



A Journey Through Your Senses

Six Senses Bhutan

“Ultimate Sense” Fourteen Day Journey

Day 1: Six Senses Thimphu “Palace in the Sky”

- Morning arrival at Paro Airport
- Drive to Thimphu
- Arrival and welcome to Six Senses Bhutan Thimphu
- Light lunch in the lodge
- Depart to discover the capital with a drive to the Dzong, visit The School of Traditional Arts and shopping
- Early dinner & rest at the Lodge

Day 2: Six Senses Thimphu “Palace in the Sky”

- Breakfast at your leisure
- Depart the lodge to Pangri Zampa Lhakhang 16th century monastic school of astrology
- After Pangri Zampa Lhakhang travel into town for a light lunch and visit The Folk Heritage Museum, Paper Factory finishing with a drive to the 51.5 meter Buddha
- Return to Six Senses Thimphu
- Late afternoon spa treatment
- Enjoy a seasonal refreshment at the Lobby Patio by the fire
- Dinner as your appetite requires

Day 3: Six Senses Thimphu “Palace in the Sky”

- Breakfast at your leisure
- Morning hike to Talakha Goemba followed by an afternoon picnic before returning to the lodge

- Visit Thimphu to the Live Weaving Center, Incense Maker and if on a Thursday, Friday, Saturday or Sunday to visit the Cenetry Farmer's Market
- Return to the lodge for a late afternoon sunset swim and refreshment.
- Dinner at your convenience

Day 4: Six Senses Punakha "Flying Farmhouse amidst the Rice Fields"

- Breakfast at your leisure
- Blessing ceremony at the Prayer Pavilion
- Depart the lodge for Punakha
- Stop at the 3,050 meter Dochala Pass, see the 108 stupas and majestic Himalayan mountains during clear weather
- Optional stop at the Royal Botanical Park (Lamperi) especially during blossom season
- Arrive at the Six Senses Bhutan Punakha Lodge
- Welcome and escort to your suite
- Light lunch depending on your appetite
- Afternoon spa treatment and Integrated Wellness Program
- Afternoon relaxation by the Pool
- Dinner as you wish

Day 5: Six Senses Punakha "Flying Farmhouse amidst the Rice Fields"

- Breakfast at leisure
- Hike to Chorten Niyempo from the Lodge (Optional full day trek to Hokotsho Lake. Weather to be considered: avoid wet time) with picnic
- From the picnic, proceed to the Punkha Dzong, visit to the suspension bridge and return to the Lodge
- Late afternoon relaxation (Optional spa treatment if preferred)
- Dinner in the lodge

Day 6: Six Senses Punakha "Flying Farmhouse amidst the Rice Fields"

- Breakfast at your leisure
- Morning hike from the Lodge to Khamsum Yuli Namgal Chorten. From there a short hike down to your awaiting vehicle.
- Proceed to Talo, birthplace of our four Queen Mothers for an early afternoon picnic in the hills.
- Proceed to Chimi Lhakhang fertility Temple. From here we return to the lodge with one last stop at Doojagerlam Temple to see the "split stone"
- Return to the lodge for relaxation and dinner

Day 7: Six Senses Gangtey "Traditional Birdwatching Bridge"

- Breakfast at your leisure
- 8:00am departure to Gangtey Valley.

- Arrive at the Six Senses Bhutan Gangtey Lodge
- Welcome and escort to your suite
- Light lunch depending on your appetite
- Relaxation and either afternoon spa treatment or valley biking depending on how the guest is feeling (long drive & altitude)
- Dinner as you wish

Day 8: Six Senses Gangtey “Traditional Birdwatching Bridge”

- Breakfast at your leisure
- Walk to the Black Neck Crane Center and view the cranes if in season followed by a drive to the Gangtey Goemba.
- From Gantey Goemba a natural trail hike followed by a picnic lunch at a farmhouse
- Return to the lodge for a Six Senses Gangtey spa treatment
- Bhutanese dinner at your convenience

Day 9: Six Senses Bumthang “Forest in a Forest”

- 7:00am Breakfast
- 8:00am departure from the Lodge driving east to Bumthang
- Along the way stop in Trongsa to visit the Trongsa Dzong and Museum
- Short walk in the town followed by a picnic
- After the picnic continue to Bumthang and arrive around 5:00pm
- Arrive at the Six Senses Bhutan Bumthang Lodge
- Welcome and escort to your suite
- Relaxation and dinner

Day 10: Six Senses Bumthang “Forest in a Forest”

- Breakfast at your leisure
- Morning hike to Padseling Goemba
- Light lunch at the lodge
- Afternoon Six Senses Bumthang Swedana herbal steam bath treatment looking out into the forest
- Light sunset refreshments on the deck followed by dinner

Day 11: Six Senses Bumthang “Forest in a Forest”

- Breakfast at your leisure
- Horse riding to Kenchosum Monastery followed by Tamzshing Monastery. Cross the river then to 8th century Kurjey Monastery. (Optional to trek if the guest prefers)
- Picnic lunch
- Drive to town for a leisurely walk and explore the culture

- Return to the lodge for an afternoon meditation
- Dinner as you wish

Day 12: Six Senses Paro “Stone Ruins”

- Breakfast at your leisure
- Depart for the airport and morning flight to Paro (timing depends on day and flight schedule)
- Paro Airport meet and greet then continue to Paro town for a relaxing tea and cake in a local coffee house followed by town walking.
- On the way to the lodge visit 12th century Dungshe Lhakhang.
- Arrive at the Six Senses Bhutan Paro Lodge
- Welcome and escort to your suite
- Enjoy a relaxing swim and sauna during the afternoon
- Perhaps this evening dinner by the ruins (weather permitting)

Day 13: Six Senses Paro “Stone Ruins”

- Breakfast at your leisure
- Morning biking (vehicle is optional) to visit the National Museum followed by the Paro Dzong then proceeding to a farmhouse for a picnic lunch
- After visit the 7th Century Kyichu Lhakhang to light butter lamps
- Return to the lodge for an afternoon spa treatment
- Dinner at your leisure

Day 14: Six Senses Paro “Stone Ruins”

- Breakfast at your leisure
- Depart the lodge to trek to the 8th century Takshang Goemba or “Tiger’s Nest”
- Lunch arranged in Paro town either with a picnic or a local restaurant
- Paro town shopping for souvenirs and gifts for back home
- Return to the lodge
- Afternoon meditation
- Dinner at your convenience

Day 15:

- Breakfast at your leisure
- Arrange your belongings, check out and depart for the airport