

	DAY 5		DAY 6		DAY 7		DAY 8	
Time	Paro / Punakha		Punakha		Punakha / Paro		Paro	
0700	Breakfast		Breakfast		Breakfast		Breakfast	
0800	Mindfulness & Meditation with Lama	Hike with Team Guide	Mindfulness & Meditation with Lama	Hike with Team Guide	Mindfulness & Meditation with Lama	Hike with Team Guide		
0900	At Leisure Shower / Breakfast		At Leisure Shower / Breakfast		At Leisure Shower / Breakfast		Departures Flight schedule yet to be released	
1000	Scenic Drive To Punakha <i>Dochula Tea Break</i>		Khamsum Yulley Chorten One hour flat mountain ride from hotel to Khamsum Yuelley with 45 min hike		Nobgang Village Scenic drive to Nobgang, the birthplace of Her Majesty the Queen Mother. Around the bend, a 5-star picnic lunch will await us with a scenic view of the valley and mountains.			
1100			Raft towards Punakha Dzong At the base of Khamsum Yulley, members raft to a riverside picnic across from the Punakha Dzong					
1200			Riverside Picnic Lunch <i>casual and at leisure</i>					
1300	Divine Madman's Temple A 15 minute hike through the paddy fields to the fertility temple popular for those looking to conceive		Tour of Punakha Dzong The Punakha Dzong is considered Bhutan's most beautiful.		Scenic Drive To Paro <i>Dochula Tea Break</i>			
1400	Lunch <i>casual and at leisure</i>		Immersion with Lapsakha, Wangkha and Tabakha Villages - Traditional welcome & butter lamp offering - Gathering under ceremonial tent - Lunch with district officials & village residents - My Story; Sharing of stories of village residents		At Leisure			
1500	The Monks of Bhutan - An Inside look at Monastic Life Talo Shedra / Monastic School				Options: SUVs available for souvenir shopping and local tours			
1600	At Leisure				At Leisure			
1700	Drinks & Dinner at Hotel		Farmhouse Dinner Local farmhouse favorite		Sunset Drinks & Closing Dinner Zhiwaling - Both Extension A and B groups overnight at Zhiwaling - Outdoor cocktails & canapes in private indoor bar - Casual dinner in Bhutan's most stunning lobby			
1800								
1900								
2000								
2100	Optional Activity A: Local Live Music Scene	Optional Activity B: Drinks at Hotel Bar	Optional Activity A: Stargazing	Optional Activity B: Drinks at Hotel Bar	Optional Activity A: Local Live Music Scene	Optional Activity B: Drinks at Hotel Bar		
2200								