

7 Days Bhutan Tour

URL: <https://himalayan360.com/trip/7-days-bhutan-tour/>

Destination

Bhutan Tours

Activity

Cultural and Historical Tours

Start / End Point

Paro/Paro

Trip Type

Bhutan tour

Route

Paro-Thimphu-Punakha-Paro

Duration

7

Destination

Bhutan

Language

Bhutan

Per Person From

USD 1,290

Group Size

2 - 20

Best Season

March, April, May, Sept, Oct, Nov, Dec

Transportation

Private Vehicle

Accommodation

3-Star Hotel

Meals

Breakfast, Lunch, Dinner

Difficulty

Easy The trip is easy and suitable for everyone, including children and older people. It does not require any skills in mountain climbing or traversing difficult terrain.

7 Days Bhutan Tour Highlights

- You'll visit Bhutan's two major cities, **Thimphu City** and **Paro**, and experience the perfect blend of modernity and traditions.
- Visit **Punakha Dzong** and the **National Museum of Bhutan** to see its incredible architecture and learn about its historical importance.
- See gorgeous mountain landscapes and clear views of the high Himalayas.
- Try tasty dishes like Ema Datshi (chili cheese stew) and Momo (dumplings).

- Shop around crowded markets like **the Weekend Market** and Craft Bazaar, and buy souvenirs.
- You'll hike to the holy Taktsang Monastery or **Tiger's Nest**, at a cliff's edge.
- Experience the vibrant and joyful Bhutanese festivals, featuring traditional dances, music, and rituals.

7 Days Itinerary for Bhutan Tour

Day 01: Arrival In Paro And Drive To Thimphu

- **Attraction of the day:** Thimphu City, Tashichho Dzong

Welcome to Bhutan. On the first day of the trip to Bhutan, you will arrive in Paro. Thick valleys and the sight of traditional Bhutanese houses will greet you upon your landing. From here, one of our guides will pick you up, and together, we will begin a drive to Thimphu. Along the way, you can admire terraced fields, flowing rivers, and the view of the surrounding mountains.

Once we arrive in Thimphu, we will visit the city's major attractions. Our first day stop will be a short visit to the stunning **Tashichho Dzong**, an impressive fortress and monastery. This iconic structure is especially stunning at night when it is illuminated. After exploring the monastery, we will check into **Jambayang Resort** or a similar place for a restful night.

Meals:

Lunch, Dinner

Accommodations:

Jambayang Resort Or Similar

Day 02: Explore Thimphu

The second day of our adventure will begin early in the morning. We will spend the day exploring Thimphu's cultural and natural treasures. We'll leave our accommodation point after having a yummy meal. Today, we'll visit the most visited place in the area. Here is the breakdown of the places we will visit today:

- Our first stop will be **Zorig Chusum**. Here, we will observe students practicing Bhutanese arts, including painting and wood carving.
- Next, we will visit the **Takin Preserve**. Here, we will see Bhutan's unique national animal.
- After that, we will head to the **weekend market**, where you can experience local life up close.
- Then, we will visit the **Craft Bazaar**, where you can see Bhutanese handicrafts.
- The final stop will be the **National Textile Museum**, which will provide an appreciation of Bhutan's rich weaving traditions.

After a full day of exploration, we will return to the same Jambayang Resort for a comfortable night.

Meals:

Breakfast, Lunch, Dinner

Accommodations:

Jambayang Resort Or Similar

Day 03: Drive To Punakha

- **Attraction of the day:** Punakha City, Royal Botanical Garden, Chimi Lhakhang, Punakha Dzong

Today, we will start our journey towards Punakha from Thimphu. We will make our way through the **Dochula Pass**, located at **3,100 meters (10,171 feet)**. As we drive, you will see stunning views of the Himalayan ranges, including peaks like *Gangkhar Puensum (7,570m)*, the highest mountain of Bhutan. We will take a short break at the pass and visit the Royal Botanical Garden. The garden offers a peaceful appreciation surrounded by blooming rhododendrons.

Upon reaching **Punakha**, we will visit *Chimi Lhakhang, also known as the Temple of the Divine Madman*. This temple is famously known as the **Temple of Fertility**. We will also visit the grand **Punakha Dzong**, a masterpiece of Bhutanese architecture, and Khamsum Yulley Namgyal Chorten (Buddhist stupa). We will end the day at Hotel Lobesa or a similar hotel, where you can relax and enjoy the serene atmosphere of Punakha.

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Hotel Lobesa Or Similar

Day 04: Punakha Valley Exploration

- **Attraction of the day:** Punakha Valley, Sangchhen Dorji Lhuendrup Lhakhang nunnery

Today, we will stay in Punakha and explore the picturesque Valley. Terraced fields and old-fashioned villages surround this beautiful Valley. We will visit the **Sangchhen Dorji Lhuendrup Lhakhang nunnery**, which offers stunning views of the Valley and faraway mountains. The nunnery is a spiritual haven, beautifully decorated with complex Bhutanese art.

We will be taking short drives between attractions. This allows you to soak in the Valley's beauty, with rivers winding through the lush landscape. After a fulfilling day, we will return to Hotel Lobesa for a restful evening.

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Hotel Lobesa Or Similar

Day 05: Drive Back To Paro

- **Attractions of the day:** Paro City, National Museum of Bhutan, Paro Rinpung Dzong

We will leave Punakha and return to Paro, driving for about **3 hours and 20 minutes**. As we pass through **Dochula Pass** again, you will have another opportunity to admire the Himalayan peaks if the weather is clear. Upon reaching Paro, we will visit the **National Museum of Bhutan**, housed in an ancient watchtower that overlooks the valley.

Later, we will explore **Paro Rinpung Dzong**, a magnificent fortress with bird's-eye views of the Paro Valley. The day will come to an end with dinner and a comfortable stay at Hotel Olathang or a similar hotel. In the evening, you will be free to walk around Paro or rest at the hotel.

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Hotel Olathang Or Similar

Day 06: Paro - Taktsang Monastery Hike

- **Attraction of the day:** Tiger's Nest

Today is the final day of exploring Bhutan. We will start an exciting hike to the Taktsang Monastery, famously known as the **Tiger's Nest**. Although commonly known as the Tiger's Nest, Taktsang more accurately means Tigress Lair, named after the legendary tale of its origin. The trek will take about 4-6 hours round trip and involve an ascent and descent of **540 meters (1,772 feet)**. We will get a beautiful view of the ancient monastery in the town, reflecting the most iconic landmarks.

Along the way, we will enjoy stunning views of the valley and the surrounding mountains. After enjoying the beauty from the top, we will return to the starting point, following the same route. After that, we will ride to our hotel for an overnight stay.

Distance:

4Hours

Ascent:

540M/1,772FT

Descend:

540M/1,772FT

Meals:

Breakfast,Lunch,Dinner

Accommodations:

Hotel Olathang Or Similar

Trek Distance:

6.4KM/4Mile

Day 07: Departure Day

Day 7 marks the final Bhutan cultural tour. On the final day, we will prepare for departure after breakfast. The short drive to Paro International Airport offers a final chance to take in the valley's beauty and bid farewell to Bhutan's peaceful landscapes. As you leave, the memories of the glorious mountains, ancient monasteries, and the warm hospitality of the Bhutanese people will stay with you forever.

Meals:

Breakfast

Accommodations:

N/A

Include

- Airport Pickup & Drop.
- All sightseeing tour by private vehicle
- 2 Night Thimpu in 3-star hotel. (sharing basis)
- 2 Night Punakha in 3-star hotel. (sharing basis)
- 2 Nights Paro in 3-star hotel. (sharing basis)
- 3 Meals per day during bhutan tour
- water bottle during day tour
- One Bhutnese English speaking tour guide
- All sightseeing entrance fees
- Bhutan tourist visa
- Government and local tax and agency service charges.
- Sustainable Tourism Royalty of USD100 per person per night.
- All internal taxes.

Exclude

- International Airfare. (Can be arranged with us)
- Domestic Airfare
- Extra night accommodation in Bhutan due to early arrival or late departure.
- Single room supplement: USD210 per person.
- Alcohol and cold drinks
- Personal ordered food
- Travel insurance that covers emergency rescue and evacuation. (Recommended)
- Tips for staff. (it is expected)
- Additional costs incurred due to causes beyond our control, for example weather conditions, landslides, itinerary modifications, illness, government policies change, strikes, etc.

Group Discounts Available

No. of Persons	Price per Person
1 - 1	USD 1,970
2 - 2	USD 1,590
3 - 3	USD 1,480

No. of Persons	Price per Person
4 - 4	USD 1,450
5 - 9	USD 1,410
10 - 12	USD 1,350
12+	USD 1,290

FAQ's about 7 Days of Bhutan Travel & Tour

Is the Bhutan tour expensive?

Yes, Bhutan tours can be expensive due to the government's daily tourist fee. You must pay a Sustainable Development Fee (SDF) of \$200 per day, excluding accommodation and other expenses. However, the fee includes guided tours and ensures a quality experience.

Are 7 days enough for Bhutan?

Yes, 7 days are enough to explore Bhutan's main attractions and culture. You can visit Paro, Thimphu, and Punakha and even hike to iconic spots like Tiger's Nest Monastery. With proper planning, you will have enough time to experience Bhutan's stunning geography and traditions.

What currency is used in Bhutan?

You will use the **Bhutanese Ngultrum (BTN)** as Bhutan's official currency. Indian Rupees are also widely accepted, except for ₹2000 notes. Carry enough cash, as credit card usage is limited, especially in remote areas.

How safe is Bhutan for solo travelers?

Yes, Bhutan is very safe for solo travelers. The locals are friendly, helpful, and welcoming to visitors. The low crime rates and peaceful environments also add some positive advantages to solo travelers. Make sure you respect the local cultures and their traditions.

How much is a SIM card in Bhutan?

You can buy a SIM card in Bhutan for around BTN 200 from providers like B-Mobile or TashiCell. For the registration process, you will need your passport and visa. Recharge packages are affordable and provide reliable coverage in most tourist areas.

Packing List For 7 Days Bhutan Tour

When traveling to Bhutan, there are several key considerations to keep in mind. As Bhutanese society is traditional, we generally recommend that you be careful when packing your clothes. Pack dresses that suit visiting religious sites. Similarly, consider a **weather-friendly dress**. Confused about what to take with you? Here is a basic list of travel essentials for you:

Clothing And Footwear

- T-shirt and shirts

- Windproof/ waterproof jackets
- Fleece or warm jacket
- Comfortable pants or trousers
- Warm layers (top and bottom)
- Inner wears
- A few pairs of blister-proof socks and warm socks
- Sun hats and warm beanies
- Scarves and gloves
- Comfortable and sturdy hiking shoes
- Sports shoes and sandals

Others

- Backpack (15 to 20 liters)
- Raincoat and raingear
- Water bottle
- Toiletries
- Sunscreen and sunglasses
- Smartphone, camera, and binoculars
- Adapters, chargers, and power banks
- Extra batteries
- First aid and personal medications
- A passport with valid travel documents
- Travel Insurance
- Bhutanese currency

Why 7 Days Bhutan Travel?

A 7-day Bhutan trip gives you just the right amount of time to experience the country's natural beauty, cultural treasures, and spiritual charm without feeling rushed. You can visit iconic sites, such as the National Museum of Bhutan, the Tiger's Nest Monastery, Punakha Dzong, and the vibrant streets of Thimphu, all while enjoying Bhutan's peaceful atmosphere.

This length of stay also allows you to explore beyond the surface. You can take part in short hikes, meet local people, witness ancient traditions, and even attend a cultural festival if the timing is right.

Spiritual Sites and Scenic Beauty

Located in the eastern Himalayas, Bhutan is often praised for its spiritual ambiance and incredible scenery. Visiting this beautiful country offers a once-in-a-lifetime opportunity to explore ancient temples and stunning landscapes.

As a tourist in Bhutan, you can visit spiritual sites such as Paro Taktsang, Gangtey Monastery, and others while enjoying the picturesque views of the lush green valleys and the distant snow-capped mountains.

With a combination of spiritual sites and stunning scenery, Bhutan allows travelers to experience both the spiritual and natural aspects of the country.

Thimphu - The Cultural Capital

Thimphu, Bhutan's capital, has a rich cultural heritage and offers a perfect blend of modernity and tradition. The city is the heart of the country and offers major attractions such as the National Library of Bhutan and Tashichho Dzong. The Institute of Zorig Chusum, also known as the painting school, offers courses on Bhutan's 13 traditional art forms and is located within the city.

As the cultural hub of the country, Thimphu City often serves as an active host for multiple events and festivals, including the Thimphu Tshechu. Its hospitality is unmatched, making every visitor feel right at home.

Visit the National Museum of Bhutan

The National Museum of Bhutan is a popular tourist attraction in Paro, western Bhutan. It is considered a cultural and educational resource that contributes to preserving traditional Bhutanese art, history, and heritage. Walking through the museum feels like a trip back into the past.

The museum holds a collection of over 3,000 artworks spanning more than 1,500 years of Bhutan's heritage. Each artwork is carefully preserved to educate upcoming generations about the country's past. The national museum building, constructed in 1649, is an exemplar of ancient Bhutanese architecture and cultural resilience.

Bhutan and Ecotourism

Bhutan, a tourism hub in South Asia, has always been committed to eco-friendly tourism activities. With an increasing number of visitors every year, the country has shifted towards sustainable tourism practices. It prioritizes the conservation of nature and the betterment of local communities.

As most of Bhutan's attractions are located near natural parks and dense forests, the country aims to promote responsible tourism by implementing policies that favor conservation efforts without compromising its economic growth. Bhutan can be an ideal destination for individuals interested in exploring nature without causing harm.

Culture, Calm, and Natural Beauty

Bhutan's cultural beauty overshadows all other aspects that make it a worthwhile destination for a vacation. However, the country has more to offer than its rich cultural heritage. It is a peaceful place home to stunning Himalayas, green valleys, and calm rivers.

The combination of all these factors, along with its unique cultural heritage, adds beauty to Bhutan. It combines the country's old traditions and exceptional natural beauty, making it a perfect holiday destination.

Festivals That Bring Bhutan to Life

Festivals in Bhutan are a regular occurrence that takes place every few weeks. Every month of the Bhutanese calendar is marked by at least one festival that brings the community together.

Taking part in such festivals is truly mesmerizing. You will have the opportunity to experience the culture and traditional norms that the Bhutanese people observe. Likewise, the inviting nature of the locals at this festival makes you feel like one of their own. No matter the time of year you visit, something is always happening.

Best Season For Bhutan Tour

The best seasons for the Bhutan Tour are **Spring from March to May** and **Fall from September to November**. During these seasons, the skies are clear, little to no rainfall, and the best views of the surrounding landscapes, hills, and Himalayas. Besides these two seasons, we do not recommend traveling during Winter and Summer.

Spring Season (March to May)

Spring offers stable weather, moderate temperatures, and clear days. The days are bright with longer hours, giving you more time to explore the places and their beauty. The temperature ranges between **15 and 20 degrees**, with some regions getting below 20 degrees.

Besides that, the seasons are a time of rhododendrons and white flowers that blossom, adding colors to landscapes. The fauna in the region is also active. In this journey, the chances of seeing various birds and butterflies are also high. In addition to that, you can also take part in the 5-day festival, **Paro Tsechu, which falls in Spring**.

Summer/Monsoon (June to August)

Summer brings monsoon seasons, too. Thus, there will be heavy rainfall across the country. Although the weather is hot, with a range of **20 to 25 degrees**, continuous rainfall may make your adventure uncertain. The road becomes muddy and slippery, and the chances of landslides in hilly areas increase. Additionally, the humidity obscures the views.

However, you will witness Bhutan's lush greenery with fewer people. If you travel during the monsoon season, you can participate in the Nimlaung Tschechu festival. Yet, we do not recommend traveling to Bhutan in summer due to unstable weather and continuous rainfall. If you are not lucky enough, you may not be able to fully appreciate the country's beauty due to the clouds.

Fall or Autumn Season (September to November)

Autumn is the most favorable season for traveling to Bhutan. During this season, brown leaves cover the grounds, giving unique perspectives of the landscapes. Similarly, the chances of experiencing rainfall are low with stable weather and mild temperatures. The average temperature of Bhutan during Autumn can range between **15 and 22 degrees**, making it quite manageable to travel.

Some major and most popular festivals, such as **Thimphu Tsechu and Thangbi Mani, fall during this season**. Autumn is not only popular for its natural beauty but also offers a chance to get involved in the unique festivals of the Bhutanese people. However, you will witness more crowds in popular tourist areas this season, making accommodation problematic.

Winter (December to February)

The winter season is not for everyone, especially those planning to trek. However, this may be ideal for you if you love cold weather and can manage it by layering clothes. The temperature in **Bhutan typically drops below 5 degrees** Celsius during this season. So, you will witness snow-covered peaks and panoramic vistas. The days are sunny and clear, but the temperature can drop at night. Similarly, the shorter days can create a time limitation in your journey.

If you are well prepared, consider this season. Winter is also perfect for watching a rare bird: the black-necked crane. You can also participate in the three-day Trongsa Tshechu festival, which enhances your cultural experience. Overall, the winter season is favorable for a Bhutan tour. Still, make sure you are prepared well and travel with a reputable company if you are traveling during the winter season.

Do We Need Travel Insurance?

Travel insurance is **not mandatory, but is generally recommended** for the 7-day Bhutan Tour. Before **April 23, 2024**, the Bhutanese government had made it compulsory to travel with travel insurance due to safety concerns from COVID-19. Nonetheless, the rule was changed after the risk decreased. Still, the **Department of Tourism** in Bhutan suggests travelers get one. Travel insurance protects you against **unforeseen events**, giving you financial security and peace of mind while travelling.

Travel insurance covers **medical issues, baggage loss, trip cancellation, and emergency rescues**. If you are getting one, select a reputable insurance company. Ensure your insurance covers the total number of days you travel, i.e., 7 days. Also, reading all the **terms and conditions** before purchasing can be helpful and can clarify whether the insurance is worth buying.

Benefits Of Booking A Bhutan Tour Package With Us

You will find multiple travel agencies offering Bhutan tour packages, and you may wonder why **Himalayan 360**. Our company provides unique value that makes us a consideration. Firstly, we are a **government-registered agency** in Nepal and Bhutan, certified by the Nepal Tourism Board (**NTB**) and **Bhutan Tourism Board**, the Trekking Agencies Association of Nepal (**TAAN**), the Nepal Mountaineering Association (**NMA**), and other relevant institutions.

Secondly, our knowledgeable guide has enough experience with Bhutan's place to provide you with valuable insights. Thirdly, we offer **customization features**, so you can make your own itinerary plan based on your preferences. Fourthly, we conduct **responsible tourism** and show our respect for Bhutan's local culture, traditions, and people.

Last but not least, we also offer **reasonable prices** and do not add any hidden costs beyond those we disclose during booking. We also provide emergency help while guiding you on safe and successful trips. So, what are you waiting for? Book your **7-day Bhutan tour**, and let's create memories together for a lifetime. If you're looking for shorter alternative days, we also offer them; feel free to contact us.

Address

Address:

Galkopakha Marg - Kathmandu - Nepal