

Sacred Jomolhari: A Himalayan Journey Through Bhutan |15 Days



Mount Jomolhari, one of Bhutan's most sacred peaks, rises majestically in the Eastern Himalayas near the border with Tibet. Revered as the abode of a protective female deity in Bhutanese Buddhism, Jomolhari holds deep spiritual and cultural significance for the Bhutanese people. Surrounded by pristine wilderness, ancient monasteries, and glacial landscapes, the mountain stands as a symbol of Bhutan's strong connection between nature and spirituality.

Trip Highlights

- Visit Ancient temples, monasteries, Dzongs(Forts)
- Take part in Archery matches
- Visit to pristine villages and farm house & local delicacies
- Scenic Mountain Landscapes
- Diverse Himalayan Flora and fauna
- Good Chance of sighting Himalyan Blue Sheep/Yaks and Himalyan Pheasants
- Yak Herders' camp & Highland Yak Pasture
- Explore High Altitudes lake Tshophu from the Base Camp
- Breathtaking view of Mt. Jhomolhari & Mr. Jichu Drake
- Explore Jhomolhari Glacier

Detailed Itinerary

Day 1: Arrive in Paro, Bhutan

Welcome to Bhutan, the Land of the Thunder Dragon!!

Upon arrival in Paro, clear customs and immigration. Meet your Guide and driver outside the terminal building and transfer to Thimphu. Enroute, you will stop to visit Tamchog Lhakhang located at the other side of the river and connected by sacred suspension bridge dating back to 13TH century Saint Thangthong Gyalpo. Upon reaching Thimphu, If time permits stroll around the capital city.

Drive from Paro to Thimphu: The distance of about 65kms from Paro town takes about little more than 1 hour. Drive south following Pachu river to the river confluence at Chuzom, which is also the hub of road network going to Paro, Ha, Thimphu and Phuntsholing. From Chuzom, the drive takes about 1 hour, staying close to the Wangchu River in the valley floor, as you pass through villages and suburbs to the capital, Thimphu. En-route, you can stop to view Tachogang temple and the nunnery at Sitsina.

Accommodation: Pedling Hotel & Spa

Meal: Dinner

Day 2: Thimphu

Full day sightseeing in Thimphu.

Visit Memorial Chorten, Takin Sanctuary, Buddha Point, handmade paper factory and weekend market. Towards end of the day visit Tashicho Dzong.

Memorial Chorten: This landmark of Thimphu was built in 1974 in the memory of third King, Jigme Dorji Wangchuk, who is popularly regarded as Father of Modern Bhutan. It is a four-storey tall white building, containing statues and iconography of deities from complex tantric teachings and serves as an important place of worship for Thimphu residents, as well as from other parts of the country.

Takin Sanctuary: Takin (*Budorcas taxicolor*) has been chosen as the national animal of Bhutan is based both on its uniqueness and its association with country's history and mythology. It is said that Devine Madman, a popular saint is said to have created it with his magical power at a large congregation of devotees. It resembles like a cow from back and goat in the front and continues to befuddle taxonomists, who cannot quite relate to other animal.

Buddha Point: This is a new monument and main highlight of Thimphu valley. It has 165 meter high Buddha Statue

Paper Factory: Traditional papers were made from the daphne plant, using simple methods.

Weekend Market: The colorful weekend market of Thimphu is held from Friday-Sunday. Residents of Thimphu and country sides come to shop for food and clothes. There are some handicrafts and gifts shop as well, and provide a great photography scene.

Tashichhodzong: This fortress serves as the office of the King, ministers and various government organizations. It also is the headquarters for central monastic body of

Sacred Jomolhari: A Himalayan Journey Through Bhutan

|15 Days

Bhutan. Bhutan's spiritual leader Je-Khenpo and the monks of both Thimphu and Punakha reside here during summer. It is also the venue for Thimphu Festival in the fall season.

Accommodation: Pedling Hotel & Spa

Meal: Breakfast, Lunch, Dinner

Day 3: Thimphu – Punakha



Drive to Punakha (3 hours drive). In the afternoon, easy hike to the Fertility Temple (Chimi Lhakhang) and visit historical Punakha Dzong – the sacred site of Royal Wedding. Overnight hotel, Punakha.

Drive from Thimphu to Punakha/Wangdue: The drive from Thimphu (75kms) takes about 3 hours. The road climbs from Thimphu to Dochula pass and descends through ever changing forests into the semi-tropical valley of Punakha and Wangdi at around 1200m. En-route stop at Dochula pass (3050m) where you can view the eastern Himalayas, including Bhutan's highest mountain, Gangkar Punsum (7,550m).

Fertility Temple (Chimi Lhakhang): a monastery and fertility temple dedicated to Lama Drukpa Kuenley, a Tibetan Buddhist saint known popularly as “the divine madman” and considered a folk hero in Bhutan for his unconventional ways. Drukpa Kuenley originally built a chorten on the site in the 14th century, on which a temple was later built in 15th century. The temple, flanked by nearly 100 tall prayer flags, sits atop a picturesque hill. It has long been a pilgrimage site for childless couples. This easy walk takes about ½ hour each way.

Punakha Dzong: or Pungthang Dechen Phodrang "Palace of Great Happiness" popularly known as Punakha Dzong, located on the confluence of two rivers; Pho and Mochu was built in 1637 by Shubdrung Nawang Namgyal. It serves as winter residence for the Central Monastic body, which migrate from Thimphu to Punakha in the winter. It is also the venue for Punakha Festival held in February or March.

Punakha and Wangdue: Punakha and Wangdue, although two separate districts, are located in one valley (20km/ ½ hr drive apart) and they are at the lower elevation of about 1,250m with pleasant winters. Cactuses, Oranges, bananas and sub-tropical plants are found here. Punakha was once the winter capital of Bhutan, the tradition that is still held by the Central Monastic body.

Accommodation: Hotel Lobesa

Meals: Breakfast, Lunch, Dinner

Day 4: Punakha - Phobjikha

After breakfast, drive to Phobjikha. Enroute stop at old Wangdiphodrang town and visit huge Wangduephodrang Dzong and continue uphill drive to Phobjikha. Overnight hotel, Phobjikha.

Drive from Punakha to Phobjikha: Drive to Gangtey (Phobjikha) takes about 2 ½ hours covering distance of 60 km. The road climbs from Wandue, drive uphill almost crosses over Pele La pass 3400m. Before, reaching the pass, the road diverges and we take the road least traveled by. This eventually leads into the 'hidden valley' containing the stunningly beautiful monastery of Gangtey Gumpa.

Black-necked Crane: 'Thrung Trung Karmo' as this bird is passionately called in Bhutan is subject of many Bhutanese songs and folklore. They are seen among the painting on the walls of temples and Thankga. These endangered species of cranes migrate from Tibet in late autumn and typically stay till the mid march. About 3-400 cranes reside in the wetland in the center of the valley. The Observation & Education Centre (open 7-7pm – Mon-Fri) has informative display about the cranes and conservation effort in the valley.

Phobjikha Valley: Phobjikha (3000m) is a wide-glacial and beautiful valley, designated as conservation zone within the Black Mountains National Park, a natural habitat for wildlife, including nesting black-necked cranes from Central Asia (mid autumn till early spring). Because of the conservation measures, there is no electricity in the valley. The lodges use solar powered cells or generator to light which is turned off after dinner. Hot water is provided in the bucket and rooms are heated with wood stoves.

Accommodation: Dewachen Hotel & Spa

Meals: Breakfast, Lunch, Dinner

Day 5: In Phobjikha Valley

Phobjikha is one of the most beautiful place in Bhutan and designated as conservation zone. This valley is also

Sacred Jomolhari: A Himalayan Journey Through Bhutan

|15 Days

considered sacred due to the presence of endangered Black Necked Crane in the winter season. Spend your day visting Gangtey Gonpa, the Blacked-Naked Crane center and exploring the flat beautiful valley and traditional village untouched by modernity.

Gangtey Gumpa: Gantey Gumpa monastery sits atop a hillock that overlooks the Phobjikha valley. It is headed by the ninth Gangtey Trulku and is the largest Nyingma monastery in western Bhutan. It was founded in 1613 by Gyalse Pema Thinlay, a grandson and reincarnation of influential treasure finder Pema Lingpa. Incarnate line of Pema Thinlay, representing the body aspects of Pema Lingpa, contrasted with mind and speech emanations. The monastery has been recently built and surrounding the monastery are village homes and hermitages.

Endangered Black-Necked Crane Information Centre: The centre displays about the cranes and the valley environment. You can use the centre's powerful spotting scopes and check what you see against its pamphlet 'Field Guide to Crane Behaviour'. If the weather isn't good, you can browse the library and handicraft shop, and watch videos of the endangered birds, its habit and habitat. This valley is also one of the pioneer centre ecotourism in the country.

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Accommodation: Dewachen Hotel & Spa

Meals: Breakfast, Lunch, Dinner



Day 6: Phobjikha - Paro

After breakfast, drive to Paro. In Paro, you will visit National Museum, Rinpung Dzong, Kyichu Lhakhang and Traditional Bhutanese Farm House in the village.

National Museum: Established in 1967, the museum is housed inside a circular Ta Dzong, an ancient Watch Tower. It holds fascinating collection of arts, relics, religious thangka paintings, households stuffs, arms, handicrafts, stuffed animals and Bhutan's famous Stamps among others. (open 10-4pm – closed on Monday).

Rinpung Dzong: meaning "fortress of the heap of jewels". Built in mid 17th century, it now serves as the administrative and judicial seat of Paro district and residence for the 200 monks of Paro. It is also the venue for Paro festival held in the spring. Several years ago, the colourful movie Little Buddha was filmed here.

Kyichu Lhakhang: Tibetan King Songtsen Gampo in the 7th century miraculously built 108 temples, along with Jorkhang in Lhasa. Kyichu is considered to be one of them and is one of the oldest temples in Bhutan.

Farm House or Village Home: Bhutanese farmhouses are colorful, decorative and traditionally built without any nails. Majority of the houses are with three story, first floor is utilized for sheltering cattle, second floor for the family to live in and the top for storing and drying of foods and fodder for animal. Almost all the farmhouses follow the same architectural pattern. A visit to farmhouse is interesting and provides you with an experience to the daily life of average Bhutanese.

Drive from Thimphu to Paro: It takes about 1 hour to Paro from Thimphu. The western branch of lateral highway from Thimphu, runs close to the Wangchu river in the valley floor, through the suburbs and villages of Thimphu to arrive at the river confluence of Chuzom, which is also the hub of road network going to Paro, Ha, Thimphu and Phuntsholing. From Chuzom, it is north-west for about ½ hour, following Pa Chu river upstream, passing Tachogang temple on the other side of the river, then through relatively straight road, into the villages and farm houses of Paro valley.

Paro: Paro is one of the most beautiful valleys in the country with Bhutan's only airport located here, among the terraced fields, and elegant farm houses. Willow trees line many of the roads, contrasting with bright colors of the fields and the most popular and important sites also found within Paro district. Paro town (2,280m) is still a small with one main street and less than one hundred small family-run shops. The weekend market in Paro is held on Saturdays.

Sacred Jomolhari: A Himalayan Journey Through Bhutan

|15 Days

Accommodation: Mandala Resort

Meals: Breakfast, Lunch, Dinner

Day 7: Paro - Hike to Tiger's Nest Monastery & drive to Shana for 2 Hours.

After breakfast, hike to famous Tiger's Nest Monastery.

After completing the hike drive to Shana for 2 hours.

Overnight at camp in Shana.

Hike to Taktsang (Tiger's Nest Monastery): Drive north of Paro town for about 1/2 hr and embark on a trek to the famed Taktsang (Tiger's lair) monastery. Taktsang monastery is located on the face of a 1,000m seemingly impossible sheer, vertical cliff, above Paro valley. The trail begins near the Satsam (2650m) and climbs steeply uphill to the Cafeteria (2,940m), an area of exposed ridge with panoramic view of Taktsang. This takes little more than an hour. (Ponies are provided on request to ride up till this Cafeteria, but rest of way, including return downhill must be on foot.) You can get a good view from the Cafeteria or hike further uphill for another hour or so to the main temple itself. There are several other temples and sites within the vicinity. Lunch can be taken at the tea house. The return trek to the road where we started the trek is quite steep downhill to the point where you will be met by your driver who will drive you to SHANA.

Drive to Shana: drive to Shana 2 hours following the river gently uphill through a narrowing valley of paddy fields. You will find plenty of traditional farm houses in a purely rural setting. The camp site is just beyond an army outpost.

Accommodation: Tented Camp

Meals: Breakfast, Lunch, Dinner



Day 8: Trek Shana - Soe Thangthangkha

Continue uphill through the river valley which narrows and closes in after some distance. The trail then winds up and

down along the drainage. Most of the trail actually is down hill after the initial climb. The camp site is located in a meadow with stone shelter.

Accommodation: Tented Camp

Meals: Breakfast, Lunch, Dinner

Day 9: Trek Soe Thangthangkha - Jangothang

Walk up along the Pachu (Paro river), pass a small army outpost where the valley begins to widen again. You can now clearly view the high ridges and the snow capped mountains all around and also see the yaks and the yak herders winter homes. Camp beneath a ruined fortress at the base of the Chomolhari mountain. Alt. 4040m. Distance 19 km and time 5-6 hours with 480 m ascend. The views of Jhomolhari and Jichu Drake are superb from the Camp.

Accommodation: Tented Camp

Meals: Breakfast, Lunch, Dinner

Day 10-11: In Jangothang - Acclimatisation & Exploration

Two days in Jangothang is the highlight of the trek; the view don't get any better than here. There are lots of day hikes that you make and a day or two are very well spent exploring the surrounding heights & glacier lakes. Jangothang is one of the most spectacular camping places in the entire Himalayas. Chain of snow peaks form the eastern side of Paro river, which is clear little brook here, and there are Yak herders villages, and trout filled lakes to visit. You may hike towards the glaciers of Jhomolhari, or towards the Tshophu Lakes for magnificent views or fishing Himalyan Trout or explore the nomad's settlement villages. Of course, you can also opt to stay at camp, enjoy the views, and take rest for the challenging day ahead. You may also visit local school in the morning on how the children learn to study. You may hike to the point where you will see the glaciers of Mt. Jichu Drake. A visit to a village home at Jangothang considered as base of Mt. Jomolhari will be a unique treat for you to see the people living a happy life in the highland and how they revere the nature as their guardian deities.

Accommodation: Tented Camp

Meals: Breakfast, Lunch, Dinner

Day 12: Trek Jangothang - Soi Yaksa (Dhumzo)

It can be challenging today as we cross the highest pass on this trek. The trail leads to a last settlement in the valley and drops to the Paro Chhu. Passing the lake of Tshophu

Sacred Jomolhari: A Himalayan Journey Through Bhutan |15 Days

(4,380m) you will climb up steeply to Bhonte La pass at 4,890 m, the highest point of this trek route. Reaching the Dhumzo Chhu river, you trek downstream passing the few houses of Soi Yaktsa (Dhumzo) to arrive at your camp soon after.

Accommodation: Tented Camp

Meals: Breakfast, Lunch, Dinner



Day 13: Trek Soi Yaksa - Thombu Shong

Today our trail climbs 100m over a ridge to drop to another stream then. After crossing the Takhung La pass (4,520m) you descent to Thombu Shong, three yak herder huts with your campsite next to them.

Accommodation: Tented Camp

Meals: Breakfast, Lunch, Dinner

Day 14: rek Thombu Shong - Shana - Paro

Crossing Thombu La pass (4,380m), trail makes a steep descent, zigzagging down the ridge through wildflower bushes, mostly edelweiss, before reaching Gunitsawa and finally Shana Zampa (2580m), where you will meet your transport and drive to Paro for about 2 hours. Distance 13 km; walking time 4-5 hours; Ascent 200 m, descent 1650 m. Drive to Paro from Shana for about 2 hours. Overnight hotel, Paro.

Accommodation: Mandala Resort

Meal: Breakfast, Lunch, Dinner

Day 15: Paro - Depart

After breakfast drive to the airport for your flight to onward destination with wonderful memories of Bhutan.

Meal: Breakfast

Includes

- Airport (pick up/drop off) transfers by private A/C vehicle
- Accommodation on a twin-sharing basis in hotels and sleeping tents (guests need to bring their own sleeping bags)
- All meals (including hot meals – breakfast, lunch, and dinner on trek)
- Daily SDF/Government Tax
- Bhutan Visa, Visa Processing
- Visa Fee, Government Tax & Surcharge
- Japanese/Korean-made transport
- Sightseeing as per the itinerary
- Route Permits/Special Permits
- Licensed & Certified English-Speaking Guide (including trekking guide on trek)
- All Hotel Tax and Service Charge
- Entry Fees to Museums and Monuments
- Toilet Tents and Individual Sleeping Mats
- Camp Fees
- Trekking Permits
- Kitchen Staff (Cook, Waiters, Dishwashers)
- Horses, Ponies & Porters

Excludes

- International flight tickets
- Visa fee
- Travel insurance
- Meals not mentioned in the itinerary
- Personal clothing and equipment
- Tips for trip leader/guide, driver, hotel staff and porters
- Items of personal nature such as alcoholic beverages, soft drinks, laundry, and other unforeseen expenses
- Items/services not listed in "included"
- Extra expenses/payment for 'Optional' activities/programs if participated

Accommodation

Bhutan Mandala Resort, Paro

Located on a forested hill, Bhutan Mandala Resort provides a spectacular panoramic view of the Paro valley, and the lush rice fields surrounding it. Combining Bhutanese cultural traditions and hospitality with contemporary needs, guests will be able to explore the serenity and uniqueness of rural Bhutan while still enjoying the modern luxuries Bhutan Mandala Resort provides.

Sacred Jomolhari: A Himalayan Journey Through Bhutan |15 Days

Pedling Hotel & Spa, Thimphu

Pedling Hotel & Spa is a great choice for travelers looking for a 3 star hotel in Thimphu. It is located in Thimphu City Center. Among all the 3 Star hotels in Thimphu, Pedling Hotel & Spa is very much popular among the tourists. A smooth check-in/check-out process, flexible policies and friendly management garner great customer satisfaction for this property.

Hotel Lobesa, Punakha

Hotel Lobesa is a charming three-star hotel in Punakha offering spacious, boutique-style rooms with balconies overlooking lush valleys and fields. Guests can enjoy traditional Bhutanese cuisine at the on-site restaurant and relax in a warm, welcoming atmosphere. Perfect for travelers exploring Punakha, Hotel Lobesa combines comfort, stunning views, and friendly service for a memorable stay.

Dewachen Hotel & Spa, Phobjika

Encircled by pine forests in the hidden valley of Phobjika – Gantey Gumpa, home to the very rare Black Necked cranes, the Dewachen Hotel features sixteen double rooms, modern bathroom fittings, heavenly bedding comforts, and a restaurant with a magnificent view and the finest cuisine prepared by a professional chef.

Camping-Tent

Our classic A-frame or ridge tents are sturdy and have plenty of room for two people. We use water and windproof flysheet which help make the tent nice and cozy inside. To complete the setup we provide a high-quality foam mattress together with an insulation pad so that you get a good sleep after a long tiring day.

Group/Individual

On this trip you will be traveling privately with your family & friends. Our representative/tour partner will look after your transfers to and from the airport and will be around to answer other questions you may have about your trip.

Accommodation – Hotel, Resort

Your accommodation has been selected for convenience of location, comfort or character, and can range from a business hotel in one city to a fine heritage hotel in another or a family-run guesthouse or lodges in a smaller town. Accommodation in remote areas tend to be basic and may not have western amenities.

Single Accommodation

Single (room) supplement is provided on request (single supplement charge applies) and are subject to availability.

Food & Transport

All breakfasts, 14 lunches and 14 dinners are included.

Bhutanese cuisine is influenced by Chinese, Tibetan and Indian culture and generally is spicy. However, don't be too worried if you aren't able to eat food that is too spicy. A majority of Bhutan's professional chefs/cooks take into account the foreigners' less spicy taste. The hotel/restaurant meals in Bhutan are usually buffet style and include Bhutanese and Western food.

For airport, sightseeing transfers, and for long drives we use a private air-con car, jeep, van depending upon group size. Internal flights are based on economy class, with reputable airlines.

Weather

Generally, the ideal time to visit Bhutan is either in autumn from September to November or in spring between March and May. Himalayan views tend to be best between October to December, as the weather is generally clear with sunny skies. From March to May the valleys are awash with colour when the famous rhododendrons bloom (particularly in May); the country has over 45 wild species. You will experience a range of temperatures during the trip depending on the altitude. During the day temperatures will be approx. 10°C-20°C. At night temperatures will drop in autumn to about 3°C-4°C.

Baggage Allowance

At time of writing the standard weight limit is one checked baggage is 25kg (55lb) and hand baggage 7kg (15lbs). We recommend packing only one piece of checked baggage. Luggage allowances for both hand and checked luggage are subject to change, we suggest you check the airline's website for the latest information prior to your departure.

Please note there is no direct flight to Paro (Bhutan) from Europe or America. You can fly to Paro either via Kathmandu (Nepal) or Delhi (India).

ESSENTIAL/PRACTICAL INFORMATION

Passport & Visas

Sacred Jomolhari: A Himalayan Journey Through Bhutan |15 Days

All nationalities require a passport that must be valid for 6 months beyond the intended length of stay. It is your responsibility to have the correct personal documents and to obtain your own visa, in accordance with the regulations of the country you are to visit. The information below is primarily for EU passport holders, and other nationalities should check with the relevant embassies. We are not responsible for the actions of local immigration and customs officials, whether at points of entry or otherwise, and any subsequent effects.

Visa is required to enter Bhutan and as per government rules Bhutan visa should be processed through a travel agency. Hence, we will arrange/process visa for you. You will need to send us a clear copy of your passport at the time of booking; as we have to arrange/process in advance. It can either be sent by post or scanned; it should be very clear and in colour. If you need to get a new passport for the journey, please apply for this immediately, and send us the copy/scan as soon as you receive your new passport. It is important the information you give us is correct, and that the passport copy you send us is the one on which you will be travelling to Bhutan.

Please note: Visa regulations may change without notice, therefore please make sure to check the most current/updated regulations or contact us.

Vaccination & Health

Travel health can often be something people forget about before going away, but a little preparation and knowledge can go a long way to help you stay fit and healthy while abroad.

There are no mandatory vaccination requirements for Bhutan. However, recommended vaccinations for this trip are: Polio, Tetanus, Diphtheria, Typhoid, Hepatitis A, hepatitis B, cholera, rabies, and tuberculosis.

You will also need a yellow fever vaccination certificate if you're arriving from a country with risk of yellow fever transmission or transiting for more than 12 hours through a country with risk of yellow fever transmission. Please confirm your vaccine recommendations and requirements with your doctor or travel clinic.

Dengue (a tropical viral disease spread by daytime biting mosquitoes) risk is present throughout the country at elevations below 2300 m. There is currently no vaccine or prophylaxis available, so take the usual precautions to avoid mosquito bites.

Local Time

UTC/GMT + 6 hours.

Electricity

In Bhutan, power plugs and sockets (outlets) of type D, type F and type G are used. The standard voltage is 230 V at a frequency of 50 Hz



Money

The Bhutanese unit of currency is the Ngultrum and 1Nu = 100 Chetrum. The Ngultrum is pegged to the value of the Indian Rupee and at the time of this publication (December 2025) the approximate exchange rates are **Nu 106 to 1 €** and **Nu 90 to 1 US\$**.

It is illegal to import or export Ngultrum. You are advised to bring most of your money in cash as you may have difficulty changing travelers cheques outside Thimphu/Paro. It makes no difference whether you bring Euro or US Dollars. You should change your money on arrival at Paro either at the airport or hotel (please note that the hotel often gives a better rate than the airport).

To get the best exchange rates for Ngultrum, bigger denominations Euro/US\$ that are in pristine conditions (no fold, no mark, no tear, no stain) are required.

ATM | Credit Cards

Throughout the major towns of Bhutan, you will find ATM kiosks of the major Bhutanese banks like the Bank of Bhutan, Druk PNB Bank and Bhutan National Bank. Money can be withdrawn from these ATM kiosks using some major credit cards such as Visa and MasterCard.

We recommend you change most of the money you need for the trip before leaving Thimphu. Please do not rely wholly on ATM machines as often they are broken or run out of cash. Credit cards are accepted in larger shops, handicraft stores and hotels in Thimphu other major towns.

Extra Expenses & Spending Money

You will need to bring some extra money to cover drinks, laundry, souvenirs and any other personal expense, plus any additional sightseeing that may be offered to you. Though it totally depends on individual but generally an

Sacred Jomolhari: A Himalayan Journey Through Bhutan |15 Days

approximate amount of US\$150 per person, per week should be sufficient (more if you enjoy a few beers); however, for those that can't resist a bargain or may wish to participate in all of the optional excursions, consider allocating a higher amount. Or if you are the one frugal with money probably allocating less would also suffice.

Optional Tours may be offered in some city you visit during your tour. These are not included in the standard itinerary and will only be available if time permits and if seats are available. Please ensure you have additional funds available if you feel you may wish to participate in any extra activities. Each optional tour/activity will be arranged locally by our local partner/guide, participation and tipping for optional excursions is completely at your discretion.

Tipping

In Bhutan, tipping is not mandatory but is customary and appreciated, especially for tour guides and drivers who accompany travelers throughout a trip. On multi-day programs, it is common to tip the main guide around US\$ 10–15 per day (for entire group, not per person) and the driver around US\$ 6–10 per day, depending on service quality. Tips are usually given at the end of the tour in cash (local currency) as a gesture of appreciation for good service, professionalism, and care. In hotels and restaurants, tipping is less expected, though rounding up the bill or leaving a small amount for porters or housekeeping is appreciated. Overall, tipping in Bhutan is a polite way to say thank you, guided by satisfaction rather than obligation.

Itinerary Change

In case of some unusual events/incidents the order of programs (sightseeing, excursions etc.) might have to change in order to accommodate the local situations. In these circumstances we will make the best possible arrangements while maintaining the overall integrity of your trip.

The domestic airlines may change their schedule frequently and, in such cases, our local partner/guide will inform you about the changes.

Travel Insurance

We highly recommend to choose/get an insurance plan/policy that covers your needs. And please make sure to keep/carry a hard-copy of your travel insurance documents on your person while on tour. It's prudent to check thoroughly the inclusions and procedure to file claims prior

to purchasing insurance coverage. *travel-to-nature Asia* will not be responsible for any costs incurred by you due to your failure to purchase appropriate travel insurance from the date of booking.

Dress Codes

Bhutan is a relatively conservative Buddhist country. The Bhutanese opt for a formal approach to dress, typically wearing the traditional dress ("Kho" for men and "Kira" for women on a daily basis).

The traditional dress consists of long skirts down to the ankle, long sleeves, and high necklines. It's advisable that you exhibit similar modesty while travelling in Bhutan.

A lot of the temples, dzongs and religious sites that you visit during your journey around the country will require you to cover up your arms and legs anyway so it's better to be dressed appropriately at all times.

IMPORTANT INFORMATION: On all guided trips although our leaders/guides are well trained to deal with different capabilities, if they have any concerns about someone's ability to safely partake in an activity, or their impact on other people's enjoyment, we authorize them to take necessary action which, in some circumstances, may involve asking someone to miss that activity.

December 2025