

Bhutan Life Exposure Tours and Trek

Mobile: 00975-17116563, Phone: 00975-2-333935 Whatsapp: 00975-77116563 Facebook: BhutanLifeExposure Website: www.bletour.com





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.

Happiness is Adventure

🤂 Here is how you find HAPPINESS in Adventure.

Plough a field with a pair of oxen

✓ Bike through medieval trails

Challenge yourself in paddy plantation

Meet monks on hilltop monasteries

Experience bolted rock climbing

Romance the untamed rivers

Hit the bullseye with traditional bow and arrow

Experience the lesser traveled areas of Bhutan

Learn the art of preparing traditional tea, Suja

road passes

Enjoy bicycling on some of the world's highest

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.



Happiness is Festival

(Here is how you find HAPPINESS in FESTIVAL.

their festival meals

Realize the meaning of life through the acts of

of the festival



Popular Picks

Join the locals in their finest attires and relish

Meet and take selfies with the Atsara, the jester

Enliven your spirit with a sight of giant scroll

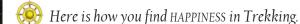
(Thongdrel)

Receive blessings from rare display of sacred

Dress in Bhutanese costume by choosing your

favourite colour

Happiness is Trekking



- Unwind at a yak herder's camp with hot butter
- Wade through fresh mountain creeks
- Experience the medieval ambience of nomad
- 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 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
- Spot wildlife from a boat on the Manas river
- ✓ Take a leisurely walk through the pristine
- 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 Sprituality



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 awish

Happiness is Wellness



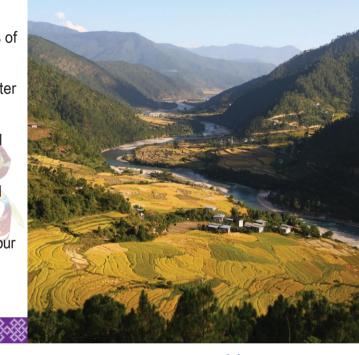
Here is how you find HAPPINESS in Wellness.

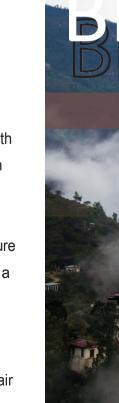
Rejuvenate with herbal and hot stone bath

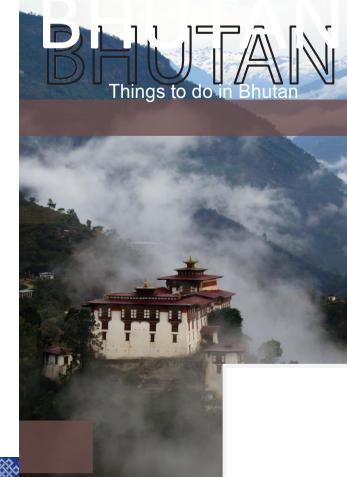
- ✓ Heal your mind with yoga and meditation
- Immerse in natural Himalayan hot spring
- ✓ Try our indigenous therapies
- Experience undisrupted calmness of nature
- ✓ Try your skills with organic cooking from a
- ✓ selection of your favourite organic food Enjoy a session on meditation with a
- ✓ renowned master

Treat your lungs with a breathe of fresh air

everyday









(Here is how you find HAPPINESS in Culture.

Sleep under the rafters of an ancients 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 orflour

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

