

# Spiritual and Wellness Tour

**15 days / 14 nights · Specialised experience · Bhutan**

Meditation, traditional Sowa Rigpa medicine, and natural hot springs across Paro, Thimphu, Punakha, Wangdue, Jakar, Trongsa, and Gangtey.

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| BEST SEASON | Spring (March–May) and Autumn (September–November) |
| DESTINATIONS | Paro, Thimphu, Punakha, Gangtey / Phobjikha Valley |

**Ready to go? Ask us for a personal quote**

https://www.worldtourplan.com/tours/spiritual-and-wellness

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## OVERVIEW

This tour offers a place of solace, rest, and recuperation through meditation, traditional medicine, and natural hot springs. It combines peaceful contemplative practices with Bhutan's healing traditions, including sessions at mineral hot springs and access to traditional Sowa Rigpa medicine, dating to the 17th century and still practiced in indigenous medicine units across all 20 districts.

## HIGHLIGHTS

- Meditation retreats at hermitages and small retreat centers
- Traditional Sowa Rigpa medicine
- Hot spring therapy (Tshachus) — Gasa, Chubu, Dur, Duenmang, and Gelephu springs
- Yoga sessions at most hotels

## PLACES COVERED

Paro › Thimphu › Punakha › Wangdue Phodrang › Bumthang (Jakar) › Trongsa › Gangtey (Phobjikha Valley)

## DAY BY DAY

### DAY 1 Arrive Paro

Arrive in Paro and settle in.

Meals: Dinner | Overnight: 3-star hotel, Paro

### DAY 2 Paro sightseeing

Sightseeing around the Paro valley.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Paro

### DAY 3 Thimphu

Exploration of Thimphu.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Thimphu

### DAY 4 Punakha

Temple visits around Punakha.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Punakha

## DAY 5 Punakha & Wangdue

Regional exploration.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Wangdue

## DAY 6 Jakar

Arrive Jakar for an extended stay with wellness activities.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Jakar

## DAY 7 Jakar wellness

Hot spring and meditation sessions around Jakar.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Jakar

## DAY 8 Jakar wellness

Continued rest and recuperation activities.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Jakar

## DAY 9 Trongsa

Travel and sightseeing in Trongsa.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Trongsa

## DAY 10 Gangtey (Phobjikha)

Valley exploration in Phobjikha.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Gangtey

## DAY 11 Thimphu meditation

Meditation and cultural immersion in Thimphu.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Thimphu

## DAY 12 Thimphu meditation

Further meditation sessions.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Thimphu

## DAY 13 Thimphu meditation

Final day of cultural immersion in Thimphu.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Thimphu

## DAY 14 Paro

Return to Paro to prepare for departure.

Meals: Breakfast, Lunch, Dinner | Overnight: 3-star hotel, Paro

## DAY 15 Departure

Transfer to Paro International Airport for departure.

Meals: Breakfast

## WHAT'S INCLUDED

- Sustainable Development Fee (SDF)
- 3-star hotel accommodations (twin/double sharing)
- Bhutan tour e-visa
- All meals (breakfast, lunch, dinner, evening tea)
- Transportation within country including airport transfers
- Local sightseeing with entrance fees
- English-speaking local guide services
- Hotel taxes and service charges
- Bottled water throughout

## WHAT'S NOT INCLUDED

- International or domestic airfares
- Travel/medical insurance
- Domestic guide and driver airfares
- Services not specified in inclusions
- Costs from strikes, mishaps, political unrest
- Refreshments and personal beverages
- Gratuities for staff

## PRICING

The price depends on nationality, group size, season and travel dates. Contact us for a personal quote for this itinerary.