



World Peace Tour To the Himalayan Kingdom of Bhutan

April 22 to May 2, 2009

Please join Sacred Himalaya Travel for 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.

The World Peace Tour to Bhutan combines a cultural tour with stays in lodges and an overnight with a Bhutanese family in their traditional farmhouse. 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.. 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 the

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

April 22 to May 2, 2009

Outline Itinerary

Day 1: Bangkok to Paro , Welcome celebration , Paro Dzong, Farmhouse stay
Day 2: To Thimphu – Kindness/Peace -Dharma talk with Lama, Thimphu sights
Day 3: To Punakha, -sunrise Dochula pass, visit Chimi Lhakang
Day 4: To Trongsa- 'Palace of Pure Bliss Dzong Trongsa Dzong
Day 5 To Bumthang – Relax , River Lodge, Evening free to stroll town
Day 6 Day hike Bumthang , picnic with local villagers...
Day 7: Tang valley Primary School visit, Visit Nunnery
Day 8: Bumthang Phobjikha Black Neck Cranes
Day 9: Phobjikha-Thimphu
Day 10: Thimphu Paro –Hike to Taksang, Farewell Celebration
Day 11 Depart for Bangkok

For a detailed itinerary and tour costs please write:

wendyerd@sacredhimalayatravel.com