

BHUTAN

Whispers of the Himalaya
(Thimphu, Punakha, Phobjikha and Paro Valley)
6 Nights 7 Days



Explore Bhutan's spiritual and natural wonders in this 6-night, 7-day journey. Visit Thimphu's Buddha Dordenma, Punakha's stunning Dzong, the tranquil Phobjikha Valley, and Paro's iconic Tiger's Nest Monastery. Immerse yourself in Bhutan's rich heritage, serene landscapes, and spiritual treasures.

Day 01

- **Arrival at Paro International Airport:** You will arrive in Paro, Bhutan's only international airport, surrounded by majestic mountains.
- **Transfer to Thimphu:** Drive to Thimphu, Bhutan's capital, about 1.5 hours away from Paro. Enjoy the scenic drive through beautiful valleys and rural Bhutanese landscapes. En-route stop at Tamchoe Lhakhang
- **Hotel Check-In:** Upon arrival in Thimphu, check into your hotel and relax.

Afternoon

- **Buddha Dordenma Statue:** Visit this gigantic Buddha statue which offers panoramic views of the Thimphu Valley.
- **National Memorial Chorten:** Visit this stupa dedicated to the third King of Bhutan, which is a focal point for local Bhutanese to come and meditate.
- **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. Prepare yourself for afternoon sightseeing.

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 Chu.

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

- **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 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

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

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 06

Morning

- **Trek to Tiger's Nest Monastery (Paro Taktsang):** After breakfast, embark on the famous hike to the iconic Paro Taktsang 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.

Day 07

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