

飛航天地

TURBOJET
噴射飛航

Horizon

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夏季水療特集

RELAX WITH SPA GUIDE

快樂國度不丹

BHUTAN THE HAPPY
KINGDOM

品味養生

澳門茶香足跡

TEA SPOTS
THE BEST POTS
OF CHA IN MACAU

快樂國度

LAND OF HAPPINESS

不丹由昔日自成一國的世外桃源，到如今對外開放旅遊，是時候探索這個神秘的喜馬拉雅山中王國

Explore the mysterious Himalayan kingdom of Bhutan, as the isolated wonderland opens its doors to visitors

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坐落於崖頂的虎穴寺位於海拔3,000米，氣勢磅礴

Tiger's Nest Monastery is an ornate wonder three kilometres above sea level



不丹的登山路徑沿途
可飽覽喜馬拉雅山的
壯麗景致
Bhutan's treks provide
stunning views of
Himalayan vistas

素有「雷龍之地」稱號的不丹，是偏處地球一隅的喜馬拉雅山區小國，歷來奉行鎖國政策，令這片雪山連綿、古寺林立之地，成為一個充滿神秘感、遺世獨立的國度，極少遊客有機會一睹其廬山真面目。隨著不丹四世國王採取非比尋常的發展理念，把重心放在國民的個人愉悅與幸福感之後，不丹在國際間聲名鵲起，成為令人嚮往的人間天堂，更以首別個開生面的「國民幸福指數」（GNH）深深吸引了尋求心靈啟迪的人士。

近年，不丹開放門戶，吸引大量外國遊客，當中更以中國遊客佔多數。由於不丹旅遊業才剛起步，因此光顧當地持牌旅行社是明智之舉。搭飛機從尼泊爾飛往不丹，航程雖短卻可欣賞連綿起伏的千城章嘉峰



不丹的特色宗堡建築
Blue skies above Bhutan's
bold and striking dzong
architecture

Bhutan – the Land of the Thunder Dragon – is a remote Himalayan kingdom that has historically followed a policy of isolation from the world. This has made the land of snow-covered mountains and ancient monasteries a mysterious and inaccessible place, rarely seen by tourists. But news leaves the region – word quickly spread when the fourth King of Bhutan had an unusual development philosophy that placed emphasis on personal happiness and well-being. The idea of Gross National Happiness (GNH) as an index was born here, making Bhutan a powerful magnet for those in search of spiritual enlightenment.

In recent years the country has opened up and enjoyed a large increase in foreign visitors, with Chinese tourists visiting in the largest numbers. As tourism is still in its infancy, it is wise to travel with tour companies licensed to operate in Bhutan. Flying from Nepal offers a short but breathtaking flight over the icy peaks of Mount Kanchenjunga and Mount Everest. The country has no railway network and the only international airport is in Paro. Both Paro and the capital Thimphu have several hotels that cater to foreign visitors, and the local currency, the Ngultrum can be purchased at the airport.

Paro is a serene and quiet place. Giant pictures of the royal family are seen everywhere. Try the local delicacies in the restaurants - red rice, chillies



入夜後的帕羅宗堡
景色同樣壯觀
The dramatically lit
Paro Dzong

及珠穆朗瑪峰雪白山巒，景色令人讚嘆。不丹國內沒有鐵路系統，唯一的國際機場位於帕羅。帕羅及首都廷布都有數間專門接待外國遊客的酒店，遊客可在機場兌換當地貨幣「努扎姆」。

帕羅是一個清幽寧靜的地方，皇室成員的巨型照片隨處可見。當地餐廳供應各種不丹料理，包括紅米飯、辣椒及不丹餃子「饅饅」等。五彩繽紛的紀念品店售賣各式手工藝品，不妨選購一個彩繪面具或木刻品，或是一套不丹傳統服裝。

大型節慶「策秋節」是吸引遊客的一大原因，其中以4月在帕羅舉行及10月在廷布舉行的慶祝活動最受歡迎。這是一睹不丹古老文化傳統的大好機會，數以千計的人群共聚同歡，一起觀看僧侶戴上面具起舞。當地人會盛裝打扮出席慶典，有時甚至是世代相傳的服飾，所以遊客最好入境隨俗，穿著正式裝束為佳。節慶中的每一場舞蹈皆有重要意義，或訴說著一些傳說故事。看著穿上一身瑰麗衣飾、姿態曼妙的舞者在山中「宗堡」的神聖氛圍下舞動，實在是教人永誌難忘的體驗。

逗留帕羅時，一定要到位於海拔3,000米、坐落於崖頂的名寺虎穴寺。相傳蓮花生大師將佛教引進不丹之前，曾騎著飛虎至此地的山洞冥想修行。在寺中閃爍的燭光掩映下，觀賞一尊尊佛像及佛教聖畫，為你帶來觸動心靈深處的感動。值得一提的是，徒步登上崖頂的古寺並不輕鬆，必須擁有相當水平的體能才行，沿途山路陡峭險峻，需要攀爬1,000多級崎嶇不平的大石階，但當中部分坡段可騎小馬代步。

在不丹，除了虎穴寺之外，還有多條登山路徑，其中包括了超高難度（及相對昂貴）的雪峰徒步旅行；極受歡迎的「穿越竺域」則引領登山客穿越杜鵑林，

不丹不少宗堡的的禪鐘
和外牆，都塗上鮮艷而
細緻的顏色圖案

Ornate dzong bells
and their richly painted
housings



and momo dumplings. The colourful souvenir shops offer many handicrafts; consider buying a painted mask or woodcarving or even a traditional Bhutanese outfit.

The festivals or *Tshechu* in April and October, are a huge draw for tourists. These grand events are held over many days, with the two most popular in Paro and Thimphu. This is an opportunity to see Bhutan's ancient cultural traditions at their finest, where thousands get together to socialise and watch masked dances by monks. Take formal clothes to attend the festivals as the locals will be dressed in their best, with clothes sometimes handed down over generations. Every dance has a special significance or tells a story. The spectacle of magnificent costumes and whirling dancers in the sacred atmosphere of the mountain Dzongs (monastery fortresses) is unforgettable.

Don't leave Paro without visiting the famous cliff-top Tiger's Nest Monastery, 3,000 metres above sea level. It's at this mystical and holy shrine where Bhutan's Guru Rinpoche is believed to have appeared on the back of a flying tigress and meditated in a cave, before bringing Buddhism to Bhutan. Viewing the shrines' statues and sacred paintings in the flickering light of the candles

步向吉米朗措湖，湖中有巨型鱒魚，並可飽覽珠穆拉里峰壯麗無比的景致。上述徒步行程中有數天住宿營帳，加上身處高海拔地帶，登山客可能出現高山症症狀，必須時刻提高警覺以防水土不服。

廷布的氣氛與帕羅大相逕庭，這裡已迅速發展成為一座繁忙的都市，你可以在這兒找到意大利餐廳、桌球室及健身中心。當你到廷布遊玩時，不妨抽點時間，參觀一下國家傳統藝術工藝學校，這家學校專門教授學生傳統藝術及手工藝，如木刻、繪畫及編織等。走進教室參觀學生上課的情形，感覺可能有點不自在，但學生們很樂意與訪客交談；另外，你還可以到不丹造紙廠，學習如何利用講求技巧及耗費時間的傳統方式製造手工紙。

度身行程 TAILORED JOURNEY

「樂悠遊」是香港唯一一家於不丹設有辦事處的旅行社，這個家族經營的旅行社擁有一個強大、信譽超著的合作夥伴網絡，專為客人度身設計休閒及商務旅遊行程。該公司開辦「不丹——探秘快樂之道」七天旅行團，帶領遊客走遍廷布、普納卡河谷及帕羅。旅行社可為客人代辦一切過境轉機及簽證事宜，讓你省卻不少麻煩。旅途安排多個景點，如國家紀念碑、藝術工藝學校、塔實堡、普納卡堡，以及虎穴寺等。

Travel company Charlotte Travel is the only Hong Kong based agency with an office in Bhutan. This family-owned agency helps you plan both tailored leisure and corporate trips, taking advantage of its wide network of high profile partners. Their seven-day “The Happiest Road of Bhutan” trip will take you from Thimphu to the Punakha Valley and on to Paro. Transfers and visas will be sorted by the agency, which is a major advantage.

On the trip, you will take in many of the major sights such as the Memorial Chorten, the crafts school, Simtokha and Punakha Dzongs, and Tiger's Nest Monastery. charlottetravel.com.hk



學生在藝術工藝學校學習傳統木刻
Students learning
woodwork at craft
school



策秋節是不丹的大型節慶，一般會連續多天舉行慶祝活動

Bhutan's *Tshechu* festivals are huge events that span days of celebrations

makes this a deeply spiritual experience. Be aware that the walk up to the monastery is quite difficult, so a reasonable level of fitness is necessary. There is a steep climb and then about a 1,000 large and uneven steps to be navigated, but part of the ascent can be completed on pony-back.

The ascent to the Tiger's Nest isn't the only draw for outdoor types – Bhutan offers a number of mountain treks, including the notoriously difficult (and relatively expensive) Snowman Trek. The Druk Path Trek is a popular trail that takes trekkers through rhododendron forests to Jimilangtsho Lake, with its giant trout and spectacular views of Jomolhari Mountain. These treks usually involve a few days camping. Also be aware of the need for caution and acclimatisation, as there is a risk of developing acute mountain sickness with the higher altitude walks.

Thimphu has a different atmosphere to Paro – it is expanding and rapidly becoming a bustling city. The likes of Italian restaurants, snooker halls and gyms can all be found here. When in Thimphu, make time to visit the National Institute for Zorig Chusum, an academy that trains students in Bhutan's traditional arts and crafts such as woodwork, painting and weaving. At first it is a curious experience to be able to walk around classes in progress but students are happy to speak to visitors. There is also the chance to learn how handmade paper is made at a local factory using a skilled and time-consuming process.

在不丹隨處可見到皇室成員的巨型照片

Images of the royal family are displayed throughout the kingdom



另一個非看不可的景點是身高50米的金佛——金剛座釋迦牟尼佛像，以及安置在佛像內的125,000尊小佛像。當初打造這尊巨型佛像的目的在於實現「令眾生永世幸福與開悟的宏願」。這尊令人留下深刻印象的大佛，由華人捐助興建，是全世界最大的佛像之一，可讓參觀者俯瞰廷布山谷的綺麗風光。到不丹旅遊時，一定要到射箭場看看，因射箭乃不丹國技，看著眾箭手對著相距145米的標靶射箭，難以相信他們可以射中目標，但他們個個技藝高超，都能百發百中。

離開不丹之前，記得到該國現存最古老的寺廟「塔實堡」參觀，裡面有一間小室展示精巧絕倫的古畫，絕對值得一看。出發前先做好周詳的計劃，讓你前往這個非凡國度的遊歷成為珍貴難忘的體驗。

射箭是不丹國技，每當在射箭比賽勝出，射箭手都會熱烈舞動慶祝

Archers celebrate with a dance after competing in Bhutan's national sport

位於廷布的金剛座釋迦牟尼佛像，是全世界最大的佛像之一

Thimphu's gigantic Buddha Gordenma statue, one of the largest in the world



Another must is a trip to the 50-metre-high golden Buddha Dordenma statue, which has 125,000 smaller Buddha statues placed within. It has a vision to fulfil “the great wish of all sentient beings for everlasting happiness and enlightenment.” Made possible with Chinese funding, this impressive giant statue is one of the largest Buddha statues in the world and offers peaceful views over the Thimphu Valley. While in Bhutan, be sure to get to an archery tournament as archery is the kingdom's national sport. The archers shoot over a 145-metre playing field, so it is hard to believe that an arrow will find its mark, but the archers are skilled enough to achieve it.

Before you leave Bhutan, visit Simtokha Dzong, the country's oldest surviving castle monastery. The exquisite and ancient paintings in the inner sanctum make a visit here well worth the effort. Plan well in advance, and a trip to this extraordinary country will be a memorable experience. 🇧🇹

旅遊資訊 INFORMATION

不丹旅遊局提供了全面資訊，詳列一系列文化及歷史活動

The comprehensive Tourism Council of Bhutan details a range of cultural and adventure activities tourism.gov.bt

不丹國家博物館
National Museum of Bhutan
nationalmuseum.gov.bt

虎穴寺
Tiger's Nest Monastery
tigersnestbhutan.com

不丹概況 ABOUT BHUTAN

首都：廷布
Capital: Thimphu

語言：宗卡、英語
Languages: Dzongkha and English

貨幣：努扎姆 (BTN)
Currency: Bhutanese ngultrum (BTN)

時差：世界標準時間+6
Time difference: UTC+6

航程：由香港出發前往帕羅，需經泰國曼谷、印度孟買、新德里、加爾各答、巴多格拉、迦耶、高哈蒂、孟加拉的達卡、尼泊爾的加德滿都及新加坡

Flights: Departing from Hong Kong via Bangkok, Delhi, Kolkata, Bagdogra, Bodh Gaya, Dhaka, Kathmandu, Guwahati, Singapore and Mumbai to Paro