



“ BHUTAN The Happiest Road ”

不丹——探秘快樂之道 ”

It is hard to imagine that such a small country, tucked in the Himalaya Mountains, accessible only by two airplanes, is the “Happiest Country” in the world, the last standing Buddhist Kingdom and has one of the fastest growing GDP's in the world. This country is Bhutan, “Land Of The Thunder Dragon” and the only country in the world has a GNH - Gross National Happiness! Bhutan is the last standing Buddhist Kingdom in the World and, until recently, has preserved much of their culture since the 17th century by avoiding globalization and staying isolated from the world.

難以想像一個位於中亞洲的喜馬拉雅山區小國，只得兩架航空客機能進入，這正是世界僅存碩果的佛教國「龍之國」不丹，其「國民快樂指數」歷年屢奪世界最快樂國家榮譽。不丹人多信奉佛教，更保留着不少十七世紀留下的文化瑰寶和建築，未被全球一體化污染，小河流水、山脈延綿，值得花上時間一窺究竟！

*Text_Elly Lai
Special Thanks_Charlotte Travel*



THIMPHU SIGHTSEEING

Memorial Chorten built in the memory of the third King, Jigme Dorji Wangchuck. Drive to Motithang for a bird's eye view of the capital city. Visit the mini zoo to get up close with 'Takin,' the national animal of Bhutan. Takins are a unique looking animal and are the only occupants of the mini zoo. There is an interesting story to their existence, which you will hear from your guide. Drive to Drubthop Lhakhang, the nunnery temple. Return to town for lunch at a local restaurant. After lunch visit the Bhutanese Indigenous Hospital, Traditional Painting School, National Library and continue your drive south to Lungtenzampa, visit the Royal silversmith at work and then stop by at the Bhutanese Paper factory. Time permitting we will visit Simtokha Dzong (fortress), the first Dzong in Bhutan built in 1624; it currently houses the Institute of Learning for Culture and Buddhist Studies.



廷布觀光

Chorten紀念館是為紀念第三代國王吉格梅旺楚克道爾吉而建成的，館內的五彩佛文經幡迎風招展，色彩亮麗。開車到Motithang俯瞰整個首都城鎮。參觀迷你動物園及探訪不丹國家動物——羚牛。羚牛是一種獨特的動物，是迷你動物園唯一的住戶，導遊會細述一個個關於牠們的有趣故事。之後驅車到位於Drubthop Lhakhang的尼姑庵廟。午餐後，可參觀不丹的傳統醫學院，藝術工藝學校、國家圖書館，並繼續向南方的Lungtenzampa前進，並訪問在皇家銀匠，不丹造紙廠。我們將參觀建於1624年的宗(Dzong)塔實堡Simtokha Dzong，塔實堡目前是學習房屋文化和佛學的研究所。

PUNAKHA VALLEY

Leaving Thimphu the road gradually climbs through a forest of pine and cedar, festooned with hanging lichen high up near Dochula pass (3,050 m/10,000 ft.). This pass offers panoramic views of the Himalayan mountain ranges. After a brief stop to catch the breathtaking views, we will descend along a series of hairpin bends to the fertile valley of Punakha (1,350 meters/ 4,430 feet). Before proceeding further to Punakha town we will hike through rice fields to Chimi Lhakhang temple located on a small hilltop.

This temple is dedicated to the great Yogi in 14th century known as Drukpa Kuenley or popularly known as the "Divine madman" in the west. It is believed that this temple blesses women who seek fertility. A popular pilgrimage spot for the Bhutanese, it is frequented by childless couples and parents who have difficulty raising children. After Lunch, continue your drive towards Punakha Dzong (Fortress) situated between the two rivers Pho Chu and Mochu (Male and Female Rivers). This fortress is now used as the winter seat of the Je Khenpo (the Spiritual head of Bhutan). This Dzong had served as the capital seat of the Kingdom for more than three hundred years. Punakha Valley, we begin our hike by crossing the Mochu River and ascending a numerous switchbacks to the Namgyel Khamsum Yuely Chorten. Looking downstream, the viewpoint here affords grand views of the Mochu River Valley below. We descend from the temple and follow a well-worn path down the valley through rice fields and small villages. Along the way we are rewarded with stunning views, the terraced rice paddies providing an exotic backdrop to the river below.

TAKTSANG MONASTERY (TIGER'S NEST)

At the starting point of the excursion to view the spectacular and famous Taktsang monastery (Tiger's lair). The trail to the monastery climbs through beautiful pine forest, many of the trees festooned with Spanish moss, and an occasional grove of fluttering prayer flags. You stop at the cafeteria for a rest and refreshments and continue the hike (if not tired) for short while until you see, clearly and seemingly within reach, the imposing Taktsang monastery. Built in 1600s, this incredible monastery clings to the edge of a sheer rock cliff that plunges 900 meters into the valley below. It is believed that, in the 8th century, Guru Rimpoche, the tantric mystic who brought Buddhism to Bhutan, landed here on the back of a flying tigress to subdue a demon. Guru Rimpoche is supposed to have meditated here for three months and it is considered like a Mecca for Buddhists. Drukgyel Dzong (the fortress of the victorious Drukpas) built in 1646 by Zhabdrung Ngawang Namgyal to celebrate victory over Tibetan invading forces and also to curtail further invasions from the enemy. The route is picturesque, and the site of dzong magnificent (from here, only two-day hike to the border with Tibet, dominated by Mt Jhomalhari). Not far from here also marks the trail head for the popular and scenic Jumolhari Trek. This beautiful landscape draws the trip of Bhutan a perfect end.



普納卡海谷

普那卡(西不丹一個主要區總部所在地)，離開廷布的道路，沿途都是松樹和杉樹林，逐漸駛進多磔道(3050米英尺10,000英尺)，稍作停留，如遇晴朗的天氣，你可遠眺東喜馬拉雅山脈的壯麗全景；沿著肥沃的山谷，駛向普那卡(1,350米/4,430英尺)的髮夾彎。展開普那卡鎮之旅之前，沿路會看見在滿佈稻田的小山頂上的Chimi Lhakhang寺廟。在14世紀時，這裡曾被稱為天龍Kuenley或在西方被寓為「神聖的瘋子」。

這個寺廟是偉大的瑜珈靈修地，國民認為這所寺廟會祝福那些尋求生育的婦女，也是有子女的夫婦和父母養育子女有困難的人的一個受歡迎的朝聖點。午飯後，繼續向普那卡Punakha Dzong進發，到達位於兩條河流的Mochu(男女之河)。這座堡壘是目前普遍公認不丹的精神所在地，這裡已有超過三百多年的歷史，直至1955年都是不丹的首都，充滿田園風光。及後參觀建於1637年的普那卡宗廟，以一條古老木橋與對岸連接，現在仍是Je-khempo(住持)及主要僧侶的冬天居所。穿越Mochu河，遠看山谷河岸，展望下游，這裡的流域以下的宏偉景色。我們從寺廟向下行，依據一個破舊的路徑向下，通過稻田和小村莊的山谷。路上，看到山脈、河谷連綿的壯麗景色，這裡為我們提供了一個不尋常的背景一下游河流阡陌。

徒遊覽虎穴寺

步登上懸崖庵Taktsang(Tiger Nest)，意思「虎穴寺」。虎穴寺建於1692年，相傳蓮花生大師在西藏喜馬拉雅山，跳上一隻老虎背，直飛到帕羅谷，想找一處靜修，最終找到海拔3,180米的山洞，然後在洞裏冥想修行，後世生尊敬蓮花生大師，就在洞穴外建一寺廟，最初名Taktshang Goemba，後經一場大火，寺廟嚴重損毀，直到1998年才籌得款項重建。不丹人出世後，父母都會找嬰兒上虎穴寺祈福，信徒相信，徒步上寺是種修行。乘車到虎穴寺山下，然後徒步登寺。往杜克耶古堡(Drukgyel Dzong)，建於1646年，以紀念戰勝與西藏戰爭，雖在1951年遭大火摧毀，高聳外牆和中央主要部份仍保存下來，依然宏偉，在晴朗的一天，看到山巒Mt. Chomolhari壯麗景色，為不丹之旅落下完滿句號。





ROCK FORTRESS OF SIGIRIYA

The town of Sigiriya, within the country's rich cultural triangle. In the evening, mount the rock fortress of Sigiriya, a 5th Century "Fortress in the Sky".

DAMBULLA CAVE TEMPLES, TEMPLE OF THE TOOTH RELIC

Visit Dambulla Cave Temples, the Temple of the Tooth Relic & view a cultural dance performance. After breakfast leave for Dambulla and visit Dambulla Cave Temples. Thereafter you will arrive in spiritual Kandy, surrounded by greenery and the great Mahaweli River. Kandy is also well known as the centre of Buddhism. At your convenience, become acquainted with the city of Kandy, pay your respects to the Temple of the Tooth Relic.



“ SRI LANKA Wildlife and Scenic 斯里蘭卡 — 奇異光彩 ”

Sri Lanka is unique in that it has a multitude of eco systems and habitats that combines several geographic locations into one tiny island. This tour is all about showcasing the wondrous beauty this majestic isle has to offer you. Sri Lanka's flora and fauna offer sight seers a rich diversity, embracing them in a kaleidoscope of colours.

斯里蘭卡乃印度洋上一顆黑珍珠，以佛教立國，包容印度教、基督教、伊斯蘭教，多元宗教信仰令人心境平和，相信與自然共生，不破壞不污染環境，動植物繁盛，物產豐富，令島國披上一層奇異光彩！



錫吉里亞古城壘

在密密層層原始森林間，一座突兀巨岩橫空出世，拔地而起，便是與柬埔寨吳哥窟齊名的古城錫吉里亞(Sigiriya)。在城鎮庫魯內格勒(Kurunegala)參觀世界文化遺產「岩石堡壘」(Sigiriya, Lion Rock Sinhala)。斯里蘭卡被稱為「考古之鄉」，岩石堡壘建於公元五世紀，200米高，入口刻上巨大獅子像，也稱為「獅子岩」。堡壘原是國王迦葉(King Kasyapa)因謀殺父親，為躲避弟弟Mogallan追趕時，在650英尺岩石上建立的銅牆鐵壁，曾經他的豪華宮殿，有花園和游泳池，樓梯間有世界著名手繪壁畫約550幅，描繪古時少女生活情況，全用泥土色素畫在石膏上。

丹布拉石窟寺、佛牙寺

斯里蘭卡超過65%人為佛教徒，相傳佛祖釋迦牟尼曾三次來訪，成為最早的佛教國家。早餐後，前往中部丹布拉市(Dambulla)看斯里蘭卡最大和保存最完整的洞穴廟宇群丹布拉石窟寺，又名金寺和皇室岩廟(Dambulla Cave Temple)，廟群。建造可追溯至公元前一世紀，因阿努拉德普勒國王Walagamba曾於此地流亡14年，復位後，在島上建立壯麗岩石寺廟，1991年列入聯合國世界文化遺產。石窟寺位處160米高山岩上，沿石階登上，可眺望山下平原，甚至遠眺16公里外獅子岩(Sigiriya)。共五個窟，最大窟長52米、深23米、最高點7米，首個洞有長47呎的臥佛像，150尊佛像隱匿在狹長石聽下天然洞穴中，天花板也佈滿壁畫，描繪佛祖和僧伽羅人事蹟。世界各地佛教徒視為最神聖地點的佛牙寺(Sri Dalada Maligawa, Temple of the Sacred Tooth Relic)，據說佛陀圓寂後遺下左邊犬齒(佛牙)，公元四世紀時羯陵伽王國(Kalinga)的公主「走私」運往斯里蘭卡，成為斯里蘭卡王權象徵，佛教徒的聖物。📍