

6天5晚

CHARTER FLIGHT | 包机行程 



不丹 *Culture Discovery Tour* Bhutan

深度文化之旅



关于不丹

不丹坐落在喜马拉雅山脉东段，是一个自然、文化与灵性交汇的王国。在这里，古老的传统与现代发展并存，不丹人民遵循大乘（密宗）佛教的慈悲与正念原则，与环境和谐共处。

About Bhutan

Nestled in the Eastern Himalayas, Bhutan is a kingdom where nature, culture, and spirituality converge. Here, ancient traditions are preserved alongside modern development, and the Bhutanese live in harmony with the environment, guided by Mahayana (Tantric) Buddhist principles of compassion and mindfulness.



涵盖目的地 / Destinations: Thimphu • Punakha • Paro

DEP. DATE 出发日期 **26 MAY / 17 JUN / 07 AUG 2026**

SINGLE 单人	TWN / TRP 双人/第三人	CWB 孩童占床	CNB 孩童无床	AIRPORT TAX 机场税
\$3908	\$3608	\$2508	\$2428	\$280

行程亮点 Tour Highlights

- 在西姆托卡宗冥想与祈福 - 在不丹最古老的堡垒中，与驻寺僧人一同体验宁静与灵性能量。
- 在普纳卡河畔野餐午餐 - 在河边享用悠闲一餐，欣赏普纳卡宗及周围葱翠山谷的壮丽景色。
- 莫楚河漂流 - 享受平缓的冒险，漂流经过稻田、森林和传统村庄。
- 农舍射箭、篝火与文化表演 - 体验不丹国技射箭，享用温馨的篝火晚餐，观看传统表演，度过难忘的告别之夜。
- Meditation and Blessing at Shimtoka Dzong - Experience tranquility and spiritual energy with resident monks in Bhutan's oldest fortress.
- Picnic Lunch on the Punakha River - Enjoy a leisurely meal by the river, taking in the stunning views of Punakha Dzong and the surrounding lush valleys.
- Mochu River Rafting - Experience a gentle adventure as you drift through rice paddies, forests, and traditional villages.
- Farmhouse Archery, Bonfire, and Cultural Performance - Experience Bhutan's national sport of archery, enjoy a warm bonfire dinner, watch a traditional performance, and spend an unforgettable farewell night.



农舍射箭



普纳卡河畔



文化表演



不丹餐



新雅旅游

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6D5N Bhutan Cultural Discovery Tour

6天5晚不丹深度文化之旅

D1 新加坡 → 帕罗 → 廷布 Singapore → Paro → Thimphu 午餐 L | 晚餐 D 55 km / 1.5 hrs

参考航班: B3 781 SIN - PBH 0500 - 0740

- **喜马拉雅风景飞行**: 抵达帕罗前, 可在航班上欣赏白雪皑皑的喜马拉雅山峰与山谷景色。
- **中藏 | 河流交汇点**: 参观帕罗河与廷布河的交汇处, 三座不同风格的佛塔静静伫立于此。
- **塔宗拉康 | 铁桥寺**: 由15世纪圣人唐东嘉波所建, 以古老铁索桥闻名。
- **午餐 | 廷布当地餐厅**
- **国王纪念塔 & 手工艺品集市**: 参观廷布地标佛塔, 并自由选购不丹传统手工艺品。
- **酒店入住 | 廷布**

- **Himalayan Scenic Flight**: Begin your journey with stunning views of snow-capped peaks, valleys, and terraced fields.
- **Chuzom - River Confluence**: Visit the confluence of the Paro and Thimphu Rivers, marked by three stupas in different styles.
- **Tachog Lhakhang (Iron Bridge Temple)**: A historic temple built by the 15th-century saint Thangtong Gyalpo, famous for its iron bridge.
- **Lunch at a local restaurant in Thimphu.**
- **National Memorial Chorten & Handicrafts Market**: Visit Thimphu's iconic chorten and browse traditional Bhutanese handicrafts.
- **Hotel check-in in Thimphu.**

↪ 廷布 Thimphu - Tashi Yidwong Grand Hotel or similar

D2 廷布市区探索 Explore Thimphu 早餐B | 午餐L | 晚餐D

- **西姆托卡宗**: 不丹最古老的宗堡之一, 环境清幽, 常见僧侣修行。
- **佛陀点 | 多登玛佛像**: 巨型佛像俯瞰廷布山谷, 是拍照与静思的好地方。
- **民俗遗产博物馆**: 走进传统不丹农舍, 了解乡村生活方式。
- **羚牛保护区**: 近距离观赏不丹国兽 - 羚牛。
- **周末市场**: 感受当地市集气氛, 售卖蔬果、手工艺与纪念品。
- **扎西却宗**: 不丹政治与宗教中心, 外观宏伟庄严。

- **Simtokha Dzong**: One of Bhutan's oldest dzongs, known for its peaceful atmosphere.
- **Buddha Dordenma (Buddha Point)**: A giant Buddha statue overlooking Thimphu Valley.
- **Folk Heritage Museum**: Discover traditional Bhutanese rural life in a historic farmhouse.
- **Takin Reserve**: See Bhutan's national animal, the unique Takin.
- **Weekend Market**: Experience local life at the vibrant weekend market.
- **Tashichho Dzong**: The seat of Bhutan's government and monastic body.

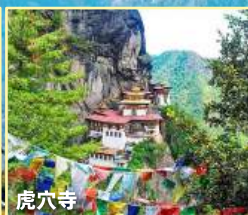
↪ 廷布 Thimphu - Tashi Yidwong Grand Hotel or similar



西姆托卡宗



莫楚河漂流



虎穴寺

配套包含 PACKAGE INCLUSIVE:
 ✓ 不丹航空往返机票 (含7公斤手提行李 + 30公斤托运行李) ✓ 英文讲解导游
 ✓ 签证费 ✓ 政府特许权使用费和税收 ✓ 行程所列的住宿、交通、行程及餐饮
 ✓ Roundtrip air ticket via Bhutan Airlines with 7kg hand-carry + 30kg check-in bag
 ✓ English Speaking Guide ✓ Fast Track Visa Fee ✓ Government Royalties & Taxes
 ✓ Accommodation, transportation, tour and meals as per itinerary

D3 廷布 → 普纳卡 Thimphu → Punakha 早餐B | 午餐L | 晚餐D 75 km / 3 hrs

- **多楚拉山口**: 晴天可远眺喜马拉雅山脉, 108座纪念佛塔极具代表性。
- **莫楚河畔野餐午餐**
- **莫楚河漂流 | 自选**: 轻松安全的漂流体验, 适合初学者。
- **普纳卡宗**: 不丹最美宗堡之一, 被誉为“幸福宫殿”。
- **普纳卡悬索桥**: 步行穿越不丹最长悬索桥, 欣赏河谷风景。

- **Dochula Pass (3,080 m)**: Enjoy panoramic Himalayan views and the iconic 108 chortens.
- **Picnic Lunch by Mo Chhu River**
- **Mo Chhu River Rafting - Optional**: A gentle rafting experience suitable for beginners.
- **Punakha Dzong**: One of Bhutan's most beautiful dzongs, known as the Palace of Great Happiness.
- **Punakha Suspension Bridge**: Walk across Bhutan's longest suspension bridge.

↪ 普纳卡 Punakha - Rkpo Green Resort or similar

D4 普纳卡 → 帕罗 Punakha → Paro 早餐B | 午餐L | 晚餐D 120 km / 4.5 hrs

- **切米拉康 | 求子庙**: 穿越田野徒步前往当地人信仰的祝福之地。
- **风景驾车返回帕罗 (经多楚拉山口)**
- **塔宗博物馆**: 了解不丹艺术、历史与宗教文化。
- **仁朋宗**: 宏伟宗堡, 展现僧院与行政文化。

- **Chimi Lhakhang (Fertility Temple)**: A scenic walk to a temple believed to bless couples.
- **Scenic drive back to Paro via Dochula Pass**
- **Ta Dzong Museum**: Explore Bhutanese art and history.
- **Rinpung Dzong**: A grand dzong showcasing monastic and administrative life.

↪ 帕罗 Paro - Kaachi Hotel or similar

D5 虎穴寺徒步体验 Tiger's Nest Monastery Hike 早餐B | 午餐L | 晚餐D

- **虎穴寺**: 徒步前往悬挂于山谷之上的不丹圣地, 感受灵性氛围。
- **当地农舍体验**: 体验射箭, 与村民交流日常生活。

- **热石浴 | 自费**
- **告别晚宴 & 文化表演**
- **Taksang Monastery (Tiger's Nest)**: Hike to Bhutan's most iconic monastery perched high above the valley.
- **Local Farmhouse Visit**: Try archery and interact with local villagers.
- **Hot Stone Bath - Optional**
- **Farewell Dinner & Cultural Show**

↪ 帕罗 Paro - Kaachi Hotel or similar

D6 帕罗 → 新加坡 Paro → Singapore

- **专车送往帕罗国际机场**: 途中最后欣赏帕罗山谷与周边山景。
- **协助办理离境手续, 圆满结束不丹之旅。**

- **Transfer to Paro International Airport**: Enjoy final views of the Paro Valley along the way.
- **Departure assistance and warm farewell**

参考航班: B3 780 PBH - CCU 1035-1115
 B3 780 CCU - SIN 1155 - 1835

配套不包括 PACKAGE EXCLUDE:
 ✖ 机场税 @ \$280/人 (预订时支付) ✖ 旅游保险
 ✖ 导游以及司机小费 @ \$70/人 ✖ 领队小费(如有) @ \$60/人 ✖ 自费项目
 ✖ Airport Tax @ \$280/pax (Pay upon booking) ✖ Travel Insurance
 ✖ Tour Guide & Driver Tips @ \$70/pax ✖ Tour Leader Tips (if any) @ \$60/pax
 ✖ Optional Tour