



# Discover Bhutan: A Journey Through Tradition and Tranquility

The **Kingdom of Bhutan** is a landlocked nation in South Asia. It is located amid the eastern end of the Himalaya Mountains and is bordered to the south, east and west by India and to the north by the Tibet Autonomous Region of the People's Republic of China. Bhutan is separated from Nepal by the Indian state of Sikkim. The Bhutanese call their country *Druk Yul* which means "Land of the Thunder Dragon".





Embark on a five-day adventure through the heart of Bhutan, a land where ancient traditions and stunning natural beauty converge. From the vibrant streets of Thimphu to the serene temples of Paro, experience the magic of the last Himalayan kingdom in a condensed yet unforgettable itinerary.



## The Last Shangri-la



## Why visit Bhutan?

- ❖ **Cultural Heritage:** Rich traditions, vibrant festivals, and preserved customs.
- ❖ **Natural Beauty:** Stunning Himalayan landscapes, lush valleys, and pristine forests.
- ❖ **Gross National Happiness:** Unique focus on well-being and sustainable development over economic growth.
- ❖ **Buddhist Sites:** Iconic monasteries and dzongs like Tiger's Nest and Punakha Dzong.
- ❖ **Sustainable Tourism:** High-value, low-impact tourism ensures environmental and cultural preservation.
- ❖ **Warm Hospitality:** Friendly and welcoming locals enhance the travel experience.

# Flights & Facts

**Flights** Direct flight to Kathmandu, Delhi and Kolkata

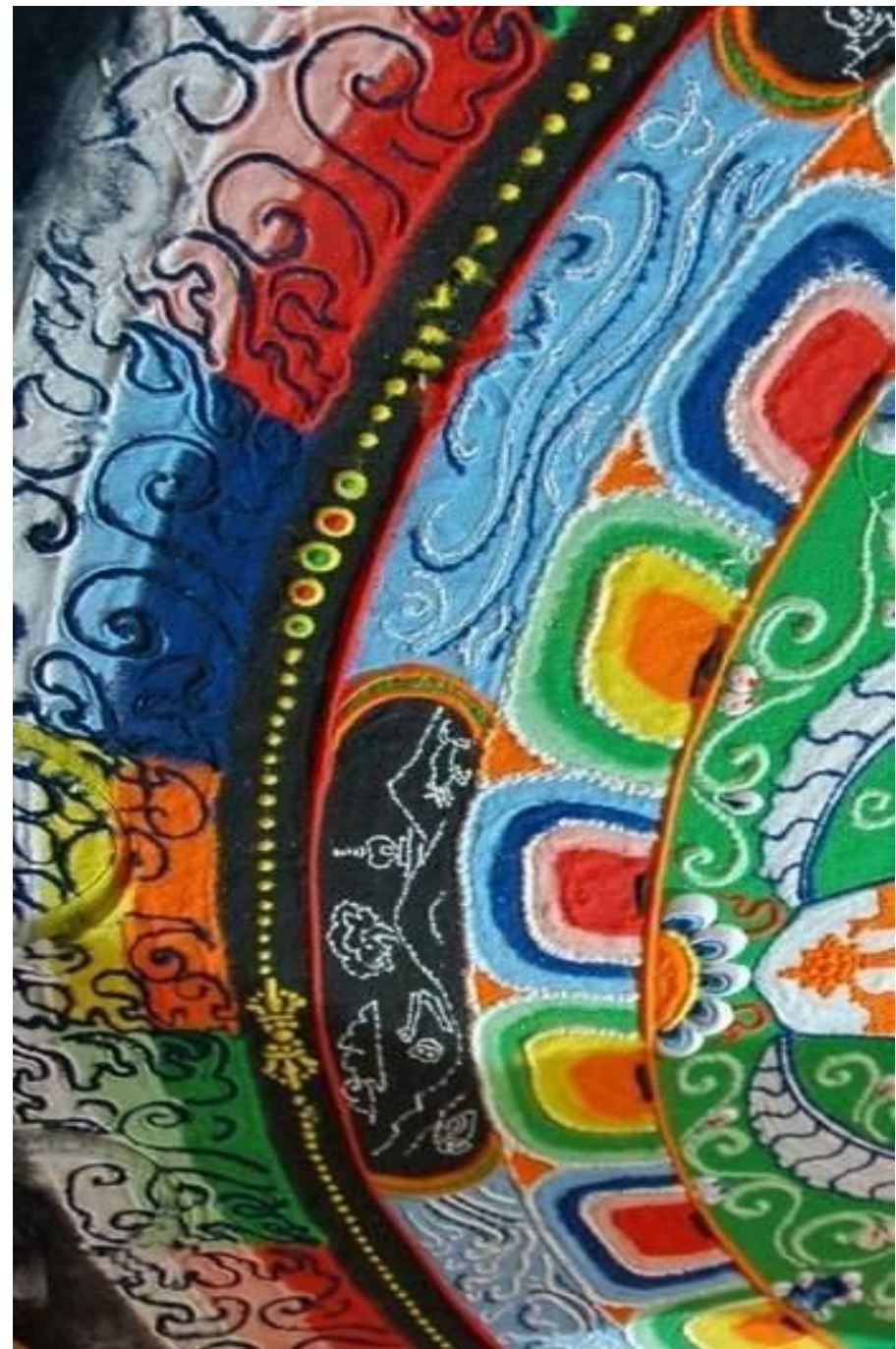
**Flying time** 1 hours

**Best time to travel** Mar – May and Sept - Nov

**Visa** Required for all foreign visitors

# Weather

The best time to visit Bhutan is during the spring (March to May) and autumn (September to November). These seasons offer pleasant weather, clear skies, and vibrant festivals, making it ideal for trekking, sightseeing, and experiencing the rich cultural heritage of the country.



**Day 01: Arrive Paro (Bhutan) by Flight & transfer to Thimphu (55km, approx. 1.1/2-hour drive)**

The flight to Paro is one of the most spectacular in entire Himalayas. Flying along the Himalayan range from Kathmandu or over Himalayan foothills if flying over Kolkatta, the journey offers fascinating views and an exciting descent into the Kingdom. Bhutan's first gift to you as you disembark from the aircraft will be cool, clean fresh mountain air.

**Day 02: Thimphu**

**Day 03: Thimphu – Punakha (75km, approx. 2.1/2-hour drive)**

**Day 04: Punakha**

**Day 05: Punakha - Paro (125 km, approx. 4-hour drive)**

**Day 06: Paro**

**Day 07: Depart Paro**



# Thimphu information, highlights & activities

- One hour & 30 minutes / 55kms from Paro, Thimphu lies in a steep valley (2,350m), and is dotted with ancient monasteries & temples and to this day remains the world's only capital without traffic lights!
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- Attractions include the **National Textile Museum**, **Folk Heritage Museum** and the bustling weekend market.
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- Thimphu houses the **seat of government** and the **office of His Majesty, King Jigme Khesar Namgyel Wangchuck**, in the majestic Tashichoe Dzong.
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- **Pangri Zampa**, two 16th century buildings have a **monastic astrologer training school** and **Cheri Goemba** is where the Kingdom's first monk community was based. (this is a half day trek from Thimpu - no motorable road).
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- Thimphu provides an opportunity to shop for Himalayan jewellery and Bhutanese handicrafts and textiles.

# Punakha information, highlights & activities

It is about **72 km away from Thimphu**, and it takes about 3 hours by car from the capital. Unlike Thimphu, it is quite warm in winter and hot in summer.

Punakha was the capital of Bhutan and the seat of government until 1955, when the capital was moved to Thimphu

It is located at an **elevation of 1,200 metres** above sea level, and rice is grown as the main crop along the river valleys of **two main rivers of Bhutan, the Pho Chu and Mo Chu**.

It's known for the **Punakha Dzong**, a 17th-century fortress at the juncture of the Pho and Mo Chhu rivers. The fortress hosts the Punakha Tshechu, a religious festival featuring masked dances and music.

# Paro information, highlights & activities

- The entry point for all air travel to Bhutan is Paro Valley (2,250m).
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- Beautiful monasteries & monuments - most spectacular is the 8th century **Taktsang**, or '**Tiger's Nest**' built on a sheer cliff face (2,950m).
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- The **National Museum** displays an intriguing collection of artefacts that illustrate the rich culture and heritage of the Kingdom.
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- The dominating **Paro Dzong**, is a prime example of Bhutanese architecture and the twin temples of 7th century **Kyichu Lhakhang** were the first Buddhist temples built in the country. **Tshewang 'prayer' ceremony** at the temple on an exclusive basis.
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- Witness and participate in an **Archery competition** complete with cultural performances.
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- Paro valley is the starting point for many treks - four-day **Druk Path** crossing the mountains between Paro and Thimphu, to the challenging 21 - 42 day **Snowman's Trek** that is considered the world's most difficult.



**Bhutan Festival** - Vibrant, traditional, spiritual dances, masked rituals, cultural heritage, joyous celebration.



**Hike to Tiger's Nest; celebrate with a champagne picnic lunch.**



Bhutan's **Gross National Happiness** prioritizes well-being over economic growth metrics.



**Bhutan's monks** embody spirituality, culture, and wisdom in tranquility.



# Unique Cuisine



Since time immemorial Bhutanese have been passionate about their national sport of '*Dha*' (archery). Nearly all villages in the kingdom boast an archery range.

Competitions are a riot of colour and excitement, with two teams in traditional dress shooting at small wooden targets placed 140m apart! Each team brings its own cheerleading section of girls decked out in their finest clothes.

# National Sport



## Mask dance & other cultural performances in Festivals of Bhutan

Cham, associated with some sects of Buddhism, is a lively dance which employs dancers wearing masks and ornamented costumes. The dance is accompanied by music played by monks using traditional Tibetan instruments. The dances often offer moral instruction relating to compassion for sentient beings and are held to bring merit to all who perceive them.



The katak is a raw silk scarf with unfinished ends, given as greeting. The dorje, or vajra, is a symbol of the thunderbolt of enlightened wisdom.





# WELCOME TO BHUTAN!

