

World Peace Tour To the Himalayan Kingdom of Bhutan

A Tour of Kindness

Please join Sacred Himalaya Travel for A Tour of Kindness, the 2nd IIPT World PeaceTour to Bhutan. Deeply informed by Buddhist beliefs and values, the Bhutanese practice kindness and compassion as a way of life.

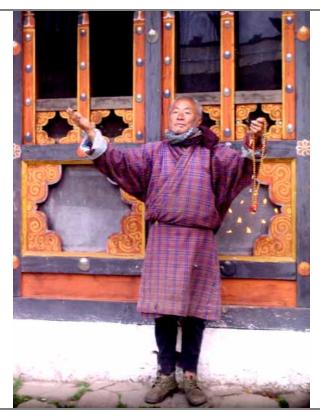
Uniquely governed for "Gross National Happiness" Bhutan is under the guidance of a wise King who balances material with spiritual development. You sense from the moment you land, that this tiny Kingdom is cared for with respect, where you'll hear only the mountain wind, fluttering prayer flags, a soft rush of rivers and the frequent laughter of its people.

Tucked into the folds of the rugged Eastern Himalayas--blessed with some of the world's highest and youngest mountains, glacial lakes, and an intricate network of deep forests rich with life--Bhutan is one of the world's most beautiful, environmental jewels.

A Tour of Kindness combines a cultural tour with stays in lodges and a traditional farmhouse with a few nights near a small village tenting under a Himalayan sky brimming with stars. Focused in the Bumthang area, with its gentle wide valleys and ancient spiritual sites, we'll take easy day hikes along a sparkling river and climb a gentle trail under tall pines to visit a small nunnery. Camp under stars for 2 nights by Tangbi village and join festive villagers as they celebrate sacred Tangbi Mani festival. Share stories and songs with young students at a primary school in the high rural valley of Tang. We'll meet with a Lama and listen to his insights and wisdom. Keeping a flexible schedule, experience the gentleness and good humor of Bhutan's warmhearted people and take time to receive and share kindness along the way.

This journey offers participants a deep inner and outer experience of peace.

May it ripple further into the world on your return.



Sacred Himalaya Travel Welcomes
You to

A Tour of Kindness

2nd annual World Peace Tour to The Himalayan Kingdom of Bhutan

October 7-22, 2008

Outline Itinerary

Day 1: Bangkok to Paro, Welcome celebration, Paro Dzong, Farmhouse stay

Day 2: Chelala Pass - Chela Nunnery - Peace offering, Farmhouse stay

Day 3: To Thimphu – Kindness-Dharma talk with Lama, Thimphu sights

Day 4:- Day Hike atop Dochula Pass & Picnic to Small temples

Day 5: To Punakha, -sunrise Dochula pass, visit Chimi Lhakang

Day 6: To Trongsa- 'Palace of Pure Bliss Dzong Trongsa Dzong

Day 7 To Bumthang – Relax, River Lodge, Evening free to stroll town

Day 8 Day Hike to Tangbi Village, Attend Festival, Camp

Day 9: Attend Tangbi Mani Festival, Camp

Day 10: Day hike to Tang Valley, Visit Primary school, Camp

Day 11: Day hike to Sacred Sites, Overnight River Lodge

Day 12: Bumthang to Phubjikha. Valley: home to Black neck cranes

Day 13: To Thimphu, Weekend Market, Free afternoon

Day 14 To Paro, Explore Old Ruins

Day 15 Excursion hike to Tiger's Nest Monastery, Farewell Celebration

Day 16 Depart for Bangkok