



# BHUTAN

## MALAYSIA DIRECT FLIGHT

PARO | PUNAKHA | GANGTEY | PHOBJIKHA VALLEY |  
WANGDUE PHODRANG | THIMPHU

### 全马独家包机直飞不丹

帕罗 | 普那卡 | 岗提 | 富毕卡谷 | 旺杜波德朗 | 廷布

**DEPARTURE DATE:**  
**2023 DEC | 8, 15, 22**

## PROMOTION

### BUY 4 NIGHTS

GET

### 2 NIGHTS FREE\*

### 8 DAYS | 6 NIGHTS



BLACK-NECKED CRANES SEASON  
IN PHOBJIKHA VALLEY  
(DEC - FEB)



# 11大赠送 独家超值

EXCLUSIVE  
COMPLEMENTARY

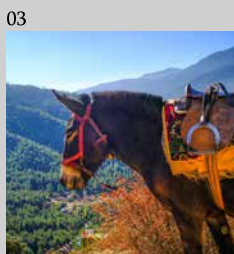
WORTH  
价值  
RM888



Bhutanese Cultural Dance  
不丹文化舞蹈表演



Bhutan Tourist Visa  
不丹旅行签证



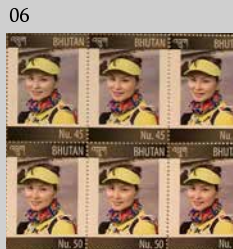
Horse Ridding at Tiger Nest  
骑马上虎穴寺



Bhutanese Tashi Khadar  
不丹传统围巾



Organic Lemongrass Spray  
天然香茅精油



Personalized Bhutan Stamp  
印制个人邮票



English, Chinese Speaking Guide  
中英导游讲解



Local Data Sim Card 3GB  
3GB网络电话卡



Unlimited Complimentary Water  
无限矿泉水



Hiking Stick at Tiger Nest  
虎穴寺的登山杖



Bhutanese Costume Experience  
不丹传统服装

## ACCOMMODATION 住宿

PARO		@ Le Meridien Paro		@ Tenzinling Luxury Camp		@ Tigernest Camp
PUNAKHA		@ Rkpo Green Resort		@ Zhingkham Resort		@ Four Boutique Hotel
THIMPHU		@ Dusit D2		@ Le Meridien Thimphu		

STAY 住宿	LOCATION 地点	4/5* HOTEL, SELECTED RESORT & CAMP 4/5* 酒店，精选度假村和营地
2 NIGHTS 2晚	PARO 帕罗	Le Meridien Paro / Tenzinling Luxury Camp / Tigernest Camp (OR SIMILAR 或同等)
2 NIGHTS 2晚	PUNAKHA 普那卡	Rkpo Green Resort / Zhingkham Resort / Four Boutique Hotel (OR SIMILAR 或同等)
2 NIGHTS 2晚	THIMPHU 廷布	Dusit D2 / Le Meridien Thimphu (OR SIMILAR 或同等)

## VARIETIES CUISINE 各种美食

- SUJA 酥油茶
- JASHA MARU 不丹咖喱鸡
- SHAMU DATSHI 蘑菇芝士
- EZAYS 辣蘸料
- MALAYSIAN BAK KUT TEH 肉骨茶
- EMA DATSHI 辣椒芝士
- SIKAM PAA 不丹培根肉
- DAL BHAT 米饭和扁豆
- KHATEM 炸苦瓜
- INDIAN CUISINE 印度料理
- KEWA DATSHI 马铃薯芝士
- BHUTAN RED RICE 不丹红米
- KHUR-LE 大麦煎饼
- THAI CUISINE 泰国料理
- CHINESE CUISINE 中式料理



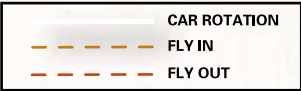


DAY 1 – ARRIVE PARO	第一天 – 抵达帕罗
<p><b>Rinpung Dzong</b> : It houses the district Monastic Body and government administrative offices of Paro District.</p> <p><b>Tachogang Lhakhang Dzong Local Farm House</b> : to see how Bhutanese farmers live and have chance to taste the local rice wine "ara". Experience &amp; learn the making of the famous local dish (Ema Datshi) Local cheese with chill's.</p>	<p><b>日蓬宗</b>:发源于仁臣彭宗的名字，意思是珠宝堆上的堡垒。在全山谷中可以看到耸立在城镇上空的巨大支撑墙。它以前是国民议会的会议大厅，现在像大多数宗族一样，有寺院和区政府办公室。</p> <p><b>唐东迦波当地农舍</b>:了解不丹农民的生活，并有机会品尝当地的米酒“ara”。体验和学习制作著名的当地菜肴（Ema datshi）当地辣椒奶酪。</p>
DAY 2 – PARO SIGHTSEEING	第二天 – 帕罗观光
<p><b>Tiger Nest</b> : Temple that build on the cliff edge about 3000m, one of the most amazing temples in the world. You may choose to walk uphill or ride a horse to midway point and continue hike to the monastery.</p> <p><b>Drukgyel Dzong</b> : a victory fortress of the 17th century. Although in ruins, this Dzong is preserved for its great historical importance.</p> <p><b>Dresseding Kira and Gho for Photo Shoot</b> : Bhutan's traditional dress is one of the most distinctive and vivible aspects of the country. Today, you can try the national costume and take beatiful photos!</p>	<p><b>虎穴寺</b>:坐落在帕罗谷3000千多米海拔的悬崖边上。这庙群建于1692年，是不丹境内最著名和神圣的寺庙，也被誉为世界十大寺庙之一。您可以选择徒步登山或骑马到半山休息站再徒步到山顶。</p> <p><b>杜克耶宗</b>:17世纪的胜利堡垒。虽然已成废墟，但这座宗堡因其重要的历史意义而得以保存。</p> <p><b>体验不丹民族服装拍照打卡</b>:不丹的传统服饰是该国最显著的特征之一，这里您可以试穿不丹民族服装再拍照留念。</p>
DAY 3 – PARO – PUNAKHA	第三天 – 帕罗 – 普那卡
<p><b>Dochula Pass</b> : Bhutan most beautiful mountains passes, enjoy the breathtaking views of the snow capped Eastern Himalayas. Druk Wangyal Chortens, 108 small chortens was built to honor Bhutanese soldiers who died in a 2003 military ooperation and dedicated to World Peace.</p> <p><b>Punakha Dzong</b> : A fortress built in 1637 was the ancient capital of Bhutan.Today, it is the winter palace for the monastic body of Bhutan as Punakha Valley, located between Pho Chhu (Father River) and Mo Chuu (Mother River.)</p>	<p><b>多楚拉山口</b>:不丹境内最美的山道。这里有为世界和平和纪念2003年军事行动中牺牲的不丹士兵而建立的108个佛塔 – 楚克旺耶纪念碑。在天气晴朗的时候，可以欣赏到喜马拉雅山的壮丽的风景。</p> <p><b>普纳卡宗</b>:过去是不丹的古都和中心地带。建于1637年并承载着300多年的历史。而现在是在位于普纳卡谷里的不丹皇室冬宫，它的寺院建在不丹的两条主要河流交汇处，Po Chhu（父亲河）和Mo Chhu（母亲河）。</p>
DAY 4 – EXCURSION GANGTEY & PHOBJIKHA VALLEY	第四天 – 游览冈提和富毕卡谷
<p><b>Gangtey Monastery</b> : the largest Nyingmapa monastery in western Bhutan founded in Year 1613.</p> <p><b>Phobjika Valley</b> : The valley of Phobjika, home of the migratory black-necked crane is one of the most beautiful spots in Bhutan.</p>	<p><b>岗提寺</b>:不丹西部最大的宁玛巴寺，建于 1613 年。</p> <p><b>富毕卡山谷</b>:富毕卡山谷是黑颈鹤迁徙的家园，是不丹最美丽的景点之一。</p>
DAY 5 – PUNAKHA – THIMPHU	第五天 – 普那卡 – 廷布
<p><b>Khamsum Yulley Namgyal Chorten</b> : It was built with a specific function in mind: to ward off evil spirits in Bhutan and across the world</p> <p><b>Chimi Lhakhang</b> : Known as the "Fertility Temple" and famous as a place which induces fertility for all the visitors who come here wishing for a child.</p> <p><b>Tashichho Dzong</b> : A Buddhist monastery and fortress of the glorious, popularly known as Thimphu Dzong one of the popular and biggest landmarks in Thimphu.</p>	<p><b>卡姆沙耶里纳耶纪念碑</b>:它是神圣的宗教建筑，有助于抵御负面力量，在不断变化的世界中促进和平、稳定与和谐、它是世界上独一无二的。</p> <p><b>切米拉康</b>:世界有名的求子圣地和不丹最著名的求子庙。这座小寺院坐落在Puna Tsang Chhu河边的村庄小丘上，是为了纪念喇嘛朱卡库雷，是不丹人广泛尊崇的圣人。因此许多外国旅客都慕名而来为了求得一子。</p> <p><b>扎西楚宗</b>:一座佛教寺院和光荣的堡垒，俗称廷布宗廷布最受欢迎和最大的地标之一。</p>
DAY 6 – THIMPHU	第六天 – 廷布
<p><b>Kuensel Phodrang (Buddha Point)</b> : A gigantic 167 feet high Buddha statue constructed in the mountains.</p> <p><b>National Memorial Chorten</b> : Most visible landmarks of Thimphu, the monument is also a stupa to honor the third king of Bhutan and focus of daily worship.</p> <p><b>Motithang Takin Preserve (Mini Zoo)</b> : Wildlife reserve for protecting Takin, the national animal of Bhutan.</p> <p><b>National Institute for Zorig Chusum</b> : A college where students come to train in the various Bhutanese crafts such as painting, wood carving, clay sculpting, metal work and needle work.</p> <p><b>Traditional Handmade Paper Factory</b> : The traditional handmade papermaking orginated in the 8th century, here you can watch the most traditional way and process of paper making.</p> <p><b>Bhutan Post Office Headquarters</b> : Bhutan is the world' famous "stamp-country" and you may create your own personalized stamp here, and send with those postcards to your beloved friends and family.</p> <p><b>Changlimithang Stadium &amp; Archery Ground</b> : Built in 12th century &amp; the oldest temple in Thimphu.</p> <p><b>Bhutan Handicraft Emporium</b> : Here you can find all kinds of beautiful hand-woven items and crafts.</p> <p><b>Authentic Bhutanese Crafts Street spectacle of traditional bamboo huts</b> : The market consists of around 80 shops which are entirely made of bamboo huts aligned together along the Norzin Lam covering about half a kilometer of the road.</p> <p>Enjoy the <b>Farewell Dinner</b> at your Hotel with <b>Local Cultural Dance Show</b> to witness traditional music of Bhutan.</p>	<p><b>金刚座释迦牟尼佛</b>:世界上最大的户外佛像之一，佛像高达52米。在这里也是最好俯看整个廷布城市的视角，至今已经成为不丹的地标之一。</p> <p><b>国家纪念佛塔</b>:廷布的标志性建筑，是为了祈求世界和平和纪念第三任国王建造的。这座纪念塔同时也是一座佛塔，内部珍藏许多神圣的宗教绘画和密宗佛像，是不丹人民生活的一部分。</p> <p><b>Motithang 羚牛保护区</b>:位于廷布的迷你动物园，也是不丹国兽“塔金”的保护区。塔金是不丹的一级保护动物也是羚羊的一种，只能在不丹看见。</p> <p><b>Zorig Chusum 国立研究所</b>:一所学院，学生可以在这里学习各种不丹手工艺，例如绘画、木雕、泥塑、金属工艺和针线活。</p> <p><b>传统手工造纸厂</b>:传统的手工造纸起源于公元8世纪，在这里可以看到最传统的造纸方式和过程。</p> <p>国家邮政总局:不丹是世界著名的“邮票之国”，您可以在这里制作属于您自己的个性化邮票，并连同这些明信片一起寄给您心爱的亲朋好友。</p> <p><b>Changlimithang 体育场和射箭场</b>:是廷布最古老的寺庙。</p> <p><b>不丹手工艺品商场</b>:在这里您可以找到各种精美的手工编织纺织品和工艺品。</p> <p><b>传统竹屋的正宗不丹工艺品街奇观</b>:该市场由大约 80 家商店组成，这些商店完全由竹屋组成，沿着诺津林排列在一起，覆盖了大约半公里的道路。</p> <p>在您的酒店享用告别晚宴，欣赏当地文化舞蹈表演，见证不丹的传统音乐。</p>
DAY 7 – THIMPHU – PARO – KUALA LUMPUR	第七天 – 廷布 – 帕罗 – 吉隆坡
<p><b>Tachogang Lhakhang Bridge</b> : an iron chain bridge built by Drupthob Thangtong Gyalpo.</p> <p><b>Local Market of Paro Town</b> : Last-minute shopping for some local products.</p>	<p><b>唐东迦波铁索桥</b>:是由Drupthob Thangtong Gyalpo建造的铁链桥</p> <p><b>不帕罗市场</b>:争取最后一分钟逛逛当地市场的小商贩和手工艺品。</p>
DAY 8 – ARRIVAL IN MALAYSIA	第八天 – 抵达马来西亚
<p>Your Bhutan journey ends here, Tashi Delek !</p>	<p>您的不丹之旅将在此结束, 扎西德勒!</p>

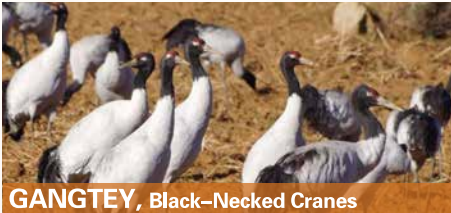


# BHUTAN 不丹

## MAP ROTATION 地图旅游路线



PARO, Paro valley



GANGTEY, Black-Necked Cranes



PARO, Tiger Nest



WANGDUE PHODRANG, Chimi Lhakhang



PUNAKHA, Phallus Paintings



THIMPHU, Buddha Point



### ESTIMATED FLIGHT SCHEDULE 预计航班时间

DEPARTURE 出发	Day 01 第一天	B3-709	0500 KUL 吉隆坡	-	0720 PARO 帕罗	4 Hrs 30 Mins
RETURN 往返	Day 07 第七天	B3-708	1630 PARO 帕罗	-	0020+1 KUL 吉隆坡	5 Hrs 50 Mins via Kolkata

\*Flight schedule and estimate time of arrival and departure subject to airline confirmation without prior notice. 此航班仅供参考，对应的航班时间均有调整的可能，包括起飞时间的变化等。

### TOUR FARE 团费

DEPARTURE 出发日期	ADULT TWINS 成人	CHILD TWIN 小孩占床	PRIVATE GROUP 私人包团	SINGLE SUPP 单人房差	UPGRADE 升级	TRAVEL INSURANCE 旅游保险


### TERMS & CONDITIONS 备注：

- Flights, transportation, hotels, meals and itineraries and sequences stated in the brochure are subject to change without prior notice and subject to final confirmation. We reserves the right to alter itineraries at any time (without compensation) due to unforeseen circumstances, especially during peak periods or force majeure.
- Purchase of travel insurance is compulsory. The Company or our consortium agents shall not be liable for any losses or personal expenses incurred by tour members during the tour. Or in the event of unforeseen circumstances such as adverse weather conditions/natural disaster or other causes which may lead to traffic delays/extend stays, cancellation, rescheduling or others losses.
- Unless otherwise specified by request, tours are conducted in English.
- Tour buses are arranged based on group size which make sure every passenger is entitled to one seat each.
- Expenses of personal nature like tipping, laundry, telephone calls/internet data, beverages, photography fee at sightseeing, optional tour, medical expenses, any insurance or etc are on own expenses.
- No refund shall be entertained for any unutilized portion of the tour.
- Notwithstanding the place or country in which a course of action arises, it is expressly agreed hereto that all causes of actions shall at all times be commence within the jurisdiction and territory of the country.
- Airport taxes, fuel surcharges and visa fees do not form part of the tour fare and it should be borne by the passenger. The Company is only acting as an agency to collect the above charges therefore it is subject to the Terms and Conditions of the respective authorities & airlines.
- In case on any currency fluctuations or amendment in local Government & Hotel taxes, or any fuel hike, we reserve the right to adjust the tour price accordingly without any notice.
- Flight timing and schedules are not guaranteed and do not form part of the contract. They are subject to change at the insistence of the Aviation of Government Authorities for the Tour Member's safety, security and other reasons. Neither The Company nor the Carrier concerned will accept liability for reasons of flight cancellations, delays or diversions that is not within its control.
- The Company reserves the right to cancel or withdraw at any time bookings made by or on behalf of Tour Members prior to departure. However, the company will reserve the absolute right to vary the group size due to unforeseen circumstances. The decision of The Company shall be final and inclusive and no liabilities whatsoever shall be incurred by the Company for such cancellation.
- It is the Tour Member's responsibility to ensure that they have a valid passport with at least 6 months validity from the date of departure.
- The Promotion enjoy 2 nights free Government SDF Waiver is subject to change according to Bhutan government decision.

#### Deposit / Tour Payments

A non-refundable of RM 3000 per person must be paid upon reservation. Full payment shall be made 60 days before departure. If full payment is not received 60 days or more prior to departure date, the Company reserves the right to forfeit the deposit and cancel the reservation.

- Amendment fee is applicable to all booking which are confirmed and deposit paid. All amendments will need to be made 60 days before departure date amendment fee of (min RM300) will be charged and may vary depending on the changes. Any subsequent cost increases and surcharges will be borne by the tour member.
- Cancellation of booking must be made in writing. Deposit of RM3000 per person will be forfeited if the company received notice more than 60 working days. If the company received notice to cancel less than 60 working days before the date of departure, a 100% cancellation of tour fare will be charged.

Operated by  **PARLO TOURS SDN. BHD. 壩羅旅遊社有限公司** 197501002374 (24106-H) KPL0218 (outbound)

Wisma Parlo, No. 72, Jalan Kampong Attap, 50460 Kuala Lumpur, Malaysia. Email: digitalcare@parlotours.com.my Website: www.parlotours.com.my  
Kuala Lumpur 603-2726 6088 | Ipoh 605-255 9566