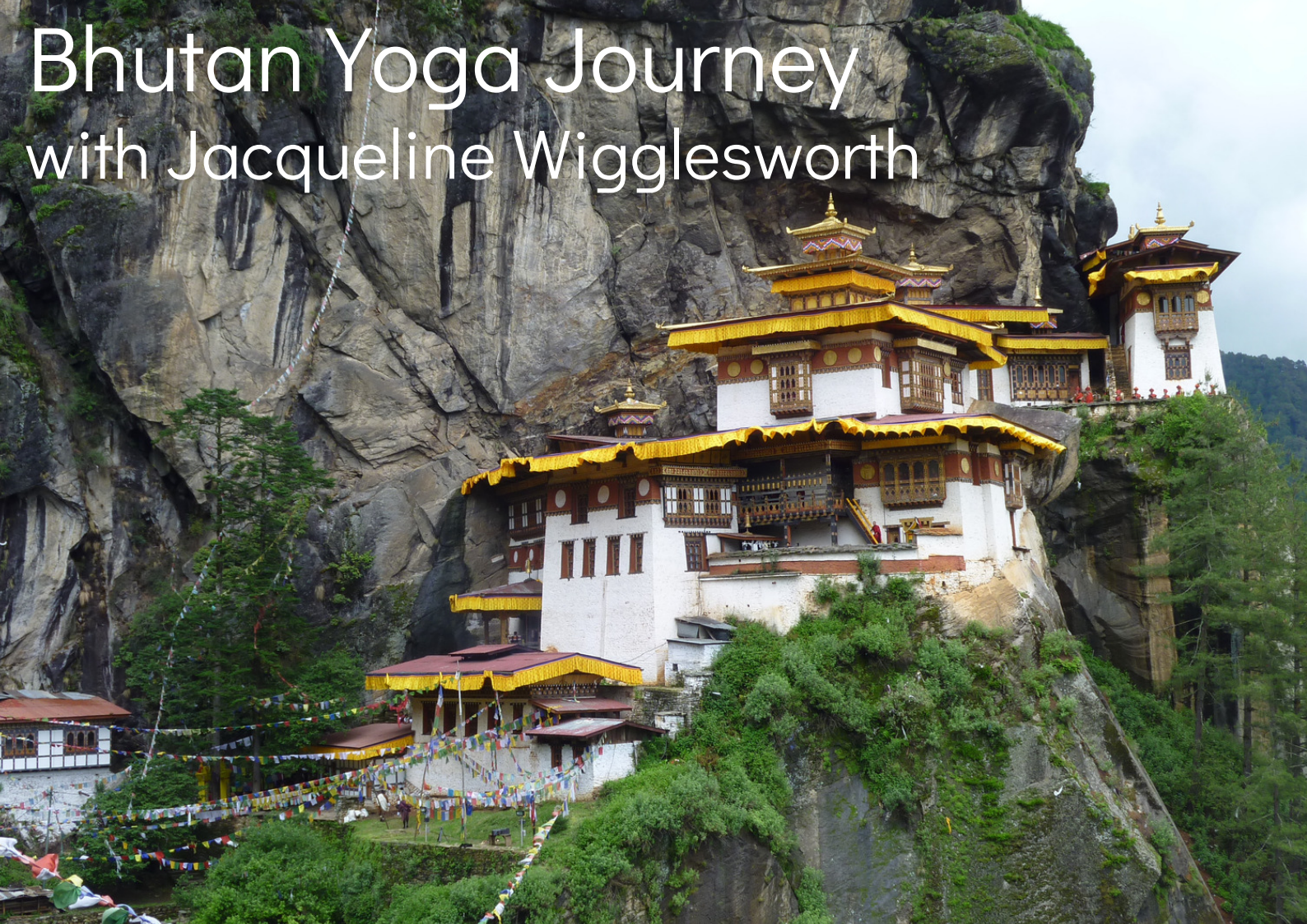


Bhutan Yoga Journey with Jacqueline Wigglesworth



The experience of a lifetime on a guided tour in magical Bhutan!

Bhutan is undoubtedly one of the world's most fascinating travel destinations.

Our carefully planned journey incorporates 9 nights exploring Bhutan's stunning scenery, ancient temples and thriving monasteries as well as 3 nights in Kathmandu Nepal. Deepen your yoga practice with this once-in-a-lifetime journey!



Trip Information:

- Length: 12 nights
Departs: London, UK
Dates: 11th October - 23rd October 2020
Price: US\$4995, twin share
(Single room supplement US\$40 per night, subject to availability)
Included: 12 nights hotel accommodation, all meals in Bhutan, local guide, transport in Bhutan. Flights from London.
See page three for list of full inclusions and exclusions.



Beyond The Clouds
Inspiring Himalayan Travel

Bhutan Yoga Journey

About this trip

Your Yoga Journey begins in Kathmandu, Nepal's capital. Spend your first two nights in a relaxing hotel, an oasis in this bustling city. After morning yoga, there will be free time to explore the heritage sites such as the ancient stupa of Boudhanath.

Your flight to Paro passes Mt Everest before landing in the delightful Himalayan kingdom of Bhutan. Stay at a boutique hotel built in traditional Bhutanese style, located on the edge of a beautiful forest. Wake up to breath-taking views of Himalayan peaks in your deluxe villa. The spacious wood-clad meditation studio looks out on one of Bhutan's highest mountains, inspiring daily yoga practice.

Travel from Paro via the scenic Dochu La Pass to Punakha, which served as Bhutan's capital for 300 years. Walk to Chimi Lhakhang Monastery, one of the most revered temples in Bhutan. Visit the magnificent Punakha Dzong, an ancient monastery built in 1637. Situated on the confluence of two rivers, this is arguably the most beautiful dzong in Bhutan.

Returning over the Dochu La Pass we reach Thimpu, Bhutan's capital "city". It is the only capital in the world without traffic lights! Spend two nights exploring this fascinating capital. Retreat from the hustle and bustle of the city to Zhiwa Ling Ascent hotel located minutes from the city centre, but on the edge of a forest with panoramic views. Your roof top yoga will be followed by a delicious breakfast prepared by an international chef.

Leaving the capital behind, drive to the lush hidden valley of Haa, dotted with traditional villages with many walking trails. Spend two nights soaking up the serene and soul-cleansing atmosphere of this remote valley, staying in an immaculately restored traditional farm house.

Return to Paro across the Cheli La Pass for the final part of your journey. Before leaving Bhutan, visit Taktshang Monastery (Tiger's Nest), Bhutan's most famous landmark. A hike up through blue pines, passing water-powered prayer wheels, leads you to this most holy site. This ancient monastery clings miraculously to a sheer cliff, rising 1,000 metres from the valley floor. The views are magnificent over the Paro Valley and the only sounds to be heard are prayer flags blowing in the wind.



Your Teacher

Jacqueline experienced her first yoga class in 1997 whilst at Drama school and has since trained in London (at Triyoga,) India and LA, studying many styles of yoga including Vinyasa Flow with Shiva Rea and Yin Yoga and Mindfulness with Sarah Powers.

Her own style of teaching is authentic, relaxed, safe and joyful, always relating to the bigger picture; both dynamic (solar/yang) and relaxing (lunar/yin) and always includes quotes, breathing exercises (pranayama) and meditations to inspire and uplift.

She worked for many years teaching clients at London's prestigious private member's club Home House and is currently based in the UK.

Jacqueline is a global adventurer and trip leader who has worked on 6 continents and travelled to over 90 countries.

Her goal is that you return home with a healthy body, a peaceful mind and an enlightened spirit having been immersed in Bhutan's magical culture.



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Bhutan Yoga Journey

Inclusions

- Transport by luxury private bus in Bhutan
- 12 nights' accommodation in charming hotels
- Returns flights from London to Kathmandu
- Return flights from Kathmandu to Paro
- All meals and drinking water in Bhutan & breakfasts in Nepal
- All entrance fees at monasteries and museums in Bhutan
- Bhutan visa, Bhutan government tourism royalties and local taxes
- English-speaking Bhutanese guide
- Internationally qualified yoga instructor
- Use of yoga mats

Exclusions

- Domestic connections in the U.K.
- Nepal Tourist visa
- Lunch and dinner in Nepal
- Comprehensive travel insurance
- Alcoholic or soft drinks
- Laundry
- Tips for guide and driver
- Any additional activities (e.g. hot stone massage)

Itinerary (please note, may be subject to change)

Day 1 - Kathmandu

Arrive in Kathmandu and transfer to your hotel where there will be free time to relax in the garden or explore the city. Altitude: 1,400m

Day 2 - Kathmandu

Morning yoga followed by free time to explore the heritage sites of Kathmandu such as the ancient stupa at Boudhanath or Swayambhunath. Altitude: 1,400 m.

Day 3 - Paro

You will be met at the airport by your guide and travel to your hotel just outside Paro. Visit Kyichu Lhakhang temple. Altitude: 2,250 m.

Day 4 - Paro

Visit the National Museum, Paro dzong, the traditional Nyamai Zam bridge and explore the town. Enjoy lunch in a traditional Bhutanese farmhouse. Altitude: 2,250 m

Day 5 - Punakha

Drive via the Dochu La Pass (3,140m) to Punakha. Visit the Temple of Fertility at Chimi Lhakhang, and Punakha Dzong. Altitude 1,310 m.

Day 6 - Thimpu

Drive to Thimphu and visit the Textile Museum, Post Office, and School of Traditional Arts and Crafts. Altitude: 2,350 m.

Day 7- Thimpu

Day hike to Cheri Monastery, and return to Thimpu to continue exploring. Altitude: 2,350 m.



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Itinerary continued

Day 8 - Haa

Drive to the remote Haa Valley, a peaceful haven of forested hills and traditional villages. Stay at a rustic and spiritual converted farmhouse lodge. Relaxing hot stone baths are available. Altitude: 2,700 m.

Day 9 - Haa

Take a day hike to explore the villages, local shrines and stupas of Haa Valley. Altitude: 2,700 m.

Day 10 - Paro

Return to Paro. Relax at the hotel before your afternoon yoga session. Enjoy a game of archery in the garden with your guide or visit the hotel spa. Altitude: 2,250m

Day 11 - Paro

Day hike to the iconic Tiger's Nest Monastery, in the Paro Valley. Altitude: 2,250 m.

Day 12 - Kathmandu

Depart Bhutan in the morning for Kathmandu where there will be time for last minute shopping. Altitude: 1,400m

Day 13- Depart

Depart Nepal



"I loved absolutely EVERYTHING about the tour! It was more than I could have imagined and worth every penny. It was all I expected and much, much more! I count my blessings that I had the opportunity and I am so grateful that your organisation made it possible."
- Sandra, U.K.

"A huge thank you for a fabulous trip. So wonderfully orchestrated and so very amazing, so much colour, so many patterns, so much history and of course so many temples, chortens /stupa and monasteries along with fabulous walks."
- Gillian, NZ.

Please contact us at info@beyondthecLOUDS.org.nz. Once we confirm that a space is available for you, a deposit of US\$1500 will be required to secure your place (or full payment if within 75 days of departure date).

Why Travel With Beyond The Clouds

We are passionate travellers, who specialise in creating custom-made itineraries for inspiring Himalayan journeys. We strive to exceed our customers expectations, and will go the extra mile to ensure you are happy every step of the way. We really care about the places we travel to, and support sustainable tourism to ensure economic benefit to local people. All profits from our tours go to charity First Steps Himalaya, who operate education projects in rural Nepal.