



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.



Bhutan Life Exposure Tours and Trek

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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 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 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 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

BHUTAN

Things to do in Bhutan

