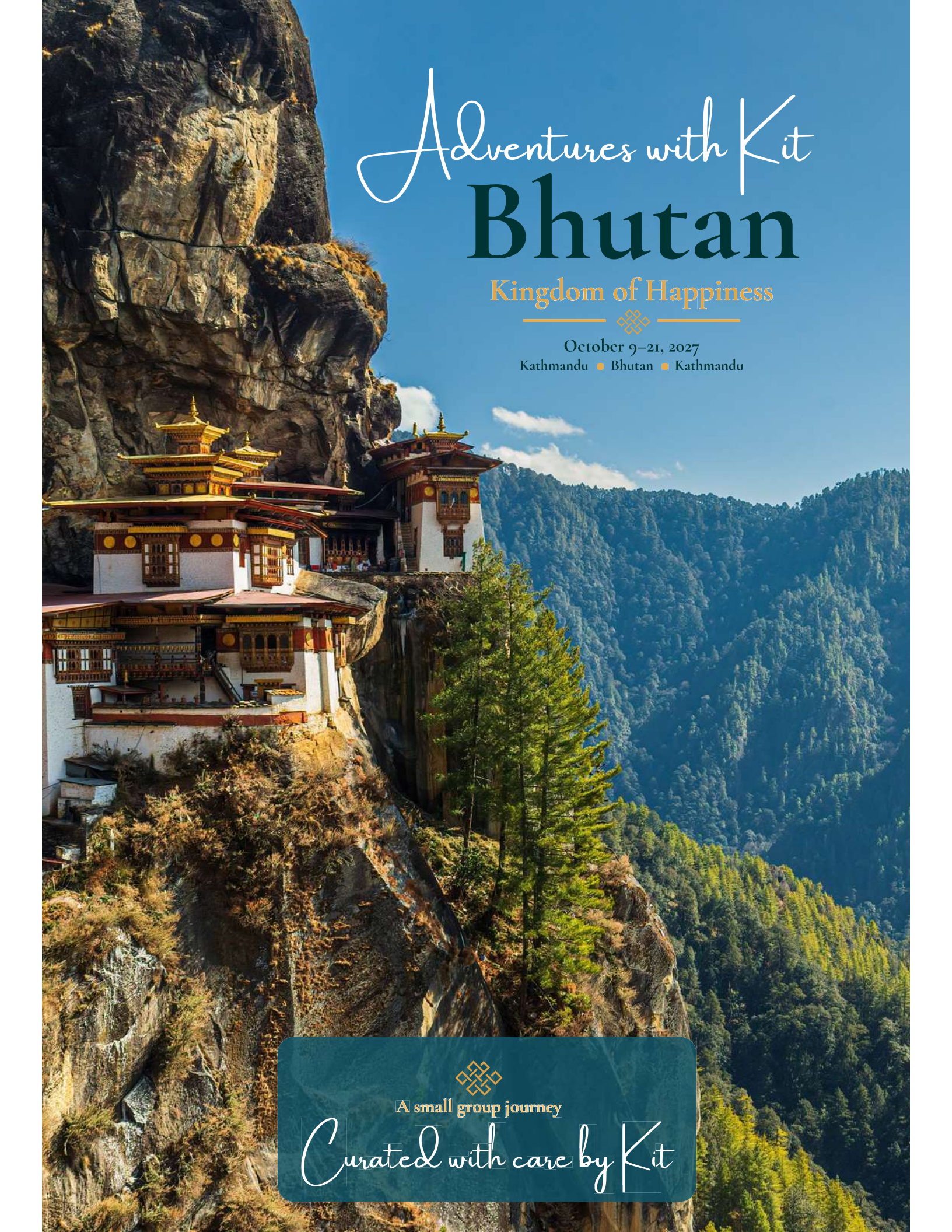




Adventures with Kit Bhutan

Kingdom of Happiness

October 9–21, 2027

Kathmandu • Bhutan • Kathmandu



A small group journey

Curated with care by Kit



Before We Go

Everything you need to know for your Bhutan adventure.



TRIP HIGHLIGHTS

- ★ Hike to the iconic Tiger's Nest Monastery
- ★ Experience vibrant local festivals
- ★ Cross breathtaking mountain passes
- ★ Walk the longest suspension bridge in Bhutan
- ★ Discover ancient monasteries and dzongs
- ★ Learn the art of traditional Bhutanese cuisine
- ★ Visit local artisans, weavers and a honey farm
- ★ Unwind in peaceful valleys and warm hospitality
- ★ Optional white water rafting on pristine rivers
- ★ Capture unforgettable Himalayan scenery



QUICK FACTS



CAPITAL
Thimpu



POPULATION
800,000



CURRENCY
Ngultrum
(BTN)



RELIGION
Vajrayana
Buddhism



LANGUAGE
Dzongkha



DRIVING
On the left



TIME ZONE
GMT +6



BEST TIME TO VISIT
March – May
September – November



VOLTAGE
230V



BUILT ON VALUES
Guided by Gross
National Happiness



WEATHER

Layers are essential



DAYTIME
18–22°C



EVENINGS
2–10°C



A WORD ABOUT ALTITUDE

We'll travel between 1,500 and 3,800 metres (5,000–12,460 ft). Our highest point is only a brief photo stop. Stay hydrated, take it easy, and consider paracetamol or ginger if appropriate for you.

Most travellers experience no altitude issues, but if symptoms do occur, descending to a lower elevation is the best treatment.

HIGHEST POINT
– 3800 m

AVERAGE
2200 – 3100 m

**Drink lots of water.
Take it slow.
Listen to your body.**



PACKING LIST



Waterproof
jacket



Comfortable
hiking shoes



Sunscreen



Hat



Sunglasses



Power
adapter



Camera



Small
backpack



Refillable
water bottle



Kit's Tip

Bhutan isn't a country to rush through. Slow down. Look around. Some of the best moments on this trip won't be on the itinerary—they'll happen in between.





DAY
1

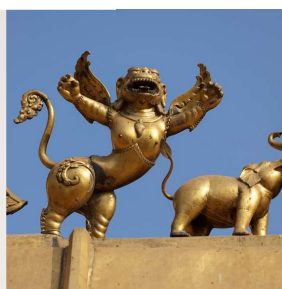
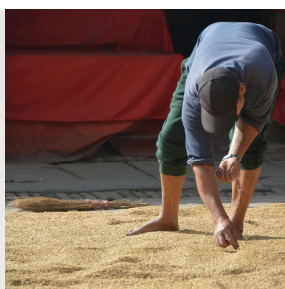
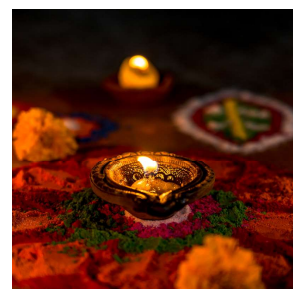
Saturday, October 9th

Meet the rest of the group at 12:00 pm at the Heritage Hotel in Bhaktapur, as per your joining instructions. The hotel can store your bags until check-in if your room isn't ready yet. After a quick introduction, we'll meet our local guide for a walking tour of the ancient town. And our first stop? Lunch!

Wander the ancient streets for a glimpse into daily life—the drum maker just across from Taumadhi Square, the potters creating everything imaginable in terracotta just down the lane from Durbar Square, and the devout taking every opportunity to say a prayer or spin a prayer wheel. Bhaktapur is the city you remember Kathmandu being... 40 years ago.

We'll have time to capture a few sunset photos in the old town before joining everyone back at the hotel for a welcome dinner.

The adventure begins!



OVERNIGHT



in Bhaktapur
(1 night)

Arriving early?

One of the coolest things you can do if you arrive early is to find a spot in Durbar Square and simply people-watch. It's the perfect place to soak in the atmosphere and watch daily life unfold.

Over in Potter's Square, there's a little café where you can even take a pottery class and learn to make some of the beautiful pieces you see for sale throughout the town.

MEALS INCLUDED



Lunch
Dinner



GOOD TO KNOW

- Comfortable walking shoes are recommended, as Bhaktapur's streets are paved with uneven brick and stone.
- Cash is useful for small cafés, local shops, and market purchases.
- Please ask permission before photographing local people, especially monks and children.
- Dress modestly when visiting temples and remove your shoes where required.
- Stay hydrated and take your time after your flight—today is all about easing into the adventure.



DAY
2

Sunday, October 10th

Pack your bags this morning—we're flying! After breakfast, we'll check out of the hotel and head to the airport for our one-hour flight to Paro, Bhutan's only international airport.

Paro is situated in a beautiful valley at 2,280 metres and is a fitting introduction to this charming kingdom. Our guide and driver will meet us at the airport and take us on a scenic one-hour drive through the Paro and Thimphu river valleys to Thimphu, Bhutan's capital, at 2,320 metres (7,600 feet).

Along the way, we'll stop to take in the magnificent Tamchhog Lhakhang, the hereditary place of worship of Bhutan's legendary iron bridge builder.

Later, we'll take a late afternoon walk around town and soak in the atmosphere of this magical capital, with its busy shops and bustling bazaars.

OVERNIGHT



in Thimphu
(1 of 2 nights)

Did you know?

Thimphu is one of the world's few capital cities without traffic lights. Instead, white-gloved police officers direct traffic from beautifully decorated booths.



MEALS INCLUDED



Breakfast
Dinner



GOOD TO KNOW

Thimphu sits at 2,320 m (7,600 ft). Most travellers adjust well, but it's normal to feel a little more tired than usual.

- Hydrate: Drink plenty of water and take it easy on your first day.
- Headaches: Ginger tea or paracetamol may help relieve a mild headache.

If you have any medical conditions or concerns about altitude, check with your doctor before your trip.



DAY
3

Monday, October 11th

This morning we'll visit the Thimphu Tshechu, one of Bhutan's most important annual festivals, held just outside Tashichho Dzong (dzong is the Bhutanese word for monastery).

Locals travel from miles around, dressed in their finest traditional clothing, to take part in the festivities. They come to watch the spectacular masked dances, offer prayers, and celebrate with family and friends. While the festival's purpose is deeply spiritual, many of the dances are performed like dramatic plays. It's a joyful celebration, but also an important occasion for prayer, blessings, and community.



FESTIVAL ETIQUETTE

- **Dress Modestly:** Wear clothing that covers your shoulders and knees out of respect for this sacred event.
- **Sacred Objects:** Please avoid touching religious statues, ritual objects, or offerings unless invited to do so.
- **Prayer Wheels:** Always spin prayer wheels in a clockwise direction as a sign of respect.
- **Traditional Dress:** You'll see many Bhutanese wearing the gho and kira, their beautiful national dress, during the festival.
- **Festival Food:** Don't be afraid to try local snacks and butter tea sold around the festival grounds.
- **Smile Often:** A warm smile goes a long way in Bhutan and is often returned with genuine kindness.



OVERNIGHT

in Thimphu
(2 of 2 nights)

Optional Activity

Visit a local family's home to learn about traditional weaving and natural dyeing using flowers, onion skins, and other plant-based materials. Enjoy local refreshments, create your own naturally dyed handkerchief to take home, and, if we're lucky, try on the family's antique kiras and ghos for photos. I'll see what I can arrange! (Optional – US\$30 per person.)



MEALS INCLUDED

Breakfast
Lunch
Dinner



DAY
4

Tuesday, October 12th

Today we journey from Thimphu to Punakha, travelling through some of Bhutan's most beautiful landscapes and sacred places.

We'll start with a scenic drive over Dochu La Pass (3,088 m), where, on a clear day, breathtaking views of the eastern Himalayas await. The 108 chortens, built in honour of Bhutanese soldiers, make this a peaceful and memorable stop. We then descend to Punakha (1,200 m) to visit the magnificent Punakha Dzong, the "Palace of Great Happiness," set at the confluence of the Pho Chu and Mo Chu rivers.

Next, we'll cross one of Bhutan's longest suspension bridges and enjoy a gentle walk through fragrant pine forests, passing traditional homes and taking in beautiful views of the valley below.



This evening, we'll have dinner at Punakha Heritage Homestay, where you'll join a Bhutanese cooking class and learn to prepare traditional dishes using local ingredients.



DID YOU KNOW?

Punakha was Bhutan's capital until 1955 and remains the winter home of the Central Monastic Body. One of the town's most iconic landmarks is the Punakha Suspension Bridge, where colourful prayer flags carry blessings across the Pho Chu River.

OVERNIGHT



in Punakha
(1 night)

Optional Activities

White water rafting
on the Pho Chu River
(seasonal, optional)
\$50 USD/person

Traditional Sports
Try archery, khuru
(darts) or degor with
the locals

Not feeling up for a hike?

For this one, you can stay with the driver for a different adventure but you would miss the raft trip.

MEALS INCLUDED



Breakfast
Lunch
Dinner



DAY
5

Wednesday, October 13th

This morning we'll visit Chimi Lhakhang, also known as the Fertility Temple, dedicated to the "Divine Madman," Lama Drukpa Kunley. It's a unique and much-loved temple, known for its blessings, humour, and fascinating history.



OVERNIGHT
in Gangtey
(1 night)

We then continue to Gangtey, crossing Lawa La Pass (3,360 m) before descending into the beautiful Phobjikha Valley, one of Bhutan's most spectacular glacial valleys and the winter home of the endangered black-necked cranes. Along the way, the landscape transforms from lush forests to wide-open valleys, offering spectacular mountain views.



A Living Pilgrimage

Chimi Lhakhang remains one of Bhutan's most popular pilgrimage sites. Couples from across Bhutan—and around the world—visit the temple to receive a blessing for fertility, healthy children, and a happy marriage.



This afternoon we will explore **Gangtey Monastery** and experience the vibrant **Gangtey Tsechu**, where monks and local villagers gather to celebrate with sacred masked dances, traditional music, and prayer. It's a wonderful opportunity to experience Bhutanese culture and spirituality firsthand.

Later, we'll enjoy a gentle walk along the Gangtey Nature Trail, taking in breathtaking valley views, passing through forests and traditional villages, and, if we're lucky, spotting black-necked cranes (season permitting)

This evening we'll settle into our lodge and enjoy a relaxing dinner surrounded by the peaceful beauty of the valley.



MEALS INCLUDED

Breakfast
Lunch
Dinner





DAY
6

Thursday, October 14th

Today is a spectacular drive to Bumthang, often considered the spiritual heart of Bhutan.

Our first stop is the Black-Necked Crane Information Centre, where we'll learn about the beautiful Phobjikha Valley and its famous winter visitors. The endangered black-necked cranes migrate here each year from Tibet, making the valley one of Bhutan's most important wildlife habitats.



We then continue on a scenic three-hour drive to Trongsa, the gateway to central Bhutan. Perched at 2,180 metres, the impressive Trongsa Dzong, the ancestral home of Bhutan's royal family, dominates the landscape and can be seen from miles away. From Trongsa, we'll travel another 2½ hours through some of Bhutan's most breathtaking mountain scenery before arriving in Bumthang, a region made up of four beautiful valleys—Chokhor, Tang, Ura, and Chumey—lying between 2,580 and 3,100 metres.

Along the way, we'll stop in Zungney Village in the Chumey Valley, renowned for its traditional yathra weaving.



Watch local artisans create colourful handwoven wool textiles with distinctive geometric patterns, used to make blankets, jackets, and other beautiful handicrafts. This is the best place in Bhutan to purchase authentic yathra products if you'd like to take home a unique souvenir.

We'll then continue to Bumthang, where we'll spend the next four nights exploring this fascinating region.



OVERNIGHT

in Bumthang
(1 of 4 nights)

Did you know?

The endangered **black-necked crane** is considered a symbol of longevity and good fortune in Bhutan. Every winter, hundreds migrate from the Tibetan Plateau to spend the season in the peaceful Phobjikha Valley before returning north in spring.



MEALS INCLUDED

Breakfast
Lunch
Dinner



DAY
7

Friday, October 15th

Today we'll attend our third and final festival at **Thangbi Mani Monastery**, one of the highlights of our journey through Bhutan. The monastery is reached by a pleasant 30-minute walk from where our bus parks, and the beautiful countryside makes the walk well worthwhile.

We'll have plenty of time to soak up the atmosphere before deciding as a group when it's time to continue our journey, making the most of this special experience.



If time permits, we may visit Bumthang's famous **Red Panda Brewery** and the **Swiss Cheese Factory and Dairy Farm**—a reminder that Bhutan is home not only to ancient monasteries and traditions, but also to a thriving modern culture.

This evening we'll return to our hotel in Bumthang for another relaxing night.



OVERNIGHT

in Bumthang
(2 of 4 nights)

Did you know?

The **Red Panda Brewery** takes its name from one of Bhutan's most beloved native animals. Although sightings are rare, these elusive creatures live in Bhutan's temperate mountain forests, where they spend much of their time high in the trees.

FESTIVAL HIGHLIGHTS



Fire Blessing Ceremony

A centuries-old fire ritual believed to cleanse sins and bring blessings for the year ahead.



Meet the Atsara

Bhutan's iconic festival clown brings laughter, joy, and spiritual lessons to the celebration.



Thunderbolt Dance

Watch the vibrant Thunderbolt Dance, one of the festival's most spectacular traditions.



Sacred Blessings

Monks perform sacred prayers and rituals to bless all who attend.



MEALS INCLUDED

Breakfast
Lunch
Dinner



DAY
8

Saturday, October 16th

Today we'll explore more of the beautiful Bumthang Valley, beginning with a visit to Kharchu Dratshang, one of Bhutan's largest monastic colleges.

If we're lucky, we may witness the monks taking part in a traditional debating session—a lively practice that sharpens Buddhist philosophy through logic, discussion, and dramatic gestures. While not guaranteed, it's a fascinating tradition to experience if the timing is right.



You'll also have the opportunity to light a butter lamp, a sacred Buddhist offering symbolizing wisdom, compassion, and the removal of ignorance.

This afternoon we'll visit a local Beekeeping Cooperative, where we'll learn how sustainable beekeeping supports local families, protects the surrounding environment, and produces some of Bhutan's finest honey. This inspiring initiative beautifully reflects Bhutan's philosophy of living in harmony with nature while supporting local communities.



OVERNIGHT

in Bumthang
(3 of 4 nights)

Bumthang at a Glance



Sacred Landscape

Bhutan's holiest region.



Four Beautiful Valleys

Chokhor • Tang • Ura • Chumey



Centuries of Tradition

Ancient monasteries and living Buddhist heritage.



Famous For:

Honey, Cheese, Apples and Buckwheat



Home of Yathra

Traditional handwoven wool textiles.



MEALS INCLUDED

Breakfast
Lunch
Dinner



DAY
9

Sunday, October 17th

Today we'll venture into **Tang Valley**, the most remote of Bumthang's four valleys. Surrounded by forests, traditional farmhouses, and peaceful mountain scenery, it's a wonderful opportunity to experience a quieter side of Bhutan.

Our first stop is **Membar Tsho**, better known as the Burning Lake. Although it's actually a deep pool in the Tang River rather than a lake, we'll discover the fascinating story behind its name from our guide.



Next, we'll continue to **Ogyen Choling Palace**, now a fascinating museum offering a glimpse into the daily life of a Bhutanese aristocratic family over the past century. We'll enjoy lunch here—or perhaps a picnic—before taking a gentle walk through the beautiful Tang Valley.

On our return to Bumthang, we'll visit **Ta Rimochen Lhakhang**, a monastery closely connected with Guru Rinpoche. Legend says he and his consorts meditated here, leaving their footprints in the rock behind the temple. Look for the tiger-stripe markings, the Garuda rocks, and mysterious door-like impressions believed to protect sacred hidden treasures.



OVERNIGHT

in Bumthang
(4 of 4 nights)

Hidden Gem of Bumthang

Often overlooked by visitors, **Tang Valley** offers a quieter glimpse of Bhutan. Peaceful villages, centuries-old traditions, and breathtaking scenery make it one of the country's most rewarding places to explore. Its unspoiled charm offers an authentic look at rural

Bhutanese life, where traditions continue much as they have for generations.



MEALS INCLUDED

Breakfast
Lunch
Dinner



DAY
10

Monday, October 18th



FLIGHT TO PARO

This morning we'll drive to Bathpalathang Airport for our short flight back to **Paro**. Weather permitting, enjoy spectacular aerial views of Bhutan's forested mountains, winding rivers, and picturesque valleys as we return to western Bhutan. This beautiful valley town will be our base for the next three days.



NATIONAL MUSEUM TA DZONG

This afternoon we'll visit the National Museum, housed within the historic Ta Dzong, a unique circular watchtower built to protect Paro Dzong and the valley below. Today, it showcases an impressive collection of Bhutanese artefacts, including traditional costumes, religious paintings, weapons, textiles, and one of the country's most fascinating stamp collections.

Choose Your Afternoon



OPTION A: SCENIC WALK



Enjoy a leisurely 1-hour walk along a peaceful forest trail overlooking Paro Valley. Along the way, we'll pass Gonsaka Lhakhang and Zuri Dzong, with beautiful views of Paro Dzong and the town below.



OPTION B: PAPER WORKSHOP



Visit a traditional paper workshop and discover how Bhutan's famous paper is crafted using time-honoured techniques. A relaxing alternative before our Tiger's Nest hike.



OVERNIGHT

in Paro
(1 of 3 nights)

Worth a closer look



One of the museum's most fascinating collections is also one of its smallest. Be sure to check out the Bhutanese postage stamps, including the world's first playable vinyl record stamp from 1973.



MEALS INCLUDED

Breakfast
Lunch
Dinner



DAY
11

Tuesday, October 19th

This morning we'll drive to **Chele La Pass** (3,800 m), the highest motorable pass in Bhutan. On a clear day, spectacular Himalayan views and colourful prayer flags make this one of the country's most scenic spots.



From the pass, we'll take a short walk to a small stupa before following an ancient trail through rhododendron and hemlock forests to **Kila Gompa**, one of Bhutan's oldest and most secluded nunneries. Home to around 30 nuns devoted to prayer and meditation, it was founded as a meditation site in the early 9th century and offers a peaceful glimpse into Bhutan's rich Buddhist heritage.

After returning to Paro, we'll visit the **Phurba Mandala Display Centre**, where talented artists preserve one of Bhutan's most intricate spiritual art forms. Using tiny grains of coloured sand, they patiently create breathtaking mandalas—an extraordinary process that requires incredible precision, focus, and weeks of dedicated work. We'll have the opportunity to watch the artists in action and learn about the symbolism behind these sacred designs,



This evening I have a **surprise** for you! Just make sure you have your bathing suit. That's all I have to say....



OVERNIGHT

in Paro
(2 of 3 nights)

Optional Activity



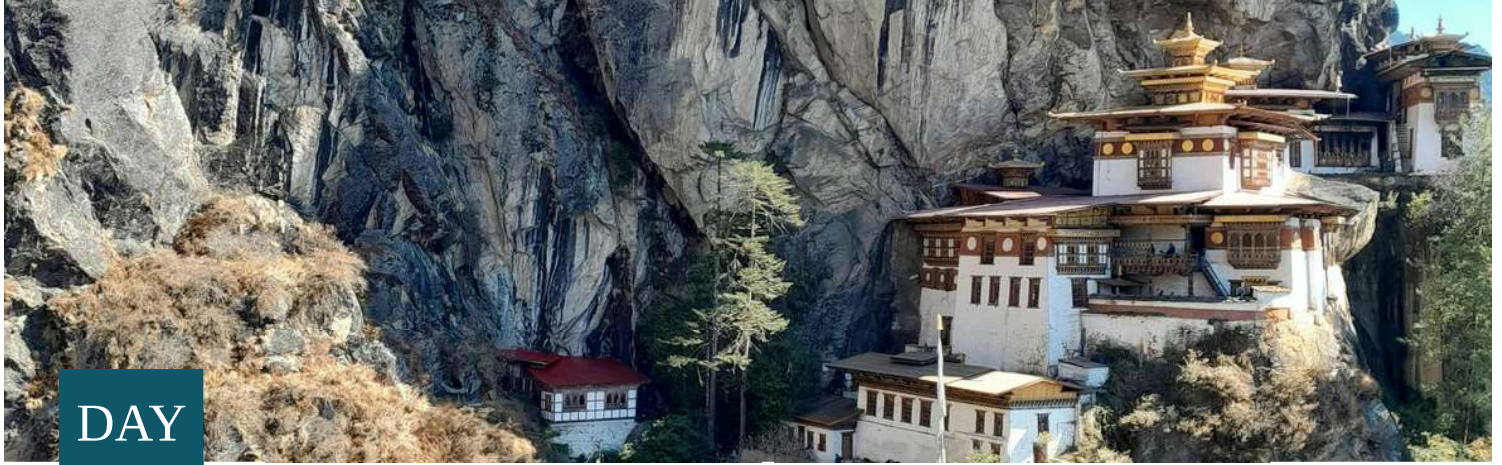
For those who'd like to get creative, you can try making your own sand mandala or painting a traditional thangka.

Approx. cost:
US\$20 per person



MEALS INCLUDED

Breakfast
Lunch
Dinner



DAY
12

Wednesday, October 20th

This morning we'll set out for one of Bhutan's most iconic and unforgettable experiences—the hike to **Tiger's Nest Monastery (Paro Taktsang)**. Perched dramatically on a sheer cliff nearly 900 metres (3,000 ft) above the valley floor, it's hard to imagine a more breathtaking setting.



After a short drive to the trailhead, we'll begin our ascent through fragrant pine forests adorned with colourful prayer flags. The climb to the cafeteria takes about 1½ to 2 hours, where we'll pause to enjoy spectacular views of the monastery and, if you wish, a well-earned cup of tea. From there, those who continue will descend a staircase before making the final climb to the monastery itself.

According to legend, **Guru Rinpoche** flew to this sacred site on the back of a tigress and meditated here for three months, making it one of Bhutan's holiest pilgrimage destinations. Even if you've seen photographs before, nothing quite compares to standing here in person.



After exploring the monastery, we'll return to **Paro** for a late lunch and a little souvenir shopping and free time before gathering one last time for a special **farewell dinner**. Together we'll celebrate an unforgettable adventure and toast to the wonderful friendships we've made along the way.



OVERNIGHT

in Paro
(2 of 3 nights)

Worth Every Step

The hike to **Tiger's Nest** is often the moment travellers remember most. Take your time, soak in the scenery, and don't worry about your pace—the journey is every bit as rewarding as reaching the monastery.

TRAIL SNAPSHOT

Distance: 6.5 km (4 mi)
Hiking Time: 5–6 hours
Starting Elevation: 2,605 m (8,547 ft)
Highest Point: 3,155 m (10,351 ft)
Elevation Gain: 550 m (1,804 ft)



MEALS INCLUDED

Breakfast
Lunch
Dinner



DAY
13

Thursday, October 21th

FAREWELL BHUTAN...

After breakfast together, we'll transfer to Paro International Airport, where it's time to say goodbye to the Kingdom of Bhutan. Your guide will be there to wish you Tashi Delek—a traditional Bhutanese blessing meaning good luck and best wishes.

We'll fly back to Kathmandu, where our journey officially comes to an end. Whether you're catching your international flight home or spending a little more time exploring Nepal, I hope you leave with wonderful memories, new friendships, and a piece of Bhutan in your heart.

EXPLORE MORE OF NEPAL

Extend your adventure with a few extra days in Nepal! Pre- and post-tour packages can be tailored to your interests. Popular options include Chitwan National Park for wildlife and jungle safaris or the beautiful lakeside city of Pokhara. Other destinations are also available.



MEALS INCLUDED

Breakfast

Our Journey at a Glance

- 13 unforgettable days
- 4 beautiful valleys
- 4 hotels
- countless monasteries
- amazing food
- lifelong memories

ACCOMMODATIONS