



BHUTAN SPIRIT

SANCTUARY





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GLIMPSE OF BHUTAN

5 days / 4 nights

Creating a lasting positive change in our guests' daily lives





Glimpse of Bhutan

5 days / 4 nights

- 🦋 Benefit from the all-inclusive **WELLNESS** services and facilities, varying from a consultation by a traditional Bhutanese Medicine Doctor, hot stone herbal bath, full-body massage to daily yoga and meditation classes.
- 🦋 Experience the ancient and mysterious **CULTURE** and **SPIRITUALITY** of the Himalayan Kingdom of Bhutan.
- 🦋 Enjoy our outstanding, delicious and healthy **FOOD** concept, prepared according to the farm-to-table concept, enjoyable at any time and at any place.

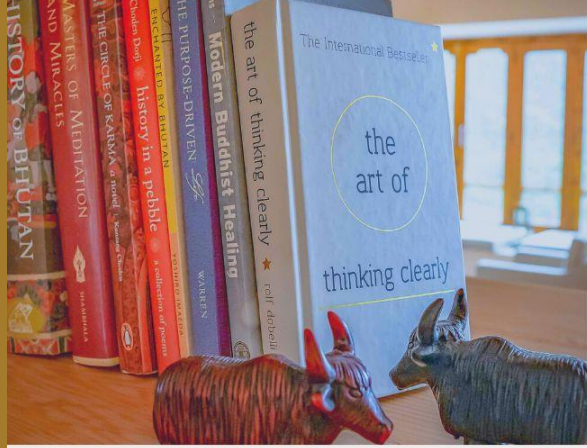
Get a glimpse of Bhutan without the need for long drives or change of accommodation.



ALL-INCLUSIVE
TRADITIONAL
BHUTANESE
WELLNESS




BHUTAN SPIRIT
SANCTUARY



ALL-INCLUSIVE
ACTIVITIES &
FACILITIES





ALL-INCLUSIVE
CULINARY
SURPRISES




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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 consultation with one of our Traditional Bhutanese Medicine Doctors, who can advise on specific wellness treatments.
- 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: CULTURAL EXPERIENCE

- 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 stop at Chuu-zom, the junction between Paro and Thimphu where you will see different types of stupas across the river.
- 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 still time left, you can visit the Takin bird reservation or the newly renovated farmer market.
- On the way back, we will visit the Gyelen Lhendrup weaving centre, located at the Babesa welcome gate.
- Late afternoon we will drive back to the Sanctuary, just in time for the 6-course dinner.

Glimpse of Bhutan

Itinerary

DAY 3: SPIRITUAL EXPERIENCE

- 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 Tigers 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.
- Visit of the actual Tigers Nest will take about 1-2 hours depending on your interest.
- After the Tigers Nest hike – depending on the time left - you can visit the National Museum of Bhutan, Paro Dzong, the farmer´s market, and one of the many art galleries in Paro town.
- We will return at the Sanctuary in the late afternoon, we 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.

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DAY 4: IMPACT EXPERIENCE

- 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 cooking class with our Chefs.
- The 6-course dinner will be served on the restaurant terrace if weather permits.

DAY 5: FAREWELL



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rates & details

RATES INCLUDE

- 🦉 Free consultation with one of our Traditional Medicine Doctors.
- 🦉 Daily access to all wellness facilities such as the indoor heated pool, the gym, saunas, sundeck, and steam rooms.
- 🦉 One traditional wellness treatment per day per person, such as a massage, hot stone herbal bath, or moxibustion.
- 🦉 Daily yoga classes and/or meditation sessions.
- 🦉 Herbal walks with our Wellness team.
- 🦉 Traditional Bhutanese sports in the apple orchard.
- 🦉 Pottery classes in the art studio.

RATES INCLUDE

- 🦉 Healthy and tasty breakfasts, you can order from a menu.
- 🦉 4-course signature set lunches .
- 🦉 6-course signature set dinners .
- 🦉 All non-alcoholic drinks.
- 🦉 Special herbal teas in our tea bar with home-made cookies.
- 🦉 Fresh drinking water in glass bottles in your room.
- 🦉 Homemade picnics to take when hiking or walking.
- 🦉 Cooking classes with the Culinary team.
- 🦉 Laundry service.

Glimpse of Bhutan

rates & details

RATES

Special promotion: stay 4 nights / pay 3 nights

Valid for stays until 31 December 2024.

Our rates are based on double occupancy:

- 👉 Balcony room, shoulder season: US\$789++ per night
- 👉 Balcony room, peak season: US\$946++ per night
- 👉 Terrace room, shoulder season: US\$946++per night
- 👉 Terrace room, peak season: US\$1,1,34++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
- 👉 Entree visa /or travel permit
- 👉 The mandatory Sustainable Development Fee (SDF)
- 👉 Costs for hiring transport and a licenced guide to visit sites outside the Sanctuary
- 👉 Entry fees for touristic sites
- 👉 Transport to or from the airport in Paro

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

