

Bhutan Spiritual & Wellness Retreat: Meditation & Hot Springs

Prepared by TourGrids

 Destination
Bhutan

 Duration
8 Nights 9 Days

 Starting from
Rs. 1,50,000 / person

ITINERARY ROUTE

 Paro · 2N

 Thimphu · 1N

 Punakha · 2N

 Gangtey · 1N

 Bumthang · 2N

Overview

Bhutan Spiritual & Wellness Retreat: Meditation & Hot Springs – an immersive 8 nights / 9 days Bhutan tour package designed for seekers of inner calm, cultural depth and natural healing. This Bhutan Pilgrimage tour package blends guided pilgrimages to sacred temples and monasteries with daily meditation sessions, gentle yoga, and soothing natural hot springs. Ideal as a Bhutan Pilgrimage package for travelers looking for spiritual renewal, traditional healing experiences, and mindful exploration of Bhutan’s living culture.

✓ **What's Included**

- ✓ Accommodation in 3–4 hotels (8 nights) with daily breakfast
- ✓ Domestic flight (Bumthang–Paro) or road transfers as per itinerary
- ✓ All ground transport by private vehicle with experienced driver and guide
- ✓ Guided pilgrimage visits, monastery entrances, and permit fees
- ✓ Daily group meditation sessions, 2 guided yoga classes, and one private session with a local lama
- ✓ One traditional hot-stone bath or natural hot spring visit (subject to seasonal availability)
- ✓ Cultural performances, workshops on Bhutanese wellness, and herbal therapy demonstration
- ✓ All meals as per itinerary (mostly breakfast & select lunches/dinners as specified)
- ✓ Government royalty fee, sustainable tourism fee, and required Bhutan permits
- ✓ Airport transfers on arrival and departure

✗ **Not Included**

- ✗ International airfare to/from Bhutan
- ✗ Travel insurance, visa fees (as applicable), and personal expenses
- ✗ Meals not mentioned in the itinerary and alcoholic beverages
- ✗ Optional activities (horse riding, additional spa treatments, extra yoga classes)
- ✗ Entrance fees for optional excursions not included in the standard itinerary
- ✗ Gratuities for guides, drivers, and hotel staff
- ✗ Hot-stone bath / thermal spring availability is seasonal; private access may incur additional charges

Day-by-Day Itinerary

Day

1

Arrival in Paro — Introduction & Light Exploration

Arrive at Paro International Airport and transfer to your hotel. Afternoon orientation with your guide covering itinerary highlights and local customs. Light walking tour to Paro Dzong and Ta Dzong (National Museum) to set the cultural context. Evening welcome session with a short guided meditation to calm travel fatigue and an introduction to Bhutanese wellness traditions.

Day

2

Taktshang (Tiger's Nest) Hike & Meditation

Early breakfast and hike to the iconic Taktshang (Tiger's Nest Monastery) — Bhutan's most sacred pilgrimage site. Participate in a guided meditation at the monastery's prayer halls and learn about the life of Guru Rinpoche. Afternoon optional yoga/stretch session back at the hotel. Evening free for reflection or an optional short cultural walk in Paro town.

Day

3

Drive to Thimphu — City Sights & Meditation Session

Scenic drive to Thimphu, Bhutan's capital. Visit the School of Traditional Arts, Memorial Chorten, and the towering Buddha Dordenma statue with panoramic views. Afternoon contemplative visit to a local monastery for a guided chant and meditation practice with resident monks. Evening leisure and optional spa treatments at the hotel.

Day

4

Dochula Pass & Transfer to Punakha — Temple Visits

Drive through the dramatic Dochula Pass (3,100 m) and enjoy the 108 chortens and Himalayan panorama. Continue to Punakha via scenic roads. Visit the riverside Punakha Dzong and the serene Khamsum Yulley Namgyal Chorten — ideal for reflection and short pilgrimage rituals. Evening workshop on traditional Bhutanese wellness practices and herbal therapies.

Day

5

Punakha Pilgrimage & Hot Spring Experience

Morning pilgrimage to Chimi Lhakhang (Fertility Temple) — guided by the local tradition and stories of Drukpa Kunley. After lunch, enjoy time at a local natural hot spring or a traditional Bhutanese hot-stone bath for relaxation and rejuvenation (subject to seasonal availability). Evening meditation focusing on grounding and heart-opening practices.

Day

6

Drive to Gangtey (Phobjikha Valley) — Nature & Silence

Travel north to the glacial valley of Phobjikha (Gangtey), a sacred wintering ground of the black-necked crane. Gentle valley walk to the Gangtey Monastery with a guided silent meditation and eco-awareness talk. Evening stargazing and optional group pranayama (breathwork).

Day

7

Scenic Transfer to Bumthang – Cultural Heartland

Long scenic drive over mountain passes toward Bumthang, the spiritual heart of Bhutan. En route, stop for short pilgrim visits and viewpoints. Arrive in Bumthang in time for a restorative evening. Light yoga and an introduction to Bumthang’s sacred geography.

Day

8

Bumthang Pilgrimage – Temples, Membartsho & Healing

Full day exploring Jambay Lhakhang, Kurje Lhakhang, and the famed Membartsho (Burning Lake) – an important pilgrimage site. Participate in guided rituals and a private meditation session with a local lama. Afternoon free for an optional visit to a nearby thermal spring or a traditional healing consultation (subject to local availability). Evening closing circle: reflection, chanting, and blessing.

Day

9

Return to Paro / Departure – Farewell

Morning transfer to Bumthang Airport for a short domestic flight to Paro (flight dependent) or scenic drive based on schedule. Final shopping in Paro town and optional short visit to any missed sites. Transfer to Paro International Airport for your onward flight with blessings and farewell.

🔍 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.

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