



SACRED HIMALAYA TRAVEL,
The INTERNATIONAL INSTITUTE FOR
PEACE THROUGH TOURISM
& VOLUNTARY ARTISTS STUDIO
THIMPHU

WELCOME YOU TO JOIN US :

Friends of Peace : World Peace Tour
to the Himalayan Kingdom of Bhutan
October 1 to 12, 2010

Bhutan, a small, beautiful Himalayan jewel tucked into the heart of some of the world's highest mountains, keeps its culture and environment intact with a gentle wisdom. Please join us on this unique tour in this Himalayan kingdom, to share in the lives, traditions and culture of its Bhutanese people.

At the heart of Friends of Peace is special opportunity to spend 3 days with Bhutanese students from Thimphu's Voluntary Artists Studio and together renovate an ancient chorten (Buddhist Stupa) As we work we'll share stories, laughter and energy as we reconstruct this ancient sacred structure. Together we'll contribute a lasting gift for Bhutanese people in the spirit of peace.



Day One :

Fly Bangkok to Paro, Visit Paro Dzong

Enjoy a raven's eye view of some of the world's highest Himalaya's on Druk Air's flight to Paro. Warmly received by our Bhutanese guide and host, drive to your hotel overlooking scenic Paro valley. After rest and relaxing and a hot lunch, visit one of Bhutan's most impressive monasteries, Rinpong (Paro) Dzong, To reach this "Fortress on a Heap of Jewels", cross a traditional wooden bridge fluttering with prayer flags. Later an option to visit Bhutan's National Museum, located in the ancient watchtower above Paro Dzong. Or you may find locals at the on-going archery matches held under a grove of shade trees nearby the Paro river. Overnight in quiet Paro.

Day Two

Drive to Thimphu

A 2 hour drive we take us through peaceful countryside along a river valley to Thimphu, Bhutan's capital. It's a small charming capital city sheltered in the heart of the Himalayas. Altitude 7493ft. All of the houses and buildings are painted and constructed in traditional Bhutanese style . A flexible schedule accomodates guests as we choose options for an afternoon to visit in Thimphu. Evening free on your own to explore its colorful streets. Overnight in Thimphu.

Day Three

Thimphu Sightseeing : Option to attend Dharma Talk

Thimphu Sight. After a leisurely breakfast options of things to see the morning in Thimphu include a visit to the National Chorten, the Traditional Arts Institute, National Library, or the Traditional Medicine Institute. For those who would like: attend a Dharma Lesson at Deer Park in Thimphu . This Center for Art and Contemplation' was established in 2007 under the auspices of Dzongsar Jamyang Khyentse and acts as a bridge between the traditional and modern world. Age-old wisdoms are applied to modern day experiences. Late afternoon/evening are free on your own to explore local shops or walk along the Thimphu Chu (river). Overnight in Thimphu.

Day Four :

Peace project with VAST Art students

Meet director Asha Kama and his VAST students . We'll transport materials to the chorten site just outside Thimphu. The chorten is on a small path on the way to a temple. Traditionally when local people pass a chorten they circle it clockwise, in respect and with prayers. In Tibetan Buddhist belief, prayers that are thought or voiced are wished for the happiness, benefit and peace of all sentient beings. So our project and the lasting gift of our collaborative energy will leave something permanent and special behind in Bhutan.. as it continues to send prayers for peace forever after beyond Bhutan's borders and into the world.. Begin building and reconstruction project together. Picnic hot lunch. Overnight Thimphu



Day Five : Repair Chorten

Continue Peace Project. Overnight in Thimphu

Day Six: Finish chorten project

Today we will finish our restoration of the chorten. Special peace ritual and blessing. Evening celebration party with VAST students.

Day Seven :

Dochula Pass to Punakha. Overnight.

Start early to catch sunrise at Dochula Pass on our way to Punakha. Driving from Thimphu the road climbs steeply through forests of pine, hemlock and spruce. Atop Dochula Pass, at 9800 feet, you'll have a breathtaking panoramic view of the Himalayan ranges: magnificent mountains so vast many remain un-named. Then the road descends through lush forests to the fertile valley of Punakha at 4430ft.



Before proceeding to Punakha, take a short hike, about 45 minutes, to Chhimi Lakhang, a temple on a small hill-top. This temple is dedicated to the great yogi in 14th century known as Drukpa Kuenly, or popularly known as the Divine Madman. It is believed that this temple blesses women who seek fertility. Overnight in Punakha hotel.

Day Eight :

Punakha visit the Punakha Dzong, the Palace of Great Happiness.

Drive to Phobjikha. Overnight.

After a leisurely breakfast loop back on the main road to visit Punakha Dzong or, the "Palace of Great Happiness," situated between the Pho Chu and Mo Chu, male and female, rivers. This fortress is now used as the winter seat of the Je Khenpo, the spiritual head of Bhutan, though for nearly 300 years this Dzong served as the capital seat of the Kingdom.



Travel on to Phobjikha, climbing up and passing through semi-tropical dwarf bamboo and the blush of many colored rhododendrons. Yak often graze by the pass at 10,000ft. Arrive in the broad glacial valley of Phobjikha, the chosen winter roosting home of the rare Black necked Cranes.



Endangered cranes leave the Tibetan plateau for Bhutan each winter and return come early spring. By legend, they are reincarnated sacred souls of Lamas that come to pay homage to the nearby monastery of Gangtey Gompa and help other souls to enlightenment. When they first return, it's said, the cranes circle the Monastery three times before landing in the wetlands below. Over night in the quiet valley of Phobjikha under the crackle of a zillion stars and wake to bird song. We may be lucky to see a few early arrivals.

Overnight to sleep in rural luxury at the head of Phobjikha valley, in a new hotel beautifully built with natural materials in a valley of peace.

Day Nine :

Phobjikha to Paro

After breakfast early walk along Phobjikha valley. Visit Gangtey Goempa, a beautiful newly restored temple atop a hill overlooking the valley. Leisurely afternoon return to Thimphu, climbing over the great Dochula Pass offers another chance to view the astonishing Himalayan ranges and scout for snow leopard prints. Overnight in Thimphu.

Day Ten: Thimphu to Paro

Free morning in Thimphu. Hot lunch and then drive back along the scenic river valley to Paro. Overnight Paro.



Day Eleven: Taksang Hike

Taksang Monastery, the most famous monastery in Bhutan. Taksang means “Tigers Nest” so named because Guru Rimpoche reportedly flew to the site on the back of a flying tiger late in the 9th century. We’ll hike between blue pines and a bluer sky, up a trail to where the monastery perches miraculously on a cliff nearly 2,700 feet above Paro’s valley floor. If you decide to ride rather than walk, we can arrange for a pony. We’ll break along the way at a small tea house. We’ll offer and light a butter lamp in the temple, before we descend in distilled afternoon light.

Afterwards visit Kyichu Lhakang, built in 659 and said to be one of 108 temples scattered across Tibet and Bhutan to pin an ogress to the earth. Now this ancient temple is a realm of peace that holds a statue of Chenresig, the god of Compassion with 1,000 arms.

Our last night in Bhutan, step out for a quiet moment under a sky brimming with stars.

Day Twelve:

Paro to Bangkok

We say goodbyes to Bhutan today and board a flight for Bangkok for onward destinations. We hope you’ll carry this gentle kingdom in your heart: may it bring peace to you and others. Have a safe journey home.



For more information please contact: wendy@sacredhimalayatravel.com

Friends of Peace: World Peace Tour 2010

October 1 to October 12, 2010 : 11 nights, 12 days in Bhutan

Departure Dates & Net Package Cost per Person.

Trip Minimum : 4 guests Trip Maximum: 10 guests

Number of Guests	4 to 6 guests	6 to 8 guests	8 to 10 guests
Tour Cost (Includes Airfare Bkk-Paro-Bkk)	\$ 4,250	\$3,915	\$3,750

*Costs largely reflect Bhutan's National Policy for a fixed tariff/per day tourist rate. The Royal Government has adopted a very cautious approach to the development of tourism in an effort to avoid the negative impacts of tourism on their culture and pristine environment. All tourists must travel on a pre-planned, prepaid, guided package tour, or custom travel program. Tourism supports the Kingdom of Bhutan and its citizens as a portion of all tourist fees goes directly to the government. *Rates are subject to change.

Tour Cost Includes:

Round trip airfare Bangkok –Paro –Bangkok on Druk Air.

Expert co- leadership with:

Sacred Himalaya Travel English speaking Bhutanese guide

Wendy Erd, Sacred Himalaya Travel of Alaska, International trip leader

Asha Kama, Project Director of VAST /Voluntary Artists Studio in Thimphu

11 nights twin sharing accommodations in Bhutan

Full meals while in Bhutan.

All transportation, sightseeing, taxes and monument fees in Bhutan.

Bhutan visa fees and Bhutan airport tax

Bank wire fee.

As a gift on behalf of peace: each tour fee includes:

\$100 donation to IIPT/International Institute for Peace Through Tourism

Small contribution for chorten reconstruction materials & nonprofit Voluntary Artists

Studio to support youth artists in Bhutan.

Cost Excludes:

Air fare to Bangkok from point of origin and excess baggage, hotel in Bangkok, laundry, phone calls, travel insurance, beverages and personal expenses, tips for Bhutanese guide and driver, and religious site offerings.

Airfare Notes:

Airfare to Bangkok from point of origin , is not included in package cost: Participants are responsible to arrange their own tickets to and from Bangkok.

Tour participants should be advised as per Bhutan's regulations total payment of both tour cost and Druk airfare must be submitted in advance. Fees should be paid as soon as possible to secure your reservation. We strongly recommend payment 4-6 months ahead of the tour starting date.

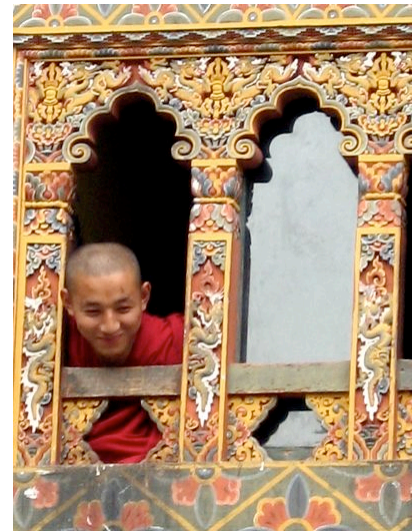
Lodging: will be in comfortable hotels reminiscent of mountain lodges and beautifully Bhutanese. Many lodgings have hand painted designs, wood panels and thick quilts. All have hot running water, electricity, and western style bathrooms. Meals are deliciously prepared traditional Bhutanese and Indian dishes suitable for Western tastes. Cost is based on twin sharing room. Single room supplement please add \$350.

Insurance: We strongly advise participants to purchase their own travel/health insurance. We ask that you sign a limits and liability waiver on confirmation of your booking. We would be happy to suggest a contact for international health and travel insurance.

Sacred Himalaya Travel Cancellation Policy

Cancellations made prior to 60 days before departure will be reimbursed all fees minus \$500 deposit. Cancellations made between 60-30 days prior to departure will be reimbursed at 50% of the trip fees less \$500 deposit. We regret that cancellations made within 30 days of departure cannot be reimbursed

Note: This is a sample intended to give you a general idea of the likely trip schedule. Numerous factors such as weather, tour conditions, group options and the physical condition of participants, may dictate itinerary changes either before departure or while on tour. We reserve the right to change this schedule in the interest of our guests, safety, comfort and general well being.



For more information please contact: wendy@sacredhimalayatravel.com