

## 8D7N Signature: Bhutan & the High Himalayan Valleys (ADPPNS)

Price per person  
from  
**MYR 30745**



### Tour Description

Embark on a journey of discovery with Sedunia Travel! Experience unique destinations, local culture, delicious cuisine, and unforgettable adventures. Our expert planners will take care of everything. Book now!

### Tour Itinerary

#### Day 1 :- Thimphu

Welcome to the heart of the Himalayas. Upon landing in the valley of Paro, you are met by a representative and transferred through emerald landscapes to Thimphu, the kingdom's capital. Settle into your hotel or choose to visit the Institute of 13 Arts and Crafts, where students master traditional disciplines from painting to woodcarving. Later, join your National Geographic Expedition Leader for a welcome briefing, followed by a presentation from your National Geographic Expedition Expert that introduces the rich spiritual and cultural context of the days to come. Take a short walk to the Centenary Farmers Market, where the scent of fresh chillies and incense fills the air as locals trade produce and handicrafts. Conclude your first evening with a welcome dinner at a local restaurant, savoring the bold, spicy flavors of authentic Bhutanese cuisine.

Lunch Dinner

#### Day 2 :- Thimphu

Begin the morning at the base of the Buddha Dordenma Statue, where the golden figure gleams against the sky, offering panoramic views of the Thimphu Valley. Follow forest paths on a gentle hike to Wangditse Monastery, breathing in the scent of pine and crisp mountain air — or simply stay put and soak in the sweeping mountain views at your own pace. Later, visit VAST, a G Adventures supported project and social enterprise dedicated to contemporary art. Walk through the gallery with a senior artist to understand how modern storytelling merges with traditional symbolism. Engage in a roundtable discussion with resident artists about art's role in modern Bhutanese identity before a behind-the-scenes look at works in progress over herbal tea. End the day at a women-operated weaving center, watching as vibrant threads are transformed into intricate textiles.

Breakfast Dinner

### **Day 3 :- Thimphu/Punakha**

Today, participate in a private discussion on Geluphu Mindfulness City with the Project Coordinator to explore the spiritual vision and monastic construction of this landmark initiative. Afterward, ascend to Dochula Pass, where 108 memorial chortens stand against a backdrop of snow-capped Himalayan peaks. Descend into the fertile Punakha Valley and walk through terraced rice fields to Chimi Lhakhang, a revered fertility temple steeped in local folklore. As the afternoon light softens, enjoy a guided stroll through Punakha town, observing the quiet rhythm of valley life before gathering for dinner.

Breakfast Lunch Dinner

### **Day 4 :- Punakha**

Marvel at the Punakha Dzong, a masterpiece of Bhutanese architecture situated at the confluence of two rivers. Cross the country's longest suspension bridge, where colorful prayer flags flutter in the breeze, before joining a local family for a home-hosted lunch. This intimate encounter offers a window into rural life and the warmth of valley hospitality. In the afternoon, visit the Sangchen Dorji Lhendrup Nunnery, a leading Buddhist college for women. Settle into the quiet rhythm of the evening with time to yourself before gathering for a dinner at the hotel, where the local flavours of the valley take centre stage.

Breakfast Lunch Dinner

### **Day 5 :- Punakha**

Travel into the high-altitude Phobjikha Valley, a protected wetland and a serene haven for conservation. Explore the historic Gangtey Monastery before continuing to the community-supported Taphu Monastery. Here, enjoy private access and a warm welcome from the monastery representatives. Share a quiet lunch with the resident monks in the monastery café, learning about their daily rituals and the monastery's history. The afternoon features a rare private prayer and longevity blessing ceremony led by the monks. This spiritual ritual, focused on promoting wisdom and compassion, offers a profound moment of reflection amidst the stillness of the mountains before you return for dinner.

Breakfast Lunch Dinner

### **Day 6 :- Punakha/Paro**

Journey back toward Paro, stopping for a local lunch as the landscape shifts from fertile valleys to rugged hills. In the afternoon, visit the Jangsa Electricity Museum, uniquely housed in the nation's first mini hydropower station. Trace Bhutan's fascinating transition from pre-electric life to its current standing as a leader in modern sustainability and renewable energy. Arrive in Paro and settle in, perhaps taking a moment to wander the town's main street where traditional carved storefronts house small boutiques and workshops. As the sun sets behind the peaks, retreat to the hotel for a quiet evening. Enjoy a prepared dinner at the hotel featuring local seasonal ingredients, allowing time to rest and prepare for tomorrow's physical ascent while reflecting on the layers of history and innovation you have witnessed.

Breakfast Lunch Dinner

### **Day 7 :- Paro**

Embark on a rewarding hike to the iconic Tiger's Nest Monastery, where the scent of pine and the sound of spinning prayer wheels guide your ascent. Follow a winding jungle trail upward to a mountain café for a break and a stunning view of the temple complex clinging to a sheer cliff 900 metres above the valley floor. Choose to stop here or continue along the track before finally climbing the stone stairs to the inner sanctuaries, where Guru Rimpoche is said to have meditated. For those seeking a gentler pace, choose to visit the National Museum followed by a local archery game, the national sport of Bhutan. As the sun sets, gather for a farewell dinner and wrap-up presentation, celebrated with a mesmerizing masked dance performance, a final tribute to the vibrant spirit of Bhutan.

Breakfast Lunch Dinner

### **Day 8 :- Paro**

Your expedition through the hidden kingdom of Bhutan concludes this morning. After breakfast, enjoy a final look at the prayer flags dancing in the wind and the surrounding mountain peaks. An airport departure transfer is provided for your onward travels. Reflect on the blessings, the quiet wisdom of the monks, and the vibrant artistic spirit you encountered while traversing the pathways of this enduring Himalayan nation.

Breakfast

## Tour Prices

Category	Travel Period	Twin	Single Supplement	-	-
Standard & Superior	May 2026: 6	RM 30,745	On Request		
	Sept 2026: 25	RM 30,745	On Request		
	Oct 2026: 9	RM 30,745	On Request		
	Nov 2026: 6	RM 30,745	On Request		

## What's included

**Destination** [Bhutan](#)  
**Departure Location** Thimphu  
**Return Location** Paro

### Price includes

- Your G for Good Moment: Contemporary Art Visit at VAST, Thimphu
- Arrival transfer
- Farm lunch with local family
- Departure Transfer
- All transport between destinations and to/from included activities
- Porterage at hotels and when getting on and off of vehicles

### Price does not include

- International air ticket
- Travel insurance
- Visa (if any)
- Others not mentioned