



Cultural with Nature Bhutan Tour - 9 Days

Dive into the heart of the Himalayas with our **9-day Cultural with Nature Bhutan Tour**, a journey that seamlessly blends the rich **cultural heritage** and breathtaking **natural beauty** of Bhutan. This carefully crafted itinerary takes you through the country's most iconic landmarks and pristine landscapes, from awe-inspiring monasteries hanging on cliffs to lush valleys that tell tales of ancient traditions. Engage with the local culture through immersive experiences, from participating in traditional festivals to exploring bustling markets. Whether you're a nature enthusiast, a spiritual seeker, or a cultural explorer, this tour promises a profound connection with Bhutan's vibrant life, making it an unforgettable adventure into the mystical and majestic splendors of the Land of the Thunder Dragon.

At **Amen Bhutan Tours and Treks**, we pride ourselves on being the premier choice for travelers seeking an authentic and immersive **9-days Cultural with Nature Bhutan Tour**. Our deep-rooted connections within the local communities and extensive knowledge of Bhutan's most sacred and hidden gems allow us to offer an unparalleled experience that combines the richness of **Bhutanese culture** with the breathtaking beauty of its **natural landscapes**. Dedicated to providing personalized and thoughtful itineraries, we ensure every guest leaves with memories that last a lifetime and a profound connection to the spiritual and natural wonders of Bhutan. Join us for an adventure where every detail is crafted with passion and precision, making us the best company to introduce you to the mystical Land of the Thunder Dragon.

Itinerary

Day 01: Arrive Paro by Air & Transfer To Thimphu (55 KMS / 1½ HRS DRIVE)

Landing in Paro: Experience the thrill of flying into one of the world's most picturesque airports, surrounded by the majestic Himalayas, marking the start of your Bhutanese adventure.

Warm Welcome: Be greeted by your **Amen Bhutan Tours and Treks** representative, ready to welcome you to the Land of the Thunder Dragon and provide a smooth transition into this new and vibrant culture.

Scenic Drive to Thimphu: Embark on a 1.5-hour drive to Thimphu, Bhutan's capital, where the road winds through lush valleys and traditional villages, offering a first glimpse of Bhutan's stunning landscapes and architectural beauty.

Hotel Check-In: Settle into your hotel in Thimphu, a cozy retreat where you can relax and refresh after your journey, preparing for the exciting days ahead.

Initial Exploration: If time permits, take a leisurely stroll through Thimphu's streets, acquainting yourself with the local way of life and perhaps catching sight of the Tashichho Dzong, a fortress that houses the throne room and offices of the King of Bhutan.

Welcome Dinner: Enjoy an authentic Bhutanese meal, introducing you to the flavors and hospitality that Bhutan is renowned for, setting the stage for the culinary delights that await on your tour.

Acclimatization: Spend your first evening at a leisurely pace, allowing your body to adjust to the altitude and the tranquil pace of Bhutanese life, ensuring you're well-rested for the journey ahead.

Day 02: Thimphu Sightseeing

Morning Visit to Buddha Dordenma Statue: Start your day with a visit to the iconic Buddha Dordenma, a massive, golden Buddha statue that sits atop a hill overlooking Thimphu Valley. This site offers panoramic views of the city and a serene atmosphere for reflection.

Explore the National Memorial Chorten: Pay a visit to this stupa, built in memory of the third Bhutanese king. It's a focal point of daily worship for the locals, offering insights into the spiritual practices of Bhutan.

Tashichho Dzong Tour: Discover the majestic Tashichho Dzong, a fortress and monastery that serves as the governmental and religious center of Bhutan. The architecture and artistry here are prime examples of Bhutanese culture.

Folk Heritage Museum: Delve into Bhutanese rural history at the Folk Heritage Museum, where you can learn about traditional Bhutanese lifestyle, farming practices, and ancient tools.

Textile Museum Visit: Bhutan is renowned for its textiles, and a visit to the National Textile Museum will showcase the rich tapestry of Bhutanese weaving, including traditional dresses and the intricate processes behind them.

Lunch at a Local Restaurant: Enjoy a midday break with a meal at one of Thimphu's local restaurants, where you can sample more Bhutanese dishes and perhaps chat with locals.

Craft Bazaar and Local Markets: Spend your afternoon browsing the Craft Bazaar and local markets. This is a perfect opportunity to purchase Bhutanese handicrafts, from handwoven textiles to handmade paper, as souvenirs or gifts.

Evening Leisure Time: After a day full of exploration, the evening is yours to relax or take a leisurely stroll through the city. You might choose to explore more of Thimphu's dining scene or simply enjoy the amenities of your hotel.

Day 03: Thimphu – Gangtey (150 KMS / 05 HRS DRIVE)

Departure from Thimphu: After breakfast in Thimphu, set off on a 5-hour drive to Gangtey. The journey itself is an integral part of the day's experience, showcasing Bhutan's stunning natural beauty.

Dochula Pass: Your route will take you over the Dochula Pass, where on a clear day, you can enjoy breathtaking 360-degree panoramic views of the Himalayan mountain range. The pass is also famous for its 108 chortens (stupas) built as a memorial by the Queen Mother.

Wangdue Phodrang: Along the way, pass through the town of Wangdue Phodrang, known for its majestic fortress and as a gateway to central Bhutan. It's an excellent opportunity to stretch your legs and capture some photos of the landscape.

Lunch En Route: Enjoy a lunch break at one of the local restaurants along the way, where you can taste more of Bhutan's culinary offerings in a scenic setting.

Arrival in Gangtey: Upon arrival in Gangtey, situated in the beautiful Phobjikha Valley, you'll be struck by the vast expanse of greenery and the valley's natural beauty, which is a significant contrast to the urban vibe of Thimphu.

Gangtey Goemba Visit: Explore the Gangtey Goemba, an important monastery of the Nyingmapa school of Buddhism, located on a hill overlooking the valley. The monastery is a spiritual center and offers incredible views of the Phobjikha Valley.

Nature Trail Walk: If time permits, take a leisurely walk on the nature trail through the valley. This area is renowned for its serene landscapes and is a winter home for the rare black-necked cranes.

Evening at Leisure: Settle into your accommodation in Gangtey. The evening is yours to relax and soak in the peaceful atmosphere of the valley, a perfect setting to reflect on the day's journey and the natural beauty of Bhutan.

Day 04: Gangtey – Bumthang (200 KMS / 07 HOUR DRIVE)

Early Morning Departure: Start early from Gangtey after breakfast to make the most of the daylight hours. The drive to Bumthang is about 7 hours, offering a deep dive into Bhutan's diverse landscapes.

Trongsa Stopover: En route to Bumthang, you'll pass through Trongsa, where you can visit the Trongsa Dzong, the largest dzong fortress in Bhutan. This architectural marvel provides insight into the strategic importance of Bhutan's dzongs in the country's history.

Yotong La Pass: Cross the Yotong La Pass, which marks the boundary between central and eastern Bhutan. At an elevation of 3,425 meters, it offers stunning views of the surrounding mountains and valleys.

Lunch in Chumey Valley: Enjoy a lunch break in the picturesque Chumey Valley, one of Bumthang's four valleys. The area is known for its weaving villages, and you might have the chance to see local weavers at work, producing the famous Bumthang Yathra, a woven woolen fabric.

Arrival in Bumthang: As you arrive in Bumthang, notice the shift in scenery to wide valleys and rolling hills, a stark contrast to the steep mountains of Gangtey. Bumthang is considered the spiritual heart of Bhutan and is home to some of the oldest Buddhist temples and monasteries.

Evening Exploration: Depending on your arrival time, take a gentle walk around the town or visit a local temple. Bumthang's serene environment and rich cultural heritage make it a perfect place for evening exploration.

Rest and Acclimatize: Check into your hotel and take the evening to rest. Bumthang is higher in elevation compared to Gangtey, so it's important to acclimatize and prepare for the next day's adventures in this spiritual region.

Day 05: Bumthang Sightseeing

Jakar Dzong Visit: Start your day with a visit to the Jakar Dzong, also known as the "Castle of the White Bird". Situated on a ridge above Jakar town, this dzong offers panoramic views of the valley and serves as the administrative center of the region.

Jambay Lhakhang: Explore one of Bhutan's oldest monasteries, Jambay Lhakhang, which dates back to the 7th century. It's one of the 108 temples built by Tibetan King Songtsen Gampo to subdue evil spirits in the Himalayan region.

Kurjey Lhakhang Complex: Visit the Kurjey Lhakhang, where Guru Rinpoche left his body imprint on a rock. The complex comprises three temples surrounded by 108 chorten walls, making it a site of great religious significance.

Tamshing Lhakhang: Discover the historic Tamshing Lhakhang, founded by Terton Pema Lingpa, a treasure revealer and one of the most important figures in Bhutanese religious history. The temple houses ancient religious paintings and artifacts.

Lunch at a Local Restaurant: Enjoy a traditional Bhutanese lunch at one of Bumthang's local restaurants, giving you a taste of the region's unique flavors.

Red Panda Brewery and Swiss Cheese Factory: For a change of pace, visit the Red Panda Brewery and a Swiss cheese factory, where you can sample locally produced beer and cheese. This unique experience showcases the fusion of Bhutanese and Swiss cultures in Bumthang.

Wangdichholing Palace: Conclude your day with a visit to the Wangdichholing Palace, the first palace in Bhutan that was not designed as a fortress. It was the summer residence of the first king of Bhutan and offers a glimpse into the country's royal history.

Evening at Leisure: Spend your evening relaxing or take a leisurely stroll through Bumthang's town center. It's a great opportunity to reflect on the day's explorations and absorb the peaceful atmosphere of the valley.

Day 06: Bumthang – Punakha (205 KMS / 07 HRS DRIVE)

Early Departure from Bumthang: After an early breakfast, begin the approximately 7-hour drive to Punakha. Starting early maximizes daylight for the journey and potential stops along the way.

Crossing Yotong La Pass Again: Traverse back over the Yotong La Pass (3,425 meters), offering another chance to admire its stunning views and perhaps witness different weather conditions that change the landscape's appearance.

Trongsa Brief Stop: Depending on timing, make a brief stop in Trongsa again. This could be an opportunity to visit anything you might have missed on the outward journey or simply enjoy a stretch and refreshment break.

Lunch at Chendebji Chorten: Stop for lunch near the Chendebji Chorten, a Nepalese-style stupa situated in a picturesque spot, making for a peaceful lunch break location.

Peleg La Pass: Experience the beauty of Peleg La Pass, another significant mountain pass offering panoramic views of the surrounding valleys and mountains, marking your transition from central to western Bhutan.

Arrival in Punakha: As you arrive in Punakha, notice the change in elevation and climate. Punakha, known for its more temperate climate, showcases a valley rich in agricultural lands and is home to one of Bhutan's most majestic dzongs.

Evening Leisure or Exploration: Depending on your arrival time in Punakha, spend the evening at leisure in your hotel, or if time permits, take a gentle walk along the riverside. Punakha's pleasant climate and beautiful scenery make it a wonderful place to explore on foot.

Rest and Prepare for the Next Day: After the long journey, take the evening to relax and rejuvenate. Prepare for an exciting day of exploration in Punakha, a region known for its significant historical and religious sites.

Day 07: Punakha – Paro (120 KMS / 4½ HRS DRIVE APPROX)

Morning Visit to Punakha Dzong: Begin your day with a visit to the majestic Punakha Dzong, also known as Pungtang Dechen Photrang Dzong (the palace of great happiness or bliss), beautifully located at the confluence of the Pho Chhu and Mo Chhu rivers. It's a prime example of Bhutanese architecture and holds great historical significance.

Chimi Lhakhang Visit: En route to Paro, make a stop at Chimi Lhakhang, the Temple of Fertility, founded by the "Divine Madman", Lama Drukpa Kunley. It's a short and pleasant walk through fields to reach the temple, which is known to bless couples who seek fertility.

Scenic Drive to Paro: The approximately 4½-hour drive to Paro will take you through some of Bhutan's most scenic landscapes, including mountain passes and valleys that showcase the country's natural beauty.

Lunch Stop: Enjoy a leisurely lunch at one of the local restaurants along the way. This is a great opportunity to savor Bhutanese cuisine while enjoying views of the Himalayan landscape.

Arrival in Paro: Upon arrival in Paro, check into your hotel and take some time to relax after the journey. Paro, with its lush valleys and historic sites, offers a tranquil setting to unwind.

Paro Rinpung Dzong: If time allows, explore the Paro Rinpung Dzong, a fortress-monastery that overlooks the Paro valley. It's a fine example of Bhutanese architecture and offers insight into the country's spiritual and cultural heritage.

Evening at Leisure: Spend the evening at leisure in Paro. This might be a perfect time to explore the town, visit local shops for last-minute souvenirs, or simply enjoy the peaceful atmosphere of this beautiful valley.

Prepare for the Next Day's Adventure: Get a good night's rest in preparation for the following day's adventures, which include the iconic hike to the Tiger's Nest Monastery, a highlight for many visitors to Bhutan.

Day 08: Paro Sightseeing

Tiger's Nest Monastery (Paro Taktsang) Hike: The day begins with an early morning hike to the Tiger's Nest Monastery, Bhutan's most famous and sacred site. Perched on the side of a cliff 900 meters above the Paro valley, the monastery is said to be where Guru Rinpoche flew on the back of a tigress to meditate. The hike is challenging but incredibly rewarding, offering breathtaking views and a profound sense of achievement.

Lunch at the Cafeteria: Midway through the hike, stop at the cafeteria for lunch or refreshments, where you can enjoy stunning views of the monastery from a distance.

Kyichu Lhakhang Visit: After descending from the hike, visit Kyichu Lhakhang, one of the oldest and most sacred temples in Bhutan. Dating back to the 7th century, this temple is a testament to the introduction of Buddhism in Bhutan.

Paro Dzong Exploration: Explore the Rinpung Dzong, also known as Paro Dzong, which serves as a fine example of Bhutanese architecture and art. It's an important administrative and religious center in the valley.

National Museum of Bhutan: If time permits, visit the National Museum of Bhutan, housed in the Ta Dzong, a watchtower built to defend Rinpung Dzong during inter-valley wars. The museum offers insightful displays on Bhutanese culture, including art, artifacts, and the natural environment.

Evening Leisure Time: Spend your final evening in Bhutan at leisure, reflecting on the journey and exploring Paro's quaint town center. This is an excellent opportunity to enjoy a traditional Bhutanese meal at a local restaurant, capturing the flavors and memories of Bhutan.

Preparation for Departure: Use this time to pack and prepare for your departure the next day, cherishing the memories and experiences of a lifetime spent in the Land of the Thunder Dragon.

Day 09: Depart Paro by Air

Morning at Leisure: Depending on your flight time, you may have a few leisurely hours in the morning. It's a perfect opportunity for a final stroll around Paro, capturing any last-minute photos or simply soaking in the peaceful Bhutanese atmosphere one last time.

Breakfast at the Hotel: Enjoy a final Bhutanese breakfast at your hotel, reminiscing about the journey and the unique flavors that have accompanied your experiences in Bhutan.

Airport Transfer: Your guide from **Amen Bhutan Tours and Treks** will arrange for your transfer to Paro International Airport. Ensure you have all your belongings and travel documents ready for departure.

Farewell to Bhutan: At the airport, bid farewell to your guide and the majestic beauty of Bhutan. The departure process at Paro International Airport is smooth, with staff available to assist with any last-minute questions or needs.

Reflections on Your Journey: As you await your flight, take a moment to reflect on the experiences of the past nine days – the landscapes, the people, the peace, and the spiritual depth you've encountered. Bhutan is a place that often leaves a lasting impact on its visitors, inviting introspection and a deeper understanding of one's place in the world.

Departure: Board your flight back home or to your next destination, carrying with you memories of Bhutan that will last a lifetime. The scenic flight out of Paro offers one final glimpse of the Himalayas, a fitting goodbye to a country that's likely transformed your perspective on travel and life.

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.