

Uma

PARO, BHUTAN
PART OF THE COMO GROUP

HIMALAYAN ESCAPE 3 NIGHT ITINERARY



For visitors to Bhutan seeking a whistle-stop introduction to this ancient Buddhist land, we recommend our three-night Himalayan Escape package. Based at Uma Paro, your accommodation is included on a full-board basis, excluding beverages and for two days, our experienced local guides will lead guests on walks through the Paro Valley, incorporating four defining attractions: the Taktsang 'Tiger's Nest' Monastery, the National Museum, Drukgyel Dzong and a visit to the ancient temple of Kyichu Lhakhang. In addition, guests have time to relax at Uma Paro, with the package including one COMO Shambhala massage per person.

DAY 1

Arrival, check-in, show round & easy walk Uma Paro staff will welcome you at the airport for the 10 minute transfer to the property. We invite you for a short, guided walk in the afternoon in and around Uma Paro for orientation and acclimatisation purposes.

DAY 2

Daywalk Zurig Dzong, Rinpung Dzong, Ta Dzong, Paro Town & Kyichu Lhakhang Wind through pine forests high above Uma Paro to the pretty grounds of the fortress-like monastery of Zuri Dzong. Traverse across to Ta Dzong, housing Bhutan's National Museum (open Tuesday-Saturday) with magnificent views over Paro, and on down to visit Rinpung Dzong – 'Fortress on a Heap of Jewels'. The trail then leads across Paro Chhu (river) via a traditional covered bridge (Nyamai Zam) and then past the main archery ground, Ugyen Pelri Palace and into Paro town. A few kilometers north of Paro, we pay our respects at Kyichu Lhakhang one of the oldest temples in Bhutan with its magic orange tree which bears fruit all year round.

Duration: 5 - 7 hours (depending on time spent in National Museum and Paro)

Difficulty: Easy to Moderate

Guided with picnic

DAY 3

Highlights of the Paro Valley - Taktsang Walk & Drukgyel Dzong One of the most amazing and important pieces of architecture in Bhutan, Taktsang Goemba defies logic, gravity, and reason. Legend has it that this cliffside was where Guru Rinpoche (Padmasambhava) landed on the back of a flying tigress, bringing Buddhism to Bhutan from Tibet.

To avoid the hot sun an early start is advisable for the two-hour climb, via the cafeteria, to the Tiger's Nest viewpoint. Descend steeply, then climb up to the monastery, passing a waterfall (visit monastery if it is open – with sufficient

notice Uma Paro can arrange a permit). We retrace our steps or alternatively (time permitting) head further up to several remote temples and monasteries. Drive further up the valley to Drukgyel Dzong, built in 1644 by Shabdrung Ngawang Namgyal to control northern route to Tibet. The route is picturesque, and the site of dzong magnificent (from here, only two-day hike to the border with Tibet, dominated by Mt Jhomalhari).

Duration: 7 – 8 hours

Difficulty: Moderate to Hard (ascent should not be attempted until at least third day in Bhutan, after acclimatization has occurred, riding ponies are available at an additional charge)

Guided with picnic

DAY 4

Depart Druk Air departs in the early morning to avoid adverse weather conditions so after breakfast, your transfer to the airport will be arranged for between 5am and 9am depending on the flight schedule and your destination.

INCLUSIONS

- Accommodation on a full-board basis (excluding beverages)
- Two privately guided day walks with picnic lunch taking in the highlights of the Paro Valley, including Taktsang (Tiger's Nest) Monastery, the National Museum, Drukgyel Dzong and a visit to the temple of Kyichu Lhakhang
- The services of an experienced English-speaking Bhutanese Uma Paro Guide
- One COMO Shambhala massage per person
- Private airport transfers and transport in Bhutan
- Inclusive of 10% service charge and 10% sales tax
- All Bhutanese Government Visa Fees and Royalties
- Complimentary scheduled 1 hour daily yoga class whilst at Uma Paro (except Sundays)
- Complimentary use of the swimming pool, library, steam room and gym at Uma Paro

Uma Paro provides complimentary drinking water for all guided itineraries. If you have any special dietary requests, please let us know in advance. Where stated, trips include lunchtime picnics prepared by Uma Paro's chefs. Please place your picnic order the day before departure via your Guide or the Activity Desk on extension 3308.

Throughout your stay you have the option to participate in a range of extra Outdoor Activities at an additional charge.

Travel to Bhutan Uma Paro handles the whole booking process on behalf of our guests, including Druk Air flights (not included in the package) and visa applications (included in the package) but it is advisable to book well in advance to secure accommodation and seats on Bhutan's national airline - Druk Air.

Please read this document in conjunction with your confirmation letter and pre-departure information.

For more information on Uma Paro, including the full range of itineraries and services (including tailor-made itineraries, groups and the hosting of special events) we offer, please refer to the website www.uma.como.bz or email info.paro@uma.como.bz