



BHUTAN

A Journey of a Lifetime

Quest79[♥]
Find your inner Gold

ABOUT QUEST 79

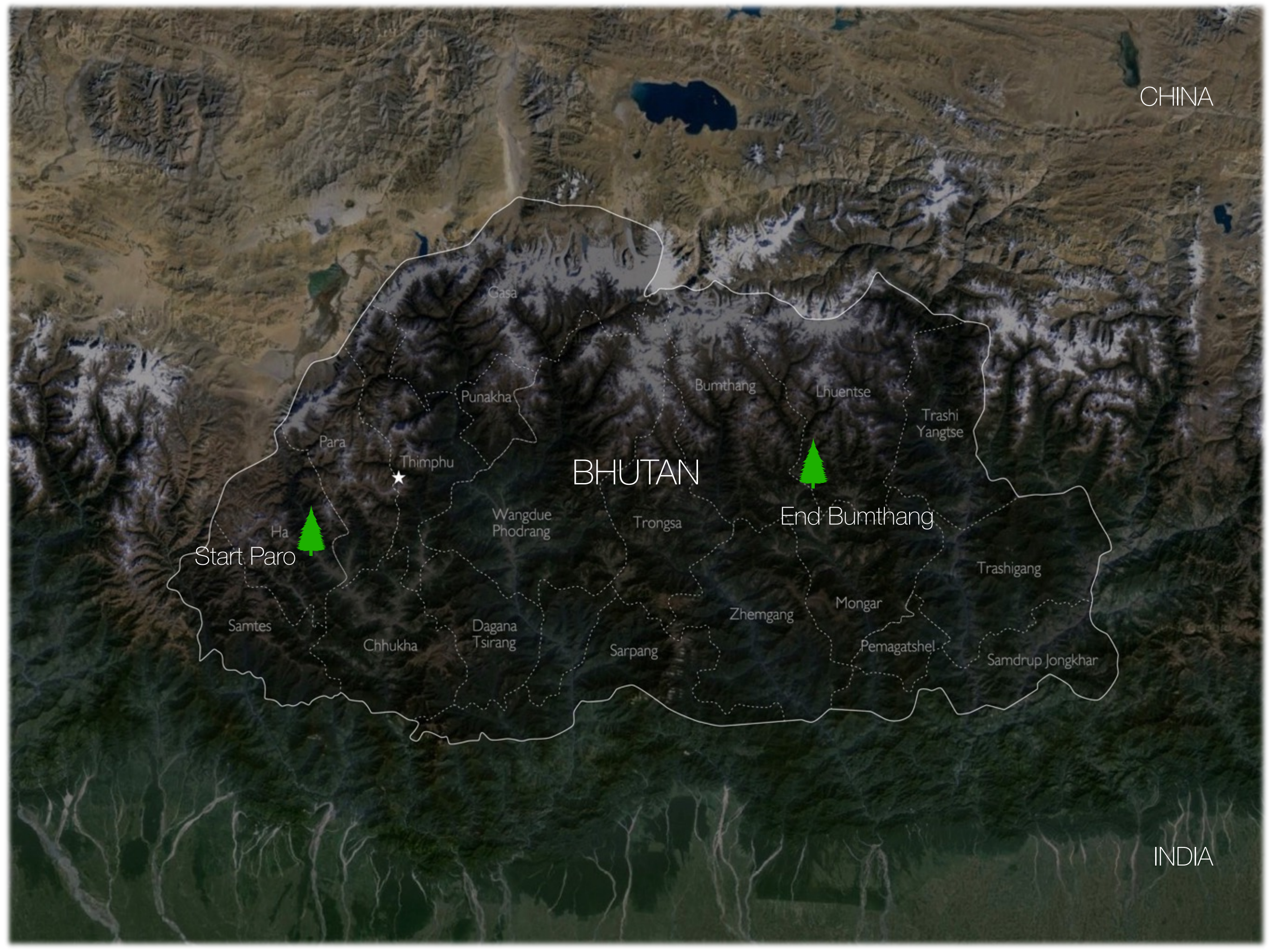
Quest 79 is a social enterprise with the vision of enhancing levels of personal and community connection, wellbeing and positivity by inspiring collective change and possibility. 'Questers' take a personal journey of discovery, an inspirational challenge connected to the number 79, the atomic number of gold. When we step out of our 'normal' & challenge ourselves in some way or give to others, we always discover something new and special. We find INNER GOLD: a shiny part within us that has become hidden or lost through the challenges and busy-ness of life. We inspire those around us and spread positive waves from our personal level, to our local communities and then around the world, expanding positivity and possibility in a ripple effect. www.quest79.com

Quest 79 Bhutan is a first step in taking people on extraordinary quests of discovery. Being immersed in a different culture, experiencing new perspectives with other special humans has a powerful ability to inspire positive change. We would love you to join. Our fundamental principle is to nurture the potential that lies within us and our connectedness to each other and the wider planet, and hence to bring new potentials into existence.



The **Kingdom of Bhutan** is nestled high in the Himalayas between China and India. Its storied history, unique culture and pristine environment are inextricably linked, and make it one of the few destinations left on Earth where people and nature exist in harmony.





CHINA

BHUTAN

Start Paro

End Bumthang

INDIA

ABOUT OUR BHUTAN ADVENTURE

Bhutan is a unique Himalayan kingdom, where happiness is measured over materialism, and where compassion is woven into the fabric of life. Bhutan's landscapes, cultures and traditions inspire transformational change. We believe that when things change for the better within us, then things change for the better in our external world too.

This journey to Bhutan has been designed in partnership with MyBhutan, an established boutique social enterprise with unprecedented access to 'deeper' Bhutan, founded with His Royal Highness Prince Jigyel Ugyen Wangchuck. MyBhutan have a rich network of local relationships which have enabled us to create something truly unique. Our journey will be an exploration of happiness. It will inspire your imagination and support you on an adventurous journey that we are sure will bring inner transformation in a truly special way.



A JOURNEY OF A LIFETIME

Your Bhutan Quest will begin in the historic and sacred town of Paro, and you will journey eastward to Mebar Tsho, Bhutan's sacred lake. We have designed the physical journey to give you options to take walks along the way, to cycle along the route, or to travel by vehicle; giving you choice and flexibility to integrate physicality to the degree or style that suits you.

You will be immersed in spectacular scenery, places of reverence and rich culture. You will be able to share conversation, celebration, ritual and connection with some very special local people and groups, created to help deepen your understanding of happiness and what it means to you. Like any Quest, this will be a journey of discovery: we will cross high mountain passes, explore beautiful forest, journey into the Black Mountains, visit a hidden monastery, and culminate our journey in the region of Bumthang and a place of hidden treasure.

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QUEST 79 BHUTAN ITINERARY

Day 1

Arrive at Paro Airport & check-in

Welcomes & sacred song & dance ceremony at local farm home

Evening blessing ceremony & intention setting for the journey through Bhutan

Evening at Metta Resort, Paro

Day 2

Walk & drive, or cycle* to Thimphu

Arrive at the Buddha Dordenma Statue

Hike (or drive) to the Nuns Foundation for lunch with Dr. Tashi Wangmo

Learn of the 4 Noble Truths of Buddhism & the foundations of Bhutanese culture

Evening at Hotel Bhutan, Thimphu

Day 3

Early Morning Prayer & breakfast at Thangthong Dewachen Nunnery

A special Astrology Reading with monks

A day in and around Thimphu, Bhutan's capital with free time to explore

Visit the center for Bhutan Studies and introduction to GNH (Gross National Happiness)

Dinner & talk with Dasho Tshering Dorji from 'His Majesty's Office' in Thimphu - learn of compassionate conservation and more about GNH

Evening at Hotel Bhutan, Thimphu

Day 4

Hike to Lungchutse Monastery & drive, or cycle to Punakha

Cross the Dochula Pass, seeing Chortens, the Lhakhang Dochula Temple & meditation caves

River Rafting in the afternoon & see the 'Palace of Great Happiness' (Punakha Dzong) from the water

Overnight with bonfire & dinner at Aum Karma's farm home, Punakha

** Cycling requires you to bring your own bike or pay extra for a hire within Bhutan*

QUEST 79 BHUTAN ITINERARY

Day 5

Traditional cloth dyeing lesson

Drive or cycle to Trongsa (if driving, option to hike to Khamsum Yuelley Monastery)

Overnight at Yangkhil Resort, Trongsa

Day 6

Drive or cycle to Sangchen Ogyen Monastery (if driving, visit Trongsa Dzong (palace) and Ta Museum)

Spend the day with monks and options to meditation in this sacred place deep in the Black Mountains

An audience with H.H. Khedrupchen Rinpoche (5th re-incarnate Ilama) of the or if unavailable due to national duties, another reincarnate or high-level monk, see <http://khedrup.org>

Overnight at Sangchen Ogyen Monastery, Trongsa

Day 7

Drive or cycle to Bumthang and option for local hike Kikila to Chamkhar on arrival

Evening at Village Lodge, Bumthang

Day 8

Free time to hike or cycle locally

A special offering ritual for the spiritual wellbeing of all (Jajin Rimdro) Prayer

A unique Bhutanese ceremony to remove all obstacles (Barche Lamsel) & hoisting of traditional prayer flags

Time for interaction and discussion with a Buddhist Teacher

Evening at Retreat Center, Bumthang

QUEST 79 BHUTAN ITINERARY

Day 9

Journey into the sacred Tang Valley

Take a visit to the Ogyencholing Museum & Manor House Tang

An 'endings' ceremony and meditation at the sacred Mebar Tsho - Burning Lake Tang

Insights & discussion with a Buddhist Teacher

Evening at Village Lodge, Bumthang

Day 10

A short (30 min) scenic flight with Druk Air back to Paro

Enjoy a unique experience of 'Forest Bathing', a regular Bhutanese past to deepen connection to nature

Traditional Medicine Doctor Consultation & Herbal Treatment - nothing is ingested

Evening at Tashi Namgay Resort, Paro

Day 11

Hike to the spectacular Tiger's Nest, a sacred monastery complex built high into a cliff

Visit a sacred cave in the cliffs beneath the Tiger's Nest

Choose to take a Hot Stone Bath

Evening at Tashi Namgay Resort, Paro

Day 12

Morning departure from Paro Airport

QUEST 79 SUSTAINABILITY

Environment:

The carbon cost of a return flight to Bhutan equates to 24 trees per person. Part of the trip cost is to off-set this carbon footprint, and you will also receive a sapling to plant in a place of your choosing whilst exploring in Bhutan.

Social:

The Royal Government of Bhutan collects a Sustainable Development Fee (SDF) from all travellers to provide free education, free healthcare and community support to the nation. The per person SDF contribution from your trip is 16%.

Human & Cultural:

Quest 79 is a not-for-profit organisation seeking charitable status with the aim of enhancing human and social wellbeing through inspirational projects that connect people and cultures to enhance possibility
www.quest79.com

EACH GUEST IS GIFTED A SAPLING TO PLANT IN THEIR MOST SPECIAL PLACE IN BHUTAN

YOUR GUIDES

We will be accompanied by My Bhutan's skilled staff, who will enable a deep experience of Bhutan and help us encounter guides and magic along the way. You will also be led by Karen Darke, founder of Quest 79 and some of the team who will be present to support and coach you along your journey of discovery.

We will all connect in advance of the journey to get to know each other, and to explore your intentions for your journey of discovery - your Quest - in Bhutan. Is there anything in particular you are seeking? Or are you simply ready for an extraordinary journey with a group of special people in a very unique kingdom?!

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I love to discover and to find ways to align mind, body and spirit to do extraordinary things. This has led me to ski across icecaps, kayak at extreme latitudes of the planet, and handcycle the world's biggest mountain ranges and longest rivers. I love the physicality of life, which has led me to a long Paralympic career in handcycling and a gold medal - the 79th for my country - in the Rio 2016 Paralympic Games, and on this journey with Quest 79, cycling the 7 continents in 9 rides. However, I believe true wealth, joy and happiness is sourced from the inside out. Utilising our thoughts – the language of our mind, and our emotions – the language of our body, we can find the shiny inner gold within us and create real abundance in our lives and the world we share. With purpose, awareness, and permission to give the best of ourselves, anything is possible.

Karen Darke

Founder, Quest 79





If you are interested to join this
unique Quest please email:
gold@quest79.com