

Bhutan 7-Night Adventure: Trek Short Trails & Valley Tours

Prepared by TourGrids



Destination
Bhutan



Duration
7 Nights 8 Days



Starting from
Rs. 1,15,000 / person

ITINERARY ROUTE

↙ **Paro · 3N**

↙ **Thimphu · 2N**

↙ **Punakha · 2N**

Overview

Experience the best of the Himalayas with this immersive Bhutan tour package designed for active travelers. This Bhutan Adventure tour package blends cultural valley tours, iconic monasteries, and short scenic treks—perfect for travelers who want a compact yet rewarding Himalayan escape. Ideal as a 7 and 8 Bhutan Adventure tour package (7 nights / 8 days), the itinerary covers Paro, Thimphu and Punakha with hands-on local experiences and moderate trekking on short trails.

Highlights:

- Paro Taktsang (Tiger's Nest Monastery)
- Rinpung Dzong, Paro
- Thimphu: Buddha Dordenma & Memorial Chorten
- Punakha Dzong & Suspension Bridge
- Short scenic treks on the Druk Path-like trails and valley ridge walks
- Authentic cultural interactions & local cuisine tasting

Note: This package is suitable for travelers with moderate fitness; some hikes include steep and rocky sections. Domestic flight schedules are subject to weather conditions.

✓ What's Included

- ✓ Accommodation for 7 nights in 3-star/4-star hotels (upgrade options available)
- ✓ All meals as specified (Breakfast: daily, selected lunches & dinners)
- ✓ Private transfers and sightseeing with licensed English-speaking guide
- ✓ Entrance fees to monuments and national museums
- ✓ Trekking permits and local permits as required
- ✓ All domestic taxes and service charges
- ✓ Ground transportation in comfortable private vehicle
- ✓ Note: Customizable add-ons such as cultural performances or homestays can be arranged.

✗ Not Included

- ✗ International airfare to/from Paro
- ✗ Bhutan visa and Sustainable Development Fee (SDF) – handled via tour operator at booking
- ✗ Travel insurance (mandatory)
- ✗ Personal expenses, optional activities, gratuities
- ✗ Meals not specified in the itinerary
- ✗ Any emergency evacuation or medical costs
- ✗ Important: Travel insurance with emergency evacuation cover is strongly recommended.

Day-by-Day Itinerary

Day

1

Arrival in Paro & Orientation

Arrive at Paro International Airport. Transfer to your hotel and enjoy a relaxed orientation with your guide. Afternoon visit to Rinpung Dzong and stroll through Paro town. Evening briefing about the trek routes and safety tips.

Tip: If arriving early, take a short walk to the Paro Market to sample local snacks.

Day

2

Short Trek to Drukgyel Dzong Ridge & National Museum

Today's short trek climbs a scenic ridge toward the ruins of Drukgyel Dzong—excellent views of the Paro valley and Mount Chomolhari on clear days. Return to Paro to visit the National Museum (Ta Dzong) with its rich cultural exhibits.

Hike duration: 3–4 hours moderate; wear good walking shoes.

Day

3

Iconic Tiger's Nest (Paro Taktsang) Hike

Morning hike to the world-famous Paro Taktsang (Tiger's Nest Monastery). The ascent is steep with several switchbacks, but the reward is the majestic monastery clinging to the cliff and panoramic valley views. Return in the late afternoon for relaxation in Paro.

Important: The hike can take 4–6 hours round trip. Start early to avoid crowds and altitude fatigue.

Day

4

Drive to Thimphu & City Highlights

Scenic 1.5–2 hour drive to Thimphu, Bhutan's capital. Afternoon visits include Buddha Dordenma (huge seated Buddha statue), Tashichho Dzong, and the Memorial Chorten. Evening free to explore the handicrafts bazaar and sample local cuisine.

Travel note: Road and weather conditions can affect driving times.

Day

5

Short Ridge Trek & Cultural Immersion

Enjoy a morning short ridge walk near Thimphu for sweeping valley views and village interaction. Afternoon dedicated to museums and crafts: Folk Heritage Museum, National Textile Museum, and a visit to a local farmhouse for tea.

Good for photography and cultural learning; moderate walking involved.

Day

6

Drive to Punakha via Dochula Pass & Short Valley Walk

Drive east across the scenic Dochula Pass (3,100 m) with 108 chortens and panoramic Himalayan views. Proceed to Punakha and enjoy a gentle valley walk along the Punakha River. Evening visit to the riverside for sunset views.

Weather at Dochula can be chilly – carry warm layers.

Day

7

Punakha Dzong & Suspension Bridge Walk

Visit the magnificent Punakha Dzong, one of Bhutan's most beautiful dzongs. After exploring the dzong, walk the famous Punakha Suspension Bridge and enjoy optional short hikes to nearby village viewpoints or a scenic small-bridge trek along rice terraces.

The dzong visit may be subject to local events or monastic schedules.

Day

8

Return Drive to Paro & Departure

Early drive back to Paro across scenic landscapes. Last-minute shopping in Paro town or optional short nature walk. Transfer to Paro International Airport for your departure flight.

Departure times depend on international flight schedules; domestic logistics will be coordinated by your guide.

🔍 Frequently Asked Questions

🔍 What is the best time to visit Bhutan?

The best time to visit Bhutan is during spring (March–May) and autumn (September–November). Spring offers blooming rhododendrons, wildflowers, and pleasant temperatures (12–24°C), making it perfect for trekking and photography. Autumn provides crystal-clear skies with stunning Himalayan views, major festivals like Thimphu and Paro Tshechus, and excellent weather for sightseeing. Winter (December–February) is ideal for those seeking snow-capped landscapes, fewer crowds, and cozy lodge stays, though temperatures can drop to -2°C in valleys. Monsoon season (June–August) brings lush greenery and better hotel rates but frequent rainfall. For first-time visitors, autumn is recommended for clear mountain views and cultural festivals.

❓ **How can Indian travelers reach Bhutan?**

Indian travelers can reach Bhutan by road or air. By road (most popular): Enter at Phuentsholing border (adjacent to Jaigaon, West Bengal). From there, it's 5–6 hours to Thimphu or Paro. Take train to Hasimara (17km from border), New Alipurduar, or New Jalpaiguri, then taxi to the border. By air: Fly into Paro International Airport from Delhi, Kolkata, Guwahati, or Bagdogra via Drukair or Bhutan Airlines (seasonal schedules). Other road entry points include Gelephu and Samdrup Jongkhar from Assam. The road journey offers scenic mountain views, while flying provides dramatic Himalayan aerial views during the approach to Paro's challenging runway.

❓ **Do Indian citizens need a visa for Bhutan?**

Indian citizens don't need a visa but require permits and pay a Sustainable Development Fee (SDF). Required documents: valid passport or voter ID and recent passport photos. Minors need birth certificates. Entry permits cover Thimphu and Paro, while route permits are needed for other areas like Punakha, Phobjikha, or Bumthang. Permits can be arranged at entry points or through the official online system via licensed operators. The SDF is charged per person per night (rates vary - check latest official guidelines). Travel insurance is strongly recommended. Carry multiple photocopies of documents and permits for smooth checkpoint processing throughout your journey.

❓ **What are the local transportation options in Bhutan?**

Local transportation in Bhutan includes taxis (readily available in major towns with point-to-point fares), city and intercity buses (budget-friendly with fixed schedules), and private cars with drivers (most comfortable for multi-stop itineraries). Shared taxis are common for intercity routes. Limited domestic flights operate seasonally to places like Bumthang, weather permitting. Self-drive is possible but less common due to challenging mountain roads requiring experience. For tourists, hiring a private vehicle with driver is recommended for flexibility and comfort, especially when traveling between valleys. Mountain roads are winding with stunning views but require buffer time for transfers.

❓ **Where should I stay in Bhutan and what accommodation options are available?**

Bhutan offers accommodations across all budgets. Luxury options include Six Senses (eco-chic in multiple valleys), COMO Uma (boutique luxury in Paro/Punakha), Amankora lodges, and Taj Tashi Thimphu. Mid-range choices include Le Méridien properties, Naksel Boutique Hotel Paro, and Dewachen Hotel Phobjikha. Budget travelers can choose Hotel Norbuling Thimphu or local guesthouses. Stay in Paro for Tiger's Nest access, Thimphu for urban experiences, Punakha for riverside tranquility, and Phobjikha for nature immersion. Many properties offer traditional architecture, valley views, and cultural experiences. Book advance during peak seasons (spring/autumn) and festivals. Most hotels provide heating in winter and arrange cultural programs.

🔍 What are the must-visit attractions in Bhutan?

Must-visit attractions include Paro Taktsang (Tiger's Nest) – the iconic cliffside monastery requiring a scenic half-day hike. Punakha Dzong is a stunning fortress at river confluence, while Dochula Pass offers 108 chortens and Himalayan panoramas. Buddha Dordenma in Thimphu provides valley views, and Phobjikha Valley is perfect for black-necked crane spotting (winter) and tranquil walks. Don't miss Chimi Lhakhang fertility temple via village walks, Chele La Pass (highest motorable pass), and Tashichho Dzong in Thimphu. Bumthang valleys offer spiritual sites and traditional culture. The National Museum in Paro showcases Bhutanese heritage. Plan 7-10 days for a classic Paro-Thimphu-Punakha-Phobjikha circuit.

🔍 What local food should I try in Bhutan?

Bhutanese cuisine is known for its spiciness and cheese-based dishes. Must-try dishes include Ema Datshi (chilies with cheese – the national dish), Kewa Datshi (potatoes with cheese), and Shamu Datshi (mushrooms with cheese). Try Phaksha Paa (pork with chilies), Jasha Maru (spicy minced chicken), and regional specialties like Hoentay buckwheat dumplings from Haa and Puta buckwheat noodles from Bumthang. Enjoy red rice, suja (butter tea), and local ara (spirit). Bumthang is famous for cheese and honey. Note that Bhutanese food is quite spicy – chilies are considered vegetables, not just spices. Most restaurants also serve Indian, Chinese, and continental options for those preferring milder flavors.

★ Traveller Reviews



Nisha Awasthi

★★★★★ 5/5

Discovering the Spirit of Bhutan

Exploring the monasteries and learning about Buddhism here was enlightening. This package offers a great spiritual experience.



Vikas Bansal

★★★★☆ 4/5

Serene Himalayan Escape

The tranquility and beauty of Bhutan was such a peaceful escape from the hustle of daily life. It's truly a gem!



Radha Shetty

★★★★★ 5/5

A Fantastic Discover of Bhutanese Culture

This was a fantastic tour that let us discover Bhutanese culture in depth. We participated in a local festival—unforgettable!



Vinay Malhotra

★★★★★ 5/5

Bhutan: Truly the Land of the Thunder Dragon

I was captivated by Bhutan's rugged beauty and rich traditions. Each experience was enriched by our guide's storytelling. Loved it!



Chaitanya Joshi

★★★★☆ 4/5

Well-Structured Travel Itinerary

The itinerary was perfect, balancing sightseeing and relaxation. With so much to explore, this package was excellent value.

⚡ Why Choose TourGrids?

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