



Adzom Gyalse Rinpoche

Bhutan Spiritual Pilgrimage Tour with

ADZOM GYALSE RINPOCHE

(April 7- April 16, 2018)

9 nights/10 days: Tailor Made Itinerary

Day 1: Arrive PARO-THIMPHU

Day 2: THIMPHU-TRONGSA (Rinpoche will join us at Thimphu)

Day 3: TRONGSA-BUMTHANG

Day 4: BUMTHANG

Day 5: BUMTHANG

Day 6: BUMTHANG-PUNAKHA

Day 7: PUNAKHA/THIMPHU-PARO

Day 8: PARO

Day 9: PARO

Day 10: DEPARTURE from PARO AIRPORT



Terraced River Valley

Day 01: April 7th - Arrive Paro by Druk Air or Bhutan Airlines & drive to Thimphu (55 km, approx 1 and 1/2 hrs drive)

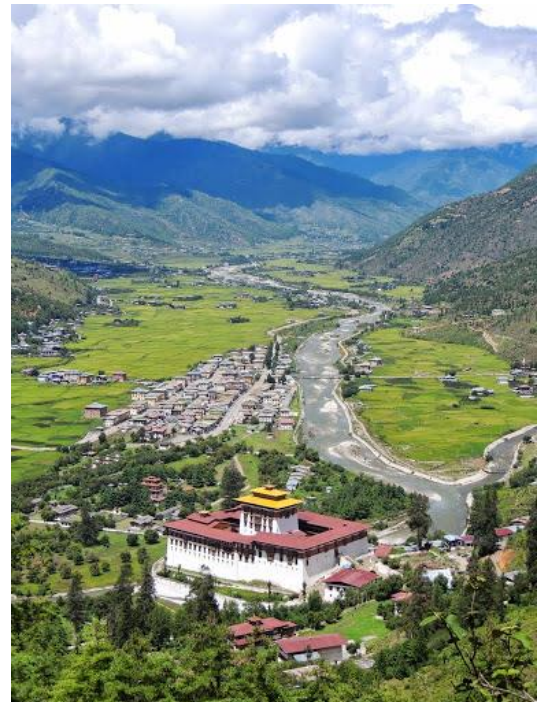


Mt. Everest from the approach to Bhutan

We will fly from Delhi into Bhutan. The green walls of the hills known as "Dooars" (derived from the word "doors") are gateways into Bhutan from the plains of India, which rise ever higher as the airplane flies north toward the Tibetan border. Silvery rivers rush along the valleys, waterfalls plunge down the forested mountain sides, and to the north, the great snowcapped peaks of the inner Himalayas rise up to the heavens. Farm houses dot the hillsides on either side of the plane.

As the aircraft enters the Paro Valley, look down and you will see Paro Dzong (fortress) on the hillside overlooking Paro Chu (river) with Ta Dzong, formerly a watchtower and now the National Museum, above it. We will be received by our guide at the airport who will accompany us to Thimphu, capital of Bhutan, where we will be joined by **Adzom Gyalse Rinpoche**.

Overnight Thimphu.



Paro Valley



Clockwise above: Paro Airport, Adzom Gyalse Rinpoche in Bhutan, an important shrine in Thimphu, and the Giant Buddha above Thimphu



Dochu-la Pass



Day 02: April 8th- THIMPHU-TRONGSA



The Chendebji Chorten

After early breakfast, we will drive up to Dochu-la Pass (3,088m/ 10,130 ft) stopping briefly here to take in the view and admire the chorten, maniwall, and prayer flags which decorate the highest point on the road. If the sky is clear, the following peaks can be seen from this pass (left to right): Masagang (7,158m), Tsendagang (6,960m), Terigang (7,060m), Jejegangphugang (7,158 m), Kangphugang (7,170 m), Zongphugang (7,060 m), a table mountain that dominates the isolated region of Lunana - finally Gangkar Puensum, the highest peak in Bhutan at 7,497m. From Dochu-la Pass, it is a long, winding descent into the Wangduephodrang Valley, which is about 1,700m below the pass. We'll have lunch at Wangduephodrang town, then continue on to Trongsa across Pele-la Pass (3,300m/10,830 ft), the traditional boundary between East and West. The pass is marked by large white chorten prayer flags. There is an abrupt change in vegetation at this point, with mountain forest replaced by high altitude dwarf bamboo. We'll stop en route at Chendebji Chorten, patterned on Kathmandu's Swayambhunath Stupa, with eyes painted at the four cardinal points. It was built in the 18th century by Lama Shida from Tibet to cover the remains of an evil spirit that was subdued at this spot. We'll arrive at Trongsa in the late afternoon.

Overnight Trongsa

Day 03: April 9th- TRONGSA-BUMTHANG

After breakfast, we will visit Trongsa Dzong. Built in 1648 it was the seat of power over Central and Eastern Bhutan. Both the first and second Kings of Bhutan ruled the country from this ancient seat. All five Kings were invested as Trongsa Penlop ('governor') prior to ascending the throne. The Dzong is a massive structure with many levels, sloping down the contours of the ridge on which it is built.

Then we'll drive to Bumthang, 68 km from Trongsa, a journey of about 3 hours, over the Yutong-la Pass (3,400m/ 11,155 ft). The road winds steeply up to the pass, 28 km from Trongsa, then runs down through coniferous forest into a wide, open cultivated valley known as the Chumey Valley.



Trongsa Dzong

Overnight Bumthang

Day 04: April 10th- BUMTHANG - Visit to Tharpaling Monastery. (Whole day)

- **Teaching: A Mirror Revealing the Crucial Points: Advice on the Ultimate Meaning**



Tharpaling Monastery

Tharpaling Monastery is situated above Chumey Valley at 3,600m. A 10 km road goes up to the monastery from Gyetsa Village in Chumey Valley. The main part of the monastery was founded by Longchenpa (1308-1363) during his self-exile from Tibet for ten years. This monastery was also used as a place of meditation by Jigme Lingpa, Nyoshul Khen Rinpoche and Dilgo Khyentse Rinpoche. The monastery contains statues of Longchenpa and Jigme Lingpa in meditation posture and frescoes of the lineage of Longchenpa and Jigme Lingpa.

Above the Tharpaling Monastery (to the north) is Chodrak Monastery, a place where Guru Rinpoche is said to have meditated. The first settlement here is

attributed to the Drukpa Kagyupa master, Lorepa (1187-1250), who founded Chodrak. Above Chodrak Monastery, there is a meditation cave of Guru Rinpoche, a meditation cave of Longchenpa and a rock throne where Longchenpa wrote part of **The Seven Treasures**. Tharpaling is known for Longchen Rabjampa.

In the evening, we will drive back to Chamkhar.

Overnight Bumthang



Above Chodrak Monastery

Day 05: April 11th- BUMTHANG - Visit Kurje and Jambay Lhakhang

Jambay Lhakhang : This monastery was built in the 7th century by Tibetan King, Songtsen Gampo. It is one of the 108 monasteries built by him to subdue evil spirits in the Himalayan region. Its present architectural appearance dates from the early 20th century.

- **Meditation: The Treasury of Blessings- (A Practice of Buddha Sakyamuni)**

Kurje Lhakhang: Situated before Jambay Lhakhang, Kurje Lhakhang consists of three temples. The one on the right was built in 1652 on the rock face where Guru Rinpoche meditated in the 8th century. The second temple is built on the site of a cave containing a rock with the imprint of Guru Rinpoche's body and is therefore considered the most holy. The third temple was built in the 1990s by Ashi Kesang, the Queen Mother. These three temples are surrounded by a 108 chorten wall.



Kurje Lhakhang Monastery

- **Teaching: The Vajra Seven Line Prayer and the Tsok Feast Offering to Accompany the Vajra Seven Line Prayer inside Kurje Lhakhang.**

And if time is enough we can visit other holy places.

Overnight Bumthang



Punakha Dzong



Day 06: April 12th- BUMTHANG-PUNAKHA/THIMPHU - After breakfast we will drive from Bumthang.

Overnight Lobesa

Day 07: April 13th- LOBESA- PARO

After breakfast, we will visit Lama Serpo Rinpoche’s Place at Lobesa, enjoy sightseeing in and around Thimphu, and visit the Memorial Chorten.

After lunch we’ll drive to Paro and visit the Memorial House of Dilgo Khyentse Rinpoche.

Overnight Paro



Punakha Valley



Dilgo Khyentse Rinpoche Memorial House and Stupa



Dilgo Khyentse Rinpoche





Day 08: April 14th- PARO - Hike to Taktsang

After breakfast, we will take an excursion to **Taktsang Monastery** (approx. 5 hours round trip walk). It is one of the most famous of Bhutan's monasteries, perched on the side of a cliff 900m above the Paro Valley floor. It is said that Guru Rinpoche arrived here on the back of a tigress and meditated at this monastery and hence it is called '**Tiger's Nest**'. This site has been recognized as a most sacred place and was visited by Shabdrung Ngawang Namgyal in 1646 and is now visited by all Bhutanese at least once in their lifetime.

Overnight Paro

Day 09: April 15th- PARO

- **Teaching:** In the morning, we will receive a **teaching from Adzom Gyalse Rinpoche**.
- **Meditation:** After lunch, we will **meditate and make tshok offering near Dilgo Khyentse Rinpoche's Stupa**.

Overnight Paro

Day 10: April 16th- PARO - AIRPORT

After breakfast at the hotel, we will drive to the airport. Our guide will help with exit formalities and then bid you farewell as you board for your onward destination.



Paro Airport on a beautiful day





Above: The King and Queen of Bhutan from a picture hanging on a street in Thimphu; a weaver



Clockwise: A chorten, dancers festival at the Punakha Dzong, another of the monasteries of the Bumthang region, young monks playing soccer at their school