

BHUTAN

**Journey Through the Dragon Kingdom
(Thimphu, Punakha, Phobjikha and Paro Valley)**

7 Nights 8 Days



This beautifully curated 8-day itinerary offers an immersive experience into the heart of Bhutan's cultural, spiritual, and natural wonders. From the sacred monasteries of Paro to the stunning Himalayan views at Dochula Pass, every day unfolds with serenity and awe. You will walk among monks, hike to ancient temples, witness traditional textile arts, and even raft through pristine rivers.

Highlights include the iconic Tiger's Nest Monastery trek, the majestic Punakha Dzong, peaceful Phobjikha Valley hikes, and the cultural treasures of Thimphu. Perfectly paced with a mix of adventure, culture, and relaxation, this journey is designed to help you reconnect with nature, tradition, and yourself.

Let Bhutan's charm, spirituality, and untouched beauty leave an imprint on your soul.

Day 01

- **Arrival at Paro Airport:** Upon arrival at Paro International Airport, you will be greeted by your guide and driver.
- **Transfer to Thimphu:** Private transfer from Paro International to Thimphu (Capital city of Bhutan). En-route stop at Tamchoe Lhakhang.
- **Check-in to Hotel:** Check into your hotel and prepare yourself for afternoon sightseeing.

Afternoon

- **Buddha Dordenma Statue:** Visit this gigantic Buddha statue which offers panoramic views of the Thimphu Valley.
- **Royal Textile Museum:** Explore Royal Textile Museum and learn about Bhutan's rich textile heritage and the importance of weaving in the culture of Bhutan.
- **Royal Takin Preserve:** Visit royal takin preserve, home to the national animal of Bhutan, the takin. The preserve is nestled in the forest, and you can enjoy a short walk around.

Evening

- **Tashichho Dzong:** Visit the impressive Tashichho Dzong, the seat of the government and the central monastic body.

Overnight: Stay at a hotel in Thimphu.

Day 02

Morning

Drive to Punakha: After breakfast, drive to Punakha (2.5 hours drive). En-route via Dochula Pass.

- **Dochula Pass:** It is a breathtaking mountain pass located at an elevation of 3,140 meters (10,301 feet) above sea level.

- **Chimi Lhakhang:** It is a famous temple located in the Punakha Valley of Bhutan, known for its rich history, religious significance, and unique association with fertility. It is often referred to as the "Temple of Fertility" and is a must-visit destination for those exploring the region
- **Check In to the Hotel:** Check into your hotel and relax.

Afternoon

- **Punakha Dzong:** Afternoon, explore Punakha Dzong and it is one of Bhutan's most iconic and beautiful landmarks. Located at the confluence of the Pho Chhu and Mo Chhu rivers in the Punakha Valley.
- **Punakha Suspension Bridge:** Visit this site which is one of the most iconic and thrilling landmarks in Bhutan.

Evening

- **Evening at Leisure:** Enjoy evening at leisure in the hotel.

Overnight: Stay at a hotel in Punakha.

Day 03

Morning

- **Khamsum Yulley Hike:** After breakfast, enjoy 45 mins – 1 hour short hike to Khamsum Yulley Namgyel Chorten (also known as Zangtoperi meaning Heaven). Enjoy the beautiful nature and view of Punakha Valley if weather is feasible.
- **Rafting:** After returning to the base, enjoy the rafting at Mo Chhu.

Afternoon

- **Sangchen Dorji Lhendup Nunnery:** Afternoon, visit Sangchen Dorhi Lhendup Nunnery for blessing ceremony which is perched on a ridge amongst the pine trees gleams the magnificent structure of the Sangchen Dorji Lhendup Lhakhang.

Evening

- **Evening at Leisure:** Enjoy evening at leisure in the hotel.

Overnight: Stay at a hotel in Punakha

Day 04

Morning

- **Drive to Phobjikha:** After breakfast, drive to Phobjikha (2.5 hours drive)
- **Check Into your hotel:** Check into your hotel and refresh

Afternoon

- **Gangtey Nature Trail:** After breakfast, set off on the scenic Gangtey Nature Trail, a 2-hour hike ideal for outdoor lovers. Starting at Goemba, the trail leads you to the village of Khewang, crossing the Nake Chu river along the way. Enjoy breathtaking views of the valley and the marshland conservation area below

Evening

- **Evening Prayer at the Shedra:** Visit the Kuenzang Chholing Shedra, a newly established Nyingmapa monastery school with over 300 student monks. In the evening, join the monks and students for their prayer session and the lighting of butter lamps.

Overnight: Stay at a hotel in Phobjikha.

Day 05

Morning

- **Longteng Hike:** Start with a scenic 30-minute drive from Gangtey to the trailhead near Longteng village, located along the east-west highway. Begin your descent along a path to the right of the road, passing through dense bamboo and a quaint village cluster. As you walk, vibrant rhododendron forests line the trail, and in winter, you may spot yaks grazing nearby. The trail becomes steeper as you approach the pass at 3,586 meters (11,766 ft), offering panoramic views of the stunning Gangtey Goemba, the Shedra, and the valley below. After reaching the pass, continue your descent toward the peaceful Kumbu village. You can either be picked up here or continue to the Shedra. The full hike lasts about four hours, and you will return to your hotel in time for lunch.

Afternoon

- **Black-necked Crane Education Centre:** A visit to this center provides an excellent opportunity to learn about the endangered black-necked crane and the folklore associated with them.
- **Gangtey Monastery:** Gangtey Goemba, located in the stunning Phobjikha Valley, is a prominent Nyingma monastery with rich historical significance. It is a peaceful spiritual retreat and a must-visit cultural landmark.

Evening

- **Evening at Leisure:** Enjoy evening at leisure in the hotel.

Day 06

Morning

- **Drive to Paro:** After breakfast, drive to Paro (4 to 5 hours drive)
- **Check Into your hotel:** Check into your hotel and refresh

Afternoon

- **Paro Dzong (Rinpung Dzong):** Visit this beautiful fortress monastery which is a stunning example of Bhutanese architecture. Later, you can try on the Bhutanese national dress (Gho for men and Kira for women).
- **National Museum of Bhutan (Taa Dzong):** Visit the museum housed in a former watchtower, showcasing Bhutanese art, culture, and history.
- **Kyichu Lhakhang:** Visit Kyichu Lhakhang, built in the 7th century by King Songtsen Gampo of Tibet, the temple is part of a larger effort to spread Buddhism across the Himalayas. It is a popular destination for both pilgrims and tourists who visit to experience Bhutan's spiritual heritage and natural beauty.

Evening

- **Explore Paro Town:** You can stroll around Paro town, enjoy the serene surroundings, and explore local handicraft shops.

Overnight: Stay at a hotel in Paro.

Day 07

Morning

- **Trek to Tiger's Nest Monastery (Paro Taktsang):** After breakfast, embark on the famous hike to the iconic Paro Taktshang Monastery, the hike takes about 4-5 hours, depending on your pace, and offers incredible views of the valley and the monastery perched high on the cliffs.
- Once you reach the monastery, take time to explore the sacred site and enjoy the serene atmosphere. It's one of the most important pilgrimage sites for Bhutanese Buddhists.

Afternoon

- **Descend and return to Paro:** After visiting the monastery, hike back to the base and return to the hotel.

Evening

- **Relax and unwind:** After the long hike, relax in your hotel and enjoy at leisure

Overnight: Stay at a hotel in Paro.

Day 08

- **Departure:** Private transfer to Paro International Airport for your departure flight