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## Discover Bhutan

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## Discover Bhutan

*Thimphu - Punakha - Paro District*  
*6 Days / 5 Nights*



## Introduction

Start	Accommodation	Destination	Basis	Duration
Day 1	Six Senses Thimphu	Thimphu	B&B	2 Nights
Day 3	Six Senses Punakha	Punakha	B&B	1 Night
Day 4	Six Senses Paro	Paro District	B&B	2 Nights

### Key

B&B: Bed and Breakfast

## Included

- Accommodation in mentioned hotels or similar for a total of 05 nights in the mentioned category rooms with daily breakfast and inclusive of all currently applicable government taxes in Bhutan.
- Services of air-conditioned vehicle for all airport transfers, intercity transfers, and sightseeing tours as per the itinerary in Bhutan.
- Meeting and assistance upon arrival and departure at airports/border points.
- All sightseeing tours and excursions as mentioned in the above program.
- Unlimited mineral water bottles during long journeys.
- Services of an English-speaking local guide as per requirement. For up to 04 Pax, local English-speaking guide services will be provided, and for 04 Pax onwards, an English-speaking accompanying escort will be provided throughout the tour.
- Rates include entrance fees to all monuments, monasteries, dzongs, and sightseeing places mentioned in the itinerary.

## Excluded

- The cost does not include any airfare, any item not specifically mentioned above, or expenses of a personal nature such as table drinks, laundry, telephone bills, video camera fees, tips to guides/escorts, drivers, porters, bell boys, etc.
- Any International/Domestic airfare, Travel Insurance, or Visa fees are not included. Guests are requested to ensure they carry a valid passport and necessary travel permits/visa for travel to Bhutan.
- Any other expenses of personal nature are also excluded.

## Day 1

### Six Senses Thimphu, Thimphu

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#### Thimphu

Resting in a lush green valley of hills and rice paddies, Bhutan's capital city of Thimphu is the country's commercial and religious hub, and is known for its interesting fusion of ancient and modern elements. Historical architecture and ancient traditional elements juxtapose with contemporary buildings and sensibilities. The imposing, stately 350-year-old Tashicho Dzong Fortress is currently used as the administrative centre of the county, and is also the king's office. Visitors can explore the gold-spired Memorial Chorten, a revered Buddhist shrine; see the intricate frescoes and slate carvings at Simtokha Dzong; and discover the Bhutanese way of life through exhibits and folk dances at the fascinating National Folk Heritage Museum. The city bustles with cafes, clubs and restaurants, thereby offering the best of old- and new-world charms.

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#### Day Itinerary

##### **ARRIVE PARO BY FLIGHT & TRANSFER TO THIMPHU (55KM, APPROX. 1.1/2-HOUR DRIVE)**

Arrive at Paro by one of the most scenic Himalayan flights, offering breathtaking views of snow-capped peaks and lush valleys. Upon arrival, meet our representative and receive a traditional Bhutanese welcome with a ceremonial "Tashi Khaddar" scarf.

Proceed on a picturesque drive to Thimphu, passing through beautiful valleys, rivers, and traditional Bhutanese landscapes. En route, witness the scenic confluence of the Paro and Thimphu rivers at Chuzom.

Thimphu, the charming capital of Bhutan, beautifully blends ancient traditions with modern sophistication and is famously known as one of the world's only capitals without traffic lights.

In the evening, visit the iconic National Memorial Chorten, one of Bhutan's most revered landmarks, followed by a leisurely walk through the vibrant city centre and Ka Ja Throm, a stylish marketplace known for its local handicrafts, authentic cuisine, and lively atmosphere.

Overnight stay at the hotel in Thimphu. (Altitude: 2,320m)

#### **Overnight: Six Senses Thimphu**

Set in a steep valley flanked by forested mountains in Thimphu, Bhutan, Six Senses Thimphu is surrounded by ancient monasteries and temples. The property offers a perfectly appointed lodge set amidst apple orchards and pine forests. In-room amenities include minibars, tea/coffee-making facilities, espresso machines, TVs, safes, private bathrooms, hairdryers, and workspaces. Additional accommodations include villas with pantries, living areas, and furnished outdoor spaces. Facilities and services include a restaurant, a fitness centre, an indoor swimming pool, a steam room, a sauna, treatment rooms, and Wi-Fi.



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**Basis**

Bed and Breakfast

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**Day 2****Six Senses Thimphu, Thimphu**

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**Day Itinerary****THIMPHU**

After breakfast, visit the iconic Buddha Dordenma, one of the largest Buddha statues in the world, offering spectacular views of the Thimphu Valley.

Enjoy a scenic hike through pine forests and colourful prayer flags to Changangkha Lhakhang, one of the oldest and most revered temples in Thimphu.

Later, visit the Motithang Takin Preserve, home to Bhutan's unique national animal, followed by the National Textile Museum, showcasing Bhutan's rich textile heritage and traditional craftsmanship.

Proceed to Zilukha Nunnery and conclude the day with a visit to the majestic Tashichho Dzong, the administrative and religious centre of Bhutan.

Overnight stay at the hotel in Thimphu. (Altitude: 2,320m)

**Basis**

Bed and Breakfast

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## Day 3

### Six Senses Punakha, Punakha

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#### Punakha

Located in the Himalayas of Bhutan, the Punakha rests at the confluence of the Puna Tsang Chhu and Mo Chhu rivers. This ancient Bhutanese capital serves as an excellent base from which to explore the scenic temple-dotted Punakha Valley and beyond. The town's star attraction is undoubtedly the incredibly picturesque riverside Punakha Dzong, a 17th-century fortress which plays host to the annual religious Punakha Festival featuring traditional dancing and music. Lucky birdwatchers can spot the critically endangered white-bellied herons. Visitors can enjoy epic views of the Himalayas from the renowned Dochula Pass, explore the Royal Botanical Park, and discover the picturesque mountain-top village of Talo. Other popular activities include: hiking through the valley, visiting the Chimi Lhakhang 'fertility' Temple, and the traditional architecture of Punakha Ritsha Village.

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#### Day Itinerary

##### THIMPHU – PUNAKHA (75KM, APPROX. 3-HOUR DRIVE)

After breakfast, drive to the spectacular Dochula Pass (3,088m), offering breathtaking Himalayan views and home to the famous 108 Druk Wangyal Chortens adorned with fluttering prayer flags.

Continue onward to Punakha, the former capital of Bhutan, known for its scenic valleys, rivers, and pleasant climate.

After lunch, visit the magnificent Punakha Dzong, beautifully located at the confluence of the Pho Chhu and Mo Chhu rivers and regarded as one of Bhutan's most stunning fortresses.

Later, walk across the iconic Punakha Suspension Bridge, one of the longest suspension bridges in Bhutan, offering panoramic valley views and a thrilling experience above the river below.

In the afternoon, enjoy a short excursion to Chimi Lhakhang, famously known as the Temple of Fertility, reached via a scenic walk through lush rice fields and charming village trails.

Overnight stay at the hotel in Punakha. (Altitude: 1,300m)

#### Overnight: Six Senses Punakha

This beautiful lodge has a rustic feel and is blessed with a warmer climate. Six Senses Punakha offers a choice of suites and villas, pool, library, yoga and meditation huts, and serves as an excellent base from which to visit the majestic Punakha Dzong. This spectacular lodge takes on a more rustic rural feel complementing the warmer climate of its surroundings and offers sweeping views of the valley filled with rice paddy fields and dotted with traditional farmhouses. Guests can start the day with breakfast on the terrace overlooking the rice paddies as the mist clears through the valley, order a poolside barbecue for lunch and sample traditional Bhutanese dishes with a Western twist at Ari for dinner.




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## Basis

Bed and Breakfast

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## Day 4

### Six Senses Paro, Paro District

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#### Paro District

Sitting pretty at an altitude of 2200 metres above sea level, Paro is the gateway to beautiful Bhutan. Planes make an incongruous sight, flying low as they prepare for landing in this Himalayan oasis, home to many of Bhutan's oldest temples and monasteries. Resting on the banks of the Paro River, there is plenty to observe in this traditional town, from quaint farmhouses scattered across the valley to emerald green terraced paddy fields. For outdoor enthusiasts and adventure seekers alike, a great day excursion is to trek to the famous Tiger's Nest Temple, on the face of a sheer 1000-metre-high cliff. This acclaimed temple houses the National Museum, which shows hundreds of ancient Bhutanese artefacts and artwork. It's advised to do this at the end of a trip, once travellers have acclimatised.

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#### Day Itinerary

##### **PUNAKHA – WANGDUEPHODRANG - PARO (125KM, APPROX. 4.1/2-HOUR DRIVE)**

After breakfast, drive to Wangdue Phodrang and visit the beautifully restored Wangdue Phodrang Dzong, a historic fortress majestically perched above the river valley and showcasing traditional Bhutanese architecture.

Continue on a scenic drive to Paro, one of Bhutan's most picturesque valleys, known for its monasteries, traditional farmhouses, and stunning Himalayan landscapes.

Enjoy an authentic Bhutanese lunch at a traditional farmhouse, offering a glimpse into local culture and hospitality. Guests may also experience Bhutan's national sport with a traditional archery session.

Later, visit Ta Dzong National Museum, home to an impressive collection of Bhutanese art, textiles, artifacts, and historical treasures.

A short walk leads to the magnificent Rinpung Dzong, famously known as the "Fortress of the Heap of Jewels," admired for its rich history and exquisite Bhutanese architecture.

Overnight stay at the hotel in Paro. (Altitude: 2,280m)

### Overnight: Six Senses Paro

Designed to maximize what is surely one of the most scenic settings within the Six Senses Bhutan journey, Six Senses Paro is known as Stone Ruins – and guests will understand why when dining among them. The generous suites are designed with large windows and awe-inspiring valley views in mind. Neutral, relaxing tones are complemented by the simple lines of natural timber furniture and the presence of local touches such as Bukhari's (traditional wood-burning stoves) and vegetable-dyed, antique-washed Himalayan rugs. Eat With Six Senses is the guiding philosophy for tasty and wholesome dishes created from organic local produce. Guests can head back in time for a feudal dinner set among 12th-century ruins or visit a local farmhouse for a truly authentic Bhutanese dining experience.




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#### Basis

Bed and Breakfast

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## Day 5

### Six Senses Paro, Paro District

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#### Day Itinerary

##### PARO

After breakfast, embark on a memorable hike to the iconic Paro Taktsang, famously known as the Tiger's Nest Monastery. Perched dramatically on a cliffside overlooking the Paro Valley, this sacred monastery is one of Bhutan's most revered landmarks and offers breathtaking views along the scenic trail.

In the afternoon, visit Kyichu Lhakhang, one of Bhutan's oldest and most sacred temples, dating back to the 7th century and symbolizing the arrival of Buddhism in Bhutan.

Later, enjoy a leisurely walk through Paro city centre and explore the vibrant local market for handicrafts, souvenirs, and traditional Bhutanese culture.

Overnight stay at the hotel in Paro. (Altitude: 2,280m)

#### Basis

Bed and Breakfast

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## Day 6

### End of Itinerary

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#### Day Itinerary

##### DEPART PARO

After breakfast, transfer to the airport for your onward flight. Depart from Bhutan with unforgettable memories of its breathtaking landscapes, serene monasteries, vibrant culture, and warm Bhutanese hospitality.

##### Basis

Bed and Breakfast

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#### Travel Information



Consistently voted the happiest country in the world, the little nation of Bhutan is set at the far eastern end of the Himalayas, between India and China. Bhutan only began to open its doors to outsiders in the 1970s and still has a strict sustainability policy regarding tourism. As a result, it has retained a deep cultural authenticity and has preserved its environment admirably, making it one of Asia's most beguiling and unforgettable destinations. Highlights include incredible forts and temples perched on sheer mountain cliffs, a rich (predominantly Buddhist) culture, and spectacular scenery – ranging from temperate sub-tropical plains and valleys cloaked with dense forest to lofty sub-Alpine mountains capped with snow.

#### *Banking and Currency*

##### **Currency**

Local currency: Bhutanese Ngultrum

Symbol: Nu.

ISO code: BTN

Subunit: Chhertum

Banknotes: Nu.1, Nu.5, Nu.10, Nu.20, Nu.50, Nu.100, Nu.500, Nu.1000

Coins: Ch.5, Ch.10, Nu.25, Nu.50

##### **Banking**

Card Transactions: Limited

ATMs: Yes

Mastercard: Limited acceptance

Visa: Limited acceptance

American Express: Limited acceptance

Diner's club: Limited acceptance

**Banking Hours:**

Weekdays: 9:00 am - 4:00 pm

Weekends: Limited

Public Holidays: Limited

Foreign exchange services: Limited

***Travel, Transport and Getting Around*****Air:**

Main airlines: Druk Air, Bhutan Airlines

International Airports: Paro International Airport (PBH)

Domestic Airports: None

**Road:**

Driving on the: Left

Tar roads: Yes

Gravel roads: Limited

Valid International Driver's License needed: No

Car hire available: Limited

Taxis: Yes

E-hailing services: No

**Bus:**

Inter-city bus services: Yes

Local city bus networks: Limited

**Rail:**

Railway system: No

Subway System: No

**Water:**

Ferries: No

Water taxis: No

Leisure cruises: No

***Food, Drink and Cuisine Advice*****Food and water safety:**

Can you drink the tap water: No

Fresh fruit and veg: Yes

Ice: Use bottled or purified water

Meat: Yes, but prefer well-cooked

Street food: Exercise caution

**Local cuisine:** Bhutanese cuisine is characterized by spicy flavors and typically includes dishes like Ema Datshi (chili and cheese stew), Phaksha Paa (pork cooked with chilies), and Momos (dumplings). Butter tea (suja) is a popular local drink.

**Drinks:** Butter tea (suja), Ara (locally brewed rice wine)

**Tipping:** Tipping is not expected but appreciated.

***Climate and Weather***

**Annual rainfall:** Varies by region

**Average temperature:** 10°C to 25°C

**Summer:**

Average highs: 24°C to 28°C

Average lows: 15°C to 18°C

**Winter:**

Average highs: 12°C to 16°C

Average lows: -1°C to 5°C

**Best time to visit:** The best time to visit Bhutan is during the spring (March to May) and autumn (September to November) seasons when the weather is mild, and the skies are clear, offering ideal conditions for trekking and sightseeing.

***Clothing and Dress Recommendations***

**Spring and Summer**

Cool, light, breathable and comfortable: Yes

Lightweight warm clothes: Yes

**Winter and Autumn**

Jerseys, cardigans, sweaters, jackets: Recommended

Heavyweight clothing and boots: Yes

**General**

Umbrella and raincoat: Yes

Warm gloves, hat and scarf: Yes

Swimming costume (bathing suit): Yes (for hot springs)

Hat, sunglasses and sunblock: Yes

Walking shoes: Yes

Casual: Yes

Smart-casual attire: Yes

***Internet Availability***

Internet cafes: Limited

Accommodation options: Yes

Restaurants: Yes

Cafes: Yes

Shopping malls: No

Public parks: Yes

Libraries: Limited

***Electricity and Plug Standards***

Plug Type: Type D, Type F

Voltage (V): 230

Frequency Hertz (Hz): 50

\*Travel plug adapter and voltage converter might be necessary depending on your appliances.

