

7D6N

Spring **BHUTAN**

**PARO | PUNAKHA | GANGTEY | PHOBJIKHA VALLEY |
WANGDUE PHODRANG | TRONGSA | THIMPHU**

帕罗 | 普那卡 | 岗提 | 富毕卡谷 | 旺杜波德朗 | 通萨 | 廷布



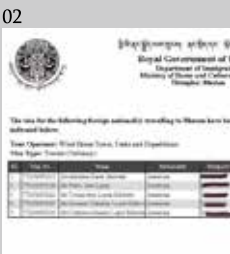
LICENSED TRAVEL AGENCY IN BHUTAN

9大赠送 独家超值

EXCLUSIVE
COMPLEMENTARY



Bhutanese Cultural Dance
不丹文化舞蹈表演



Bhutan Tourist Visa
不丹旅行签证



Bhutanese Tashi Khadar
不丹传统围巾



Organic Lemongrass Spray
天然香茅精油



English, Chinese Speaking Guide
中英导游讲解



Local Data Sim Card 3GB
3GB网络电话卡



Unlimited Complimentary Water
无限矿泉水



Hiking Stick at Tiger Nest
虎穴寺的登山杖



Bhutanese Costume Experience
不丹传统服装



ACCOMMODATION 住宿



@ Ariya Hotel



@ Yangkhil Resort



@ Bhutanic Resort



@ Resort Thim-Dorji

STAY 留宿	LOCATION 地点	4* HOTEL, SELECTED RESORT 4* 酒店, 特选度假村
2 NIGHTS 2晚	THIMPHU 廷布	Ariya Hotel, Thimphu (OR SIMILAR 或同等)
1 NIGHT 1晚	TRONGSA 通萨	Yangkhil Resort, Trongsa (OR SIMILAR 或同等)
1 NIGHT 1晚	PUNAKHA 普那卡	Bhutanic Resort / Zhingkhram Resort, Punakha (OR SIMILAR 或同等)
2 NIGHTS 2晚	PARO 帕罗	Resort Thim-Dorji / Tenzinling Resort, Paro (OR SIMILAR 或同等)

VARIETIES CUISINE 各种美食

- SUJA 酥油茶
- JASHA MARU 不丹咖喱鸡
- SHAMU DATSHI 蘑菇芝士
- EZAYS 辣蘸料
- MALAYSIAN BAK KUT TEH 肉骨茶
- EMA DATSHI 辣椒芝士
- SIKAM PAA 不丹培根肉
- DAL BHAT 米饭和扁豆
- KHATEM 炸苦瓜
- INDIAN CUISINE 印度料理
- KEWA DATSHI 马铃薯芝士
- BHUTAN RED RICE 不丹红米
- KHUR-LE 大麦煎饼
- THAI CUISINE 泰国料理
- CHINESE CUISINE 中式料理



DAY 1: KUALA LUMPUR – PARO – THIMPHU (L/D)

※ **Kyichu Lhakhang:** A rich history dated back to the 7th century. The temple is one of the last three surviving temples that was built by a Tibetan King.

※ **Rinpung Dzong:** It houses the district Monastic Body and government administrative offices of Paro District.

※ **Tashichho Dzong:** Bhutan's religious and administrative center. It houses the King's office and the summer residence of the monastic body. Known for its traditional architecture and solemn atmosphere.

DAY 2: THIMPHU (B/L/D)

※ **Kuensel Phodrang (Buddha Point):** A gigantic 167 feet high Buddha statue constructed in the mountains.

※ **National Memorial Chorten:** Most visible landmarks of Thimphu, the monument is also a stupa to honor the third king of Bhutan and focus of daily worship.

※ **Motithang Takin Preserve (Mini Zoo):** Wildlife reserve for protecting Takin, the national animal of Bhutan.

※ **Traditional Handmade Paper Factory:** The traditional handmade papermaking originated in the 8th century, here you can watch the most traditional way and process of paper making.

※ **Bhutan Post Office Headquarters:** Bhutan is the world' famous "stamp-country" and you may create your own personalized stamp here, and send with those postcards to your beloved friends and family. (own expenses)

※ **Changangkha Lhakhang:** The oldest temple in Thimphu.

※ **Norzin Lam Street and Handicrafts Market:** A popular area for authentic Bhutanese handicrafts, clothing, and accessories, ideal for souvenir shopping.

DAY 3: THIMPHU – TRONGSA (B/BOX LUNCH/D)

※ **Pele La Pass:** Corridor to Central Bhutan.

※ **Trongsa Dzong:** This is an architectural masterpiece containing a labyrinth of courtyards, passages, corridors and 23 other temples.

DAY 4: TRONGSA – GANTEY GOMPA – WANGDUE (B/BOX LUNCH/D)

※ **Gangtey Gonpa Monastery:** Bhutan's largest Nyingma monastery, a peaceful and historic site with strong religious significance.

※ **Phobjika Valley:** The valley of Phobjika, home of the migratory black-necked crane is one of the most beautiful spots in Bhutan.

※ **Black-Necked Crane Visitor Center:** An educational center offering insights into these rare cranes, making it a popular destination for nature enthusiasts and bird watchers.

DAY 5: WANGDUE – PUNAKHA – THIMPHU – PARO (B/L/D)

※ **Punakha Dzong:** A fortress built in 1637 was the ancient capital of Bhutan.Today, it is the winter palace for the monastic body of Bhutan as Punakha Valley, located between Pho Chhu (Father River) and Mo Chuu (Mother River)

※ **Chimi Lhakhang:** Known as the "Fertility Temple" and famous as a place which induces fertility for all the visitors who come here wishing for a child.

※ **Dochula Pass:** Bhutan most beautiful mountains passes, enjoy the breathtaking views of the snow capped Eastern Himalayas. Druk Wangyal Chortens, 108 small chortens was built to honor Bhutanese soldiers who died in a 2003 military cooperation and dedicated to World Peace.

※ **Punakha Suspension Bridge:** One of Bhutan's longest suspension bridges, spanning a scenic river, ideal for capturing memorable photos.

※ **Monk Blessing Ceremony:** A series of religious rites performed by monks and lamas, offering blessings for a happy and prosperous life.

※ **Bhutan Local Farm House:** Experience authentic rural life and traditional Bhutanese hospitality.

DAY 6: PARO (B/L/D)

※ **Tiger Nest:** Temple that build on the cliff edge about 3000m, one of the most amazing temples in the world.

※ **Pony Ride to Tiger Nest Mid Cafe** (Optional)

※ **Farewell Dinner & Cultural Show:** Enjoy a farewell dinner at the hotel while witnessing traditional Bhutanese music and vibrant local dance performances.

DAY 7: PARO – KUALA LUMPUR (B/MOB)

Your Bhutan journey ends here, Tashi Delek !

第 1 天: 吉隆坡 – 帕罗 – 廷布 (午/晚餐)

※ **祈楚拉康:** 悠久的历史可以追溯到七世纪。该寺庙是由西藏国王建造的最后三座幸存寺庙之一。

※ **日蓬堡:** 它是帕罗区寺院和政府行政办公室的所在地。

※ **扎西却宗:** 不丹的宗教与行政中心，既是国王的办公室所在地，也是夏季大僧院的驻地。该寺庙以其传统的建筑风格 and 庄严的氛围而闻名，是不丹最重要的地标之一。扎西却宗不仅是政治和宗教活动的中心，也是游客深入了解不丹历史、文化和宗教的理想之地。

第 2 天: 廷布 (早/午/晚餐)

※ **金剛座釋迦牟尼佛:** 世界上最大的户外佛像之一，佛像高达52米。在这里也是最好俯瞰整个廷布城市的视角，至今已经成为不丹的地标之一。

※ **国家纪念佛塔:** 廷布的标志性建筑，是为了祈求世界和平和纪念第三任国王建造的。这座纪念塔同时也是一座佛塔，内部珍藏许多神圣的宗教绘画和密宗佛像，是不丹人民生活的一部分。

※ **Motithang 羚牛保护区:** 位于廷布的迷你动物园，也是不丹国兽“塔金”的保护区。塔金是不丹的一级保护动物也是羚羊的一种，只能在不丹看见。

※ **传统手工造纸厂:** 传统的手工造纸起源于公元8世纪，在这里可以看到最传统的造纸方式和过程。

※ **国家邮政总局:** 不丹是世界著名的“邮票之国”，您可以在这里制作属于您自己的个性化邮票，并连同这些明信片一起寄给您心爱的亲朋好友。 (自费)

※ **Changangkha Lhakhang:** 廷布最古老的寺庙。

※ **诺津林街和不丹手工艺品商场:** 这是廷布最繁华的购物区域，街区内汇聚了不丹传统工艺品商店，各种精美的手工作品、传统服饰和家居用品琳琅满目。

第 3 天: 廷布 – 通萨 (早/便当/晚餐)

※ **Pele La 山口:** 通往不丹中部的走廊。

※ **通萨宗:** 这是一座建筑杰作，包含迷宫般的庭院、通道、走廊和另外 23 座寺庙。

第 4 天: 通萨 – 甘提寺 – 旺德 (早/便当/晚餐)

※ **岗提寺:** 不丹西部最大的宁玛巴寺，建于 1613 年。

※ **富毕卡山谷:** 富毕卡山谷是黑颈鹤迁徙的家园，是不丹最美丽的景点之一。

※ **黑颈鹤游客中心:** 一个为自然爱好者和鸟类研究者提供有关黑颈鹤及其栖息地的知识展示的地方。中心内展示了关于黑颈鹤的生态、迁徙路径以及保护工作的重要信息，还设有观察平台，方便游客观察这些珍稀的鸟类。

第 5 天: 旺杜 – 普纳卡 – 廷布 – 帕罗 (早/午/晚餐)

※ **普纳卡宗:** 过去是不丹的古都和中心地带。建于1637年并承载着300多年的历史。它的寺院建在不丹的两条主要河流交汇处，Po Chhu（父亲河）和Mo Chhu（母亲河）。

※ **切米拉康:** 世界有名的求子圣地和不丹最著名的求子庙。这座小寺院坐落在Puna Tsang Chhu河边的村庄小丘上，是为了纪念喇嘛朱卡库雷，是不丹人广泛尊崇的圣人。因此许多外国旅客都慕名而来为了求得一子。

※ **多楚拉山口:** 不丹境内最美的山道。这里有为世界和平和纪念2003年军事行动中牺牲的不丹士兵而建立的108个佛塔 - 楚克旺耶纪念碑。在天气晴朗的时候，可以欣赏到喜马拉雅山的壮丽的风景。

※ **普那卡吊桥:** 不丹最长的吊桥，横跨清澈河流，两岸风景如画，是不可错过的徒步景点。

※ **僧侣祈福仪式:** 是由佛教僧侣和喇嘛举行的一系列宗教仪式。这些仪式体现了咒语的重要性，并将为您祈求幸福与繁荣的生活。

※ **不丹当地农舍:** 体验地道的乡村生活方式，感受传统不丹式待客之道。

第 6 天: 帕罗 (早/午/晚餐)

※ **虎穴寺:** 坐落在帕罗谷3000千多米海拔的悬崖边上。这庙群建于1692年，是不丹境内最著名和神圣的寺庙，也被誉为世界十大寺庙之一。

※ **骑马前往虎穴寺中途咖啡馆** (自费)

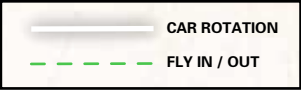
※ **告别晚宴与文化表演:** 享用告别晚宴，欣赏不丹传统音乐与当地民族舞蹈演出。

第 7 天: 帕罗 – 吉隆坡 (早/机上用餐)

您的不丹之旅将在此结束,扎西德勒!

BHUTAN 不丹

MAP ROTATION 地图旅游路线



PARO, Paro valley



GANGTEY, Black-Necked Cranes



PARO, Tiger Nest



WANGDUE PHODRANG, Chimi Lhakhang



PUNAKHA, Phallus Paintings



THIMPHU, Buddha Point



ESTIMATED FLIGHT SCHEDULE 预计航班时间

DEPARTURE 出发	Day 01 第一天	B3 709	0500 KUL 吉隆坡	-	0750 PARO 帕罗	4 Hrs 50 Mins
RETURN 往返	Day 07 第七天	B3 708	1140 PARO 帕罗	-	1950 KUL 吉隆坡	6 Hrs 10 Mins via Kolkata

*Flight schedule and estimate time of arrival and departure subject to airline confirmation without prior notice. 此航班仅供参考，对应的航班时间均有调整的可能，包括起飞时间的变化等。

TOUR FARE 团费

DEPARTURE 出发日期	ADULT TWINS 成人	CHILD TWIN 小孩占床	PRIVATE GROUP 私人包团	SINGLE SUPP 单人房差	UPGRADE 升级	TRAVEL INSURANCE 旅游保险

TERMS & CONDITIONS 备注：

- Flights, transportation, hotels, meals and itineraries and sequences stated in the brochure are subject to change without prior notice and subject to final confirmation. We reserves the right to alter itineraries at any time (without compensation) due to unforeseen circumstances, especially during peak periods or force majeure.
- Purchase of travel insurance is compulsory. The Company or our consortium agents shall not be liable for any losses or personal expenses incurred by tour members during the tour. Or in the event of unforeseen circumstances such as adverse weather conditions/natural disaster or other causes which may lead to traffic delays/extend stays, cancellation, rescheduling or others losses.
- Unless otherwise specified by request, tours are conducted in English.
- Tour buses are arranged based on group size which make sure every passenger is entitled to one seat each.
- Expenses of personal nature like tipping, laundry, telephone calls/internet data, beverages, photography fee at sightseeing, optional tour, medical expenses, any insurance or etc are on own expenses.
- No refund shall be entertained for any unutilized portion of the tour.
- Notwithstanding the place or country in which a course of action arises, it is expressly agreed hereto that all causes of actions shall at all times be commence within the jurisdiction and territory of the country.
- Airport taxes, fuel surcharges and visa fees do not form part of the tour fare and it should be borne by the passenger. The Company is only acting as an agency to collect the above charges therefore it is subject to the Terms and Conditions of the respective authorities & airlines in case if there is any hike if any of these fee without notice by the authorities.
- In case on any currency fluctuations or amendment in local Government & Hotel taxes, or any fuel hike, we reserve the right to adjust the tour price accordingly without any notice.
- Flight timing and schedules are not guaranteed and do not form part of the contract. They are subject to change at the insistence of the Aviation of Government Authorities for the Tour Member's safety, security and other reasons. Neither The Company nor the Carrier concerned will accept liability for reasons of flight cancellations, delays or diversions that is not within its control.
- The Company reserves the right to cancel or withdraw at any time bookings made by or on behalf of Tour Members prior to departure. However, the company will reserve the absolute right to vary the group size due to unforeseen circumstances. The decision of The Company shall be final and inclusive and no liabilities whatsoever shall be incurred by the Company for such cancellation.
- It is the Tour Member's responsibility to ensure that they have a valid passport with at least 6 months validity from the date of departure.
- Government SDF Waiver is subject to change according to Bhutan government decision.

Deposit / Tour Payments
A non-refundable of RM 3000 per person must be paid upon reservation. Full payment shall be made 60 days before departure. If full payment is not received 60 days or more prior to departure date, the Company reserves the right to forfeit the deposit and cancel the reservation.

- Amendment fee is applicable to all booking which are confirmed and deposit paid. All amendments will need to be made 60 days before departure date amendment fee of (min RM300) will be charged and may vary depending on the changes. Any subsequent cost increases and surcharges will be borne by the tour member.
- Cancellation of booking must be made in writing. Deposit of RM3000 per person will be forfeited if the company received notice more than 60 working days. If the company received notice to cancel less than 60 working days before the date of departure, a 100% cancellation of tour fare will be charged.

UPDATED DATE: 15 JAN 2026

