

EXOTIC
DESTINATIONS 异国风情

6D4N

不丹

廷布 / 普那卡 / 帕罗

BHUTAN

THIMPHU / PUNAKHA / PARO

Penang ✈ Paro Tour code: PXPBH-1



BHUTAN



Motithang Takin Preserve
皇家羚牛保护区



Simtokha Dzong
西姆托卡宗



Chimi Lhakhang
切米拉康



Taktshang Monastery
虎穴寺

行程次序，以當地旅社安排為準。
Sequences of Itinerary are subject to local arrangement.



Ta Dzong National Museum
不丹国家博物馆



Thimphu's Main Street
廷布主街道



Tashichho Dzong
扎西确宗



精简行程：

第一天 槟城 ✈ 帕罗 (不丹) (55公里1小时30分钟)
✈ 廷布 (机上用餐/午/晚)

- ☑ 前往廷布，途中楚佐姆停留 (三座神殿：不丹人、藏人 & 尼泊尔的建筑特色)
- ☑ 达齐冈拉康“妙马寺” (路途经过)
- ☑ 大佛像 (Kuensel Phodrang) (参观)
- ☑ 皇家羚牛保护区 (含门票)
- ☑ 不丹国家纪念碑 (拍照点)
- ☑ 廷布主街道及市场 (步行游览)
- ☑ 扎西确宗 (参观)

第二天 廷布 🚗 (75公里3小时) 普那卡 (早/午/晚)

- ☑ 不丹手工艺品商店 & 正宗不丹手工艺街 (拍照)
- ☑ 不丹邮政总局 (拍照)
- ☑ 前往普那卡穿过多楚拉山口 (拍照点)
- ☑ 普那卡宗 (参观)
- ☑ 切米拉康 (求子庙) (步行游览)
- ☑ 普那卡小镇 (拍照点)

第三天 普那卡 (120公里4小时30分钟) 🚗 帕罗 (早/午/晚)

- ☑ 西姆托卡宗 (参观)
- ☑ 塔宗国家博物馆 (含门票)
- ☑ 帕罗宗 (日蓬堡) (参观)

第四天 帕罗 (早/午/晚)

- ☑ 虎穴寺 (步行约5小时) *包含单程骑小马
- ☑ 穿上传统不丹服饰 (Kira 和 Gho) 拍照留念

第五天 帕罗 ✈ 中转城市 ✈ 槟城 (早/午/机上用餐)

- ☑ 祈楚拉康 (参观)
- ☑ 本地市场 (拍照)
- ☑ 送往机场启程

第六天 抵达槟城



✓ 4早餐/5午餐/4晚餐
风味餐：
当地风味餐

特别赠送



- * 在重大会议、博览会和节日期间，住宿可能会安排在其他城市，恕不另行通知。
- * 部分住宿可能没有特定的三人房、双床房或双人房类型。
- * 部分住宿可能提供三人间，第三张床为折叠床或沙发床，具体取决于每个酒店现有的房型。

免责声明：由于新冠肺炎疫情旅行限制当地/宗教节日，公众假期，天气状况，交通等情况，自然灾害，必要时黄金旅程保留对行程进行适当调整（调整景点游览顺序）以确保行程顺利进行，会或否事先通知。

备注：如果旅游行程受到上述问题的影响，将不予退款或更换。图片仅供参考。

观光景点：

廷布

- ◆ **廷布** - 是不丹最大的城市，距离帕罗仅一小时车程。尽管廷布被认为是该国最现代化的城市，但它仍保留了不丹城镇的独特风貌。这里，各种餐厅和网吧与古老的堡垒、修道院和森林并存。廷布也是世界上唯一没有红绿灯的首都。
- ◆ **扎西确宗** - 是一座佛教寺院和堡垒，位于不丹廷布市北部边缘，旺楚河西岸。传统上，它是德鲁克·德西的所在地，德鲁克·德西是该国的民政首脑，自1907年君主制建立以来，该职位一直与国王合并，也是该国的夏都。

普那卡

- ◆ **普那卡** - 是不丹喜马拉雅山脉的一个小镇。它以普那卡宗而闻名，这是一座17世纪的堡垒，位于 Pho 河和 Mo Chhu 河的交汇处。这座堡垒举办普纳卡节，这是一个以面具舞蹈和音乐为特色的宗教节日。在周围的普那卡山谷，寺庙包括以生育为重点的奇美拉康和山顶的卡姆沙耶里纳耶纪念碑，可欣赏河流和山脉的景色。
- ◆ **普那卡宗** - 是不丹普那卡县的行政中心。该宗由第一世夏仲仁波切阿旺朗杰于1637-38年修建，是不丹第二古老及第二大的宗，也是最宏伟的建筑之一。

帕罗

- ◆ **虎穴寺“虎穴”** - 海拔2,950米，坐落在岩石壁架上，瀑布从天而降，令人眼花缭乱。虎穴寺的意思是“虎穴”。虎穴寺的传说起源于公元747年，当时被称为第二佛的莲花生大士选择了一个陡峭岩壁上的洞穴进行冥想，并化身愤怒的莲花生大士，骑在一只雌虎上，以降伏当地的恶灵。他在洞穴中冥想了3年3个月3周3天，才降服了恶灵，并为众生埋藏了深奥的宝藏。



酒店住宿 (4晚)

- ✓ 米玛酒店 / Drugyul 双峰塔酒店 或同级 x1晚
- ✓ 罗比萨酒店 / 瓦拉酒店 / 普纳桑格丘小屋酒店 或同级 x1晚
- ✓ 曼塔度假村 / 奥拉唐小屋酒店 或同级 x2晚



Kyichu Lhakhang
祈楚拉康



Buddha Point
大佛像



Punakha Dzong
普那卡宗

SCHEDULE

D1 PENANG ✈️ PARO (BHUTAN) (55KM 1H30M) 🚗 THIMPHU (MOB/L/D)

- ✓ Transfer to Thimphu enroute stop at Chuzom (3 style of stupas; Tibetan, Nepalese and Bhutanese)
- ✓ Tachogang Lhakhang, "the temple of the excellent horse" (Drive by)
- ✓ Buddha Point (Kuensel Phodrang) (Visit)
- ✓ Motithang Takin Preserve (Entrance Included)
- ✓ King's Memorial Chorten (Photo Stop)
- ✓ Thimphu's Main Street & Market Area (Walking Orientation)
- ✓ Tashichho Dzong (Visit)

D2 THIMPHU 🚗 (75KM 3H) PUNAKHA (B/L/D)

- ✓ Bhutan Handicraft Emporium & Authentic Bhutanese Craft Street (Photo Stop)
- ✓ Bhutan Post Office Headquarters (Photo Stop)
- ✓ Drive to Punakha across Dochula Pass (Photo Stop)
- ✓ Punakha Dzong (Visit)
- ✓ Chimi Lhakhang (Walking Orientation)
- ✓ Punakha Village (Photo Stop)

D3 PUNAKHA 🚗 (120KM 4H30M) PARO (B/L/D)

- ✓ Simtokha Dzong (Visit)
- ✓ Ta Dzong National Museum (Entrance Included)
- ✓ Rinpung Dzong (ParoDzong) (Visit)

D4 PARO (B/L/D)

- ✓ Taktshang Monastery "Tiger's Nest" (Approx. 5 hours walking) *Include one-way Pony Ride
- ✓ Dressed in Kira & Gho for Photo Shoot

D5 PARO ✈️ TRANSIT CITY ✈️ PENANG (B/L/MOB)

- ✓ Kyichu Lhakhang (Visit)
- ✓ Local Market (Photo Stop)
- ✓ Transfer to Airport

D6 ARRIVAL PENANG



✓ 4 Breakfasts / 5 Lunches / 4 Dinners

Special Cuisine:
Local Cuisine

SPECIAL COMPLEMENTARY

TOURIST ATTRACTIONS:

THIMPHU

- ◆ **Thimphu** - Is Bhutan's largest city and is just an hour's drive from Paro. Even though Thimphu is considered as the country's most modern city, it has retained the unique character of a Bhutanese town. Here, an array of restaurants and internet cafés sit alongside old fortresses, monasteries and forests. Thimphu is also the only national capital city in the world to not have any traffic lights.
- ◆ **Tashichho Dzong** - Is a Buddhist monastery and fortress on the northern edge of the city of Thimphu in Bhutan, on the western bank of the Wang Chu. It has traditionally been the seat of the Druk Desi, the head of Bhutan's civil government, an office which has been combined with the kingship since the creation of the monarchy in 1907, and summer capital of the country.

PUNAKHA

- ◆ **Punakha** - Is a town in the Himalayas of Bhutan. It's known for the Punakha Dzong, a 17th-century fortress at the juncture of the Pho and Mo Chhu rivers. The fortress hosts the Punakha Tsechu, a religious festival featuring masked dances and music. In the surrounding Punakha Valley, temples include the fertility-focused Chimi Lhakhang and the hilltop Khamsum Yulley Namgyal Chorten, which has river and mountain views.
- ◆ **Punakha Dzong** - Also known as Pungthang Dewa chenbi Phodrang, is the administrative centre of Punakha District in Punakha, Bhutan. Constructed by Ngawang Namgyal, 1st Zhabdrung Rinpoche, in 1637-38, it is the second oldest and second-largest dzong in Bhutan and one of its most majestic structures.

PARO

- ◆ **Taktshang Monastery "Tiger's Nest"** - Is located 2,950m above the sea level, perched giddily on a rocky ledge, with a waterfall cascading as if from the blue. Taktshang means Tiger's Nest. The legend of Taktshang evolved from 747 AD when Guru Padmasambhava, known as the second Buddha, chose a cave on a sheer rock face to meditate and, assuming a wrathful form, Guru Dorji Drolo, astride a tigress to subdue the evil spirits in the locality. He meditated in the cave for 3 years 3 months, 3 weeks and 3 days before subjugating the malicious spirits, and concealed profound treasures for the benefit of sentient beings.



HOTEL OR SIMILAR (4 NIGHTS)

- ✓ Hotel Migmar / Drugyul Twin Tower or similar
- ✓ Lobesa / Vara / Punatsangchhu Cottages or similar
- ✓ Metta / Olathang Cottage or similar

x 1 Night
x 1 Night
x 2 Nights



*During major conferences, fairs, and festivals, accommodation may be located in an alternative city without prior notice.

*Some accommodations may not have specific triple, twin or double bedroom types.

*Some accommodations may provide triple share room the third bed a rollaway bed or sofa bed depends to each hotel's existing room types.

Disclaimer: Due to Covid-19 travel restrictions, local / religious festivals, public holidays, weather condition, transport technical issue, acts of nature, Golden Destinations reserved the right to alter the sequence or change, amend or alter the itinerary if necessary, with or without prior notice.

Remark: There will be no refund or replacement if the tour logistic affected by the above issue. All pictures are for illustration purpose only.

GENERAL INFORMATION

BHUTAN 不丹



货币 Currency 	Bhutanese Ngultrum (BTN) 不丹努尔特鲁姆 (BTN)	信用卡 Credit Card 	Call credit card centre to extend your credit card limit <i>* Credit Card are used widely in Bhutan</i> 致电信用卡中心，以延长你的信用卡额度 <i>*许多信用卡在不丹通行。</i>
货币兑换率 Exchange Rate 	USD1 : BTN 83 BTN100 : RM5.00 1 美元 : 83不丹努尔特鲁姆 100 不丹努尔特鲁姆 : 5.00 令吉 <small>*Subject to currency of the day* *以当天汇率为准*</small>	拨号代码 Dial Code 	Bhutan : +975 不丹 : +975
电压 Voltage 	220 - 240 Volts 220 - 240 伏	插座 Power Socket 	Type C (2-pin) C型(2脚) Type D (3-pin) D型(3脚) Type M (3-pin) M型(3脚) <small>*Please bring a universal electric plug adapter *请自带多功能插座</small>
时差 Time Difference 	Bhutan : 2 hrs behind Malaysia 不丹 : 比马来西亚晚 2 小时	行李托运 Luggage Allowance 	Each individual are entitled to check in 1 luggage of not more than 30kgs and a hand carry bag not more than 5kgs. 每人可托运 1 件不超过 30公斤的行李和 1 件不超过 5 公斤的手提行李。
气候 Weather 	<div> <input type="checkbox"/> Spring 春季 3月 - 5月 Mar to May 16°C ~ 23°C <input type="checkbox"/> Summer 夏季 6月 - 8月 Jun to Aug 23°C ~ 25°C <input type="checkbox"/> Autumn 秋季 9月 - 11月 Sep to Nov 15°C ~ 24°C <input type="checkbox"/> Winter 冬季 12月 - 2月 Dec to Feb 9°C ~ 12°C </div> <small>*Subject to weather of the day* *以当天天气报告为准*</small>		
飞机型号 Aircraft Type 			

Departure Date:

出发日期:

Tour Fare:

团费:

Tipping:

小费:

Visa:

签证:

Flight :

航班行程:

Airport Tax & Fuel Surcharge:

机场税及燃油附加费:

Agent Collection Fee:

旅行社代收费:

Travel Insurance:

旅行保险:

TOTAL :

总数 :

GD Partner:



Operated By
ICE HOLIDAYS SDN BHD
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