

EXOTIC
DESTINATIONS 异国风情

5D4N
BHUTAN
心向不丹

THIMPHU, PUNAKHA, PARO
廷布, 普那卡, 帕罗

Tour Code: 5XSB



BHUTAN
不丹



SIBU DIRECT FLIGHT
TO BHUTAN
诗巫直飞不丹

✈ **Departure:**
29th August 2026



Tiger's Nest
虎穴寺



Kyichu Lhakhang
祈楚寺



Dochula Pass
多楚拉山口



Chimi Lhakhang
切米拉康寺



Buddha Point
佛陀观景点



Punakha Dzong
普那卡宗



SCHEDULE



HERITAGE



HISTORICAL



FAMILY



SCENIC



LEISURE

D1

SIBU → PARO (BHUTAN) (7H++)
- THIMPHU (50KM 1H30M) (MOB/L/D)

- Welcoming with Tashi Khadar
- Buddha Point
- Centenary Farmers' Market
- Tashichho Dzong

D2

THIMPHU - PUNAKHA (73KM 2H10M)
- THIMPHU (73KM 2H10M) (B/L/D)

- Dochula Pass & Druk Wangyal Chorten
- Chimi Lhakhang
- Suspension Bridge
- Punakha Dzong
- Monk Blessing Ceremony

D3

THIMPHU - PARO (50KM 1H30M)
(B/L/D)

- Motithang Takin Preserve Centre
- Paro Rinpung Dzong
- Paro Town

D4

PARO (B/L/D)

- Activity (Choose One):
- Option 1: Tiger's Nest
**Exclude 1way Pony ride (Optional)
- Option 2: Chele La Pass + Kyichu Lhakhang
- Bhutanese Traditional Dress Experience (2 Hours)

D5

PARO → SIBU (7H++) (B/L/-)

- Transfer to Airport



3 ★ HOTEL (4 Nights)

- ✓ Thimphu x 2 Nights
- ✓ Paro x 2 Nights

* Hotel category – Some hotels may not have specific Twin or Double room types.
* Single Room – Single Bed
* Twin Room – 2 Single Bed
* Double Room – 1 Queen Size Bed (2 single bed combine as 1 queen size bed)
* Triple Room – Built in Bed (3 Single Bed or 1 Double + 1 Single Bed) or the 3rd bed will be Sofa Bed or Roll in Bed



- ✓ 4 Breakfast / 4 Lunch / 4 Dinner

THIMPHU

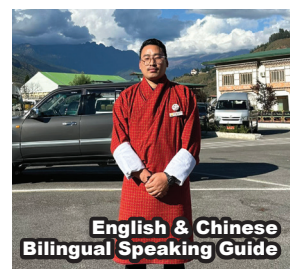
- **Thimphu** – Is Bhutan's largest city and is just an hour's drive from Paro. Even though Thimphu is considered as the country's most modern city, it has retained the unique character of a Bhutanese town. Here, an array of restaurants and internet cafés sit alongside old fortresses, monasteries and 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 Pho Chhu. It's known for the Punakha Dzong, a 17th-century fortress at the juncture of the Pho Chhu and Mo Chhu rivers. The fortress hosts the Punakha Tshechu, 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 chhenbi 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

- **Paro** – The historical town of Paro lies at the centre of Paro Valley along the banks of the Paro Chu River, and is blessed in rich sites and ancient buildings. Forming part of the core of exceptional destinations in Bhutan, Paro is both the name of the district as well as a town located within the region. Recognised as one of the most fertile as well as historic valleys of Bhutan, it is home to as many as 155 temples and monasteries dating back to the 14th century and also Bhutan's sole international airport. This pretty destination is covered with terraced paddy fields and quaint farmhouses scattered throughout the valley while its upper reaches boast coniferous forests.
- **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 Drolu, 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.



Disclaimer: During major conferences, fairs and festivals, act of nature and heavy flow of tourist arrival, the sequence of itinerary may change and accommodation may be located in an alternative city 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



Motithang Takin Preserve Centre
羚牛保护区



BHUTANESE COSTUME
GHO & KIRA EXPERIENCE
不丹传统服饰“帼”与“旗拉”体验



Paro Town
帕罗小镇



精简行程



遗产



历史



家庭



风景



休闲

第1天

诗巫 → 帕罗 (不丹) (7小时++)
- 廷布 (50公里 1小时30分钟)
(机上用餐/午/晚餐)

- Tashi Khadar热情接待
- 佛陀观景点
- 廷布百年农贸市场
- 扎西秋宗

第2天

廷布 - 普那卡 (73公里 2小时10分钟)
- 廷布 (73公里 2小时10分钟)
(早/午/晚餐)

- 多楚拉山口&楚克旺耶纪念碑
- 切米拉康寺
- 悬索桥
- 普那卡宗
- 祈福仪式

第3天

廷布 - 帕罗 (50公里 1小时30分钟)
(早/午/晚餐)

- 羚牛保护区
- 日蓬堡
- 帕罗小镇

第4天

帕罗 (早/午/晚餐)

- 活动 (二选一)
- 选项 1: 虎穴寺
**不包含单程骑小马 (自费项目)
- 选项 2: 切勒拉山口 + 祈楚寺
- 不丹传统服饰体验 (2小时)

第5天

帕罗 → 诗巫 (7小时++) (早/-/-)

- 送往机场



3★酒店 (4晚)

- ✓ 廷布 x 2 晚
- ✓ 帕罗 x 2 晚

* 酒店级别 - 部分住宿可能没有特定的大床房或双人房类型
• 单人房 - 单人床
• 双人房 - 2张单人床
• 大床房 - 1张大床 (2张单人床合并成1张大床)
• 三人床 - 组合床 (3张单人床 或 1张大床 + 1张单人床) 或第3张床将会以沙发床或折叠式床



- ✓ 4 早餐 / 4 午餐 / 4 晚餐。

廷布

- **廷布** - 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。廷布也是世界上唯一一个没有红绿灯的首都。
- **扎西秋宗** - 不丹久负盛名的佛教寺院，同时也是首都廷布的政府中心。它始建于13世纪，海拔2500米，庄严的矗立在旺楚河西岸。扎西秋宗是现任国王的办公场所以及内政、财政部门所在地，也是宗教首领和中央宗教机构的夏季驻所。

普那卡

- **普那卡** - 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，位于波河和莫河的交汇处。这座堡垒举办普那卡节，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切米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** - 过去是不丹首都的中心地带，承载着300多年古都的历史，自1955年首都迁至廷布以后，这座宗堡就成为了皇室的冬宫。它是被公认的不丹最美丽的宗堡。这里也是第5任国王和皇后结婚的地点。

帕罗

- **帕罗** - 位于帕罗谷中心，毗邻帕罗楚河，拥有丰富的古迹和建筑。帕罗是该地区的名称，也是该地区的一个城镇，是不丹最富饶和最具历史意义的山谷之一。帕罗被公认为不丹最肥沃和最具有历史意义的山谷之一，拥有 155 座可追溯至 14 世纪的寺庙和修道院，也是不丹唯一的国际机场。这个美丽的目的地遍布梯田和散布在山谷各处的古朴农舍，而上游则拥有针叶林。
- **虎穴寺** - 建于1692年，是不丹最神圣的寺庙，它落在帕罗山谷中3000英尺高的悬崖壁上，被誉为世界十大寺庙之一。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，并化身为愤怒的莲花生大士，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，并为众生理藏了深奥的宝藏。



不丹旅游签证



上网Sim卡 (3GB流量)



中英文双语导游

免责声明: 如在旅游期间受限于当地重大会议、展会、节庆活动、自然灾害或有大量游客涌入的情况下，游览景点或行程的次序在必要时会进行适当的调整，住宿可能会更改至其他城市，恕不另行通知。

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。