



BHUTAN SPIRIT

SANCTUARY





**BHUTAN SPIRIT**  
SANCTUARY

# **ESSENCE OF BHUTAN**

**9 days / 8 nights**

**Creating a lasting positive change in our guests' daily lives**





















# Essence of Bhutan Package

**9 days / 8 nights**

- 🦋 Benefit from the all-inclusive **SPA** services and facilities, varying from a consultation by a traditional Bhutanese medicine doctor, hot stone herbal baths, full-body massages, forest bathing sessions to daily yoga and meditation classes.
- 🦋 Experience the ancient and mysterious **CULTURE** and **SPIRITUALITY** of the Himalayan Kingdom of Bhutan.
- 🦋 Enjoy our outstanding, delicious and healthy **FOOD** concept, prepared according to the farm-to-table concept, enjoyable at any time and at any place.

**Discover the essence of Bhutan, without the need for long drives or change of accommodation.**







## TRADITIONAL SPA-INCLUSIVE











## BHUTANESE CULTURE











ALL-INCLUSIVE  
CULINARY  
SURPRISES



# Essence of Bhutan

## itinerary

### DAY 1: ARRIVAL

- Arrival is usually late in the morning.
- Our Guest Experience team will welcome you at the airport.
- The Sanctuary is only a 15-minute ride from the airport.
- Upon arrival, you are invited to participate in a special Buddhist transformation ritual before entering the Sanctuary.
- Our Guest Experience team will accompany you to your room and will make sure all is in order.
- A 4-course lunch will be served in the restaurant.
- After relaxation, we invite you for a cup of fresh herbal tea in our tea bar where we will explain more about the location and history of the Sanctuary.
- During the afternoon you can explore our gardens and enjoy the fresh air of Bhutan.
- Before dinner we will show a movie about Bhutan in the lobby.
- The 6-course dinner will be served on the restaurant terrace if weather permits.

### DAY 2: ACCLIMATIZATION

- The à la carte breakfast is served in the restaurant and always starts with a freshly blend healthy morning shot.
- After breakfast we invite you for a consultation with one of our traditional medicine doctors, who will create a personal well-being program for you.

Today is all about relaxation and acclimatization, our suggestions for you:

- Visit of our library with a wide collection of magazines and books on travel, meditation, yoga, spirituality, Bhutan, and well-being.
- Short hike in the Neyphu valley guided by one of our guides and accompanied by a homemade picnic lunch.
- Nice swim in our infinity pool and a rest on the sundeck terrace.
- Herbal walk in our garden under the guidance of one of our therapists. We have a collection of 30 healing herbs on our premises.
- Lunch and dinner will be served in the restaurant at the timing of your choice.

***All aspects of this itinerary can be modified according to your wishes.***





# Essence of Bhutan

## itinerary

### DAY 3: TIGER ´S NEST

- The day will start in the tea bar with an early cup of herbal tea and healthy fruit shot during which you will be informed about the history and meaning of the world-famous Tiger ´s Nest.
- The introduction is followed by a short meditation to make the day a truly special experience.
- The ride to the Tiger ´s Nest base is about 45 minutes.
- The hike up to the Tigers Nest will take about 2-4 hours depending on your fitness level – during the hike there will be several pauses, where we can enjoy our breakfast as well.
- Visit of the actual Tigers Nest will take about 1-2 hours depending on your interest.
- We will return at the Sanctuary in the afternoon, and recommend a hot stone herbal bath to prevent muscle pain the next day.
- In the evening a traditional Bhutanese dinner will be served.

### DAY 4: CHELE LA & HAA VALLEY

- Before breakfast you can join a yoga or meditation session, available on every level.
- The à la carte breakfast is served in the restaurant.
- After breakfast, we leave to make our way by car to Chele La. At around 13,000 feet (3,988 meters) it is the highest motor able pass in Bhutan. It is also the perfect place to hang some prayer flags for your well-being and a long life.
- If you are really fit, and adjusted to the high altitudes, you can still hike up another 1,000 feet (305 meters) and experience a 360 degrees view of Bhutan's natural beauty, including the Paro and Haa valley.
- We continue from Chele La Pass to Haa to explore the Haa valley and have our home made picnic lunch there.
- We return via another route (Chuzom), where along the way we can visit a Bhutanese fortune teller. Here you can ask any questions on your daily life which preoccupy you.
- We will be back in the Sanctuary around dinner time.

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# Essence of Bhutan

## itinerary

### DAY 5: THIMPHU

- Before breakfast you can join a yoga or meditation session, available on every level.
- The à la carte breakfast is served in the restaurant.
- After breakfast we leave for a visit of Thimphu, the capital of Bhutan, about an 1 – hour ride from the Sanctuary.
- On the way to Thimphu, depending on the weather, we will take a short detour (30 minutes one-way) towards Dochu La Pass, which on clear days offers stunning views of the Himalayan mountain ranges.
- In Thimphu, we can visit a selection of the following sights: giant golden Buddha, Royal Textile Academy, National Library, Takin Reserve, Thimphu Dzong, Changangkha Lhakhang, Choki art school, Memorial Chorten, or the Traditional Medicine Institute.
- Lunch will be taken in one of the many Thimphu local restaurants.
- A must-do experience is the Cordyceps Tasting House, where you learn more about the so-called 'caterpillar mushroom', an exclusive traditional medicine valued more than gold, and are treated to a special Cordyceps tea ceremony.
- Late afternoon we will drive back to the Sanctuary, just in time for the 6-course dinner.

### DAY 6: EUTOK GOENPA MONASTERY

- Before breakfast you can join a yoga or meditation session, available on every level.
- After breakfast we hike to the Eutok Goenpa monastery, right across the valley under the guidance of one of our guides (about 1 hour).
- At the Monastery we will be welcomed by the head monk, and some Buddhist rituals will be performed.
- You will have the opportunity to talk to the monks and the students. Our guides will translate if necessary.
- During the hike back to the Sanctuary we will pause to enjoy a home-made picnic lunch.
- In the afternoon you can use the spa facilities, participate in traditional Bhutanese sports, enjoy a spa treatment or join a cooking class with our Chefs.
- The 6-course dinner will be served on the restaurant terrace if weather permits.

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# Essence of Bhutan

## itinerary

### DAY 7: SOCIAL IMPACT

- Before breakfast you can join a yoga or meditation session, available on every level.
- In the morning there is time for a spa treatment or pottery class in our art studio.
- Mid morning, we make a short walk to the village of Shaba to meet with several local farmers who will demonstrate their working techniques and products.
- A traditional Bhutanese lunch will be served at the farmer family houses, under the guidance of our guide who will act as translator.
- Upon your interest you can visit one of the social impact projects we support; the local school, the Pelmey nunnery or several local entrepreneurs who are also supported by the Loden Foundation.
- For dinner we invite you to dress in original Bhutanese clothing – will be arranged by our team.
- The Bhutanese dinner will be served in the restaurant and accompanied by Bhutanese inspired entertainment.

### DAY 8: PARO

- Before breakfast you can join a yoga or meditation session, available on every level.
- The à la carte breakfast is served in the restaurant.
- After breakfast we leave for Paro, where we can visit the following sites: Drukgyel Dzong, Kyichu Lhakhang, Paro Dzong, National Museum, farmer's market, Tashi Gonphel handmade paper factory and one of the many art galleries. For those interested in textiles, you can learn more about weaving and the traditional dress of Bhutan, the gho and kira, by visiting one of the many textile shops.
- Lunch will be taken in one of the local restaurants in Paro to discover the Bhutanese version of dim sums.
- The afternoon can be used for spa treatments, a culinary walk in our garden, a forest bathing session, a nice swim in our infinity pool and a rest on the sundeck terrace, or a visit to the Namgay artisanal beer brewery in Paro.
- The surprise farewell dinner will take place in our gardens – if weather permits.

### DAY 9: FAREWELL

After enjoying your healthy breakfast, you still have time for a last mind and body treatment before you embark to your home.

***All aspects of this itinerary can be modified according to your wishes.***





# Essence of Bhutan

## details

- 🦉 Free consultation with one of our traditional medicine doctors
- 🦉 The doctor will create a personal well-being program including all recommended treatments and dietary advice - of course, all upon your personal decision
- 🦉 Daily access to all spa facilities such as the indoor heated pool, the gym, saunas, sundeck, and steam rooms
- 🦉 One traditional treatment per day per person, such as a massage, hot stone herbal bath, or moxibustion
- 🦉 Daily yoga classes and/or meditation sessions at the time and place of your preference
- 🦉 Forest bathing sessions
- 🦉 Herbal walks with our Well-being team
- 🦉 Traditional Bhutanese sports in the apple orchard
- 🦉 Culinary walks with our Culinary team
- 🦉 Healthy and tasty breakfasts, you can order from a menu
- 🦉 4-course signature lunches
- 🦉 6-course signature dinners
- 🦉 All non-alcoholic drinks
- 🦉 Special herbal teas in our tea bar with home-made cookies
- 🦉 Fresh drinking water in glass bottles in your room
- 🦉 Homemade picnics to take when hiking or walking
- 🦉 Laundry service
- 🦉 Pottery classes in the art studio
- 🦉 Cooking classes with the Culinary team
- 🦉 Hikes in the Neyphu valley

**All these activities can be included in your itinerary.**