

Sample Tour Itinerary

2 Days 2 Nights in Phobjikha

<i>Date/ time</i>	<i>Program</i>
Day 1	
	Reach Phobjikha.
3:00 PM	Check in homestay and have welcome tea offered by family.
4:15 PM	Visit Black-necked Cranes Visitor Centre, evening stroll around the valley.
7:00 PM	Dinner at homestay (option to take part in household activities like cooking)
	Optional choice for hot stone bath
Day 2	
06:30 am	Morning tea (option to take part in morning farm activities like cow milking)
07:30/08:00 am	Breakfast
08:30/ 09:00 am	Visit Gangtay Monastery
9:30 AM	Hike down Ganju trail (see ruins of old Ganju village settlement) (1.5 km)/ hike down Gangtay Nature trail (4 km)
12:00/01:00 pm	Lunch at a homestay
2:00 PM	Bike down to Lawog valley
3:00 PM	Check in homestay and have tea
3:30	Walk and see local life around the villages
5:00 PM	Back at homestay, relax (option to listen to local stories and about local life)
	Optional choice for hot stone bath and cultural program after dinner
Day 3	
07:30/08:00 am	Breakfast
08:30/ 09:00 am	Leave Phobjikha

1 Day and 1 Night in Gangtay

<i>Date/ time</i>	<i>Program</i>
Day 1	
	Reach phobjikha
03:00 PM	Check in homestay at Gangtay Gompa and have tea
05:30 PM	Visit facility near Black-necked Cranes Visitor Centre
7:30 PM	Dinner at homestay (option to help the host mother cook food)
	Option for cultural program after dinner
	Hot stone bath (timing for hotstone bath is flexible, either before dinner or after dinner)
Day 2	
07:30/08:00 am	Breakfast
08:30/ 09:00 am	Visit Gangtay Monastery

9:45 AM	Hike down Gangtay Nature Trail
10:30 AM	Tea
11:15 AM	Visit Khewang Lhakhang
11:45 AM	Take part in craft making at a local artisan shop
01:00 PM	Lunch at a homestay
02:00 PM	Leave for Thimphu

2 nights 3 days in Lawog valley

Time	Program
Day 1	
03:00	Arrive to Phobjikha
04:00 pm	Drive to Lawog valley and check in homestay
05:00	Experience milking cow
06:00 pm	Listen to local story teller
07:30 pm	Dinner
Day 2	
07:30 am	Breakfast
08:30 am	Short hike to Tangchey Monastery hosted by a local guide
09:30 am	Hike from Tangchey to Chisilar, Taphu, Ramaychen and back
01:00 am	Lunch at homestay
03: 00 pm	Participate in potato cultivation/ harvest/wool shearing/ weaving/ local games/ other local activities
03:30 pm	Experience making butter and cheese with the family
06:00 pm	Participate in cooking local dishes with the host family and prepare dinner
	Participate in performing local dance with the host family
Day 3	
07:30 am	Breakfast
08:30 am	Say goodbye to the host family
09:30 am	Visiting the Gangtey Gompa/ monastery on the way back

Time	Program
Day 1	
03:00 pm	Arrive to Phobjikha
04:00 pm	Introductory talk by CBST Group
Day 2	
Morning	Stay with the host family observing their life style. Take part in daily chores like milking, making butter and cheese, harvesting potatoes, cooking local cuisine and other activities.
Afternoon options	Field visit to Gangtey Monastery and visit the adjoining Buddhist Institute to discuss with the Principal of the monks who is good in English.
	Visit the Ganju village (old village behind the Gangtey monastery and visit the only

	<p>remaining old traditional house to learn about the lifestyle of local communities in the olden days)</p>
	<p>Listen to a village elder talk about how the community in the Phobjikha valley lives in harmony with the Black-necked Cranes which arrive in the valley in winter from Tibet.</p>
	<p>Visit a community primary school and understand how the communities work with the education authority to facilitate a better education environment for village children.</p>
	<p>Day trek organized by a local guide, in the afternoon experiencing the local stone bath. Meet with all the host family in the evening.</p> <p>There are three options of day trek</p> <ol style="list-style-type: none"> 1. Half way of the Shasila trail in the upper valley: Trail is popularly used by people of Sha to migrate to the warmer region in the west. Trail was also used by the Gaangtey Truelku of the Pedling lineage to migrate to his winter residence in Sha Chitokha. Opportunity to learn about the village life, community forest, and historical and mythical stories. 2. Risu lam trail in the southern part of Phobjikha valley: Trail was used by the people of Athang and Rukha to migrate to their summer homes in Phobjikha. Trail was also used by people of Phobjikha to travel south to barter their bamboo products and buckwheat grains with vegetable, rice and cane products from the south. It also narrates interesting story of how Phobjikha's name originated. There are opportunities to learn about the forest products uses (medicinal and household use). 3. Village hike in optional villages at the side of the valley can be made to learn about the local livelihood, culture and lifestyle.
	<p>After breakfast say farewell to host family. Depart for Thimphu. Lunch at Wangdiphodrang. Halt at hotel</p>