

# MALAYSIA DIRECT FLIGHT **BHUTAN**

**7D5N**



## **TSHECHU FESTIVAL TOUR**

**全马独家包机直飞不丹**

帕罗 | 普那卡 | 岗提 | 富毕卡谷 | 旺杜波德朗 | 廷布

PARO | PUNAKHA | GANGTEY | PHOBJIKHA VALLEY |  
WANGDUE PHODRANG | THIMPHU

**LICENSED TRAVEL AGENCY IN BHUTAN**

# 11大赠送 独家超值

EXCLUSIVE  
COMPLEMENTARY

WORTH  
价值  
RM888

01  Bhutanese Cultural Dance 不丹文化舞蹈表演	02  Bhutan Tourist Visa 不丹旅行签证	03  Pony Ridding at Tiger Nest 骑小马上虎穴寺	04  Bhutanese Tashi Khadar 不丹传统围巾	05  Organic Lemongrass Spray 天然香茅精油
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06  Personalized Bhutan Stamp 印制个人邮票	07  English, Chinese Speaking Guide 中英导游讲解	08  Local Data Sim Card 3GB 3GB网络电话卡	09  Unlimited Complimentary Water 无限矿泉水	10  Hiking Stick at Tiger Nest 虎穴寺的登山杖	11  Bhutanese Costume Experience 不丹传统服装
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## ACCOMMODATION 住宿

PARO	 @ Tashi Namgay Resort	 @ Tenzinling Luxury Camp	 @ Tigernest Camp
	 @ Rkpo Green Resort	 @ Zhingkham Resort	 @ Four Boutique Hotel
	 @ Dusit D2		 @ Dusit D2 Room

STAY 留宿	LOCATION 地点	4/5* HOTEL, SELECTED RESORT & CAMP 4/5* 酒店，精选度假村和营地
2 NIGHTS 2晚	PARO 帕罗	Tashi Namgay Resort / Tenzinling Luxury Camp / Tigernest Camp (OR SIMILAR 或同等)
1 NIGHT 1晚	PUNAKHA 普那卡	Rkpo Green Resort / Zhingkham Resort / Four Boutique Hotel (OR SIMILAR 或同等)
2 NIGHTS 2晚	THIMPHU 廷布	Dusit D2 / Druk Hotel (OR SIMILAR 或同等)

## VARIETIES CUISINE 各种美食

- SUJA 酥油茶
- JASHA MARU 不丹咖喱鸡
- SHAMU DATSHI 蘑菇芝士
- EZAYS 辣蘸料
- MALAYSIAN BAK KUT TEH 肉骨茶
- EMA DATSHI 辣椒芝士
- SIKAM PAA 不丹培根肉
- DAL BHAT 米饭和扁豆
- KHATEM 炸苦瓜
- INDIAN CUISINE 印度料理
- KEWA DATSHI 马铃薯芝士
- BHUTAN RED RICE 不丹红米
- KHUR-LE 大麦煎饼
- THAI CUISINE 泰国料理
- CHINESE CUISINE 中式料理





#### DAY 1 – MALAYSIA – THIMPHU (MOB/L/D)

Upon arrival, be met and enjoy a local welcome from Bhutanese representatives with Khada. Here, you will visit **Rinpung Dzong**, built in 1644 to defend the valley against Tibetan invaders and next is to Kyichu Lhakhang Temple, the oldest monastery in Bhutan built in the 7th century. Here, you can see how Bhutanese farmers lived and get a chance to Taste local rice wine known as Ara, a traditional alcoholic beverage made from native high-altitude tolerant barley, rice, or wheat. Later we will transfer to Thimphu On the way, make more memories as we cross the **Tachogang Lhakhang Bridge**, an iron chain bridge built by Druptob Thangtong Gyalpo and is the access route to the famous Tachogang Lhakhang Dzong, and Check in at our Hotel .

#### DAY 2 – THIMPHU FESTIVAL (B/L/D)

This morning, we will dress up in Bhutanese Clothing and Witness the Thimphu Festival where we will witness the culture of Bhutanese Festival a post Lunch visit **Kuenselphodrang Nature Park**, where you can catch a panoramic view of Thimphu Valley and marvel at the 169-foot tall bronze **Buddha Dordenma Statue**, the largest statue in the country. Next, explore National Memorial Chorten, a stupa built to honour the late 3rd king, before heading over to **Motithang Takin Preserve**, where you can observe strangle, gentle beasts resembling goat-cow hybrids – Takin – roam within this patch of forest. See art and craft students at work on thangkas painting, woodcarving, exquisite embroidery or clay statue-making (clay) at National Institute for **Zorig Chusum** and commonly known as 'the painting school'. Next, visit **Simply Bhutan**, a living museum whose primary aim is to conserve the culture and customs of traditional Bhutanese life. Try out archery, the Bhutanese National Sport. After lunch, stop over at **Jungshi Handmade Paper Factory**, a pilot conservative program to preserve their traditional handmade paper making. You can observe the entire process of producing handmade paper using ancient traditional methods that have been practiced for generations. Amble through an authentic Bhutanese crafts bazaar and the bustling Norzin Lam, where you can purchase handicrafts, garments and accessories at your own expense. End the day with a Buffet dinner and Local Cultural dance performance.

#### DAY 3 – THIMPHU – GANGTEY – PUNANKHA (B/L/D)

Today, head into the country side towards **Gangtey Gonpa**, the largest Nyingma monastery in Bhutan. Then, make your way towards the Phobjikha Valley, a wide glacial valley with a central stream that meanders through thickets of dwarf bamboo. The forest beyond the farms is mostly coniferous, and the general vegetation is composed of blue pine, birch, maple and several species of rhododendron. Home to the migratory black-necked crane, the valley is one of the most beautiful spots in Bhutan. Spot these rare, gorgeous cranes during the months of late October to February as they leave the Tibetan Plateau and pass the Himalayan peaks to reach their winter grounds. Make a stop at the Black-Necked Crane Visitor Centre to learn more about the cranes. Thereafter, enjoy a picturesque ride to Punakha for your overnight stay.

#### DAY 4 – PUNAKHA – PARO (B/L/D)

After breakfast, Sightseeing of **Punakha**, take a light hike through fields of assorted vegetables that will take you to Chimi Lhakhang, a pilgrimage site for childless couples. Here, you will enjoy a river side picnic lunch specially arrange Camera ready as we proceed on to **Punakha Dzong**, situated at the confluence of the Mo Chhu and Pho Chhu rivers. An iconic and instagrammable site. Thereafter, you may like to attend a religious blessing service. Keep that snapping fingers at the **Punakha Suspension Bridge**, one of the longest suspension bridges in Bhutan, post Lunch we will drive to Paro Along the way, cross Dochula Pass and proceed to **Druk Wangyal Chortens**, where the construction of 108 chortens was commissioned by the eldest Queen Mother. Arrive Paro and Check in at Hotel This evening, learn from the locals on how to make their famous chili cheese dish **ema datshi**, a local chili cheese dish and get to sample this exquisite taste.

#### DAY 5 – PARO (B/L/D)

Take an early breakfast and embark on a hike to Bhutan's most iconic landmark, **Taksang Lhakhang**, also known as Tiger's Nest Monastery. It clings precariously to a granite cliff 900 metres above Paro Valley. The monastery was first built in 1692 at a cave where legend has it that the great Guru Rimpoche flew to the site atop the back of a tigress and meditated in the cave in order to subdue evil demons residing within. You may choose to walk uphill or ride a pony to midway point and continue hike to the monastery. Make a photo stop at Drugyel Dzong, the victory fortress built in 1647 by Zhabdrung Ngawang Namgyal to commemorate his victory over Tibetan invaders led by Mongolian warlord Gushri Khan in 1644. Wrap up your day with a **Gho and Kira traditional dress-up session** and flood your social media page endless feed of that cultural perfect-picture you.

#### DAY 6 – PARO – MALAYSIA (B/L/MOB)

Morning we will **Dress up in Bhutanese Local Dress** and do out Photoshoot till afternoon Bid fare to the happiest on earth as you check out and proceed to **Paro Town** for shopping post Lunch we will back to airport for your flight back home.

#### DAY 7 – ARRIVAL IN MALAYSIA

Your Bhutan journey ends here, Tashi Delek !



### 第一天 - 马来西亚 - 廷布 (机上用餐/午/晚餐)

抵达后，与卡达一起受到不丹代表的当地欢迎。在这里，您将参观建于 1644 年的**日蓬宗 (Rinpung Dzong)**，用于保卫山谷免受西藏侵略者的侵害，接下来您将参观建于 7 世纪的不丹最古老的寺院 **Kyichu Lhakhang 寺**。在这里，您可以了解不丹农民的生活方式，并有机会品尝当地被称为 Ara 的米酒，这是一种传统的酒精饮料，由当地耐高海拔的大麦、大米或小麦制成。随后我们将前往廷布，途中穿过 **Tachogang Lhakhang 大桥**，留下更多回忆。由 **Drupthob Thangtong Gyalpo** 建造的铁索桥，是通往著名的 **Tachogang Lhakhang Dzong** 的通道。并在我们的酒店办理入住手续。

### 第 2 天 - 廷布节 (早/午/晚餐)

今天早上，我们将穿上不丹服装，见证廷布节，见证不丹节文化。午餐后参观 **Kuenselphodrang 自然公园**，在那里您可以欣赏廷布山谷的全景，并惊叹于 169 英尺高的瀑布**金刚座释迦牟尼佛像**，全国最大的佛像。接下来，探索**国家纪念佛塔**，这是一座为纪念已故第三代国王而建的佛塔，然后前往 **Motithang 羚羊保护区**，在那里您可以观察到勒死、温和的动物——羚羊——在这片森林中漫步。在俗称“绘画学校”的国立 **Zorig Chusum 学院**，观看艺术和手工艺学生进行唐卡绘画、木雕、精美刺绣或粘土雕像制作（粘土）的工作。接下来，参观“**简单不丹**”，这是一个活生生的博物馆，其主要目的是保护不丹传统生活的文化和习俗。尝试射箭，这是不丹的国民运动。午餐后，在**手工造纸厂**停留，这是一个保守的试点项目，旨在保存传统的手工造纸工艺。您可以观察使用代代相传的古老传统方法生产手工纸的整个过程。漫步穿过正宗的**不丹工艺品集市**和熙熙攘攘的 **Norzin Lam**，在那里您可以自费购买手工艺品、服装和配饰。以自助晚餐和当地文化舞蹈表演结束一天的生活。

### 第 3 天 - 廷布 - 岗提 - 普南卡 (早/午/晚餐)

今天，前往乡村，前往不丹最大的宁玛派寺院**岗提贡巴 (Gangtey Gonpa)**。然后，前往富毕卡山谷，这是一个宽阔的冰川山谷，中央溪流蜿蜒穿过矮竹丛。农场以外的森林主要是针叶树，一般植被由蓝松、桦树、枫树和几种杜鹃花组成。该山谷是黑颈鹤迁徙的家园，是不丹最美丽的景点之一。十月下旬至次年二月期间，您可以观赏这些罕见而美丽的鹤，它们离开青藏高原，越过喜马拉雅山峰，到达冬季栖息地。在黑颈鹤游客中心停留，了解有关鹤的更多信息。随后，享受风景如画的旅程前往普那卡过夜。

### 第 4 天 - 普那卡 - 帕罗 (早/午/晚餐)

早餐后，游览**普那卡**。轻松徒步穿过各种蔬菜田，到达**切米拉康**，这是无子女夫妇的朝圣地。在这里，您将享受河边野餐午餐，特别准备好相机，然后我们继续前往位于 Mo Chhu 河和 Pho Chhu 河交汇处的**普那卡宗 (Punakha Dzong)**。一个标志性的、可在 Instagram 网站上发布照片。此后，您可能想参加宗教祝福仪式。继续在不丹最长的吊桥之一**普纳卡吊桥**打响指，午餐后我们将驱车前往帕罗，沿途穿过多楚拉山口，前往 **Druk Wangyal 佛塔**，那里由不丹政府委托建造了 108 座佛塔。大皇太后。抵达帕罗并入住酒店 今晚，向当地人学习如何制作著名的辣椒奶酪菜肴 **ema datshi**（当地的辣椒奶酪菜肴），并品尝这种精致的味道。

### 第 5 天 - 帕罗 (早/午/晚餐)

早餐后，徒步前往不丹最具标志性的地标 **Taktsang Lhakhang**，也称为**虎穴寺**。它摇摇欲坠地紧贴在帕罗山谷上方 900 米处的花岗岩悬崖上。该寺始建于1692年，位于一个山洞内，相传伟大的莲师曾骑在母老虎背上飞到此地，并在山洞中禅修，以降伏山洞内的邪魔。您可以选择步行上山或骑小马到中途继续徒步前往寺庙。在卓杰宗 (**Drugyel Dzong**) 拍照留念，这座胜利堡垒由夏仲阿旺朗杰 (**Zhabdrung Ngawang Namgyal**) 于 1647 年建造，以纪念他于 1644 年战胜蒙古军阀固始汗 (**Gushri Khan**) 领导的西藏侵略者。以 **Gho** 和 **Kira** 传统装扮和洪水结束您的一天您的社交媒体页面源源不断地呈现您的文化完美形象。

### 第 6 天 - 帕罗 - 马来西亚 (早/午/机上用餐)

早上，我们将穿上**不丹当地服装**，拍摄照片直到下午。退房后前往**帕罗镇购物**。午餐后，我们将返回机场搭乘航班返回家园。

### 第 7 天 - 抵达马来西亚

扎西德勒，你的不丹之旅到此结束！



[Bhutan Tshechu Festival] The Tshechu Festival commemorates "Master Padmasambhava" who introduced Buddhism to Bhutan. It is a religious festival held every year in Bhutan and is held on a regional or county basis.

During the Ceqiu Festival, the Jumu dance is definitely the most popular traditional custom. The performers usually wear masks, and each dance section has its own different costumes, masks and dance steps. Sometimes the steps are slow, sometimes the steps are slow. And passionate.

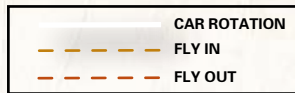
For the local people, the Jumu dance can peek into the road to heaven, and it can help people get rid of evil spirits, purify the world, and receive blessings of good fortune and longevity.

【不丹策秋節】策秋節是為了紀念將佛教傳入不丹的“蓮花生大師”，是不丹每年都會舉辦的宗教節日，以地區或縣為單位舉辦。

而在策秋節期間，噶姆舞肯定是最受矚目的傳統習俗，表演者通常會頭戴面具，而每一個舞段皆有其不同的服飾、面具和舞步，時而徐步緩慢，時而熱情激昂。

對當地人民來說，透過噶姆舞可窺視通往天國之路，並且可為眾人驅除魔障、淨化世間，獲得幸運長壽的祝福。

# BHUTAN MAP ROTATION 不丹地图旅游路线



PARO, Paro valley



GANGTEY, Black-Necked Cranes



PARO, Tiger Nest



WANGDUE PHODRANG, Chimi Lhakhang



PUNAKHA, Phallus Paintings



THIMPHU, Buddha Point



## ESTIMATED FLIGHT SCHEDULE 预计航班时间

<b>DEPARTURE 出发</b>	<b>Day 01</b> 第一天	<b>B3-709</b>	<b>0500</b> KUL 吉隆坡	-	<b>0720</b> PARO 帕罗	<b>4 Hrs 30 Mins</b>
<b>RETURN 往返</b>	<b>Day 06</b> 第六天	<b>B3-708</b>	<b>1630</b> PARO 帕罗	-	<b>0020+1</b> KUL 吉隆坡	<b>5 Hrs 50 Mins</b> via Kolkata

\*Flight schedule and estimate time of arrival and departure subject to airline confirmation without prior notice. 此航班仅供参考，对应的航班时间均有调整的可能，包括起飞时间的变化等。

## TOUR FARE 团费

DEPARTURE 出发日期	ADULT TWINS 成人	CHILD TWIN 小孩占床	PRIVATE GROUP 私人包团	SINGLE SUPP 单人房差	UPGRADE 升级	TRAVEL INSURANCE 旅游保险

## TERMS & CONDITIONS 备注：

- Flights, transportation, hotels, meals and itineraries and sequences stated in the brochure are subject to change without prior notice and subject to final confirmation. We reserves the right to alter itineraries at any time (without compensation) due to unforeseen circumstances, especially during peak periods or force majeure.
- Purchase of travel insurance is compulsory. The Company or our consortium agents shall not be liable for any losses or personal expenses incurred by tour members during the tour. Or in the event of unforeseen circumstances such as adverse weather conditions/natural disaster or other causes which may lead to traffic delays/extend stays, cancellation, rescheduling or others losses.
- Unless otherwise specified by request, tours are conducted in English.
- Tour buses are arranged based on group size which make sure every passenger is entitled to one seat each.
- Expenses of personal nature like tipping, laundry, telephone calls/internet data, beverages, photography fee at sightseeing, optional tour, medical expenses, any insurance or etc are on own expenses.
- No refund shall be entertained for any unutilized portion of the tour.
- Notwithstanding the place or country in which a course of action arises, it is expressly agreed hereto that all causes of actions shall at all times be commence within the jurisdiction and territory of the country.
- Airport taxes, fuel surcharges and visa fees do not form part of the tour fare and it should be borne by the passenger. The Company is only acting as an agency to collect the above charges therefore it is subject to the Terms and Conditions of the respective authorities & airlines in case if there is any hike if any of these fee without notice by the authorities.
- In case on any currency fluctuations or amendment in local Government & Hotel taxes, or any fuel hike, we reserve the right to adjust the tour price accordingly without any notice.
- Flight timing and schedules are not guaranteed and do not form part of the contract. They are subject to change at the insistence of the Aviation of Government Authorities for the Tour Member's safety, security and other reasons. Neither The Company nor the Carrier concerned will accept liability for reasons of flight cancellations, delays or diversions that is not within its control.
- The Company reserves the right to cancel or withdraw at any time bookings made by or on behalf of Tour Members prior to departure. However, the company will reserve the absolute right to vary the group size due to unforeseen circumstances. The decision of The Company shall be final and inclusive and no liabilities whatsoever shall be incurred by the Company for such cancellation.
- It is the Tour Member's responsibility to ensure that they have a valid passport with at least 6 months validity from the date of departure.
- Government SDF Waiver is subject to change according to Bhutan government decision.

### Deposit / Tour Payments

A non-refundable of RM 3000 per person must be paid upon reservation. Full payment shall be made 60 days before departure. If full payment is not received 60 days or more prior to departure date, the Company reserves the right to forfeit the deposit and cancel the reservation.

- Amendment fee is applicable to all booking which are confirmed and deposit paid. All amendments will need to be made 60 days before departure date amendment fee of (min RM300) will be charged and may vary depending on the changes. Any subsequent cost increases and surcharges will be borne by the tour member.
- Cancellation of booking must be made in writing. Deposit of RM3000 per person will be forfeited if the company received notice more than 60 working days. If the company received notice to cancel less than 60 working days before the date of departure, a 100% cancellation of tour fare will be charged.

