



**BHUTAN SPIRIT**

SANCTUARY





**BHUTAN SPIRIT**  
SANCTUARY

# **ESSENCE OF BHUTAN**

**9 days / 8 nights**

**Creating a lasting positive change in our guests' daily lives**







# Essence of Bhutan Package

**9 days / 8 nights**

- 🦉 Benefit from the all-inclusive **WELLNESS** services and facilities, varying from a consultation by a Traditional Bhutanese Medicine Doctor, hot stone herbal bath, full-body massage to daily yoga classes and meditation classes.
- 🦉 Experience the ancient and mysterious **CULTURE** and **SPIRITUALITY** of the Himalayan Kingdom of Bhutan.
- 🦉 Enjoy our outstanding, delicious and healthy **FOOD** concept, prepared according to the farm-to-table concept, enjoyable at any time and at any place.

**Discover the essence of Bhutan, without the need for long drives or change of accommodation.**



ALL-INCLUSIVE  
TRADITIONAL  
BHUTANESE  
WELLNESS



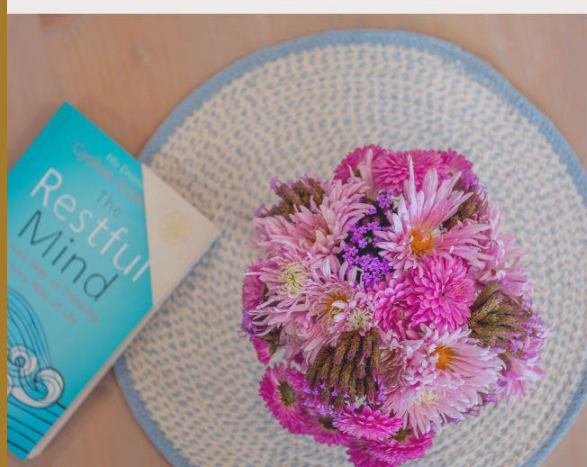
  
**BHUTAN SPIRIT**  
SANCTUARY







ALL-INCLUSIVE  
ACTIVITIES &  
FACILITIES



  
**BHUTAN SPIRIT**  
SANCTUARY





ALL-INCLUSIVE  
CULINARY  
SURPRISES



  
**BHUTAN SPIRIT**  
SANCTUARY



# Essence of Bhutan itinerary

## DAY 1: ARRIVAL

- Arrival at the international airport in Paro.
- Our Guest Experience team will welcome you at the airport.
- The Sanctuary is only a 15-minute ride from the airport.
- Upon arrival, you are invited to participate in a special Buddhist transformation ritual before entering the Sanctuary.
- Our Guest Experience team will accompany you to your room and will make sure all is in order.
- A 4-course set lunch will be served in the restaurant.
- In the afternoon we invite you for a consultation with one of our Traditional Bhutanese Medicine Doctors, who can advise on specific wellness treatments.
- The 6-course set dinner will be served on the restaurant terrace if weather permits.

## DAY 2: ACCLIMATIZATION

- The à la carte breakfast is served in the restaurant and always starts with a freshly blend healthy morning shot.

Today is all about relaxation and acclimatization, our suggestions for you:

- Visit of our library with a wide collection of magazines and books on travel, meditation, yoga, spirituality, Bhutan, and wellness.
- Short hike in the Neyphu valley guided by one of our guides and accompanied by a homemade picnic lunch.
- Nice swim in our infinity pool and a rest on the sundeck terrace.
- Herbal walk in our garden under the guidance of one of our Wellness therapists.
- Lunch and dinner will be served in the restaurant at the timing of your choice.

***All aspects of this itinerary can be modified according to your wishes.  
Costs for transport and a licenced guide are not included in the room rates.***



# Essence of Bhutan

## itinerary

### DAY 3: TIGER ´S NEST

- The day will start in the tea bar with an early cup of herbal tea and healthy fruit shot.
- The ride to the Tiger ´s Nest base is about 45 minutes.
- The hike up to the Tigers Nest will take about 2-4 hours depending on your fitness level – during the hike there will be several pauses, where we can enjoy our packed breakfast.
- Visit of the actual Tigers Nest will take about 1-2 hours depending on your interest.
- We will return at the Sanctuary in the late afternoon, we recommend a hot stone herbal bath to prevent muscle pain the next day.
- In the evening you have the opportunity to enjoy a traditional Bhutanese dinner.

### DAY 4: CHELE LA & HAA VALLEY

- Before breakfast you can join a yoga or meditation session.
- The à la carte breakfast is served in the restaurant.
- After breakfast, we leave to make our way by car to Chele La. At around 13,000 feet (3,988 meters) it is the highest motorable pass in Bhutan. It is also the perfect place to hang some prayer flags for your well-being and a long life.
- If you feel fit and adjusted to the high altitudes, you can still hike up another 1,000 feet (305 meters) and experience a 360-degree view of Bhutan's natural beauty, including the Paro and Haa valleys.
- We continue from Chele La Pass to Haa to explore the Haa Valley and have our homemade picnic lunch there.
- After lunch, we will visit Lhakhang Karpo which was built in the 7th century by Tibetan king Songtsen Goempo.
- On the way back to Paro you can hike to the Kila Goenpa Nunnery, which will take about 1-2 hours.
- We will be back in the Sanctuary around dinner time and you can enjoy another wellness treatment in the evening.





# Essence of Bhutan

## itinerary

### DAY 5: THIMPHU

- After breakfast we leave for a visit of Thimphu, the capital of Bhutan, about a one-hour drive from the Sanctuary.
- On the way to Thimphu, we will stop at Chuu-zom, the junction between Paro and Thimphu where you will see different types of stupas across the river.
- We will take a short detour towards Dochu La pass, located at 3000 meters above sea level, 30 minutes from Simtokha junction. On clear days this site offers stunning views of the Himalayan mountain ranges.
- After the Dochu La pass we will visit the Buddha statue at Kunsel Phodrang.
- Lunch will be taken in one of the many local restaurants in Thimphu.
- After lunch, we will visit the Simply Bhutan Museum, where you will have a chance to see and learn all about Bhutanese culture.
- If there is still time left, you can visit the Takin bird reservation or the newly renovated farmer market.
- On the way back, we will visit the Gyelen Lhendrup weaving centre, located at the Babesa welcome gate.
- Late afternoon we will drive back to the Sanctuary, just in time for the 6-course dinner.

### DAY 6: REMOTE BHUTAN

- Before breakfast, you can join a yoga or meditation session.
- The à la carte breakfast is served in the restaurant.
- After breakfast, you will leave to visit the remote villages around Ugyen Guru Lhakhang, Pangbisa and in the Haa Valley.
- You can either take a packed lunch, or we can arrange a Bhutanese meal at a farm.
- We will be back at the Sanctuary in the afternoon, where you can enjoy your wellness treatment.
- The 6-course dinner will be served on the restaurant terrace if weather permits.

***All aspects of this itinerary can be modified according to your wishes. Costs for transport and a licenced guide are not included in the room rates.***



# Essence of Bhutan

## itinerary

### DAY 7: EUTOK GOENPA MONASTERY

- Before breakfast you can join a yoga or meditation session.
- After breakfast we hike to the Eutok Goenpa monastery, right across the valley under the guidance of one of our guides (about 1 hour).
- At the Monastery we will be welcomed by the head monk, and some Buddhist rituals will be performed.
- You will have the opportunity to talk to the monks and the students. Our guides will translate if necessary.
- During the hike back to the Sanctuary we will pause to enjoy a home-made picnic lunch.
- In the afternoon you can use the wellness facilities, participate in traditional Bhutanese sports, enjoy a wellness treatment or join a cooking class with our Chefs.
- The 6-course set dinner will be served on the restaurant terrace if weather permits.

### DAY 8: PARO

- Before breakfast you can join a yoga or meditation session.
- After breakfast we leave for Paro, where we can visit the following sites: Drukgyel Dzong, Kyichu Lhakhang, Paro Dzong, National Museum, farmer's market, Tashi Gonphel handmade paper factory and one of the many art galleries. For those interested in textiles, you can learn more about weaving and the traditional dress of Bhutan, the gho and kira, by visiting one of the many textile shops.
- Lunch will be taken in one of the local restaurants in Paro to discover the Bhutanese version of dim sums.
- The afternoon can be used for wellness treatments, a nice swim in our infinity pool and a rest on the sundeck terrace, or a visit to the Namgay artisanal beer brewery in Paro.
- The surprise farewell dinner will be served on the restaurant terrace – if weather permits.

### DAY 9: FAREWELL



# Essence of Bhutan

## rates & details

### RATES INCLUDE

- 🦉 Free consultation with one of our Traditional Medicine Doctors.
- 🦉 Daily access to all wellness facilities such as the indoor heated pool, the gym, saunas, sundeck, and steam rooms.
- 🦉 One traditional wellness treatment per day per person, such as a massage, hot stone herbal bath, or moxibustion.
- 🦉 Daily yoga classes and/or meditation sessions.
- 🦉 Herbal walks with our Wellness team.
- 🦉 Traditional Bhutanese sports in the apple orchard.
- 🦉 Pottery classes in the art studio.

### RATES INCLUDE

- 🦉 Healthy and tasty breakfasts, you can order from a menu.
- 🦉 4-course signature set lunches .
- 🦉 6-course signature set dinners .
- 🦉 All non-alcoholic drinks.
- 🦉 Special herbal teas in our tea bar with home-made cookies.
- 🦉 Fresh drinking water in glass bottles in your room.
- 🦉 Homemade picnics to take when hiking or walking.
- 🦉 Cooking classes with the Culinary team
- 🦉 Laundry service.

# Essence of Bhutan

## rates & details

### RATES

#### Special promotion: stay 4 nights / pay 3 nights

Valid for stays until 31 December 2024.

Our rates are based on double occupancy:

- 👉 Balcony room, shoulder season: US\$789++ per night
- 👉 Balcony room, peak season: US\$946++ per night
- 👉 Terrace room, shoulder season: US\$946++per night
- 👉 Terrace room, peak season: US\$1,134++per night

**Shoulder season:** January-February, June-August, December

**Peak season:** March-May, September-November

### DETAILS

#### The rates do not include:

- 👉 10% Bhutan Sales Tax and 10% Service Charge
- 👉 Any flights
- 👉 Entree visa /or travel permit
- 👉 The mandatory Sustainable Development Fee (SDF)
- 👉 Costs for hiring transport and a licenced guide to visit sites outside the Sanctuary
- 👉 Entry fees for touristic sites
- 👉 Transport to or from the airport in Paro

**For more information contact us at: [book@bhutanspiritsanctuary.com](mailto:book@bhutanspiritsanctuary.com)**

