

Spiritual & Wellness Tour (6 Days/5 Nights) - Travelers who want Meditation, spirituality and peaceful travel

Note: A 6-day journey of slow, mindful discovery designed to restore inner peace through traditional Bhutanese healing and sacred rituals.

Detailed Itinerary

Day 1: Paro to Thimphu

Arrival at Paro International Airport and begin your journey with a scenic drive to Thimphu (approx. 1.5 hr.).

Buddha Dordenam (Meditation at the Great Buddha)

Day 2: Thimphu - Religious Site visit

Spiritual hike to Tango Monastery / Cheri Monastery for meditation and monastic experience.

Day 3: Thimphu to Punakha

Drive to Punakha via the scenic Dochula Pass (108 Choetens). Visit Nunnery College Punakha. Overnight in Punakha.

Day 4: Punakha- Paro

Visit Chimi Lhakhang (Fertility Temple) - Mindful walking through the valley and Paddy field and return back to Paro.

Day 5: Hike to Taktsang (Tiger's Nest Monastery)

Hike to Taktsang (Tiger's Nest Monastery), one of Bhutan's most revered sites. Later, enjoy a traditional hot stone bath (Optional) and evening local market visit.

Note: Start early (7:00 AM) to avoid the midday sun and the bulk of the hikers.

Day 6: Departure

Sunrise meditation & airport transfer.

Details of itinerary

This 6-day Spiritual & Wellness tour is designed to slow down the pace of travel, focusing on mindfulness, traditional healing, and inner peace. Instead of just "seeing" the sites, this itinerary invites you to participate in rituals and take time for reflection in some of the world's most tranquil settings.

Daily wise Breakdown

Day 1: Paro to Thimphu (Finding Balance -Thimphu)

Upon arrival, drive to the capital. Begin your journey at the Buddha Dordenma, where the air is filled with the scent of incense. You can spend time in the meditation hall below the giant statue. Join the elders at the National Memorial Chorten for evening prayers, observing the rhythmic "Kora" (circumambulation) which is a form of walking meditation.

Day 2: Thimphu the religious site visit (The Path of Silence)

Drive to the northern end of the Thimphu city for a hike to Tango or Cheri Monastery. These are centers for higher Buddhist studies and retreats. Enjoy a silent hike through oak and pine forests. At the top, you may have the opportunity to offer butter lamps and sit in quiet contemplation as monks chant in the background.

Day 3: Thimphu to Punakha (Sacred Landscapes)

Travel to Punakha via Dochula Pass. The 108 stupas here are a memorial and a place of deep peace. Visit the Sangchhen Dorji Lhuendup Nunnery. The atmosphere here is often quieter than the larger monasteries, offering a feminine, nurturing energy perfect for midday meditation overlooking the Punakha and Wangdue valleys.

Day 4: Punakha to Paro (Connection & Antiquity)

Before leaving Punakha, take a mindful walk through the rice paddies to Chimi Lhakhang. Return to Paro and visit Kyichu Lhakhang, one of Bhutan's oldest temples. The courtyard of Kyichu Lhakhang, with its ancient orange trees, is an incredibly grounding place to sit and reflect on your journey.

Day 5: Hike to Tiger's Nest (The Ultimate Pilgrimage)

The hike to Taktsang (Tiger's Nest) is more than a photo opportunity, it is a spiritual trek. Visit the many small chapels within the monastery. Some travelers choose to spend an hour in meditation in one of the quieter corners. End your day with a Traditional Hot Stone Bath (Optional). Large river stones are heated by fire and dropped into a wooden tub of water infused with Artemisia (medicinal herbs). It is the ultimate Bhutanese therapy for body and soul.

Day 6: Transfer to airport (Farewell)

Enjoy a final sunrise meditation session at your resort or hotel before your guide transfers you to Paro International Airport.

Recommended Stays for Wellness

- **Luxury:** Bhutan Spirit Sanctuary (Paro) – Every stay includes wellness consultations, traditional medicine, and unlimited spa treatments.
- **Boutique:** Dhensa Boutique Resort (Punakha) – Famous for its minimalist design and tranquil river views.
- **Authentic:** Gangtey Shedra (Monastic Stay) – If you wish to truly immerse yourself, some operators can arrange overnight stays in monastic guest houses to experience the monks' early morning rituals.

The following **Terms & Conditions** are outlined to ensure a seamless experience and to prevent any misunderstandings. Please review them carefully before confirming your booking.

Package Includes

The rates quoted are per person, based on twin/double sharing are valid for individual Indian National/other.

- **Sustainable Development Fee (SDF)** - as per the government regulations.
- **Professional licensed Bhutanese** English speaking guide throughout the trip
- **Transportation :** Private transport Premium SUV- 1-2pax, 3-6pax -Hiace Bus and 7- 18pax (Coaster bus)
- **Accommodation-**Stays in Department of Tourism(DoT) certified 3 Star Hotels
- **Meal:** Dinner & Breakfast (Modified American Plan) at Hotel during the tour.
- Permit assistance/Visa processing and entry formalities

Package Excludes

- **Travel:** Any Airfare (Domestic or International), Train Fare and travel insurance or Airport taxes.
- **Personal expenses** - (Lunch, Laundry, telephone calls, tips and beverages. (Not mentioned in itinerary)
- **Activity Fees-** Entrance fees for monuments, Museums, monasteries and charges for optional activities like hot Stone Baths, river rafting or horse riding.
- **Unforeseen Costs:** Any additional expenses arising from flight cancellations, roadblocks, weather calamities or personal medical emergencies.
- **Extra Services:** Any vehicle use outside the pre-agreed itinerary or for at-leisure evening use.

Booking and Payment Policy

To ensure a seamless booking experience, please follow our standardized process:

- **Initial Deposit:** A non-refundable advance of \$ 50.00 per person is required to initiate hotel and permit bookings.
- **Flight Confirmation:** Please share your confirmed flight/train tickets immediately upon booking to align your transport and permit timings.
- **Balance Payment:** The remaining balance must be cleared on the day of arrival in Bhutan. Payment can be made via (Bank Transfer/Cash).
- **Confirmation:** Official tour confirmation will be sent via Email or WhatsApp once the deposit is received.

A Few Helpful Details

We like to keep things transparent, here are some important notes to ensure everything runs smoothly for your trip.

- **ID Requirements:** Please ensure you carry a valid Voter ID (Indian) or a Passport (valid for at least 6 months) for entry permits. For children, a valid Health Card or Birth Certificate is required.
- **Itinerary Changes:** The Company reserves the right to modify the itinerary due to weather, road conditions or government restrictions.
- **Check-in/Check-out:** Standard hotel check-in is at **2:00 PM** and check-out is at **12:00 PM**. Early check-ins are subject to room availability.
- **Cancellation Policy:** The \$ 50.00 deposit is non-refundable.
- Cancellations made within 15 days of arrival may incur 50% hotel retention charges.