

Bhutan Family Adventure: Wildlife, Culture & Mild Hikes

Prepared by TourGrids



Destination
Bhutan



Duration
7 Nights 8 Days



Starting from
Rs. 1,12,000 / person

ITINERARY ROUTE

↙ **Paro · 2N**

↙ **Thimphu · 1N**

↙ **Punakha · 2N**

↙ **Phobjikha · 2N**

📌 Overview

a 7 nights / 8 days Bhutan tour package designed for families who want a gentle mix of culture, wildlife and easy hikes. This Bhutan Adventure tour package balances iconic cultural monuments, valley walks and wildlife-rich meadows to make an engaging, family-friendly experience.

Highlights:

- Paro Taktsang (Tiger's Nest) – iconic cliffside monastery and moderate hike
- Thimphu – capital city cultural tour: Tashichho Dzong, National Memorial Chorten
- Punakha Dzong & Suspension Bridge – historic dzong and scenic rivers
- Phobjikha (Gangtey Valley) – wildlife, scenic valley walks and Gangtey Monastery
- Mild, family-friendly hikes and nature walks; local farm visits and cultural experiences

Ideal for families seeking a mild-activity Bhutan Adventure package that includes wildlife viewing and cultural immersion.

✓ What's Included

- ✓ 7 nights accommodation in family-friendly hotels/guesthouses (standard or superior options available)
- ✓ Daily breakfast; 3 lunches and 4 dinners (customizable for families)
- ✓ Private transfers and all sightseeing by comfortable vehicle
- ✓ Licensed English-speaking guide and driver throughout the trip
- ✓ Entrance fees, monuments and national park permits
- ✓ Airport transfers on arrival and departure
- ✓ Local family visits, cultural demonstrations and nature trail guiding
- ✓ All government taxes and service charges
- ✓ Note: Group size, hotel category and meal plan can be customized. Adventure activities are mild and family-appropriate.

✗ Not Included

- ✗ International flights to/from Bhutan
- ✗ Travel insurance (strongly recommended)
- ✗ Visa processing fee or Sustainable Development Fee (if not included in the operator's quote)
- ✗ Personal expenses, laundry, phone calls and optional activities not specified
- ✗ Gratuities for guides and drivers
- ✗ Seasonal activities (e.g., black-necked crane viewing) may require additional permits or timing adjustments
- ✗ Tip: Book flights early and inform us of any special dietary or medical needs for children.

Day-by-Day Itinerary

Day

1

Arrival in Paro — Settle in & Light Sightseeing

Arrive at Paro International Airport. Meet your guide and transfer to your hotel. After settling in, enjoy a gentle orientation walk in Paro town and visit Kyichu Lhakhang and the exterior of Rinpung Dzong. Evening briefing with the guide about the week ahead and an optional short family stroll along the Paro river.

Day

2

Taktsang (Tiger's Nest) Hike & Transfer to Thimphu

Morning hike to Taktsang (Tiger's Nest Monastery) — the trek is moderate (2–3 hours one-way for a family pace). Enjoy panoramic views and a packed lunch at the viewpoint. Descend and drive to Thimphu, the capital. Short evening visit to Tashichho Dzong and a walk around the main market if time permits.

Day

3

Thimphu Cultural Tour & Drive to Punakha via Dochu La

Explore Thimphu: visit the National Memorial Chorten, Folk Heritage Museum, and the Buddha Dordenma viewpoint. After lunch depart for Punakha via the scenic Dochu La Pass (clear weather offers Himalayan vistas). Stop for photos at the 108 chortens and continue to Punakha, crossing the famous Punakha Suspension Bridge at sunset.

Day

4

Punakha — Dzong Visit & Short Family Hike

Morning visit to the magnificent Punakha Dzong (one of Bhutan's most beautiful). Take a mild family hike to Chimi Lhakhang (the fertility temple) through rice terraces and village paths — a gentle 30–60 minute walk ideal for children. Afternoon at leisure with optional short rafting/river-activities for older kids (seasonal).

Day

5

Transfer to Phobjikha (Gangtey Valley) — Valley Walk & Monastery

Drive to the serene Phobjikha (Gangtey Valley), a glacial valley famed for its biodiversity and peaceful landscapes. Visit Gangtey Monastery and enjoy an easy nature walk along the valley floor — perfect for spotting birds and local flora. Evening cultural interaction: a local family visit to learn about traditional Bhutanese farming and crafts.

Day

6

Phobjikha — Wildlife & Nature Day (Mild Hikes)

Spend a full day in Phobjikha with a relaxed program: guided nature walks on the Gangtey Nature Trail, family-friendly birdwatching (seasonal black-necked cranes), and a visit to a community information center to learn about conservation. Optional short hikes to viewpoints for panoramic valley scenes — mild and suitable for families.

Day

7

Return to Paro — Scenic Drive & Cultural Stops

Drive back to Paro with scenic stops en route. Visit Simtokha Dzong or a local weaving village for a hands-on craft demo. Arrive in Paro for a relaxed evening, optional walk in Paro town and last-minute souvenir shopping. Farewell dinner with a traditional cultural talk about Bhutanese family life and customs.

Day

8

Departure from Paro — Farewell Bhutan

Early transfer to Paro International Airport for your departure flight. If schedule allows, short morning visit to Drugyel Dzong viewpoint en route to the airport. Final goodbyes and transfer assistance.

❓ 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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