



**SUGARCANE
ELEPHANTS**
Sweet Big Transformational Journeys

A HAPPINESS RETREAT

Transformational journey from the scenery to within

Dates	:	September 2nd – 7th, 2023
Duration	:	5 nights & 6 days
Destination	:	BHUTAN
Start & End Point	:	Kathmandu, Nepal

TOUR ITINERARY

DAY 1: FLY TO PARO(2,200M) & DRIVE TO THIMPU(2,334M)

Am: Transfer to airport and fly to **Paro in Bhutan** & drive to **Thimpu** – 1.5 Hrs.

Pm: After Lunch visit the **Memorial Chorten**

Eve: Dinner and Overnight at hotel in Thimpu.





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DAY 2: SIGHTSEEINGTOUR IN BHUTAN.

Am: Breakfast at the hotel later visit **Thimpu Dzong, Giant Buddha & Takin Preserve Centre.**

Pm: Lunch at a local restaurant.

Eve: Dinner and Overnight at hotel in Thimpu.

DAY 3: DRIVE TO PUNAKHA(1,242M)

Am: Transfer to **Punakha 3 Hrs**, short stop in **Dochula pass(3,100M)**

Pm: On the way to Punakha have lunch and take a side trip to **Chhimmi Lhakhang Monastery.**
Later, arrive in **Punaka** and visit **Punakha Dzong** and afterwards attend evening rituals in **Nunnery.**

Eve: Overnight at hotel in Punakha.



DAY 4: DRIVE TO PARO VIA THIMPU

Am: Drive to **Paro** Via **Thimphu** – 4 Hrs. enroute short break at **Dochula pass.**

Noon: Arrive in **Thimphu city** for hot lunch at a nice restaurant.

Pm: After lunch continue drive to Paro en route visit **Simtokha Dzong.**

Eve: Dinner and overnight at hotel in Paro.





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DAY 5: HIKE UP TO TAKTSANG MONASTERY (TIGER'S NEST)

Am: Hike to **Taktsang Monastery (Tiger's Nest)**

Pm: Return back to Paro valley and visit **Kyichu Lhakhang Temple, Paro Dzong & Paro Bazaar.**

Eve: Return to hotel for dinner and overnight at **Hotel in Paro.**



DAY 6: FLY BACK TO KATHMANDU + FINAL DEPARTURE.

Am: Transfer to airport and fly to Kathmandu.

Pm: Transfer to the Airport for final departure.



Further Information on the retreat

Locations	3 Star Hotels	No. of Nights
Thimpu	Amodhara	2
Punakha	Hotel Vara	1
Paro	Rema Resort	2

THE COSTS FOR FOREIGNERS OTHER THAN INDIAN NATIONAL	
Occupancy	Price in USD
Single Occupancy	US\$ 2848/- per person.
Shared Occupancy (per person)	US\$ 2633/- per person.
THE COSTS FOR INDIAN NATIONALS	
Occupancy	Price in USD
Single Occupancy	USD 1635/- per person
Shared Occupancy (per person)	USD 1435/- per person
AIRFARE	
Airfare for sector Kathmandu / Paro / Kathmandu: USD 510/- net per person, Please note: Flight price is estimated and will fluctuate until tickets are issued.	

The cost Includes in Nepal & in Bhutan

- ❖ Arrivals / Departures transfers in Nepal with an English-speaking Tour Escort from Nepal.
- ❖ Five nights' accommodation and all-inclusive Bhutan tour as mentioned in itinerary on twin / sharing basis.
- ❖ All Meals as mentioned in itinerary.
- ❖ Holistic Yoga , Energizing Pranayama & Meditation sessions.
- ❖ All applicable taxes
- ❖ All drives, sightseeing tours, permits.
- ❖ Monumental entrance fees.
- ❖ Airport transfer as specified in Itinerary in private AC vehicle.
- ❖ Mineral water bottles during the sightseeing tour and long drives in Bhutan
- ❖ All lunches in local tourist restaurant during sightseeing tour in Bhutan.
- ❖ Bhutan visa fees.

The costs excludes

- ❖ International Airfares to / from Kathmandu.
- ❖ Single supplement cost as mentioned above.
- ❖ Airfare for sector Kathmandu / Paro / Kathmandu
- ❖ Nepal entry visa fees (US\$ 30/- per person for 15 days for multiple entry visas).
- ❖ Items of a personal nature such as bar bills, laundry, telephone calls and internet services, extra mileage, personal gratuities as tips to guide, driver, etc., and any extra costs incurred due to natural calamities, flight delays, cancellations, illness, etc., which should be covered by the Personal Travel Insurance.
- ❖ Any other items not mentioned in our costs include section.