JOURNEY INTO THE HEART OF THE DRAGON BHUTAN

with KHANDRO THRINLAY CHODON

Travel with meaning and depth for our own lives, otherwise known as pilgrimage, is a favourite activity of Rinpoche. Rinpoche has a unique connection with Bhutan and you are assured a fascinating and meaningful inward journey of the heart!

JOURNEY INTO THE HEART OF THE DRAGON

Located in the heart of the high Himalayan mountain range, Bhutan is a land-locked country surrounded by mountains in the north and west. You will fly from Bangkok to Paro, the capital of this small yet powerful Buddhist nation, which boasts a remarkable new perspective on life - gross national happiness! Your pilgrimage takes you to the main spiritual and cultural sites and with Rinpoche, because of her unique connection to this country, you will gain a special intimacy with its people and understanding of its traditions.

17TH-25TH FEBRUARY 2017 - 9 DAYS (USD$2610) OR 11TH-25TH FEBRUARY 2017 - 15 DAYS (USD$4350)
EX PARO, BHUTAN

The full journey begins exploring Thimphu and then to the special spiritual sites and local experiences of the unique Haa Valley. By day 7, the 17th February, you will join together with the recently arrived shorter stay group and together you will continue on to explore Paro, including the famous Tigers Nest and continue to visit all the best sites of Bhutan, historical, spiritual and cultural. We travel onward from Thimphu to Punakha, Phobjikha (black cranes), Gangtey, Trongsa, and the central mountain valley of Bhumthang. Both groups continue to the final days together and explore the beautiful Bhumthang valley before returning overland to Paro for their flight home.

Costs quoted are inclusive of all accommodation, transport, guides and food. It does not include domestic or international airfares. These are best purchased via our team so that all are on same flight. Approx cost of Bangkok-Paro return is USD$660. Air prices subject to variation.

Khandro Thrinlay Chodon is a vibrant, joyful and warm humanitarian. She is also a Buddhist lay female meditation Master. Her life purpose now is to bring alive the ancient traditions of her own wisdom lineage to this modern chaotic world. Rinpoche brings to us a unique perspective having been born into a renowned family of meditation masters of Tibet, then having studied and lived in the West with a Masters of Psychology. Now Rinpoche, as she is known, leads an international humanitarian organisation, and travels the world imparting deep practical wisdom, which we can use in our everyday lives.

For more information on Khandro Thrinlay Chodon and her organisation Khachodling please visit her website www.khachodling.org

Places fill up fast so please book early! For more information and registration, please email jane@khachodling.org
# ITINERARY

<table>
<thead>
<tr>
<th>DAY</th>
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<th>LOCATION</th>
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<td>1</td>
<td>Feb 17, 2017 (Fri)</td>
<td>Paro</td>
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<td>2</td>
<td>Feb 18, 2017 (Sat)</td>
<td>Tigers Nest/Thimphu</td>
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<td>3</td>
<td>Feb 19, 2017 (Sun)</td>
<td>Punakha</td>
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<td>4</td>
<td>Feb 20, 2017 (Mon)</td>
<td>Phobjikha</td>
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<td>5</td>
<td>Feb 21, 2017 (Tues)</td>
<td>Bumthang</td>
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<td>6</td>
<td>Feb 22, 2017 (Wed)</td>
<td>Bumthang</td>
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<td>7</td>
<td>Feb 23, 2017 (Thurs)</td>
<td>Trongsa</td>
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<td>8</td>
<td>Feb 24, 2017 (Fri)</td>
<td>Thimphu</td>
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<tr>
<td>9</td>
<td>Feb 25, 2017 (Sat)</td>
<td>Homeward</td>
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**Arrival from Bangkok to Paro in Bhutan air flight KB 3701 departing at 0650 and arrival at 9.55. Later you will visit Kyichu Lhakhang and congregate with Khandro Rinpoche’s group who are returning from Haa Valley.**

**Our day in Paro includes hike to the famous Tigers Nest. A horse may also be ridden to the half-way point. Today we will also visit the shrine of Dilgo Kheyntse Rinpoche at Satsham Choeten. Late afternoon drive to Thimphu.**

**Drive to Punaka via Dochula Pass (3,050m). At the pass you will see the 108 stupas built by the eldest Queen Mother, the Druk Wangyal Lhakhang (temple) and a beautiful view of the Himalayas. In Punaka you will explore the magnificent and powerful Punaka dzong (built in the 1600’s) which sits at the confluence of two rivers. It houses the relics of the first Ngawang Namgyal (Shabdrung) the founder of Bhutan, and the tertian Pema Lingpa.**

**Drive to Phobjikha. This is an open u shaped glacial valley where the famous black necked cranes migrate from the Tibetan plateau every winter. Here we will visit the Black necked Crane Information Centre. This valley is known for its scenic splendour and biodiversity. We also visit the striking Gangtey Monastery.**

**Drive to Bumthang and en route visit Trongsa Dzong. This is the largest dzong (fortress) in Bhutan and sits strikingly on the ridge line of a spur overlooking the gorge of the Mangde river. Amazing architecture, it houses over 200 monks and key administration offices. Also see Ta Dzong, previously a watchtower, today a state of the art museum.**

**Sightseeing of Bumthang. This area comprises 4 mountain valleys and is known as the spiritual heartland of Bhutan. Visits include, Jambay Lhakhang (said to be one of the 108 temples built (651AD) in one night by King of Tibet Songtsan Gampo, to pin down an ogress) and Kurje Monastery (houses the body imprint of Guru Rinpoche’s on solid rock). Then, a one hour excursion drive to Choekhor Toe, a traditional Bhutanese village where we can also see Thangbi and Zhabjethang temples. Overnight at the same place as the previous night.**

**We further explore the depths of Bumthang. We visit Tamshing Lhakhang (founded in 1501 by Pema Lingpa and housing many great paintings), Koenchog Sum Lhakhang (7th Century and housing 3 statues of the Buddhas of past, present and future, famous for its bell) and Memb Tso or “burning lake” one of the holiest sites in Bhutan where a terma (treasure teaching) was revealed from Guru Rinpoche. In the late afternoon we drive back to Trongsa.**

**Today we retrace our drive to Thimphu, relaxing and enjoying the nature en route. In the evening we enjoy our farewell dinner and party.**

**Depart for Paro airport - Your Bhutan Air flight B3700 departs at 1035 and arrives Bangkok at 1605 local time. May you take your happy memories home with you!**
## BHUTAN – INTO THE HEART OF THE DRAGON

with KHANDRO THRINLAY CHODON

11TH -25TH FEBRUARY 2017 - 15 DAYS.
US$4350 EX PARO, BHUTAN

PARO-THIMPHU-HAA VALLEY-TIGERS NEST– PUNAKHA-PHOBJIKA-BHUMTHANG-TRONGSA-PARO.

### ITINERARY (2 PAGES)

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<tr>
<th>Day</th>
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<th>Activity</th>
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<tbody>
<tr>
<td><strong>Day 1</strong></td>
<td>FEB 11, 2017</td>
<td>THIMPHU</td>
<td>Arrival from Bangkok to Paro in Druk air flight KB 131 departing at 0650 and arrival at 1000. After greeting you will be taken on the short drive to Thimphu, (2400 m) where you will settle into your hotel. Your sightseeing of the town of Thimphu and its sights will begin.</td>
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<tr>
<td><strong>Day 2</strong></td>
<td>FEB 12, 2017</td>
<td>THIMPHU</td>
<td>Continue sightseeing in Thimphu - includes Buddha Point, Changangkha temple, the Takin Preserve, the traditional Handmade paper factory, traditional arts and crafts, the Memorial Stupa and Trashi Cho Dzong. Overnight at the same place as the previous night.</td>
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<tr>
<td><strong>Day 3</strong></td>
<td>FEB 13, 2017</td>
<td>THIMPHU</td>
<td>Excursion drive (45 mins) to Dodena, then hike to Chari Gompa (Shabdrung Rinpoche’s first Drukpa school in Bhutan, which later became the Central Monastic body) Today it serves as the meditation centre for this body. Overnight at the same place as the previous night.</td>
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<td><strong>Day 4</strong></td>
<td>FEB 14, 2017</td>
<td>DORIKHA - HAA VALLEY</td>
<td>Today we drive approx 3 hrs to Haa Valley and the local village of Dorikha for a few days of authentic local cultural experience. En route we visit the reconstruction of the local lakhang and the new chorton (stupa) at Namgyal Dzong. Overnight is at a family home in Dorikha.</td>
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<td><strong>Day 5</strong></td>
<td>FEB 15, 2017</td>
<td>DORITHASA - HAA VALLEY</td>
<td>We drive 3 hours further into the Haa Valley to the village of Dorithasa. These villages are roads less travelled by the usual tourist and here in the Haa Valley you will have truly authentic local experiences - meeting locals, eating with them and sharing experiences, including song, dance and stories. Overnight traditional family home.</td>
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<td><strong>Day 6</strong></td>
<td>FEB 16, 2017</td>
<td>DORITHASA - HAA VALLEY</td>
<td>Day excursion drive to Rangtse and a beautiful hike to Neyri Ney. Here there is a mysterious underground tunnel believed to have been blessed by Guru Rinpoche! Overnight at the same place as the previous night.</td>
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<td><strong>Day 7</strong></td>
<td>FEB 17, 2017</td>
<td>PARO</td>
<td>Return to Paro via Haa Valley and Chele-la Pass.(3810m) Approx 6 hr drive. In Paro we will meet with Khandro Rinpoche’s shorter stay group. Visit Kurje Lhakhang and the Iron chain bridge at Tachog Gang.</td>
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<tr>
<td><strong>Day 8</strong></td>
<td>FEB 18, 2017</td>
<td>TIGERS NEST/THIMPHU</td>
<td>Our day in Paro includes hike to the famous Tigers Nest. A horse may also be ridden to the half-way point. Today we will also visit the shrine of Dilgo Kheyntse Rinpoche at Satsham Choeten. Late afternoon drive to Thimphu for overnight stay.</td>
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**ITINERARY (2 PAGES - CONT’D)**

**DAY 9**  
**FEB 19, 2017 (SUN)**  
**PUNAKHA**

Drive to Punakha via Dochula Pass (3,050m). At the pass you will see the 108 stupas built by the eldest Queen Mother, the Druk Wangyal Lhakhang (temple) and a beautiful view of the Himalayas. In Punakha you will explore the magnificent and powerful Punakha dzong (built in the 1600's) which sits at the confluence of two rivers. It houses the relics of the first Ngawang Namgyal (Shabdrung) the founder of Bhutan, and the terton Pema Lingpa.

**DAY 10**  
**FEB 20, 2017 (MON)**  
**PHOBJIKHA**

Drive to Phobjikha. This is an open u shaped glacial valley where the famous black necked cranes migrate from the Tibetan plateau every winter. Here we will visit the Black necked Crane Information Centre. This valley is known for its scenic splendour and biodiversity. We also visit the striking Gangtey Monastery.

**DAY 11**  
**FEB 21, 2017 (TUES)**  
**BUMTHANG**

Drive to Bumthang and en route visit Trongsa Dzong. This is the largest dzong (fortress) in Bhutan and sits strikingly on the ridgeline of a spur overlooking the gorge of the Mangde river. An amazing piece of architecture, on many levels, it houses over 200 monks and key administration offices. You will also see Ta Dzong, previously a watchtower but today a state of the art museum.

**DAY 12**  
**FEB 22, 2017 (WED)**  
**BUMTHANG**

Sightseeing of Bumthang. This area comprises 4 mountain valleys and is known as the spiritual heartland of Bhutan. Visits include, Jambay Lhakhang (said to be one of the 108 temples built (651AD) in one night by King of Tibet Songstan Gampo, to pin down an ogress) and Kurje Monastery (houses the body imprint of Guru Rinpoche’s on solid rock) . Then, a one hour excursion drive to Choekhor Toe, a traditional Bhutanese village where we can also see Thangbi and Zhabjethang temples. Overnight at the same place as the previous night.

**DAY 13**  
**FEB 23, 2017 (THURS)**  
**TRONGSA**

We further explore the depths of Bumthang. We visit Tamshing Lhakhang (founded in 1501 by Pema Lingpa and housing many great paintings), Koenchog Sum Lhakhang (7th Century and housing 3 statues of the Buddhas of past, present and future, famous for its bell) and Memba Tso or “burning lake” one of the holiest sites in Bhutan where a terma (treasure teaching) was revealed from Guru Rinpoche. In the late afternoon we drive back to Trongsa.

**DAY 14**  
**FEB 24, 2017 (FRI)**  
**THIMPHU**

Today we retrace our drive to Thimphu, relaxing and enjoying the nature en route. In the evening we enjoy our farewell dinner and party.

**DAY 15**  
**FEB 25, 2017 (SAT)**  
**HOMEWARD**

Depart for Paro airport - Your Druk Air flight departs at 1130 and arrives Bangkok at 1650 local time.

May you take your happy memories home with you!