAN

(Tour Code: BHUT7)

HIGHLIGHT

Thimphu: Memorial Chorten, General Postal Office Bhutan, Buddha Point, Changangkha Lhakhang, Shakyamuni Buddha statue, The Motithang Mini Zoo, Tashichhoe Dzong, The National School of Traditional Arts, Simply Bhutan Museum

Punakha: Dochula pass, Khamsum Yuelliny Namgyal temple, The Punakha Dzong, TaDzong, The Druk Wangyal Khangzang Chortens, Chimi Lhakhang

Paro: Rinpung Dzong, Taktsang Monastery, Kyichu Lhakhang, Drukgyel Dzong, Rinpung Dzong Bridge



Exclusive Experiences:

Local Rice Wine, DIY Ema Datsi, Buffet Dinner with Bhutanese Cultural Show Religious Blessing Service, Bhutanese Costumes (Gho & Kira) Trying, Chinese/English local tour guide

Complementary: Tashi Khadar(White Scarf on arrival); Lemon grass spray; daily unlimited mineral water; Walking stick

DAY01: SINGAPORE-PARO-THIMPHU

(D)

- Early morning flight into Paro (via Kolkada). Paro is at an altitude of 2300m above sea level. Meet your representative and then drive to **Thimphu**-the only capital in the world without any traffic lights, which is about one hour drive from Paro.
- Visit the **Memorial Chorten**. The Chorten is also a center of worship for the people living in Thimphu.
- **General Postal Office Bhutan**, an old Post Office Building where you can make your own stamp switch your own photos right on the spot!

DAY02: THIMPHU

(BLD)

- **Buddha Point (Kuensel Phodrang)**, it is a gigantic Shakyamuni Buddha statue constructed in the mountains of Bhutan. The statue houses over one hundred thousand smaller Buddha statues. You can get a good overview of the Thimphu valley from the Buddha point, the largest statue of Buddha in the country also sits there.
- **Changangkha Lhakhang**, is one of the oldest and most revered Buddhist temples in Bhutan, located in the capital city of Thimphu.
- The **Motithang Mini Zoo** where you can see the National animal Takin research centre where these odd animals graze peacefully in a small protected park.
- **The National School of Traditional Arts** (it will be close during Bhutan public holiday & school holiday) where young monks learn the art of Buddhist thangka painting, the workshops making fine metal craft, weaving, ceramics and paper.
- **Simply Bhutan Museum**, it offers interactive experiences where visitors can engage in traditional Bhutanese activities, such as archery and culture shows, providing a glimpse into Bhutan's rich cultural heritage. They can also try playing archery where the local guide would guide them.
- **Tashichhoe Dzong**, the center of government and the monastic order.
- **Bhutanese Crafts Bazaar & Norzin Lam Norzin lam street** is a vibrant store offering a wide range of traditional Bhutanese.

DAY03: THIMPHU- PUNAKHA

(BLD)

- Drive to Punakha is about 3 hours from Thimphu crossing the **Dochula pass**-3050m which offers a great view of Bhutan's high peaks on clear weather. Punakha is at around 1300meters of altitude is almost sub-tropical.
- The **Druk Wangyal Khangzang Chortens**, a unique cluster of 108 Namgyal Khangzang Chhortens that spiral up to a main monument Chhorten, was an inspiration of the royal patron.
- Take a walk to **Chimi Lhakhang Temple** of the Divine Madman who is popularly known as Drukpa Kuenly. He taught the people that religion is an inner feeling and it's not necessary that one should be an ordained monk. He is believed as a symbol of fertility and most childless couples go to his temple for blessing.

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DAY04: PUNAKHA

(BLD)

- Further north of Punakha is an interesting temple called **Khamsum Yuelliny Namgyal temple** built by the crown prince's mother Ashi Tshering Yangdon Wangchuck for universal peace and protection.
- The **Punakha Dzong**, a massive structure built at the junction of two rivers. It is arguably the most beautiful dzong in the country.

DAY05: PUNAKHA- THIMPHU- PARO

(BLD)

- **Rinpung Dzong**, built in 1645 to defend the valley against Tibetan invaders. A fine example of Bhutanese historic architecture. The Dzong is now used as an administration center and school for monks. Take a slow walk down to **Rinpung Dzong Bridge**, one of the oldest bridges in Bhutan. **TaDzong**, which means "watchtower", was built by Choeje Minjur Tenpa, the first governor of Trongsa, in the year 1652. The tower stood guard over the Trongsa Dzong to protect the main stronghold of the town.
- We will take a drive to the ruins of the **Drukgyel Dzong** which was once a historic monument built as a symbol of victory for the Bhutanese against the northern invaders.
- Arriving at the top of the mainland Bhutan -**the Chele la Pass** (3,988 meters above sea level and 37 kilometers from Paro), overlooking the beautiful snow-capped mountains of the Himalayas.
- We will provide **Bhutanese national dress** complementary for photo-shoot.

DAY06: PARO

(BLD)

- Drive beyond **Satsam Chorten** to hike up to the **Taksang Monastery** (Tiger's Nest), one of today's sacred pilgrimage sites where **Guru Padmasambhava (also known as Guru Rinpoche)** landed on the back of a tigress in the 8th century. The hike up the monastery takes up to 3-4 hours. The monastery is perched on the side of the cliff at the height of 900 meters above the Paro Valley.
- Visit **Kyichu Lhakhang**, built in 7th century, is one of the two oldest and most sacred shrines in Bhutan.

DAY07: PARO-SINGAPORE

(B)

- After breakfast, free till transfer to Airport for your flight to Singapore, we hope you have enjoyed this wonderful Trip with CTC Travel!

Remarks:

1. **Tipping for local guide/ driver:**
GV2: USD8/ day/ passenger;
GV3 and above: USD5/day/passenger
2. **Tour deposit is S\$1500/pax; and final balance of tour funds are due no later than 40 days prior to your departure**
3. Chinese/ English speaking tour guide; need to book in advance if request for Chinese speaking guide, no surcharge but subject to availability.
4. Tour fare has **included** the **Bhutan visa fee**, a clear color scan copy (**full photo page**) is needed while processing entry visa. Visa Required for all nationalities except Bangladesh, India and Maldives passport holders.
5. Local 4 * hotel for whole trip, hotel rating is based on local standards.
6. In the event of discrepancies between English and Chinese itineraries, please refer to English itinerary.
7. Bhutan is a challenging region to travel in for a wide variety of reasons. We CTC Travel, along with our partner operator reserve the right to make necessary changes to your pre-arranged and prepaid itinerary structure where unforeseen circumstances dictate such changes. Depending on circumstances a refund may not be offered for such late changes.
8. After deposits have been paid they become totally non-refundable and it is essential you have your travel insurance in place for your protection. CTC Travel and our partner ground operator take no responsibility for airlines amending flight times and/or cancelling and/or rerouting flights for operational reasons.