



Explore The Valley of Paro

6 Days 5 Nights in Paro

❖ 1 December - 28 February	USD	8,520.-	2 Pax
❖ 1 June - 31 August			
❖ 1 March - 17 March			
❖ 27 March - 31 May	USD	10,780.-	2 Pax
❖ 1 September - 10 September			
❖ 17 September - 30 November			
❖ 18 March - 26 March	USD	11,130.-	2 Pax
❖ 11 September - 16 September			

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Drukair Holidays
The Spirit of the Dragon



- Pay respects at Kyichu Lhakhang, one of the oldest temples in Bhutan.
- Be privy to the rich collection at Ta Dzong, the national museum of Bhutan.
- Spend a day exploring the bustling capital Thimphu, including major attractions like the Buddha Dordenma, the National Memorial chorten and more.

HIGHLIGHT

- Daily yoga practice with our resident yoga teacher across a variety of inspiring locations.
- Visit the Taktsang 'Tiger's Nest' Monastery, one of Bhutan's architectural highlights.
- Drive to the highest pass in Bhutan - Chele La - to enjoy views of Mount Jhomolhari (7,314m) and make a mountain bike descent.
- Explore Drukgyel Dzong, a fortress ruin that was originally built in 1648 to commemorate victory over an invasion of Tibet.



CULTURAL NOTES

- Bhutan is the only country in the world whose constitution includes provisions for environmental protection. Bhutan is one of the only two countries in the world that is carbon negative because it absorbs more carbon dioxide than it produces. Also, Bhutan's regulations require that at least 60% of the country be covered by forests at all times.
- Bhutan's boundaries were not opened until 1974, when foreign media was permitted to cover the country's former king's coronation. Bhutan had previously isolated itself to keep its pure scenery and Buddhist culture safe from the effects of globalisation.
- In contrast to inheritance laws practically everywhere else, Bhutanese households transfer property to the eldest daughter rather than the son. This restriction on television and the internet was finally repealed in 1999. A man moves into his new wife's house after marriage, not the other way around.
- Gross National Happiness (GNH) was established by the fourth king of Bhutan as a development philosophy for Bhutan.
- Chilli is a necessary vegetable in Bhutan, not a condiment, therefore those who are sensitive to spicy food should beware. Our food is known for being extremely spicy by default, with natives reportedly refusing to eat a meal until it is sufficiently hot.
- Thimphu, the capital of Bhutan, does not have a single traffic light. Individuals navigate the narrow roadways cautiously and gently, and thus far it hasn't failed them. When local officials attempted to install a light, the public outcry was so strong that it was swiftly removed, and a traffic cop was dispatched to the intersection instead.
- Flying to Paro requires avoiding high peaks and strong winds under certain weather circumstances because the destination is located in a deep valley. The flight itself is an exclusive privilege.
- In Bhutan, the walls of certain homes are probably covered in several vibrant drawings of phalluses. These are not graffiti, but rather a custom that represents fertility and good fortune. Placed in place of scarecrows, phalluses are thought to fend off evil spirits.





DAY-BY-DAY SCHEDULE This itinerary is customizable. Please speak to us about your needs and requirements and we will do our utmost to accommodate you.

❖ **DAY 1 ARRIVAL, CHECK-IN, PROPERTY SHOW-ROUND, LOCAL SIGHTSEEING AND INTRODUCTORY PRIVATE YOGA PRACTICE UPON ARRIVAL**

You will be GREETED by Drukair representative at the airport. CHECK-IN to COMO UMA Paro which is 10 minutes drive from the airport. You will meet your yoga teacher for the week and have an introductory private yoga practice. Your first private yoga practice will be in the late afternoon. Then, you will be taken on the first foray into the Himalayan kingdom, with sightseeing in Paro town and a temple visit. This afternoon trip allows you to acclimatise to the rarefied air at this altitude, as well as the chance to get to know your guide.

Accommodation: COMO Uma Paro

Meals: Breakfast / Lunch / Dinner



❖ **DAY2 PRACTICE WITH WALK TO ZURIG DZONG, RINPUNG DZONG, TA DZONG, PARO TOWN, KYICHU LHAKHANG AND DRUKGYEL DZONG**

Morning

Wind through pine forests to the picturesque grounds of the Zurig Dzong monastery, which resembles a fortress. Go to Ta Dzong, Bhutan's National Museum and enjoy the stunning views of Paro, and then descend to Rinpung Dzong, also known as the Fortress on a Heap of Jewels. The path then passes the main archery range, Ugyen Pelri Palace, and crosses the Paro Chhu river via the historic covered bridge Nyamai Zam before entering Paro town.

Afternoon

We travel a few kilometres north of Paro to Kyichu Lhakhang, one of the oldest temples in Bhutan, where we pay our respects under the enchanted year-round fruit-bearing orange tree. If time permits we drive up the valley to the Drukgyel Dzong, which Zhabdrung Ngawang Namgyal constructed in 1648 to guard the northern route to Tibet. Duration: 5 to 7 hours (depending on time spent in the National Museum and Paro) Difficulty: Easy to moderate (guided, with picnic or lunch at a local restaurant)

Accommodation: COMO Uma Paro

Meals: Breakfast / Lunch / Dinner

❖ **DAY 3** TWO YOGA PRACTICES AND A WILD WALK FROM CHELE LA PASS TO KILA NUNNERY (WITH OPTIONAL BIKE DESCENT)

We begin our yoga practice for the day with half an hour of pranayama and meditation before moving into a gentle Vinyasa flow. After Shavasana, enjoy an invigorating COMO Shambhala juice before heading to breakfast. We will reach Chele La Pass in the late morning, which, at 3,988m, is the highest road pass in Bhutan, snaking upwards through blue pine and rhododendron forests for 35 km.

Striding out along the Edelweiss-covered ridge, we pass a sky burial site and we then descend down through dense rhododendron forest, possibly sighting shaggy yaks. On a clear day the view sweeps away to the snow-dome of Bhutan's second highest peak, Mt. Jhomolhari (7,314m), and down to the Haa Valley, which only opened to foreigners in 2002 due to its proximity to the border with Sikkim and Tibet. This unspoiled valley harks back to a simpler, more traditional time. Kila Nunnery Shedra is an ancient nunnery nestled in a craggy patch on the mountainside below – one of the seven oldest nunneries in the Kingdom. Dupthob Chhoeje Norbu and Dupthob Temba initially established in the early ninth century as places for meditation.





Afternoon

Having made our offerings and perhaps been blessed, it is time to descend further. An hour later, we are back at the road where we can saddle up on a mountain bike and freewheel down to Paro Valley. We will enjoy a private Hatha Vinyasa yoga session back at COMO Uma Paro, including elements of pranayama and meditation, before settling into a deep Shavasana. For those who prefer a leisurely sightseeing day there is the option to drive from Chele La Pass down the other side to the Haa Valley. If Chele La Pass is not accessible during the winter months, your guide will propose an alternative for this day excursion.

Duration: 6 to 8 hours

Difficulty : Moderate (guided, with picnic or lunch at a local restaurant)

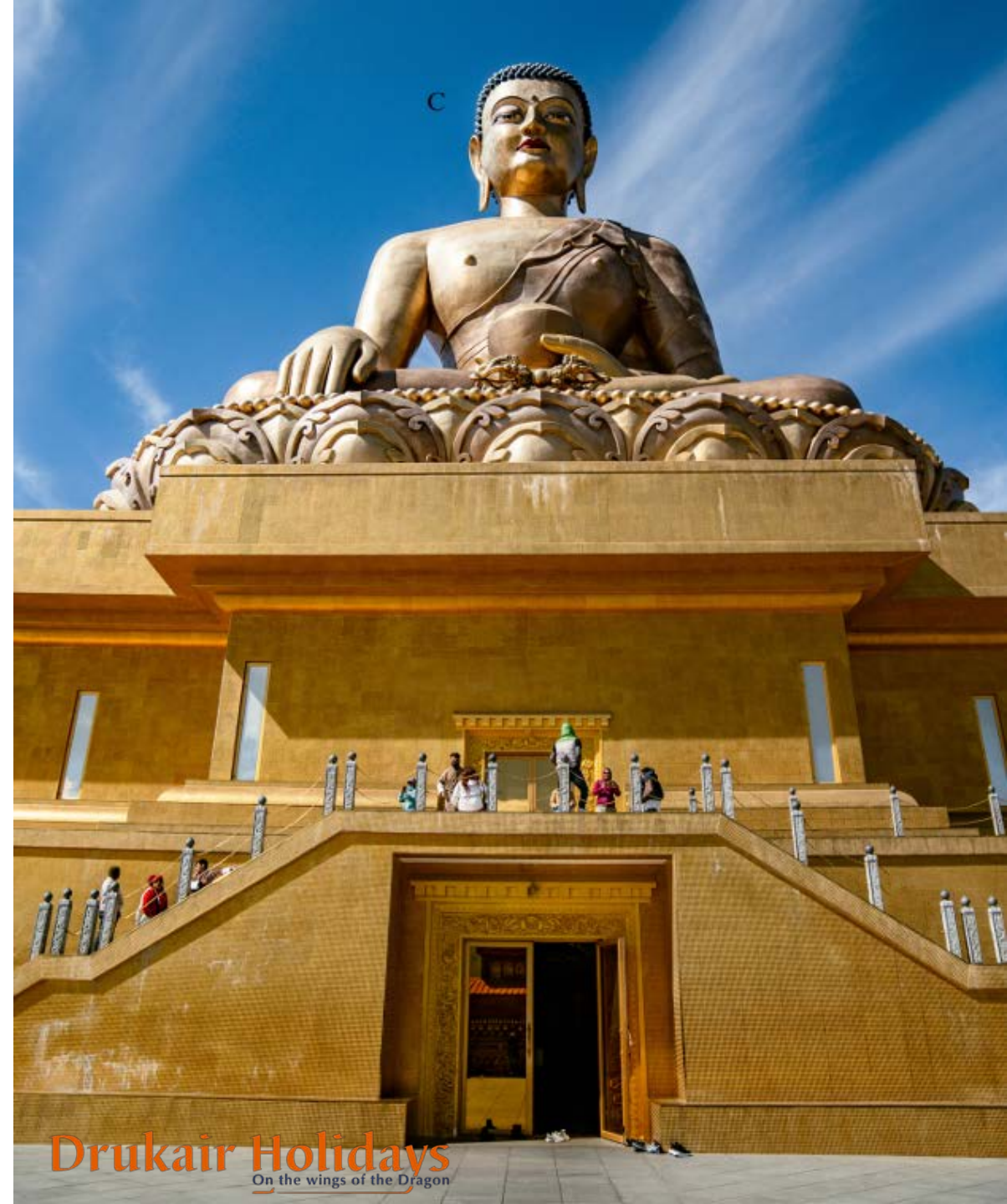
Accommodation: COMO Uma Paro

Meals: Breakfast / Lunch / Dinner

❖ DAY 4 YOGA AND THIMPHU DAY OUT

We begin the day with a Hatha Vinyasa yoga practice. For after breakfast, we've curated a list of places to see and things to do in Thimphu, the capital of Bhutan – spend your day with what interests you.

- Thimphu's markets take place on Fridays, Saturdays and Sundays. Spend a few hours wandering through the colourful stalls before heading into town for more exploration.
- The Kuensel Phodrang ruins were the palace of Sherab Wangchuck – the thirteenth Druk Desi – and overlooks the southern side of Thimphu. Today, they are home to the Buddha Dordenma, a gargantuan 51.5m statue of Buddha Shakyamuni. It is made out of bronze, gilded in gold and one of the largest statues of Buddha in the world.
- Witness rows of young Bhutanese students at Zorig Chusum (National Institute of 13 Arts and Crafts) learning the national crafts of carpentry, masonry, carving, painting, sculpture, casting, weaving, bamboo work, embroidery, woodturning, papermaking, blacksmithing, and gold and silver crafting.
- Stop at the Royal Takin Preserve, home of Bhutan's national animal, and meet the Takin - which has been described as looking like a bee stung moose.
- With both sentimental and political value, the National Memorial Chorten is a monument to world peace and prosperity which was erected by the Royal Family and abinet to honour the wishes of Bhutan's third king, H.M. Jigme Dorji Wangchuck, who passed away before it could be completed.



- The original building of Trashi Chhoe Dzong, called the 'Fortress of the Glorious Religion' was built in 1641 and rebuilt in the 1960s. It is now home to government ministries, His Majesty's secretariat and the central monastic body. Entrance is granted only after 5.00pm.
- For those with an eye for design and a passion for ceremony, peruse the Royal Textile Academy Museum's royal collection, comprising of the Raven Crown (Bhutan's royal wedding crown) and its accompanying royal wedding dresses. You can also learn more about the national art of weaving and its changing styles of 'Gho' and 'Kira', demonstrated by weavers on traditional looms.
- Venture back in time as you explore the Folk Heritage Museum; this museum is a replica of a traditional Bhutanese house with care taken to detail it exactly as it would have looked a century ago. Thimphu sprawls up the wooded, western hillside of the Wang Chhu River, and is one hour away from COMO Uma Paro by car. It is important to note that museum, monastery, temple and Dzong opening times vary with national holidays, auspicious ceremonies and events such as Royal Family visits.

Duration: 7 to 10 hours

Difficulty : Easy (guided, with picnic or typical Bhutanese fare in local restaurant)

Accommodation: COMO Uma Paro

Meals: Breakfast / Lunch / Dinner





❖ **DAY 5** PARO VALLEY - TAKTSANG WALK FOLLOWED BY AN AFTERNOON OF PRIVATE RESTORATIVE YOGA PRACTICE

Morning

The historical Paro Valley is the focus of today's activities, culminating in a visit to the Taktsang also known as Tiger's Nest' Monastery, one of Bhutan's most important pieces of architecture. According to legend, this Cliffside is where Guru Rinpoche (Padmasambhava) landed on the back of a flying tigress, bringing Buddhism to Bhutan from Tibet. The trip starts early in order to avoid the hot sun during the two-hour climb – a steep hike passing a waterfall and ending among beautiful murals at the monastery's main entrance. We will break for lunch after spending some time in the monastery, before meditation in one of the ancient temples near Guru Rinpoche's caves.

Afternoon

After meditation, we begin a descent of about 45 minutes to reach our vehicle and drive back to COMO Uma Paro, where you can recharge on your final night, enjoying the steam rooms, gym and swimming pool or indulging in one of our COMO Shambhala treatments.

Duration: 6 to 8 hours

Difficulty: Moderate to hard (guided, with picnic or Taktsang cafeteria)

Accommodation: COMO Uma Paro

Meals: Breakfast / Lunch / Dinner



❖ **DAY 4 DEPART BHUTAN**

Its time to bid farewell to the beautiful city of Paro. We will take you from Paro Airport to Suvarnabhumi Airport in Bangkok safely, with hearts full of cherished memories and romantic moments from this special journey. Bhutan will remain a place that eagerly awaits your return.

THE PACKAGE INCLUDES

- 5 nights accommodation at COMO Uma Paro with full-board dining, including picnic lunches on excursion days.
- Four days of guided excursions with an experienced English-speaking local guide.
- A private 60-minute yoga session daily (except Sundays).
- A 60-minute COMO Shambhala relaxing spa treatment per person.
- Bhutan visa fees and government taxes, including service charges and sales tax.
- Entrance fees to museums, visitor centers, and travel permits in Bhutan.
- Complimentary access to the library, internet, swimming pool, steam room, and gym.
- Complimentary Wi-Fi throughout the property.

THE PACKAGE EXCLUDES

- Round-trip airfare between Bangkok and Paro.
- 7% value-added tax (VAT).
- Beverages during meals.
- Gratuities for local guides, drivers, and service staff.



ACCOMMODATION

At COMO Uma Bhutan, you will experience the breathtaking beauty of the Himalayas every day through scenic journeys and visits to fascinating cultural heritage sites. Each night, you will return to the safety and modern comforts of COMO Lodge, ensuring a restful and luxurious stay.

PLEASE NOTE

This itinerary serves as a general guideline. Road and weather conditions may affect the schedule, which could impact the views and scenery mentioned.

- All stated times are approximate and may vary depending on individual fitness levels and interests.
- If you have any dietary restrictions, please inform us in advance.
- For scheduled excursions, a picnic meal prepared by our chef will be provided. Please place your picnic meal order at least one day in advance through your guide.
- Throughout your stay, you may opt for additional outdoor activities, which may incur extra charges.

