



LUXURY SMALL GROUP JOURNEYS

## Wellness Bhutan: Mystical Himalaya 2020

10 days from \$9,995

Limited to 16 guests

Immerse yourself in stunningly scenic Bhutan, experiencing its deeply spiritual culture alongside friendly locals for whom happiness is a national priority, as you share the excitement of a lively *tshechu* festival, learn about traditional medicines and ascend to the soaring “Tiger’s Nest” Monastery.

### A&K Advantages

Enjoy seven nights in Bhutan, staying in authentically designed, boutique wellness retreats, including Six Senses Paro with its stunning valley views

Join locals for a *tshechu*, or Bhutanese religious festival, with its colorful, masked dancers and traditional storytelling, an experience exclusively for A&K guests that unfolds in the scenic forested glacial valley of Khotakha

Learn how traditional Tibetan medicine is employed by Bhutanese healers to restore a patient’s harmony and balance, during a visit to the Institute of Traditional Medicine in Thimphu

Hike to the top of “Tiger’s Nest” Monastery and toast your success with a Champagne picnic lunch

Trek up a rural hillside, walking past colorful prayer flags, to Chimi Lhakhang (the Temple of the Divine Madman), a storied fertility temple and mecca for Bhutanese who wish to conceive

# Itinerary

## DAY 1 ARRIVE BANGKOK, THAILAND

Arrive in Bangkok, where you are met and transferred to your hotel.

Novotel Bangkok Suvarnabhumi Airport

## DAY 2 PARO & THIMPHU, BHUTAN | LAND OF THE STUPAS

Fly to Paro, in Bhutan, where you are greeted with a *tashi khadda* (traditional welcome). Known to locals as the “Land of the Peaceful Dragon,” Bhutan is a country of sprawling forests, venerated monasteries, lush green valleys, and age-old spiritual and medicinal practices. Its people are hardworking, vividly attired and deeply religious. Continue overland to Thimphu, past forests, fields and rivers, stopping en route to visit the Simtokha Dzong, a one-time monastery-fortress built in 1629 by the founder of Bhutan. Upon arrival, check in to your accommodations, a beautiful Bhutanese retreat in the heart of the city, where you savor a refreshing lunch. Enjoy your afternoon at leisure, taking in the sights and sounds of tranquil Thimphu, perusing colorful textiles in the local markets or luxuriating in the on-site spa. Afterward, gather for a welcome dinner at the hotel.

Taj Tashi, Thimphu | Meals: Breakfast, Lunch, Dinner

## DAY 3 THIMPHU | INSIGHTS INTO TIBETAN MEDICINE

Set out today for the National Library of Bhutan to view its fascinating collection of precious texts and sacred manuscripts. Next, visit the Traditional Medicine Institute, where you enjoy a talk on Tibetan medicine, learning how the rich herbal remedies made up from the medicinal plants abundant in Bhutan are prepared and dispensed. Return to your hotel for lunch. Then, proceed to Pangri Zampa, a college for traditional astrology founded in the early 16th century, to learn how monks are trained in various areas of traditional astrology. Conclude your visit with the opportunity to practice meditation, guided by an expert, as the serene surroundings enhance this calming mindfulness technique. Later, return to your hotel, where you enjoy dinner.

Taj Tashi, Thimphu | Meals: Breakfast, Lunch, Dinner

## DAY 4 PUNAKHA | LEGEND OF THE DIVINE MADMAN

Venture to Punakha, once the capital of Bhutan. Drive over Dochula Pass at an altitude of 10,200 feet, travelling through forests of pine festooned with hanging lichen, and stopping to take in awe-inspiring vistas of the snow-capped Himalaya. Hike up to Chimi Lhakhang (Temple of the Divine Madman), built in 1499 to honor the Lama Drukpa Kunley. Adorned with fertility symbols, the monastery is a long-established pilgrimage destination, particularly for women and couples seeking a blessing for successful childbearing. Stroll through the temple grounds, free to speak with the monks who abide there. Afterward, proceed to your hotel, where you enjoy lunch followed by time at leisure. This evening, dine at your amazing resort, overlooking a verdant, terraced valley, as you sit around a warming fire.

COMO Uma Punakha | Meals: Breakfast, Dinner

## DAY 5 KHOTAKHA | TSHECHU FESTIVAL

Journey overland to Khotakha Valley, a ravine of almost magical beauty that is home to several sacred monasteries and hermitages. Venture through deep pine forests and countryside dotted by *drupchus* (water springs considered spiritually vital) and *menchus* (waters believed to have healing powers). Arrive at a remote village seldom visited by tourists to experience life as the locals live it. Visit a farmhouse to observe the lifestyle of Bhutanese people, from whom you learn about the region’s ancient traditions. Enjoy a warm greeting that includes a *tashi khadda* ceremony and welcome tea at a monastery, which you then tour. Next, gather for a private *tshechu* festival, held just for you. The *tshechu* brings together an entire community to share ritual dances that illustrate events in the life of eighth-century Buddhist master Guru Rinpoche, and is a glimpse into the true heart of this deeply spiritual people. After lunch, enjoy the opportunity to don traditional Bhutanese garments, a *kira* (dress) for women or a *gho* (robe) for men, and take part in a friendly archery match or dart game with village residents. After your full day of cultural and spiritual immersion, return to your lodge for dinner.

COMO Uma Punakha | Meals: Breakfast, Lunch, Dinner

## DAY 6 PUNAKHA | DESIGN YOUR DAY

This morning, visit the majestic Punakha Dzong, also known as “the palace of great happiness.” Constructed in 1673, it is the second oldest and second largest *dzong* in Bhutan. Return to your hotel for lunch. In the afternoon, enjoy one of these **Design Your Day** activities.

**Hike or Drive to Chorten Nyingpo Lhakhang**, passing through local villages and terraced rice paddies en route.

**Visit Sangchhen Dorji Lhuendrup Lhakhang Nunnery**, a temple complex for higher learning and meditation center.

**Trek to a Chorten (stupa)** noted for its architecture, to enjoy breathtaking views of the Punakha Valley. This evening, return to your resort for dinner.

COMO Uma Punakha | Meals: Breakfast, Dinner

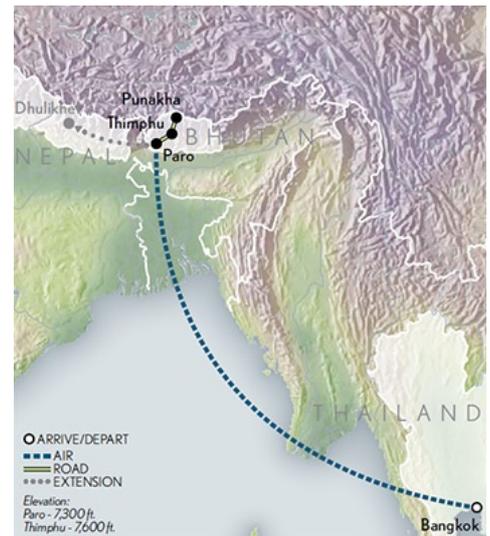
## DAY 7 PARO | INSPIRING RIVER VALLEYS

Today, experience the unique serenity of Bhutan’s rugged landscapes on a scenic drive to Paro, descending from Dochula Pass and stopping en route for lunch in Thimphu. Continue to Paro Valley, where glacial waters flow through alpine meadows, and check in to your resort, a serene haven set above the Paro valley and ancient dzong ruins. Relax at leisure this afternoon, taking advantage of your hotel’s integrated wellness offerings, such as a consultation with a doctor trained in traditional Bhutanese medicine, a massage, a hot-stone bath, a private yoga or meditation class, or other rejuvenating treatments.

Six Senses Paro | Meals: Breakfast, Lunch, Dinner

## DAY 8 PARO | ASCENT TO THE “TIGER’S NEST”

Embark on a challenging hike to one of Bhutan’s most revered icons, Taktsang Monastery (“Tiger’s Nest”), which clings to a cliff 3,000 feet above the valley floor.



Ascend to over 10,000 feet above sea level on a climb that Buddhists often make as a pilgrimage. Upon arrival, take in the views at this sacred site, where the great tantric mystic Guru Rinpoche (also known as Padmasambhava) is believed to have flown on the back of the tiger to bring the teachings of the Buddhist Dharma to Bhutan. Afterward, descend back down the mountain to enjoy a tented picnic lunch that includes Champagne, relaxing to the sounds of local musicians. Afterward, drive back to your hotel for an afternoon at leisure, resting from your climb or experiencing the many wellness-related amenities offered on site, which include massage and hot-oil compression. You may also consult with one of the hotel's on-site Bhutanese traditional specialists about a well-being program that includes personalized nutritional, traditional therapeutic, and functional fitness recommendations. Or, elect to unwind by the pool. This evening, gather for a final dinner at your hotel.

Six Senses Paro | Meals: Breakfast, Lunch, Dinner

#### DAYS 9-10 DEPART BANGKOK

On Day 9, either fly to Kathmandu to begin your post-tour extension or fly to Bangkok to enjoy the use of an executive room, available through Day 10, when you depart.

Novotel Bangkok Suvarnabhumi Airport | Meals: Breakfast

## Extensions



### Nepal & Dhulikhel Post-Tour Extension

Explore Nepal, hike among terraced farm fields, learn about local cuisine, and enjoy yoga and other optional activities.

4 days from \$1,995  
Single Supplement from \$895  
Internal air from \$335  
✈ Paro / Kathmandu

Available to add to all departure dates.

[See Dates & Prices For Details >](#)

#### Day 1

Fly to Kathmandu, Nepal, to discover Boudhanath, a massive Buddhist *stupa*. Enter Kopan Nunnery and Monastery, for a private guided meditation session led by a monk or nun. Next, explore Bhaktapur, a UNESCO World Heritage Site. Journey to Dhulikhel, with its inspiring panoramas of the Himalaya, and check in to your relaxing retreat.

Dwarika's Resort, Dhulikhel | Meals: Lunch, Dinner

#### Day 2

This morning, you may opt, at an additional cost, for a helicopter flight to view majestic Mount Everest. Enjoy one of the diverse activities available from your resort, such as birdwatching, hiking, yoga, meditation, painting and pottery lessons.

Dwarika's Resort, Dhulikhel | Meals: Breakfast, Lunch, Dinner

#### Day 3

After breakfast, again select from a range of activities or just relax. Later, gather for an exclusive Chef's Table experience to learn about and taste Nepalese cuisine alongside the resort's Chef.

Dwarika's Resort, Dhulikhel | Meals: Breakfast, Lunch

#### Day 4

After breakfast, transfer to the Kathmandu airport and depart.



### Explore Hong Kong: Stopover Package

Take advantage of an incredible opportunity to spend two nights in Hong Kong before or after your journey.

3 days from \$2,395  
Single Supplement from \$1,395  
*International air not included.*

#### 3 Days

Experience Hong Kong Island by land, air and sea, beginning with a look at the city's bustling market culture with stops at the Sheung Wan Dried Food and Herbal Market, street-side antique shops, and an open-air curio market. Ride the Peak Tram funicular up to Victoria Peak for a stunning view of Victoria Harbour and finish with a traditional *sampan* (wooden boat) ride through the local floating villages.

The Peninsula Hong Kong | Meals: Breakfast, Lunch (Day 2); Breakfast (Day 3)

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As of Dec 08, 2019



# Explore Dubai: Stopover Package

Take advantage of an incredible opportunity to spend two nights in Dubai before or after your journey.

3 days from \$1,795  
Single Supplement from \$1,195

## Hotel Options:

Park Hyatt Dubai, from \$1,795 | Single Supplement from \$1,195  
Taj Dubai, from \$1,895 | Single Supplement from \$1,195  
Mandarin Oriental Jumeira, Dubai, from \$2,195 | Single Supplement from \$1,495

*International air not included.*

3 Days

Fly to Dubai and check in to your luxury hotel. Discover the best of this dazzling city, viewing its remarkable architecture, visiting the Spice Market and colorful shops at the Deira Gold Souk, and ascending the Burj Khalifa, the world's tallest skyscraper. On the last day, continue on to your journey or board your flight home.

Park Hyatt Dubai or Taj Dubai or Mandarin Oriental Jumeira, Dubai | Meals: Breakfast, Lunch (Day 2) Breakfast (Day 3)

## Dates & Prices

Prices are in USD, per person, based on double occupancy.

| Dates  | Prices  | Single Supplement | Internal Air (From) | Availability          |
|--|---------|-------------------|---------------------|-----------------------|
| <b>Apr 22 - May 01, 2020</b>   | \$9,995 | \$4,595           | \$1,275             | Available             |
| <i>Optional <a href="#">post-tour extension</a> available on this departure.</i> |         |                   |                     |                       |
| <b>Sep 30 - Oct 09, 2020</b>   | \$9,995 | \$4,595           | \$1,275             | Available             |
| <i>Optional <a href="#">post-tour extension</a> available on this departure.</i> |         |                   |                     |                       |
| <b>Oct 08 - Oct 17, 2020</b>   | \$9,995 | \$4,595           | \$1,275             | Call for Availability |
| <i>Optional <a href="#">post-tour extension</a> available on this departure.</i> |         |                   |                     |                       |
| <b>Nov 02 - Nov 11, 2020</b>   | \$9,995 | \$4,595           | \$1,275             | Available             |
| <i>Optional <a href="#">post-tour extension</a> available on this departure.</i> |         |                   |                     |                       |

## Journey Details

Internal Air: Economy class from \$1,275  
Bangkok/Paro/Bangkok

This journey contains some active elements.

Minimum age is 10 years.

First group event: flight to Paro at 6:50 a.m. on Day 2.

Last group event: return flight to Bangkok at 11:00 a.m. on Day 9.

Departures are guaranteed to operate with a minimum of 2 guests.

Prices are per person based on double occupancy. Internal and international air not included. See complete terms and conditions [here](#).