



### **Gimps Of Bhutan**

The kingdom of Bhutan is a land locked country in eastern Himalayas. Sandwiched between China in north and India in all three direction, i.e east, west and South directions. The total area of Bhutan is approximately 38,394 km square and the total population of the country is 790,000. Due to less population it is considered as the last Shangrila which lies in the eastern end of Himalayas. The total forest cover is 72% approximately. The total terrain ranges from 200m in south till the highest peak Jumolhari (7,326 m). Bhutan is the only country where you can find some place totally negative to Carbon. It was awarded the Nobel Prize in the year 2014 by UNICEF. It is the country where Mahayana Buddhism is followed throughout the country.

**Landscape/ biodiversity:** when you travel through Bhutan you will find steep and high mountain terrain along the river side. These extra-ordinary geographical diversity contribute to Bhutans outstanding range of biodiversity and ecosystem. You can find Bhutan in rich flora and fauna.

**Cuisine:** Locally known as Ema DATshi (Chilli Cheese) is a spicy dish cooked only with chilli with cheese. This dish is considered to be the national dish in our country. Most usually all the dishes are boiled and then added with local cheese and packed cheese.

### **TRADITIONAL ARTS AND CRAFT**

Our traditional art consist of “Zorig Chusum” meaning thirteen craft. Inoder to preserve our traditional craft we have our National Institute for Zorig Chusum (Painting School). The school was initially opened in the year 1971 under the Royal Command.

The institute is similar to modern school as there is hireacy in up gradation. The students are taught painting, calligraphy, embroidery, wood carving, sculpture and statue making. They are taught to understand the traditional meaning and spiritual value enshrined in Bhutanese art.

The thirteen art and craft comprises of follows:-1/ Painting 2/Carpentry 3/ Carving 4/ Sculpture 5/ Casting 6/ Blacksmithing 7/ Bamboo work 8/ Gold and silversmithing 9/ Weaving 10/ Embroidery 11/ Masonry 12/ leather work and 13/ Paper making.

**Culture and Society:** Bhutanese culture is deeply rooted in Mahayana Buddhism. The national dress for men is Gho and for women is Kira. Most often people spend their leisure time playing archery or Khuru (traditional Dart) along with their family having picnic on nearby.

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**Weather:** Bhutan experiences five type of weather prominently namely summer, monsoon, autumn, winter and spring. The western parts experience heavy rainfall due to monsoon, whereas the southern parts experience humid summer and cold winters. Hence you can have a option during visiting Bhutan depending upon the climatic condition you like.

**Transport:** there are only two means of entering into Bhutan. One can either fly through Paro or you should enter by road through Phuentsholing. Paro is the only international airport in Country.

\*INR(Indian Rupees) denomination of 500 and above are not accepted in the country.`

**Economy:** The currency of Bhutan is Ngultrum and it is equivalent to Indian Rupee,, which is also acceptable throughout the nation. Bhutan economy is considered to be the smallest economy in the world. It is growing rapidly in years. Agriculture being the main source of economy and Bhutan is considered to be only country in world where organic farming is practice.

**Souvenirs:** Yathra or yethrs are hand woven textiles derived from yak are quite famous. There are blended in several materials to make bag, jacket, blankets and carpets. Buddhist painting and instruments are the other option you can opt for. Bhutanese stamp also considered to more valuable with rich colorful background.

### **Tourist Spots**

There are several places that you can visit while you are in Bhutan. It would depend upon your length of your stay in Bhutan. These are some of the popular spots which you won't try to miss while you are Bhutan.

#### **1/Tiger's Nest**

Tiger's Nest or Taktsang Monastery is one of the most popular Bhutan tourist places in Paro, known for the beautiful and the sacred monastery of Guru Rinpoche. It is considered as a place of pilgrimage and is an easy half trek, which gives you the panoramic views of the Paro valleys. According to the legends, Guru Rinpoche also considered as the second Buddha rode to this place on a tigress's back to suppress a local demon and thus he meditated here for 3 months. This place is Bhutan's most religious site and it hangs on the cliff as it stands above the lush forest of thousands of species of rhododendrons and blue pine.

Tourists can come to this monastery by standard permits which your guide will arrange for you. Also, you have to register your at the entrance deposit your cameras and bags because photography is prohibited inside of the temple.

#### **2/Buddha Dordenma Statue**

The Statue is a 169 feet tall statue of Buddha, built at the foot of the hills in Thimphu. This iconic gold and bronze statue is visible from almost anywhere in Thimphu and is among the **best tourist places in Bhutan**.

This is a statue of Buddha and it's a giant one at the top of the mountains in Thimphu and it's also known as the Kunzang Phodrang. The presence of this giant statue of Buddha symbolizes the dominant religion of Bhutan. This very religion plays a solid part in this country and in the everyday life of the country people. You will see the string of flags at the roadsides and the several praying wheels around the clock tower, which is at the midst of the town.

There are small temples and the various paintings that adorn the walls that are made of cement and rock. Buddha dordenma is the largest statue and it's 52.5 meters tall and made of bronze. Inside this figure, there are 125,000 small figurines of the same. There are 25,000 and 12 inches ones and 100,000 8 inches one

### **3/Dochula Pass**

**Dochula Pass** is a beautiful pass consisting of 108 Chortens or Stupas, built in the memory of the Bhutanese soldiers who died in a war against the insurgents from India. The beautifully built temple and stupas, with the picturesque Gangkar Puensum peak in the background, makes the Dochula Pass one of the most **beautiful tourist places in Bhutan**. Dochula pass is situated at on the way to Punakha and Thimphu.

This very pass is a popular location for every tourist who visits the country. From the pass, you can have a panoramic view of the Himalayan mountain range, and you must know the view is very beautiful from the top. You will get to see the snow covered mountains and the amazing backdrop of the place. So many Bhutanese families enjoy their holidays in this area, they have small picnics, and some just come here to enjoy the view. You can have pack your lunch and have tea in a flask and come here to enjoy the food and hot tea.

### **4/ Punakha Dzong**

Punakha Dzong is the second largest dzong in Bhutan(The Land of Thunderbolt) and is known for its brilliant structure. Among the **best tourist places in Bhutan**, the dzong speaks volumes about the beautiful stories and traditions of the Buddhist culture. Do not miss this on your Bhutan sightseeing tour.

Punakha is the winter capital of this country and the head clergy of Bhutan spends the winter in this popular Dzong. The Punakha Dzong is situated on the 1,200 meters and on this height no one ever suffers from height sickness or oxygen shortage, so if you are thinking about hiking, then you can aim for the higher place such as Paro Taktsang or tiger's nest and it's a very ideal place for beginners.

This dzong is considered the most beautiful one in the country and the very first national assembly was held here in 1953. This is the second largest fortress in Bhutan and most popular one as well. To finish the building of this dzong took a year and the most interesting fact is that this building has no usage of nails. Almost every national treasure of the country is kept here, and in here the king of Bhutan Jigme Khesar Namgyel Wangchuck got married to the Queen Jetsun Pema in 2011.

## **5/Chele La Pass**

located at an altitude of about 3,989 meters, Chele La pass is among the popular **tourist places in Bhutan**. The magnificent pass is en-route the Haa Valley in Paro. On a nice and clear day, you can experience the Jomolhari mountain from here and the adjacent peaks from the northwest side and can view the valleys of Haa and Paro as well.

This pass is located at the 13,000 feet above in the west from the Paro valley, it is the highest road pass of Bhutan and is surrounded with amazing views of the Himalayan range, and the Mount Jomolhari, which is this country's most sacred mountain and it's over 22,000 feet. To reach this place you have to take one and a half hour drive from the valley floor of Paro.

Another attraction of this place is the Haa summer festival, and this is the symbol of the rich culture of the nomadic heaps. You can have a small excursion, which will take only 2 and half hours, as many tourists visit this place for the excursion in here.

## **6/ Rinpung Dzong**

Rinpung Dzong is a beautiful *dzong* (fort), with towering walls, built in the 16th century. Known as the *Fortress on a Heap of Jewels*, Rinpung Dzong is among the best tourist places to visit in Bhutan and a classic example of Bhutanese architecture and deep rooted traditions.

The entire area is filled with various temples and shrines. Some of the shrines are, Kungarwa, Monk's assembly hall, Sandalwood stupa, protector's shrine and so on. Every year there is an annual festival of tshechu and it is held in Rinpung Dzong and it starts from the eleventh day to the fifteenth day and the day is marked in Bhutan's lunar calendar. If you want to know the months properly then it's the months of March to April.

In this festival holy images are carried in a procession, and this very thing is followed by the mask dances which tells many stories and these are performed by the monks for many days. On the fifteenth day before the dawn breaks a sacred banner which consists of eight manifestations of Padmasambhava is showed for the public in those early hours and the tradition is that there will be no sunlight to fall on the banner.

## **7/CHIMI LHAKANG**

Chimi Lhakang meaning No –Dog Lhakang was made by Lama Nagi Wangchuk the first cousin of Lama Drukpa Kuenley. It is believed that the site had been subdued by three ogresses. Lama Drukpa Kuenley subdued three ogresses in the form of Dog on the same site. This is how the name was also derived.

Inside the temple there is a statue of Buddha and Lama Drukpa Kuenley, Rigsum Goenpa (Jampel Yang, Chagna Dorji and Chenerezig) and a stupa containing remains of Walageb (the follower of Lama Drukpa Kuenley). There is also the bow and arrow belonging to Lama Drukpa Kuenley including two Phallus –one of stone and wood.

It is commonly believed that Barren women who are not blessed with a child come here to get a blessing of child following the instruction of the Lhakang.

### **Delayed Arrivals**

There is no charge applicable for flight delays because of weather conditions distracting the flight or road blocks. However they may bear the cost of food, accommodation and transport and other services required.

### **Estimated Driving Time with Distance**

From	To	Distance in km	Driving time
Paro	Thimphu	54km	1hrs 30min
Paro	Haa	70km	3 hours
Paro	Phuentsholing	165km	5-6hours
Thimphu	Phuentsholing	171 km	6 hours

Thimphu	Punakha	71km	3 hours
Punakha	Wangdue	13km	45 minutes
Punakha	Gantey	87 km	3 hours

### **About Us**

We are tour operator based in Phuentsholing, Bhutan. We provide you with the best packages according to your need. We assure you that we give you the best experience for stay in Bhutan. Our aim is to provide exceptional travel experience for visiting the youngest democracy in the world ruled by monarch. We believe that you get the best of the best experience with authentic people experienced in the field. We ensure you that your visit is not only pleasurable but you always cherish for rest of your life.

### **Rigsel Tour & Trek**

Rigsel Tour and trek are tour operator registered under the Tourisms Council of Bhutan. We are certified agent providing you with the best deal according to your need. Our main aim is to provide the best experienced stay once you visit Bhutan no matter your Nationality. Whilst most operators simply hire local companies to handle the day to day operation of their tour, we manage it all by our self. We have separate managers for each department and all the groups are escorted by our own troop leaders from the office. We have our own experienced guides and driver in the field with their experienced over servable years.

### **Our Aim**

- Our main aim to provide Best experience with more positive feedback then the negative feedback.
- We believe in exchange in culture rather than imposing your culture. We try to adjust and take new culture for next experience.
- We give an opportunity to make your own destination in Bhutan according to your personal need rather than giving our own.

### **What we Offer**

We offer variety of travel packages according to one's personal need and wants. There is variety of options that you can opt for as stated below.

### **1/ Cultural Holidays**

One of the great things about life is the variety of different cultures, beliefs and traditions which are found all across the globe. For many, culture holidays and sightseeing holidays are the best and most interesting breaks available. At Miles & Smiles, we know exactly what you are looking for, from hot, spicy local food to organic and continental cuisines to a visit to a local astrologer.

## **2/Family Holidays**

What makes family adventure holidays so special is the fact that a group of people closer to each other than anyone else can enjoy it together. At Miles & Smiles, we have been on many family adventure holidays. We can tailor the perfect family adventure holiday for you, taking you on a break that will provide a lifetime of memories even provide a nanny for your children while you explore. Our family adventure holidays are an amazing experience for adults and children alike because of your stay in farm houses and your interaction with the locals to experience Bhutanese culture first hand.

## **3/Walking and Trekking Holidays**

If you have interest to explore and, then trekking holidays and walking holidays are ideal to experience Bhutan's rich flora and fauna. Trekking across different terrains in a far away land evokes a spirit of discovery and offers a totally new perspective on the country. At Miles & Smiles, we have trekked in every nook and corner of the country from 4,000-6,000 meters, from the Snow Man trail trek in the east to the Yak Herders Trek in the west or the Thousand Lakes Trek in Central Bhutan. We can tailor the perfect walking holiday package for you, featuring plenty of wonderful sights, like the blue sheep and the Snow Leopard and taxing enough to give you a sense of achievement but not so tough that it is unpleasant.

## **4/Photography Holidays**

Every holiday you go on you take photographs but for some the photographs are the reason they on holiday. Photography holidays are tailored around visiting places which can be captured beautifully with camera. At Miles and Smiles, we have been taking enthusiastic photographers to some of the most amazing destinations for many years like the age-old fortresses and the mask dances. We can provide the perfect photography tour for you, taking you on a trip that will provide a lifetime of memories. Our holidays for photographers are simply breathtaking.



## **5/Safari and Bird Watching Holidays**

Safari holidays and wildlife safaris promise lots of adventure and fun. At Miles & Smiles, we know where the best safari holiday destinations are and can help you go on a break of a lifetime. At Miles & Smiles, we have been on numerous safari and bird watching trips, giving travelers the rich and exciting experience they so desperately crave. We can tailor the perfect wildlife safaris for you, promising a glimpse of some of the most majestic animals like the Tuskers, the Golden Languor, the endangered White Bellied Heron, et, on our country.

## **6/Cycling and Motor Bike Holidays**

Travelling across distant lands on a cycling holiday is one of the best ways to enjoy an adventure break and one which will leave you with a lifetime of memories. At Miles & Smiles, we have cycled and biked in every corner of the country, from the breathtaking landscapes of Bumthang to the mountains of Thimphu. We can take you on the perfect family cycling holiday, allowing you to take in the many wonderful sights the country has to offer. Whether you are a keen cyclist or just enjoy a casual bike ride from time to time, we can take you on an adventure you will never forget.