



BHUTAN SPIRITUAL TOUR - 5 DAYS

Overview:

Bhutan is a rich mosaic of different cultures, traditions, lifestyles, ethnic groups, languages, and belief systems. Diverse as it may seem, yet the Bhutanese socio-culture fabric is well interlaced and harmonized mainly due to the common thread of simple Buddhist values that the people share. This spiritual tour to Bhutan also involves a little bit of adventure as you hike up to various monasteries. On reaching the destination you will instantly sense the vibrant and peaceful spiritual energy of the monastery. Here you get to interact with local monks and get their blessings.

Trip Facts:

Destination: Bhutan

Theme: Spiritual

Activity: Tour

Difficulty: N/A

Max Altitude: 3,000 m/ 9,842 ft

Best Season: September – April

Highlights:

- Visit Thimphu, the only capital city in the world with no traffic lights.
- Shop at the largest weekend market in Thimphu, a most favored spot.
- Hike to “Tiger’s Nest” Taktsang Monastery, the most famous and an unofficial symbol of Bhutan, perched on the side of a vertical cliff at 3000 m.



Itinerary at glance:

Day	Program	Accommodation
1	Arrive in Paro and drive to Thimphu	Hotel
2	In Thimphu	Hotel
3	In Thimphu and later drive to Paro	Hotel
4	In Paro	Hotel
5	Final Departure	

Detailed Itinerary:

Day 1: Arrive in Paro and drive to Thimphu

Distance: 53kms/ 32 miles

Drive Time: 1 hour approx.

Altitude: 2,350 m / 7,709 ft

On arrival at the Paro International Airport, our representative will receive and escort you to the hotel in Thimphu, the capital city of Bhutan. The drive takes you through the winding road with lots of beautiful hamlets. Visit Simtokha Dzong on the way later visit Tashichho Dzong in Thimphu.

According to a legend, **Simtokha Dzong** was constructed to subdue an evil spirit, that was harassing the people in the region, and to guard the place. Simtokha is believed to be the first dzong built in Bhutan and is the gateway to Thimphu Valley.

Once in Thimphu visit **Tashichho Dzong**. This dzong is an impressive building also known as 'the fortress of the Dharma Raja'. It has traditionally been the seat of the Druk Desi, the head of the Bhutan's civil government.

Note: Tashichho Dzong is open during weekdays after office hours (5pm onwards) and from 9am to 5pm on weekends.



Overnight at Hotel [-/L/D]

Day 2: In Thimphu, Hike to Wangtse Monastery

Hike Duration: 2 hours approx.

Altitude: 2400 m approx.

After breakfast, we drive above Thimphu city, pass Mothitang area and drop by the Takin Reserve Center to see the national animal of Bhutan, the Takin. It has the body of a cow and head of a goat, believed to have been created by the Buddhist Master popularly known as Divine Madman. From here, begin walking through apple orchards and few farmhouses with prayer flags fluttering above making the place look beautiful. Throughout the trail you get good view of Thimphu city. Finally, the trail descends gently as you walk through oak, blue pine and rhododendron forests and eventually bring you to Wangtse Monastery. You are rewarded with stunning views of Tashichho Dzong, Thimphu city, and Buddha statue from here.

In Thimphu also visit the **National Institute of Traditional Medicine**: Established in 1988, the National Institute of Traditional Medicine strives to merge the allopathic and traditional systems of healing.

Later visit **Thimphu weekend market** which is by far the largest domestic market for the farmers of Bhutan. It has also turned out to be one of the most favored spots for tourists and a recreational place for people from all walks of life.

Overnight at Hotel [B/L/D]

Day 3: In Thimphu and later drive to Paro

Distance: 53kms/ 32 miles

Drive Time: 1 hour approx.

Altitude: 2,250 m / 7,382 ft



After breakfast at the hotel, visit a few sites before driving to Paro. Once in Paro, visit The National Museum of Bhutan and Paro Dzong.

The Folk Heritage Museum is set inside a 19th century three-storied traditional building and was established in 2001. The museum houses different tools, materials, objects, equipment, and artifacts from rural Bhutanese households and gives a good insight of the traditional Bhutanese lifestyle.

The Memorial Chorten, also known as the ThimphuChorten, is a large Tibetan-style Buddhist Monastery with golden spires and bells. It is a popular landmark and one of the most visible religious structures in Thimphu.

The National Library of Bhutan is a four-storied eight-cornered traditional building, which looks like the central tower temple of a Bhutanese Dzong.

After the sightseeing in Thimphu, drive to Paro. In Paro visit the National Museum of Bhutan and Paro Dzong.

The National Museum of Bhutan is a unique circular building also known as Ta-dzong which is an ancient watchtower above the Paro Dzong.

Paro Dzong, also known as Ringpung Dzong means 'Fortress on a heap of jewels.' This impressive dzong is the finest example of Bhutanese architecture and is one of the most popular and well known dzongs in Bhutan.

Overnight at Hotel [B/L/D]

Day 4: In Paro

Hike Duration: 4.5 hours approx. (round trip)

Today we will hike to Taktsang Monastery and later visit Kyichu Lakhang.



Taktsang Monastery: Perched on the side of a vertical cliff at 3000 m altitude north of Paro, the beautiful Taktsang Monastery also known as the 'Tiger's Nest' is the most famous and an unofficial symbol of Bhutan.

Kyichu Lhakhang: Located close to the Paro Airport, the Kyichu Lhakhang is an important Himalayan Buddhist Temple. Built in the 7th century, this is one of Bhutan's oldest religious sites in Bhutan.

Overnight at Hotel [B/L/D]

Day 5: Final Departure

Today you will be transferred to the airport for your onward journey. [B]

Trip Ends

Note: All information in this itinerary is accurate to the best of our knowledge but please note that changes to our trips can and do occur. This may be due to our effort to improve our program or logistical reasons such as changes in flight schedules, traffic conditions, weather conditions, or government policies. Dharma Adventures will make every effort to keep you informed of any changes but cannot be held liable for any alterations made to the published itinerary.

[B= Breakfast, L= Lunch, D= Dinner]



Trip Includes:

- All necessary arrival and departure transfers.
- 2 nights' hotel accommodation in Thimphu – in a twin sharing room on full board basis.
- 2 nights' hotel accommodation in Paro – in a twin sharing room on full board basis.
- All the sightseeing tour and transfers as per the itinerary with English speaking guide by private vehicle.
- Bhutan Visa Fees.
- Tourism development fee & Entrance fee in Bhutan.
- Lunch and dinner will be served at selected restaurants as per the program.

Trip Extras:

- International airfare.
- Insurance and rescue of any form.
- Items of personal nature such as bar bills, alcoholic beverages, laundry, telephone calls, extra mileage, Personal gratuities as tips to guide, porters, drivers etc.
- Personal insurance policy – suggested a comprehensive travel insurance covering tour and flight cancellations, loss of valuables, thefts, illness, accidents and hospitalization.
- Excess baggage.
- Gratuities, tipping to guides and drivers.
- Expenses incurred by re-routing, inclement weather, floods, famine, political disruptions, strikes, riots and other disturbances.
- Any items and services not mentioned on program inclusions.