



BHUTAN SPIRIT

SANCTUARY





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SANCTUARY

ESSENCE OF BHUTAN

9 days / 8 nights

Creating a lasting positive change in our guests' daily lives



Considerate Collection



ESSENCE OF BHUTAN

9 days / 8 nights

- 🦋 Experience the ancient **CULTURE**, mysterious **SPIRITUALITY** and overwhelming **NATURE** of the Himalayan Kingdom of Bhutan.
- 🦋 Benefit 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 any place.

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



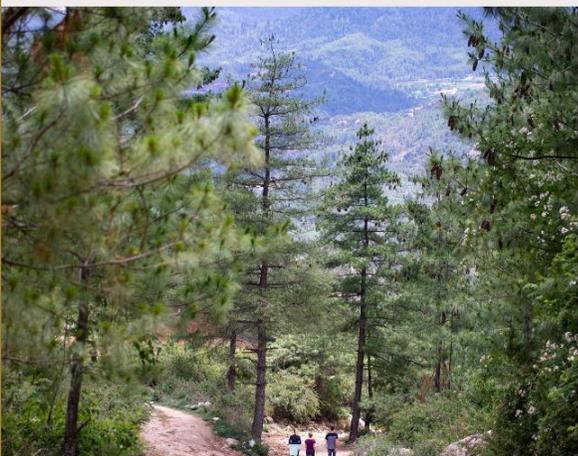
ALL-INCLUSIVE
WELLNESS



BHUTAN SPIRIT
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ALL-INCLUSIVE
ACTIVITIES




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ALL-INCLUSIVE
CULINARY
SURPRISES




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Essence of Bhutan

itinerary proposal

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 Chef's Special 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 enjoy your first wellness treatment.
- 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 blended healthy morning shot.

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

- Visit our library with a wide collection of magazines and books on travel, meditation, yoga, spirituality, Bhutan, and wellness.
- Short hike in the Neyphu Valley with 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 time of your choice.

All aspects of this itinerary can be modified according to your wishes.





Essence of Bhutan

itinerary proposal

DAY 3: TIGER'S NEST

- The day will start in the tea bar with an early cup of herbal tea and a 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.
- In the Tiger's Nest, a still operating Monastery, your guide will give you a tour and explain the meaning of all the different rooms and altars.
- We will return to the Sanctuary in the afternoon, and recommend a hot stone herbal bath to prevent muscle pain the next day.
- Before dinner, we invite you to dress in traditional Bhutanese clothing, and our team will take pictures of you.
- In the evening, you have the opportunity to enjoy a traditional Bhutanese dinner.
- If there are no clouds, our Restaurant Terrace is the perfect place for some star gazing after dinner.

DAY 4: CHELE LA PASS & HAA VALLEY

- Before breakfast, you can join a yoga or meditation session.
- After breakfast, we leave to make our way by car to Chele La Pass. 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.





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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.
- Before entering Thimphu, 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 a visit of Choki Traditional Art School (CTAS). CTAS is the only private institute in Bhutan that provides free education to underprivileged youths who have a keen interest in learning traditional arts and crafts.
- Late afternoon, we will drive back to the Sanctuary, just in time for the 6-course dinner.

DAY 6: 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 (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 homemade 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.

All aspects of this itinerary can be modified according to your wishes.





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itinerary proposal

DAY 7: PUNAKHA 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 for a visit of the Punakha Valley.
- On the way to Punakha, we will stop at the 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.
- From the Dochula Pass we continue to the Punakha Dzong, the most beautiful Dzong of Bhutan.
- You can take a packed hot lunch from the Sanctuary to enjoy during the day.
- After lunch, you can visit the Suspension Bridge and Chimi Lhakhang, or make a hike around the Dzong.
- Late afternoon we will drive back to the Sanctuary, just in time for the 6-course dinner and another wellness treatment.

DAY 8: PARO

- Before breakfast, you can join a yoga or meditation session.
- After breakfast, we leave for Paro, where we can visit the Paro Dzong, the Bhutan National Museum, the newly renovated farmer's market, and the Tashi Gonphel handmade paper factory.
- For those interested in textiles, fashion, and art, you can learn more about weaving and the traditional dress of Bhutan, the gho and kira, by visiting a textile shop or gallery.
- 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





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inclusions

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
- 👉 Bhutanese cooking classes
- 👉 Archery games
- 👉 Pottery classes
- 👉 Bhutanese clothing photoshoot
- 👉 Laundry

RATES INCLUDE

- 👉 Visa processing assistance
- 👉 Personalised itinerary planning
- 👉 Special welcome ceremony
- 👉 Early check-in upon availability
- 👉 Late check-out upon availability
- 👉 À 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



Essence of Bhutan

rates & details

RATES

Special promotion: stay 8 nights / pay 6 nights

Valid for stays until 31 December 2026

Below rates are based on double occupancy:

- 👉 Balcony room, shoulder season: US\$911++ per night
- 👉 Balcony room, peak season: US\$1,093++ per night
- 👉 Terrace room, shoulder season: US\$1,092++per night
- 👉 Terrace room, peak season: US\$1,310++per night

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

Peak season: March-May, September-November

Single occupancy rates are available.

DETAILS

Room rates do not include:

- 👉 5% Goods and Services Tax and 10% Service Charge
- 👉 Any flights
- 👉 Visa or travel permit
- 👉 The mandatory Sustainable Development Fee (SDF)
- 👉 Transport and a licensed guide to visit sites
- 👉 Entry fees for sites and donations
- 👉 Airport transport

For more information contact us at:

sales@bhutanspiritsanctuary.com



S M A L L
L U X U R Y
H O T E L S
O F T H E W O R L D ™