

# Baby In Backpack To Bhutan: An Unforgettable Family Adventure

An inspiring true story of a family's extraordinary journey with their baby in a backpack to the remote kingdom of Bhutan

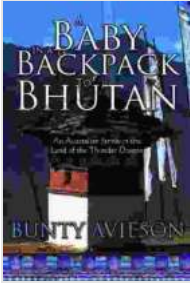


In 2016, our family embarked on an extraordinary journey. We packed our backpacks and our baby, who was just 10 months old at the time, and set off to trek through the remote kingdom of Bhutan.

**A Baby in a Backpack to Bhutan: An Australian Family in the Land of the Thunder Dragon** by Bunty Avieson

★★★★☆ 4 out of 5

Language : English



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Screen Reader	: Supported
Enhanced typesetting	: Enabled
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We had always dreamed of traveling to Bhutan, a tiny country nestled in the Himalayas between China and India. Bhutan is known for its stunning natural beauty, its rich cultural heritage, and its Gross National Happiness index, which measures the happiness of its citizens.

We knew that trekking in Bhutan with a baby would be a challenge, but we were determined to make it work. We spent months planning our trip, packing our backpacks with everything we would need, and training for the altitude.

Our journey began in the capital city of Thimphu. We spent a few days exploring the city and getting acclimated to the altitude. Then, we set off on our trek to the Paro Valley.

The trek was challenging, but it was also incredibly rewarding. We hiked through lush forests, past gushing waterfalls, and up steep mountain passes. We met friendly locals, visited ancient monasteries, and experienced the breathtaking beauty of the Himalayas.



Our baby loved the trek. She would ride in her backpack carrier, watching the world go by with wide-eyed wonder. She would laugh and clap her hands at the yaks and horses that we passed. And she would always sleep soundly at night, lulled by the sound of the wind in the trees.

After 10 days of trekking, we reached the Taktsang Monastery, also known as the Tiger's Nest. The monastery is perched on a cliff face 3,000 feet above the Paro Valley. It is one of the most sacred sites in Bhutan, and it is said that Guru Rinpoche, the founder of Bhutanese Buddhism, flew to the site on the back of a tiger.

We spent a day exploring the Taktsang Monastery. We marveled at the intricate architecture, the colorful paintings, and the stunning views of the Paro Valley. It was an unforgettable experience.



After our trek, we spent a few more days in Bhutan, visiting the Punakha Dzong, the Dochula Pass, and the Phobjikha Valley. We fell in love with the country and its people. We were inspired by the Bhutanese people's happiness and their commitment to preserving their culture and environment.

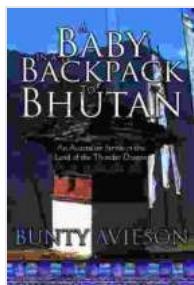
Our journey to Bhutan was an unforgettable experience. It was a challenging journey, but it was also one of the most rewarding experiences of our lives. We learned so much about ourselves, about our family, and about the world. We made memories that will last a lifetime.

If you are looking for an adventure, I highly recommend trekking in Bhutan with your baby. It is a challenging but rewarding experience that you will never forget.

### **Here are a few tips for trekking in Bhutan with a baby:**

- Start training for the altitude several months before your trip.
- Pack your backpacks with everything you will need, including plenty of food and water.
- Hire a porter to help you carry your backpacks.
- Bring a comfortable baby carrier.
- Be patient and take your time.
- Enjoy the journey!

I hope this article has inspired you to embark on your own family adventure. If you have any questions, please feel free to leave a comment below.



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