



BHUTAN SPIRIT

SANCTUARY





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SANCTUARY

GLIMPSE OF BHUTAN

6 days / 5 nights

Creating a lasting positive change in our guests' daily lives



Considerate Collection



GLIMPSE OF BHUTAN

6 days / 5 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 with 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



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ALL-INCLUSIVE
ACTIVITIES



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ALL-INCLUSIVE
CULINARY
SURPRISES



Glimpse 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.
- The 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 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.

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 visiting 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 6-course dinner and another wellness treatment.





Glimpse 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 healthy fruit shot.
- The ride to the Tiger's Nest base is about 45 minutes.
- The hike up to the Tiger's Nest Monastery will take 2-4 hours depending on your fitness level – during the hike there will be several pauses, where you can enjoy our packed breakfast.
- The visit of the Tiger's Nest Monastery will take about 1-2 hours depending on your interests.
- After the hike – depending on the time left - you could visit the National Museum of Bhutan and the Paro Dzong.
- 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.

DAY 4: CHELE LA & HAA VALLEY

- Before breakfast, you can join a yoga or meditation session.
- After breakfast, we will leave to make our way to the 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.

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





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itinerary proposal

DAY 5: EUTOK GOENPA MONASTERY

- Before breakfast, you can join a yoga class or meditation session.
- After breakfast, we will 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.
- 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 6: FAREWELL

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



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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



Glimpse of Bhutan

rates & details

ROOM RATES

Special promotion: stay 5 nights / pay 4 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

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LUXURY
HOTELS
OF THE WORLD™

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