

BHUTAN SPIRIT

SANCTUARY





GLIMPSE OF BHUTAN

5 days / 4 nights

Creating a lasting positive change in our guests' daily lives





Glimpse of Bhutan 5 days / 4 nights

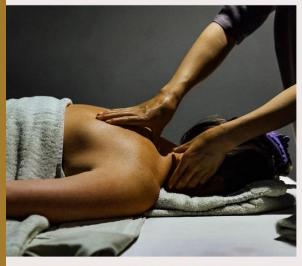
- Experience the ancient CULTURE, mysterious SPIRITUALITY and overwhelming NATURE of the Himalayan Kingdom of Bhutan.
- Senefit from the all-inclusive WELLNESS services and facilities at the Sanctuary. Your wellness journey starts with a complimentary consultation by a Traditional Bhutanese Medicine Doctor, followed by daily wellness treatments, yoga classes and meditation sessions.
- Enjoy our outstanding, delicious and healthy FOOD concept, prepared according to the farm-to-table concept, enjoyable at any time and at any place.

Get a Glimpse of Bhutan without the need for long drives or change of accommodation.





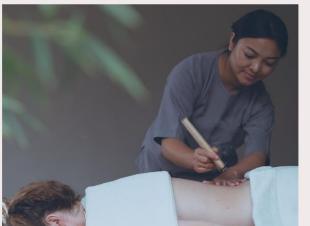




ALL-INCLUSIVE WELLNESS









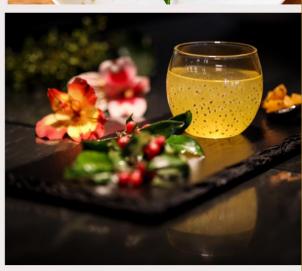








ALL-INCLUSIVE CULINARY SURPRISES

















ALL-INCLUSIVE ACTIVITIES









Glimpse 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 complimentary consultation with one of our in-house Traditional Bhutanese Medicine Doctors.
- After the consultation, you can have your first wellness treatment.
- The 6-course set 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 rate.

DAY 2: THIMPHU

- Before breakfast you can join a yoga class or meditation session.
- 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 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 time left, we recommend to visit the Choki Traditional Art School.
 CTAS is the only private institute in Bhutan that provides free education to underprivileged youths who have a keen interest in learning the traditional arts and crafts.
- Late afternoon we will drive back to the Sanctuary, just in time for the 6course dinner.





Glimpse 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 Tiger's 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.
- A visit of the Tiger's Nest will take about 1-2 hours depending on your interest.
- After the Tiger's Nest hike depending on the time left you can visit the National Museum of Bhutan, the Paro Dzong, the farmer's market, and one of the many art galleries in Paro town.
- We will return to the Sanctuary in the late afternoon, and 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.

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

DAY 4: EUTOK GOENPA MONASTERY

- Before breakfast, you can join a yoga class 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.
- Upon request, we can arrange a tea ceremony with one of the senior monks.
- 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 Bhutanese cooking class with our Chefs.
- The 6-course dinner will be served on the restaurant terrace if weather permits.

DAY 5: FAREWELL





Glimpse of Bhutan

rates & details

RATES INCLUDE

- Consultation with Traditional Bhutanese Medicine Doctor
- One wellness treatment per paid night
- Daily yoga classes
- Sauna and steam rooms
- Use of fully equipped gym
- Daily meditation sessions
- Use of indoor heated pool
- Shutanese cooking classes
- Archery games
- Pottery classes
- Shutanese clothing photoshoot

RATES INCLUDE

- Visa processing assistance
- Personalised itinerary planning
- Special welcome ceremony
- Early check-in upon availability
- Late check-out upon availability
- A la carte breakfast
- 4-course set lunches
- 6-course set dinners
- Soft drinks, fruit juices, house wine, and local beers during meals
- Packed breakfast or lunches for day trips
- Home-made picnics
- Tea bar with 20 herbal teas



Glimpse of Bhutan

rates & details

ROOM RATES

Special promotion: stay 4 nights / pay 3 nights

Valid for stays until 31 December 2025.

Our rates are based on double occupancy:

- Salcony room, shoulder season: US\$828++ per night
- Balcony room, peak season: US\$993++ per night
- Terrace room, shoulder season: US\$993++per night
- Terrace room, peak season: US\$1,191++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
- Entry visa or travel permit
- The mandatory Sustainable Development Fee (SDF)
- Costs for hiring transport and a licensed guide to visit sites outside the Sanctuary
- Entry fees for touristic sites and donations
- Transport to or from the airport in Paro

For more information contact us at: book@bhutanspiritsanctuary.com

