



# Bhutan



Bradley Mayhew, Joe Bindloss, Lindsay Brown

## PLAN YOUR TRIP

Welcome to Bhutan .....	4
Bhutan Map .....	6
Bhutan's Top 17 .....	8
Need to Know .....	18
If You Like.....	20
Month by Month .....	23
Itineraries .....	27
Festivals .....	32
Booking Your Trip .....	35
Planning Your Trek .....	39
Regions at a Glance .....	47

## ON THE ROAD

<b>THIMPHU.....</b>	<b>50</b>	<b>WESTERN BHUTAN.....</b>	<b>78</b>
Sights .....	51	<b>Paro Dzongkhag .....</b>	<b>79</b>
Activities .....	57	Paro .....	79
Festivals & Events .....	58	Upper Paro Valley.....	92
Sleeping.....	58	Paro to Bondey.....	97
Eating.....	65	Bondey to Thimphu.....	97
Drinking & Nightlife.....	68	<b>Haa Dzongkhag.....</b>	<b>99</b>
Entertainment.....	69	Paro to Haa	
Shopping .....	69	Via Cheli La.....	99
<b>Around Thimphu.....</b>	<b>72</b>	Haa .....	100
North of Thimphu .....	72	Around the Haa Valley... ..	102
South of Thimphu .....	75	Haa to Chhuzom .....	103



THIMPHU TSECHU FESTIVAL  
P24



SNOWMAN TREK P198



TAKTSHANG GOEMBA P95

# Contents

## UNDERSTAND

### **Punakha Dzongkhag..... 104**

Thimphu to Punakha... 104

Punakha &  
Khuruthang..... 108

Upper Punakha  
Valley..... 112

### **Wangdue Phodrang Dzongkhag..... 113**

Punakha to Wangdue  
Phodrang..... 113

Wangdue Phodrang..... 113

Wangdue Phodrang  
to Pele La..... 114

Phobjikha Valley..... 116

### **Chhukha Dzongkhag..... 120**

Thimphu to  
Phuentsholing..... 121

Phuentsholing..... 122

## **CENTRAL BHUTAN..... 126**

### **Trongsa Dzongkhag ... 128**

Pele La to Trongsa..... 128

Trongsa..... 129

### **Bumthang Dzongkhag..... 132**

Trongsa to Jakar..... 133

Jakar..... 136

Chokhor Valley..... 141

Tang Valley..... 148

Jakar to the  
Ura Valley..... 150

### **Southern Dzongkhags..... 151**

Trongsa to Zhemgang... 151

Zhemgang to Gelephu... 152

Gelephu..... 152

Royal Manas  
National Park..... 153

## **EASTERN BHUTAN..... 155**

### **Mongar Dzongkhag ... 157**

Jakar to Mongar..... 157

Mongar..... 159

### **Lhuentse Dzongkhag..... 161**

Mongar to Lhuentse ... 161

Lhuentse..... 162

### **Trashigang Dzongkhag..... 163**

Mongar to Trashigang... 163

Trashigang..... 165

Trashigang to Merak ... 167

### **Trashy Yangtse Dzongkhag..... 169**

Trashigang to  
Trashy Yangtse..... 169

Trashy Yangtse..... 171

### **Samdrup Jongkhar Dzongkhag..... 173**

Trashigang to  
Samdrup Jongkhar ... 173

Samdrup Jongkhar ... 175

## **TREKS ..... 177**

Trek Routes..... 178

Health & Safety..... 178

Druk Path Trek..... 181

Dagala Thousand  
Lakes Trek..... 183

Bumdrak Trek..... 185

Saga La Trek..... 187

Jhomolhari Trek..... 188

Jhomolhari Loop

(Soi Yaksa) Trek..... 193

Laya Trek..... 195

Snowman Trek..... 198

Owl Trek..... 203

Nabji Trek..... 204

Merak-Sakteng Trek..... 205

### **Bhutan Today ..... 208**

History..... 210

**The Bhutanese  
Way of Life..... 233**

**Buddhism  
in Bhutan..... 241**

**Arts & Architecture ... 252**

**The Natural World .... 266**

**The Bhutanese  
Table..... 278**

## **SURVIVAL GUIDE**

**Directory A-Z ..... 282**

**Transport..... 293**

**Health..... 298**

**Language..... 305**

**Index..... 313**

**Map Legend..... 319**

## **SPECIAL FEATURES**

**Planning Your Trek..... 39**

**Buddhism in Bhutan... 241**

**Architecture  
Illustrations ..... 259**

**National Parks  
& Protected  
Areas Map..... 276**

# Itineraries



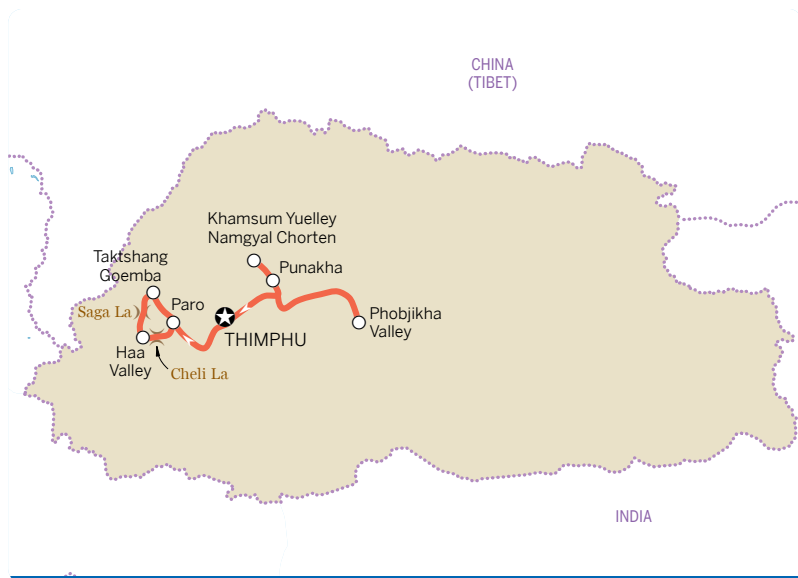
## A Long Weekend in Paro & Thimphu

If you have limited time or money, you can get a good impression of Bhutan in just four days by concentrating on Thimphu and Paro.

Count on two full days in picturesque **Paro**, visiting Paro Dzong and the National Museum. On the second day, hike up to the dramatic Tiger's Nest, **Taktshang Goemba**, and visit lovely Kyichu Lhakhang. Get away from the tour buses on the walk from Paro Dzong to Zuri Dzong. After lunch, make the three-hour drive to Thimphu, stopping at the charming **Tamchhog Lhakhang** en route.

On day three you could squeeze in a long day trip over the Dochu La to **Punakha Dzong**, the most beautiful dzong in the country. On the way back to Thimphu, pop into the nearby **Chimi Lhakhang**, the temple of the 'Divine Madman'.

Day four is in **Thimphu**. Go to the weekend market and visit **Cheri Goemba** or **Tango Goemba** in the upper Thimphu valley. If handicrafts are your thing, hit the National Textile Museum and National Institute for Zorig Chusum. Late in the afternoon, drive back to Paro; most flights depart early in the morning.

7  
DAYS

## Haa to Punakha

If you're thinking about a four-day trip, consider a seven-day trip. It's not that much more money and, really, when are you next going to be in Bhutan? A week gives you more time to get a feel for Bhutanese culture and enables you to get off the beaten track in either the Haa or Phobjikha valleys, while still seeing the major dzongs and monasteries of western Bhutan.

Figure on two full days in **Paro**, including visits to **Taktshang Goemba** and Kyichu Lhakhang in the Paro valley, and a full day (or two) in **Thimphu**. A few tips: try to be in Thimphu on a Saturday or Sunday to see the weekend market and avoid Paro on Monday, when the National Museum is closed. If you're lucky, you may be able to catch a weekend archery tournament in Thimphu or Paro.

To get off the beaten track, add on an overnight trip to the **Haa valley**. The road goes over the highest drivable pass in Bhutan, the Cheli La, and it's worth a short detour to visit Kila Nunnery or Dzongdrakha Goemba. Arrive in Haa at lunchtime, and spend an afternoon, and maybe the next morning, exploring the Juneydrak Hermitage and Shelkar Drak. If you fancy a taste of trekking, hike the overnight Saga La trek over the mountains to the Paro valley, before continuing on to Thimphu.

With the extra days you can definitely add an overnight trip over the mountains to **Punakha**. This way you'll have time to make the 1½-hour return hike to the nearby **Khamsum Yuelley Namgyal Chorten**, as well as visit Chimi Lhakhang, and maybe even do a short rafting trip.

If you don't visit Haa, you might be able to add on a day trip to the **Phobjikha valley**, especially worthwhile in winter (November to February) when the valley's black-necked cranes are roosting. Bring some warm clothes and a torch (flashlight).

At some point during your trip, ask your guide to arrange a Bhutanese hot-stone bath, available in most tourist hotels (for a charge). Throw in a festival and you have the perfect introductory visit to Bhutan.

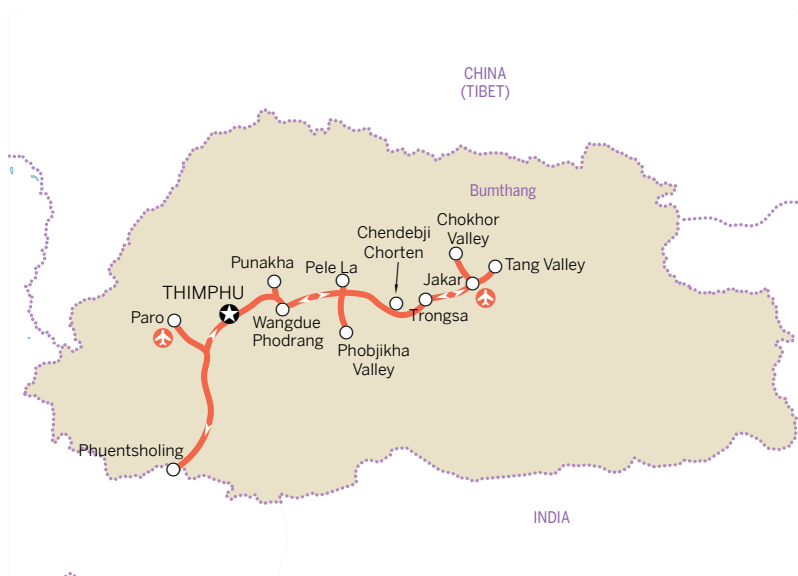


Top: National Memorial  
Chorten (p53),  
Thimphu  
Bottom: Punakha  
Dzong (p109)



CHR. OFFENBERG / SHUTTERSTOCK ©





## Thimphu to Bumthang

A 10-day itinerary should just about allow you two or three days in Bumthang, with overnight stops in Paro, Thimphu and **Punakha** and a quick stop in Trongsa. But a full two weeks will let you see the same places in more depth, at a more relaxed pace, with time for a couple of day hikes.

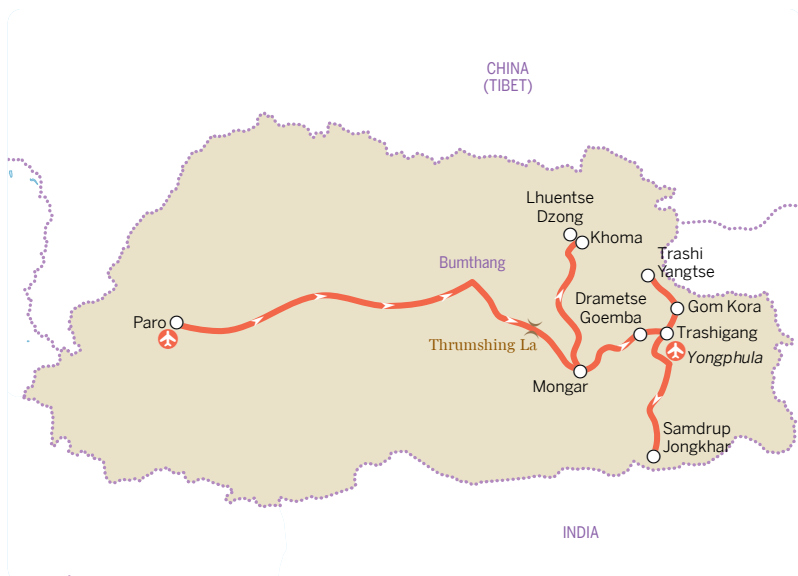
Follow the four-day itinerary for your first days. From **Thimphu**, a night in the **Phobjikha valley** will give you a chance to see Gangte Goemba and also view the rare and endangered black-necked cranes (November to February). Phobjikha is a great place to explore on foot.

From Phobjikha, it's a day's drive over the **Pele La** to the superb dzong and museum at **Trongsa** and on to **Jakar** in Bumthang. Leave early, as there's lots to see en route, including the Nepali-style **Chendebji Chorten**, which is a perfect place for a picnic.

If you have two full days in Bumthang, spend one day doing a loop in the **Chokhor valley**, taking in the Jampey Lhakhang, Kurje Lhakhang and walking to Tamshing Goemba. Your second day here should be spent exploring the **Tang valley**, visiting Membartsho (Burning Lake) and the interesting Ogyen Chholing Museum near Mesithang. If you have an extra day, overnight in the Ogyen Chholing Heritage House and hike down to the road via the remote rural chapels of Choejam Lhakhang and Narut (Pelphug) Lhakhang.

The Bumthang valley is a great place for some hiking, so budget half a day to stretch your legs after a week's driving. From Jakar, it's a two-day drive back to **Paro**, so spend a night near **Wangdue Phodrang**. Better still, fly from Bumthang to Paro and enjoy an extra day there.

If you intend to visit India in conjunction with Bhutan, consider driving from Thimphu or Paro to **Phuentsholing** instead of flying out of Paro; this will add a day to the itinerary. From here you are only a few hours from Darjeeling, Kalimpong and Sikkim, as well as the airport at Bagdogra, which has frequent flights to Delhi and Kolkata (Calcutta).



## Eastern Explorations

It takes at least two weeks to make a trip out to the little-visited far east and we'd suggest throwing in a couple of extra days to allow for some rest and recuperation.

There's a lot of driving involved (up to five hours a day in eastern Bhutan) but it is now possible to fly back to Paro from **Yongphula** (near Trashigang). You could also avoid the long drive back to Paro by exiting Bhutan at Samdrup Jongkhar, as long as you have arranged an Indian visa in advance. This is a particularly good trip if you're interested in traditional weaving.

Follow the earlier itineraries from **Paro** as far as Bumthang (or fly there if this is your second trip to Bhutan), from where you can see the highlights of the east in five or six days. From Bumthang, day one takes you on a dramatic drive over the Thrumshing La and Bhutan's wildest road to **Mongar**. Stay here for two nights and make a scenic day trip up to remote **Lhuentse Dzong** and the nearby traditional weaving village of **Khoma**. To cut down on the driving, consider instead a day's hiking off the beaten track around Mongar.

Continue on to funky **Trashigang**, with an optional two- or three-hour detour along the way to **Drametse Goemba**, Bhutan's most important Nyingma monastery. Accommodation standards in the east are not as good as western Bhutan, so bring a sense of humour and some bug spray.

Figure on two nights at Trashigang, with another great day excursion to **Trashi Yangtse**, with stops en route at the pilgrimage site of **Gom Kora**, the old Trashi Yangtse dzong and the Nepali-style Chorten Kora. March and April bring two important pilgrimage festivals to this region. Spend a second day here if you want to go crane-spotting in Bomdeling Wildlife Sanctuary or to hike via the Dechen Phodrang pilgrimage site.

From Trashigang, it's a full day's winding drive down to the plains at steamy **Samdrup Jongkhar**. From there, take a three-hour taxi ride to Guwahati (check in advance for planned strikes) then fly to Kolkata, Delhi or Bangkok, or take the overnight train to West Bengal for Darjeeling and the Nepal border.



# Behind the Scenes

---

## SEND US YOUR FEEDBACK

We love to hear from travellers – your comments keep us on our toes and help make our books better. Our well-travelled team reads every word on what you loved or loathed about this book. Although we cannot reply individually to your submissions, we always guarantee that your feedback goes straight to the appropriate authors, in time for the next edition. Each person who sends us information is thanked in the next edition – the most useful submissions are rewarded with a selection of digital PDF chapters.

Visit [lonelyplanet.com/contact](http://lonelyplanet.com/contact) to submit your updates and suggestions or to ask for help. Our award-winning website also features inspirational travel stories, news and discussions.

Note: We may edit, reproduce and incorporate your comments in Lonely Planet products such as guidebooks, websites and digital products, so let us know if you don't want your comments reproduced or your name acknowledged. For a copy of our privacy policy visit [lonelyplanet.com/privacy](http://lonelyplanet.com/privacy).

---

## WRITER THANKS

### Bradley Mayhew

Thanks to Karma Gyeltsen at Bhutan Mountain Holiday for organising my travel and to my excellent guide Sangay and driver Rinchen, who made the trip. Thanks to Joe Bindloss for many years of commissioning and co-authoring; I hope to work with you again soon. Thanks to Gar Powell-Evans for his useful updates from the road. And to Carolyn for offering her desk with a view of a volcano.

### Joe Bindloss

I'd like to dedicate my work on this project to my sons Tyler and Benjamin and my partner Linda. In Bhutan, thanks to Karma Tshering and Ugyen Tshering for excellent guide services, impressive off-road driving and the heavy lifting of hauling camera gear up mountain trails. Also for going without lunch to keep to my exacting schedule. Thanks also to Pema Nidup, Abhi Shrestha and Niraj Shrestha at Rural Heritage for support with logistics and general helpfulness during my trip.

### Lindsay Brown

Thanks to Rinzin Wangchuck, Thinley Wangchuk and Sonam Wangmo at Yu Druk Tours & Treks. Special thanks to Chador Wangdi and Tandin Gyeltshin for the expert guidance, and to Harka Bahadur Rai for the patient driving skills. Thanks to all those in Bhutan who assisted me with information, advice and suggestions, and to co-writers Joe Bindloss and Bradley Mayhew.

## ACKNOWLEDGMENTS

Climate map data adapted from Peel MC, Finlayson BL & McMahon TA (2007), 'Updated World Map of the Köppen-Geiger Climate Classification', *Hydrology and Earth System Sciences*, 11, 1633–44.

Cover photograph: Dance of the Lord of Death and his Consort (Shinje Yab Yum) at Paro Tsechu, Blaine Harrington III/Alamy Stock Photo ©

## THIS BOOK

This 7th edition of Lonely Planet's *Bhutan* guidebook was researched and written by Bradley Mayhew, Joe Bindloss and Lindsay Brown. Bradley and Lindsay also wrote the previous three editions. This guidebook was produced by the following:

### **Destination Editor**

Joe Bindloss

### **Senior Product Editors**

Kate Chapman, Anne Mason

### **Regional Senior Cartographer**

Valentina Kremenchutsкая

### **Product Editors**

Hannah Cartmel, Bruce Evans, Saralinda Turner

**Book Designer** Wibowo Rusli

### **Assisting Editors**

Michelle Bennett, Nigel Chin, Peter Cruttenden, Anne Mulvaney

### **Cover Researcher**

Naomi Parker

**Thanks to** Joel Cotterell, Robert DeLoach, Karen Henderson, Catherine Naghten, Charlotte Orr, Gabrielle Stefanos, Angela Tinson, Sam Wheeler, LeAnne Woon

# Index

## A

accessible travel 282  
 accommodation 282-3, *see also individual locations*  
 activities 283-4, *see also individual activities*  
 agriculture 275  
 air travel  
   airlines 293-4, 296  
   airports 293-4  
   tickets 294  
   to/from Bhutan 293-4, 295  
   transit baggage 294  
   views of the Himalaya 294  
   within Bhutan 296  
 Aja Ney 165  
 altitude sickness 302-3  
 animals, *see wildlife*  
 archery 11, 239-40, **10**, **238**  
   Bhutan Traditional Archery Shop 69  
   Changlimithang Archery Ground 55  
   Paro Archery Ground 84  
 architecture 259-65  
 area codes 19  
 art galleries, *see museums & galleries*  
 arts & crafts 15, 22, 252-8, **15**  
   embroidery 12, 254  
   goldsmithing 58  
   painting 254-5  
   papermaking 58, 84, 173, 254  
   textiles 12, 71, 253, 255-6, **13**  
   weaving 53, 71, 91, 163, 168, 174, 253, 254  
   woodturning 172, 254

## arts centres

Choki Traditional Art School 73  
 National Institute for Zorig Chusum (Thimpu) 53-5  
 National Institute for Zorig Chusum (Trashig Yangtse) 172  
 ATMs 287  
 Autsho 161

## B

Balakha 188  
 bargaining 287  
 Barshong 193  
 Bartsam 168  
 bathrooms 290  
 bears 271  
 beer 279, 280, *see also breweries*  
 Bhonte La 194  
 bicycle travel, *see cycling*  
 Bietakha 103  
 birds 271-2, *see also black-necked cranes*  
 birdwatching 283  
   Phrumsengla National Park 158  
   Yong Khola 158  
 black-necked cranes 117, 119, 272  
 blue poppies 269  
 bodhisattvas 247-8  
 Bogle, George 222  
 Bomdeling Wildlife Sanctuary 173  
 Bondey 97  
 Bondey Lhakhang 97  
 books 208  
   health 300  
   history 216, 220, 221, 222, 223, 224, 229, 230, 231  
   trekking 45  
 border crossings 124, 154, 176, 294-6

## breweries 279

Bumthang Brewery 137  
 Namgyal Artisanal Brewery 90  
 Ser Bhum Brewery 104  
 bridges 100  
   Nyamai Zam 83  
   Punakha Suspension Bridge 110  
 British first contact 221  
 Brokpas people 169  
 Buddha Dordenma 55-6, **249**  
 Buddha, the 241, 246-8  
 Buddhism 233, 241-51, *see also Guru Rinpoche*  
   etiquette 246  
   history 211-16  
   in modern Bhutan 244-5  
   key concepts 242-4  
   main figures 246-8, 250-1  
   prayer flags 250, **249**  
   prayer wheels 254  
   schools 241-2  
   Wheel of Life 236-7, 243, 261  
 budget 19  
 Buli Lhakhang 133  
 Bumdrak trek 185-7, **186**  
 Bumthang Cultural Trek 144  
   Bumthang Dzongkhag 14, 132-51, **134**, **14**  
 Burning Lake 148, 150  
 bus travel  
   to/from Bhutan 294-6  
   within Bhutan 297  
 bushwalking, *see trekking*  
 business hours 288

## C

car travel 297  
 carpets 125  
 caterpillar fungus 275  
 caves  
   Shugdrak 145

cell phones 18, 290  
 Centenary Farmers' Market 16, 53, **16**  
 central Bhutan 48, 126-54, **127**  
   accommodation 126  
   climate 126  
   food 126  
   highlights 127  
   history 128  
   travel seasons 126  
 Chamgang 185  
 Chana Dorje (Vajrapani) 247  
 Chandana Lhakhang 106  
 Changangkha Lhakhang 52-3  
 changing money, *see currency exchange*  
 Chasialakha Lhakhang 121  
 Chazam 169  
 Chebisa 195  
 cheese 140, 279  
 Cheli La 99  
 Chendebjig 128-9  
 Chenresig (Avalokiteshvara) 247  
 Cheri Goemba 73-5  
 Chha Shi Thang 192  
 Chhokam Tsho 192  
 Chhukha 121  
 Chhukha Dzongkhag 120-5  
 Chhume 135  
 Chhuzom 98, 104, 121  
 Chhuzomsa 114  
 children, travel with 284-5  
 Chimi Lhakhang 107-8  
 Chobiso 195  
 Chodeyphu 188  
 Choetotse Lhakhang 185  
 Choedrak 133  
 Chokhor Valley 139-40, 141-8, **143**  
 Chorten Nyingpo Lhakhang 135

chortens 264-5  
 Chendebji Chorten 129  
 Chorten Drimed Namnyi 97  
 Chorten Kora 171-2  
 Khamsum Yuelley Namgyal Chorten 113  
 National Memorial Chorten 53  
 Chozo 200  
 Chukarpo 202  
 Chumphu Ney 96  
 Chutigang 203  
 climate 18, 23-6, 285  
 clothing 237-9  
 conservation 272-4  
 consulates 285-6  
 courses  
   language 286  
 cranes, black-necked 117, 119, 272  
 credit cards 288  
 crocodiles 122  
 culture 233-40  
 currency 18, 287  
 currency exchange 19, 288  
   crossing to India 154, 176  
 customs regulations 285  
 cycling 283-4, 296  
   Dragon's Fury 284  
   Paro 84  
   Paro Valley 85  
   Phobjikha Valley 120  
   Punakha 110  
   Thimphu 57  
 Tour of the Dragon 284

## D

Dagala Thousand Lakes trek 183-5, **182**  
 Dajatscho 184  
 Damchena 181  
 dance 257-8, **5**  
 dangers, see safety  
 Dangochang 190  
 Danji 200  
 Dechen Chholing Goemba 151  
 Dechen Phodrang 173  
 Dechenphu Lhakhang 73  
 dengue fever 300  
 Deothang 175  
 Dho Jhaga Lama Lhakhang 112

Dhrolung (Drolay) Goemba 73, 76  
 diarrhoea 301  
 disabilities, travellers with 282  
 Dobji Dzong 103  
 Dochu La 104-6  
 Dodina 73  
 doma (gift) 236  
 doma (nut) 279  
 Domkhar Tashichholing Dzong 135  
 Dongzom 173  
 Drak Choeling Retreat 149  
 Drak Kharpo 97, 163  
 Drametse 164  
 Dranjo Goemba 85  
 drinks 279, 280  
 driving, see car travel  
 driving licences 297  
 Drolay (Dalay) Goemba, 107  
 Drolma (Tara) 247-8  
 Drolma Zhingkharm Lhakhang 73  
 Druk Path trek 181-3, **182**  
 Druk Wangyal Lhakhang 104  
 Drukgyel Dzong 96-7  
 Drukpa Kunley 251  
 duars 267  
 Duer hot springs 43, 180  
 Duksum 171  
 Dungkhar 162-3  
 dzoes 234  
 Dzongkha language 305-10  
 dzongs 259-60  
   Dobji 103  
   Domkhar Tashichholing 135  
   Drukgyel 96  
   Gasa 115  
   Haa 101  
   Jakar 136  
   Jili 181  
   Lhuentse 162  
   Mongar 159  
   Paro 14, 79, 83, **14**  
   Punakha 12, 109-10, **12, 29**  
   Simtokha 75-7  
   Shongar 158  
   Trashih Chho 51-2  
   Trashih Thongmoen 115  
   Trashih Yangtse 171  
   Trashigang 166  
   Trongsa 15, 129-31, **15**  
   Tshenkarla 171  
   Wangdue Phodrang 113

## E

earthquakes 267  
 eastern Bhutan 48, 155-76, **156**  
   architecture 155  
   climate 155  
   highlights 156  
   history 157  
   travel seasons 155  
 economy 208-9  
 Eden, Ashley 222-4  
 electricity 285  
 ema datse 278  
 embassies 285-6  
 embroidery 12, 254  
 emergencies 19  
 environment 266-77  
 environmental issues 209, 274-5  
 etiquette 34, 240, 246, 287  
 events, see festivals & events  
 exchange rates 19

## F

festivals & events 22, 23-6, 32-4, see also tsechus  
   Black-Necked Crane Festival 119  
   Chorten Kora 24, 172  
   Dragon's Fury 284  
   Jampey Lhakhang Drup 26, 137  
   Losar 23  
   Ngang Bi Rabney 26, 137, 145  
   Nomad's Festival 23, 146  
   photography etiquette 34  
   Punakha Dromchoe 23, 112  
   Royal Highlander Festival 26, 195  
   Tamshing Phala Choepa 24, 137  
   Tour of the Dragon 284  
   Ura Yakchoe 24, 151, **25**  
 films 208, 237  
   fishing 284  
   flowers 268, 269, **17**  
 food 278-80, 286, 302  
 football 238  
 Four Friends fable 255

## G

Gala Pang Chhu 202  
 galleries, see museums & galleries

Gamling 144  
 Gangchen Nyezerang Lhakhang 75  
 Gangte Goemba 116  
 gardens, see parks & gardens  
 Gasa Dzong 115  
 Gasa hot springs 115  
 gay travellers 287  
 Gedu 121  
 Gelephu 152-4  
 geography 266-8  
 geology 266-8  
 ghos 70, 237-9  
 glacial melting 274  
 global warming 274  
 goembas 260-3  
   Cheri 75  
   Chhokhortse 76, 183  
   Choedrak 133  
   Choedu 96-7  
   Dechen Chholing 151  
   Dechen Phodrang 56  
   Deothang 145  
   Dhrolung (Drolay) 73, 76  
   Drak Kharpo 97, 163  
   Drametse 164  
   Dranjo 85  
   Drolay (Dalay) 107  
   Dzongdrakha 100  
 Gangte 116-17  
 Gom Jalo 97  
 Gom Kora 170  
 Juneydrak 102-3  
 Karma Thegsum Dechenling 174  
 Katsho 103  
 Kharbandi 122  
 Khuruthang 107  
 Kuenga Choeling 85  
 Kuenzang Chholing Shedra 118  
 Kunzangdrak 148, 149  
 Lhodrak Kharchu 137  
 Lungchutse 105  
 Nimalung 135  
 Palden Tashi Chholing Shedra 122  
 Pangri Zampa 73  
 Pelri 97  
 Pelseling 149  
 Phajoding 76, 183  
 Rangjung Yoesel Chholing 168  
 Taktshang 9, 95-6, **2, 8-9**  
 Talo 107  
 Tamshing 146-7  
 Tango 73-5

Taphey 132  
 Tengchen 85  
 Thadrak (Thadranang) 76  
 Thangbi 145  
 Tharpaling 149, 204  
 Thowadrak 150  
 Thujidrak 76, 183  
 Trashigang 105  
 Tsenkha 103  
 Wangditse 76  
 Wengkharr 163-4  
 Yangthong 103  
 Yongla 175  
 Yundrung (Eundu) Chholing 132  
 Goeshog Pang Lhakhang 163  
 Gogu La 196  
 golf 284  
 Thimpu 57  
 Haa 101  
 Gom Jalo 97  
 Gom Kora 170  
 Gönsaka Lhakhang 85  
 Goyul 195  
 Gross National Happiness 13, 209, **13**  
 Guardians of the Four Directions 263  
 Gunitsawa 195  
 Guru Rinpoche 211-14, 250-1  
 Gyalpo, Thangtong 100

**H**  
 Haa 100-2  
 Haa Dzongkhag 11, 99-104, **11**  
 Haa Valley, see Haa Dzongkhag  
 Hamilton, Alexander 222  
 health 298-304  
 books 300  
 environmental hazards 302-4  
 infectious diseases 300-2  
 insurance 298  
 medical checklist 299  
 tap water 302  
 traveller's diarrhoea 301  
 vaccinations 298-300  
 websites 300  
 women's health 304  
 hepatitis 300  
 hiking, see trekking  
 Himalaya, the 11, 266-7, **10**  
 history 210-32

1897 earthquake 227  
 books 216, 220, 221, 222, 223, 224, 229, 230, 231  
 British involvement 221  
 Buddhism 211, 215-16  
 civil wars 220-1  
 Duar Wars 224-7  
 Guru Rinpoche 211-14, 250-1  
 independence 229-32  
 medieval period 214-16  
 modernisation 229-30  
 Pema Lingpa 216-17, 251  
 rise of the Zhabdrung 217-19  
 rise of Ugyen Wangchuck 224-7  
 holidays 289  
 Hongtsho 104  
 hot springs  
 Duer 43, 180  
 Gasa 115  
 Shershong 152  
 hot-stone baths 283  
 houses 263-4

**I**  
 immigration 125, 176, 293  
 In Situ Rhododendron Garden 157  
 incense 58, 97  
 India (border crossings) 124, 154, 176  
 Indian travellers 36, 292, 295  
 insurance  
 health 298  
 travel 286  
 internet access 286  
 internet resources 19, 300  
 itineraries 27-31, **27, 28, 30, 31**

**J**  
 Jakar 136-41, **138**  
 Jampa (Maitreya) 247  
 Jampelyang (Manjushri) 247  
 Jamphey Lhakhang Drup 26, 137  
 Jangchhu Lakha 182  
 Jangthang 191  
 Janye Tsho 183  
 Jaze La 201  
 Jhomolhari Loop (Soyi Yaksa) trek 193-5, **190**  
 Jhomolhari trek 188-93, **190, 10, 41**

Jigme Dorji National Park 73, 115, 276  
 Jigme Khesar Strict Nature Reserve 276  
 Jigme Singye Wangchuck National Park 276  
 Jili Dzong 181  
 Jili La 181  
 Jimilang Tsho 183  
 Jumja 122  
 Juneydrak Hermitage 102-3  
 jyiis 194  
 Jyongkhar 206

**K**  
 Kalekha 115  
 Karma Drubdey Nunnery 132  
 Karma Thesgum Dechenling Goemba 174  
 Kanglung 174  
 Katsho Goemba 103  
 kayaking 284  
 Keche La 200  
 Khadey Gom 187  
 Khaling 174  
 Kharbandi Goemba 122  
 Khardung 168  
 Kharung La 174  
 Khedo Tsho 192  
 Khoma 163  
 Khuruthang 108-12  
 Khuruthang Goemba 107  
 Kila Nunnery 99  
 kiras 70, 237-9  
 Kohi La 198  
 Koina 198  
 Kori La 164  
 Korphu 205  
 Krishnagiri 175  
 Kudra 205  
 Kuenga Choeling Goemba 85  
 Kuenga Rabten 132  
 Kuenzang Chholing Shedra 118  
 Kunley, Drukpa 108  
 Kuri Zampa 158-9  
 Kyichu Lhakhang 17, 92-3, **17**

**L**  
 Labana 183  
 lakes  
 Chhokam Tsho 192  
 Dajatscho 184  
 Janye Tsho 183

Jimilang Tsho 183  
 Khedo Tsho 192  
 Om Tsho 202  
 Raphstreng Tsho 200  
 Simkotra Tsho 183  
 Thampe Tsho 202  
 Tshochena 201  
 Tshophu 191, 194  
 language 18, 305-10  
 courses 286  
 Langye Ja La 182  
 Laptshaka Lhakhang 107  
 laundry 286  
 Laya 198  
 Laya trek 195-8, **196**  
 legal matters 286-7  
 LGBTQ+ travellers 287  
 lhakhangs 260-3  
 Bondey 97  
 Buli 133  
 Chakhar 142-3  
 Chandana 106  
 Changangkha 52-3  
 Chasilakha 121  
 Chhoeten 84  
 Chhundu 103  
 Chimi 107-8  
 Choechotse 185  
 Chorten Nyingpo 135  
 Damcho 118  
 Dechenphu 73  
 Dho Jhaga Lama 112  
 Drolma Zhingkhram 73  
 Druk Choeding 84  
 Druk Wangyal 104  
 Dumtse 83  
 Gangchen Nyezerang 75  
 Goeshog Pang 163  
 Gönsaka 85  
 Jampey 142  
 Kharpo 101  
 Khewang 118  
 Konchogsum 147  
 Kumbhu 118  
 Kurje 143-5  
 Kyichu 17, 92-3, 17  
 Laptshaka 107  
 Luege Rowe 145, 149  
 Machig-phu 96  
 Nagpo 101  
 Nagpo 101  
 Ngang 145-6  
 Nyelung Drachaling 117  
 Pema Sambhava 147-8  
 Pena 83-4  
 Phongme 169  
 Prakhar 135-6

lhakhangs *continued*  
 Radak Neykhang 113-14  
 Ramthangka 93  
 Rinchen Jugney 151  
 Sey 142  
 Shama 98  
 Shamsul 150  
 Shelkar Drak 101  
 Somtrang 150  
 Ta Rimochen 148  
 Tago 97  
 Tamchhog 97  
 Tashichholing 129  
 Tsendo Girkha 85  
 Ugyen Tshemo 98  
 Ura 151  
 Wengkar 163-4  
 Yakgang 160  
 Zangto Pelri (Paro) 98  
 Zangto Pelri  
 (Phuentsholing) 122  
 Zangto Pelri (Thimphu) 57  
 Zhambhala 133  
 Lhedi 200  
 Lhuentse 162  
 Lhuentse Dzongkhag 161-3  
 libraries  
 National Library 56-7  
 Lingmethang 158  
 literature 256, *see also*  
 books  
 Lobesa 112  
 Loju La 201  
 Longte 128  
 Losar 23  
 Lungtenzampa 168  
 Luso 243

## M

Machig-phu Lhakhang 96  
 magazines 289  
 malaria 300-1  
 maps 40, 287  
 markets  
 Handicrafts Market 70  
 Paro Weekend Market 84  
 Thimphu Weekend  
 Market 16, 53, **16**  
 marriage 236  
 massage 84  
 Maurothang 202  
 measures 289  
 medical services 300

medicine, traditional  
 239, 275  
 meditation 57-8  
 Membartsho 148, 150  
 Menlong Brak 175  
 Merak 167-9, 206  
 Merak-Sakteng trek 205-6  
 Metshina 106  
 migoi (Bhutanese Yeti) 168  
 Miksa Teng 206  
 Milarepa 251  
 mobile phones 18, 290  
 monasteries, *see* goembas  
 money 18, 19, 287-8  
 Mongar 159-61, **159**  
 Mongar Dzongkhag 157-61  
 monkeys 269-70  
 Monpas people 206  
 monsoons 24  
 Moshi 174  
 Motithang 183  
 motorcycle travel 297  
 mountain biking,  
*see* cycling  
 mountaineering 192  
 museums & galleries  
 Bhutan Postal  
 Museum 56  
 Dilgo Khyentse  
 Rinpoche's Residence  
 Memorial House 93  
 Folk Heritage  
 Museum 56  
 National Institute  
 of Traditional  
 Medicine 57  
 National Museum 83, **14**  
 National Textile  
 Museum 53  
 Simply Bhutan 56  
 Tower of Trongsa Royal  
 Heritage Museum 15,  
 131, **15**  
 Voluntary Artists Studio  
 Thimphu 56  
 music 256-7

## N

Nabji 205  
 Nabji trek 204-5  
 Nagpo Chenpo (Mahakala)  
 248  
 Nagpo Lhakhang 101  
 Naktshang 164  
 names 236  
 Namgo La 186  
 Namling 158  
 Namseling 98  
 Nangsipel 146  
 Narethang 199

Narphung 175  
 National Institute for the  
 Visually Impaired 174  
 National Institute for Zorig  
 Chusum (Thimphu)  
 53-5  
 National Institute for  
 Zorig Chusum (Trash  
 Yangtse) 172  
 National Memorial Chorten  
 53, **29**  
 National Museum 83, **14**  
 national parks & reserves  
 272, **276-7**, *see*  
*also* wildlife sanctuaries  
 Jigme Dorji National  
 Park 73, 115, 276  
 Jigme Khesar Strict  
 Nature Reserve 276  
 Jigme Singye Wangchuck  
 National Park 276  
 Phrumsengla National  
 Park 158, 277  
 Royal Manas National  
 Park 153-4, 277  
 Wangchuck Centennial  
 Park 276  
 newspapers 289  
 Ngang Bi Rabney 26,  
 137, 145  
 Ngang Lhakhang 26, 145  
 Nimalung Goemba 135  
 Nimshong 205  
 Nomad's Festival 23, 146  
 Norbugang 107  
 nunneries  
 Karma Drubdey 132  
 Kila 99  
 Sangchen Dorji  
 Lhendrub Choling 107  
 Zilukha 56  
 Nyile La 191

## O

Ogyen Chholing Palace  
 148-50  
 Om Tsho 202  
 Opagme (Amitabha) 246  
 opening hours 288  
 Owl trek 203-4

## P

paan 279  
 painting 254-5  
 palaces  
 Dechenchoeling 72  
 Ogyen Chholing 148-50  
 Wangdichholing 137  
 Palden Lhamo (Mahakali)  
 248

Pam 173  
 Pangalabtsa 184  
 Panka 184  
 papermaking 58, 84,  
 173, 254  
 parks & gardens  
 In Situ Rhododendron  
 Garden 157  
 Royal Botanical Gardens  
 75  
 Royal Botanical Park  
 104-5  
 Paro 79-92, **82, 86**  
 accommodation 84-9  
 activities 84, 85  
 drinking & nightlife  
 90-1  
 festivals & events 84  
 food 89-90  
 medical services 92  
 shopping 91  
 sights 79-84  
 tours 90  
 travel to/from 92  
 trekking 85  
 Paro Dzong 14, 79, 83, **14**  
 Paro Dzongkhag 79-99  
 Paro Tsechu 24, 84, **25, 32**  
 passes  
 Bhonte La 194  
 Gogu La 196  
 Jaze La 201  
 Jili La 181  
 Keche La 200  
 Kharung La 174  
 Kohi La 198  
 Langye Ja La 182  
 Loju La 201  
 Namgo La 186  
 Nyile La 191  
 Pangalabtsa 184  
 Phephe La 144  
 Phongchu La 160  
 Rinchen Zoe La 202  
 Sinche La 197  
 Takhung La 194  
 Taki La 161  
 Tale La 184  
 Thampe La 202  
 Thombu La 195  
 Tsomo La 199  
 Yeli La 192  
 Yongphu La 174  
 passports 293  
 Pele La 115, 128  
 Pelri Goemba 97  
 Pema Lingpa 216-17, 251  
 chain mail 147, **14**



Pemagatshel Junction 174-5  
 Phephe La 144  
 Philatelic Bureau 69  
 Phobjikha Valley 116-21, **118**  
 Phongchu La 160  
 Phongme 168  
 Phongme Lhakhang 169  
 photography 34, 288  
 Phrumsengla National Park 158, 277  
 Phuentsholing 122-5, **123**  
 Phrumzur 204-5  
 Pinchinang 175  
 planning  
   Bhutan basics 18-19  
   Bhutan's regions 47-8  
   booking your trip 35  
   budgeting 19  
   calendar of events 23-6  
   family travel 284-5  
   festivals & events 22, 23-6, 32-4  
   internet resources 19  
   itineraries 27-31, **27, 28, 30, 31**  
   travel seasons 18  
   trekking 39-46  
 plants 17, 20-1, 268, **17**  
 poaching 274  
 politics 208  
 poppies 269  
 population 209  
 postal services 288-9  
 Prakhar Lhakhang 135-6  
 prayer flags 250, **249**  
 prayer wheels 254  
 public holidays 289  
 Punakha 108  
 Punakha Dromchoe 23, 112  
 Punakha Dzong 12, 109-10, **12, 29**  
 Punakha Dzongkhag 104-13, **106**  
**R**  
 Rabana 182  
 rabies 302  
 radio 289  
 rafting 284  
   Punakha 110  
 Ramthangka Lhakhang 93  
 Rangjung 168  
 Rangjung Yoesel Chholing Monastery 168  
 Raphstreng Tsho 200

red pandas 271, **21**  
 religion 209, 245  
 rigsar 257  
 Rinchen Jugney Lhakhang 151  
 Rinchen Zoe La 202  
 Rinchending 122  
 rivers 267  
 Robluthang 197  
 Rodophu 199  
 Royal Botanical Gardens 75  
 Royal Botanical Park 104-5  
 Royal Highlander Festival 26, 195  
 Royal Manas National Park 153-4, 277  
 Rukubji 128  
 rural life 234  
**S**  
 SAARC tourists 18  
 safety 289-90  
   altitude 302-3  
   food 302  
   road 297  
   trekking 178-81  
 Saga La Trek 187-8, **188**  
 Sakyamuni 246, *see also* Buddha, the  
 Sakteng 167, 206  
 Samdrup Jongkhar 175-6  
 Samdrup Jongkhar Dzongkhag 173-6  
 Sangchen Dorji Lhendrub Choling Nunnery 107  
 Sangye Menlha (Medicine Buddha) 247  
 Sarpang 151-4  
 Sengor 157  
 Sephu 128, 202  
 Shakshepasa 196  
 Shama Lhakhang 98  
 Shamsul Lhakhang 150  
 Sherichhu 165  
 Shershong 165  
 Shershong hot springs 152  
 Shingkar 150-1  
 Shomuthang 196  
 Shongar Dzong 158  
 Simkotra Tsho 183  
 Simtokha Dzong 75-7  
 Sinche La 197  
 smoking 289  
 snow leopards 202, 271, **16**  
 Snowman trek 198-202, **201, 2, 21**  
 soccer 238

Soe 190  
 Soi Yaksa 194  
 Somtrang Lhakhang 150  
 Sopsokha 106  
 spas 20  
 sports 239-40, *see also* archery, golf, trekking  
 statues, *see* Buddhist monuments  
 Surey 152  
 Swiss Farm 140  
**T**  
 Ta Rimochen Lhakhang 148  
 Tago Lhakhang 97  
 Tahung 144  
 Takethang 190  
 Takhung La 194  
 Taki La 161  
 takins 270, **16, 273**  
 Taktshang 93-6  
 Taktshang Goemba 9, 95-6, **2, 8-9**  
 Tala hydroelectric project 121  
 Tale La 184  
 Talo Goemba 107  
 Talung 187  
 Tamchhog Lhakhang 97  
 Tamshing Phala Choepa 24, 137  
 Tang 144  
 Tang Valley 148-50  
 Tangmachu 161-2  
 Tango Goemba 73-5  
 tap water 280, 302  
 Taphey Goemba 132  
 tariffs 35-6  
 Tarina 199  
 Tashichholing Lhakhang 129  
 Tashithang 115  
 taxis 297  
 telephone services 18, 290  
 temples, *see* dzongs, lhakhangs  
 Tengchen Goemba 85  
 textiles 12, 71, 253, 255-6, **13**  
 Thaga 200  
 Thakthri 206  
 Thampe La 202  
 Thampe Tsho 202  
 Thangthangka 189  
 Thanza 200  
 theatre 257-8

Thimphu 47, 50-77, **51, 54, 62-3**  
 accommodation 50, 58-65  
 activities 57-8, 76  
 climate 50  
 drinking & nightlife 68-9  
 entertainment 69  
 festivals & events 58  
 food 50, 65-8  
 highlights 51  
 itineraries 67  
 medical services 71  
 shopping 58, 69-71  
 sights 51-7, 58  
 traffic lights (absence of) 61  
 travel seasons 50  
 travel to/from 72  
 travel within 72  
 trekking 76  
 walking tour 60, **60**  
 Thimphu Valley 17, 72-77, **74, 17**  
 Thimpyul 163  
 Thinleygang 105  
 Thirteen Arts 252-4  
 Thombu La 195  
 Thombu Shong 194  
 Thongsang Thang 202  
 Thowadrak Hermitage 150  
 Thrumshing La 157  
 Thujidrak Goemba 76, 183  
 Thungdari 165  
 Tingtibi 152  
 tigers 270-1  
 Tiger's Nest Monastery, *see* Taktshang Goemba  
 time 18, 290  
 tipping 288  
 titles 237  
 Toencha 200  
 toilets 290  
 Tour of the Dragon 284  
 tour operators 37-8  
 tourist information 290  
 tours 36-8  
 Tower of Trongsa Royal Heritage Museum 15, **131, 15**  
 Trashchi Chho Dzong 51-2  
 Trashchi Thongmoen Dzong 115  
 Trashchi Yangtse 171-2  
 Trashchi Yangtse Dzongkhag 169-73  
 Trashigang 165-7, **166**

Trashigang Dzongkhag 163-9  
 travel seasons 18  
 travel to/from Bhutan 293-6  
 travel within Bhutan 19, 296-7  
 traveller's diarrhoea 301  
 trekking 39-46  
   accommodation 45  
   best cultural sights 177  
   best views 177  
   bookings 40  
   books 45  
   equipment 40-1, 44  
   food 45-6  
   guides 45  
   maps 40  
   new trekking routes 180  
   pack animals 46  
   responsible trekking 46  
   routes 178  
   safety 178-81  
   tips 177  
   trail conditions 41  
   water, drinking 302  
   weather 39-40  
 treks 11, 20, 177-206,  
   **42-3, 179**  
   Bridung La 180  
   Bumdrak 185-7, 186  
   Bumthang 149, 203  
   Bumthang Cultural  
   Trek 144  
   Chumphu Ney 96  
   Dagala Thousand Lakes  
   183-5, **182**  
   Dochu La 105  
   Druk Path 181-3, **182**  
   Duer Hot Springs 180  
   Gangkhar Puensum Base  
   Camp 180  
   Haa Valley 101  
   Jangothang 191  
   Jhomolhari 188-93, **190**,  
   **10, 41**  
   Jhomolhari Loop (Soi  
   Yaksa) 193-5, **190**  
   Juniper trek 180  
   Laya 195-8, **196**  
   Merak-Sakteng 205-6  
   Mongar 160  
   Nabji 204-5

Naro Six Passes 180  
 Nub Tshona Pata 180  
 Owl trek 203-4  
 Park 158  
 Paro Valley 85  
 Phobjikha Valley 120  
 Phrumsengla National  
 Park 158  
 Rodang La 180  
 Saga La 187-8, **188**  
 Salt trek 180  
 Shabjithang 180  
 Snowman trek 198-202,  
   **201, 2, 21**  
 Taktshang 93-5, 98  
 Thimphu 76  
 Trongsa 129-32, **130**  
 Trongsa Dzong 15, 129-  
   31, **15**  
 Trongsa Dzongkhag 128-32  
 Tsangkha 129  
 tsechus 9, 33-4, **9**  
 Druk Wangyel 26  
 Gangte Goemba 119  
 Gasa 23  
 Gom Kora 170  
 Haa 24, 101  
 Kurjey 24  
 Lhuentse 26  
 Mongar 26, **34**  
 Nimalung 24  
 Paro 24, 84, **25, 32**  
 Prakhar 26  
 Punakha 112  
 Thimphu 24, **2**  
 Trashi Yangtse 23  
 Trashigang 26  
 Trongsa 26  
 Wangdue 114  
 Tsendo Girkha Lhakhang  
   85  
 Tshenkarla Dzong 171  
 Tsenkha Goemba 103  
 Tsepame 246  
 Tshochena 201  
 Tshokam 182  
 Tshophu 191, 194  
 Tsomo La 199  
 tuberculosis 302  
 Turner, Samuel 222  
 TV 289  
 typhoid 302  
 Tzangkhar 168

## U

Ugyen Tshemo Lhakhang  
 98  
 Upper Paro Valley 92-7, **94**  
 Upper Punakha Valley  
 112-13, **273**  
 Ura 151, 157  
 Ura Lhakhang 151  
 Ura Yakchoe 24, 151, **25**

## V

vacations 289  
 vaccinations 298-300  
 visas 18, 290-2  
 volunteering 292

## W

walking, see trekking  
 walking tours  
   Thimphu 60, **60**  
 Wamrong 174  
 Wangchuck Centennial  
 Park 276  
 Wangchuck, Jigme 229-32  
 Wangchuck, Jigme Dorji  
 229-30  
 Wangchuck, Jigme Khesar  
 Namgyel 232  
 Wangchuck, Jigme Singye  
 230-1  
 Wangchuck, Ugyen 224-7,  
 227-9  
 Wangdue Phodrang 113-14,  
   **116**  
 Wangdue Phodrang  
 Dzongkhag 113-20  
 weather 18, 23-6, 285  
 weaving 53, 71, 91, 163,  
 168, 174, 253, 254  
 websites 19, 300  
 Weekend Market  
   (Thimphu) 16, 53, **16**  
 weights 289  
 Wengkar Lhakhang 163-4  
 western Bhutan 48, 78-125,  
   **80-1**  
   accommodation 78  
   climate 78  
   food 78  
   highlights 80-1  
   travel seasons 78  
 Wheel of Life 236-7, 243,  
 261

White, John Claude 224  
 wildlife 16, 269-77, **16**, see  
   also birds, *individual*  
   *species*  
 wildlife sanctuaries 272,  
   see also national parks  
   & reserves  
 Black-Necked Crane  
 Information Centre 117  
 Bomdeling Wildlife  
 Sanctuary 173, 277  
 Crocodile Breeding  
 Centre 122  
 Jhomotshangkhar  
 Wildlife Sanctuary 276  
 Motithang Takin  
 Preserve 56  
 Phibsoo Wildlife  
 Sanctuary 276  
 Sakteng Wildlife  
 Sanctuary 167, 277  
 wine 279  
 Woche 200  
 woodturning 172, 254  
 women in Bhutan 234-  
   6, **235**  
 women travellers 292  
 women's health 304  
 work 292

## Y

Yadi 165  
 yaks 194  
 yathra 136  
 Yeli La 192  
 Yongla Goemba 175  
 Yongphu La 174  
 Yotong La 133  
 Yundrung (Eundu)  
 Chholing 132

## Z

Zangto Pelri (Paro)  
 Lhakhang 98  
 Zhabdrung Ngawang  
 Namgyal 251  
 Zhambhala Lhakhang 133  
 Zhemgang 151-2  
 zoos, see wildlife  
   sanctuaries  
 Zungney 135

# Map Legend

## Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

## Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkelling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

## Sleeping

- Sleeping
- Camping
- Hut/Shelter

## Eating

- Eating

## Drinking & Nightlife

- Drinking & Nightlife
- Cafe

## Entertainment

- Entertainment

## Shopping

- Shopping

## Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

## Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

## Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

## Transport

- Airport
- Border crossing
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro station
- Monorail
- Parking
- Petrol station
- Subway station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

## Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

## Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

## Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

## Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book



## OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Franklin, London, Melbourne, Oakland, Dublin, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

## OUR WRITERS



### Bradley Mayhew

**Curator, Western Bhutan** Bradley has been writing guidebooks for 20 years. He started travelling while studying Chinese at Oxford University, and has since focused his expertise on China, Tibet, the Himalaya and Central Asia. He is the co-writer of Lonely Planet guides *Tibet*, *Nepal*, *Trekking in the Nepal Himalaya*, *Bhutan*, *Central Asia* and many others. Bradley has also fronted two TV series for Arte and SWR, one retracing the route of Marco Polo via Turkey, Iran, Af-

ghanistan, Central Asia and China, and the other trekking Europe's 10 most scenic long-distance trails. Bradley has also written for Rough Guides, has contributed chapters to *Silk Road: Monks, Warriors & Merchants* and is a co-writer of Insight Guide's *Silk Road*. Bradley also worked on the History chapter, Plan section and a number of treks.



### Joe Bindloss

**Thimphu** Joe first got the travel bug on a grand tour of Asia in the early 1990s, and he's been roaming around its temples and paddy fields ever since on dozens of assignments for Lonely Planet and other publishers, covering everywhere from Myanmar and Thailand to India and Nepal. Joe was Lonely Planet's destination editor for the Indian subcontinent until 2019. See more of his work at [www.bindloss.co.uk](http://www.bindloss.co.uk). Joe also worked on the Directory, Transport and Health

chapters and a number of treks.



### Lindsay Brown

**Central Bhutan, Eastern Bhutan** Lindsay started travelling as a young bush-walker exploring the Blue Mountains west of Sydney. Then as a marine biologist he dived the coastal and island waters of southeastern Australia. He continued travelling whenever he could while employed at Lonely Planet as an editor and publishing manager. Since becoming a freelance writer and photographer he has co-authored more than 45 Lonely Planet guides to Australia,

Bhutan, India, Malaysia, Nepal, Pakistan and Papua New Guinea. Lindsay also worked on the *Bhutanese Way of Life*, *Buddhism in Bhutan*, *Arts & Architecture*, *Natural World* and *Bhutanese Table* chapters and a number of treks.

### Published by Lonely Planet Global Limited

CRN 554153

7th edition – Jun 2020

ISBN 978 1 78701 348 3

© Lonely Planet 2020 Photographs © as indicated 2020

10 9 8 7 6 5 4 3 2 1

Printed in Singapore

All rights reserved. No part of this publication may be copied, stored in a retrieval system, or transmitted in any form by any means, electronic, mechanical, recording or otherwise, except brief extracts for the purpose of review, and no part of this publication may be sold or hired, without the written permission of the publisher. Lonely Planet and the Lonely Planet logo are trademarks of Lonely Planet and are registered in the US Patent and Trademark Office and in other countries. Lonely Planet does not allow its name or logo to be appropriated by commercial establishments, such as retailers, restaurants or hotels. Please let us know of any misuses: [lonelyplanet.com/ip](http://lonelyplanet.com/ip).

Although the authors and Lonely Planet have taken all reasonable care in preparing this book, we make no warranty about the accuracy or completeness of its content and, to the maximum extent permitted, disclaim all liability arising from its use.

© Lonely Planet Publications Pty Ltd. To make it easier for you to use, access to this chapter is not digitally restricted. In return, we think it's fair to ask you to use it for personal, non-commercial purposes only. In other words, please don't upload this chapter to a peer-to-peer site, mass email it to everyone you know, or resell it. See the terms and conditions on our site for a longer way of saying the above - 'Do the right thing with our content.'