



CASTrips

*Creativity,
Activity,
Service*

Bhutan Sample Itinerary



Creativity, Activity & Service

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Please note, this is a sample itinerary - all destinations, activities and timeframes can be changed as needed. CAS Trips are 100% customizable to your needs. Contact us to find out more!

Day 1 – Arrival

Activity	Description
Arrival and Transport to Thimpu	Your dedicated CAS Trips Bhutanese tour guide will greet you at Paro Airport before boarding private transport for the 1-hour drive to Thimpu and your accommodation for check-in.
Check-in & Relax	Check-in to your rooms, relax and freshen up following the long journey.
Student Challenges	Students will be introduced to The CAS Trips Changemakers Challenge and our Reflection Workshop.
Bhutan's Political & Spiritual capital	This walking tour of Bhutan's capital focuses on the city's enchanting history as well as the country's unique modern-day policies at government level.
Evening Meal	Enjoy traditional Bhutanese cuisine.



Day 2 – Creativity & Culture

Activity	Description
Bhutan: History, Religion, Culture & GNH	In this exploratory workshop students will learn all about Bhutan's fascinating history and culture as well as the concept of Gross National Happiness – Bhutan's unique philosophy which guides the country's government.
Tashichho Dzong: Seat of the Royal Government of Bhutan	This enormous fortress-monastery is today the de-facto seat of the Bhutanese government, and CAS Trips will gain exclusive access to take a look at how the Bhutan Royal family live.
Lunch	Try some traditional cuisine.
Bhutan's 13 Traditional Arts & Crafts	In this interactive visit to the national school for expert training in the arts, students will see masters at work before trying an art such as calligraphy, painting, sculpture and weaving, for themselves!
Takin Park	After trying your hand at the 13 arts, you will hit the paths for a mild hike and ascend Takin Park to Sangayang hilltop in time for sunset.
Evening Meal	You will return to the hotel for the evening meal.
Reflections Workshop	Following an incredible first day in Bhutan, students are encouraged to exchange their thoughts and ideas about what they have seen.



Day 3 – Service & Creativity in Education

Activity	Description
Government School Assembly	Students will visit the Government Jigme Loseling School to attend morning assembly and participate in the daily prayer and meditation rituals.
Service Challenge: Private School Visit	You will explore the school's pioneering Design for Change program and students will be able to compare the methodology and environment of the government and private schools.
Lunch	Eat lunch at the school.
School of Astrology	The exploration of Bhutan's education system will continue with a visit to Pangri Zampa – Bhutan's School of Astrology.
Cooking Workshop	Students will return to the hotel and roll up their sleeves in preparation for their participation in a cooking workshop, learning how to make traditional Bhutanese Momos dumplings.
Evening Meal	An evening meal of Bhutanese cuisine will be served, including the homemade dumplings, made earlier.



Day 4 – Service in the Community

Activity	Description
Service Challenge: The Zilukha Nunnery project	You will visit the Zilukha Nunnery – Bhutan’s largest nunnery. In this intimate tour, you will meet the high priest and donate much-needed winter blankets.
Service Challenge: The Bhutan Youth Development Fund	You will have the opportunity to speak to social workers and take a tour of the YDF Centre before partaking in a special guided Pranijic Healing meditation.
Lunch	Lunch will be eaten in Thimpu.
National Textile Museum & Postal Stamp Challenge	Textiles such as weaving and tapestry play a hugely important role in Bhutanese society and students can purchase souvenirs and collect the orders they have received as part of their Pre-Trip Fundraising Challenge.
The Dechen Phodrag Monastic Centre	In the final Service visit of the day, you will enter the Dechen Phrodrang monastery, meaning "Palace of Great Bliss".
Evening Meal	Students will return to the hotel for an evening meal.



Day 5 – Arrival in Punakha

Activity	Description
Journey to Punakha	The group will travel to Punakha via private transport, stopping at the spectacular 108 Stupas site en route.
Lunch	Lunch will be eaten en route.
Check-in to local Farmstays	In Punakha, students in pairs will be assigned a local family for an immersive farm stay experience.
Service Challenge: Intercultural Team Sports	In a community setting, students will meet local children and villagers who will introduce them to traditional Bhutanese sports and team games.
Evening Reflections	Ahead of evening meals with local host families, students will gather together to share reflections and impressions of their experiences.
Evening Meal	Dinner will be eaten with local host families.



Day 6 – Service in the Environment

Activity	Description
Service Challenge: Organic Farming	Students will help local farmers with reforestation projects, seasonal cultivation, planting or harvesting, including a visit to the Farmer’s Dairy Cooperative to learn how to make organic butter/milk.
Lunch	Lunch will be eaten at the farm.
Visit Punakha High School & Ancient Capital	<p>This afternoon, you will visit one of the oldest high schools in Bhutan to see just how Gross National Happiness is embedded in the day-day curriculum of the local students.</p> <p>Following this, you will take a leisurely tour around Punakha Dzong – the ancient capital situated in a peaceful river valley with the Himalayas towering either side.</p>
Service Challenge: Homestay Cooking	Students will return to their homestay families to help out with the preparation and cooking of their evening meal, including traditional Bhutanese butter tea.
Evening Meal	Dinner will be with local host families.



Day 7 – Activity

Activity	Description
Hike to Khamsum Yullay Monastery	Just a short drive along the valley, you will arrive at the longest suspension bridge in Bhutan. Here you will disembark, cross the bridge and begin your hike up to Khamsum Yullay Monastery.
Lunch	Lunch will be eaten during the hike.
Free Time with Locals	Upon returning to the farm stay village, students will be free to socialize with the local children and may wish to deliver some ESL (<i>English as a Second Language</i>) games and lessons.
Evening Meal	The final evening meal with local host families.



Day 8 – Journey to Paro

Activity	Description
Journey to Paro	You will travel the 5-hour journey across the zig-zagging roads to Paro via private transport.
Lunch	Lunch will be eaten en route.
Hotel Check in and Paro Town Tour	<p>Following check-in to the hotel, CAS Trips guides will lead a tour of the local sites of Paro.</p> <p>Set in the tranquil Paro Valley, Paro is home to the Rinpung Dzong fortress monastery, several palaces as well as a number of shops and restaurants to explore.</p>
Evening Meal	You will return to the hotel for tonight's evening meal.
Reflections Workshop	On the penultimate evening, you will gather together to share your reflections, memories and lessons – comparing your expectations of the trip to the realities experienced so far.



Day 9 – Activity

Activity	Description
Hike to The Tiger's Nest	The iconic Tiger's Nest monastery is the perfect finale to wind up your CAS Trips experience in Bhutan. The 3-hour trek requires perseverance but the rewards are unquestionably worth every step!
Lunch	You will eat lunch during the hike.
Optional Hot Stone Bath	After the rigors of the trek up and down from the Tiger's Nest, you will return to refresh and relax at the hotel. There is the optional extra of indulging in a traditional hot stone bath (\$25 per person – advance booking needed).
Evening Meal	You will return to the hotel for tonight's evening meal.

Day 10 – Departures

Activity	Description
Check-out and Departure	Following check-out from the hotel, your CAS Trips guide will meet and accompany you for the short trip to the airport.



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Have questions or need further information?

Get in touch



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