

## **BHUTAN**

Bhutan, a Buddhist kingdom on the Himalayas' eastern edge, is a land of monasteries, fortresses and dramatic topography ranging from subtropical plains to steep mountains and valleys. In the High Himalayas, peaks such as 7,326m Jomolhari are a destination for serious trekkers. Taktsang Plaphug (Tiger's Nest) monastery, a sacred site, clings to cliffs above the forested Paro Valley.

Traditionally dishes were cooked in earthenware, but pots and pans have largely replaced their use. A typical Bhutanese meal consists of rice, a dish of chili and cheese, pork, beef curry or lentils.

If there is any place you can seemingly turn back time, discover Buddhism and Hinduism, and see what it's like to live harmoniously with nature in the 21<sup>st</sup> century, it's definitely Bhutan. You will feel as if you have dived into the page of an Asian history book when you see their unique and breathtakingly beautiful architecture. You may never even want to leave after experiencing the warmth of the people and their value of respect and freedom of different people. It may be a small country seemingly hidden in the Himalaya, but it is one rich in culture, diversity and tradition unlike many other places you will see in the world today.