



## World Peace Tour To the Himalayan Kingdom of Bhutan A Tour of Kindness

Please join Sacred Himalaya Travel for A Tour of Kindness, the 2<sup>nd</sup> IIPT World Peace Tour 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 warm-hearted 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

2<sup>nd</sup> 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 toTang 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 toTiger’s Nest Monastery, Farewell Celebration
Day 16 Depart for Bangkok