

## Journey of a Lifetime Luxury Bhutan Wellness Program 7 Nights/8 Days



### **Kuzuzangpo La- Hello and Welcome to the Land of the Thunder Dragon**

The Kingdom of Bhutan is located high in the Himalayas. Bordering in the north to Tibet in China and to the South to India.

The roof of the world is about the size of Switzerland (46,000 sq Kilometer) and has a population of app. 700,000. The country features 20 districts and the elevation is between 1500 and 7000 meters. In general, life and movements happen in elevation zones of 2000 to 4000 meters. Bhutan is truly blessed with spectacular scenery, gentle people and is the only country in the world that has a negative carbon emission. Great pride is being taken to continue to be the world leader in sustainability and grow sustainably. That is why success in Bhutan is not measured in financial terms but with the gross national Happiness Index.

The British Author, who has mentioned Shangri-La (paradise on Earth) as it is assumed to be a fictional place. Maybe he wrote about Bhutan? For many that have travelled to Gem, it has become their very own Shangri-La.

To further enhance your experience in this truly unique country, we recommend our clients as the places to stay. Offering traditional Bhutanese hospitality, enhancing your Bhutan travel experience. Immerse yourself in culture and the finest hospitality the country has to offer and pamper yourself.

### Day 1: Arrival and Rejuvenation in Thimphu

- Warm traditional welcome at Paro Airport with a white scarf ceremony.
- Private transfer to Thimphu, enjoying scenic views. (By car app. 90 Min 55 Km.)
- Welcome drink at Terma Linca Hotel or Thimphu Deluxe.
- Express check-in with a light organic lunch served at the hotel, featuring locally sourced ingredients.
- **Afternoon:** 90-minute herbal therapy massage using indigenous Bhutanese herbs.
- **Evening:** Intimate welcome dinner featuring authentic Bhutanese cuisine, paired with local wine or craft beer, hosted by a cultural expert to introduce Bhutan's traditions.

Included in Day 1:, Tour Guide, Car and Driver, White Scarf, Drinking water along the way, lunch, overnight at the Hotel Terma Linca or Thimphu DeLuxe both 4 star,dinner and cultural expert, therapy session 90 minutes



### Day 2: Nature, Mindfulness & Local Delights

- **Breakfast:** at hotel
- **Morning:** Guided visit to the Great Buddha Dordenma and conduct a short meditation session. (Driving time 20 app. 20 Min.)
- **Midday:** Gentle forest bathing and a guided nature walk after a visit.
- **Lunch:** lunch at one of the local restaurant.
- **Afternoon:** Visit the Motithang Takin Preserve and the majestic Thimphu Dzong.(Driving time app. 30 Min)
- **Evening:** Stroll through Thimphu's craft markets followed by a gourmet dinner downtown.

Included in Day 2: Breakfast, Tour Guide, Car & Driver, Drinking water along the way, Visit to Buddha Dordenma, Forest Bathing & Nature Walk, Lunch, Overnight at Hotel, Tour to Takin Preserve and Thimphu Dzong, visit to the Crafts Market and Dinner

### Day 3: Cultural Immersion & Holistic Healing

- **Morning: Silent Morning Hike to Tango or Cheri Monastery:** A hike in silence to deepen awareness and experience inner peace.
- **Lunch:** Traditional Bhutanese farmhouse dining experience.
- **Afternoon:** Free time to explore local markets or enjoy an herbal tea-tasting session.
- **Early Evening:** Traditional Bhutanese Yoga & Breath work, a session with a Bhutanese wellness practitioner integrating yoga and Vajrayana Buddhist breathing techniques.
- **Dinner:** Themed culinary journey featuring a fusion of Bhutanese and Indian flavors at the hotel.

Included in Day 3: Breakfast, Morning hike, Tour Guide, Car & Driver, Farmhouse Lunch, Drinking Water along the way, Herbal tea session, Bhutanese Yoga and breathing techniques by specialist, Overnight at the hotel, theme dinner





#### Day 4: Tranquil Transition to Paro

- **Morning:** Breakfast and check-out from Thimphu. (Transfer to Paro by car app. 90 Min. 55 KM)
- **Midday:** Guided visit to Paro's handicraft market and artisan workshops.
- **Lunch:** Authentic farm-to-table meal in a traditional Bhutanese house.
- **Afternoon:** Free time for leisure or visit some archery range.
- **Evening:** Outdoor BBQ dinner with cultural storytelling session under the stars.

Included in Day 4: Breakfast, Tour Guide, Drinking Water along the way, Visit to Handicraft market and Artisan shops, Lunch, Visit to Archery Range or free time, BBQ Dinner weather permitting, overnight at the Hotel and Storytelling.



#### Day 5: Chele La Pass & Haa Valley Adventure

- **Early Morning:** Sunrise drive to Chele La Pass for breathtaking Himalayan views.
- **Midday:** Exploration of Haa Valley, with a cultural immersion at a local monastery. (Total driving time app 5 hours)
- **Lunch:** Scenic picnic featuring organic dishes from Haa Valley especially buckwheat dumpling and noodles.
- **Evening:** Return to Paro for a relaxing sauna session.
- **Dinner:** Cozy dinner at the hotel, featuring seasonal local produce.

Included in Day 5: Breakfast, Tour Guide, Car & Driver, Excursion to Haa valley, Monastery Visit, Pic Nic Lunch, Sauna Session and Dinner, Overnight at the Hotel and Drinking Water on the way.

## Day 6: Spiritual Pilgrimage to Tiger's Nest

- **Early Morning:** Breakfast followed by a guided hike to Tiger's Nest Monastery. (Driving time app. 60 Min.)
- **Midway:** Refreshments at the halfway café, with an optional horseback ride.
- **Lunch:** Picnic-style meal with panoramic mountain views.
- **Afternoon:** Visit to the National Museum of Bhutan for an insightful cultural experience.
- **Hot Stone Bath Therapy:** Experience Bhutans traditional hot stone bath, infused with medicinal herbs.
- **Dinner:** Themed dining experience at the hotel, celebrating Bhutanese culinary heritage.

Included in Day 6: Breakfast, Car & Driver, Tour Guide, Drinking Water on the way, visit to the Tigers Nest Temple and entry fee, Refreshments at the half way café, Pic Nic style Lunch, Entry fee to the National Museum and tour, Hot stone bath and dinner, overnight at the hotel.





### Day 7: Spiritual Reflection & Wellness Indulgence

- **Morning:** Visit to Jangtsa Dumtseg Lhakhang and Kyichu Lhakhang and light butter lamp for very successful trip and also for the future wellbeing. (Driving time app 2 hours)
- **Lunch:** Gourmet Bhutanese dining in a scenic setting.
- **Afternoon:** 120-minute deep relaxation aromatherapy session
- **Evening:** Farewell dinner featuring live Bhutanese folk music and give a Wellness package with Bhutanese incense, herbal tea, and a personalized wellness journal.

Included in Day 7: Breakfast, Tour Guide, Car & Driver, entry to both monasteries, butter lamp, Drinking Water along the Way, Lunch, 120 Minu of Aromatherapy, live Folk Music and dinner, farewell gift consisting of Incense, herbal tea, personalized wellness journal, overnight at the hotel.

### Day 8: Farewell from Bhutan, transfer to Paro Airport

- **Morning:** Leisurely breakfast and final reflections on the journey (depending on the flight timing).
- **Check-Out:** Transfer to Paro Airport with a heartfelt Bhutanese farewell.

Included in Day 8: Leisurely Breakfast, transfer to the Airport and farewell from your guide an driver and lots of fond memories that will resonate a lifetime with you.



Photo Credits: Bhutan Department of Tourism and Studio Khonsu @Adam Slama



**The above tour prices do not include the following:**

- Single room supplement of USD 49/room/night (optional)
- Airfare to and from Bhutan
- Travel insurance (required)
- Other personal expenses like overseas calls, laundry, alcoholic beverages, souvenirs
- Tips for the driver and tour guide
- Anything not listed in the Tour Program
- Pony to the Halfway Rest Stop at the Tigers Nest US 30 per Pony

**Prices:**

*Base per person and double occupancy*

*Low Season: July & August 25, January and February 26: Ask for the Price*

*Regular Season: March, April, May, June, Sept, Oct & Nov 26: Ask for the Price*

**Payment:**

50% at the time of booking                      50% 30 days prior to arrival to Bhutan

Cancellation Policies: 30 days prior to departure no refund

45 days prior to departure 25% refund      60 days prior to departure 50% refund

61 + days prior to departure full refund Minimum Age for this Trip: 18 years

## TOUR PLAN

May change subject to weather and road conditions, at the discretion of the tour guide. Suitable alternatives will be provided.

**IMPORTANT :**

While travelling to offbeat & remote areas, there are many variables beyond our control like weather conditions, landslides, road situations and any other force majeure conditions. Circumstances amounting to "force majeure" include any event which we or the supplier of the service(s) in question could not even with all due care, foresee or forestall such as (by way of example and not by way of limitation) natural disasters, fire and health risks, acts of God, unavoidable and unforeseeable technical problems with transport / flight for reasons beyond our control or that of our suppliers, closed or congested airports and other actual or potential adverse weather conditions, and any other similar events. In such situations we might be forced to change the itinerary.



**For further information please contact:**

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