



Bhutan Heritage Tour - 5 Days

Discover the essence of **Bhutan** with our meticulously crafted **5-days tour** that encapsulates the country's unparalleled beauty, rich **culture**, and awe-inspiring **landmarks**. Embark on a journey with Amen Bhutan Tours and Treks, where each day unfolds a new adventure, from exploring the vibrant capital city of **Thimphu** to delving into the ancient valleys of **Punakha** and experiencing the spiritual aura of **Paro**. Our expertly guided itinerary offers a perfect blend of **sightseeing**, cultural immersion, and outdoor escapades, including a trek to the iconic Tiger's Nest Monastery. Immerse yourself in the tranquility of Bhutan's Himalayan landscapes, delve into its timeless **Buddhist traditions**, and savor the flavors of authentic Bhutanese **cuisine**. With a focus on providing an enriching and memorable experience, our **5-day Bhutan tour** promises to be an unforgettable journey of discovery and adventure.

At Amen Bhutan Tours and Treks, we pride ourselves on being the premier choice for the **Best Bhutan Tour – 5 Days**. With our unrivaled expertise in showcasing the wonders of **Bhutan**, we offer an unparalleled experience that combines **adventure**, **culture**, and **natural beauty**. Our meticulously crafted itineraries ensure that every moment is filled with exploration and discovery, from the bustling streets of **Thimphu** to the serene valleys of **Punakha** and the spiritual heights of **Paro**. With our team of experienced guides and a commitment to exceptional service, Amen Bhutan Tours and Treks guarantees an unforgettable journey that captures the heart and soul of the Land of the Thunder Dragon.

Itinerary

Day 01: Arrival in Paro, Transfer to Thimphu

Arrival at Paro International Airport:

Welcome to Bhutan: Fly into Paro from international hubs like Kathmandu, Delhi, Bangkok, or Dhaka. As you disembark, the serene landscapes and the fresh mountain air of Bhutan greet you.

Immigration and Customs: Go through the necessary immigration and customs procedures. Bhutan's entry process is typically smooth, as arrangements are made in advance through your tour operator.

Meet and Greet:

Reception by Local Guide: Your local guide, who will be with you throughout your trip, meets you outside the terminal. This person is not only your guide but also an insightful companion who will share deep knowledge of Bhutanese culture, history, and traditions.

Transfer to Thimphu:

Scenic Drive to the Capital: The drive from Paro to Thimphu is about 1 hour, covering a distance of approximately 65 km. The route follows the winding banks of the Paro and Thimphu rivers and is lined with colorful prayer flags and traditional Bhutanese architecture.

Altitude Adjustment: Thimphu is situated at 2,320 meters (7,610 ft). Use this time in the car to begin acclimatizing to the higher altitude, enjoying the lush landscapes and occasional dzong (fortress) en route.

Check-In and Settle In:

Hotel Arrival: Upon arrival in Thimphu, check into your hotel. Take some time to relax, refresh, and settle in after your journey.

Explore Thimphu:

Evening Stroll: If time and energy permit, take a gentle walk through Thimphu's streets. Explore the local markets and handicraft stores, an ideal way to immerse yourself in the local culture and perhaps pick up some artisanal souvenirs.

Dinner: Enjoy a welcome dinner, either at your hotel or at a local restaurant. Bhutanese cuisine features a lot of chili and cheese, with dishes like Ema Datshi (chili cheese stew) offering a warm, hearty introduction to the local fare.

Rest and Anticipation:

Leisure and Preparation: After dinner, spend the evening at leisure. Prepare for the upcoming days filled with exploration of monasteries, natural scenery, and uninterrupted tranquility that define a journey through Bhutan.

Day 02: Sightseeing in Thimphu, Drive to Punakha | Distance: 75 Km | Duration: 3 - 4 Hours

Morning: Breakfast and Thimphu Sightseeing

Breakfast at Hotel: Start your day with a wholesome breakfast at your hotel to fuel up for a day of exploration.

Thimphu Exploration: Spend the morning visiting key cultural and historical sites in Thimphu. Consider including:

National Memorial Chorten: This iconic stupa was built in memory of the third king of Bhutan and is a focal point for daily religious activities.

Buddha Dordenma Statue: Visit this massive, golden Buddha statue that sits atop a hill in Kuenselphodrang Nature Park, providing panoramic views of the Thimphu Valley.

Folk Heritage Museum: Get a glimpse into traditional Bhutanese life at this museum. It showcases rural history, artifacts, and demonstrates traditional Bhutanese life.

Tashichho Dzong: A fortress and monastery that houses the throne room and offices of the King, the Cabinet Secretariat, and the Ministries of Home Affairs and Finance. (Note: Entry might be restricted during official government functions).

Lunch in Thimphu

Local Cuisine: Enjoy lunch at a local restaurant in Thimphu, trying out more dishes from the rich Bhutanese cuisine.

Afternoon: Drive to Punakha

Scenic Drive: After lunch, begin your journey to Punakha, which is about 75 km from Thimphu and takes approximately 3-4 hours, depending on road conditions and stops.

Dochula Pass: One of the highlights of the drive is crossing the Dochula Pass, where on a clear day, you can see the entire Bhutanese Himalayan range, including the highest peak, Gangkar Puensum. The pass is also famous for its 108 chortens, built as a memorial by the Queen Mother.

Photography and Tea Break: Take a short break at Dochula Pass to capture photographs of the stunning views and to enjoy a warm cup of Bhutanese tea.

Evening: Arrival and Relaxation in Punakha

Check-In: On arrival in Punakha, check into your hotel and take some time to relax after the drive.

Dinner: Have dinner at your hotel, perhaps trying out Punakha's regional specialties, which might include dishes made from local rice or the region's distinctive river fish.

Rest and Overnight in Punakha

Prepare for Tomorrow: After dinner, prepare for another day of exploration in Punakha, known for its warmer climate and fertile valleys. Rest up for visits to the majestic Punakha Dzong and possibly a leisurely river-side walk or a hike in the valley.

Day 03: Sightseeing in Punakha, Drive Back to Paro | Distance: 150 Km | Duration: 5 Hours

Morning: Breakfast and Punakha Sightseeing

Breakfast at Hotel: Enjoy a hearty breakfast at your hotel to start your day energized.

Punakha Dzong: Begin your morning with a visit to Punakha Dzong, arguably one of the most beautiful dzongs in Bhutan. Located at the confluence of the Pho Chhu and Mo Chhu rivers, it's particularly stunning in spring when the lilac-colored jacaranda trees bloom.

Suspension Bridge: After visiting the dzong, take a short walk to the nearby Punakha Suspension Bridge, one of the longest suspension bridges in Bhutan, offering scenic views over the river and valley.

Mid-Morning: Chimi Lhakhang

Drive to Chimi Lhakhang: This temple is located on a hillock and is also known as the 'Temple of Fertility', widely believed to bless couples who seek fertility. A short walk through the village fields from the road head leads up to the temple, offering a glimpse of the daily life in this rural part of Bhutan.

Lunch in Punakha

Local Dining: Enjoy a traditional lunch at a local restaurant or a picnic style if you prefer enjoying the outdoors.

Afternoon: Drive to Paro

Scenic Drive: Post-lunch, begin your drive back to Paro. This 150 km journey takes about 5 hours, traversing through diverse landscapes and possibly stopping at scenic spots along the way.

Rest Stops: Make occasional stops to stretch your legs and take pictures. One notable stop could be at the Simtokha Dzong, a small fortress just south of Thimphu.

Evening: Arrival in Paro

Check-In to Hotel: Once you arrive in Paro, check back into your hotel and take some time to relax after the long drive.

Dinner: Enjoy a quiet dinner at your hotel, perhaps trying different dishes or revisiting Bhutanese favorites.

Overnight in Paro

Prepare for Tomorrow: With the highlight of your trip, the hike to Tiger's Nest, scheduled for tomorrow, ensure you have a relaxing evening to rest well. Pack your daypack, lay out your hiking clothes, and get a good night's sleep.

Day 04: Hike to Tiger's Nest Monastery (4 km hike, 3120 m altitude, 2 hours hike one way) - Afternoon sightseeing in Paro

Early Morning: Breakfast and Departure for Hike

Breakfast at Hotel: Start your day early with a nutritious breakfast at your hotel. It's important to fuel up for the hike ahead.

Drive to Base of Tiger's Nest: Your guide will drive you to the starting point of the hike to Paro Taktsang, commonly known as Tiger's Nest Monastery. This is Bhutan's most iconic and revered site, dramatically perched on the side of a cliff 900 meters above the Paro valley floor.

Morning: Hike to Tiger's Nest

Begin Hike: The trail to the monastery is well-maintained but can be steep in parts. It generally takes about 2 hours to reach the monastery from the base.

Rest Stops: Take your time and enjoy several rest stops along the way to admire the breathtaking views and to hydrate.

Arrival and Exploration: Once you reach Tiger's Nest, explore the various temples and meditation halls. Learn about the monastery's rich history and spiritual significance, linked to Guru Padmasambhava's meditation here in the 8th century.

Lunch:

Cafeteria Visit: On your way back down, stop at the cafeteria for lunch. The cafeteria is positioned halfway and offers a spectacular view of the monastery.

Afternoon: Sightseeing in Paro

Return to Paro: After descending to the base, drive back to Paro for some afternoon sightseeing.

Visit Kyichu Lhakhang: One of Bhutan's oldest and most beautiful temples, dating back to the 7th century. It's considered one of the two temples that were built to subdue a demon that was terrorizing the Himalayan region.

Rinpung Dzong: Explore Paro Dzong, also known as Rinpung Dzong, which means "Fortress on a Heap of Jewels". This dzong serves as the administrative and religious center of the district.

Evening: Relaxation and Dinner

Dinner at Hotel: After a day full of physical activity and cultural enrichment, enjoy a relaxing dinner at your hotel.

Prepare for Departure: If you are leaving the next day, ensure that your belongings are packed and ready for departure. Reflect on the experiences and memories made during your visit.

Overnight in Paro

Rest Well: Get a good night's sleep to recuperate from the day's adventures and to be refreshed for your journey home or onward travel.

Day 05: Departure day - Transfer to Paro International Airport (20 min drive) for your final departure

Morning: Breakfast and Check-Out

Breakfast at Hotel: Enjoy a final breakfast at your hotel in Paro. Savor the flavors of Bhutanese cuisine one last time, and reflect on the memorable experiences of your journey.

Check-Out: Complete the check-out formalities at your hotel. Ensure you have all your belongings and travel documents ready.

Transfer to Paro International Airport

Drive to the Airport: Your guide will assist you with your luggage and provide a transfer to Paro International Airport. The drive should take approximately 20 minutes, giving you a final glimpse of Paro's serene landscapes.

Farewell: At the airport, bid farewell to your guide and Bhutan. The friendships and memories you've made during your visit are sure to last a lifetime.

Airport Procedures

Check-In: Check in for your flight. If you have any last-minute purchases to make, such as souvenirs or gifts from the airport shops, now is the time to do so.

Security Check: Proceed through the security checkpoint. Given the smaller size of Paro Airport, these procedures are usually quick and efficient.

Boarding: Wait for your flight in the departure lounge. As you board your plane and take off, take one last look at the majestic mountains of Bhutan – a beautiful ending to an unforgettable trip.

End of Tour

As you fly out, carry with you the peace and tranquility of Bhutan, a unique kingdom that blends modern development with ancient traditions and a strong sense of cultural identity. Whether it's the spiritual solace from the hike to Tiger's Nest or the architectural marvels of the dzongs you visited, Bhutan offers a profound experience that often calls visitors back.

Cost Details

What's Included

- ✓ **ARRIVAL AND DEPARTURE:**
All ground transport in a private vehicle, including airport and hotel transfers
- ✓ **ACCOMMODATION DURING THE TRIP:**
Comfortable lodging throughout the tour.
- ✓ **SIGHTSEEING FEES & VISA**
All entrance fees to museums and monuments / A Bhutanese Tourist Visa fee
- ✓ **MEALS DURING THE TOUR**
Full board meals - standard breakfast, lunch, dinner, tea & snacks.
- ✓ **TRANSPORTATION:**
All ground transportation in a comfortable private vehicle as per the itinerary
- ✓ **GUIDE:**
An experienced, helpful, and friendly English-speaking Guide.
- ✓ **STAFF SALARY AND ALLOWANCE:**
All Bhutanese staff & porter's daily wages, salary, equipment, food & clothing.
- ✓ **GUIDE FOR THE TOUR**
Licensed English-speaking Bhutanese Professional tour guides.

WATER DURING TOUR

- ✓ Mineral drinking water during the tour

GOVERNMENT TAXES:

- ✓ All government taxes and official expenses.

What's Not Included

INTERNATIONAL AIRFARE:

- ✗ International flight airfare (from and to Paro) Please contact us at info@amenbhutan.com to book a Bhutan flight.

INSURANCE POLICY:

- ✗ Travel Insurance (for trip cancellation, interruption, medical treatment, repatriation, etc.)

PERSONAL EXPENSES:

- ✗ Telephone Calls, Internet, laundry, soft drinks, beers, and any Alcoholic beverages.

FILMING:

- ✗ Special Filming, Camera, and Drone permit fee.

FOR PRIVATE AND CUSTOMIZE TRIP

- ✗ Please contact us

Group and Family Discounts

- ✗ Please contact us or send us an email at info@amenbhutan.com

TIPS:

- ✗ Tips for the guide & driver. (Tipping is Expected).

EXTRA:

- ✗ Any other services, activities or personal expenses, which are not mentioned in the itinerary and other items not listed in the "Cost Includes" section.