

**BHUTAN**

**2021-2022**

**LEGACY  
BUILDING**

*Discovery expedition  
to the Soul of  
Happiness, in Bhutan*



**bé**



## WELCOME

Come to Bhutan for an exploration into Gross National Happiness (GNH), a governing principle in The Kingdom in the Himalayas that measures happiness over product. The retreat will include talks with GNH experts, visits to symbolic Bhutanese spots such as the sacred Tiger's Nest Monastery, and discussion with locals and other fellow tribe members about the elements that make for individual happiness and legacy building.

While here, you'll be able to learn first hand why and how the Fourth King of Bhutan, Jigme Singye Wangchuck, implemented GNH. And how GNH continues to help the Royal Government of Bhutan shape policies that attempt to create conditions that allow happiness to flourish for everybody.

The retreat will give you an insider experience at the GNH Centre and other bodies that measure and apply GNH principles. You will talk about the ways GNH is practiced, discuss the importance of environmental conservation as a pillar of GNH and reveal the critical role of cultural preservation as another pillar of GNH.

The leader of the expedition is the Founder of bē and President of the World Happiness Foundation, Luis Gallardo. He is partnered with MyBhutan; whose unique position based in Bhutan's capital city, with deep ties to the local community, allows access that is unparalleled. The retreat will not only be an immersion into the governing body of GNH but will also be a personal experience with locals and their most sacred temples, monasteries, fortresses, and landscapes, and with our inner and outer worlds.



**His Royal Highness Prince Jigyel Ugyen Wangchuck**

*"Gross National Happiness (GNH) is being able to find the right balance between economic well-being and emotional well-being."*



# GNH EFFECTS

*Bhutan's leading  
government policy*

Ranked one of the top 10  
safest countries in the world

The world's only carbon  
negative country

Over 70% of the country  
remains forested

The only country with no  
traffic lights

One of the world's last  
countries to introduce  
internet and television

Access to Bhutan as a tourist  
is only permitted through  
select tour operators

*This exciting itinerary evokes the extraordinary Last Shangri-La.*

*D 3:*

## ITINERARY

Day 1 Thimphu  
Day 2 Thimphu  
Day 3 Thimphu  
Day 4 Dochula & Punakha  
Day 5 Phobjikha

Day 6 Phobjikha  
Day 7 Thimphu  
Day 8 Paro  
Day 9 Depart

# PARO



Paro district is a microcosm of Bhutan. In its 1287 square kilometers (497 square miles) are contained some of Bhutan's oldest fortresses, the precious artifacts of the National Museum, and cliff-clinging religious centers that to many foreigners are iconic of Bhutan.





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## PARO

1. Visit the Rinpung Dzong and get close to its 17th Century architecture
2. Get up close to Himalayan relics at the National Museum of Bhutan
3. Visit the ancient ruins of Drukgyel Dzong
4. Learn Archery, the national sport of Bhutan



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# THIMPHU

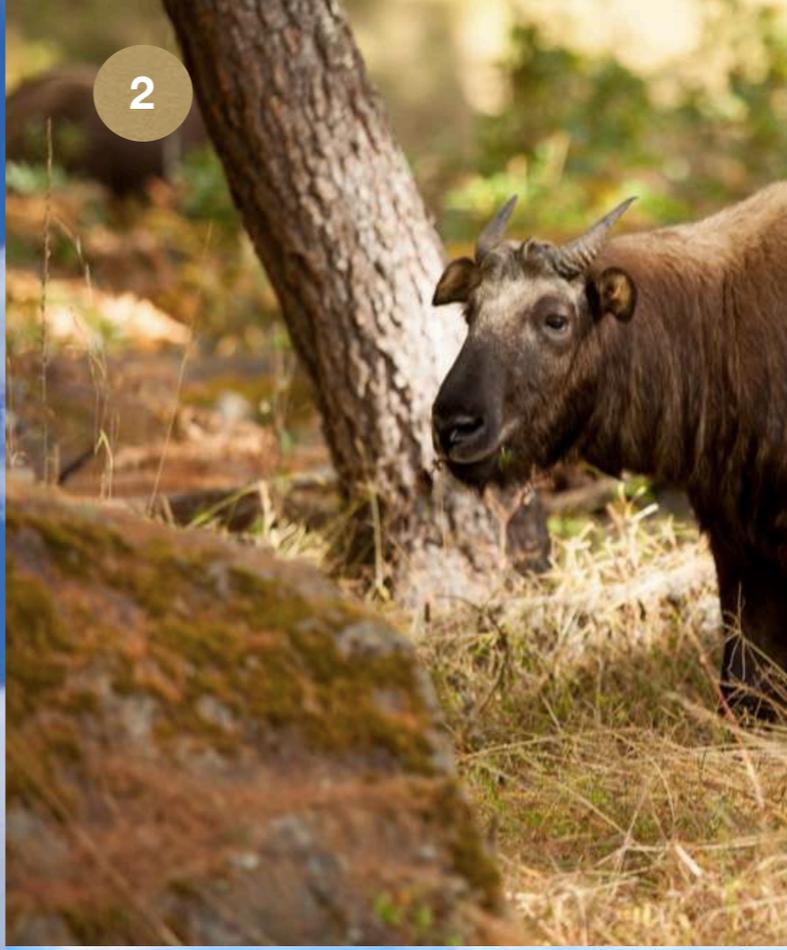
Thimphu dzongkhag is the thriving political and economic heart of Bhutan. It contains the capital city of the same name, and comprises eight gewogs, or groupings of villages. Approximately half of the district, the northern part, lies within the environmentally protected boundaries of Jigme Dorji National Park.



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# THIMPHU

- 1. Visit the golden Buddha Dordenma statue, one of the world's largest.
- 2. Get close to Bhutan's national animal, the gentle takin.

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- 3. Visit the Institute for traditional arts and watch the students fine-tune their crafts. You can purchase crafts too.
- 4. Do some people watching at the monumental Memorial Chorten.



## DINING

Babesa Village serves everything from the old favorite, red rice with ema datsi — chilies in a creamy cheese sauce — to sikam paa, shakam paa, pork ribs, nosha phin, and gondu datsi. They have a good selection of non-meat dishes as well, including emakam datsi, chili cheese noodles, fried spinach, loam fry, ema fry and more. Service is prompt and the staff is friendly and welcoming.

## THIMPHU



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# THIMPHU

1. Hike to Tango's home for young monks & visit their sacred cave
2. Tour the Tashichho Dzong, Thimphu's imposing Government center
3. Learn your natal chart at the Astrology School
4. Discover fine fabrics at the Royal Textile Academy



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## DINING

Set in a beautiful orchard, the Folk Heritage Museum Restaurant is an essential stop for all tourists, and has quickly become a favorite destination for official dinners. Serving traditional Bhutanese cuisine in a unique setting, the restaurant uses mostly local organic ingredients for their delectable and nutritious meals.

## THIMPHU

## PRIVATE AUDIENCE

Khedrup Rinpoche is the fifth Khedrup Ugyen Tenzin Thinley Lhundrup alias Yonten Thinley or Jigme Kunzang Rangdrol.

His aspiration is to provide equal opportunities for individuals to study and practice Buddhadharma with the aim to promote individual and societal peace and well being. He is building the first facility in Bhutan to teach Buddhism in English. His vision is to promote equity and universalize access to the learning and practice of Buddha Dharma for both monks and laymen.

**Because of host's responsibility to serve Bhutan, cancellations may occur without advance notice should the host be required to be present elsewhere.**

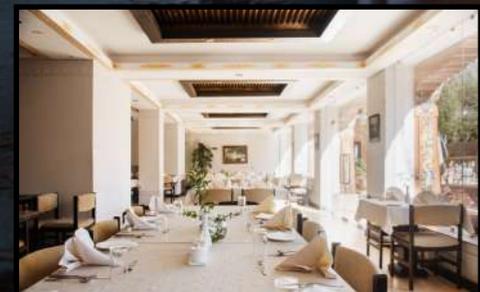




## ACCOMMODATIONS

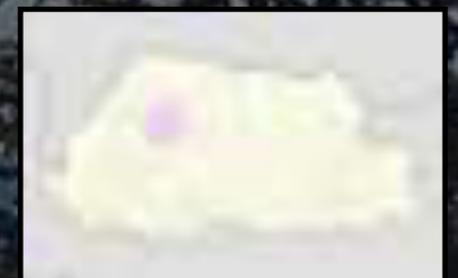
## THIMPHU

Pedling Hotel is owned by an esteemed Bhutanese lama in the Nyingma tradition of Vajrayana Buddhism, Gangteng Tulku, who uses all proceeds from its operation (and its sister hotel in Phobjikha Valley) to fund the daily expenses of eight nunneries and other religious institutions across Bhutan. Staying at Pedling, or even just swinging by to use their spa, restaurant, or tea/juice bar, offers a great opportunity to directly benefit these worthy causes.



# DOCHULA

Hundreds of prayer flags flap in the wind at Dochula, sending out merit to all sentient beings. Dochula is the pass between Thimphu and Punakha. For centuries people have travelled through this pass when heading East or West in the country. On a clear day the views are astonishing. Visible are many snow covered 7,000-metre summits including Gangkhar Phuensum, the world's highest unclimbed mountain.



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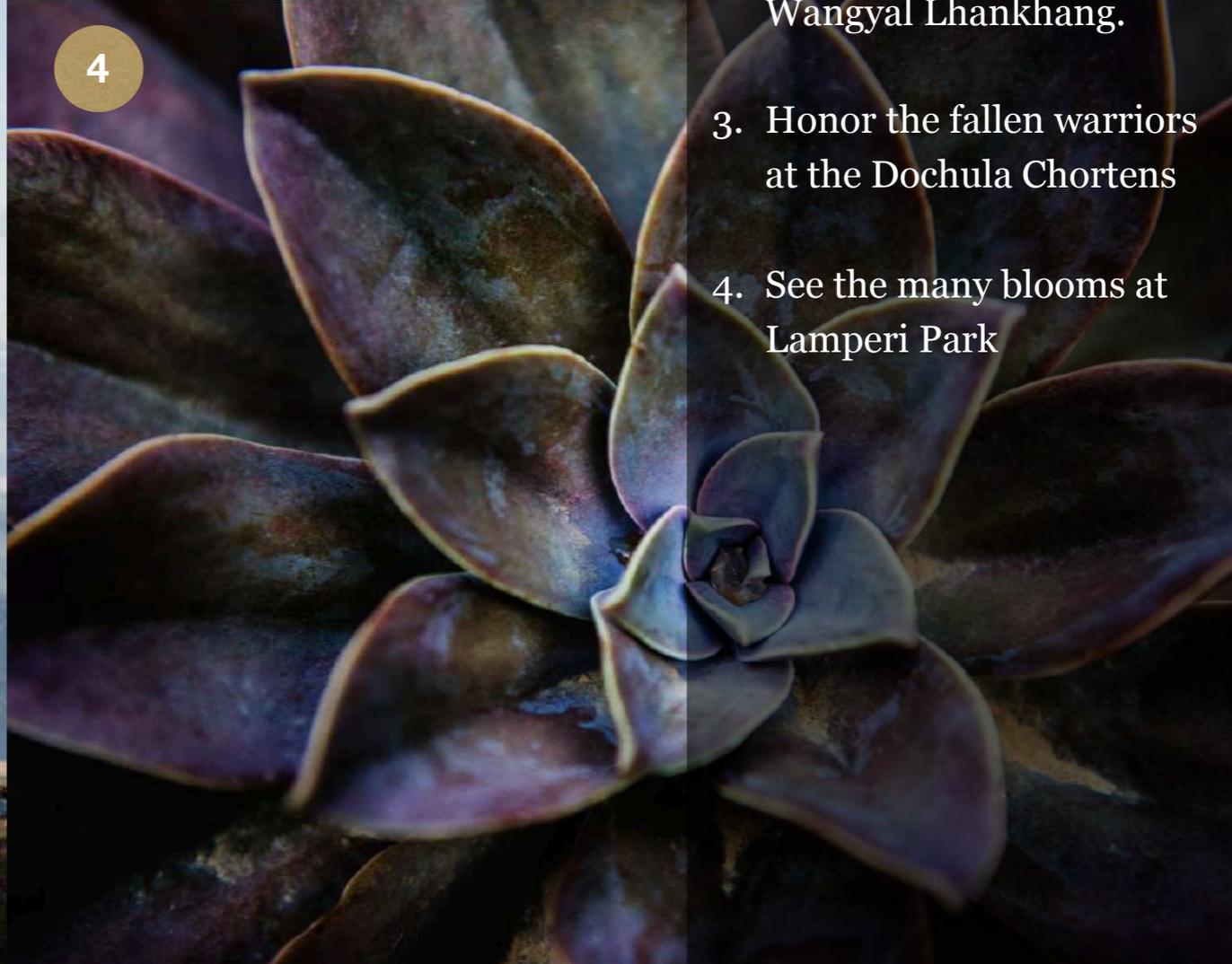
# DOCHULA

- 1. Take in the Himalayan vista at Dochula Pass.
- 2. Experience modern history at the Druk Wangyal Lhankhang.

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- 3. Honor the fallen warriors at the Dochula Chortens
- 4. See the many blooms at Lamperi Park

# PUNAKHA

The beautiful and fertile Punakha Valley follows the course of the Punak Tsang Chhu south from its source at the confluence of the Mo Chhu and Pho Chhu - the famed "Mother" and "Father" rivers - to the modern settlement of Wangdue Phodrang and beyond.

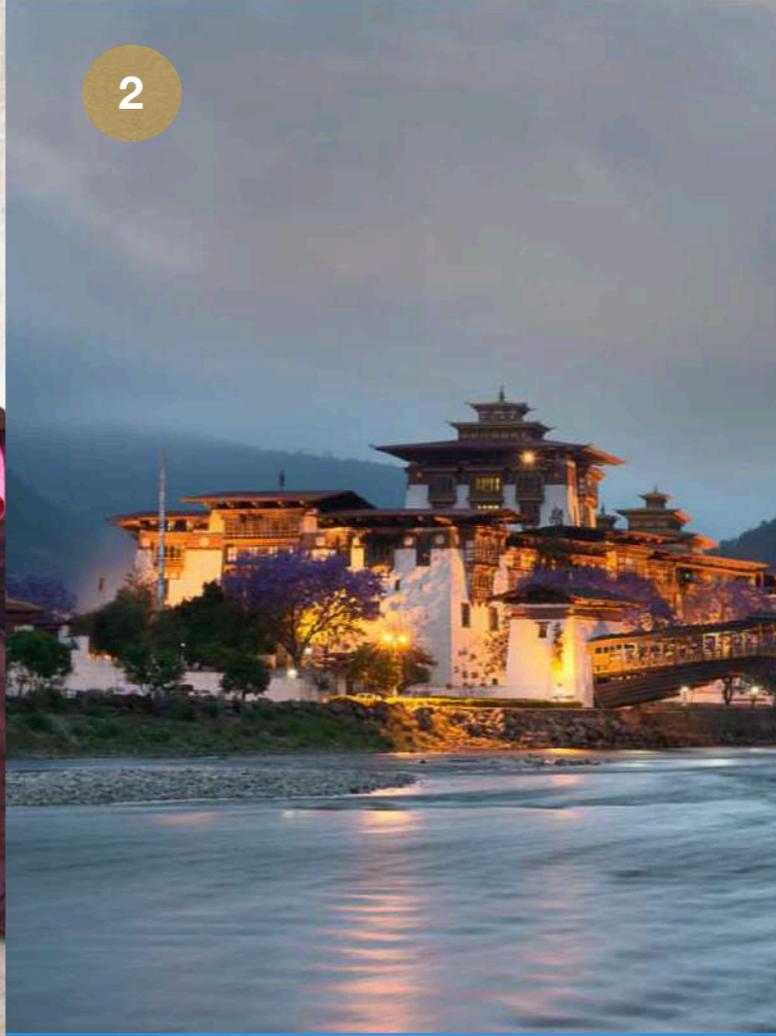
At just 1250 meters (4,100ft) elevation, the climate of the lush Punakha Valley often feels hot and sultry in comparison to that of Thimphu, which sits at almost twice the altitude. This fact makes the valley a popular winter getaway for Thimphupas.



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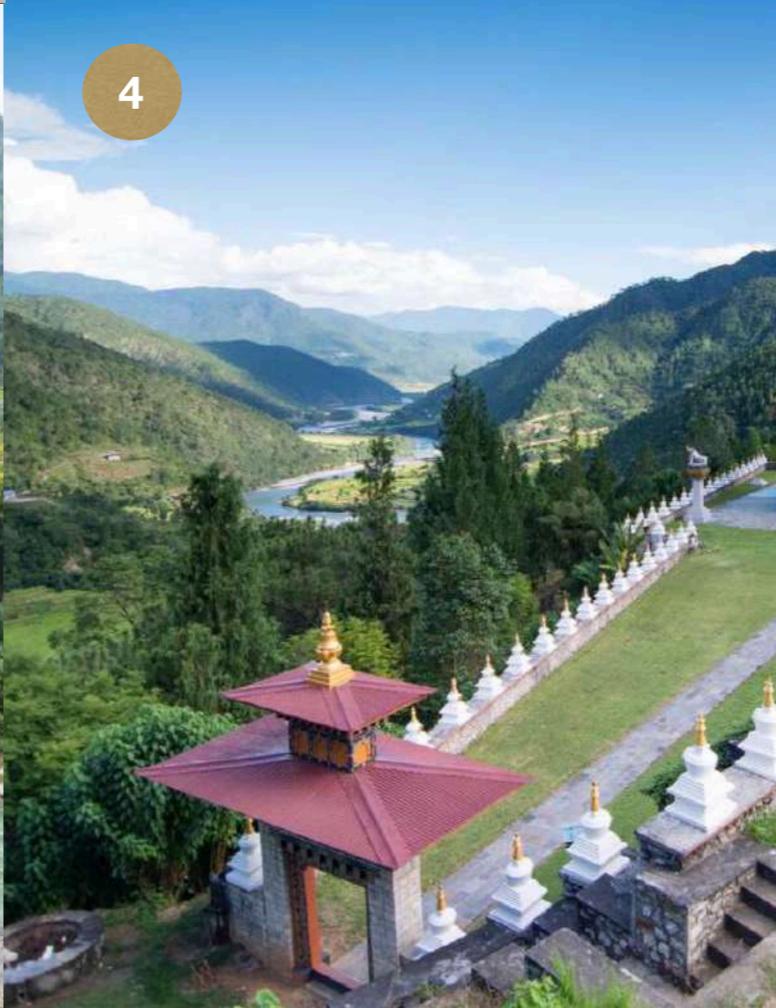
# PUNAKHA

1. Meet locals in the heart of Punakha town.
2. Enjoy the architectural splendors of the Punakha Dzong.

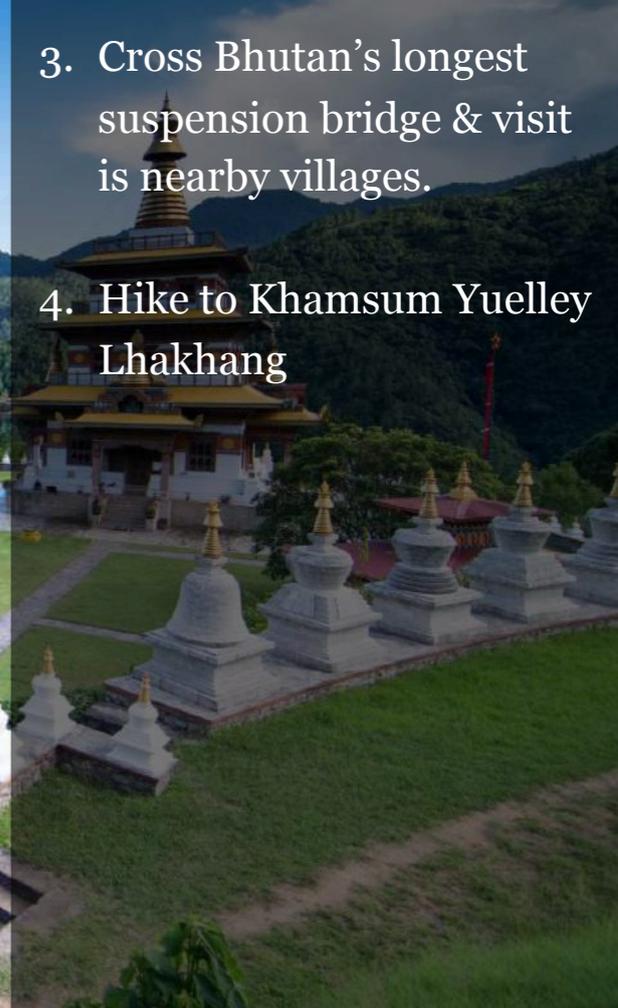
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3. Cross Bhutan's longest suspension bridge & visit nearby villages.
4. Hike to Khamsum Yuelley Lhakhang





## MO CHHU RIVER RAFTING

## PUNAKHA

An hour spent floating downriver provides an unforgettable experience of the beautiful Punakha Valley.



## ACCOMMODATIONS

With a dramatically beautiful setting on a hillside overlooking Punakha valley, Meri Puensum Resort offers a peaceful refuge with modern amenities and great views. The resort is about 5km outside of Punakha town and makes a good base for exploring area attractions like Punakha Dzong, built in 1637 and the seat of government for Bhutan for over 300 years until the third king moved the seat west to Thimphu in 1955.

## PUNAKHA

# PHOBJIKHA

Situated on the west flank of the Black Mountains that separate it from central Bhutan's Trongsa district, Phobjikha Valley is a wide, flat glacial carving of such extraordinary beauty that for some Bhutanese, it is their favorite valley of all. Phobjikha is known for its habitat for endangered birds, especially the Black Neck Crane.



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# PHOBIKHA

1. Find wildlife along the Gangtey Nature Trail

2. Contemplate reincarnation at the Gangtey Goemba

3. Gangtey Town

4. Hot Stone Bath

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## PHOBJIKHA

1. Learn about endangered cranes at the Black Neck Crane Center
2. Take a beautiful walk through Phobji valley

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3. Visit small, local monasteries
4. Have tea and learn farming practices of locals



## ACCOMMODATIONS

## PHOBJIKHA

Surrounded by a garden, an apple orchard, and the pine forests of beautiful Phobjikha Valley, Dewachen Hotel provides a sanctuary for guests just as the valley does for the rare black-necked cranes that over-winter every year.



## TIGER'S NEST

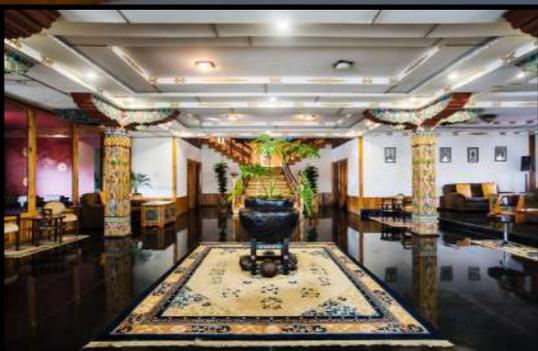
From a distance, Bhutan's most iconic building seems to float, weightless, halfway up a sheer cliff-face, 900 meters (3,000 feet) above the floor of the Paro Valley. As you wind your way breathlessly up the long, steep path towards Taktsang Lhakhang, the monastery periodically reveals itself, rising out of the forest, closer and more solid with each reappearance. While modern visitors approach Taktsang Lhakhang on foot or astride one of the sure-footed ponies guided by local villagers, the first person to recognize the holiness of this inaccessible spot, Guru Rinpoche, arrived here with considerably greater ease — on the back of a flying tigress.

After defeating a troublesome local demon in the eighth century, Guru Rinpoche, who is also known as Padmasambhava, spent months here in meditation. The lhakhang — its name meaning "Tiger's Nest" — has been a place of pilgrimage ever since. The Bhutanese believe that dakinis assisted the original construction of Taktsang in 1692 by transporting building materials up the cliff on their backs and lent their hair to hold the structure in place.

Inside the lhakhang, the Dubkhang — the cave where Guru Rinpoche meditated, now sealed behind a shining golden door — sits at the heart of the main shrine. Richly decorated chapels fill every inch of the narrow ledge and offer phenomenal views of the forested valleys far below. Visitors should note that the final approach to the lhakhang must be made on foot — horses must turn around at the busy canteen roughly halfway up the mountain.

PARO





## ACCOMMODATIONS

Tashi Namgay Resort is a sprawling eight-acre idyll of lush green landscapes and fruit trees on the bank of the Paro Chhu that flows through Paro Valley, one of the most beautiful valleys in the kingdom and widely known as Bhutan's "rice bowl." The compound's location in the heart of the valley but away from Paro town gives it an atmosphere of serenity, and the architecture and décor blend traditional Bhutanese with contemporary styling.

## PARO

An aerial photograph of the Himalayan mountain range. The image shows a vast expanse of rugged, snow-covered peaks and ridges. The mountains are partially shrouded in soft, white clouds, creating a dramatic and majestic landscape. The sky is a pale, hazy blue, suggesting a high-altitude environment. The overall tone is serene and awe-inspiring.

## FROM THE CLOUDS

After your unforgettable experience, you won't come down from the clouds.

Flights to/from Bhutan cross over the majestic Himalayas — with breathtaking views of 4 of the world's 5 tallest mountains: Everest, Kangchenjunga, Lhotse and Makalu.



## CUISINE

Enjoy the best that Bhutan has to offer—from local eats to Asian fusions and award-winning dining experiences. Enjoy vegetables, fruits, and grains from Bhutanese fields.

Well-known for Asian comfort food and spicy cuisine, Bhutan will leave a lasting imprint on your taste buds.

*Here we are. Ready to be.  
Welcome home.*

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*At bē we believe that human beings should have awareness of what is going on “in us” and “around us” in the present moment and in perspective. That requires stopping, looking deeply, and recognizing both the uniqueness of the moment and its connection to everything that has gone on before and will go on in the future.*

*The journey that we are about to begin brings us to a unique environment, to Bhutan in the Himalayas, a place that thanks to its nature, traditions, culture and leadership allows us to understand the “around us” in an exquisite manner, and thanks to the spirituality, mindfulness and philosophy we can truly go deep “in us”.*

*In Bhutan we can focus on being mindful, we can focus on remembering who we are.*

*With this context, in this discovery expedition, we’ll dive into our higher purpose and our reason for being. Within this open space we’ll explore who we are and the legacy that we are creating for us and the world.*

*GNH (Gross National Happiness) will be our framework to understand and use as we see the “around us”, and reflection, dialogue, silence, meditation and appreciation will be some tools that we’ll use to get “in us”. Each day of the journey will have both components as part of the agenda, with enough quality time to be.*

*No hurry, there is no place to go, we are already here.*

**Jigme Luis Gallardo**

bēFOUNDER

*In true Bhutanese  
spirit, we welcome  
you to our home with  
a smile and  
Kuzuzanpo-La!*

*We love our tiny  
Himalayan corner  
and are excited to  
share it with you, as  
our guest.*





[www.bebhutan.world](http://www.bebhutan.world)

