

7 days in Bhutan



WELCOME TO THE LAND OF HAPPINESS

LIFE IS
BEAUTIFUL
WITH
NATURE

A TRIP TO
BHUTAN

TAKE A
BREAK



The Happy Firm

HIGHLIGHT

- A timeless unique culture and tradition
- Important religious Landmarks and its diverse tribes of people
- Landscapes and biodiversity
- Unique sculptures and carvings of Bhutanese ancient temples and monasteries
- Beautiful Gangtey Nature Trail
- Bumdrak Trek
- Visit to famous Taktshang the Tiger's Nest



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DAY 1 – PARO – THIMPHU

Distance: 65km (1.5hrs)

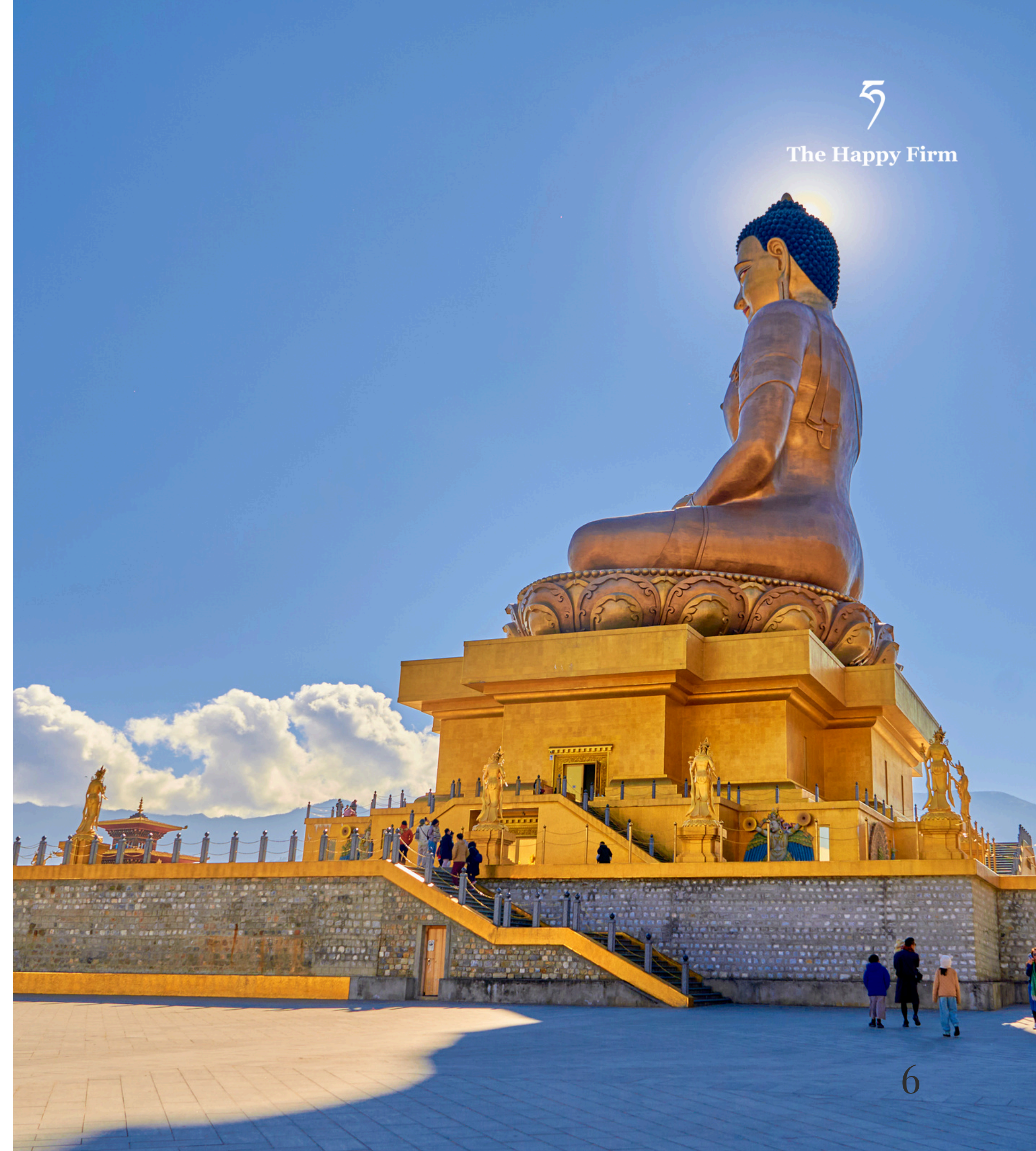
Elevation: 2,250mts / 7,382ft

After landing you will be greeted by your guide and driver and will be transferred to the capital city of Bhutan – Thimphu. Nestled in the heart of the Himalayas, is the largest City in Bhutan.

Upon reaching check into the hotel for some refreshment and visit the following places

- Drive to Buddha Point where the tallest sitting Buddha Statue stands overlooking the beautiful whole capital city.
- Drive back to visit National Memorial Chorten “most religious landmark in Bhutan”. Local people of all ages come to circumambulate reciting prayers
- Evening leisurely stroll through Thimphu town and Bhutanese Authentic Local Craft stall bazaar

Overnight in Thimphu



DAY 2 – THIMPHU – PHOBJIKHA

Distance: 135km (5–6hrs)

Elevation: 3,000mts / 9,843ft

- After breakfast drive to the land of endangered bird species the Black Necked Crane, the Phobjikha Valley
- En-route stop by Dochula Pass (3150m) well known for spectacular views of the eastern Himalayan mountain ranges.
- After reaching Phobjikha explore Gangtey Monastery

Overnight in Phobjikha



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DAY 3 – PHOBJIKHA – PUNAKHA

Distance: 78km (3hrs)

Elevation: 1,200mts / 3,900ft

- Morning explore Gangtey Natural Trail (1.5hr)
- After lunch drive to Punakha and visit Chimi Lhakhang “temple of fertility”.
- Later visit Punakha Dzong, “country’s beautiful fortress” confluence by two rivers Mo Chu & Pho Chu. It is marked by the beautiful traditional suspension bridge
- Evening leisurely explore Punakha Town

Overnight in Punakha



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DAY 4 – PUNAKHA – PARO

Distance: 130km (4-5hrs)

- After breakfast White Water Rafting (Difficulty: Class II – III+)
 - Location: Punakha Valley | Put in: Samdingkha Bridge
 - Take out: River Confluence
 - Flow: 2000 – 3000 cfs
 - Craft: Kayaks and Rafts
 - This part of the river is more of a white water rafting with more rapids and more fun to be on the raft while on the river, opportunities to have more adventure breath taking views, will be passing bridges but at end you will be passing under the longest suspension bridge in the country. Can still have a great view of 360 degree views around you while on the raft.
- Proceed to Paro. En-route once again enjoy the picturesque view of Dochula Pass.
- Upon reaching Paro visit Bhutan National Museum built in the 17th century to guard the Paro Dzong
- Visit Paro Dzong “fortress of the heap of jewels”:
- Evening leisurely explore Paro Town

Overnight in Paro



DAY 5 – TREK STARTS– BUMDRA TREK

Trek Rating: Moderate

Altitude: 3,900–4000 meters.

On the Bumdra Trek, trekkers will spend two days traversing the area around the Bumdra Temple. After driving to the trek point from your hotel, trekkers climb up to the temple and enjoy lunch and beautiful views. Higher up is the campsite and **it is here that guests may learn why this trek is also called the “Trek of Thousand Dakinis (celestial female beings.)”**

Trekkers have the opportunity to explore the caves where the thousand dakinis had convened. In the descent from camp, guests will visit a number of temples including a hill top nunnery. Beautiful views of the temple complex may be seen on the way home.



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DAY 5 – TREK STARTS

Duration: 3–4 hours.

Hike from Sang Choekor Buddhist College in the Paro valley (2,800 m) to Yak pasture where we camp below Bumdra Monastery (3,800 m).

The adventure begins with an early morning drive up to the Sang Choekor to meet our ponies; while they are being loaded we may pay our respects at the college. The initial one to two-hour ascent of a shady, forested ridge brings us to a clearing with prayer flags and views down into both the Paro and Do Chhu Valleys.

Above and ahead the Chhoe Tse Lhakhang (temple) nestles on the mountainside a further one to two hour's walk away. The trail undulates before the last steep section up to the pretty temple which offers commanding views south over Paro and northwards to the snowcapped Himalayas. After a final 20-minute climb through ruins and fluttering prayer flags, we plunge back into ancient forest, and, after traversing for about 40 minutes, we come out onto a high wide meadow dotted with sacred chortens and prayer flags.

Our home for the night is tucked away just under Bumdra Monastery (Cave of a Thousand Prayers) and offers unimpeded views of the Himalayan range.

After lunch we can visit the monastery (if it is occupied) and also climb the peak to the north (about 4000 m) for even better views, returning in time for a well earned dinner.

Overnight Camp 3780m

Bumdrak trek DAY 6- TREK ENDS

Duration: 5 – 7 hours

Trek Rating: Moderate

Climb down to visit Taktsang Monastery and Zangto Pelri Monastery from Bumdrak Monastery.

After a hearty breakfast, it is time to either head straight back into the valley or spend a little extra time soaking up the view. Eventually we have to drop back into the ancient pine and rhododendron forest on the monks' zigzagging trail. After one to two hours of descent we catch glimpses of the golden roofs of temples below.

The path snakes across the mountainside between these monasteries before reaching the gardens of Zangto Pelri (Heaven on Earth) from which you can, **if you are brave, peer over the edge, straight down onto the ornate rooftops of Taktsang Monastery perched against the cliff-face far below.**

An hour later and we are across the gorge from Taktsang Monastery. Follow a steep descent to a waterfall then up some steps and you'll reach the Tiger's Nest itself. Retracing our steps we begin the final descent of about 45 minutes to Paro Valley floor to reach our vehicle from where you will be transferred by road to your overnight accommodation.

- Visit Farmhouse to experience Bhutan local culture and hospitality.

Evening: Relax at Hotel or free to explore further

Overnight in Paro



DAY 7 -RELAX- DEPARTURE

Onward journey depends on the flight schedule on specific day

- Bhutan Airlines BKKPBH DEP/0630 ARR/0955
- Druk Air PBHBKK KB152 DEP/16:20 ARR/2030

PRICE QUOTATION WILL DEPEND ON HOTEL CATEGORY 3*-4*-5*. PLS LET US KNOW SO WE GIVE THE BEST OFFER.



PREPARATIONS BEFORE THE TRIP

ALWAYS CARRY WITH YOU

- Passport
- Identifications documents
- Cash
- Valuable items
- Prescription drugs





INFORMATION ABOUT BHUTAN

- The summer weather can range widely from around 10–25 Celsius degrees. Generally sunny weather in the morning. But it can get quite cold at night. Don't forget to bring a warm jacket for the afternoon and evening, hat and a pair of good walking shoes.
- The altitude ranges from 2000 to 3000 meters above sea level. With approximately 72% of Bhutan covered by forests and trees, there's typically less concern about altitude sickness. Remember to walk slowly and breathe steadily.
- Bhutan, being a sacred Buddhist country, enforces a dress code for all sightseeing areas: visitors are required to wear a shirt with sleeves and long pants or a knee-length dress. The Happy Firm recommends bringing an extra long-sleeved shirt and a warm jacket, especially on the day of our visit to Tiger's Nest.



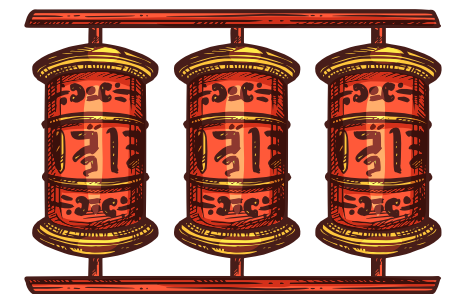
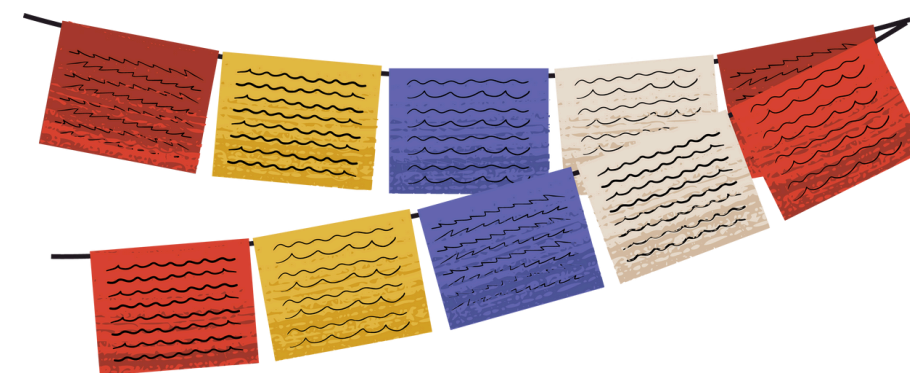
FOR BUMDRA TREK, PLEASE PACK THE FOLLOWING:

- Comfortable trekking cloths
- Rain coats and waterproof hiking shoes incase of rain.
- Sunscreen / Shades / Hats
- Torchlight or headlight
- Altitude sickness medicine just incase
- Walking stick if prefer to bring on your own
- Powerbank for the phone

SHOPPING TIPS IN BHUTAN

Note: The itinerary from The Happy Firm does not include stops at shopping stores. You are free to continue shopping after the tour.

- Shopping malls are not common in Bhutan, and, in general, there isn't a wide variety of products available for purchase. However, you can find unique Buddhist items such as paintings, thangka, Mani (prayer wheel), Linga, and other souvenirs in Bhutan.
- Please note that when purchasing Buddha statues, ensure **that the bottom of the statue is sealed and stamped**. Additionally, ask the seller for a paper or invoice, as this is required by Bhutanese Customs for bringing the statue out of Bhutan.
- **Bargaining and negotiating prices are common** in Thimphu and Paro, allowing you to find the best deals on goods and services.
- Bhutan, primarily an agricultural country, is renowned for its organic products, many of which are beneficial for your health. Notable items include tea, honey, spices, red rice, and jam. You can find these high-quality products at markets and supermarkets in Paro and Thimphu.
- **Wine:** Whisky K5, Misty Peak, Zumzin (no more than 3L/person)
- **Cordyceps: requires a certificate and must be sealed** by the Royal Bhutan Ministry of Agriculture and Food when taken out of Bhutan.
- Herbal incense, Bhutanese herbal plants.





● WIFI/SIMCARD

- The Happy Firm provides each visitor of the charter flight with a 4G Bhutan SIM card, suitable for most mobile phones. Simply install the new SIM, and your mobile phone can connect to 4G. You can ask our tour guides for support in topping up when run out of data.
- The hotel will have wifi but it is quite slow. It can be used to check Email, Facebook, Google, Whatsapp, Viber, Zalo, etc.

● 1USD=83 NU

- The Ngultrum (Nu) is the official currency of the Kingdom of Bhutan.
- Each person is only allowed to bring a maximum of 5000 USD out of Vietnam. You will use USD to exchange for Nu.
- You can exchange for Nu at the airport or at the hotel. Tour guides can also support to exchange for Nu in the town.
- Before going back, if you still have any Nu, we highly recommend exchanging them to USD. But you can keep some Nu as a souvenir, especially the 1 Nu (dragon) and 5 Nu (phoenix)

● TIPPING

- Tips are not compulsory in Bhutan. You can tip based on your satisfaction with the service and attitude of your tour guide/driver. It is general courtesy to tip your tour guide/driver when traveling.
- Suggested: 10USD/person/day.

CLOTHING

- A pair of good walking shoes is a must. If you don't have any, buy one week before the departure date and wear it to get used to. This pair of shoes is used on Tiger's Nest Day. The other days can wear sneakers.
- Sunglasses, Sunscreen SPF 50+, hat.



A pair of good walking shoes



A pair of durable sole shoes to visit Tiger Nest

MEDICINE

- Prescription drug.
- Bring Dramamine or any other motion sickness medicine if you are not used to going on long drives through the mountains and get carsick easily.
- Abdominal pain, diarrhea, menstrual pain. Panadol or Efferalgan fever medicine, Vitamin C tablets...Dry hand sanitizer, tissues, masks, etc.



Bring your prescription drug



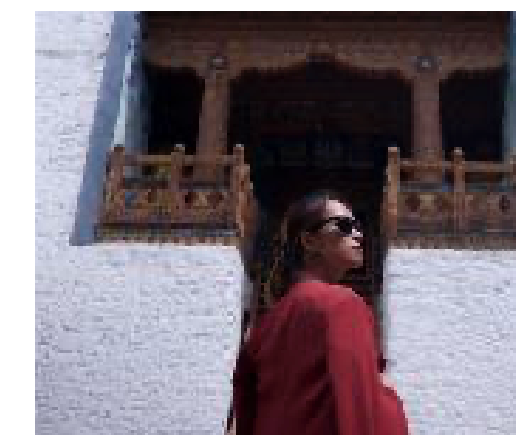
Sunscreen SPF 50++

BRING FAMILAR FOOD WITH YOU:

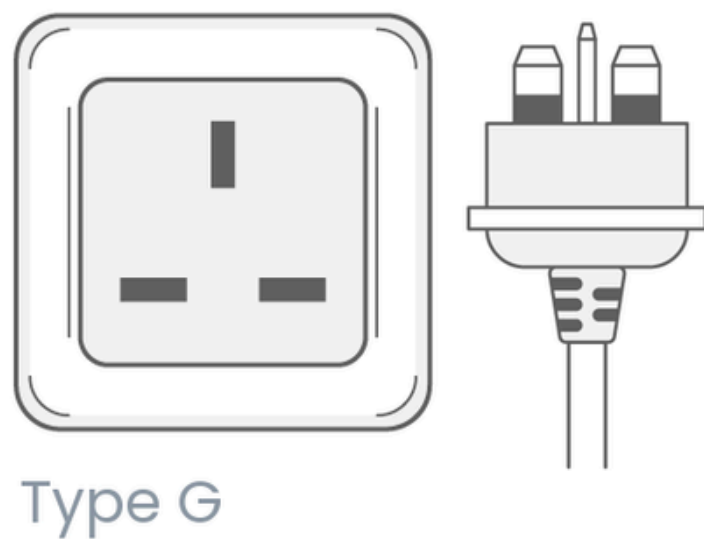
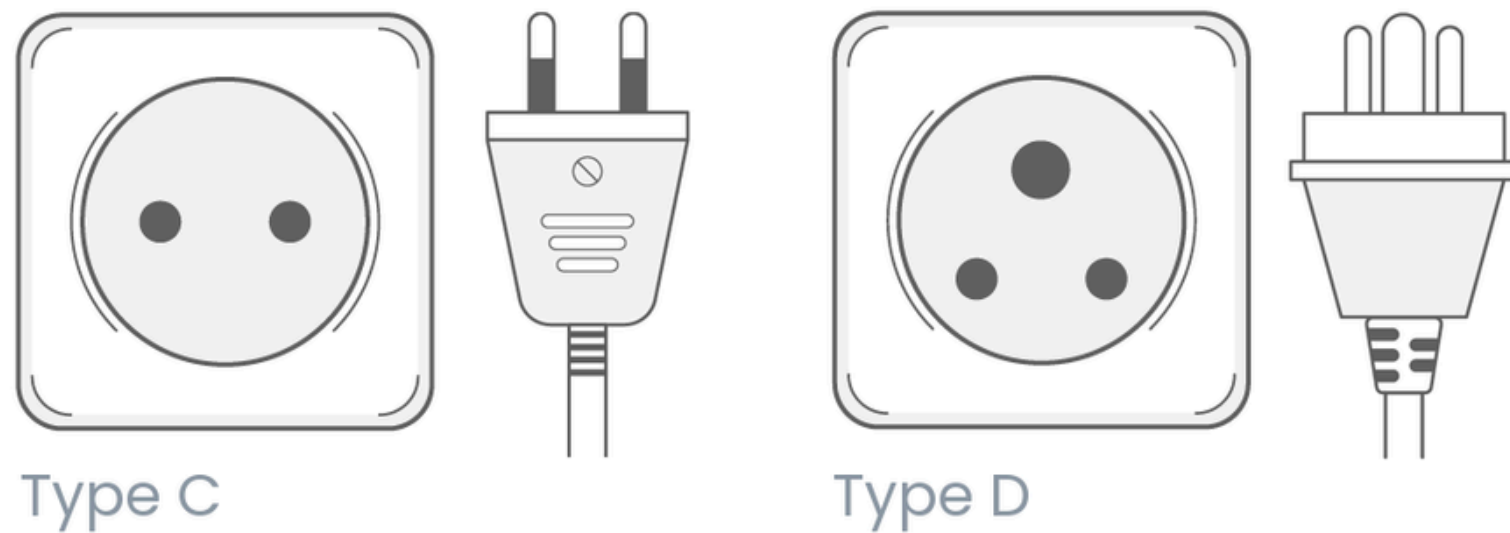
- Bhutanese dishes do not have the rich flavor and variety of choices like you see in Vietnamese dishes. Visitors can bring snacks such as burnt rice, salted shredded pork, noodles, dry dishes, and canned foods. Visitors can bring condiments such as fish sauce, soy sauce, and pepper/shrimp ladle. All should be **carefully packed in checked luggages**.



Instant noddles



Sunglasses and long sleeves shirt



● POWER OUTLETS

Bhutan uses power outlets and plugs of types C, D & G. Take a look at the pictures to see what these plugs and power sockets look like. Different hotels might have different power outlets, We recommend to bring a power plug adapter.

● POWER PLUG ADAPTER

Universal All in One Travel Plug Adapter can be found online or purchase directly in the convenience store.



REGULATIONS OF BHUTAN

PROHIBITIONS

- Prohibited items and prohibited substances are not allowed.
- Do not go to dangerous places without a guide.
- Do not litter. Cooking is not allowed in the hotel.
- Do not buy antiques, textiles, and/or ritual items from the Bhutanese residents.
- Do not carry tobacco or other duty-free goods in excess of the prescribed quantity.
- Tourists are not allowed to work in Bhutan, using visas for improper purposes will result in fines in accordance with the current laws of Bhutan.
- Do not violate Bhutan laws.

PENALTIES

- Litter and defecation on the street: a fine of 1,000 Nu according to regulations in 2012.
- Smoking in public places and prohibited areas: a fine of 500 Nu and must present import documents with tax.
- Using Bhutan Visa for the wrong purpose: a fine of 3,300 Nu and forced expulsion from Bhutan according to regulations.
- Buying and selling prohibited goods: confiscation of goods, fines and court proceedings according to Bhutanese law.
- Carrying tobacco-related products in excess of the prescribed quantity: confiscation of products, fines and court proceedings according to Bhutanese law.
- For tobacco regulations, when bringing cigarettes into Bhutan, visitors must declare and pay 200% tax on the price of cigarettes (if bringing more than 200 cigarettes). If under 200 cigarettes visitors will pay 100% tax. Smoking in the designated places.
- * The above are the provisions contained in your e-Visa – Violations not covered by this regulation will apply under applicable law.



OTHER INFORMATION

Always carry important identification documents with you.
Ask permission before entering sacred sites, homes or private lands.
Ask Bhutanese before taking pictures of them.

Always follow a licensed Bhutanese guide. Always use the transport of Bhutan Travel Company.
Only stay at Hotels that meet the standards of the Bhutan Ministry of Tourism.
Dress modestly when visiting sacred sites. Always keep quiet when visiting near monasteries, fortresses, and offices.

Present originals of authenticated identification documents upon request at checkpoints.
Present the e-Visa at the points of entry upon request.

Comprehensive coverage for sickness, accident and death is required. In the event of an emergency, the responsibility of the Ministry of Tourism and the tour operator is limited to seeking all possible assistance to arrange transport of the traveler to the nearest medical location. The guests/groups involved will pay the expenses incurred (if any) * (Travel insurance is included in the tour program by The Happy Firm)





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Tashi Delek!