

DAY EXCURSION TO THIMPHU

10th Asia Media Summit | 18 June 2026 | Thimphu, Bhutan

EXCURSION OVERVIEW

As part of the cultural and sightseeing programme for the 10th Asia Media Summit, a full-day excursion to Thimphu is scheduled for 18 June 2026. The excursion is designed to offer Summit participants a meaningful and immersive encounter with Bhutan's extraordinary cultural heritage, scenic natural beauty, and the unique traditions that distinguish this Himalayan kingdom. Three carefully selected sites have been identified to provide a well-rounded experience of Thimphu's spiritual, ecological, and architectural significance.

EXCURSION SCHEDULE AT A GLANCE

TIME	ACTIVITY	DETAILS
7:00 AM – 7:25 AM	Assembly at Hotel Lobby	All participants gather at their respective hotel lobbies. Coaches and transport ready for departure.
7:25 AM	Depart Paro → Thimphu	Convoy departs from Paro to Thimphu. Scenic drive through the Paro-Thimphu highway (approx. 0.4 -1 hrs).
9:00 AM – 10:00 AM	Visit Kuenselphodrang (Buddha Point)	Tour of the iconic Buddha Dordenma statue. Panoramic views of Thimphu Valley. Explore shrine rooms housing thousands smaller Buddha statues.
10:30 AM – 11:30 AM	Visit Motithang Takin Preserve	Tour of the Takin Preserve. Observe Bhutan's rare national animal in its near-natural forest setting.
12:00 PM – 1:30 PM	Lunch at Tashi Yoedling Hotel	Group lunch at Tashi Yoedling Hotel, Thimphu. Bhutanese and international cuisine served.
2:00 PM – 2:30 PM	Visit Thimphu Memorial Chorten	Visit the revered Memorial Chorten — built in memory of HM Jigme Dorji Wangchuck, the Third Druk Gyalpo. Witness daily Buddhist rituals and circumambulation.
2:30 PM – 3:30 PM	Centenary Farmers' Market & Craft Bazaar	Free time for shopping at the Centenary Farmers' Market and adjacent Craft Bazaar. Browse local produce, traditional handicrafts, textiles, and souvenirs.
5:00 PM	Depart Thimphu → Paro	Convoy departs Thimphu for return journey to Paro. Estimated arrival in Paro by early evening.

I. KUENSELPHODRANG (BUDDHA POINT)

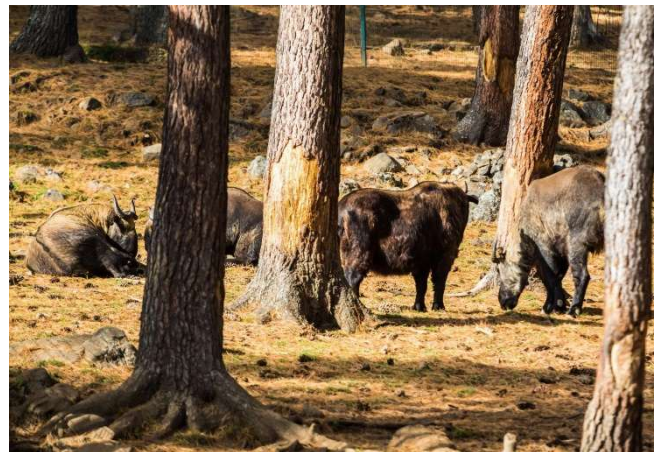


The magnificent Buddha Dordenma statue at Kuenselphodrang, overlooking Thimphu Valley

Kuenselphodrang, popularly known as Buddha Point, stands as one of the most iconic landmarks in Bhutan. Situated on a commanding hilltop overlooking the entire Thimphu Valley, the site is home to the magnificent Buddha Dordenma — one of the largest Buddha statues in the world. Rising to a height of approximately 169 feet (51.5 metres) and crafted from bronze and gilded in gold, the statue is an awe-inspiring testament to Bhutan's spiritual devotion and artistic mastery.

The location offers breathtaking panoramic views of Thimphu city and the surrounding valleys, making it an exceptional vantage point for photography and quiet reflection. The site holds deep symbolic significance, as the Buddha Dordenma is believed to emanate blessings of peace, harmony, and prosperity for the entire world. Participants will have the opportunity to explore the shrine rooms within the statue's base, which house 125,000 smaller Buddha statues, each meticulously crafted in the same gilded bronze.

2. Motithang Takin Preserve



The takin — Bhutan's rare national animal — at the Motithang Takin Preserve, Thimphu

The Motithang Takin Preserve, commonly referred to as the Takin Zoo, is a dedicated wildlife preserve set amidst a natural forest environment in the heart of Thimphu. The preserve is home to

the takin, Bhutan's national animal — a fascinating and rare species endemic to the Himalayan region. With its unusual physical appearance combining features of both a gnu and a bear, the takin holds a special place in Bhutanese mythology and national identity.

The preserve was originally established as a conventional zoo but was later transformed into a free-range sanctuary in keeping with Bhutan's Gross National Happiness philosophy and its deep commitment to environmental conservation and wildlife protection. The forested environment allows takins to roam in a near-natural setting, providing visitors with a rare and authentic wildlife encounter. The visit also serves as an opportunity to appreciate Bhutan's pioneering approach to conservation and its vision of harmonious coexistence between people and nature.

3. Thimphu Memorial Chorten



The Thimphu Memorial Chorten, built in memory of His Majesty Jigme Dorji Wangchuck, the Third King of Bhutan

The Thimphu Memorial Chorten is one of the most revered and visited religious landmarks in the Bhutanese capital. Completed in 1974 and built-in memory of His Majesty Jigme Dorji Wangchuck — the Third Druk Gyalpo, widely regarded as the Father of Modern Bhutan — the chorten serves both as a memorial and an active place of worship that remains central to the spiritual life of Thimphu's residents.

Locals gather here daily from morning to evening to offer prayers, light butter lamps, and circumambulate the chorten in a clockwise direction — a sacred practice that embodies the living Buddhist traditions of Bhutan. For Summit participants, the Memorial Chorten offers an unparalleled opportunity to witness Bhutanese spiritual culture in its most authentic and everyday form, providing an intimate understanding of the values and beliefs that guide Bhutanese society.

II. CENTENARY FARMERS' MARKET



The Centenary Farmers' Market and Craft Bazaar — Thimphu's vibrant hub for local produce, handicrafts, and cultural shopping

The Centenary Farmers' Market is Thimphu's most vibrant and colorful marketplace, located on the banks of the Wang Chhu river. Open to the public, the market is a sensory feast of fresh local produce, traditional foodstuffs, medicinal herbs, and everyday Bhutanese goods.

Participants will have free time from 2:30 PM to 3:30 PM to explore both the Farmers' Market and the Craft Bazaar at leisure. Escorts will be available on site to assist with translation and local guidance.

⚠ NOTE TO PARTICIPANTS

- ✓ Participants are kindly advised to dress modestly and respectfully, particularly when visiting the Memorial Chorten and Kuenselphodrang, which are active religious sites.
- ✓ Comfortable walking shoes are recommended for all venues.
- ✓ Photography is generally permitted at all sites; however, participants are encouraged to be mindful of local customs and seek guidance from escorts on site.