

Soul Travels

7 days/6 nights

Paro, Thimphu & Punakha

This 7-day retreat offers a harmonious blend of meditation, serene hikes, cultural exploration, and spiritual rejuvenation amidst Bhutan's pristine landscapes, with visits to Paro, Thimphu, and Punakha. Enjoy a traditional stone bath and immerse yourself in a profound spiritual retreat.

Day 1: Arrival in Paro

Arrive at Paro International Airport, where your spiritual journey begins. A warm Bhutanese welcome awaits you as our local guide greets you. Transfer to your serene retreat and embark on an introductory meditation session to set the tone for your soulful adventure. In the evening, immerse yourself in Bhutanese culture with a traditional welcome ceremony.

Day 2: Paro Exploration

Start the day with a meditation session to align your spirit. After a healthy breakfast, visit Drukgyel Dzong, Kyichhu Lhakhang, Paro Dzong and the National Museum. Lunch at a local Paro restaurant and later enjoy some traditional Bhutanese outdoor sports.

Day 3: Exzplre Thimphu's Spiritual Gems

Drive to Thimphu, Bhutan's capital, and visit the National Memorial Chorten and engage in circumambulation alongside other Bhutanese devotees. Visit Buddha Dordenma statue at Kuenselphodrang and visit to the Royal Textile Academy to discover Bhutan's cultural heritage. Return to your retreat for an evening meditation and reflection.

Day 4: Journey to Punakha

Travel to Punakha, a tranquil valley adorned with rice fields and serene rivers. Meditate in the serene courtyard of Punakha Dzong. Check-in to your riverside retreat and partake in a riverbank meditation session. Let the soothing river sounds enhance your inner peace.

Day 5: Punakha - Paro

Begin the day with morning meditation amidst Punakha's natural beauty. Explore the hidden gem, Khamsum Yulley Namgyel Chorten, and meditate in its serene ambiance. Visit Chimi Lhakhang (temple of fertility) built in honor of the divine mad man Lam Drukpa Kuenley.

Day 6: Hike to the Tiger's Nest

Embark on a memorable hike to Taktsang Monastery, famously known as the 'Tiger's Nest'. Legend has it that 8th century Buddhist master Guru Rinpoche arrived here on the back of a flying tigress and meditated in this breathtaking location.

Despite suffering a fire in 1998, the monastery has been meticulously restored to its former grandeur. After this spiritual journey, we will return to our hotel to prepare for our departure from Bhutan. Enjoy a soothing traditional hot stone bath in the evening.

Day 7: Depart from Paro

Depart from Paro International Airport with a rejuvenated spirit and cherished memories.

What is included:

- Double room on twin sharing basis in government approved 3 star hotels *
- Single room supplement will incur additional charges.
- All three meals
- Bottled mineral water for the entire trip
- Afternoon tea and snacks
- English speaking certified guide
- Comfortable SUV and a tourism department certified driver
- Entrance Fees to Museums & Tigers Nest
- Visa fee and processing charges
- Sustainable Development Fee
- Government taxes
- Full service & assistance before, during and after your Bhutan trip

* Four & Five Star hotels & ultra luxury accommodation available at additional costs.

What is not included:

- Airfare to and from Bhutan (Tickets can be arranged if required)
- Any other beverages (alcoholic or non-alcoholic) including bottled water ordered in restaurants and hotels by guests.
- Travel Insurance (Travel Insurance is mandatory and can be purchased on arrival at the airport or can be arranged while processing visa or travel permit)
- Wire Transfer fees
- Laundry
- Tips for guides and drivers

Terms & Conditions

- Package per day per person rate is for minimum two pax. Additional rates applicable for solo travellers.
- Tour costs needs to be paid in full to confirm bookings.

Tour Payment Refund Policy

- 95% Refund for tour cancelled 90 days prior to arrival, transfer charges will be deducted.
- 85% refund for tour cancelled 60-45 days prior to arrival, transfer charges will be deducted.
- 75% refund for tour cancelled between 30 to 45 days prior to arrival.
- No refund for tour cancelled for less than 30 days of arrival.
- For luxury hotels & resorts, hotel cancellation policy will be applicable.

Tour Date Change or Replacement Policy:

1. Date Change Option:

We understand that plans can change, and we are happy to accommodate date changes at no additional cost for travel during non-peak seasons. However, please note that a surcharge will apply for bookings during peak seasons, festivals, or for hotel upgrades. To facilitate a smooth date change, we kindly request our customers to notify us as soon as possible regarding their desired travel date adjustments. It's important to note that refunds will not be possible for no-shows after arrival due to hotel cancellation policies.

2. Seat Replacement:

If you wish to minimize cancellation costs, you have the option to replace individuals traveling with you, whether they are friends or family members, or anyone else interested in taking your reserved seats on the originally confirmed dates. Once the replacement has been confirmed, the payment for the replaced seats will be directed to your bank account. Please note that for flights booked to Bhutan, specific policies may apply. To process the necessary visa or name change formalities, we kindly request a notification of the replacement at least 10-15 days prior to the scheduled arrival date.