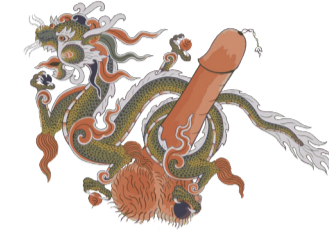




## Popular Picks

- ☀ Share **HAPPINESS** by posting letters with **Stamps** made from your best Bhutan photos.
- ☀ Close up **Selfie** with Mt. Everest. Sit on the left while flying into the country and on the right if you are flying out. Best on Delhi & Kathmandu flights.
- ☀ Say hello to **Takin**, the national animal of Bhutan and learn the story behind the mystical animal.
- ☀ Discover the tales of **Phallus** and get blessed.
- ☀ Being an **Olympian** - perform balancing act on a suspension bridge .
- ☀ Hike up the sacred Taktshang Monastery, popularly known as **Tiger's Nest** and watch how it defies gravity.



### Tourism Council of Bhutan

Tel: +975-2-323251 / 323252  
 Fax: +975-2-323695 / 337356  
 Email: info@tourism.gov.bt  
 Website: www.tourism.gov.bt

## Happiness is **Trekking**

☀ Here is how you find happiness in Trekking.

- ✓ Unwind at a yak herder's camp with hot butter tea
- ✓ Wade through fresh mountain creeks
- ✓ Experience the medieval ambience of nomad lifestyles
- ✓ Embark on the thrills of Himalayan trek routes
- ✓ Traverse the trails of wild blossoms
- ✓ Earn a reward of breathtaking landscapes
- ✓ Challenge yourself on Snowman Trek
- ✓ Find happiness by having a meal by a river



## Happiness is **Adventure**

☀ Here is how you find happiness in Adventure.

- ✓ Enjoy bicycling on some of the world's highest road passes
- ✓ Plough a field with a pair of oxen
- ✓ Challenge yourself in paddy plantation
- ✓ Hit the bullseye with traditional bow and arrow
- ✓ Bike through medieval trails
- ✓ Meet monks on hilltop monasteries
- ✓ Experience the lesser traveled areas of Bhutan
- ✓ Learn the art of preparing traditional tea, Suja
- ✓ Experience bolted rock climbing
- ✓ Romance the untamed rivers



## Happiness is **Festival**

☀ Here is how you find happiness in Festival.

- ✓ Join the locals in their finest attires and relish their festival meals
- ✓ Realize the meaning of life through the acts of dances
- ✓ Meet and take selfies with the Atsara, the jester of the festival
- ✓ Enliven your spirit with a sight of giant scroll (Thongdrel)
- ✓ Receive blessings from rare display of sacred relics
- ✓ Dress in Bhutanese costume by choosing your favourite colour



## Happiness is **Nature**

☀ Here is how you find happiness in Nature.

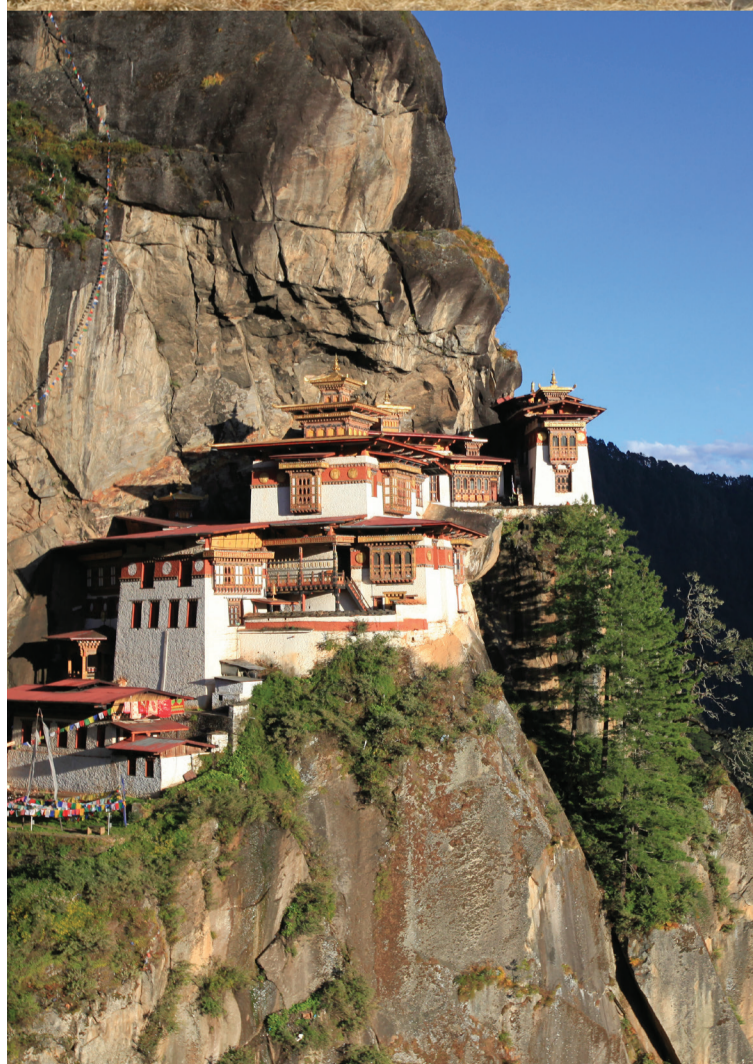
- ✓ Feel the fresh grass under a blanket of stars
- ✓ Add 565+ species of birds in your ornithology dictionary
- ✓ Spot wildlife from a boat on the Manas river
- ✓ Take a leisurely walk through the pristine nature
- ✓ Hike through the tapestry of Bhutanese colours
- ✓ Explore the wild array of flora and fauna
- ✓ Scroll through protected national parks
- ✓ Relieve city stress in nature's lap



## Happiness is **Culture**

☀ Here is how you find happiness in Culture.

- ✓ Sleep under the rafters of an ancient farmhouse
- ✓ Cook Bhutanese dishes and lose your palate to the taste of Emadatsi
- ✓ Savour the locally brewed alcohol, Ara, fried in eggs
- ✓ Rest by a bonfire to drift away to the soothing melody of folklore music
- ✓ Make a wish by building a miniature stupa out of mud or flour
- ✓ Get married in Bhutan like a royal couple
- ✓ Renew your wedding vows the Bhutanese style
- ✓ Milk a cow and try your skills in cheese and butter making



## Happiness is **Spirituality**

☀ Here is how you find happiness in Spirituality.

- ✓ Spread merit by hoisting prayer flags
- ✓ Practice yoga amid the serene environment
- ✓ Sooth your soul with your favourite book by the riverside
- ✓ Sit with monks through the chanting of prayers
- ✓ Discover your inner-self with meditation
- ✓ Take part in annual rituals with the locals
- ✓ Take lessons on Buddhism from a Buddhist master
- ✓ Light thousand butter lamps and make a wish



## Happiness is **Wellness**

☀ Here is how you find happiness in Wellness.

- ✓ Rejuvenate with herbal and hot stone bath
- ✓ Heal your mind with yoga and meditation
- ✓ Immerse in natural Himalayan hot spring
- ✓ Try our indigenous therapies
- ✓ Experience uninterrupted calmness of nature
- ✓ Try your skills with organic cooking from a selection of your favourite organic food
- ✓ Enjoy a session on meditation with a renowned master
- ✓ Treat your lungs with a breathe of fresh air everyday

# BHUTAN

Things to do in Bhutan



Free copy





# MAP OF BHUTAN

Tourism Council of Bhutan  
Royal Government of Bhutan



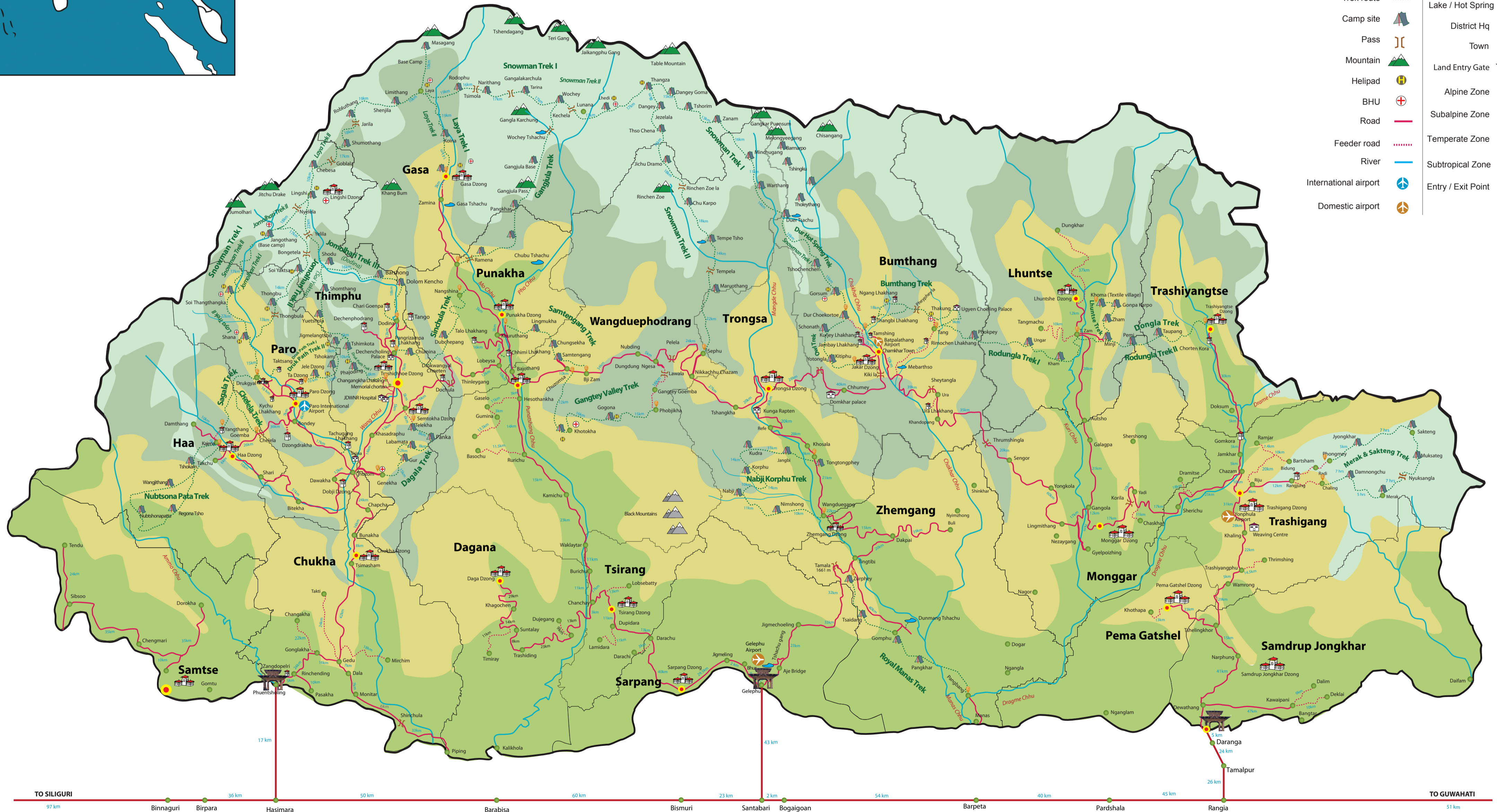
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## LEGENDS

- |                        |  |                    |  |
|------------------------|--|--------------------|--|
| International Boundary |  | Dzong              |  |
| District Boundary      |  | Monastery          |  |
| Trek route             |  | Lake / Hot Spring  |  |
| Camp site              |  | District Hq        |  |
| Pass                   |  | Town               |  |
| Mountain               |  | Land Entry Gate    |  |
| Helipad                |  | Alpine Zone        |  |
| BHU                    |  | Subalpine Zone     |  |
| Road                   |  | Temperate Zone     |  |
| Feeder road            |  | Subtropical Zone   |  |
| River                  |  | Entry / Exit Point |  |
| International airport  |  |                    |  |
| Domestic airport       |  |                    |  |



TO SILIGURI: 97 km (Binnaguri), 36 km (Birpara), 50 km (Hasimara), 60 km (Barabisa), 23 km (Bismuri), 2 km (Santabari), 54 km (Bogaigoan), 40 km (Barpeta), 45 km (Pardshala), 26 km (Rangla), 51 km (TO GUWAHATI)