

Thimphu, Punakha and Paro (4 Nights / 5 Days)



Trip Overview

Nestled in the Eastern Himalayas, Bhutan has preserved its unique identity and rich cultural heritage through centuries of self-imposed isolation. With a population of 700,000 and a pristine environment, the country is the world's only Mahayana Buddhist kingdom. Visitors experience a harmonious blend of natural beauty, traditional architecture, and spiritual heritage.

This tour offers an introduction to Bhutan's iconic sites, including Thimphu, Punakha, and Paro, with highlights such as Buddha Dordenma, Dochula Pass, Punakha Dzong, Ta Dzong (National Museum), and the Tiger's Nest Monastery. Travelers will immerse themselves in Bhutanese traditions, festivals, and the serene Himalayan landscape.

Total Trip Days: 4 Nights / 5 Days

Region: Bhutan

Max Altitude: 3,120 m (Taksang Monastery)

Activity: Cultural and Scenic Tour

Difficulty: Easy to Moderate

Trip Highlights

- Explore Thimphu, the capital, including Folk Heritage Museum, Traditional Arts & Crafts School, and Trashichhoedzong
- Witness Dochula Pass with panoramic views of the eastern Himalayas
- Visit Punakha Dzong and Chimi Lhakhang (Temple of Fertility)
- Explore Paro, including Ta Dzong (National Museum), Rinpung Dzong, and Kyichu Lhakhang
- Hike to the iconic Tiger's Nest Monastery (Taktsang), perched 900 meters above Paro valley
- Experience Bhutanese culture, architecture, festivals, and local lifestyle

Itinerary

Day 1:

The flight to Paro is one of the most spectacular in entire Himalayas. Flying along the Himalayan range from Kathmandu, the journey offers fascinating views and an exciting descent into the Kingdom. Bhutan's first gift to you as you disembark from the aircraft will be cool, clean fresh mountain air.

After immigration formalities you will be welcomed by our representative with a "Tashi Khaddar" (white scarf offering to the guest which is an auspicious way to welcome guest. After the welcome ceremony, board the vehicle and drive to Thimphu, the capital town of Bhutan, the road leads through the Paro valley to the confluence of Paro and Thimphu rivers at Chuzom (confluence) enroute visit Tamchog Lhakhang is a temple that is dedicated to the 13th century saint Thangthong Gyalpo, the bridge builder. This temple is located across the river from the Paro to Thimphu. In order to get to the temple one must cross an iron chain bridge, one of the few remaining of the many that Thangthong Gyalpo built.

On arrival in Thimphu, check-into the hotel. The capital town of Bhutan and the centre of government, religion and commerce, Thimphu is a unique city

with unusual mixture of modern development alongside ancient traditions. Although not what one expects from a capital city, Thimphu is still a fitting and lively place. Home to civil servants, expatriates and monk body, Thimphu maintains a strong national character in its architectural style.

Drive further up to visit Trashichhoedzong, “fortress of the glorious religion”. This is the center of government and religion, site of monarch’s throne room and seat of Je Khenpo or Chief Abbot. Built in 1641 by the political and religious unifier of Bhutan, Shabdrung Ngawang Namgyal, it was reconstructed in 1960s in traditional Bhutanese manner, without nails or architectural plans.

Overnight at the hotel in Thimphu (Altitude 2400m).

Day 2:

After breakfast drive to Punakha via Dochula.

Drive to Punakha across Dochula pass (3080m). In Bhutan, the passes are marked by a large Bhutanese Chorten and prayer flag. Dochula pass offers the most spectacular view over the high peaks of the eastern Himalayas on a clear day.

Visit Chimi Lhakhang-The Chimi Lhakhang, situated on a hillock in the centre of the valley, also known as the temple of fertility. It is widely believed that couples who do not have children and wanting one, if they pray at this temple, they are usually blessed with a child very soon. The trail leads across rice fields to the tiny settlement of Pana, meaning ‘field’. A walk through the village near the temple will give you rare glimpses into the daily life and lifestyle of the villagers

After checking into hotel, proceed to visit Punakha Dzong, a massive structure built at the junction of two rivers. It was the capital of Bhutan until 1955, and still serves as the winter residence of the monk body.

Overnight at the hotel in Thimphu.

Day 3:

After breakfast, check-out from the hotel and drive to Paro along scenic highway, enroute visit Simtokha Dzong, the oldest fortress of the country built in 1627 which now houses the School for Buddhist studies.

Afterwards visit to Buddha Point (Kuensel Phodrang). Located at a short drive from Thimphu city centre, visitors can get a good overview of the Thimphu

valley from the Buddha point (KuenselPhodrang). You can pay your obeisance and offer prayers to the Buddha, the largest statue in the country and then walk around and take a glimpse of the valley.

King's Memorial Chorten continuously circumambulated by people, murmuring mantras and spinning their prayer wheels. Construction of this landmark was the idea of Bhutan's third king, His Majesty Jigme Dorji Wangchuk ("the father of modern Bhutan") who has wished to erect monument to world peace and prosperity. Completed in 1974 after his untimely death, it serves both as a memorial to the Late King and as a monument to peace.

On arrival in Paro, check into the hotel. After lunch, proceed to visit Ta Dzong, originally built as Watchtower, which now houses National Museum. The extensive collection includes antique Thangka paintings, textiles, weapons & armour, household objects and a rich assortment of natural and historic artifacts.

Ta Dzong visit immediately followed by a short walk down the trail to visit Rinpung Dzong (ParoDzong), meaning ("fortress of the heap of jewels"), which has a long and fascinating history. Along the wooden galleries lining the inner courtyard are fine wall paintings illustrating Buddhist lore such as four friends, the old man of long life, the wheel of life, scenes from the life of Milarepa, Mount. Sumeru and other cosmic Mandala.

Overnight at the hotel in Paro.

Day 4:

After breakfast excursion to Taktshang Monastery or Tiger's Nest (approx. 5 hours walk): It is one of the most famous of Bhutan's monasteries, perched on the side of a cliff 900m above the Paro valley floor. It is said that Guru Rinpoche arrived here on the back of a tigress and meditated at this monastery and hence it is called 'Tiger's Nest'. This site has been recognised as a most sacred place and visited by Shabdrung Ngawang Namgyal in 1646 and now visited by all Bhutanese at least once in their lifetime. On 19 April, 1998, a fire severely damaged the main structure of building but now this Bhutanese jewel has been restored to its original splendour.

Later, visit the 7th century Kyichu Lhakhang, one of the 108 temples built in the Himalayas by Tibetan King, Songtsen Gampo. The building of this temple marks the introduction of Buddhism in Bhutan.

Overnight at the hotel in Paro.

Day 5:

After early breakfast at the hotel, drive to the airport for flight to your onward destination. Our representative will help you with exit formalities and then bid you farewell.