



Bhutan Spirituality & Wellness

6 Nights spiritual and wellness tour of Bhutan |
Covers four districts of Bhutan – Thimphu, Paro,
Punakha & Wangduephodrang | Attend Buddhist
Rituals | Spa & Hot Stone Bath | Day Hikes

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Bhutan Spirituality & Wellness

Number of Nights	6 Nights and 7 days
Districts Covered	Paro Thimphu Punakha Wangduephodrang
Tour Includes	Accommodation in Tourist Standard 3 Star Resorts All internal Transport in SUV Day hikes in 3 districts Professional Tour Guide All Meals All internal taxes and entrance fees to Heritage sites Government Royalty of USD 65 per night halt per guest
Wellness Plus:	Spa & Traditional Hot-stone Bath Hoisting of Prayer Flags Buddhist rituals Bhutanese traditional dart game.

*Cultural Program would be provided only to group size of more than 5 guests



Day One – Paro to Thimphu (54 KM – 1 & ½ Hours)



On board you will experience the breath taking views of **Mount Everest, Kanchen Junga** and **Himalayan peak**. You will be greeted at the airport by the guide and driver of Druk and Drukpa Tours.

We will drive to Thimphu, en-route visit **Tachog Lhakhang** crossing the 15th century Iron bridge. It would approximately take around 1 and ½ hours to reach Thimphu.

Check into Hotel and after refreshment visit:

Memorial Chorten (Mound like stupa built in memory of the late HRH the Third King of Bhutan)

Tashi Chhoe Dzong (Fortress of the Glorious Religion), It houses the central monastic body, the central government of Bhutan and also the throne room of His Majesty the King.

Buddha Point to have a glimpse of one of the largest sitting Buddha in the world and to have a birds eye view of the Thimphu valley beneath.

Later a **welcome dinner** would be hosted in one of the Bhutanese Restaurants.

Dinner and Overnight at Hotel

Day Two – Thimphu (Day Hike & Spa)



After an early Breakfast we will drive to the base of Phajoding Monastery. Upon reaching the base, we will hike to **Phajoding Monastery** and the hike to the monastery would approximately take around **two and half hour**. The view of Thimphu valley is very beautiful from the monastery.

After returning, we will visit: **The sanctuary that houses the Takin** (national animal of Bhutan) and ***Dinner and overnight at the hotel***

In the evening you will visit one of the Bhutanese healing center ***for spa massage treatment***. The treatment would relieve you from muscle fatigues and also improve your overall wellbeing.

You would have covered more than 10,000 steps today and experienced Bhutanese Spa in a relaxing environment.

Day Three – Thimphu to Punakha (72 KM – 2 & ½ Hours)

After breakfast, drive to Punakha via **Wangduephodrang**, en route stop at **Dochula Pass** (3,140 m) for refreshment and also to have a **panoramic view of the Himalayan range** and also the **108 mound like stupas**.

Then you will descend down to the warmer valley of Punakha (ancient capital of Bhutan), on the way visit **Lampelri Botanical park** and the **Lake Baritsho** and finally stop for about ½ hour to visit the **Chimi Lhakhang (Divine Madman’s Temple)**.

In the afternoon you will visit the **Punakha Dzong**, magnificently located at the confluence of the two rivers (Pho-chu and the Mo-chu). The Dzong (fortress) was constructed in the year 1637 – 1638. It is the second largest and the second oldest Dzong of the country. The Dzong was the administrative centre and the seat of the Government of Bhutan until 1955. You will also visit the **longest suspension bridge** in the country over Pho-Chu River.

You would have covered up to 10,000 steps today.



Dinner and Overnight at Hotel



Day Four – Punakha to Gangtey (80 KM – 2 & ½ Hours)



After Breakfast drive about 30 minutes towards north of Punakha till the road end approaching ***Khamsum Yuelley Namgyal Chorten***, the chorten was built by the Queen Mother and dedicated to the king and for the wellbeing of all the sentient being. It is another 45 minutes to 1-hour uphill hike from the suspension bridge to reach the chorten.

After Lunch, we will drive towards **Phobjikha valley** through Wangdue Phodrang. Phobjikha serves as the winter home for the ***Rare Black-Neck cranes*** that migrates from Tibet in late October until April. The villagers celebrate their arrival. The Black neck cranes are deeply revered as a heavenly bird. These birds appear in the Bhutanese folk lore, songs, dances and it has been even used as the logo for the former governing political body of Bhutan.

We will visit the Magnificent ***Gangtey Monastery the seat of H.H the Gangtey Trulku*** and then we will spend rest of the evening enjoying the serenity of the valley.

You would have covered up to 10,000 steps today.

Dinner and overnight at Hotel

Day Five –Phobjikha to Paro (170 KM – 6 Hrs)



After an early breakfast walk to the mani (Chorten) to the north of Gangtey Gonpa and walk through the pine forest and small bamboo plants to end your trek at ***Khewa Lhakhang (Monastery)***.

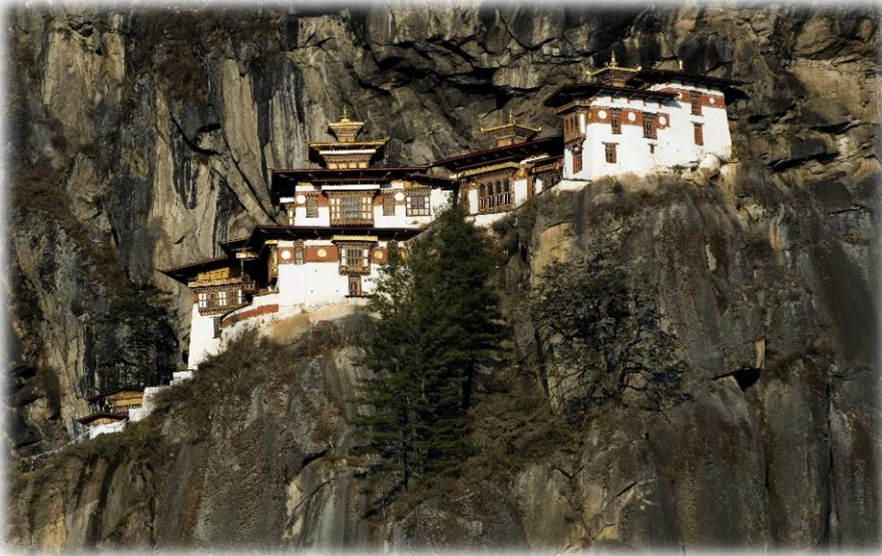
You can have a beautiful view of the Phobjikha Valley and the Black necked cranes roosting in the valley below during the winter months.

After approximately one and half hour hike; we will drive back to the fertile valley of Paro.

Upon reaching Paro, we will check into the Hotel and you would have a brief session with ***a Buddhist Master on meditation.***

You would have covered up to 10,000 steps today.

Day Six - Paro



Visit to the ***Taktshang Monastery***, we will drive till the terminating point of the motor able road (Ramthangkha), we will then hike to the monastery, Taktshang is one of the most highly thought of and sacred of all Buddhist sites around the world, located on 800 Mtrs Cliffside.

In the afternoon we will visit the following places

- **Kyichu Monastery** (one of the oldest temples in Bhutan, built in the 7th century by Tibetan Ruler)
- **Visit Paro Rinpung Dzong**



In the evening, you will be taken to a **Bhutanese farm house** for last dinner in Bhutan. Druk and Drukpa Tours would arrange a **Traditional Bhutanese Hot-stone bath** at the farm house.

Dinner and Overnight at Hotel

You would have covered more than 10,000 steps today.

Day Seven - Departure



Druk and Drukpa staff would drive you to the airport via the old route to have a bird's eye view of the Paro International Airport. The Guide and the driver would see you off at the airport with a scarf exchange program.

We thank you for being with us.